

Follow Steps 1-5 to complete initial setup. Steps 6-9 are performed each session. For full instructions refer to the **User Manual & Technical Documentation**

What You Need Before Starting

Mov-Scan left & right pods
 Charging dock & USB charger
 Desktop computer & mobile/tablet (iOS 17+ or Android 8+)

Correct size Mov-Scan insoles
 Client in compatible shoes & clean socks

 Mov-Scan analyses must be performed from a mobile or tablet. Account creation must be completed on a desktop/computer

1 Waking Up Your Pods

- 1 Place pods into the charging dock (front and back slots) to wake them up.
- 2 Connect charger to a USB power source complying with IEC 60601-1 medical standards
- 3 Wait for LED on pods to turn green.

<input type="radio"/> No light	Battery empty or in deep sleep
<input type="radio"/> Red	Red charging in progress
<input type="radio"/> Green	Fully charged
<input type="radio"/> Blinking Green	Awake and ready to connect
<input type="radio"/> Blinking White	Firmware update in progress

2 Creating Your Account

- 1 On your desktop, go to:
app.baliston-health.com/auth/sign-up
- 2 Enter your email and create your password.
- 3 Enter the verification code sent to your email.
- 4 Enter your personal and practitioner information and tap 'Save'.



3 Installing the Mobile Application

- 1 Open the **App Store** (iOS) or **Google Play Store** (Android)
- 2 Search for **Baliston Health** and Install.
- 3 Log in with your **Baliston Health** credentials



4 Adding Your Pods to the App

- 1 Ensure the pods are blinking green.
- 2 In App: **My Mov-Scan Pods** → **Add Modules**
- 3 Connect via **Proximity** (Check nearby Modules) or scan the **QR codes**
- 4 Complete a **firmware update** if prompted.



5 Adding a Patient

- 1 On desktop or mobile app, go to the **Patients** section and tap '+'
- 2 Enter General Information and tap 'Save'
- 3 Toggle to enter **patients conditions** - important for analysis accuracy.
- 4 Add contact details and 'Save'



6 Inserting Your Pods

- 1 Identify the **L** (left) and **R** (Right) pods as marked on each device.
- 2 Identify the **left** and **right** insoles
- 3 Slide the corresponding pod into the correct insoles with the QR code facing outwards
- 4 Slide the corresponding insoles into the patients shoes



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7 Perform a Mobility Analysis

- 1 Tap **'Start a New Analysis'** on the **Baliston Health App** home screen
- 2 Select the relevant **patient profile** and **analysis type**.
- 3 Enter **Patient Conditions** before analysis
- 4 Select **Mov-Scan Pods** used for analysis if you have multiple
- 5 Optionally **toggle video recording** (Subscription required)
- 6 Tap **Start Analysis**. Starts within **3 seconds**.
- 7 Patient performs the analysis for **minimum 60 seconds**. **Both feet flat** on the ground before and at the end of the analysis.
- 8 **End and Save** analysis. Consult **Results section** once saved.




8 View and Export Results

- 1 Results display **automatically** after analysis
- 2 To review **recent analyses**: scroll down to **Recent Analyses** and tap analysis you want to view.
- 3 To **export, download and compare analyses**: Tap three dots on the upper right side in analysis view.
- 4 For more detailed instructions, refer to the **User manual and Technical Documentation**






3 Safety Reminders

- ⊘ Do not use near MRI equipment
- ⊘ Do not open or repair pods
- ⊘ Do not open or repair pods
- ⊘ Do not immerse in water
- ⊘ Do not use damaged pods
- ⊘ Only use with clean socks

 Charge pods regularly, even when not in use. Charge at 10°C-40°C to maximise battery lifespan.

6 Support

-  [Contact — Baliston Health®](#)
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