



USER MANUAL & TECHNICAL DOCUMENTATION

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Purpose of This Manual

This user manual provides instructions for the safe installation, configuration, and operation of the Baliston Health 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 Baliston Health

About Baliston Health

Baliston Health's movement analysis technology combines smart insoles, sensor pods, and a digital platform to capture how a person walks or runs in real-world conditions.

The Baliston Health system transforms movement data into clear visual reports that help healthcare practitioners better observe mobility patterns, compare results over time, and support patient follow-up.

The Baliston Health system is designed to fit into clinical workflows, offering a simple way to collect objective movement information without a dedicated gait lab or treadmill.

Intended Use

Baliston Health is a solution for healthcare practitioners that displays objective data based on spatio-temporal and kinematic patient mobility metrics.

Mobility reports provide the following information to healthcare practitioners:

- A set of biomechanical metrics with a visual comparison to literature standards,
- The digital "gaitline" linked to pressure,
- Basic interpretations of mobility parameters,
- The evolution of mobility parameters as a result of various analyses.

The healthcare practitioner can select a standardized test to focus on the biomechanical factors connected to the patient's mobility.

The healthcare practitioner will use these reports to conduct a more in-depth medical investigation in order to decide a diagnosis.

Introducing Baliston Health

Population

The Baliston Health system can be used with adults and children aged 7 years and older, provided that the patient:

- can walk or run depending on the type of analysis performed
- is able to understand and follow simple movement instructions
- wears footwear compatible with Mov-Scan® insoles

The system requires a minimum shoe size of EU 30 (approximately US Kids 12–12.5).

Safety Information

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

WARNING

Indicates a potential risk of injury to the user or patient if the instructions are not followed.

CAUTION

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.

Introducing Baliston Health



The product's safety in a magnetic resonance environment has not been investigated. It has not been tested in the magnetic resonance environment for heating or undesired movement. The product's safety is unclear in the magnetic resonance environment. A magnetic resonance exam performed on a person who has this medical device may result in damage or device malfunction.

Radio Frequency Warning

The device has been tested and complies with general radio frequency (RF) exposure requirements. It meets the RF radiation exposure limits established by the European Commission (EC), the Federal Communications Commission (FCC), and Industry Canada for the general population.

The device must not be used in conjunction with other antennas or transmitters.

Contraindications

There are no known medical contraindications for using the Baliston Health 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

Adverse Effects

To date, no adverse effects associated with the use of the Baliston Health system have been identified.

System Overview

Product Overview

Baliston Health technology is designed to measure and analyse mobility during walking and running. It collects biomechanical data using sensor pods placed inside dedicated insoles. The collected data is transmitted to the Baliston Health platform for analysis and visualisation.

The system supports healthcare practitioners in evaluating patient mobility and monitoring changes over time.

System Components

The Mov-Scan® kit from Baliston Health 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

System Overview



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 17.0 or later

System Overview

Authorized Accessories

The Baliston Health platform is designed to measure and analyse mobility during walking and running. It collects biomechanical data using sensor pods placed inside dedicated insoles. The collected data is transmitted to the Baliston Health platform for analysis and visualisation.

The system supports healthcare practitioners in evaluating patient mobility and monitoring changes over time.

Category	Description	Baliston Health Reference
HW	BalH Kit with ZT6 Pods (Bag, 6 pairs of insoles, Pods & Charger)	BAHE001-KIT80-00
Kit + W&R	BalH Kit with ZT6 M0 - Walk & Run - LifeTime	BAHE001-FPT00-00
	BalH License Only M0 - Walk & Run - LifeTime	BAHE001-WAR002
Injury & Rehab	BalH Kit with ZT6 M1 - Injury & Rehabilitation - LifeTime	BAHE001-FPT00-01
	BalH License Only M1 - Injury & Rehabilitation - Annual	BAHE001-INR001
	BalH License Only M1 - Injury & Rehabilitation - LifeTime	BAHE001-INR002
Sport	BalH Kit with ZT6 M2 - SPORT - LifeTime	BAHE001-FPT00-02
	BalH License Only M2 - SPORT - Annual	BAHE001-SPO001
	BalH License Only M2 - SPORT - LifeTime	BAHE001-SPO002
Neurological	BalH Kit with ZT6 M3 - Neurological - LifeTime	BAHE001-FPT00-03
	BalH License Only M3 - Neurological - Annual	BAHE001-NEU001
	BalH License Only M3 - Neurological - LifeTime	BAHE001-NEU002
Orthotics	BalH Kit with ZT6 M4 - Orthotics - LifeTime	BAHE001-FPT00-04
	BalH License Only M4 - Orthotics - Annual	BAHE001-ORT001
	BalH License Only M4 - Orthotics - LifeTime	BAHE001-ORT002
Upgrades	BalH Upgrade to Sport Lifetime (from Injury & Rehab)	BAHE001-UPS001
	BalH Upgrade to Neuro Lifetime (from Injury & Rehab)	BAHE001-UPN001
	Additional Module	30% Discount
	Additional 2 Modules	50% Discount

Add Ons	BalH Video Module	PLEU001-VID001
	BalH CSV Annual Subscription	DATA001-FPT01
	BalH CSV Lifetime	DATA001-FPT02
	BalH Performance Rehab Module PRM (4 jump Tests)	PLEU001-REH001
	BalH Multiple User Option _ 5 additional Users	PLEU001-USR05
	BalH Multiple User Option _ 10 additional Users	PLEU001-USR10
Spare Parts	BalH Mov-Scan®ZT6 Pods	ZTPS0006-FPT10-00
	BalH ZT6 Charger	BAHE001-KIT00-00
	BalH 6 Paires of Insoles (sizes 36-47)	BAHES001-KIT20
	BalH Suitcase	BAHE001-KIT60-00
	BalH Pediatric Kit - 6 pairs of insoles (sizes 30-35)	BAHE001-KIT50
Insoles	BalH Pair of Insoles 30-31	BAHE001-KIT30-00
	BalH Pair of Insoles 32-33	BAHE001-KIT32-00
	BalH Pair of Insoles 34-35	BAHE001-KIT34-00
	BalH Pair of Insoles 36-37	BAHE001-KIT36-00
	BalH Pair of Insoles 38-39	BAHE001-KIT38-00
	BalH Pair of Insoles 40-41	BAHE001-KIT40-00
	BalH Pair of Insoles 42-43	BAHE001-KIT42-00
	BalH Pair of Insoles 44-45	BAHE001-KIT44-00
	BalH Pair of Insoles 46-47	BAHE001-KIT46-00
	BalH Pair of insoles Large 48-49	BAHE001-KIT48-00
	BalH Pair of Insoles XL	BAHE001-KIT50-00

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



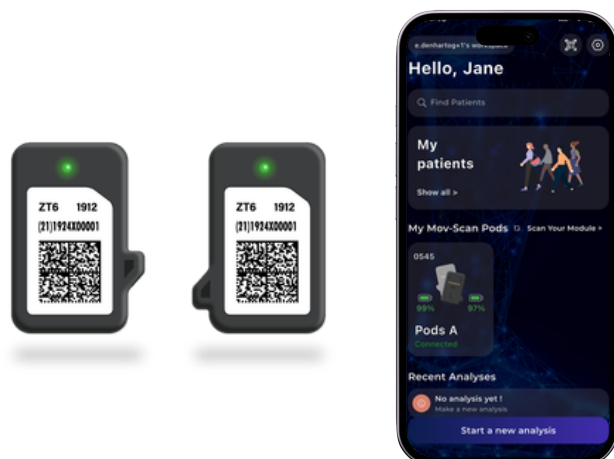
To wake the pods:

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



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-C power source



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

Setup



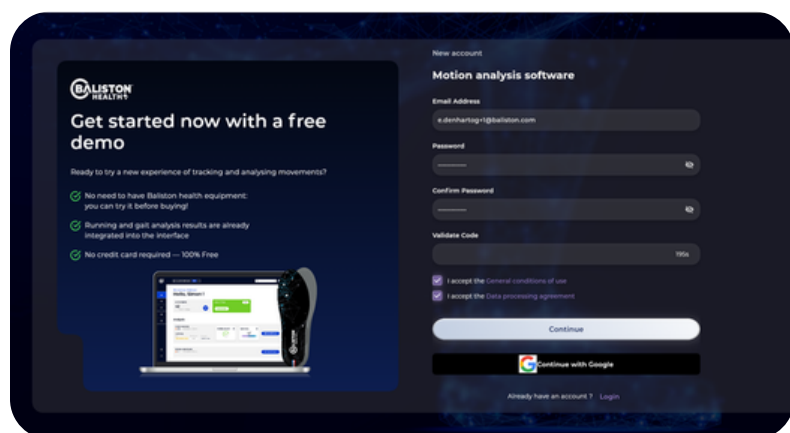
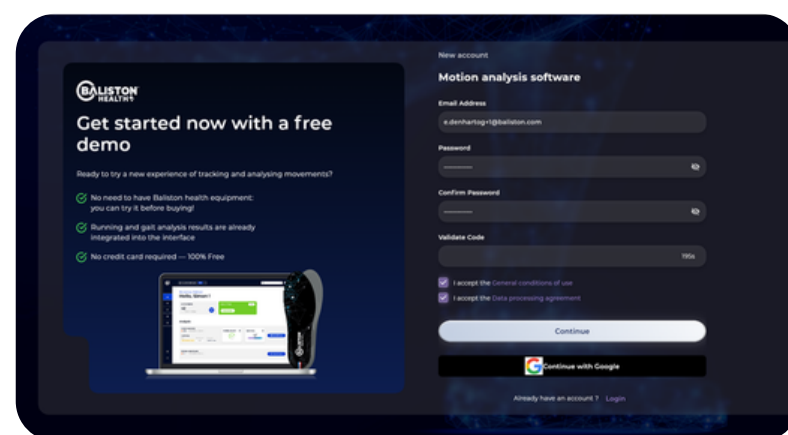
Creating Your Account

To use the Baliston Health 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>

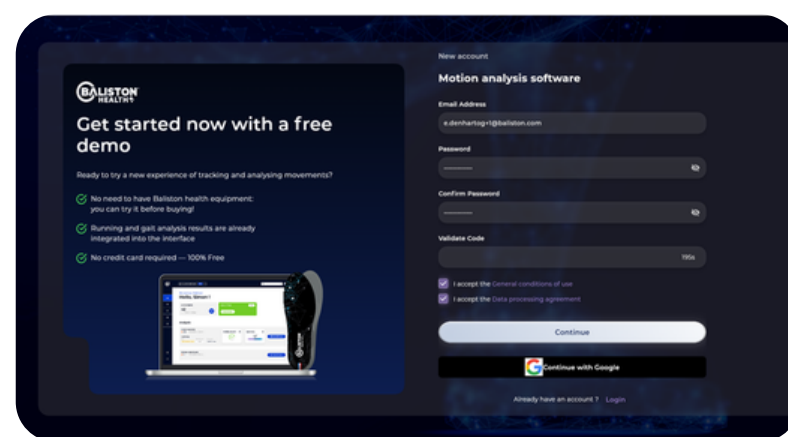


Enter your email address and create a password

Password requirements:

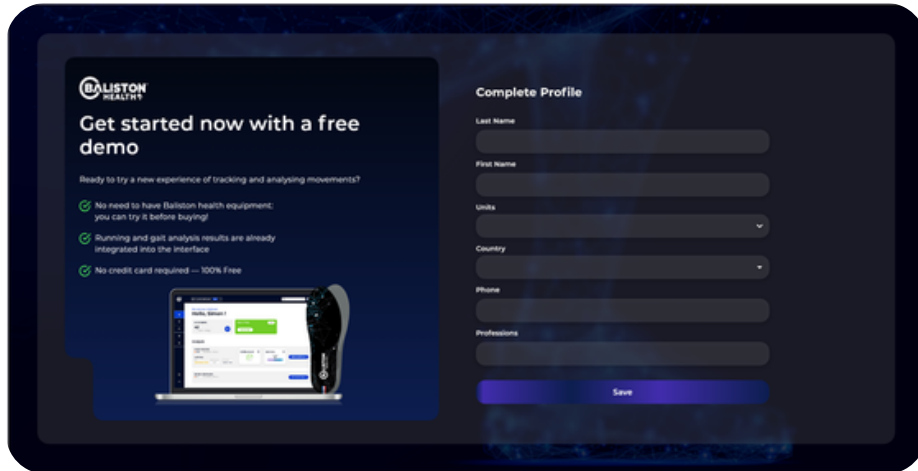
- Minimum of 8 characters
- At least one uppercase letter
- At least one lowercase letter
- At least one number
- At least one special character

Enter the verification code sent to your email address.



The Baliston Health 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.

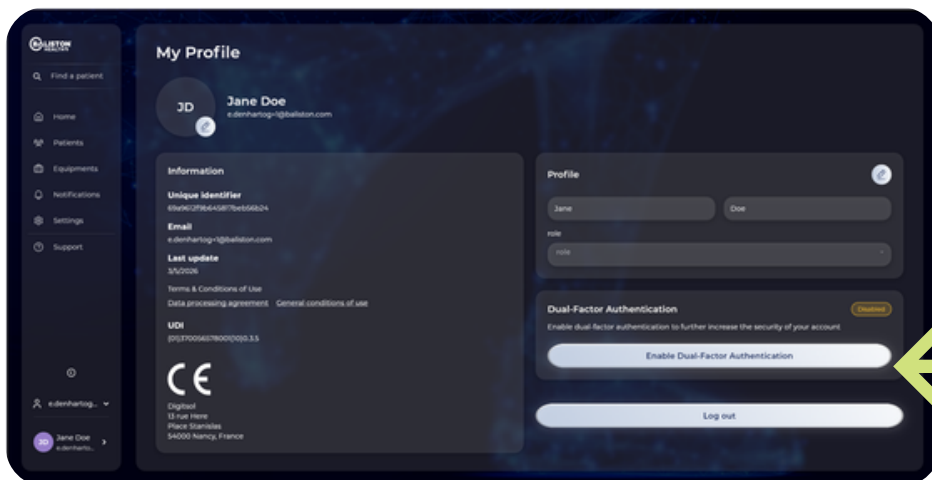
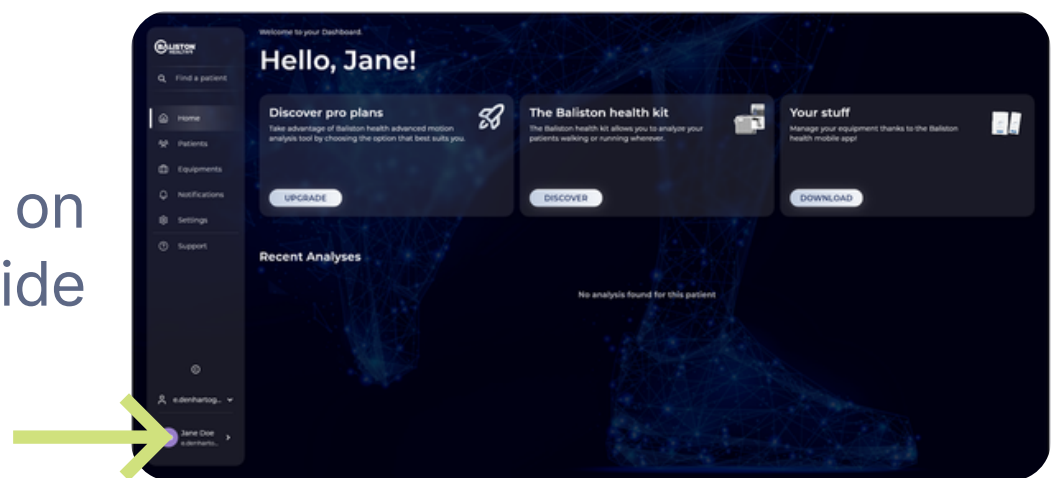
Setup



Complete the required personal information to finalize your account

Enabling Two Factor Authentication

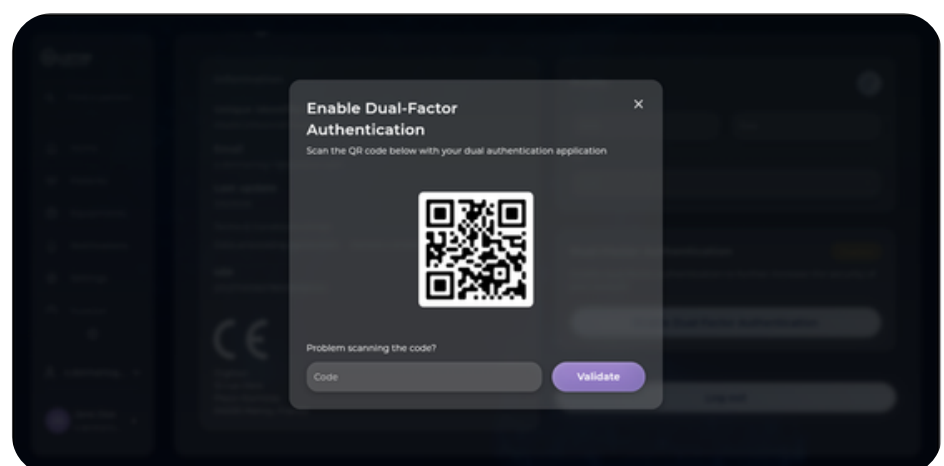
Open the Your Account menu on the bottom left hand side



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



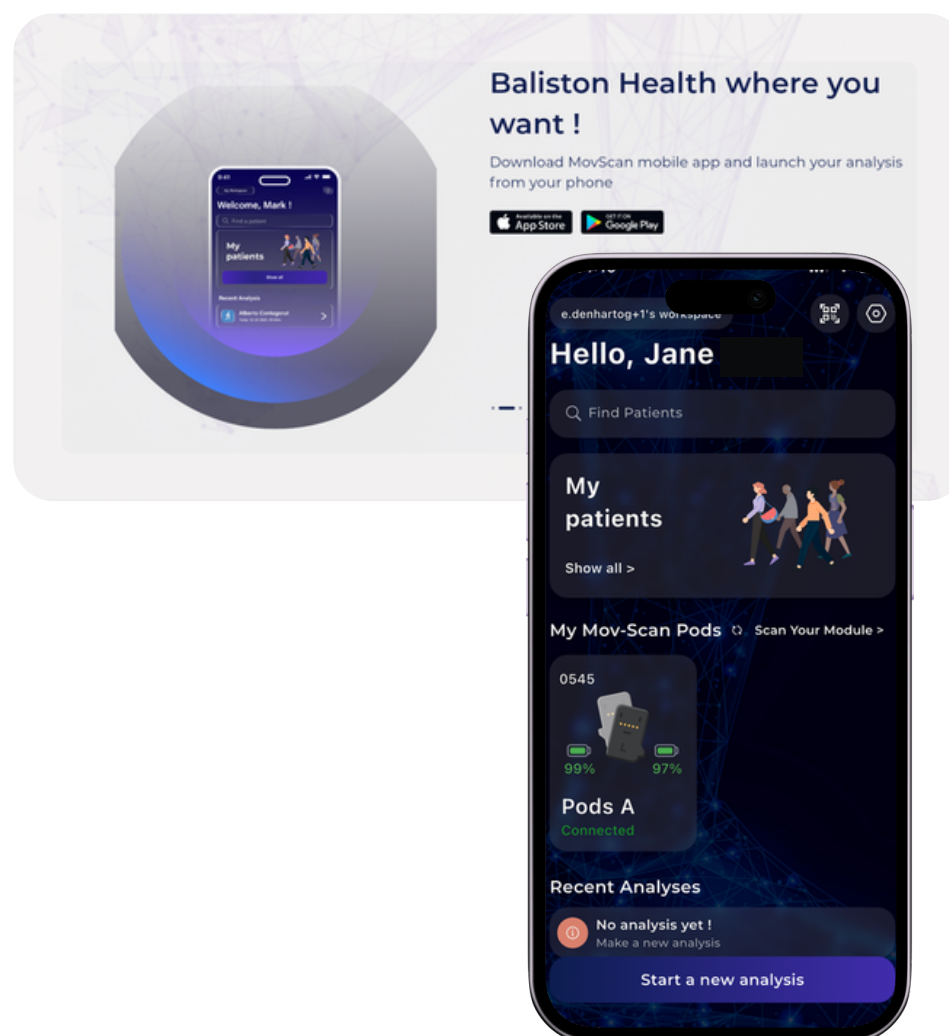
Installing the Mobile Application

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 Baliston Health 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

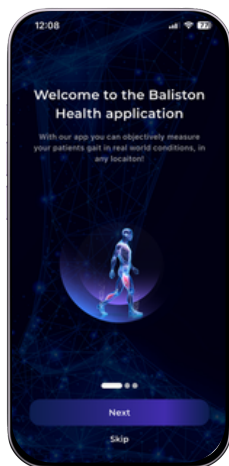


Open the Baliston Health application on your mobile device

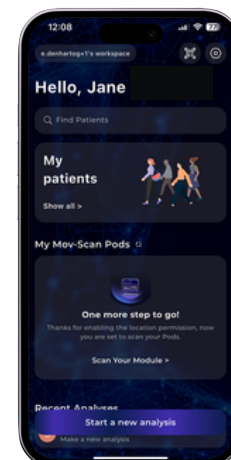
Enter the email address and password associated with your account



Log in



You will be redirected to your Baliston Health dashboard

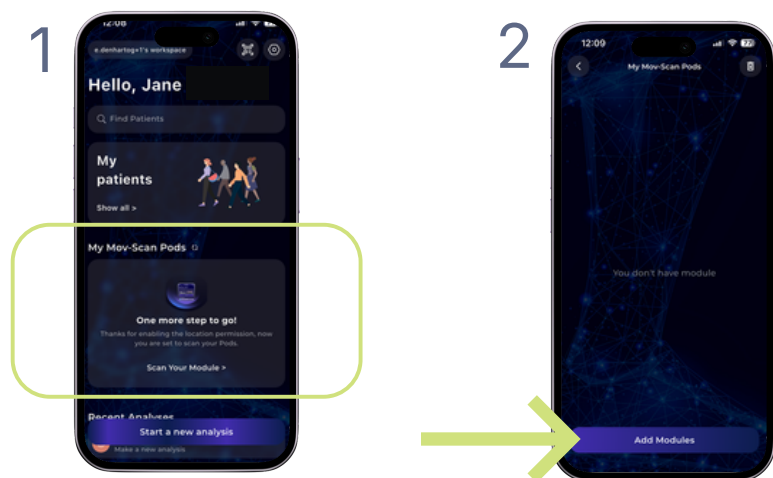


Using the Mobile Application



Managing Your Mov-Scan® Pods

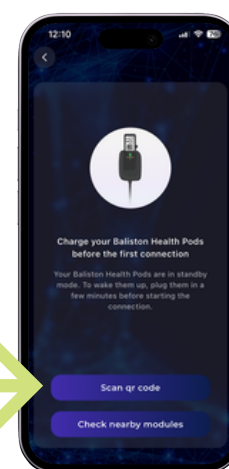
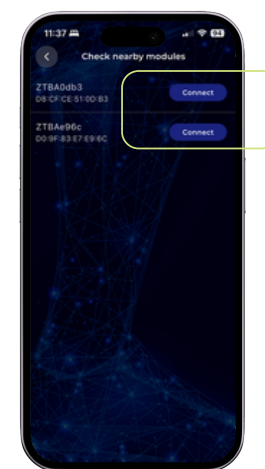
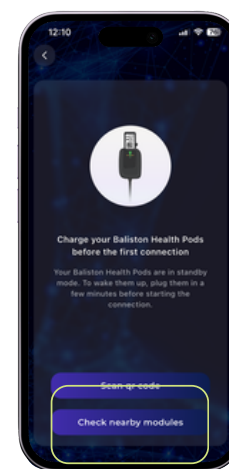
Adding Your Mov-Scan® Pods



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

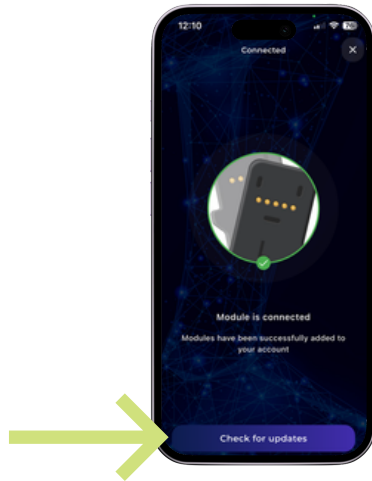
Two methods to connect pods:

- **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

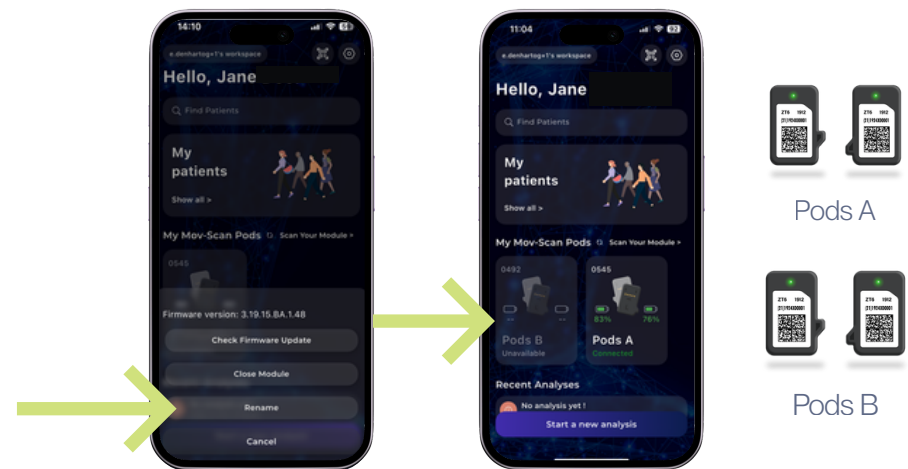


Once connected, check for firmware updates

We recommend completing any firmware updates for efficient usage

If you have multiple pairs of pods, repeat the process for each pair

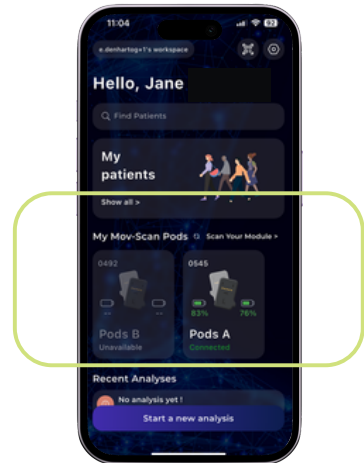
You can personalise your pods by tapping on a pair of pods in the 'My Mov-Scan® Pods' and tapping 'Rename'



Using the Mobile Application

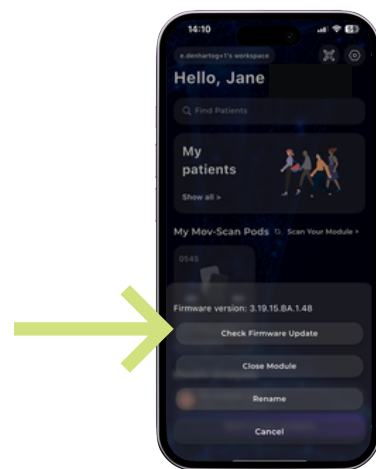


Updating Your Mov-Scan® Pods



Open the Mov-Scan® Pods section

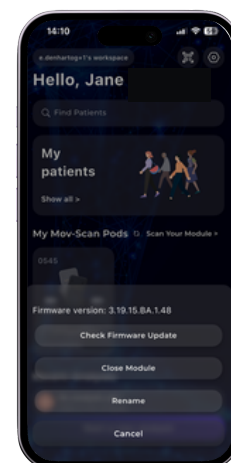
Select the pair of pods you want to update
Ensure they are connected



Tap 'Check for firmware updates'

Follow the instructions if an update is available

The LED on the pods should be blinking white when a firmware update is busy

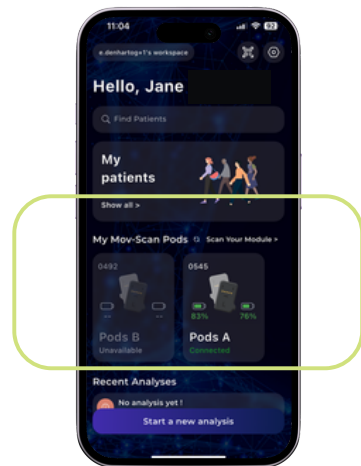


Using the Mobile Application



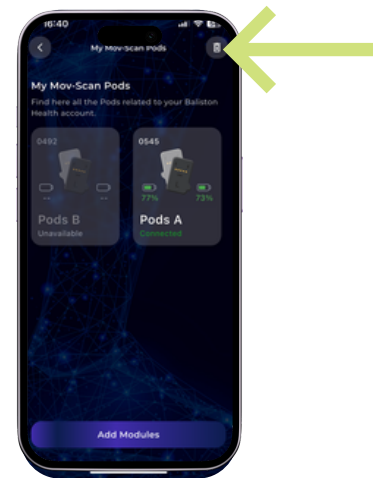
Managing Your Mov-Scan® Pods

Removing Mov-Scan® Pods

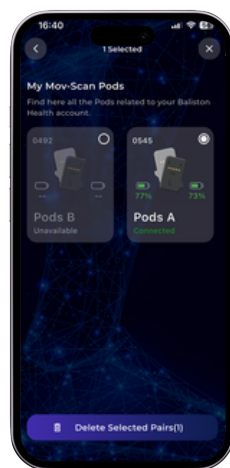


Open the Mov-Scan® Pods section

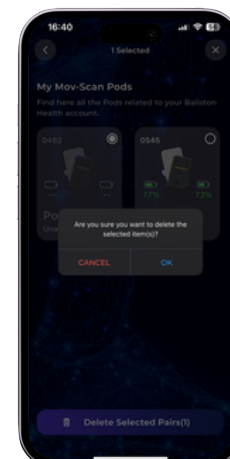
Tap on the trash bin in the top right-hand corner



Select the Mov-Scan® Pods you want to remove



Confirm deletion



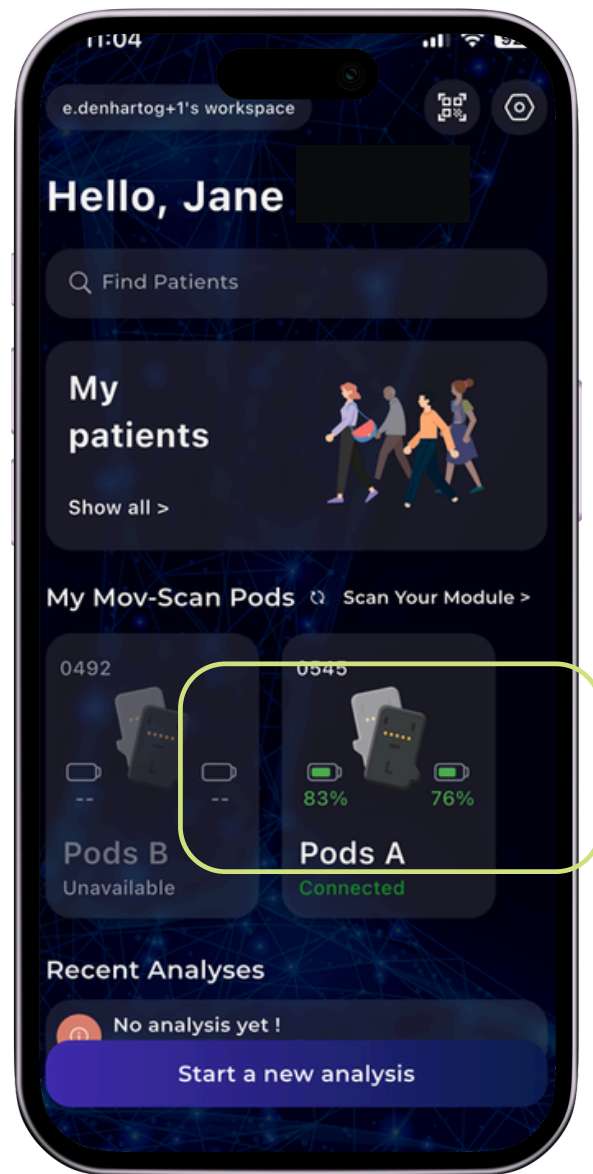
Using the Mobile Application



Managing Your Mov-Scan® Pods

Checking Battery Levels

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

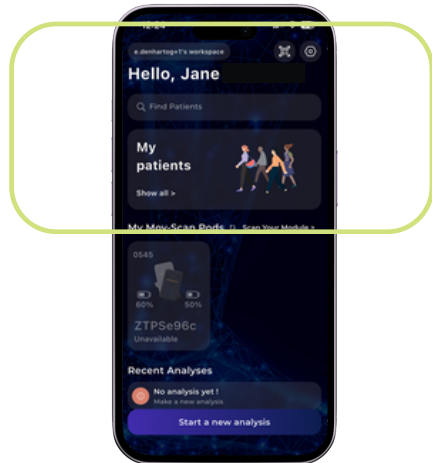




Using the Mobile Application

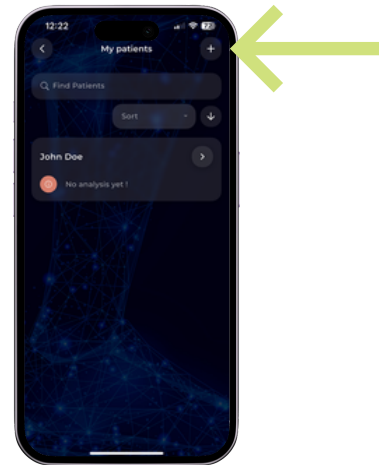
Managing Your Patients

Adding a New Patient

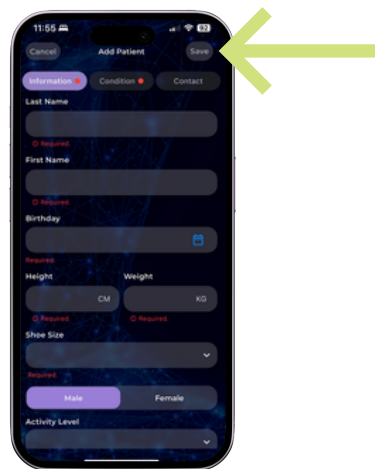


Open the Patients section in the Baliston Health application

Tap the plus button in the top right hand corner



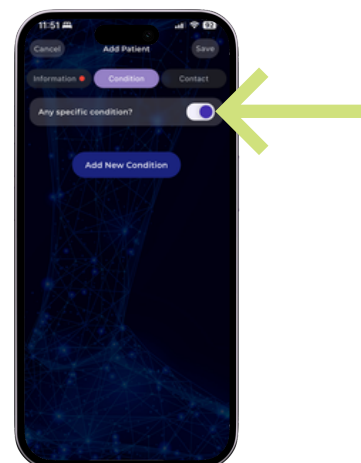
Enter the required general information



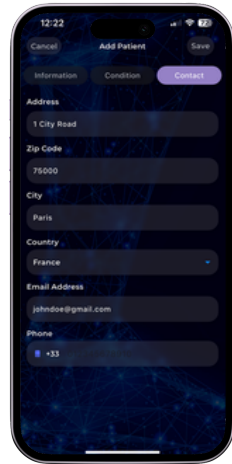
Tap 'Save' in the top right-hand corner to move to the conditions section

Toggle the button in the right-hand corner to enter patient conditions
Tap 'Save' to move to contact details

This is very important for completing accurate analyses

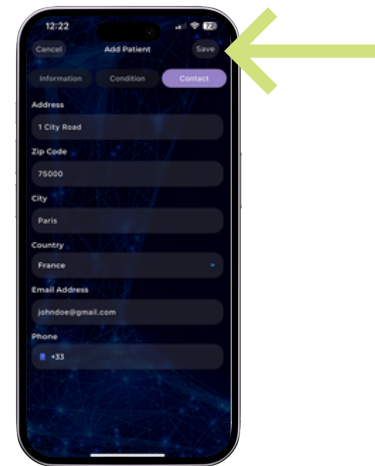


Using the Mobile Application



Enter Patient contact details

Tap 'Save' to create patient profile

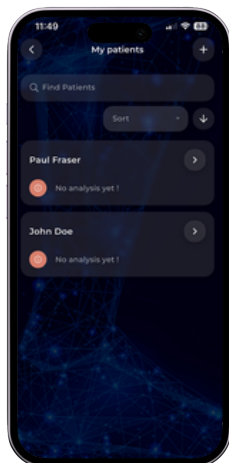


Using the Mobile Application



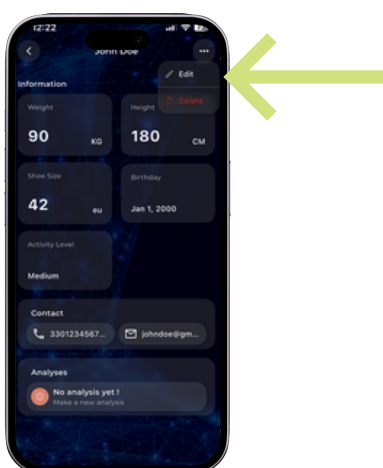
Managing Your Patients

Editing or Deleting Your Patients



In 'My patients', select the patient you wish to modify

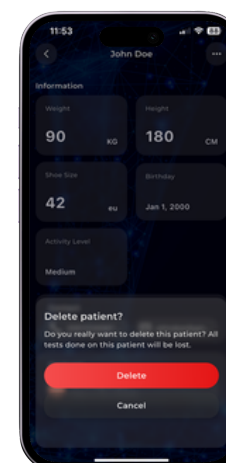
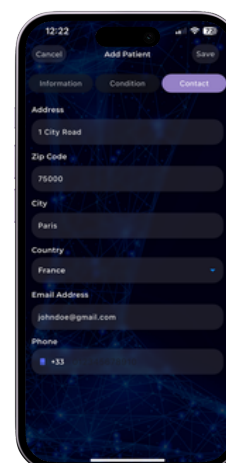
Tap the three dots in the top right hand corner



Tap 'Edit' or 'Delete'

Depending on whether you choose 'Edit' or 'Delete'

- Edit: change desired details and tap 'Save'
- Delete: Tap 'Delete' on the pop-up to authorise the removal of the patient



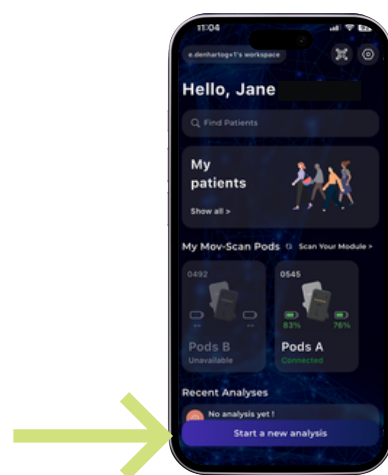
Using the Mobile Application

Performing a Mobility Analysis



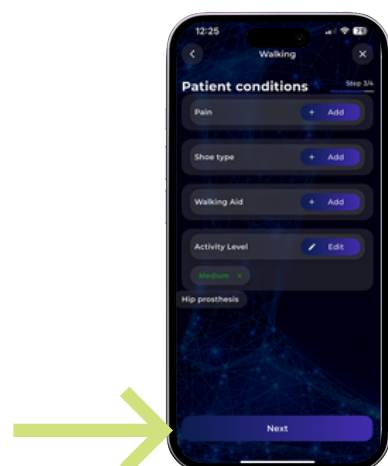
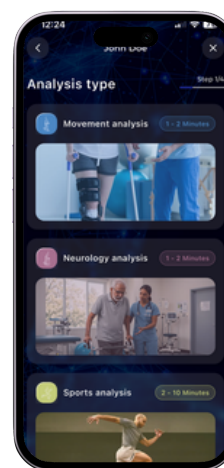
To perform a mobility analysis, ensure that:

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



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

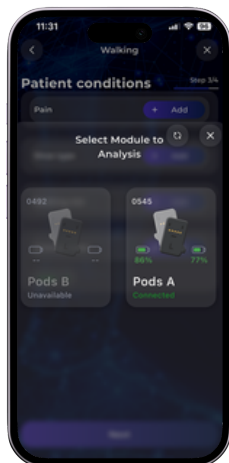
Select the type of analysis you want to perform



Enter the Patient Conditions and click 'Next'

Using the Mobile Application

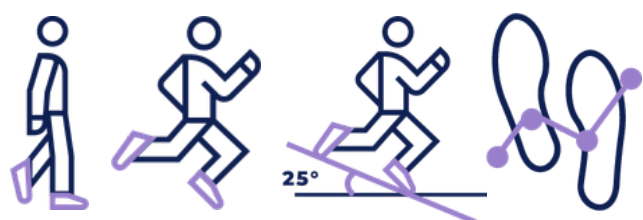
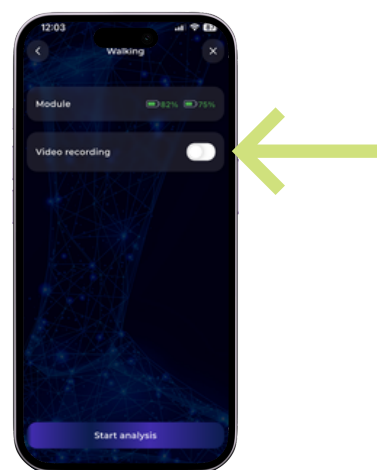
Performing a Mobility Analysis



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

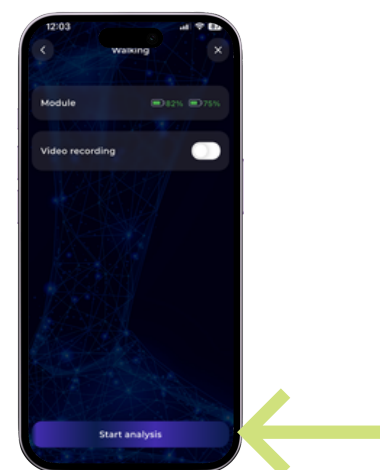


Get your patient ready to perform the required movements

Analysis starts within 3 seconds after tapping 'Start analysis'

Tap 'Start Analysis' to begin the data capture

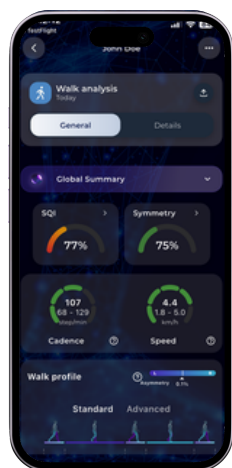
For accurate data capture, ensure the client performs the analysis for 60+ seconds



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

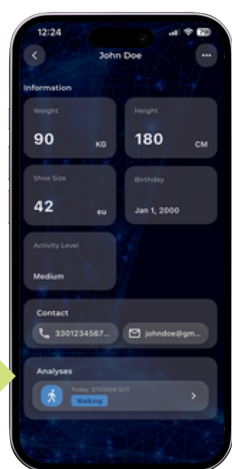
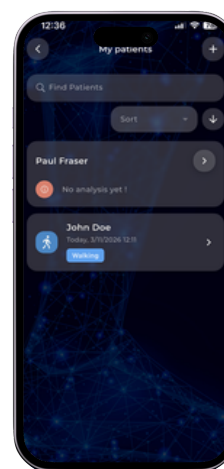
Using the Mobile Application

Viewing Analysis Results



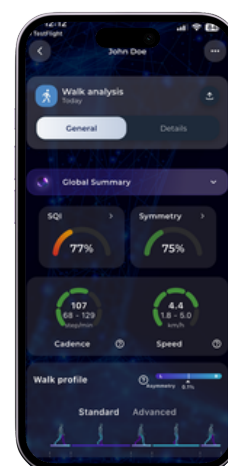
After an analysis has been completed the results will automatically be displayed

To return to past analyses, select the relevant patient profile



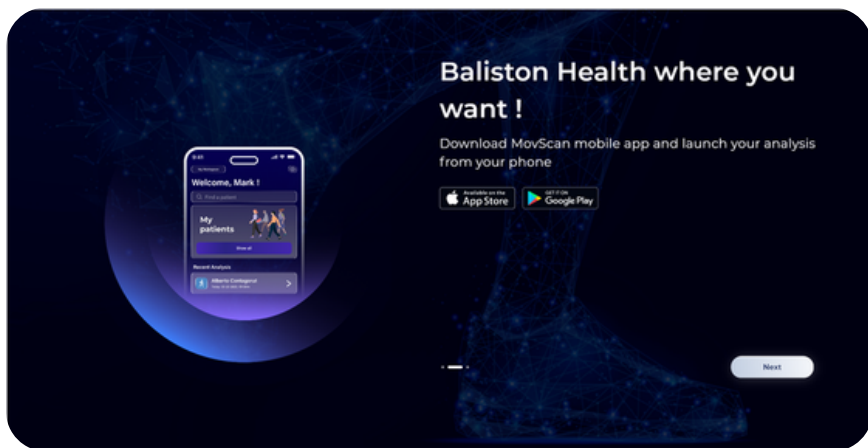
Navigate to the 'Analyses' section

Tap the analysis you want to review



Using the Web Interface

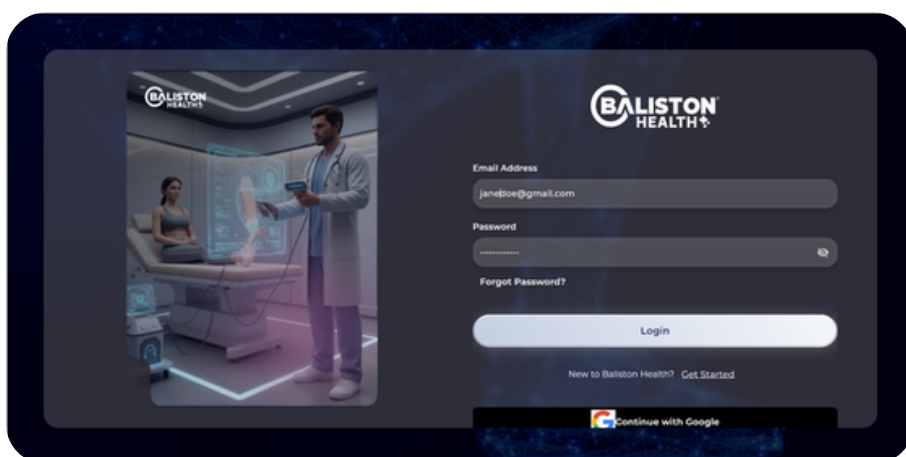
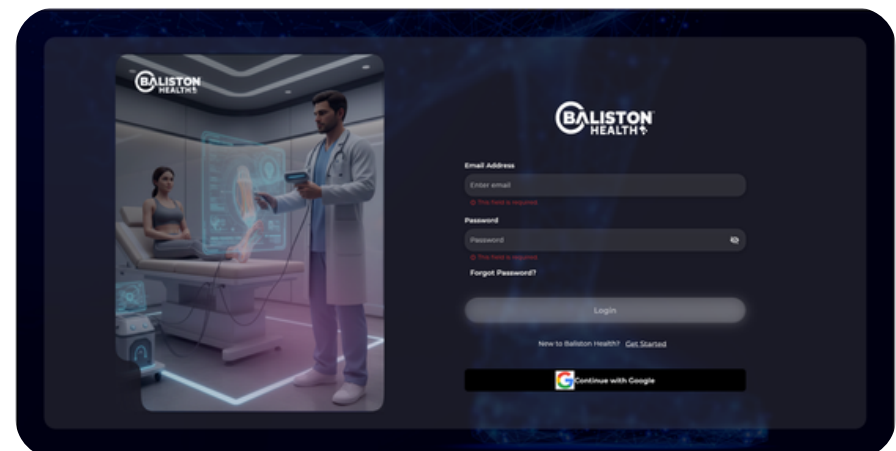
Logging in to the Web Interface



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

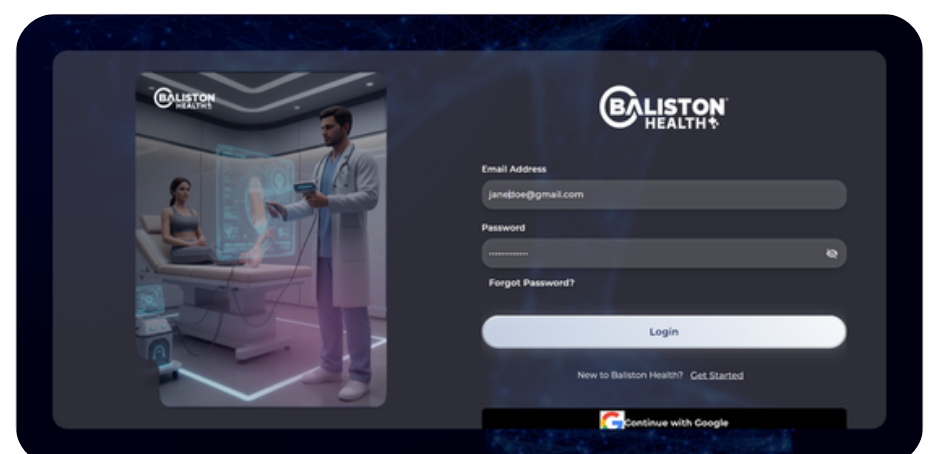


Enter the email address and password associated with your account



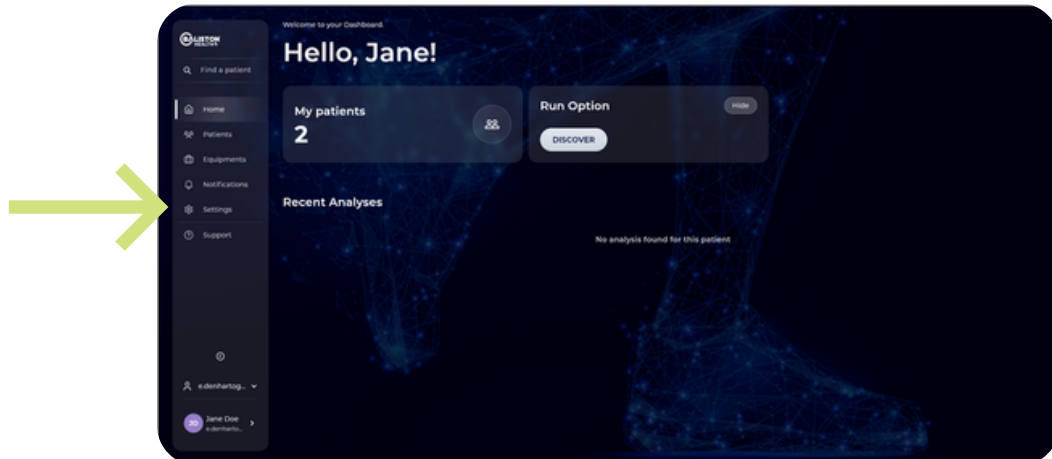
Login

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



Using the Web Interface

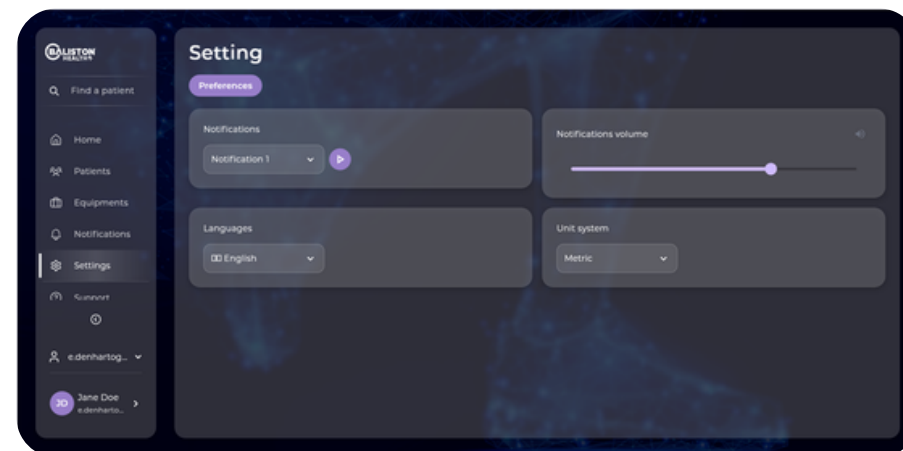
Managing Your Settings



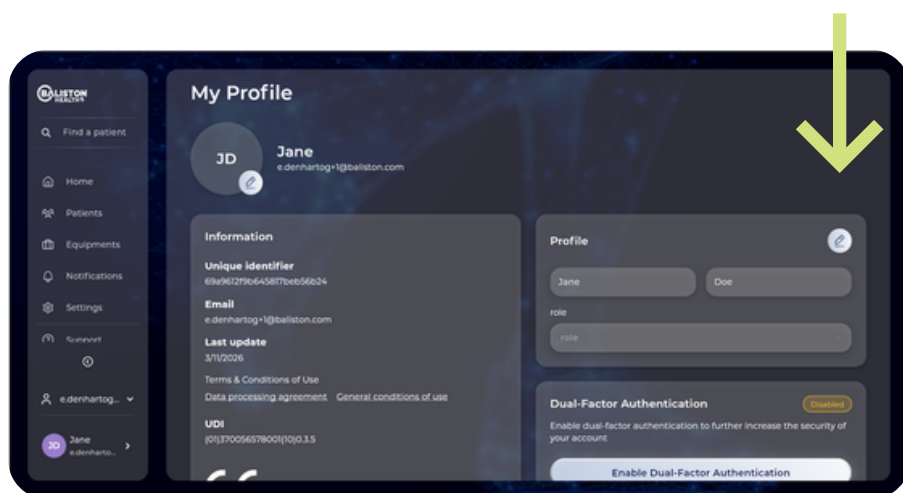
Open the Setting view in the left-hand side menu

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

- Notifications
- Notifications Sound
- Language
- Units



Managing Health Practitioners' Information

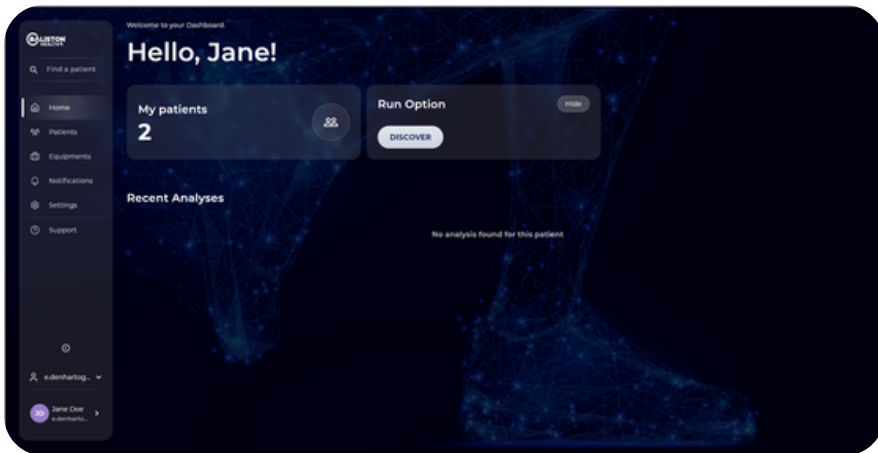


In your account menu, under the 'profile section' section, click the pen icon to update the relevant practitioner information.

Using the Web Interface

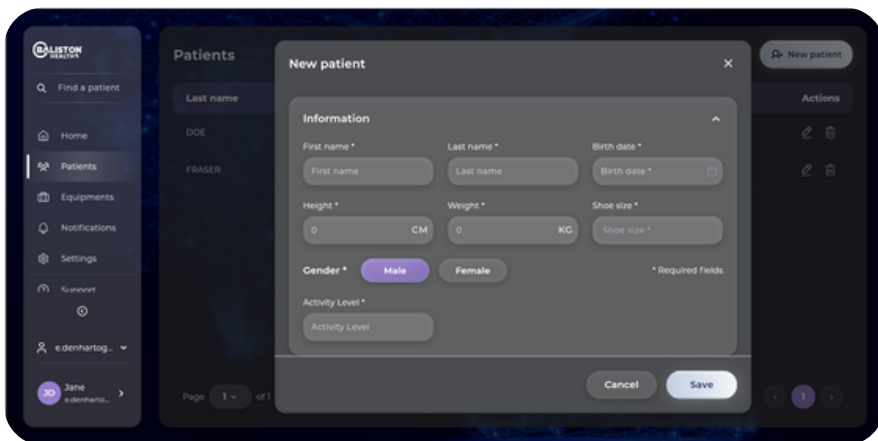
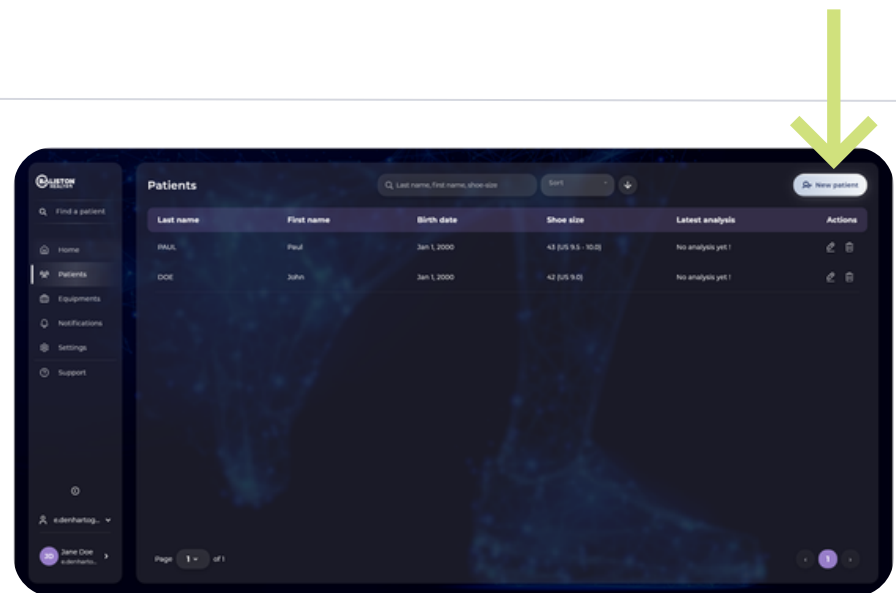
Managing Your Patients

Adding a Patient



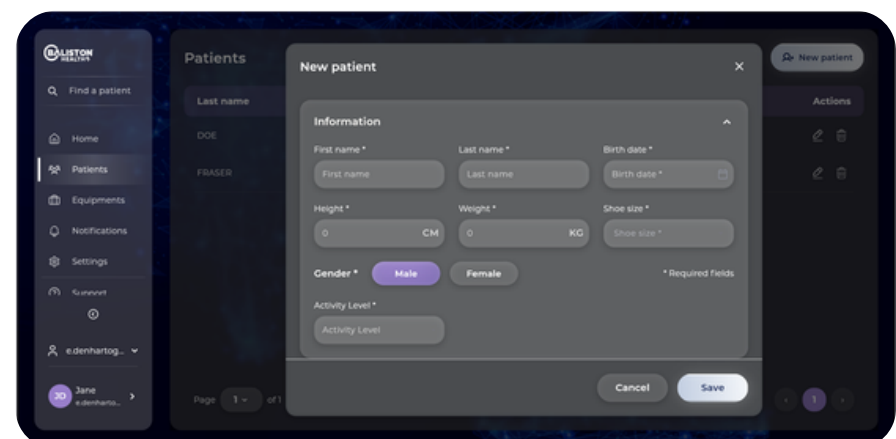
Open the 'My Patients' section

Click 'New Patient' in the top right-hand corner



Enter the required patient information

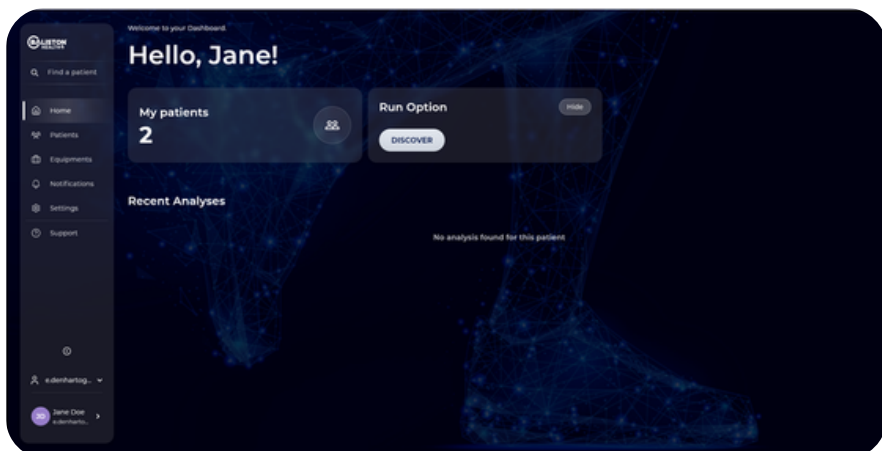
Click 'Save' to add the patient



Using the Web Interface

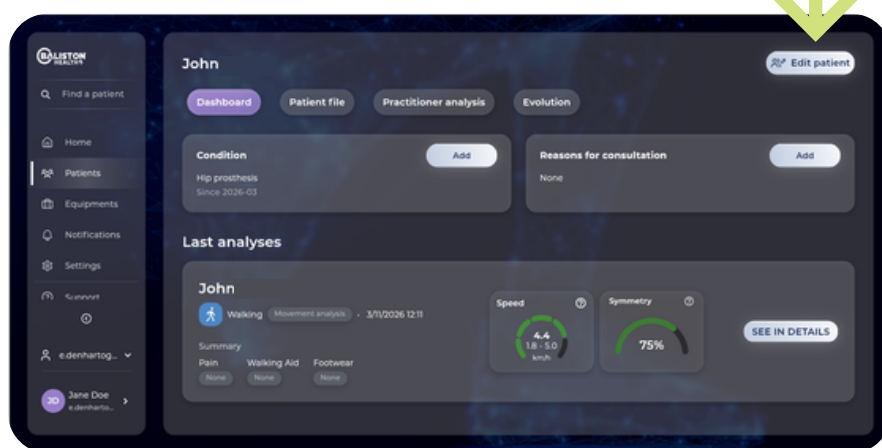
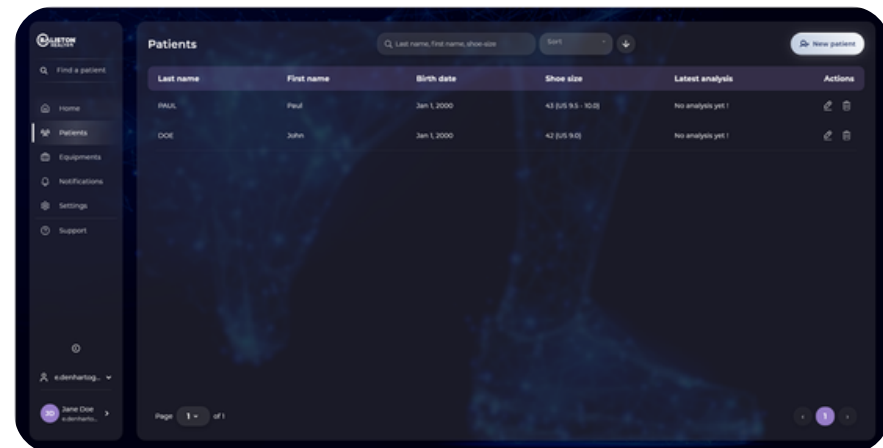
Managing Your Patients

Editing a Patient



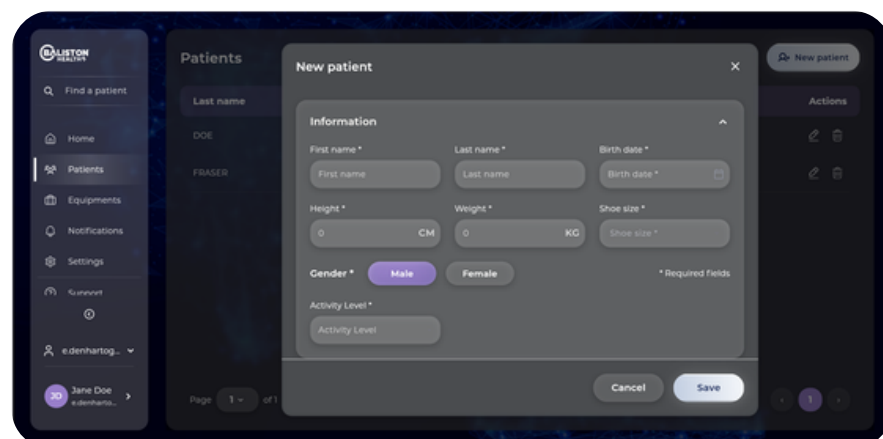
Open the 'My Patients' section

Select the patient you wish to modify



Click 'Edit Patient' in the top right-hand corner

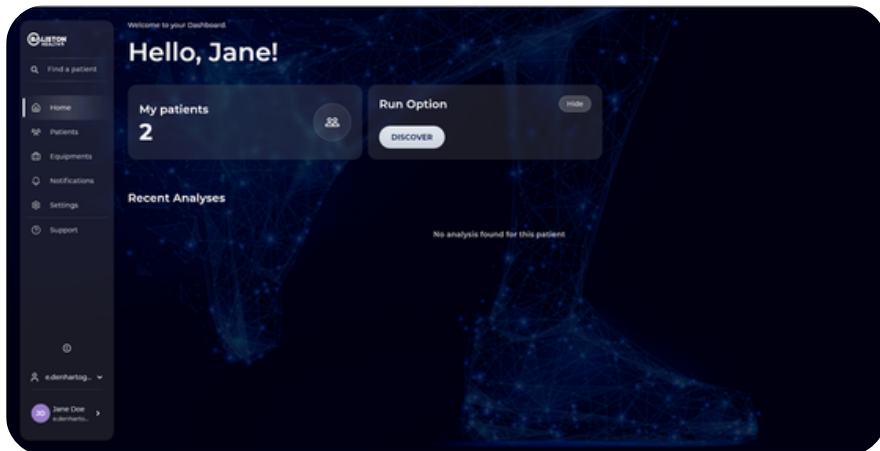
Update the information and save the changes



Using the Web Interface

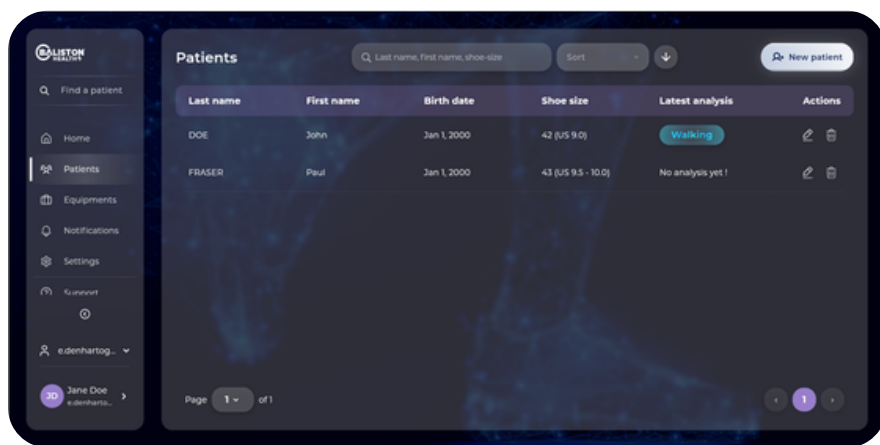
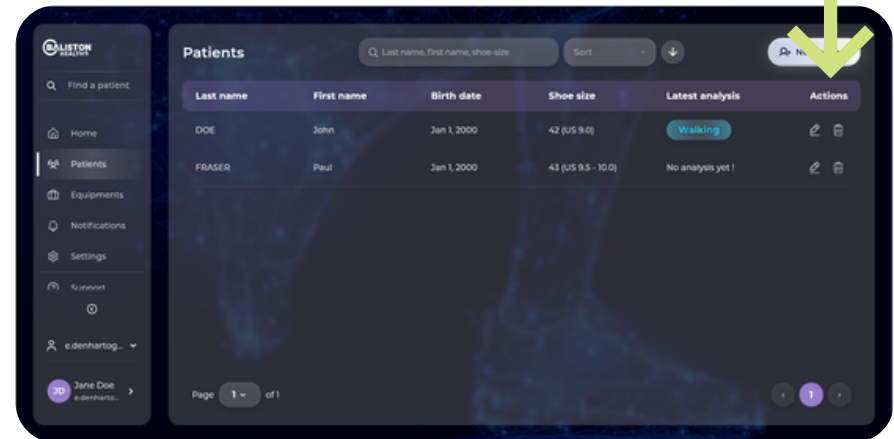
Managing Your Patients

Deleting a Patient



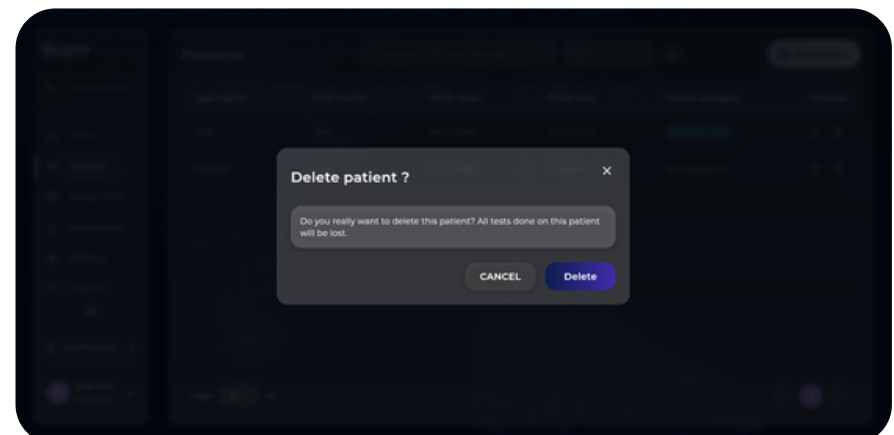
Open the 'My Patients' section

In the Actions column, find the trash bin icon on the right-hand side



Click the trash bin icon and confirm the deletion

Deleting a patient profile is permanent, thus all previous test results will be lost



Using the Web Interface

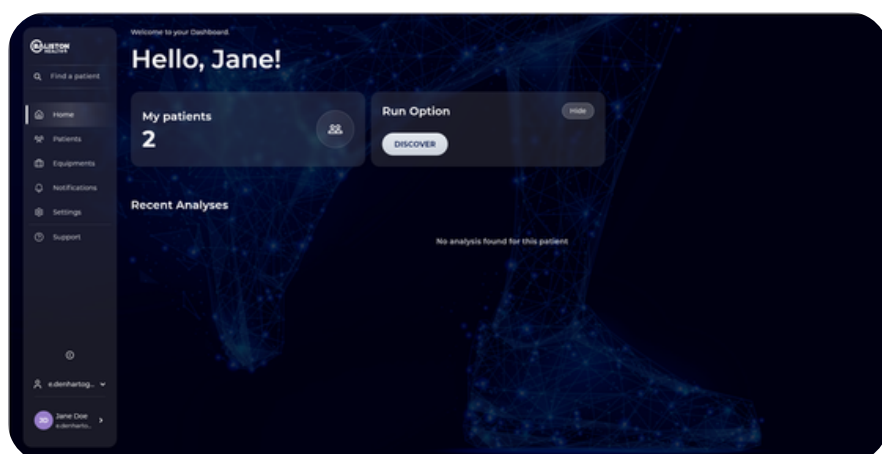
Managing Mobility Analyses

Viewing Analyses



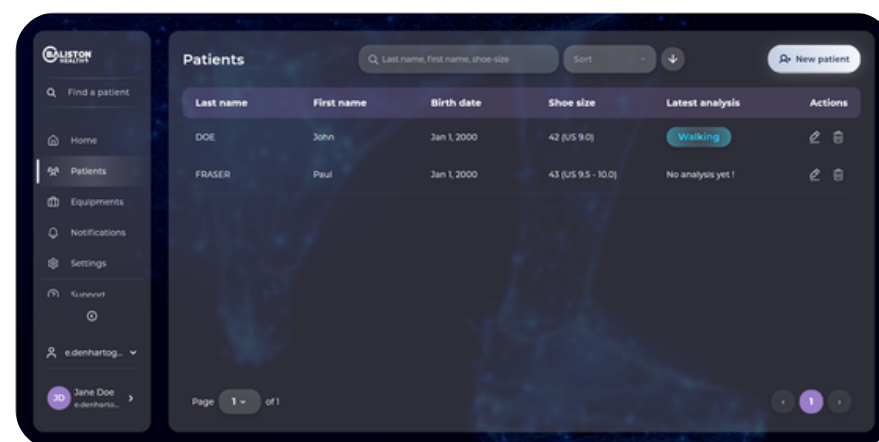
Analyses performed using the mobile application are automatically synchronized with the Baliston Health web platform.

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

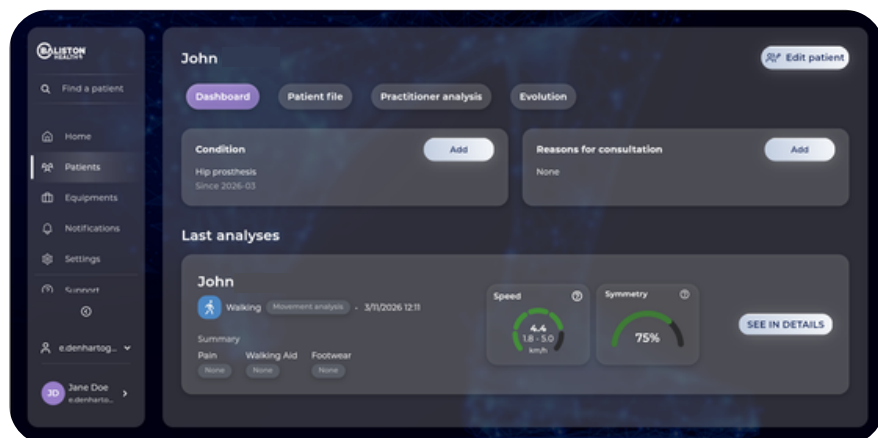


Open the 'My Patients' section

Select the relevant patient



Navigate to the 'Last Analyses' section and choose the analysis you want to review
You can leave comments at the bottom of analyses

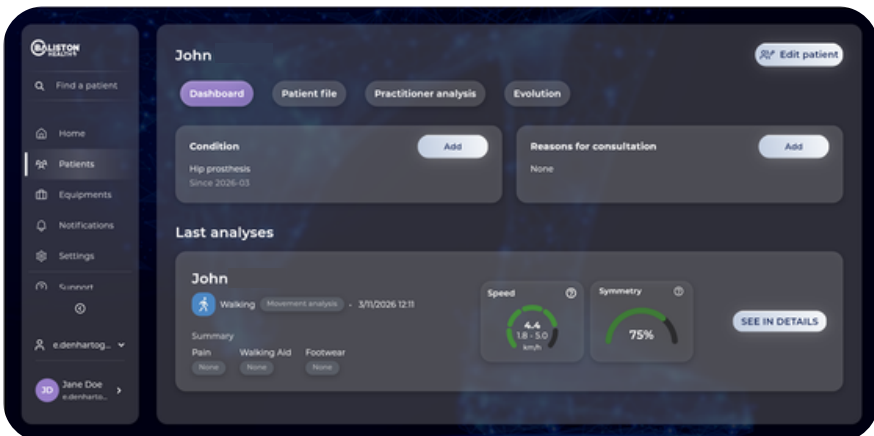


Analyses can also be managed in the mobile application using the same steps.

Using the Web Interface

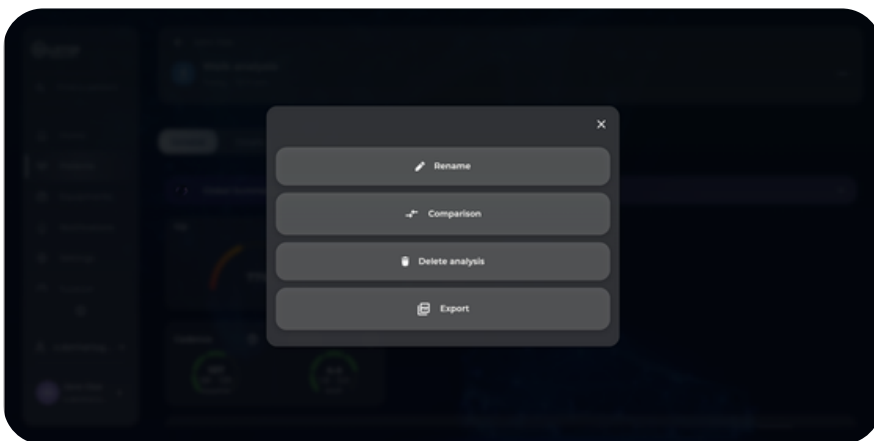
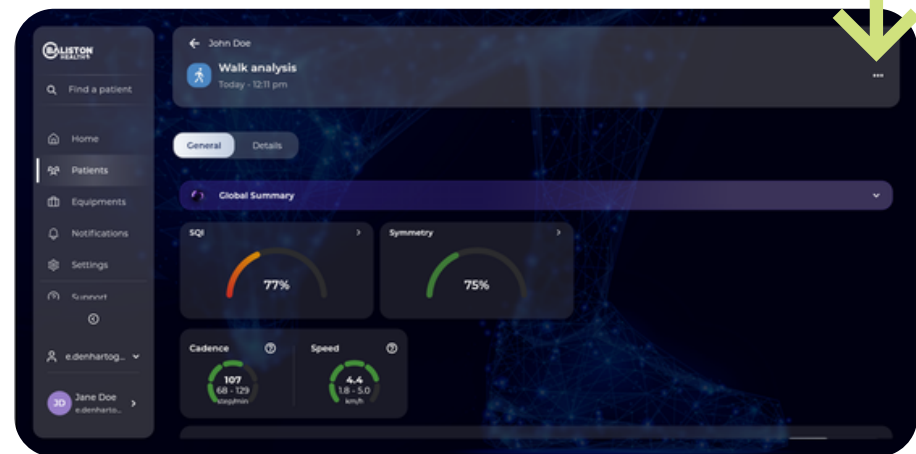
Managing Mobility Analyses

Personalising Analyses



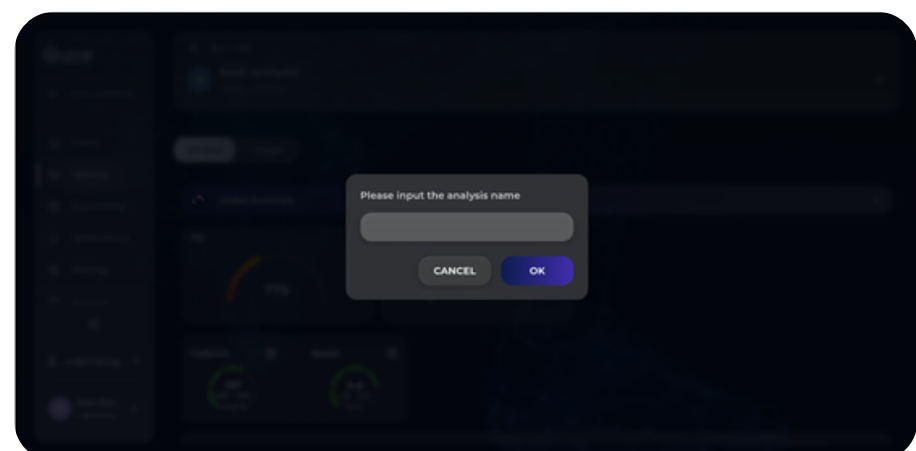
In the relevant patient's profile select the analyses you want to personalise

Click the three dots on the top right-hand side



Choose 'Rename'

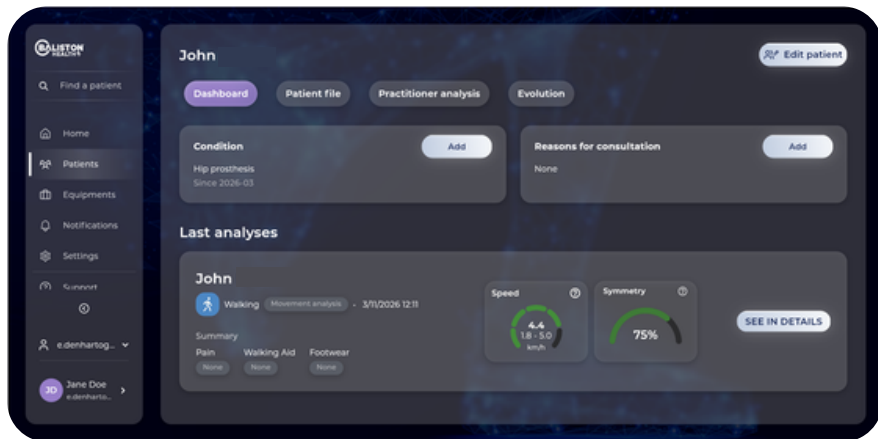
Change the name of the analysis in order to differentiate easier between different analyses



Using the Web Interface

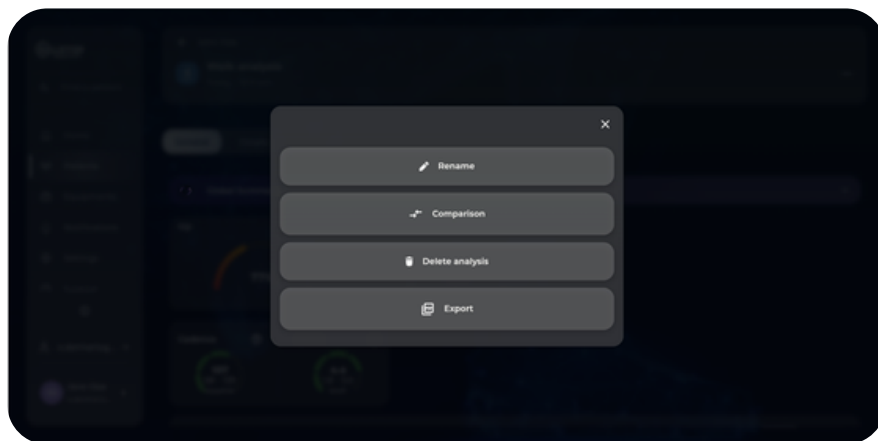
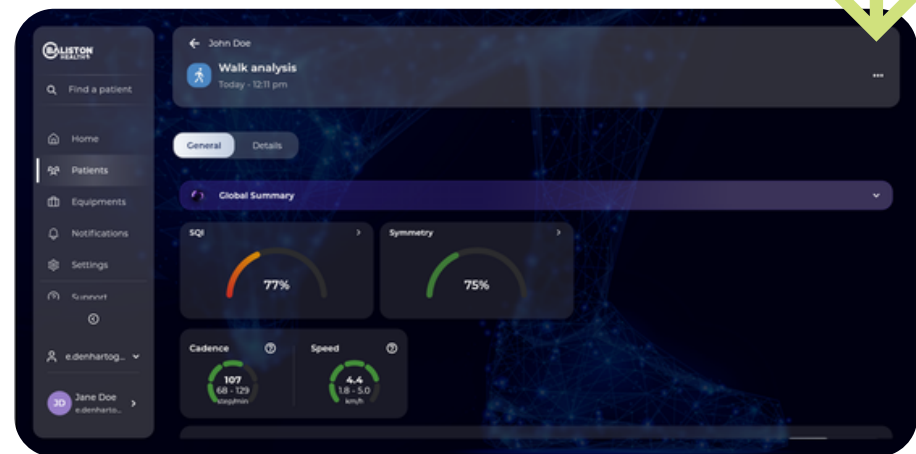
Managing Mobility Analyses

Generating Reports



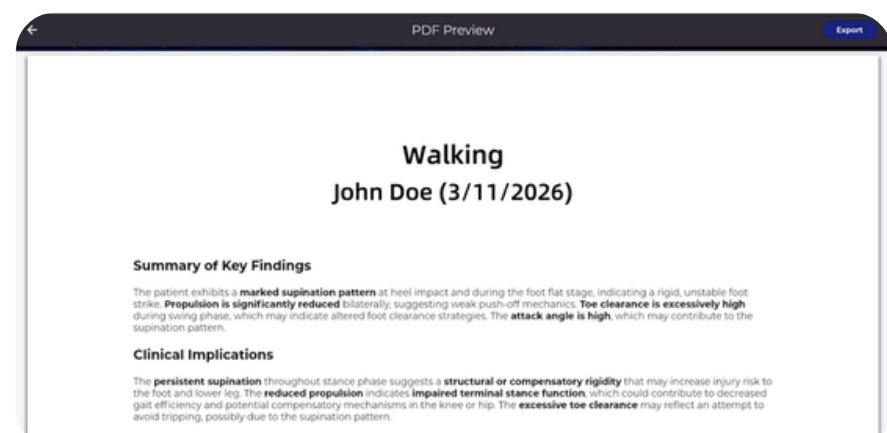
In the relevant patient's profile select the analyses you want to export

Click the three dots on the top right-hand side and choose 'Export'



Click Export

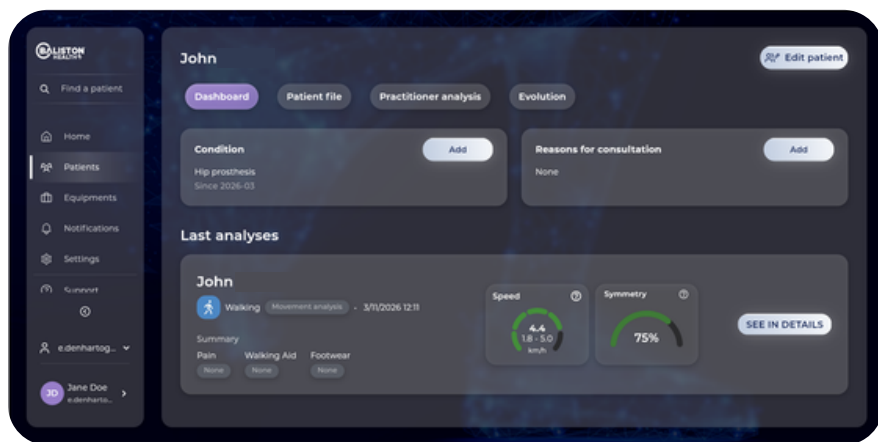
Click 'Export' in the top right-hand corner
Download happens immediately
Reports can be shared with patients or included in clinical documentation



Using the Web Interface Managing Mobility Analyses Comparing Analyses

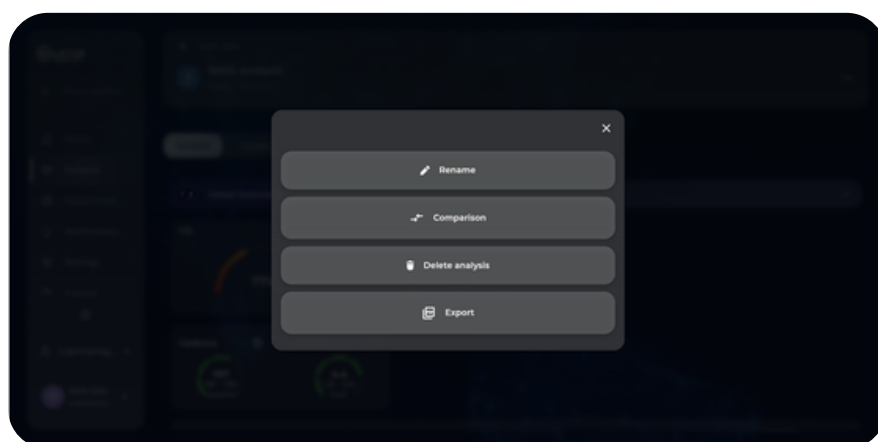
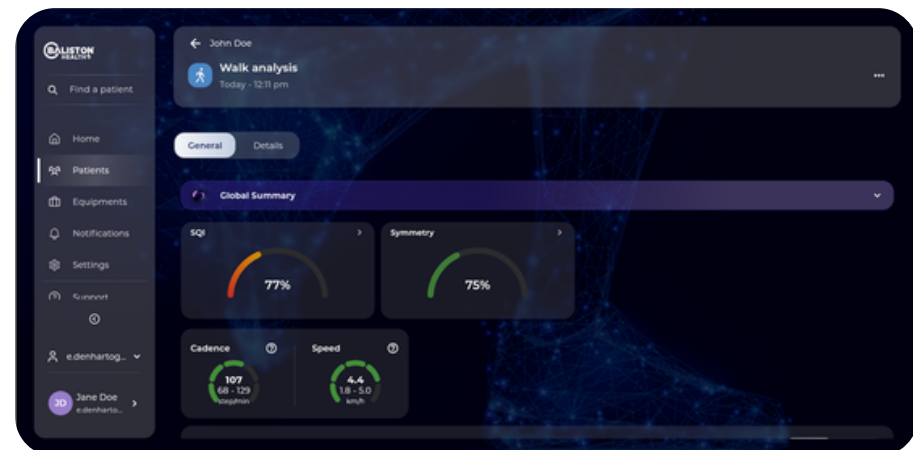


Evaluating changes in mobility metrics across different session



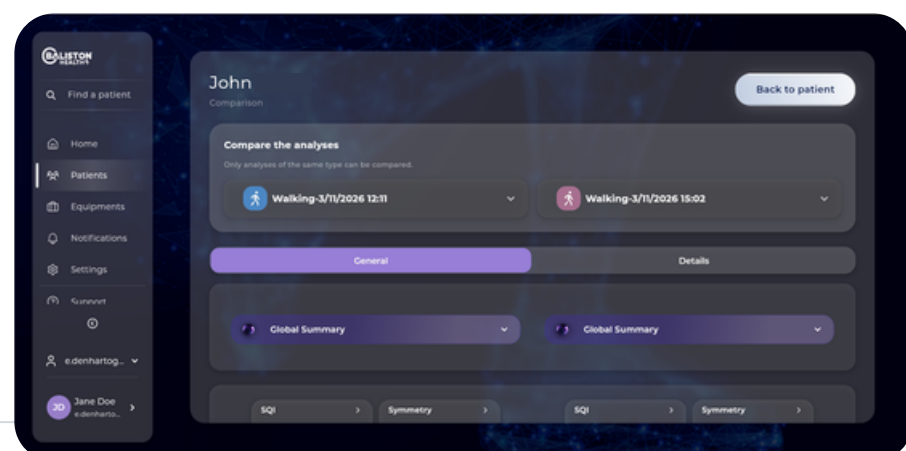
Select the relevant patient profile and select one of the analyses that you wish to compare

Click the three dots on the top right-hand side



Click Compare

Select the analysis you want to compare it with



Understanding Results

The Baliston Health system provides objective mobility metrics derived from walking and running analyses. These metrics help healthcare professionals evaluate patient mobility and monitor changes over time.

Gait Parameters

The following parameters may be displayed when analysing walking activity:

Parameter	Description
Stride Length	Distance traveled by the foot during one gait cycle.
Pace (Cadence)	Number of steps taken per minute.
Cycle Time	Time between two consecutive contacts of the same foot.
Contact Time	Duration of time the foot remains in contact with the ground during a step.
Swing Time	Duration of time the foot is in the air during the gait cycle.
Double Contact	Percentage of the gait cycle where both feet are in contact with the ground.
Speed	The forward movement speed of the individual during walking.
Pronation / Supination Angle	Angle between the foot and the ground. Positive values correspond to pronation and negative values correspond to supination.
Gait Line	Estimated trajectory of pressure from heel strike to toe-off.
Step Progression Angle	Angle between the direction of walking and the orientation of the foot.



Understanding Results

The Baliston Health system provides objective mobility metrics derived from walking, jumping, and running analyses. These metrics help healthcare professionals evaluate patient mobility and monitor changes over time.

Running Parameters

The following parameters may be displayed when analyzing walking activity:

Parameter	Description
Stride Length	Distance traveled by the foot during one gait cycle.
Pace (Cadence)	Number of steps taken per minute.
Cycle Time	Time between two consecutive contacts of the same foot.
Contact Time	Duration of time the foot remains in contact with the ground during a step.
Swing Time	Duration of time the foot is in the air during the gait cycle.
Double Contact	Percentage of the gait cycle where both feet are in contact with the ground.
Speed	The forward movement speed of the individual during walking.
Pronation / Supination Angle	Angle between the foot and the ground. Positive values correspond to pronation and negative values correspond to supination.
Gait Line	Estimated trajectory of pressure from heel strike to toe-off.
Step Progression Angle	Angle between the direction of walking and the orientation of the foot.



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 Mov-Scan Pods to the USB plug, place everything in the charger connector provided for this purpose.

To power the device, plug it into a USB port on your computer or into a power supply with a USB port.

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 device



WARNING

Use the insole only with a clean sock.

Proper maintenance of the Baliston Health 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 and satisfies the requirements.

CAUTION

DO NOT:



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

Technical Information

Battery



The Mov-Scan® Pods contain a rechargeable lithium-ion battery:

- **Battery type:** Li-ion polymer
- **Nominal voltage:** 3.7 V
- **Charging voltage:** 4.2 V
- **Charging time:** approximately 2.5 hours
- **Estimated lifecycle:** 500 charging cycles

Active mode consumption is approximately 1.2 mA, providing extended operating autonomy.

Charger



CAUTION

Charging equipment must comply with IEC 60601-1 standards for medical electrical equipment:

Input specifications:

- 100–240 V
- 50–60 Hz

Output specifications:

- 5.0 V
- Minimum output current 500 mA

Radio Module

The Mov-Scan® Pods communicate with the mobile application using Bluetooth technology.

Radio specifications:

- **Frequency band:** 2400–2483.5 MHz
- **Maximum transmission power:** 10 mW

The device complies with Directive 2014/30/EU and IEC 60601-1-2:2014 electromagnetic compatibility requirements. These standards are designed to limit interference with other electronic devices in residential or healthcare environments.

Technical Information

Technical Specifications

Component	Specification
Sensors	Inertial measurement sensors
Connectivity	Bluetooth Low Energy
Battery Type	Rechargeable lithium-ion battery
Charging Method	Charging dock with USB power supply
Typical Charging Time	Approximately 2.5 hours
Data Transmission	Wireless synchronization with the Baliston Health application
Supported Platforms	iOS and Android mobile devices

Operating Environment

Parameter	Operating Range
Maximum Body Pressure	50 kg/cm ² (or 500 n/cm ²)
Maximum Load of the Insoles	200 kg
Operating Temperature	10 °C to 40 °C
Relative Humidity	30% to 75% non-condensing
Atmospheric Pressure	700 hPa to 1060 hPa



CAUTION

In order to use the device safely, observe the environmental conditions

Technical Information

Product Performance

Parameter	Operating Range
Product lifetime	2 years
Warranty duration	2 years
Storage time	1 year. If you charge the Mov-Scan® Pods every six months, you can extend the storage time

Storage and Transport

CAUTION



Follow the storage instructions to ensure the product has the longest potential shelf life. To avoid damaging the batteries, remember to charge the insoles before putting them away for an extended period of time

Parameter	Storage and Shipping Range
Recommended Battery Charge Level for Storage	75% to 100%
Atmospheric pressure	0 ~ 100% HR
Temperature for Shipping and Storage	-10 °C to 50 °C
Relative Humidity	10% to 90% non-condensing

Regulatory Information

Symbols

The following symbols may appear on the device, packaging, or documentation.

Symbol	Description	Symbol	Description
	Device meets the requirements of the European Directive 93/42/EEC relating to medical devices (CE mark)		Medical device
	This device complies with 5 V 30 mA DC power supply		It contributes financially to the organization of recycling in accordance with European Directive 94/62/EU and national Law.
	Manufacturer		Non-ionizing radiation device with an RF transmitter
	Please do not hit		Manufacture date
	Please do not repair		Please do not puncture
	Please do not immerse the insole in water		Please do not place in the washing machine
IP54	IP54 – Device protected from powerful water sprays		Charger side to download data
	Atmospheric pressure limit during shipping and storage		Relative humidity limit
	Temperature limit during shipping and storage		Federal Communications Commission (FCC) statement
	Consult user manual before using the device		Type B applied part
	Prevent the risk of suffocation		Japanese certification compliance mark
	Keep out of reach of children		Indicates a potential danger associated with device use
	Normal charger use		REF – Commercial reference of the device
	Do not use near a magnetic resonance device		Prohibited use of the charger
	Some instructions for use are available on the web		This symbol on the box means "Keep dry," because the product must be protected from humidity and water.
	Please do not bend		

Regulatory Information

Regulatory Conformity

The Baliston Health system has been designed and manufactured in accordance with applicable regulatory requirements for medical devices.

Risk management for the device has been performed in accordance with ISO 14971, including the evaluation of overall residual risks associated with the device.

The Baliston Health system complies with the following directives and standards:

Regulation / Standard	Description
93/42/EEC (as amended by Directive 2007/47/EC)	European Medical Device Directive
2014/53/EU	Radio Equipment Directive (RED)
2011/65/EU	Restriction of Hazardous Substances Directive (RoHS)
2012/19/EU	Waste Electrical and Electronic Equipment Directive (WEEE)
2014/30/EU	Electromagnetic Compatibility Directive
IEC 60601-1:2005 + AC1:2006 + AC2:2007 + Amd1:2012	Medical electrical equipment – General requirements for basic safety and essential performance
IEC 60601-1-2:2014	Medical electrical equipment – Electromagnetic compatibility requirements and tests

The Declaration of Conformity is available on the Baliston Health website or may be requested by contacting Baliston Health at:



contact@baliston-health.com

Regulatory Information

FCC Statement

United States: Federal Communications Commission (FCC) declaration.

FCC ID: 2BUJC-ZT6S

This device complies with the FCC Part 15 FCC Rules. Its operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by Baliston may result in the user's right to use the equipment being terminated.

Note: This equipment has been evaluated according to section 15 of the FCC Rules and determined to meet the requirements for a Class B digital device. These parameters are intended to offer reasonable interference protection in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and may cause harmful interference to radio communications if not installed and used according to the instructions. However, no guarantee can be if interference will not occur in a specific installation.

If this device causes harmful interference to radio or television reception, which can be determined by turning it off and on again, the user is advised to try one or more of the following actions to rectify the interference:

- Adjust the position of the receiving antenna or relocate it.
- Increase the distance between the equipment and the receiver.
- Connect the device into an outlet on a different circuit than the one to which the receiver is connected.
- Seek assistance from a dealer or an expert radio/TV technician.

Regulatory Information

End of product life

Baliston Health devices contain electronic components and lithium-ion batteries.

At the end of the product life:

- Do not dispose of the device with household waste
- Follow local electronic recycling regulations
- Return the device to the distributor or manufacturer if required

Proper disposal ensures environmental protection and compliance with applicable regulations.

Support

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

Troubleshooting

Steps For Your Pods and Sensors



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

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



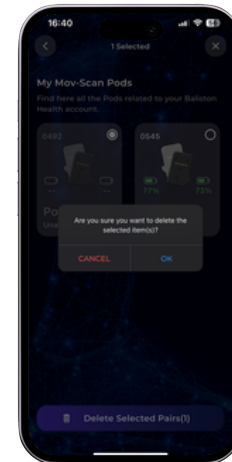
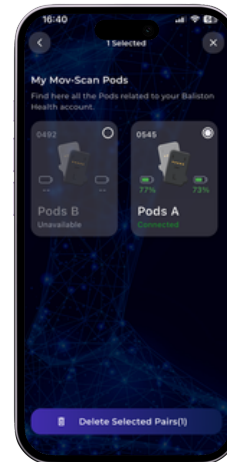
Ensure foot stability during analysis

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

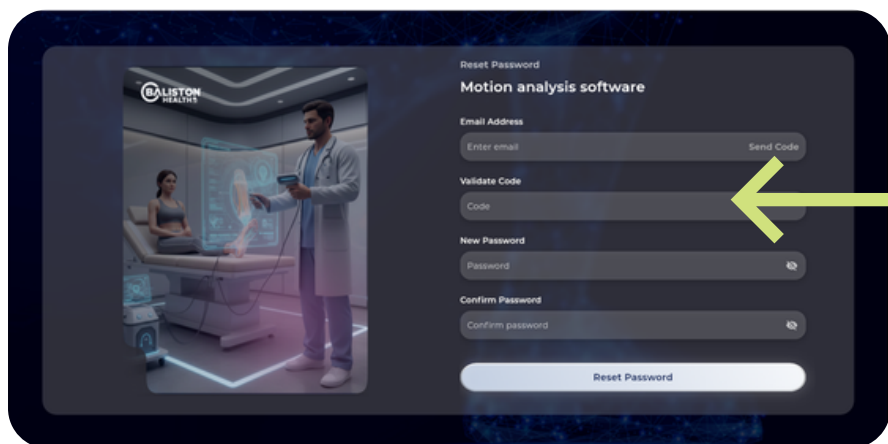
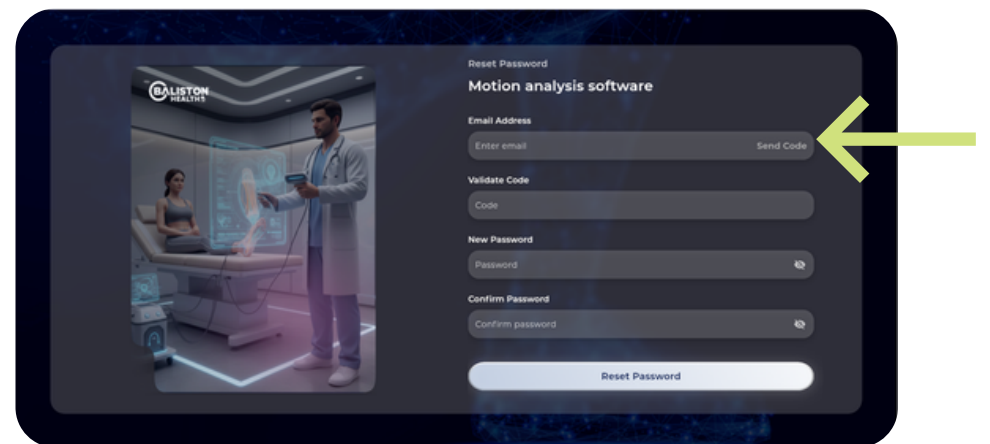
Full information is available on: <https://www.baliston-health.com/customer-support>

Troubleshooting Forgotten Password



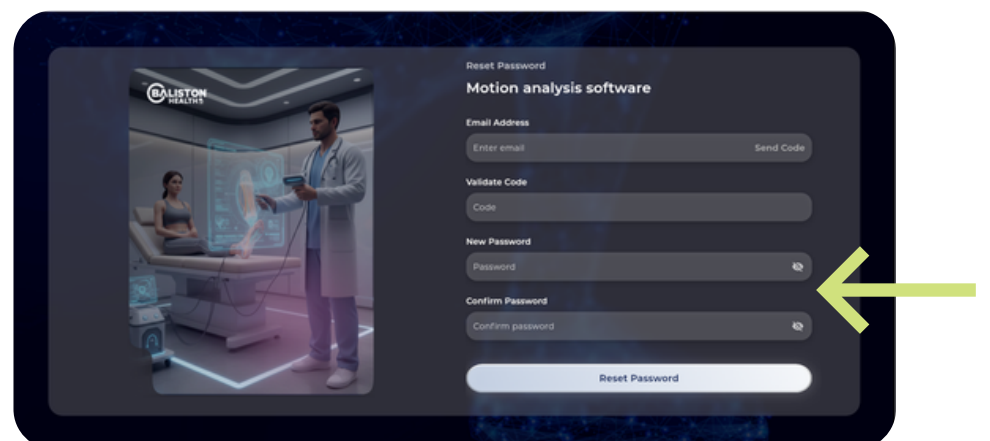
If you have forgotten your password, click 'Forgot password?'

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:

Baliston Health

France

+33 (0)3 55 40 91 55

United States

+1 720 798 4452

Email

contact@baliston-health.com

Vigilance / incident reporting

Vigilance@baliston-health.com

Support

CE Marking



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