



# QUICK START GUIDE

# Table of Contents

Introducing Mov-Scan®

About Mov-Scan®

Safety Information

Precautions Before Use

Contraindications

System Overview

System Components

Kit Contents

Compatibility Requirements

Web Interface Requirements

Mobile Application Requirements

Setup

Pod Status Indicators

Waking Up Your Mov-Scan® Pods

Inserting Your Mov-Scan® Pods

Charging Your Mov-Scan® Pods

Creating Your Account

Enabling Two-Factor Authentication

Installing the Baliston Health App

Using the Mobile Application

Logging In To The Baliston Health App

Adding Your Mov-Scan® Pods

Checking Battery Levels

Managing Your Patients

Performing a Mobility Analysis

Viewing Analysis Results

## Using the Web Interface

Logging in to the Web Interface

Managing Your Settings

Managing Your Patients

Managing Mobility Analyses

## Maintenance

Charging Your Mov-Scan® Pods

Cleaning Your Mov-Scan® Pods

## Support

Troubleshooting

Steps for Your Pods and Sensors

Forgotten Password

Contact

CE Marking

## Purpose of This Manual

This user manual provides instructions for the safe installation, configuration, and operation of the Mov-Scan® system.

It explains how to:

- set up the Mov-Scan® equipment
- use the mobile application and web interface
- perform and manage mobility analyses
- interpret mobility parameters
- maintain the device and ensure proper operation

Users should read this manual carefully before operating the system.

# Introducing Mov-Scan®

## About Mov-Scan®

The Mov-Scan® system, developed by Baliston Health, is designed to measure and analyse human mobility. It collects objective biomechanical data related to walking and running using sensor pods placed inside specialised insoles.

The system provides healthcare practitioners with detailed mobility indicators, including spatio-temporal and kinematic gait parameters. These measurements support the evaluation of patient mobility and the monitoring of rehabilitation or performance over time.

Mov-Scan® is intended to assist healthcare professionals by providing objective gait-related indicators. It does not provide medical diagnoses and should not replace clinical judgment.

# Safety Information

This section describes important precautions and safety information for the proper use of the Mov-Scan® system. Users should read and understand these instructions before operating the device.

<b>WARNING</b>	Indicates a potential risk of injury to the user or patient if the instructions are not followed.
<b>CAUTION</b>	Indicates a potential risk of damage to the device or other equipment.

## Precautions before use

- Do not open, puncture, or attempt to repair the Mov-Scan®Pods.
- If a Mov-Scan®Pod is damaged, discontinue use and contact Baliston Health support.
- Do not expose the device to fire.
- Do not bend, twist, or excessively deform the Mov-Scan®Pods.
- Do not use Mov-Scan®Pods that appear damaged or deteriorated.
- Avoid contact between the insole and open wounds.
- Shoes containing metal plates in the sole should not be used with the system.
- Do not use the device near magnetic resonance (MRI) equipment.

If the system produces results that differ significantly from clinical observation, contact Baliston Health support.

## Contraindications

There are no known medical contraindications for using the Mov-Scan® system. However, analyses should only be performed on patients who are able to:

- walk or run depending on the selected analysis
- understand and follow simple movement instructions

# System Overview

## System Components

The Mov-Scan® system includes the following elements:

- **Mov-Scan® insoles** used to position the sensors inside the patient's footwear
- **Mov-Scan® Pods** (left and right) that record mobility data
- **Charging equipment** used to recharge the pods
- **Mobile application** used to perform mobility analyses
- **Web interface** used to review detailed results and generate reports

The mobile application is primarily used during patient sessions to collect movement data. The web interface provides access to detailed analysis tools and reporting functions.

## Kit Contents

Each Mov-Scan® kit contains:

- 6 pairs of **insoles** in sizes
  - (EU size) 36/37, 38/39, 40/41, 42/43, 44/45 and 46/47
  - (US Men size) 4.5/5.5, 6-7, 7.5-8.5, 9-10 and 10.5-11.5
  - (US Women size) 5.5/6.5, 7-8, 8.5-9.5, 10-11 and 11.5-12.5
- 1 pair of **Mov-Scan® Pods**
- (left pod and right pod)
- 1 **charging kit** including a charger plug and charging dock
- **Documentation** describing pod insertion and charging instructions
- **Carrying case** and strap



# Compatibility Requirements

The Baliston Health platform can be accessed through both a mobile application and a web interface.

## Web Interface Requirements

Supported operating systems:

- macOS
- Windows
- Android tablets

Supported web browsers:

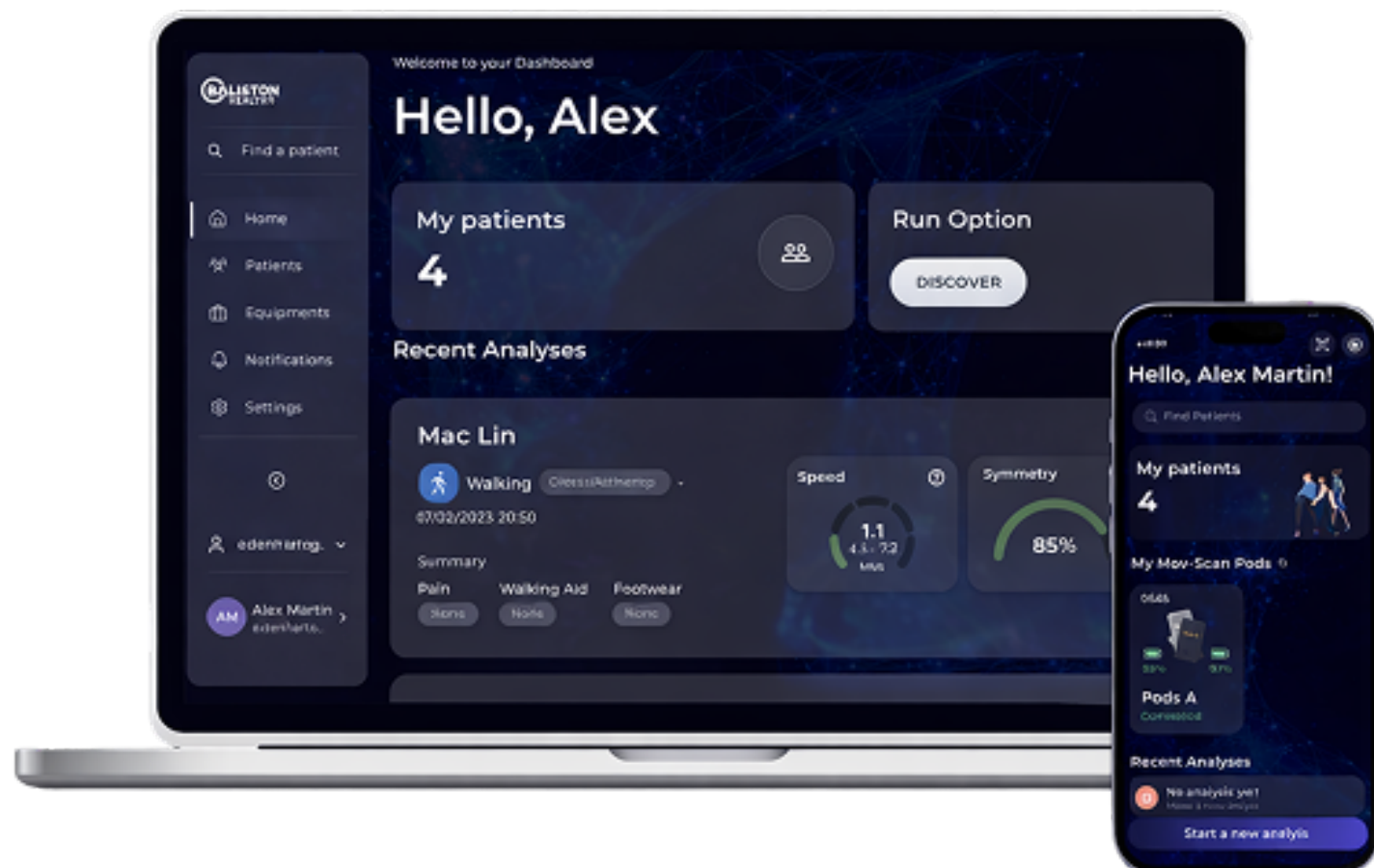
- Google Chrome
- Mozilla Firefox
- Microsoft Edge

Using the latest version of the browser is recommended for optimal performance.

## Mobile Application Requirements

The Baliston Health mobile application is compatible with:

- Android devices running Android 8.0 or later
- iOS devices running iOS 16.0 or later



# Setup



## Pod Status Indicators

The Mov-Scan®Pods use LED indicators to display their operating status. The table below explains the meaning of each light color and pattern.

Battery fully discharged or pods  
in deep sleep



No Light



Red

When pods are plugged in, red shows they are charging

Blinking Green: Available  
Green: fully charged



Blinking Green  
/Green Light



Blinking  
White

Firmware update in progress

# Setup



## Waking Up Your Mov-Scan® Pods

When first received, the Mov-Scan® Pods may be in deep sleep mode to preserve battery life



No Light



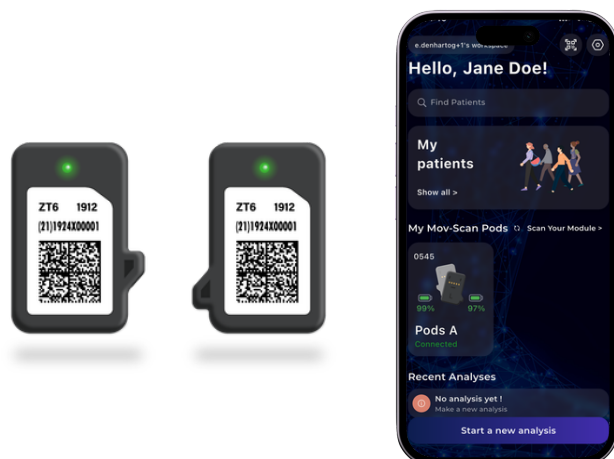
To wake the pods:

1. Place the pods on the charging dock
2. Wait until the LED indicator turns green

Once charged and blinking green, the pods are ready to be detected by the mobile application via Bluetooth



Green Light



Once charged the pods are ready to be detected by the mobile application via Bluetooth.

# Setup



## Inserting Your Mov-Scan® Pods

Identify the left and right Mov-Scan® Pods



Left Right



Identify the corresponding left and right insoles.

Identify the corresponding left and right insoles



Ensure that each pod is inserted in the correct orientation

Please keep in mind that the Mov-Scan® Pods must be inserted in the correct direction for the data capture to work

# Setup



## Charging Your Mov-Scan® Pods

Remove the pods from the insoles



Profile



Front/back

Place each pod into the front and back of the charging dock

Plug the charger into a USB power source that complies with IEC 60601-1 medical electrical standards



Before first use, ensure that the Mov-Scan®Pods are fully charged  
The recharging time is roughly 2.5 hours

# Setup



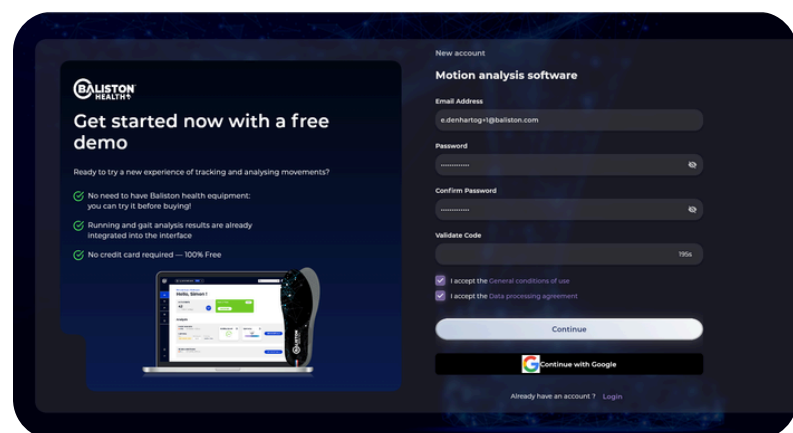
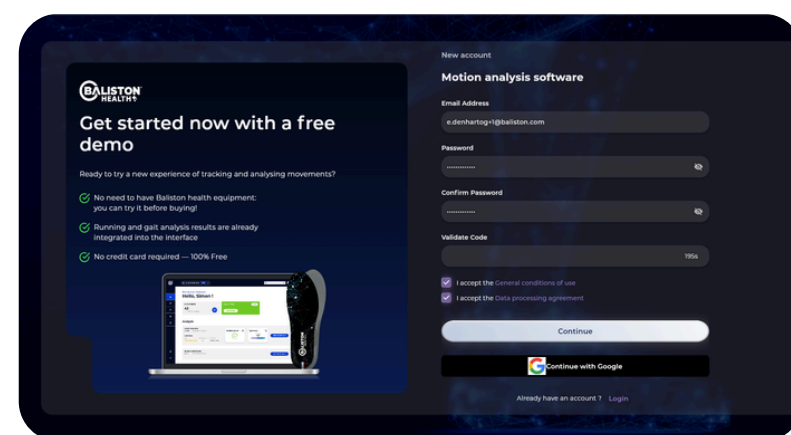
## Creating Your Account

To use the Mov-Scan® platform, you must first create a user account.

Account creation must be completed on a desktop computer. It cannot be performed from a mobile device.

 Open the registration page:

<https://app.baliston-health.com/auth/sign-up>

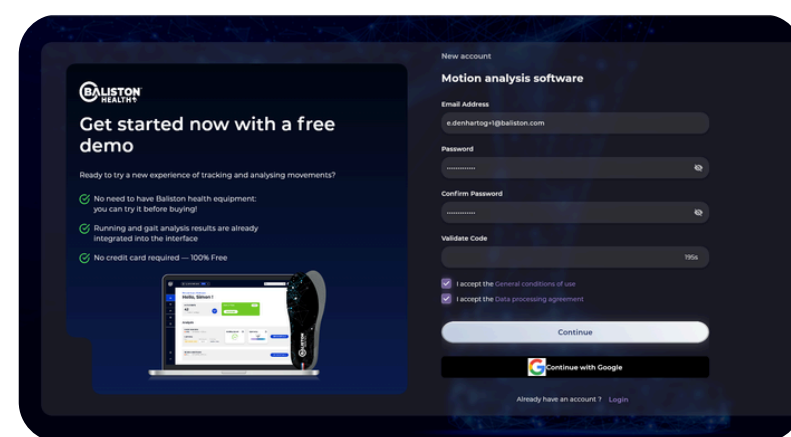


### Enter your email address and create a password

Password requirements:

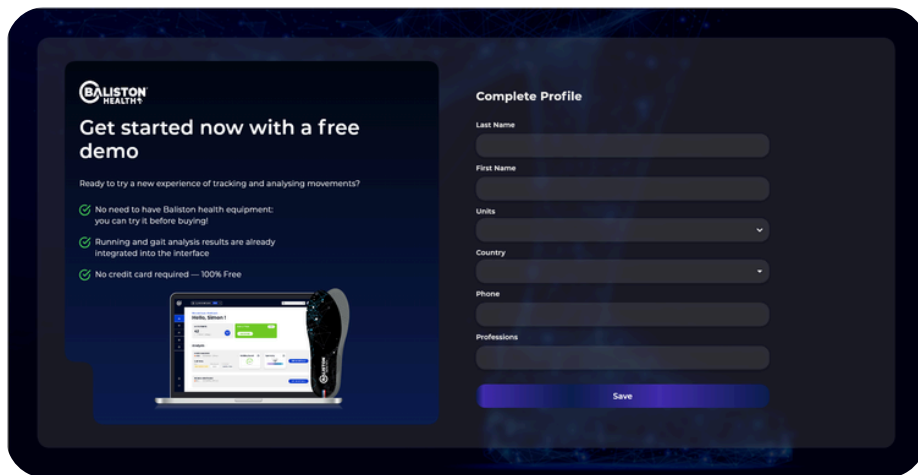
- Minimum of 8 characters
- At least one uppercase letter
- At least one lowercase letter
- At least one number
- At least one special character

### Enter the verification code sent to your email address.



The Mov-Scan® platform supports both light and dark display modes. This manual is presented in dark mode, but all features and navigation are identical in light mode.

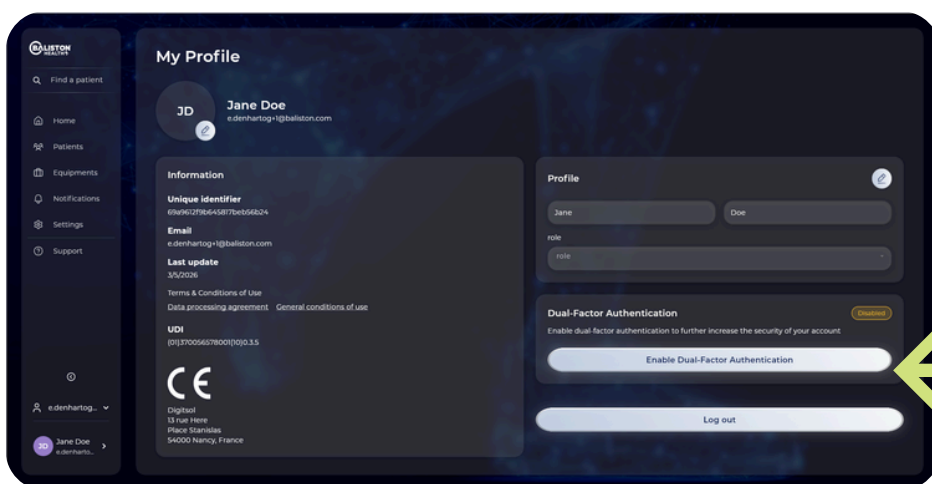
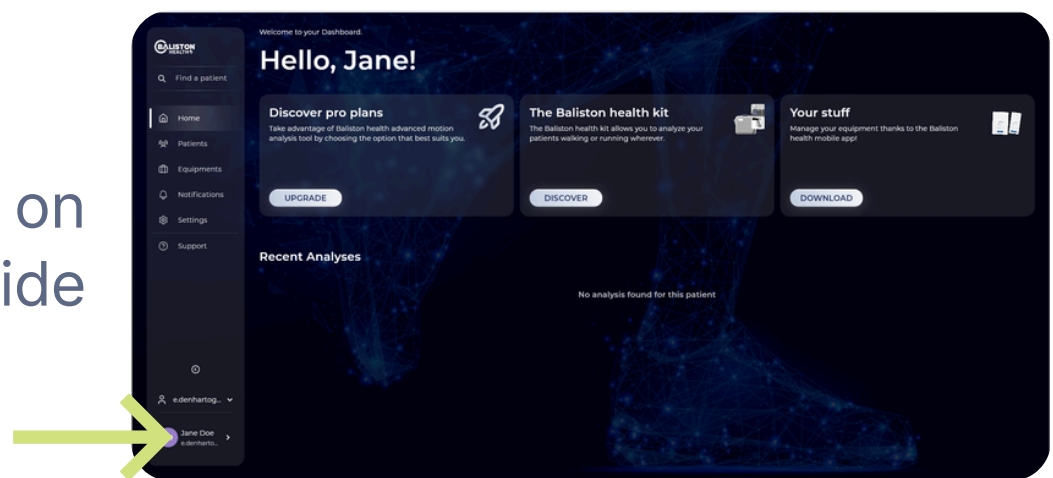
# Setup



Complete the required personal information to finalize your account

## Enabling Two Factor Authentication

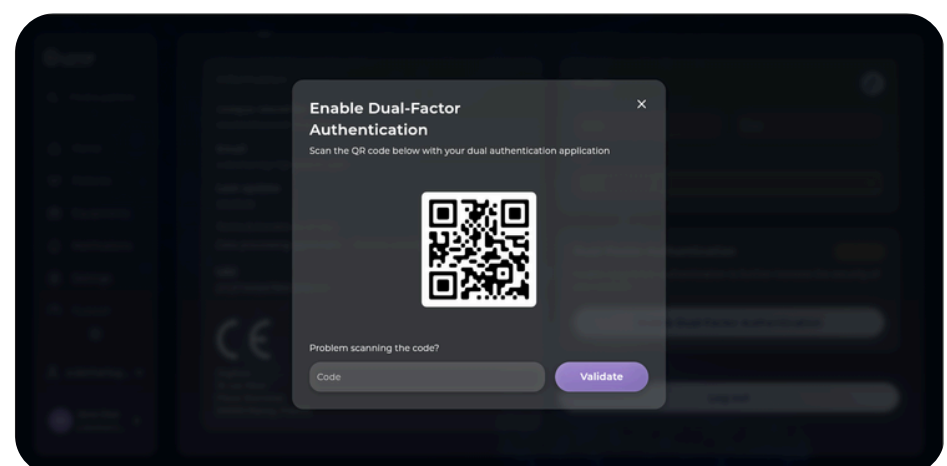
Open the Your Account menu on the bottom left hand side



Select 'Enable Two-Factor Authentication'. Must have an Authenticator App

- Google Authenticator
- Microsoft Authenticator
- etc.

Scan the QR code with with the camera in your Authenticator App  
Once activated, a verification code will be required each time you log in



# Setup



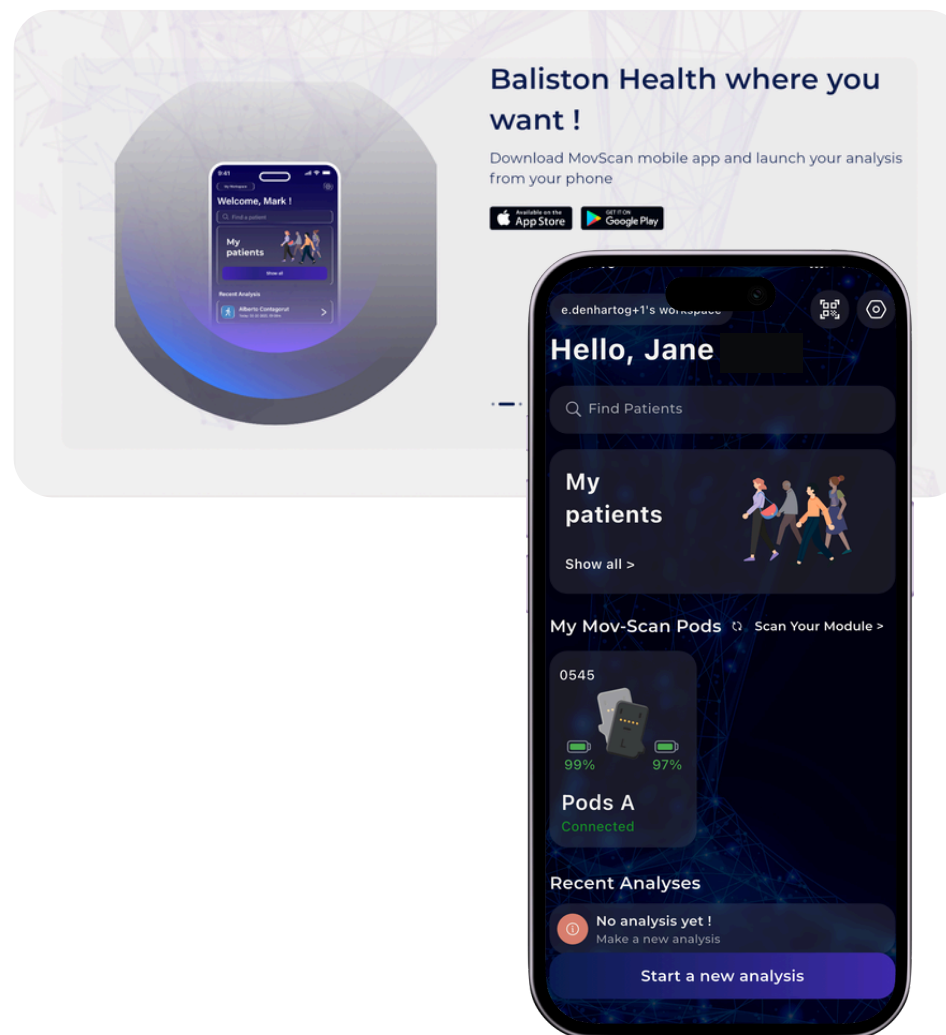
## Installing the Baliston Health App;

The Baliston Health mobile application is used to perform mobility analyses and manage Mov-Scan®Pods.

1. Open the application store on your mobile device
2. Search for Baliston Health
3. Download and install the application

The Mov-Scan® application is compatible with:

- Android devices running Android 6.0 or later
- iOS devices running iOS 14.0 or later



The Mov-Scan® platform supports both light and dark display modes. This manual is presented in dark mode, but all features and navigation are identical in light mode.

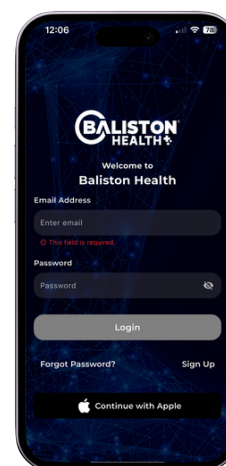
# Using the Mobile Application

## Logging in to the Baliston Health App

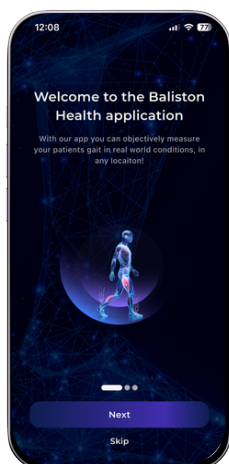


Open the Baliston Health application on your mobile device

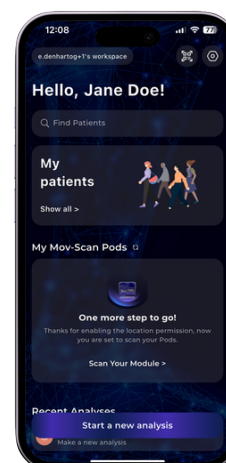
Enter the email address and password associated with your account



Log in



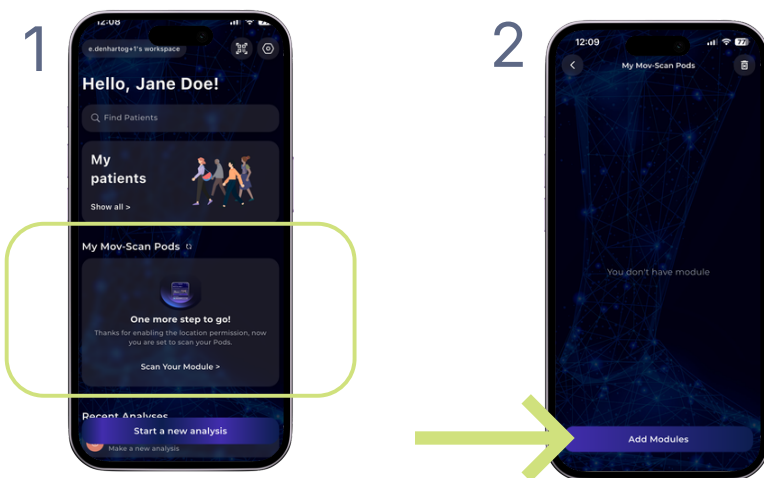
You will be redirected to your Baliston Health dashboard



# Using the Mobile Application



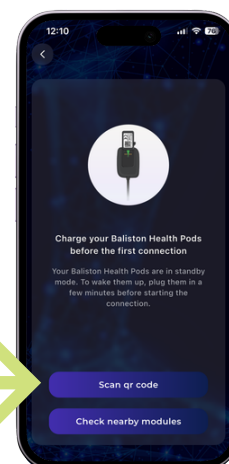
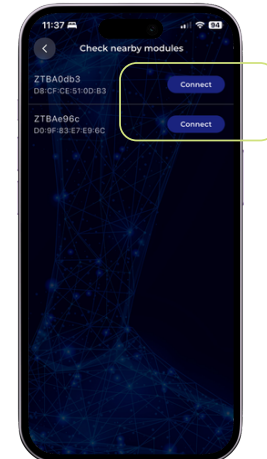
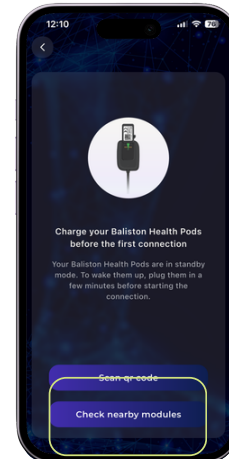
## Adding Your Mov-Scan® Pods



In the 'My Mov-Scan® Pods' section in the application, and tap 'Add Modules'

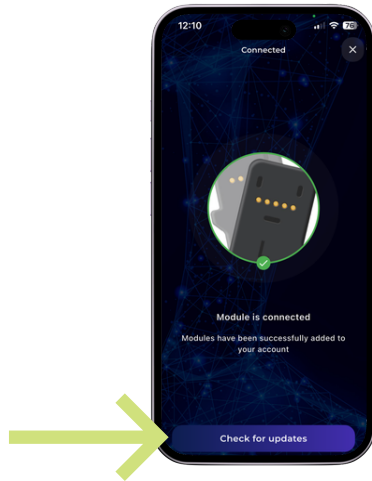
### Two methods to connect pods:

- **Proximity Pairing:** Ensure Bluetooth is enabled on your mobile device. Place the pods near your device and click 'Check nearby Modules'. Select the pods to confirm the connection.
- Scan the **DataMatrix code** located on your Mov-Scan® Pods with the camera in the Baliston Health App



Ensure the LEDs are blinking green in both cases

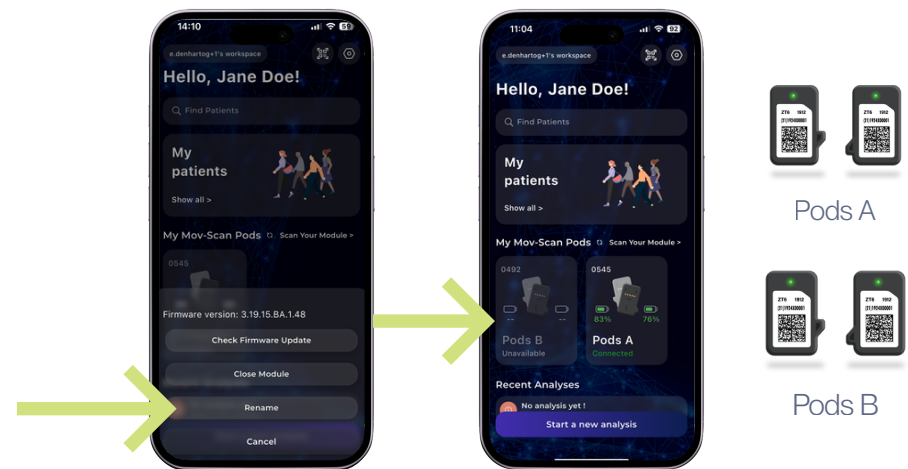
# Using the Mobile Application



Once connected, check for firmware updates

We recommend completing any firmware updates for efficient usage

If you have multiple pairs of pods, repeat the process for each pair  
You can personalise your pods by tapping on a pair of pods in the 'My Mov-Scan® Pods' and tapping 'Rename'

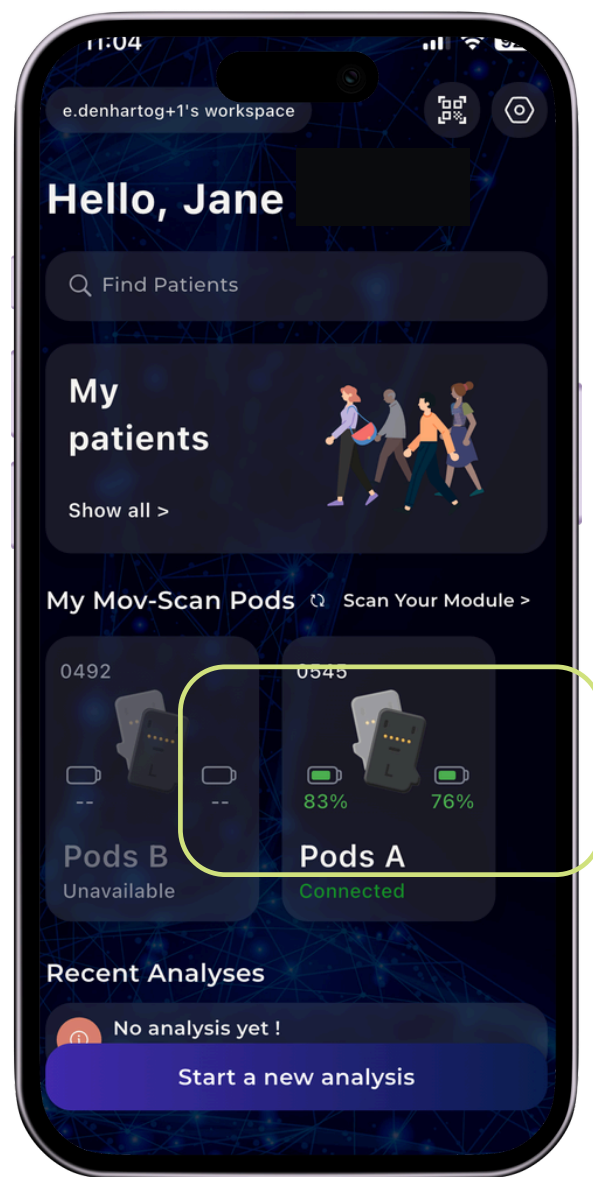


# Using the Mobile Application

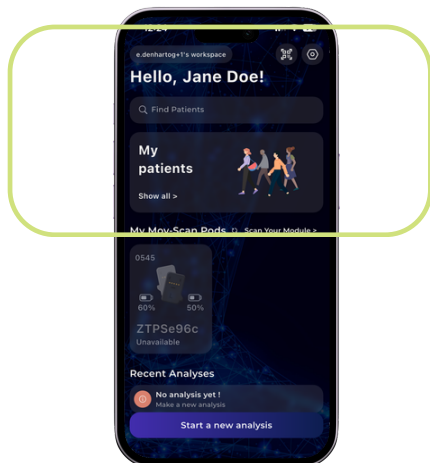


## Checking Battery Levels

You can check the battery level of your Mov-Scan®Pods in the Mov-Scan®Pods section of the application

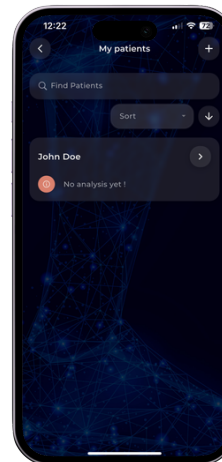


# Using the Mobile Application Managing Your Patients



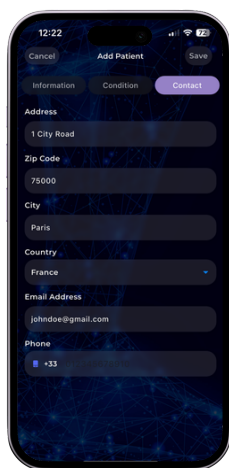
Find the 'My Patients' section

In this view you can manage your patients

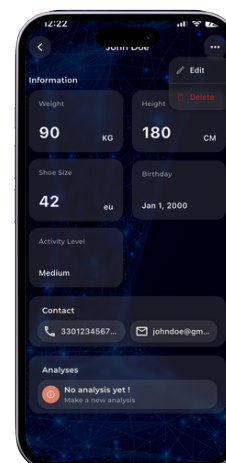


Here you can:

- add
- delete
- edit
- change personal information



Please note that if you delete a patient, it will be permanent, and all previous analyses will be lost



# Using the Mobile Application

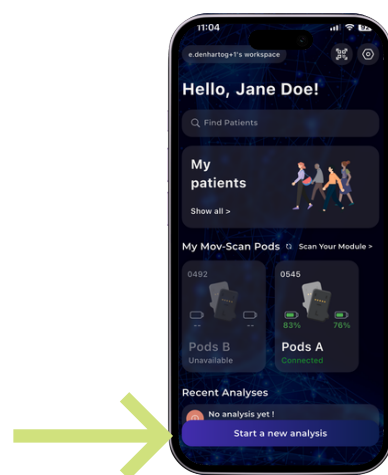
## Performing a Mobility Analysis



To perform a mobility analysis, ensure that:

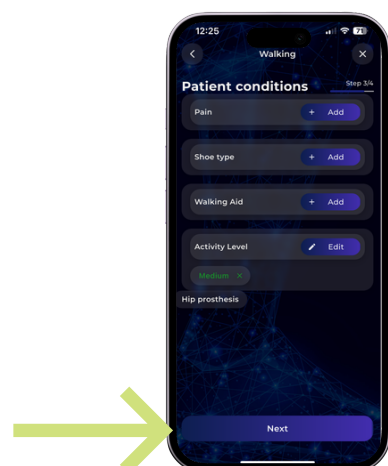
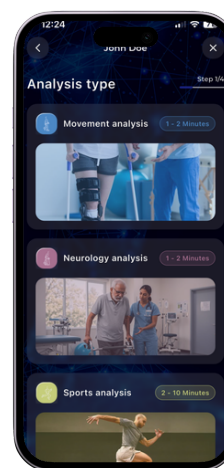
- Mov-Scan®Pods are inserted into the insoles
- The pods are charged and connected to the application
- A patient profile has been created

A mobility analysis can only be performed from a mobile or tablet.



Tap 'Start a new analysis' on the home page and choose the patient you want to perform the analysis on

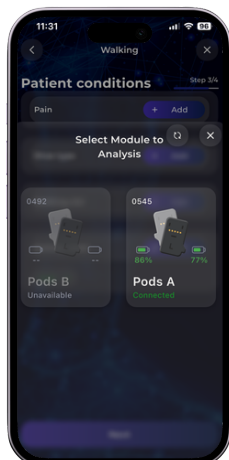
Select the type of analysis you want to perform



Enter the Patient Conditions and click 'Next'

# Using the Mobile Application

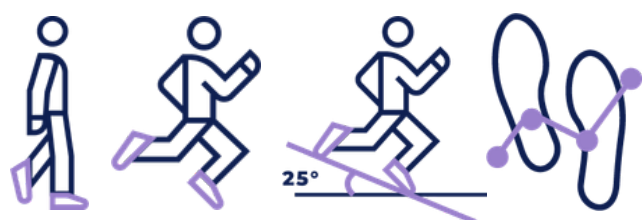
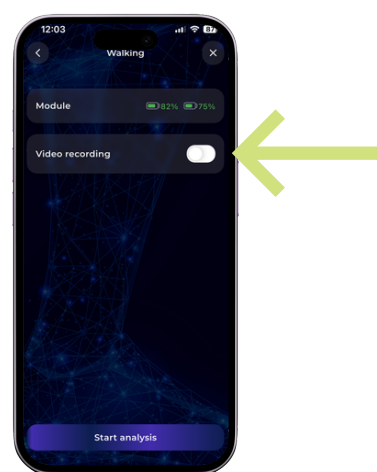
## Performing a Mobility Analysis



Select the pair of Mov-Scan®Pods to use

If you want to take a video of your patient performing the analysis, toggle the video recording button.

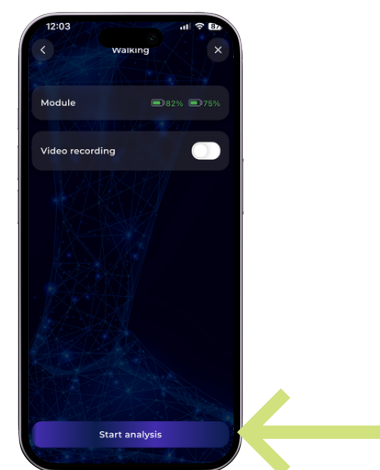
\*Only if included in your subscription



Get your patient ready to perform the required movements

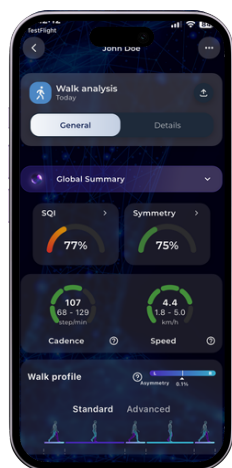
Analysis starts within 3 seconds after tapping 'Start analysis'

Tap 'Start Analysis' to begin the data capture



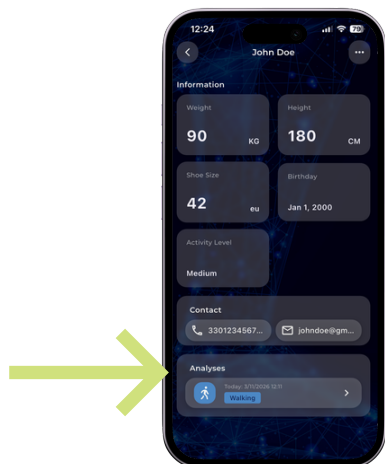
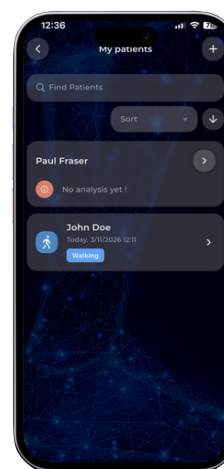
# Using the Mobile Application

## Viewing Analysis Results



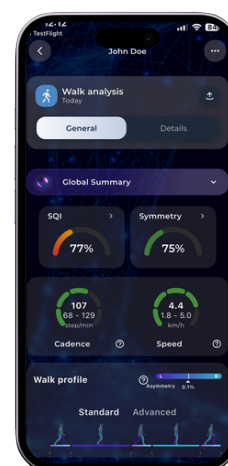
After an analysis has been completed the results will automatically be displayed

To return to past analyses, select the relevant patient profile



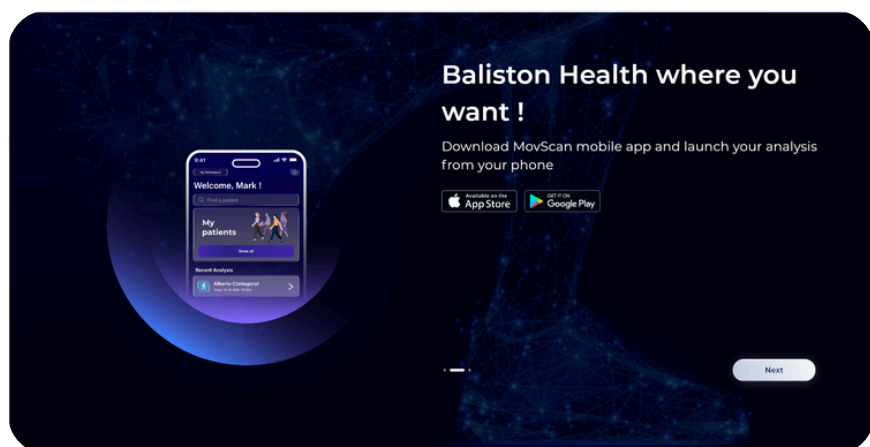
Navigate to the 'Analyses' section

Tap the analysis you want to review



# Using the Web Interface

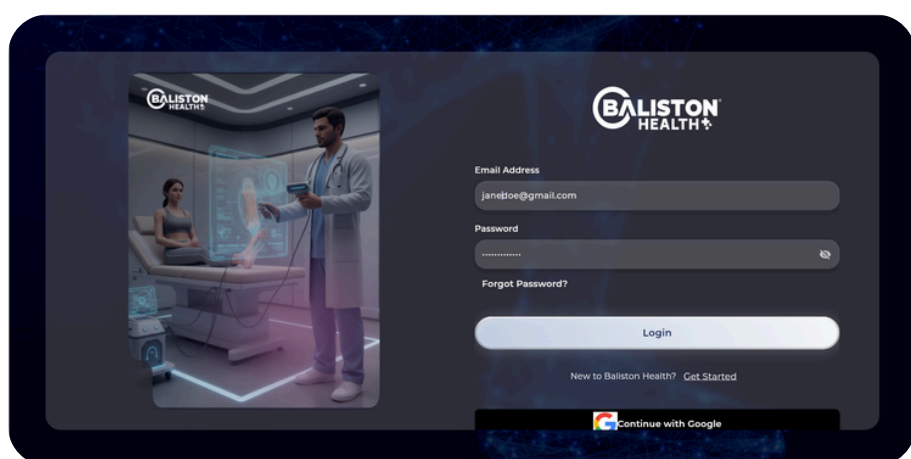
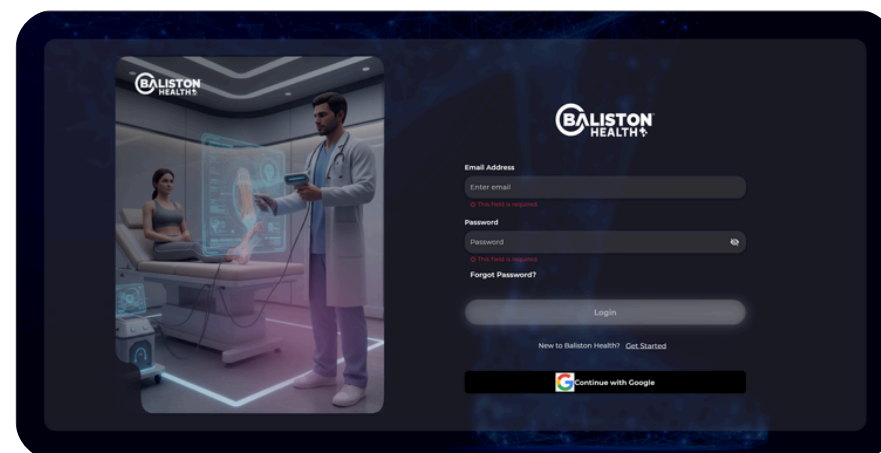
## Logging in to the Web Interface



Navigate to the Baliston Health platform in your web browser: <https://app.baliston-health.com>



Enter the email address and password associated with your account

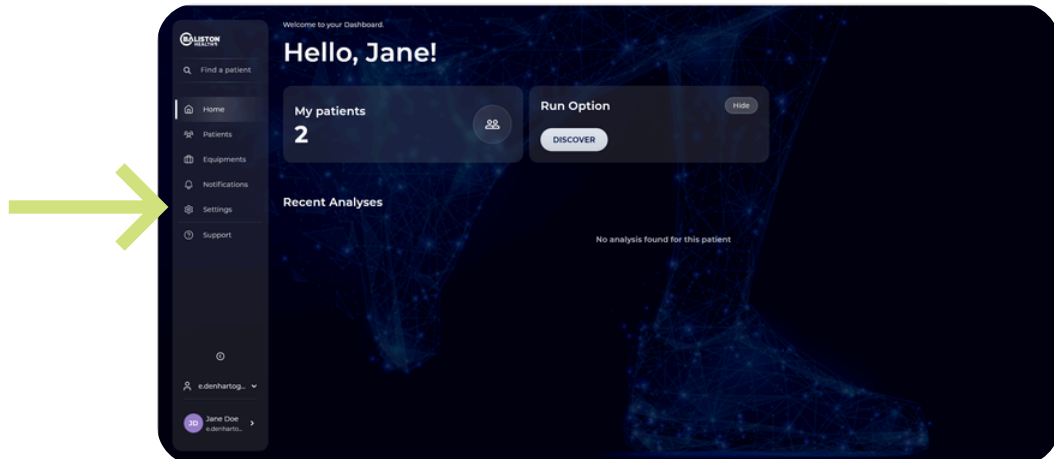


Login

If two-factor authentication is enabled, you will be prompted to enter the verification code generated by your authentication application

# Using the Web Interface

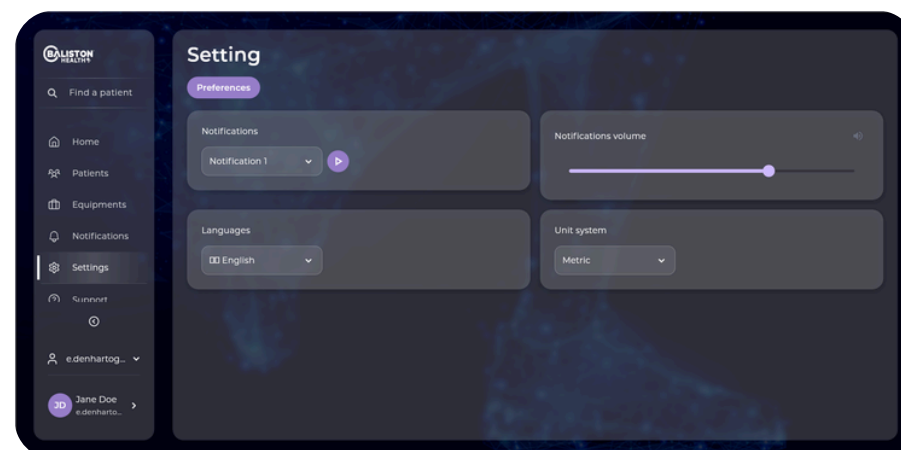
## Managing Your Settings



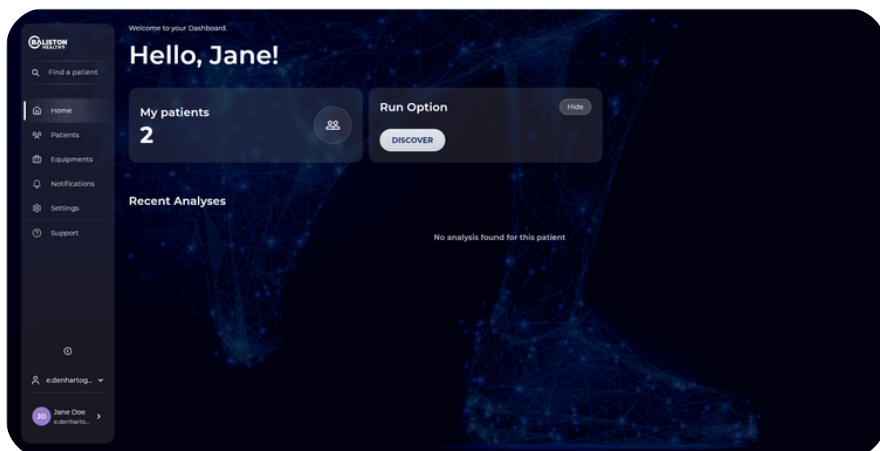
Open the Setting view in the left-hand side menu

In this view it is possible to change your settings relating to

- Notifications
- Notifications Sound
- Language
- Units

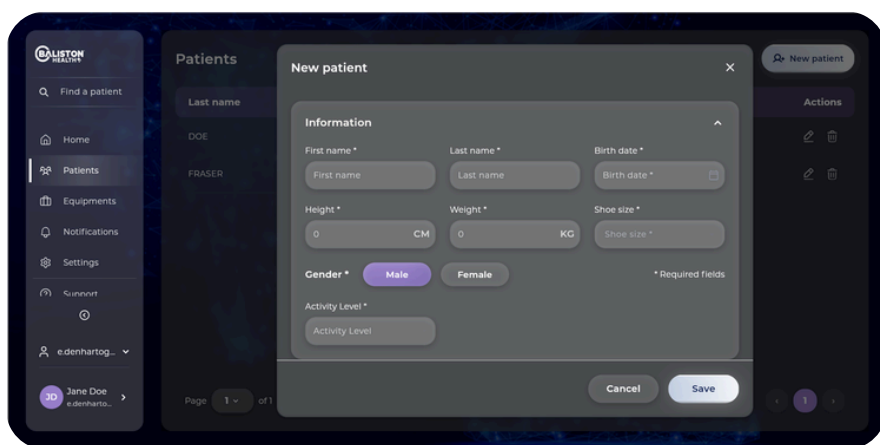
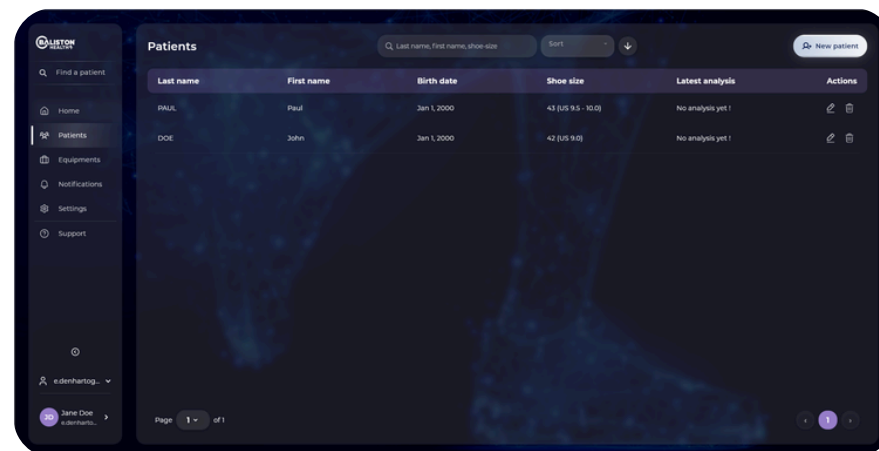


# Using the Web Interface Managing Your Patients



Find the 'My Patients' section

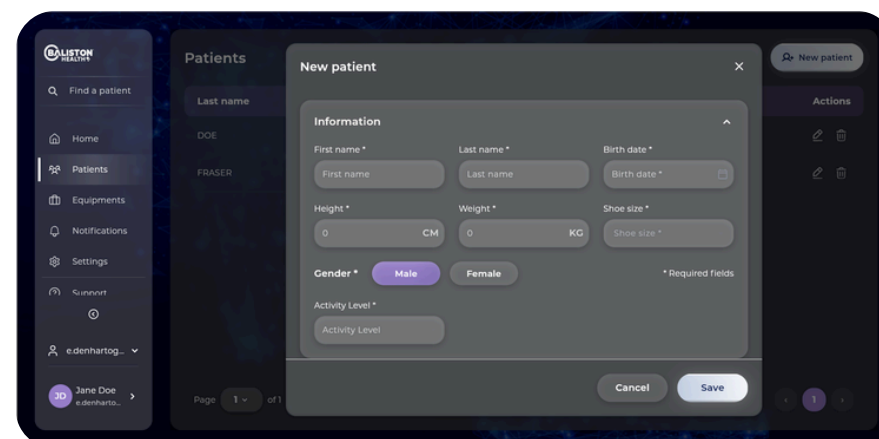
In this view you can manage your patients



Here you can:

- add
- delete
- edit
- change personal information

Please note that if you delete a patient, it will be permanent, and all previous analyses will be lost



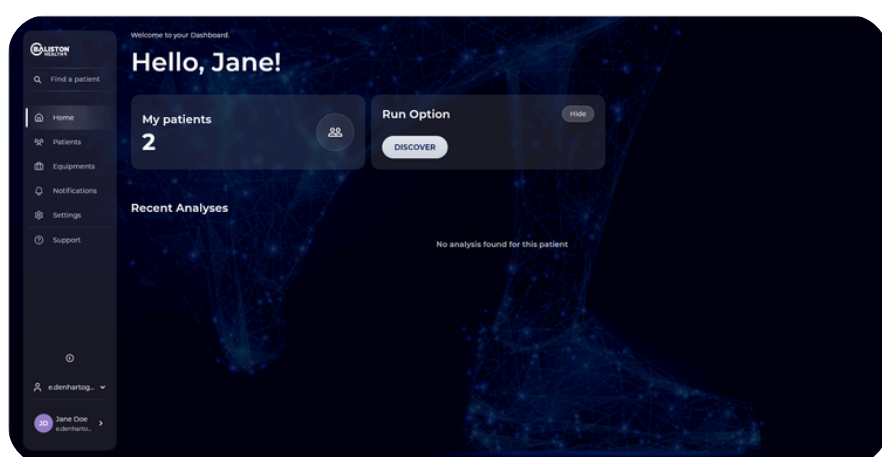
# Using the Web Interface

## Managing Mobility Analyses



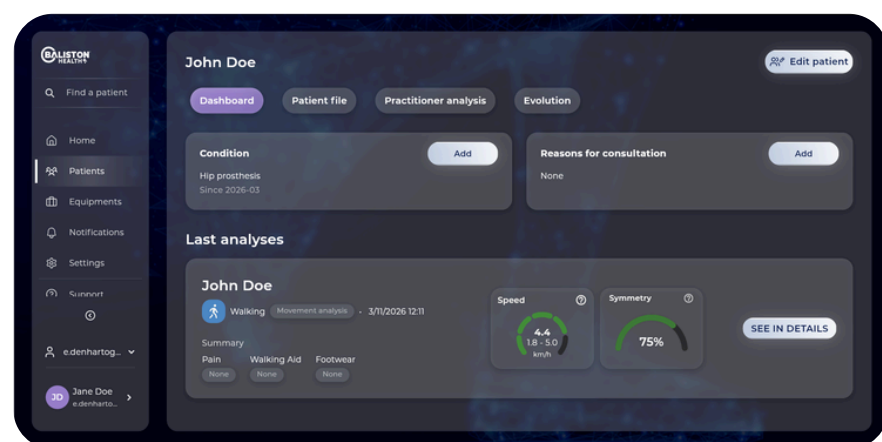
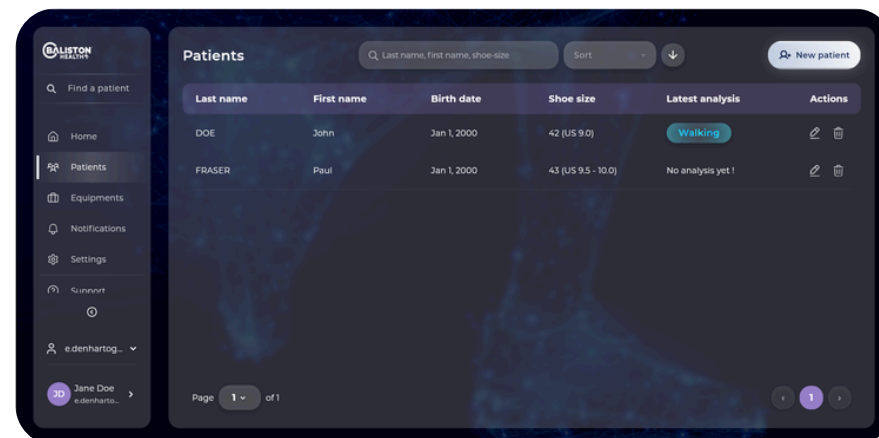
Analyses performed using the mobile application are automatically synchronized with the Baliston Health web platform.

Analyses can only be performed on a mobile or tablet, but can be viewed from a mobile, tablet and web interface.



Open the 'My Patients' section

Select the relevant patient



Navigate to the 'Last Analyses' section and choose the analysis you want to review, personalise, or generate reports on. You can leave comments at the bottom of analyses

Analyses can also be managed in the mobile application using the same steps.

## Maintenance

### Charging Your Mov-Scan® Pods

Remove the Mov-Scan® Pods from the insoles and position them on either side of the Plug USB charger. After connecting the two boxes to the USB plug, place everything in the charger connector provided for this purpose.

To power the device, plug the connector into a USB port on your computer or into a power supply that fulfils IEC 60601-1: 2005 (1MOOP) medical specifications.

The recharging time is roughly 2.5 hours.



#### CAUTION



Remember to charge Mov-Scan®Pods before leaving them disconnected for extended periods of time to avoid damaging the battery. To maximise the lifespan of your Mov-Scan®Pods, charge them at temperatures ranging from 10°C (50°F) to 40°C (104°F).

# Maintenance

## Cleaning Your Mov-Scan® Pods



### WARNING

Use the insole only with a clean sock.

Proper maintenance of the Mov-Scan® system helps ensure reliable operation and prolongs device lifespan.

Mov-Scan® insoles should always be used with clean socks (you can use disposable socks). For hygiene and infection control, it is recommended to clean the device regularly and before the first use.

Recommended cleaning procedure:

1. Use disinfectant wipes compatible with medical equipment.
2. Ensure the disinfectant meets standard bactericidal and virucidal requirements:
  - EN1276\*, EN13727\*, EN13697\*, EN14561 bactericide (including SARM).
  - Mycobacterium Terrae EN14348\* and EN14563\* tuberculocide.
  - Fungicide EN14562\* (on Aspergillus Fugimatus).
  - Levuricide EN1650, EN13697\*, EN13624\*, EN14562\* on Candida albicans.
  - Virucide EN14476 on HBV, HCV, Adenovirus, Coronavirus, Norovirus, RSV, H1N1, HSV-1, Polyomavirus\* and Rotavirus\*.

\*Unless it is very soiled

3. Allow the device to air dry before reuse with clean socks.

\*We recommend the STERIMED wipes for EU and the SANI-CLOTH product for US, which are available from Baliston Health at: [contact@baliston-health.com](mailto:contact@baliston-health.com) and satisfies the requirements.



### CAUTION

#### DO NOT:

- immerse the device in water
- use corrosive chemicals or solvents
- place the device in a washing machine or dryer
- expose the device to excessive heat

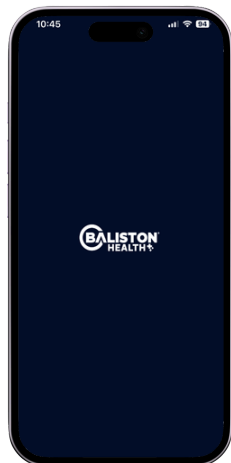
# Support

Full information is available on: <https://www.baliston-health.com/customer-support>

## Troubleshooting

### Steps For Your Pods and Sensors

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Make sure your app is up to date

In some cases, deleting the App and reinstalling it works

---

Charge your Mov-Scan Pods overnight

Use a wall charger for a full charger



Maintain regular charging. Charge the pods for a few hours each week (even when not in use)

If an error occurs plug your pods in to restart them, then try again

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Insert your Mov-Scan pods correctly



# Support

Full information is available on: <https://www.baliston-health.com/customer-support>

## Troubleshooting

### Steps For Your Pods and Sensors



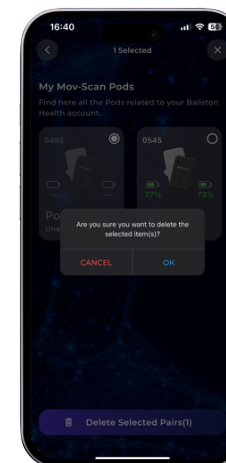
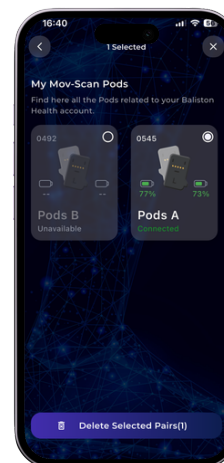
Ensure foot stability during analysis

At the start and end

- both feet flat and on the ground
- Tablet or mobile phone close to the insoles

If issues continue:  
Remove and Re-add the Pods in  
the App

See pg 23 of the User Manual



### Operating Conditions:



**1. Ensure a stable Internet connection**

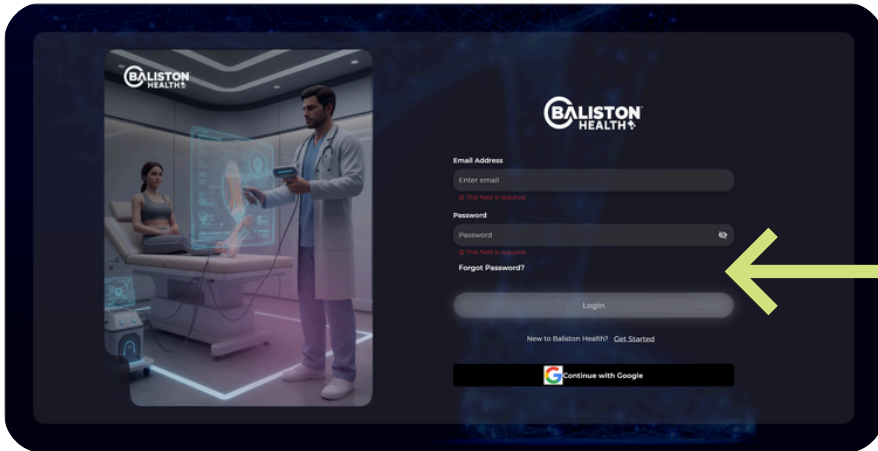
**1. Maintain Bluetooth proximity:**  
Keep the device close to the tablet/mobile with the installed App

**1. Avoid interference from other devices:** turn off Bluetooth on Nearby devices to avoid connection interference

# Support

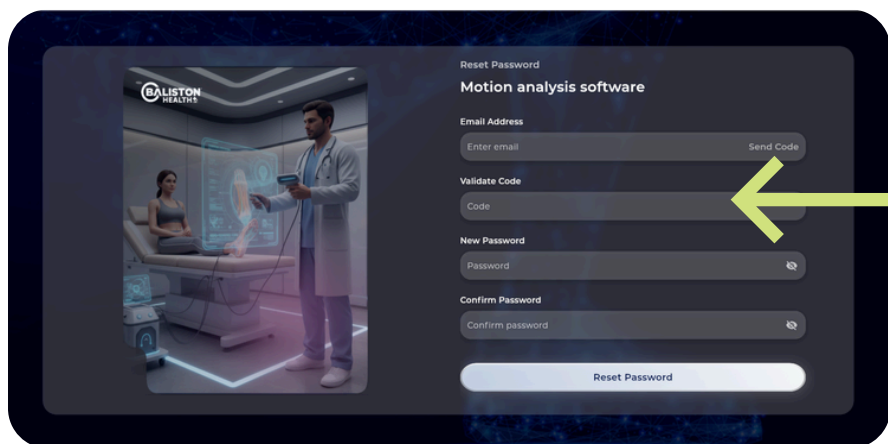
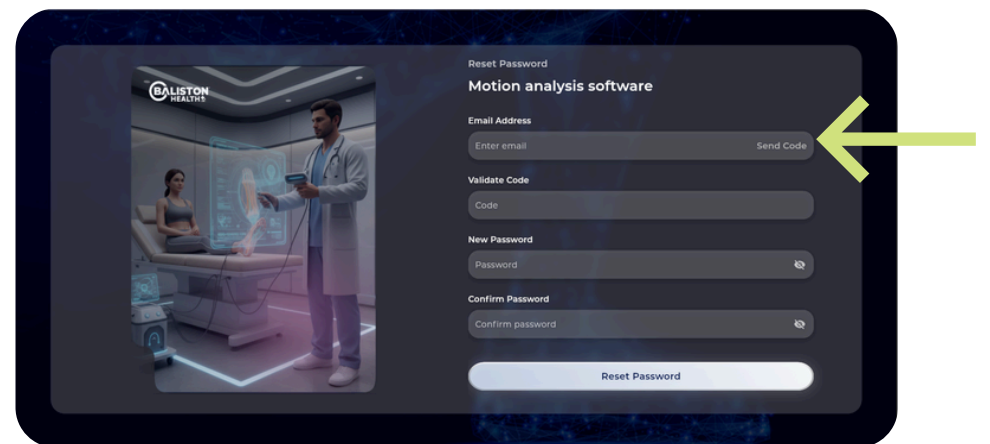
Full information is available on: <https://www.baliston-health.com/customer-support>

## Troubleshooting Forgotten Password



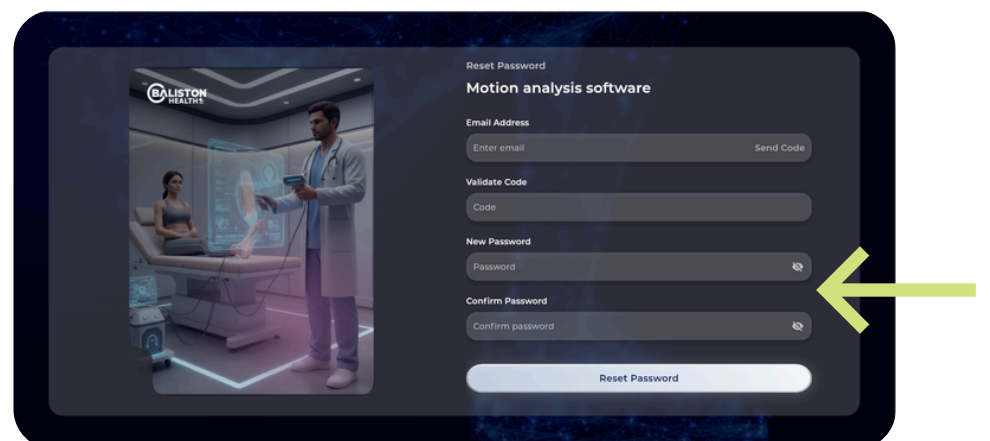
If you have forgotten your password, click 'Forgot password?'

Enter your email address and click 'send code'



Enter the code received in your email inbox

Change your password to a new, secure password and confirm it



# Support

Full information is available on: <https://www.baliston-health.com/customer-support>

## Contact

For technical support or product inquiries:

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Email

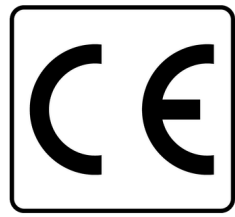
[contact@baliston-health.com](mailto:contact@baliston-health.com)

Vigilance / incident reporting

[Vigilance@baliston-health.com](mailto:Vigilance@baliston-health.com)

# Support

## CE Marking



Date of CE marking: TBD

**REF** BAHE001-FPT00

**UDI-DI: 3700565774633**

0476



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