

Backy User Manual

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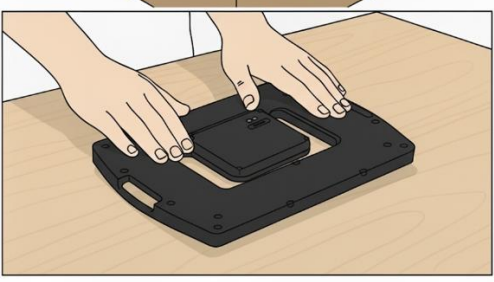
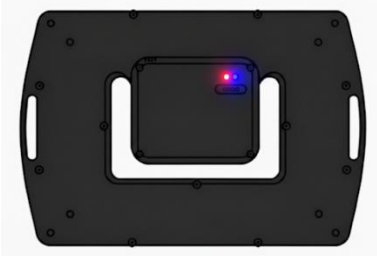
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1. Components

Inside the box, you will find:

Backy unit	
Adjustable belt	
Magnetic charging connector	

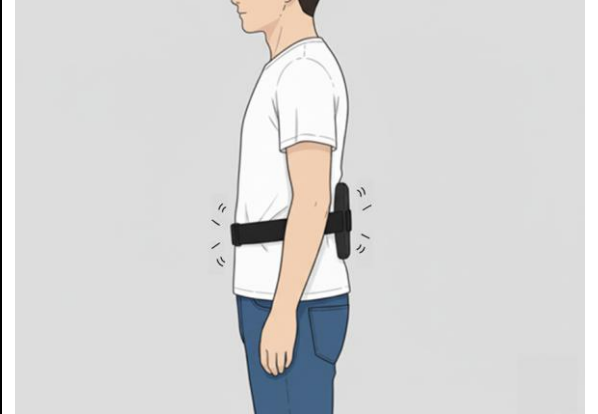
2. Activating Backy before FIRST USE

1. Remove Backy from the box and place it on a flat surface with the cushion pads facing downward.	
2. Press down firmly on the sides with the protruding cushion pads and hold for at least 5 seconds. A fair amount of force is required.	
3. The left LED will flash red and blue, confirming that Backy is activated and ready to use. If the LED does not flash, apply firmer pressure and repeat the step.	

3. Wearing Backy

1.	Position Backy against the center of your lower back.	
2.	The belt buckle should be position above or over your belly button. Note: If it's below your belly button, it will not be able to measure the force applied by your core muscles.	
3.	Tighten the belt until snug and you feel the Backy vibrating. Ensure you are comfortable.	

4. Calibration

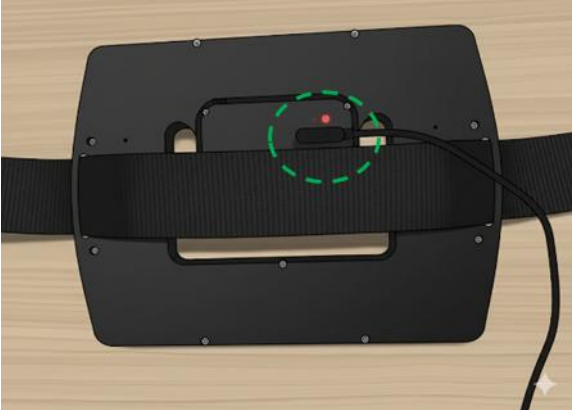
1.	Stand upright, breath in and out heavily to fluctuate your core stomach muscles to activate the vibration within the calibration zone for 3 seconds and centre the Backy on your back making sure it's vertically upright.	
2.	Calibration modes; Fast vibration: The belt is too tight Release belt and repeat step 1 Slow vibration for 3 seconds	
3.	Once calibrated, you'll hear a short melody	

⚠ Important: If Backy is removed for more than 5 seconds, calibration will reset. Repeat the steps above before resuming use.

5. Operation

1. Once calibrated, Backy continuously monitors posture.	
2. If a high-risk posture is detected → you will feel vibration feedback.	 An illustration of a person from the side, wearing a white t-shirt and blue jeans, with a black device on their lower back. They are leaning forward at the hips to pick up a brown cardboard box. Red lightning bolt symbols are shown near the upper back and head, indicating a high-risk posture or vibration feedback.
3. Adjust your posture promptly to stop the vibration.	 An illustration of the same person from the side, wearing the same white t-shirt and blue jeans, with the black device on their lower back. They are now in a squatting position, with their back straight and knees bent, reaching down to the brown cardboard box. This posture is shown as a correction to the previous one.

6. Charging & Data Transfer

1.	Place Backy with the cushion pad facing upwards and ensure no objects pressing on the cushion pad. This will cause Backy to decalibrate.	 An illustration of the Backy device, a small black rectangular unit with a strap, lying on a light-colored wooden surface. The device is oriented with its cushion pad facing upwards. Three musical notes are shown floating above the device, indicating it is playing music.
2.	Once Backy is decalibrated, you may connect the magnetic charging connector to Backy to start charging.	 An illustration of the Backy device lying on a light-colored wooden surface. A black strap is wrapped around the device. A magnetic charging connector, consisting of a small black rectangular unit with a red LED light, is connected to the device. A green dashed circle highlights the connection point. A black cable is connected to the charging connector.
3.	Data transfer occurs automatically when Backy is within range of the receiving unit.	

7. Safety & Care

✓ Do

- Clean Backy using only a soft, slightly damp cloth to remove dust or dirt.

✗ Don't

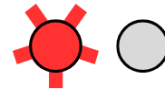
- Don't submerge Backy in water or exposed to extreme heat.

8. LED Indicators

Battery Life

Low Power

Red LED will flash every 60 secs



Charging

Orange LED



Fully Charged (Plugged in)

Green LED



Data transferred or Power off

No LED



Operation

Waiting for Time Sync

Purple LED



Calibration Mode

Red LED



In High Risk Posture

Red LED flashing



Operating

Red LED will flash every 30 secs



Operating but not Time Sync-ed

Purple LED flashing every 30 secs



Data Transfer

Ready for Data Transfer

Blue LED



Data Transfer in Progress

Blue LED flashing



Disclaimer

This Backy unit is provided as a demo kit. It has not undergone certification, regulatory testing, or compliance approval. It is intended to allow users and organizations to experience and evaluate the product concept in their own environment. The demo kit is not a certified commercial product and should not be regarded as such. For certified units suitable for broader deployment, please contact Tacniq to discuss commercial orders.