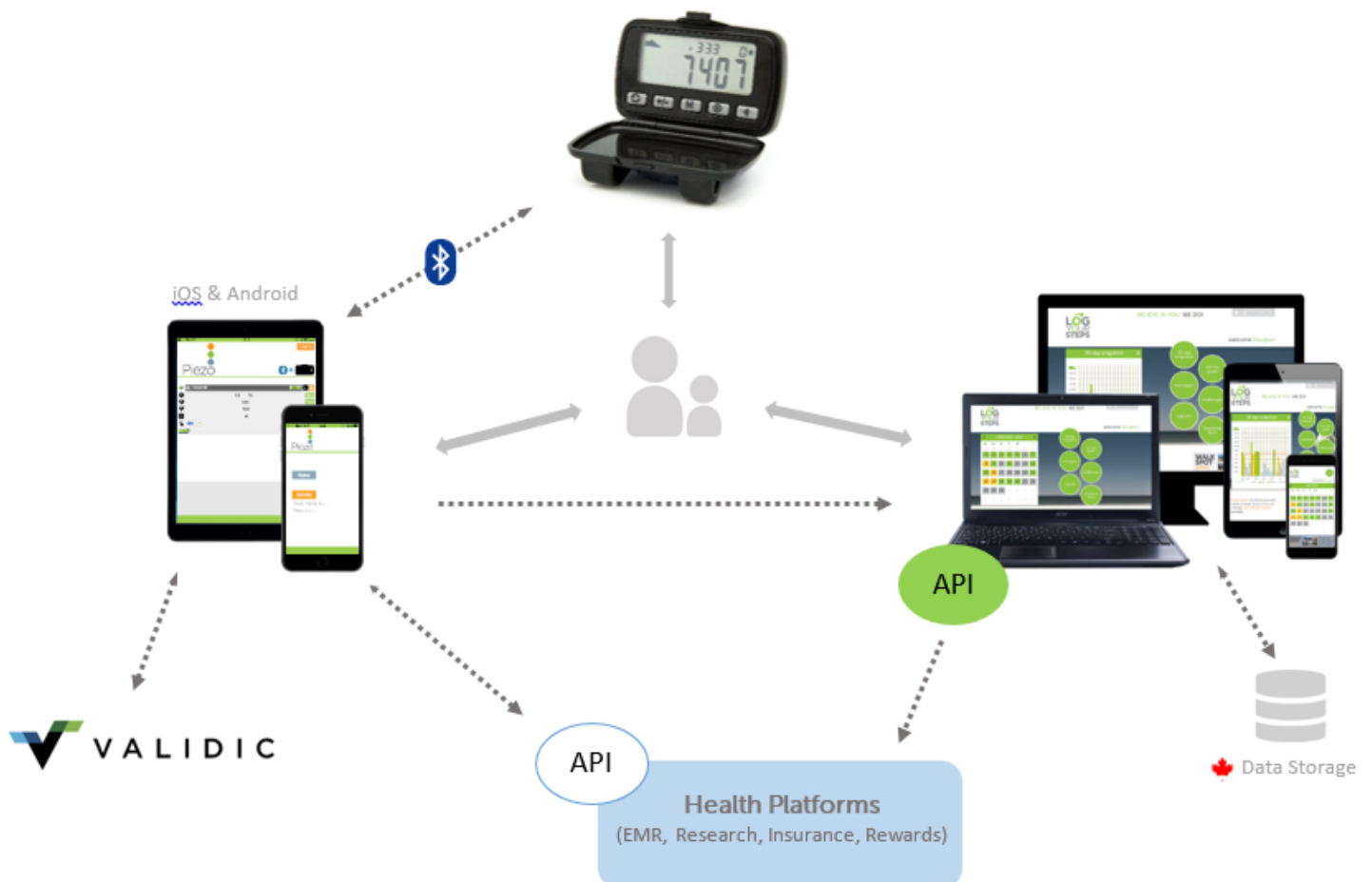


PiezoRxD System

Non Self-Report Data. Physical Activity Guidelines. Unequalled Accuracy. Validated/Published Metrics. 5.5 Month Device Memory. Affordable.



PiezoRx(D) Specifications

The PiezoRx(D) is the bluetooth version of the PiezoRx, a research/medical grade, waist worn, physical activity monitoring device. The PiezoRx(D) is the only wearable device that reports physical activity/anti-sedentary time according to the Canadian and American Physical Activity and Sedentary Guidelines. The PiezoRx(D) has been recognized by Health Canada as a Class 1 Medical Device. It is considered the gold standard for step and step-based physical activity intensity for both children/youth and adults. It has been validated to measure sedentary time with youth.

The PiezoRx(D) connects on demand via Bluetooth to a free Piezo iOS/Android app. This app uploads data directly to the LogYourSteps health platform as well as to Validic (HIPAA/PHI compliant). The app can be used to manage settings on the PiezoRx(D) device.

Device Technological Characteristics & Components:

The PiezoRx(D) detection mechanism is a research quality uniaxial piezoelectric sensor. It works on a 360 degree vertical tilt and accurately senses steps above 55 steps per minute with a margin of error of .001.

Adjustable MPA and VPA thresholds. No calibration required.

Device Dimensions: **W:** 4.5cm **H:** 6 cm **D:** 1 cm **WT:** 20 gm

- Unique digital ID
- Toggle between pre-set YOUTH and ADULT modes
- Bluetooth on demand preserves battery, enhances security
- 24 hr clock. Auto device data reset to 0 at midnight
- Device can be sealed with numbered (ID) locking mechanism
- Battery fail data backup
- Loss prevention strap

The algorithms for step capture, intensity and bout determination have been independently validated. The Piezo line is a proprietary device and is distributed exclusively by StepsCount Inc. and approved Piezo retailers.

PiezoRx(D) Data:	Steps MVPA time today BOUETS (8/10) or (4/5) min MVPA minutes last 7 Days BOUETS last 7 days MPA time today VPA time today TPA time today Q 10 Minute Step Report (144 ten-minute intervals/day)
Memory:	160 Days (Q10 report 138 days)
Battery:	3 Volt Lithium (replacement cost \$2) 1-2 yrs.

Research

The PiezoRx(D) sensor (also known as SC StepRx, SC StepMx) has been independently validated and is used in research with youth, adults and older adults. Youth validation was completed by Dr. M. Tremblay, CHEO HALO Research Unit, Ottawa

Research Highlights: (* published, # pending pub.)

* PiezoRx has a lower absolute percent error/mean measurement bias vs Actical/Digiwalker for slower speeds, range of BMI, range of ages & leg lengths of children. (HALO Appl. Physiol. Nutr. Metab. Vol 38, 2013)

* PiezoRx exhibited the highest combined sensitivity (92.9%) & specificity (96.5%) for correctly identifying a bout of MVPA, on children, when measured by indirect calorimetry when compared to Actical, Actigraph, NL1000, Walk4Life (Halo, Saunders/Tremblay 2014)

PiezoRx, when compared to the gold standard ActivePal, is a valid measure of sedentary time, with results similar to the Actical. (UPEI Saunders, 2016)

PiezoRx is the most accurate physical activity monitor for step counts and is the only activity monitor that consistently reported absolute percent error values below the criterion value of 3%. (Acadia U, Fowles, 2016) Published research available.

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Piezo App

Bluetooth Connectivity / PiezoRxD Device Control

- Sync Data via Bluetooth
- Set MPA, VPA, T Thresholds
- Clear Data History
- API option: Direct Data Upload to Partner Platforms
- iOS/Android

Research Interface

- Toggle Youth / Adult Mode
- Lock-out Device Edit for Research Applications

LogYourSteps

Calendar Based Lifestyle Change Platform

- Intuitive Calendar Based Data Management & Display
- Color Coded Progress at a Glance
- Guideline Based Goal Setting & Feedback
- Tracks Healthy Lifestyle Choices:
 - Fruit/Veg servings, Fiber, Mindfulness Minutes etc.
- Health Data Tracking: BP, Blood Glucose Levels, Lipids etc.
- Challenges (Individuals & Teams)

Research Admin Interface

- Set-up/monitor multiple studies/groups
- View data when sync completed **by user**
- Complete data Export
- Custom reporting
- Custom Health Tracking
- Custom logo on landing page

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