My SmartSeat

User Manual
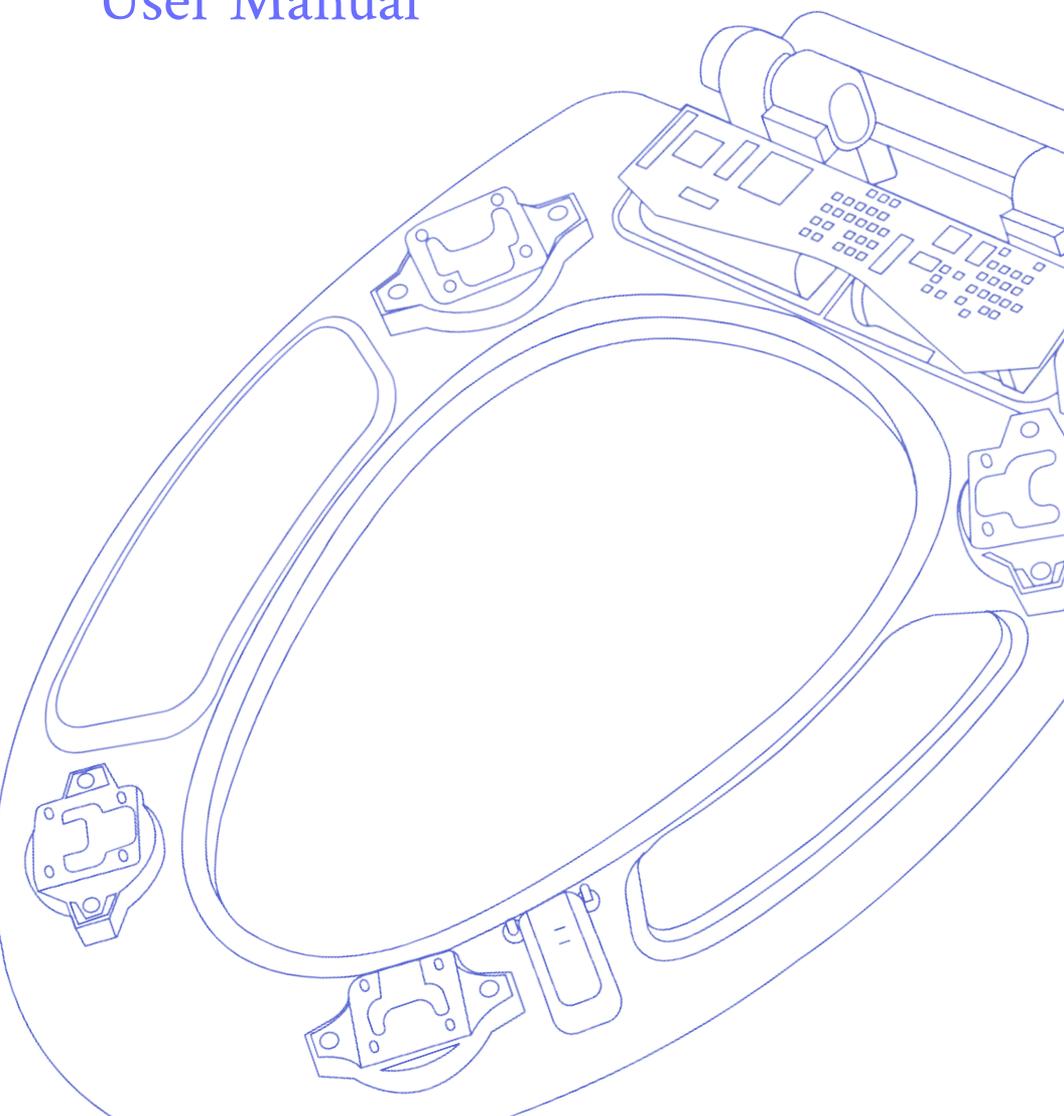
The SmartSeat is not intended for medical use.

Get Started

Step One: Download the Casana app
Use your phone's camera to scan the QR code or search "Casana" in your phone's app store.

Step Two: Create your account
Follow the instructions in the app to set up your user account.

Step Three: Set up your SmartSeat
Step-by-step instructions in the app will walk you through how to set up your SmartSeat.

Step Four: View your data
You can view your data on the Casana app or on your computer at mysmartseat.com.

Your SmartSeat

Your SmartSeat Features

Weight
ECG
PPG

Multiple Sensors

>1 year Battery Life

Bluetooth Pairing

Installation Hardware

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Sensor Spotlight:

- **ECG:** Electrocardiogram. Your SmartSeat uses a single-lead ECG made up of two electrodes to track the electrical activity of your heart.
- **PPG:** Photoplethysmogram. Your SmartSeat's PPG uses red and infrared light in much the same way as a standard pulse oximeter.
- **Weight Sensors:** Four finely-tuned weight sensors in the bumpers of the seat are one of the ways the seat differentiates users.

Using Your SmartSeat

Day-to-day use:
Your SmartSeat is designed to be used as a standard toilet seat. After installing your Seat and completing the setup sit, you can simply use the toilet as you would normally.

For best results:
- Sit on the SmartSeat such that the skin on your buttocks and thighs makes direct contact with the two titanium sensors (ECG) and plastic window of the pulse oximeter sensor (PPG).
- Sit on the SmartSeat for at least 20 seconds.
- Sit calmly without excessive movement (e.g. fidgeting, bouncing legs, or shifting position).

Suggested cleaning and care:
We recommend cleaning the SmartSeat regularly and in the same manner that you would clean a normal toilet seat.
- Do not use abrasive cleaners or tools to clean the SmartSeat (e.g. powdered cleaners, scouring pads, cleaners containing bleach).
- The SmartSeat should not be immersed fully in water or put into a dishwasher to be cleaned.
- The top of the SmartSeat should be clear of visible grime and dirt to ensure the sensors make good contact with the skin.
- The SmartSeat has slow-close hinges. Do not slam the SmartSeat shut.

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Using Your SmartSeat

App Setup

The Casana app is required for setting up your SmartSeat. After downloading the app and creating a login, the app will guide you through step-by-step instructions for connecting your seat to Wi-Fi, installing your seat, and ensuring your seat is able to record your wellness measurements.

App Compatibility

For best results please follow the compatibility rules outlined below:

1. An iOS or Android device with operational Bluetooth and Wi-Fi (or 4G/5G) is required to set up your SmartSeat, receive up-to-date SmartSeat data, and access certain SmartSeat settings and functions.
2. The Casana app requires smartphones or tablets to have iOS 14/Android 11 or later.
3. Only use Apple's official App Store or Google's official Google Play Store to download the Casana app.
4. When interacting with the Casana app we recommend using a trusted Wi-Fi network.

If you would like to view your SmartSeat data using your computer, please use Chrome, Safari, or Edge to visit mysmartseat.com.

App Usage

The Casana app covers a wide range of features and functionality. The following guides explain the features available in the Casana app. You can also view your SmartSeat data at mysmartseat.com.

Please note that the visuals below are meant to be used as a reference. The Casana app may look slightly different.

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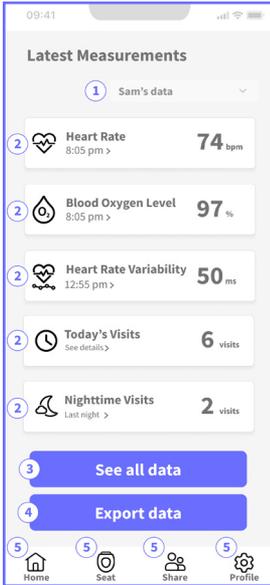
The Homepage
The homepage displays your latest SmartSeat health metrics.

1. SmartSeat User Dropdown
This dropdown allows you to select whose data you would like to view. This dropdown only appears if other SmartSeat users have shared their data with you.

2. Latest Health Metrics
Tap on any health metric to view more information, weekly ranges, and trends.

3. See All SmartSeat Data
Select this button to view all of a user's SmartSeat data. This button also allows users to "unclaim" any sits mistakenly assigned to them.

4. Export your data
Use this button to export SmartSeat data as a PDF.

5. Navigation
These buttons are always available and help you navigate the app. The Home button will bring you to this page.

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Health Metrics

Each health metric has a detailed page of charts, insights, and more. In this example, the Heart Rate health metric page is displayed.
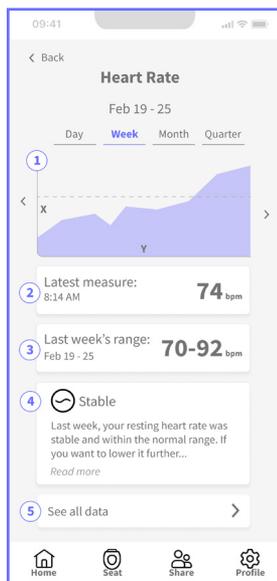
1. Interactive Chart
Select the increment of time you'd like to view (day, week, month, or quarter) then use the left/right arrows on either side of the chart to see your health data over time.

2. Latest Heart Rate
The most recent heart rate from the SmartSeat is displayed along with the time or date that the data was taken.

3. Last Week's Heart Rate Range
The range of readings from the past week are displayed. If no data has been received for the past week, the widget displays the date for its most recent weekly range.

4. Wellness insights
The SmartSeat analyzes last week's health data and compares it to the prior week's average. Helpful tips and insights are displayed based on the data analysis.

5. View all Heart Rate data
This button displays a list of all SmartSeat sits that returned heart rate data.

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Sharing

This page allows you to share your SmartSeat data with others, manage others' access to your data, and manage your access to SmartSeat data that others have shared with you.
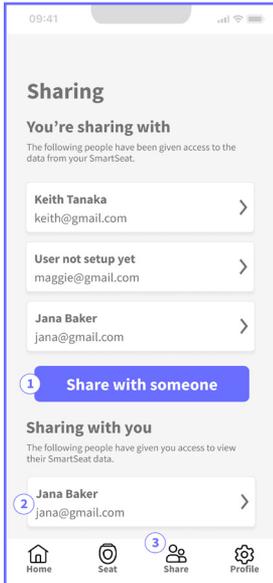
1. Your SmartSeat Data Sharing
Use this button to share your SmartSeat data with friends, family, or a caregiver. After entering the person's name and email, Casana will send them an email invitation that they can use to create an account and view your SmartSeat data. After sharing, you can use this page to review who has access to your data and manage their access at any time.

2. Sharing with you
When other SmartSeat users share their data with you, you can view and manage that access on this page. Selecting someone's name will open additional options for viewing their SmartSeat data or removing your access to their data.

3. Sharing Page Navigation Button
Tapping this button will bring you to the Sharing Page from anywhere in the app.

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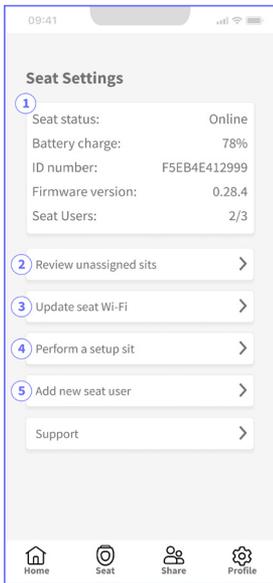
Seat Settings

The options available on the Seat Settings page will vary. If you are a SmartSeat user, you will see the options in this image. If you are viewing someone else's SmartSeat, you will see a subset of seat actions available.

09:41

Seat Settings

1

Seat status:	Online
Battery charge:	78%
ID number:	F5EB4E412999
Firmware version:	0.28.4
Seat Users:	2/3

2 Review unassigned sits ›

3 Update seat Wi-Fi ›

4 Perform a setup sit ›

5 Add new seat user ›

Support ›

🏠 Home   🪑 Seat   👥 Share   ⚙️ Profile

1. Seat Information
View information about a seat's status, battery level, and software version here. A seat is online if it is checking in with the Casana Cloud at its expected interval (usually every hour). If a seat is offline, it's generally due to a Wi-Fi outage or changes in home Wi-Fi settings.

2. Review Unassigned Sits
This option is only available to SmartSeat users who are viewing their individual seat. If your SmartSeat cannot positively identify who a sit belongs to, it will store the sit here. You can view these sits and claim any that belong to you by selecting this option.

3. Update Seat Wi-Fi
Your SmartSeat sends data to the Casana Cloud via Wi-Fi. If you make changes to your home Wi-Fi, such as installing a new router or changing your Wi-Fi password, you may need to update the SmartSeat using this option. You will need to use Bluetooth to perform this action, so make sure you're within range of the SmartSeat when updating the Wi-Fi.

4. Perform a Setup Sit
The 'Setup Sit' is a calibration process that helps your SmartSeat recognize its user. If you notice your seat is not recognizing you, it may be a good idea to perform another setup sit.

5. Add a New Seat User
You can add a new user to your SmartSeat by selecting this button. The app will take you through a step-by-step process to add the new user. You will need to use Bluetooth to perform this action, so make sure you're within range of the SmartSeat when adding a new user.

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Account Settings

Use this page to view and manage your profile, connected apps, and export your SmartSeat data.
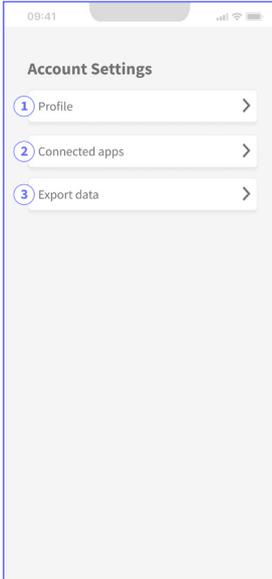
1. Profile
Selecting this button will allow you to view and/or edit your profile details such as your email address.

2. Connected Apps
The Casana app allows SmartSeat users to connect with their data with Apple Health. You can connect and manage that connection from this page. If you do not have your own SmartSeat (for example, if you are viewing a friend or family member's SmartSeat data), this option will not be available to you.

3. Export Data
Selecting this option will allow you to export a PDF version of your SmartSeat data.

Frequently Asked Questions

How do I know the SmartSeat is working?
You can find details about your SmartSeat on the Seat page of the Casana app. The **Seat Status** will tell you if your seat is connected to Wi-Fi and the Casana Cloud. You can also see if sits are being uploaded by selecting the **See All Data** button from the Home page or checking the **Review Unassigned Sits** section on the Seat page.

Can my SmartSeat monitor more than one person?
Yes. Up to three people can use one SmartSeat to monitor their health. To add a new seat user, navigate to the Seat page and select **Add new seat user**. To remove a seat user please contact support@casanacare.com.

What if my sit doesn't appear in the app?
Your sit may not appear in the app for several reasons. If the sit was not identified as you, navigate to the **Seat Settings** page, select the **Review Unassigned Sits** button, and claim any sits that belong to you.

What if a sit that is not mine shows up in my data?
If you see a sit that does not seem to be yours, you can unclaim this sit by navigating to the Home page, scrolling past your Latest Measurements and selecting the **See All Data** button. From there you can select the sit that does not belong to you, and then select **Unclaim this sit**.

What happens if my internet goes out?
If your internet is down, the SmartSeat will continue recording your sits and will store the data on the seat until the internet connection is restored.

What is the red light on the Seat?
Each time you use your SmartSeat, the PPG sensor will turn on, triggering a small red light. That light allows the SmartSeat to capture your blood oxygen level. The light will turn off automatically after a few seconds.

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Where can I find more resources?

Visit our website at www.casanacare.com/support for additional FAQs, product updates, and detailed articles on utilizing your SmartSeat effectively. You can also contact our support team for assistance. Contact us via email at support@casanacare.com or call us at (585) 497-2534.

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