AI-powered health management

USER MANUAL - 2026

Fitrus AI

OSD
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AI Healthcare Company

2026/10/26

User Manual

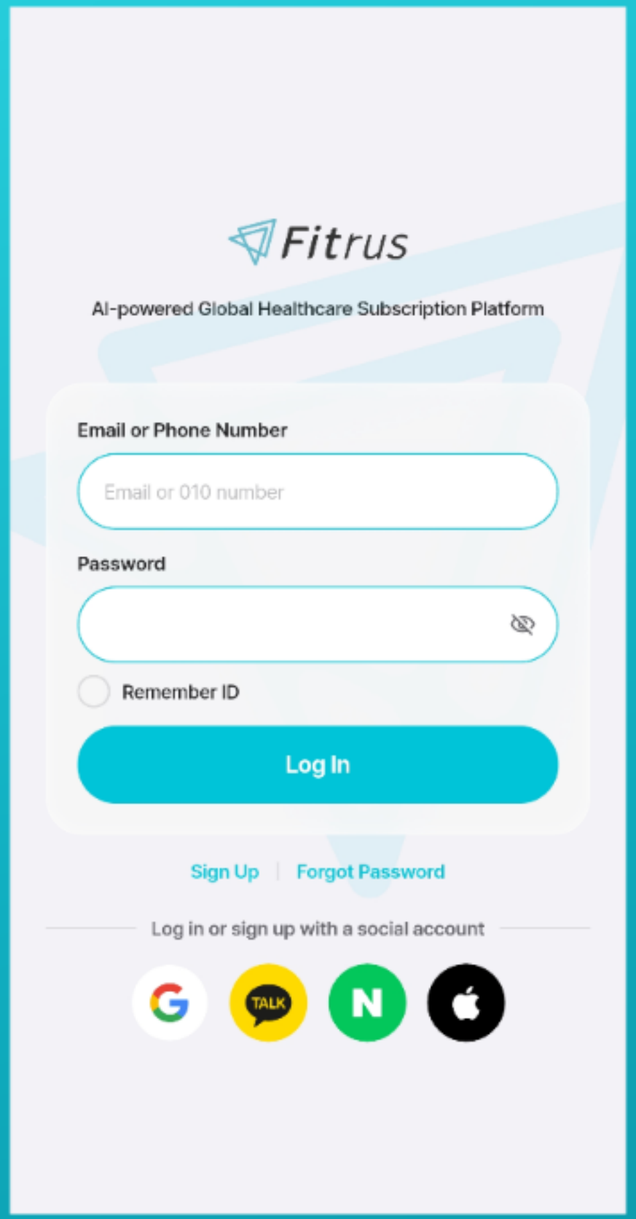
Fitrus App User Manual v1.2.8

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Login

1

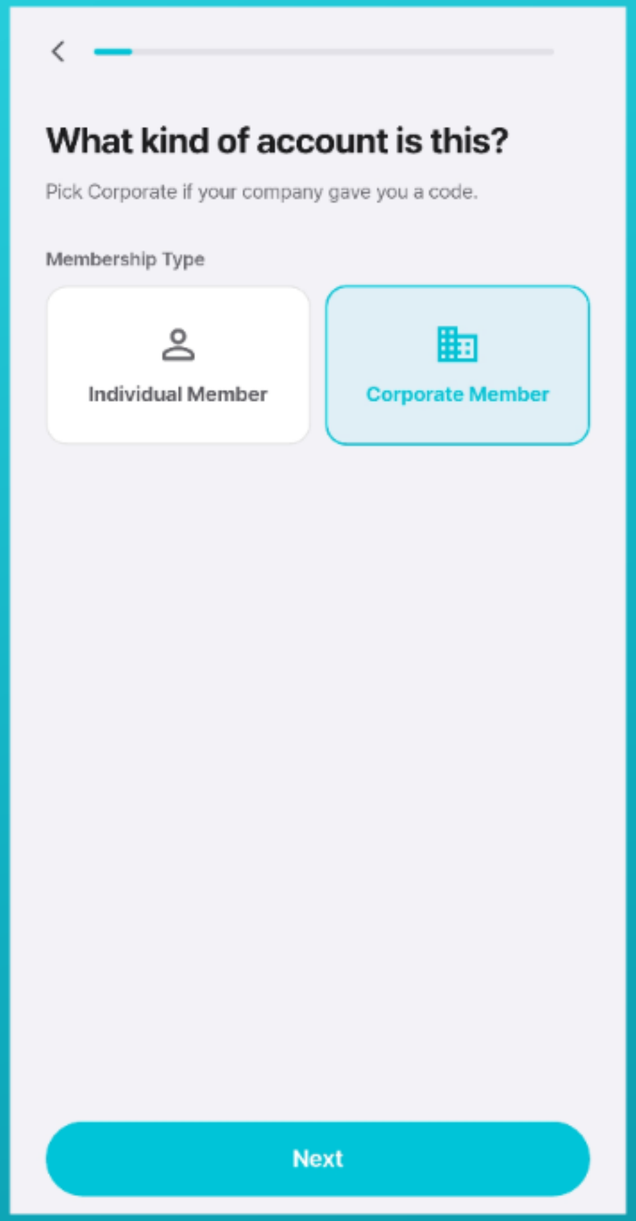
Email or Phone Number

Tap [Log In] after entering your email or registered phone number and password.

2

Other Options

Use a social account, select [Sign Up], or tap [Forgot Password].



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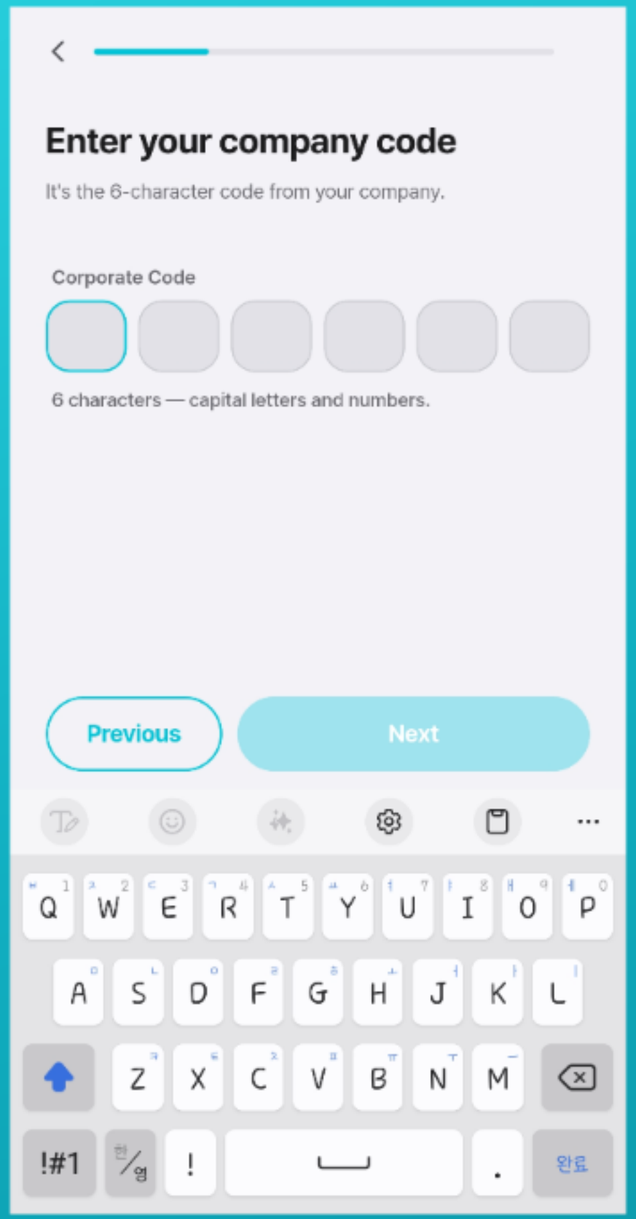
Account Type

1 **Individual or Corporate**

Choose [Individual Member] or [Corporate Member], then tap [Next].

2 **Corporate Accounts**

Select Corporate Member if your company has provided a company code.



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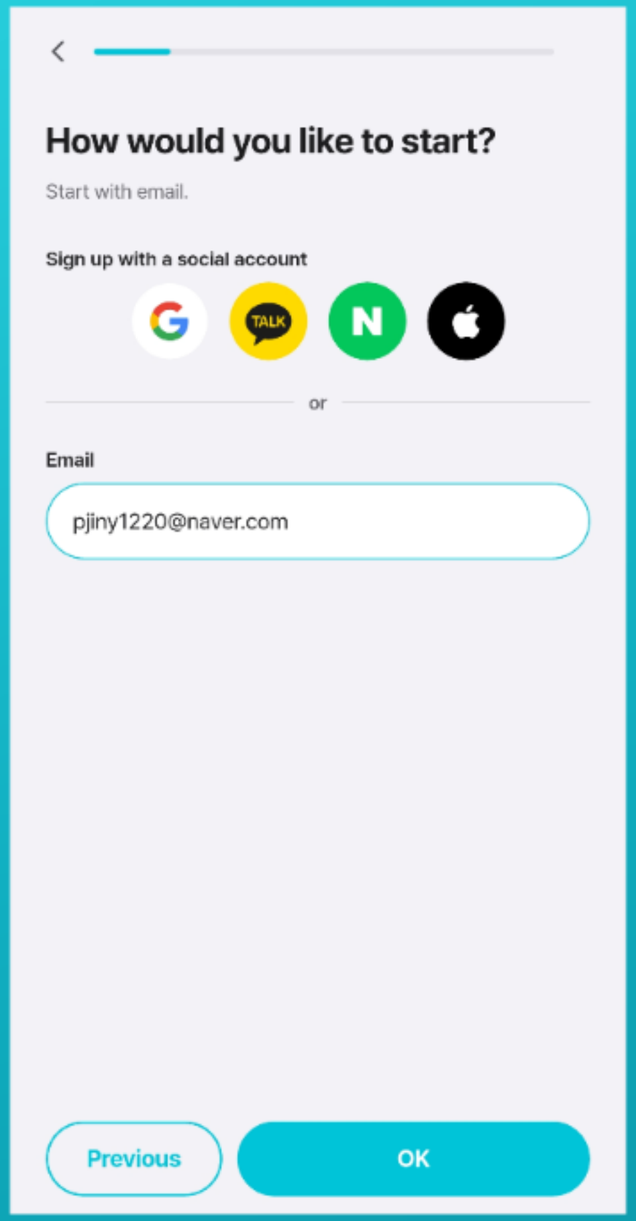
Company Code

1 **Enter the Corporate Code**

Enter the 6-character code provided by your company, using capital letters and numbers.

2 **Continue**

Tap [Next] when the entry is complete. This is separate from the optional referral code.



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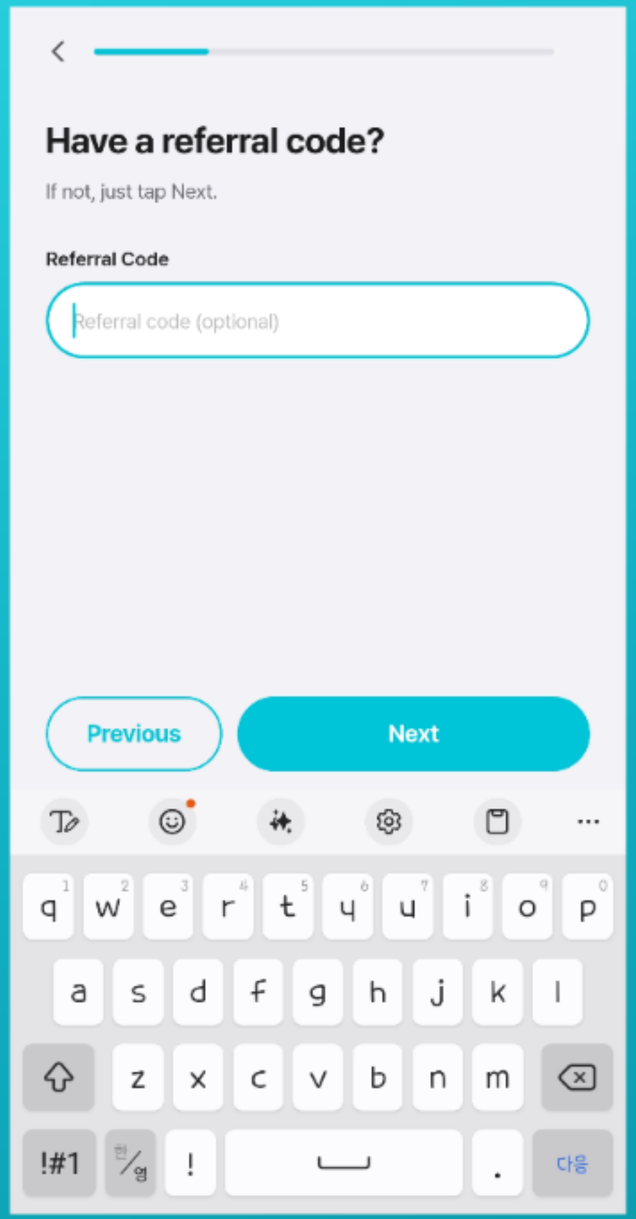
Sign-up Method

1 **Email Sign-up**

Enter your email address and tap [OK] to continue.

2 **Social Accounts**

You can also select Google, Kakao, Naver, or Apple on this screen.



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Referral Code

1

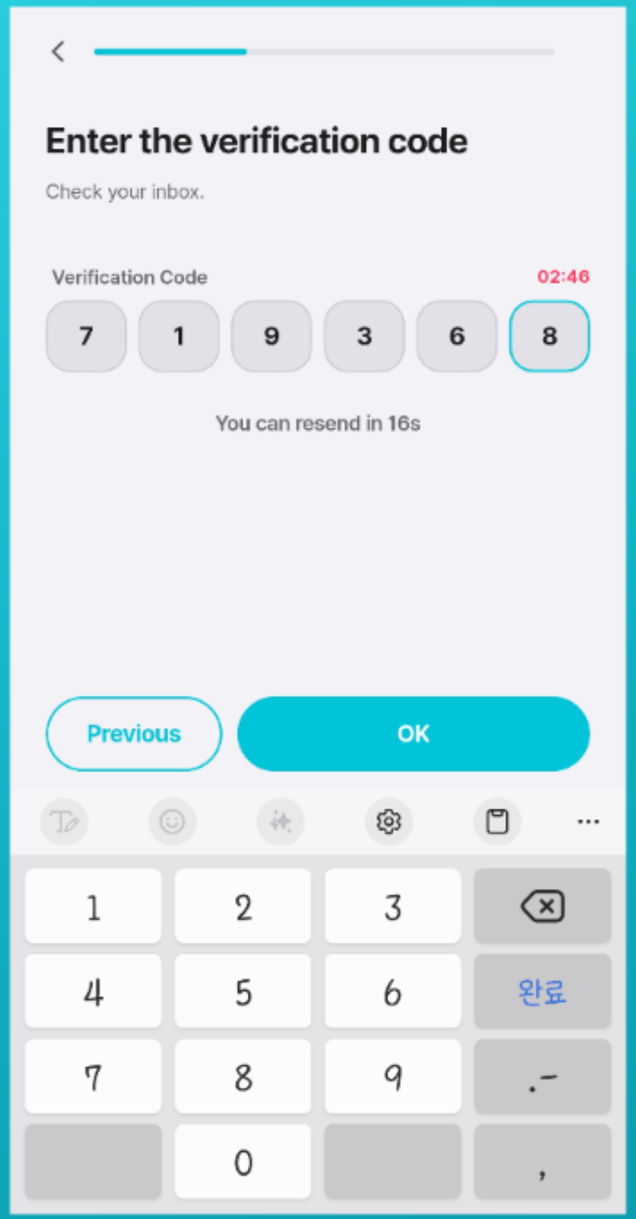
Optional Referral

Enter a referral code if you have one.

2

Skip or Continue

If you do not have a referral code, leave the field blank and tap [Next].



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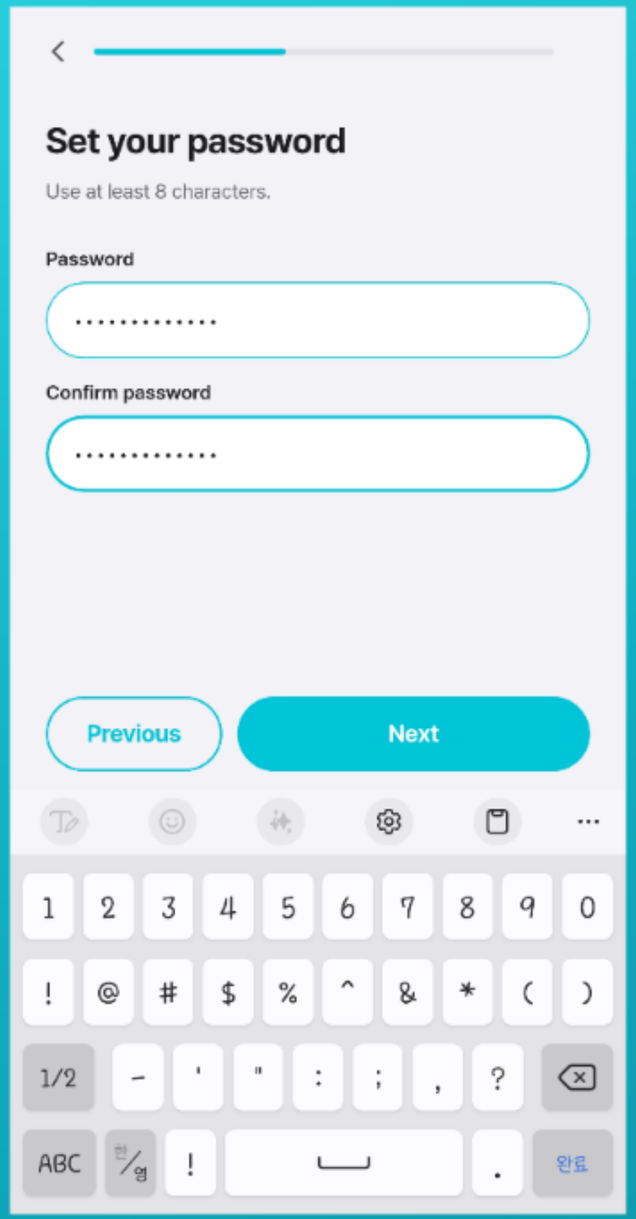
Email Verification

1 **Enter the Code**

Check your inbox and enter the verification code shown in the email.

2 **Confirm**

Tap [OK] to continue. If you didn't receive the code, you can resend it after the countdown ends.



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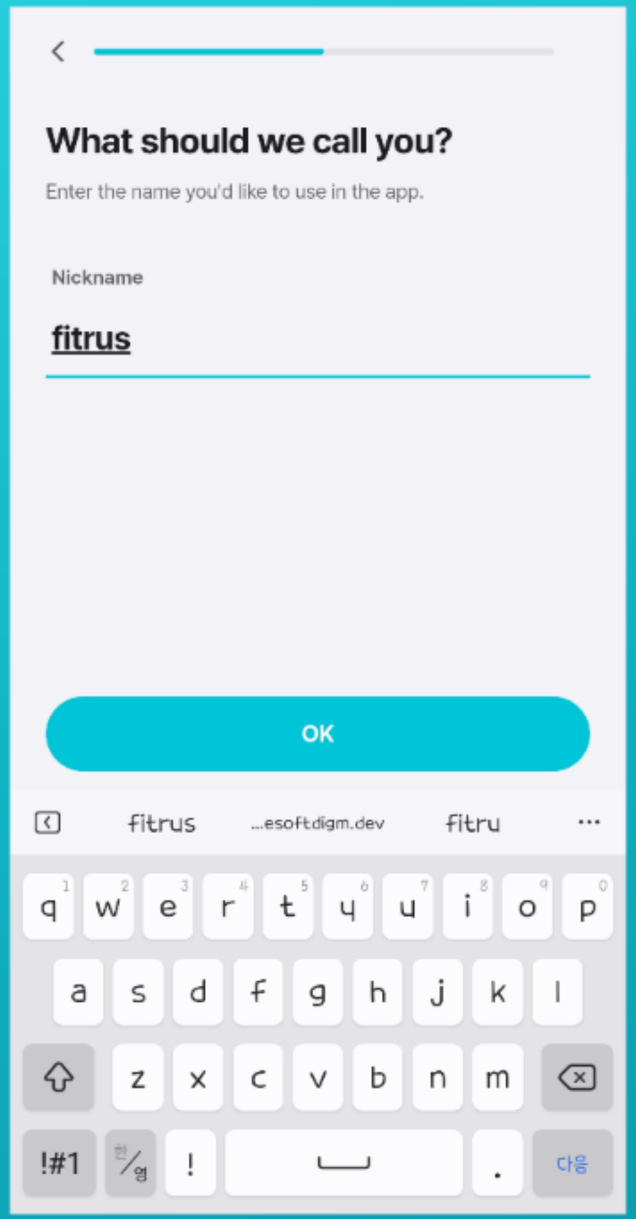
Password Setup

1 **Set a Password**

Enter a password of at least 8 characters, following the on-screen requirements.

2 **Confirm Password**

Re-enter the same password, then tap [Next].



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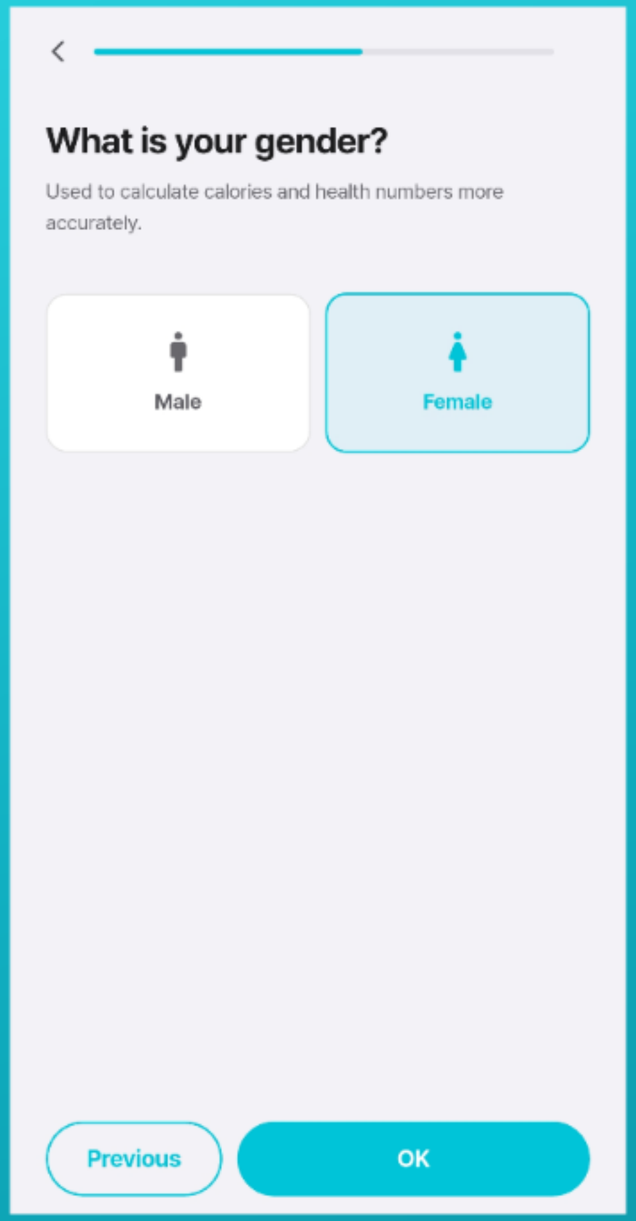
Nickname

1 **Choose a Name**

Enter the nickname you want to use in the app.

2 **Continue**

Tap [OK] to proceed to the next profile step.



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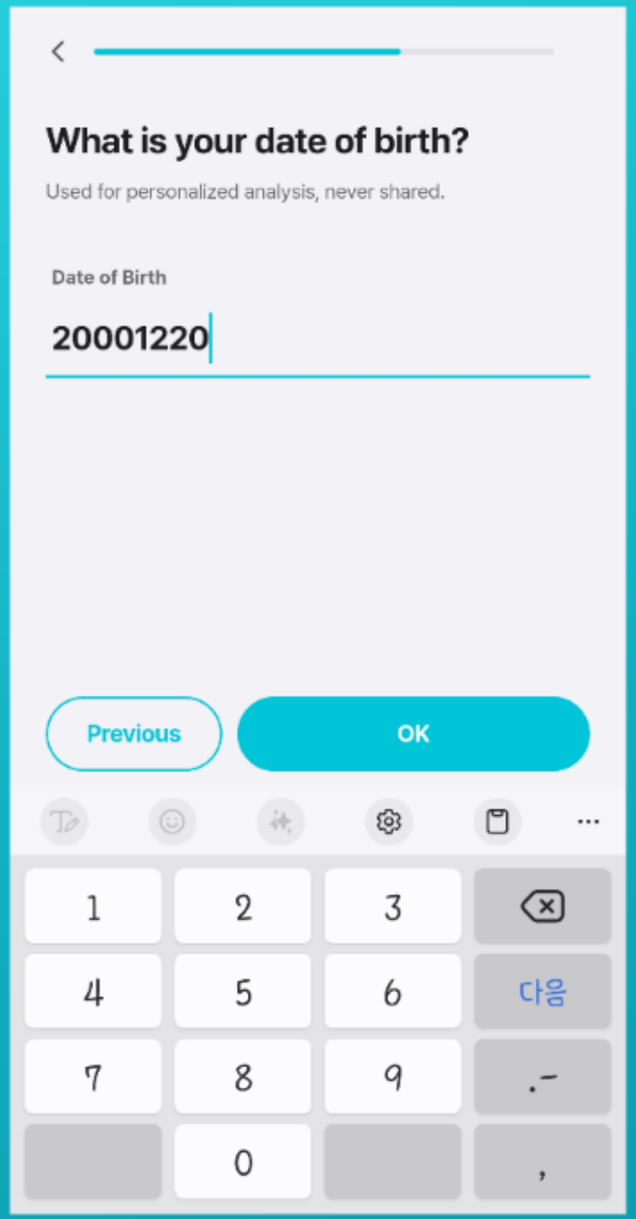
Gender

1 **Select Gender**

Select [Male] or [Female] as applicable.

2 **Continue**

Tap [OK] to continue. The app uses this information for personalized calculations.



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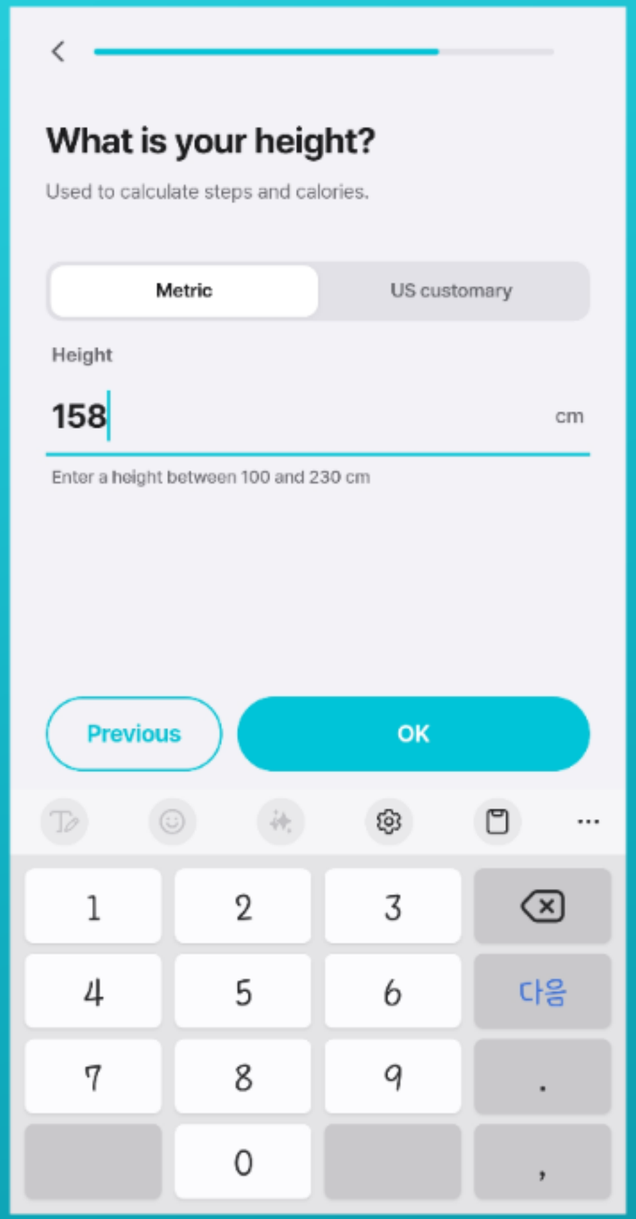
Date of Birth

1 **Enter the Date**

Enter your date of birth in the format shown on screen.

2 **Continue**

Check the entry, then tap [OK].



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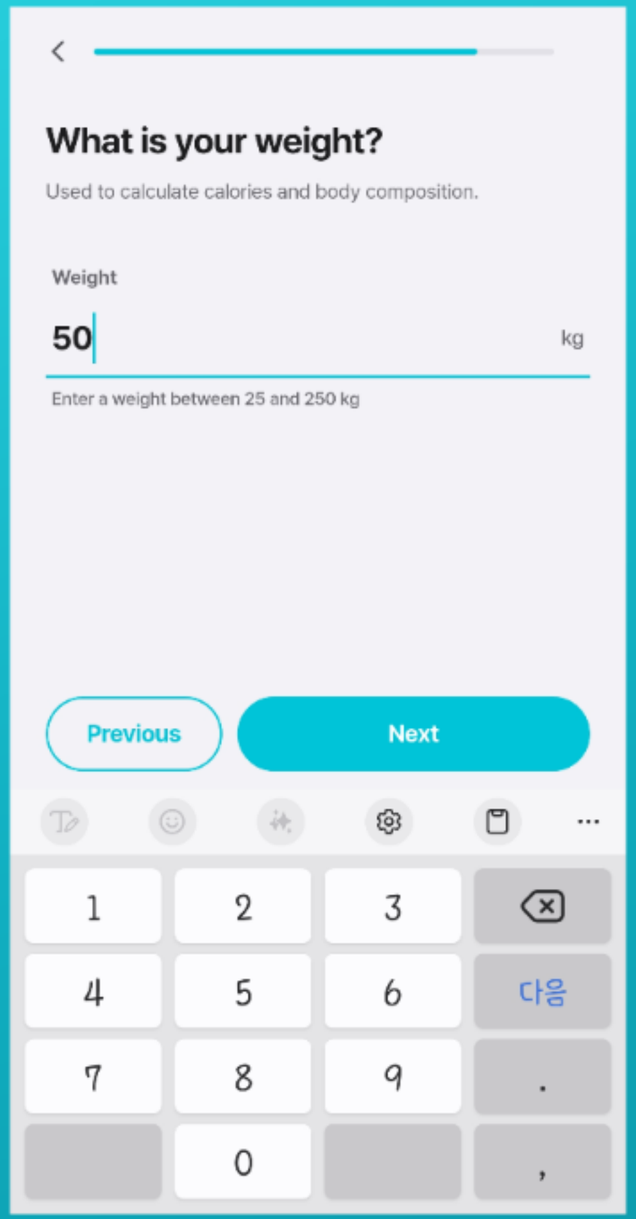
Height

1 **Choose Units**

Select [Metric] or [US customary].

2 **Enter Height**

Enter your height in the selected unit and tap [OK].



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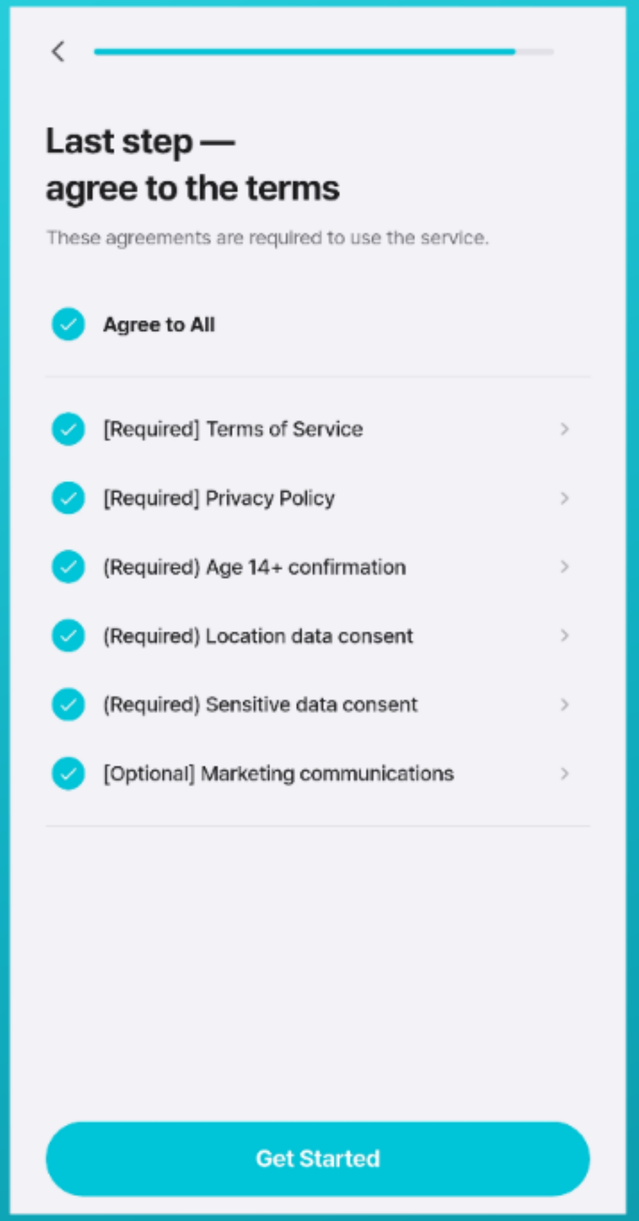
Weight

1 **Enter Weight**

Enter your weight in the unit shown on screen.

2 **Continue**

Check that the value is within the displayed range, then tap [Next].



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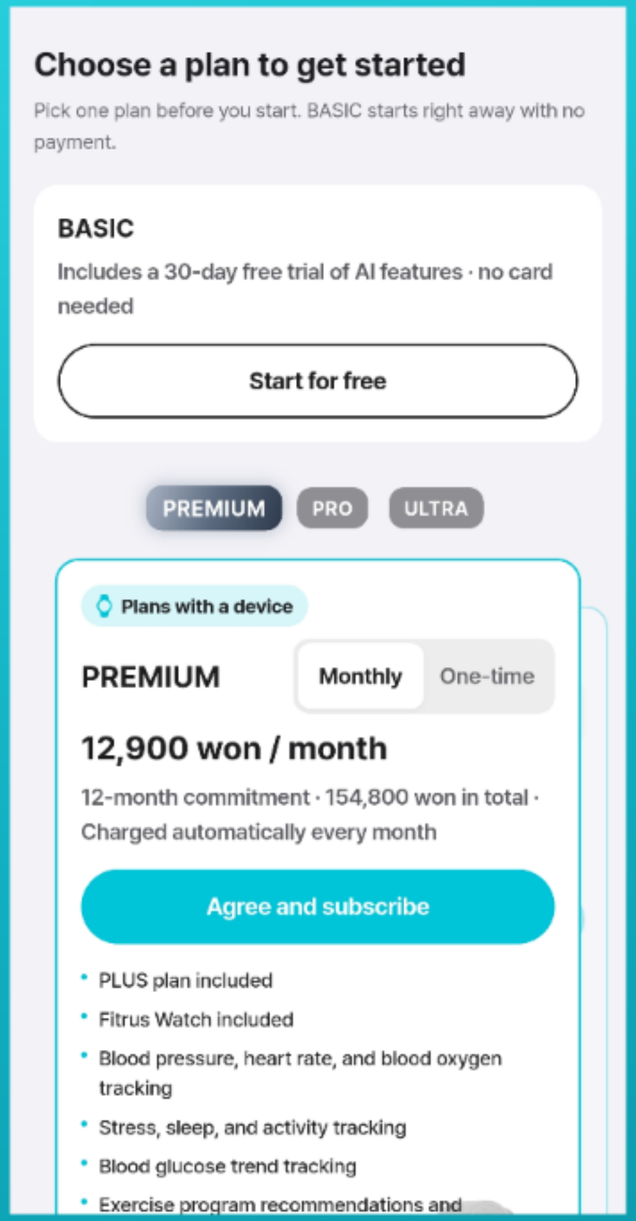
Terms Agreement

1 **Review the Terms**

Read the required agreements and select the relevant checkboxes.

2 **Get Started**

Optional marketing consent is listed separately. Tap [Get Started] after accepting the required terms.



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Plan Selection

1

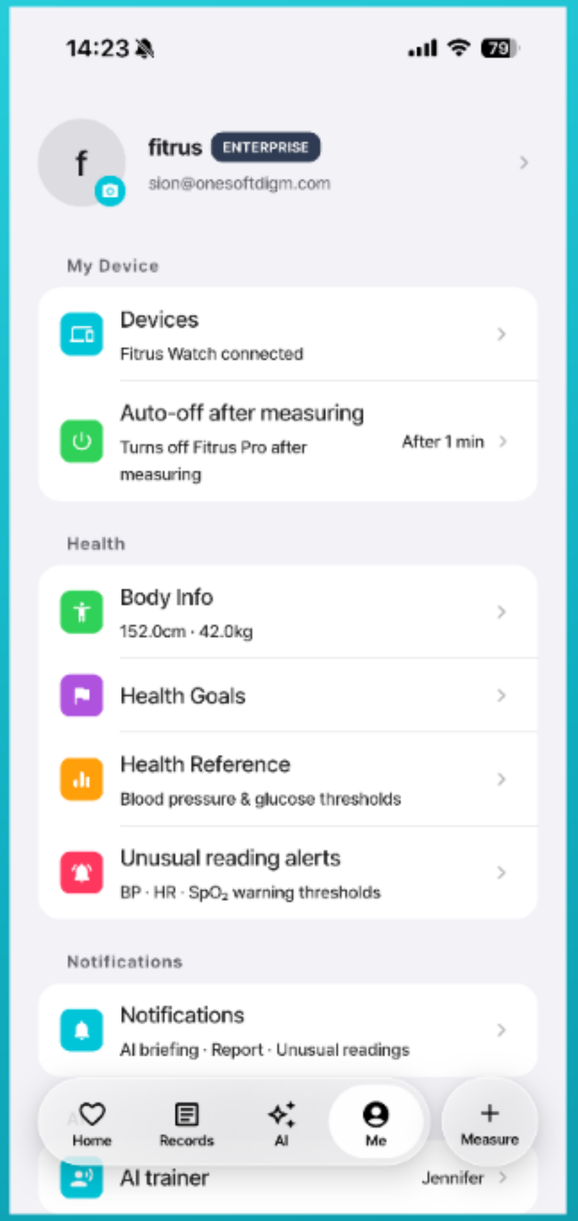
Choose a Plan

Review the plans and the conditions displayed for each option.

2

Start with BASIC

Tap [Start for free] under BASIC to select that option. Review the terms for paid plans before subscribing.



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Device Management

1

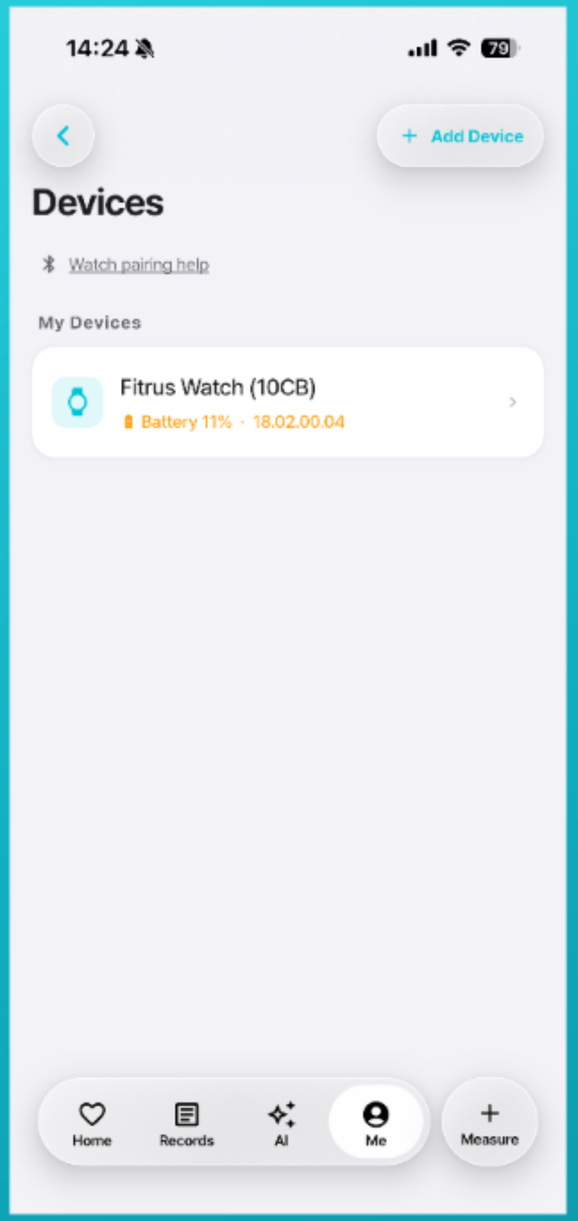
Open the Me Tab

Open the [Me] tab and select [Devices] under My Device.

2

Connected Devices

The subtitle shows which Fitrus devices are connected.



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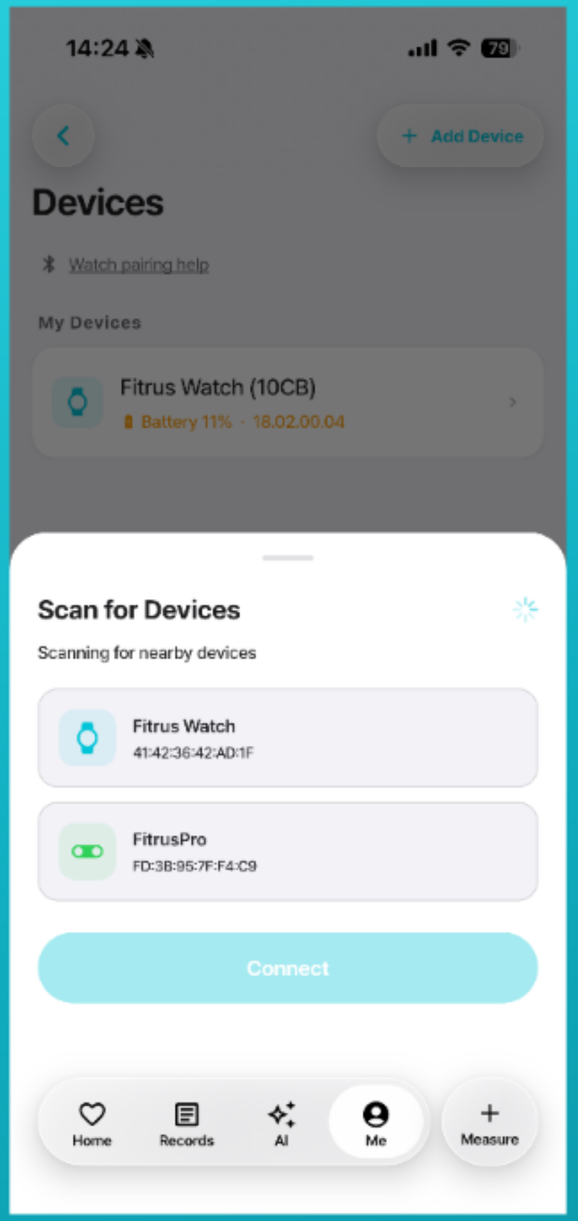
Devices

1 View Devices

Connected devices appear under My Devices. Tap a device to open its settings.

2 Add a Device

Tap [+ Add Device] to search for another device.



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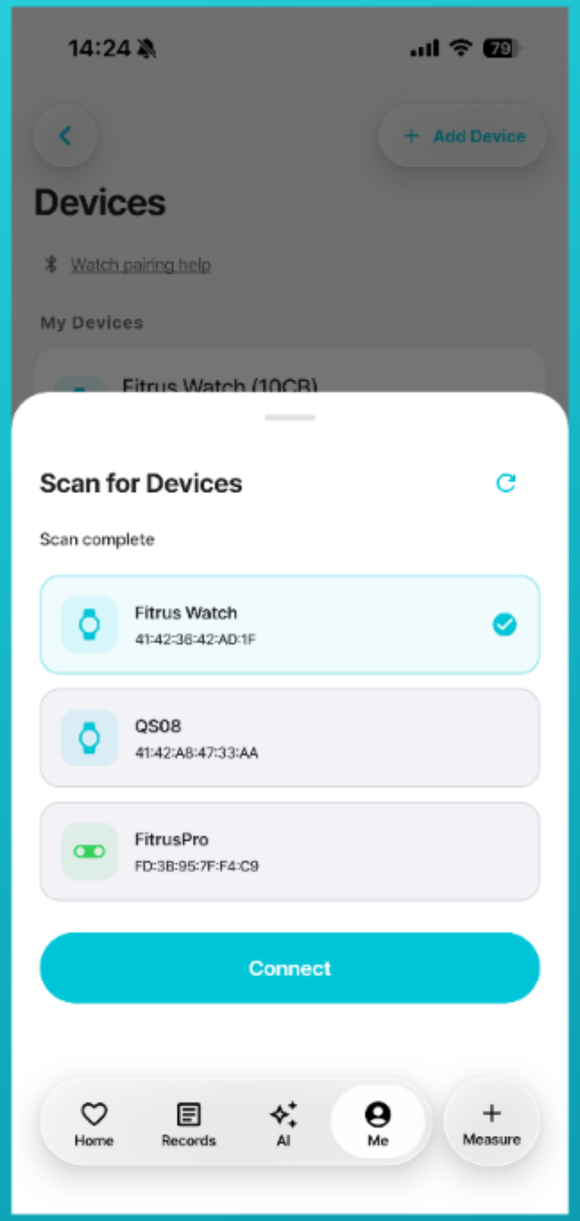
Device Search

1 Search Nearby

Keep the device powered on and close to your phone while the app scans.

2 Choose a Device

Find your device in the search results. The list can include Watch and Pro devices.



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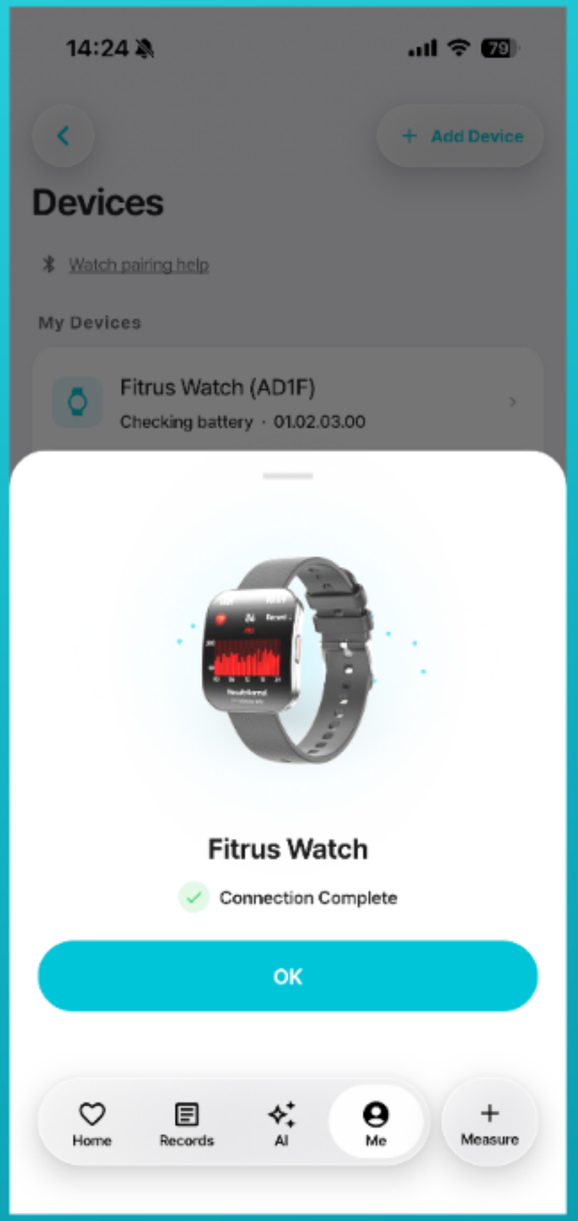
Connect Fitrus Watch

1 **Select the Watch**

Tap the Fitrus Watch you want to connect. A check mark appears next to it.

2 **Connect**

Tap [Connect] to pair with the selected device.



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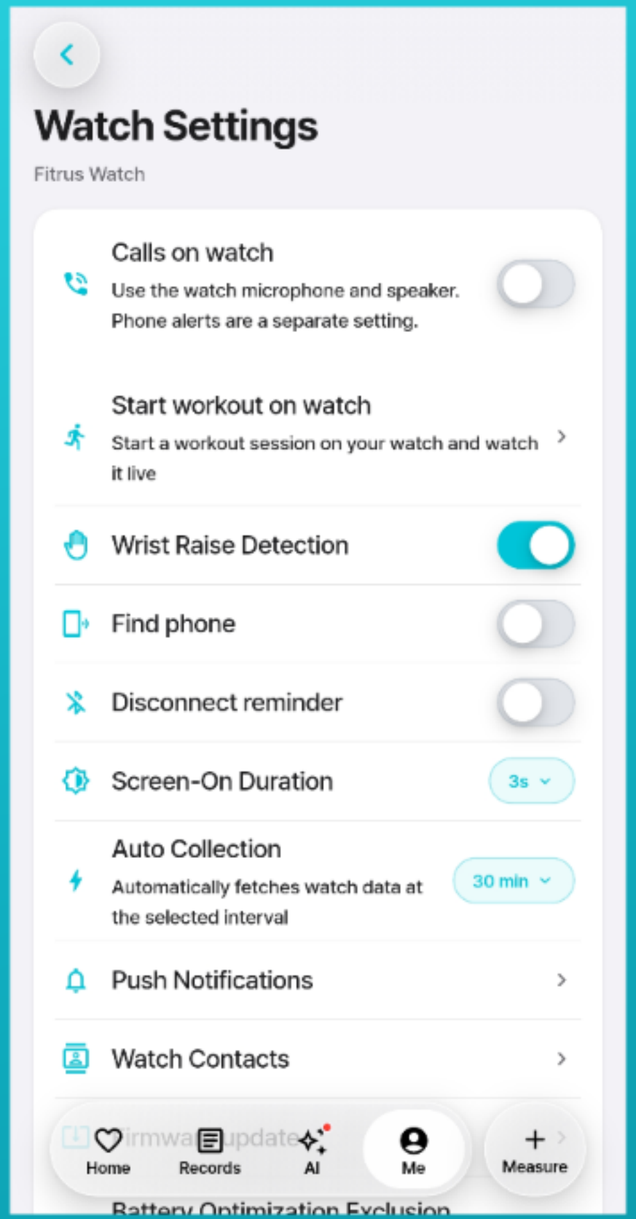
Watch Connected

1 **Connection Complete**

A confirmation message shows the connected Fitrus Watch.

2 **Finish**

Tap [OK] to return to device management.



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Watch Settings

1 Calls and Workouts

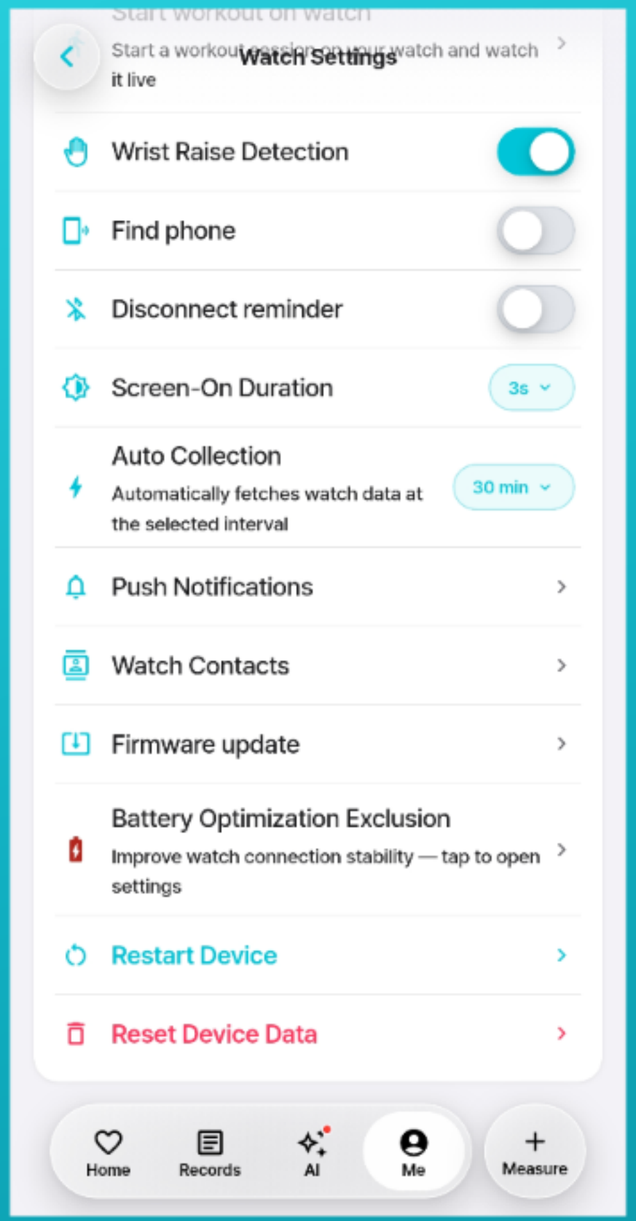
Set up calls on the watch and start workouts directly from the watch.

2 Watch Controls

Configure Wrist Raise Detection, Find phone, Disconnect reminder, and Screen-On Duration.

3 Auto Collection

Choose the interval for automatically fetching data from your watch.



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More Watch Settings

1 **Notifications and Contacts**

Open [Push Notifications] or [Watch Contacts] from this screen.

2 **Device Maintenance**

Update the firmware, change battery optimization settings, or restart or reset the watch as needed.



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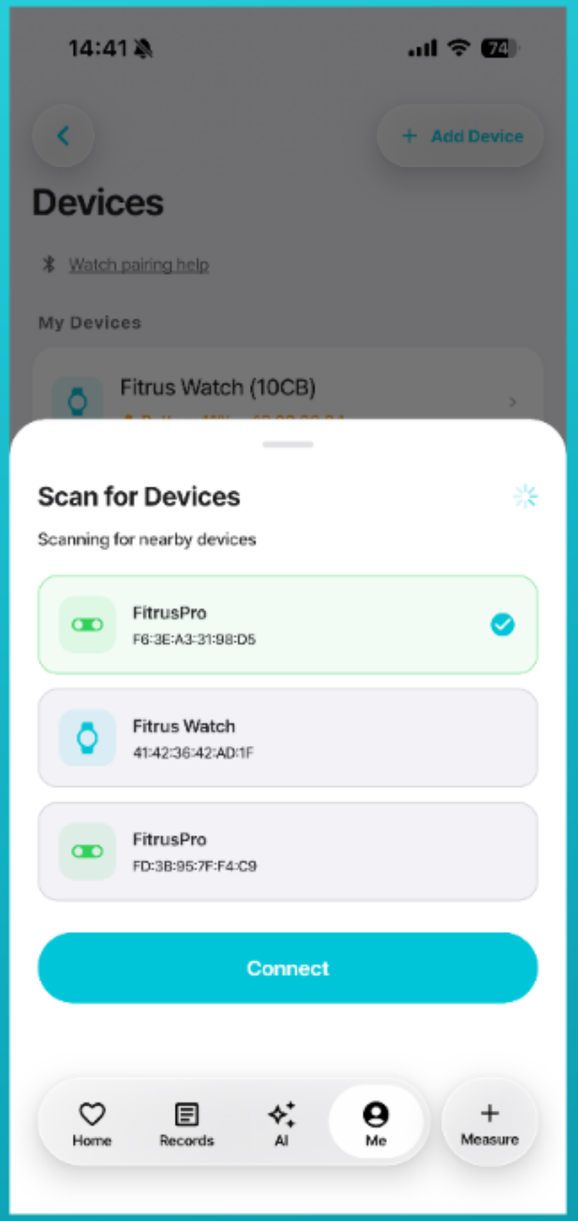
Power On Fitrus Pro

1 **Turn On the Device**

Press and hold the power button and keep Fitrus Pro near your phone.

2 **Find a New Device**

Tap [Find New Device] if the intended device does not connect automatically.



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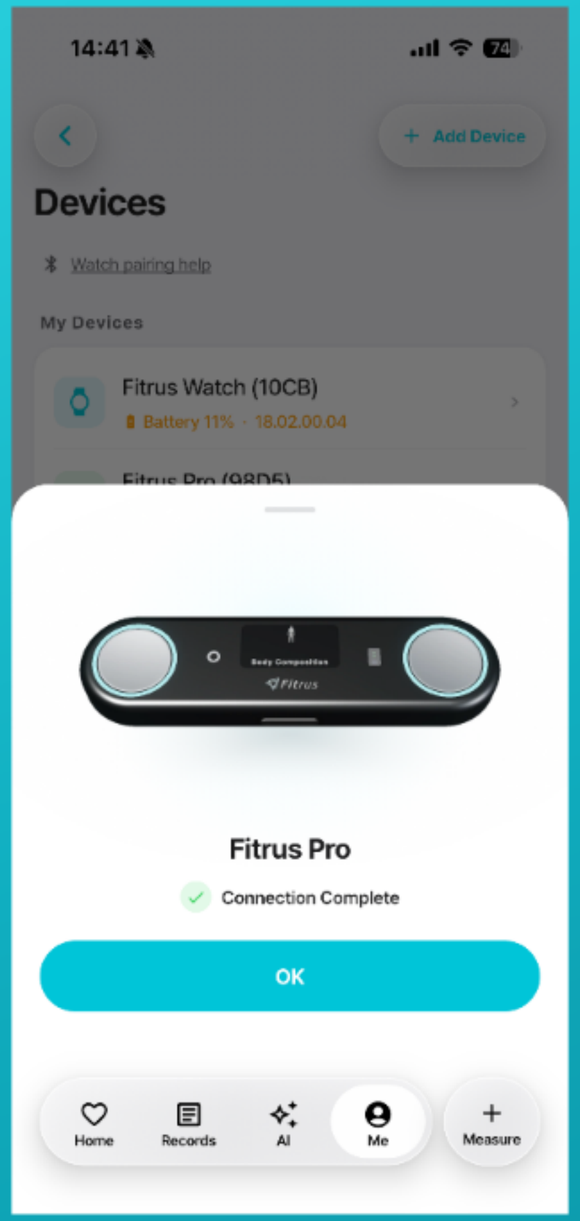
Connect Fitrus Pro

1 **Select Fitrus Pro**

Choose your Fitrus Pro in the search results and make sure it is selected.

2 **Connect**

Tap [Connect]. If several devices appear, use the device name and ID to tell them apart.



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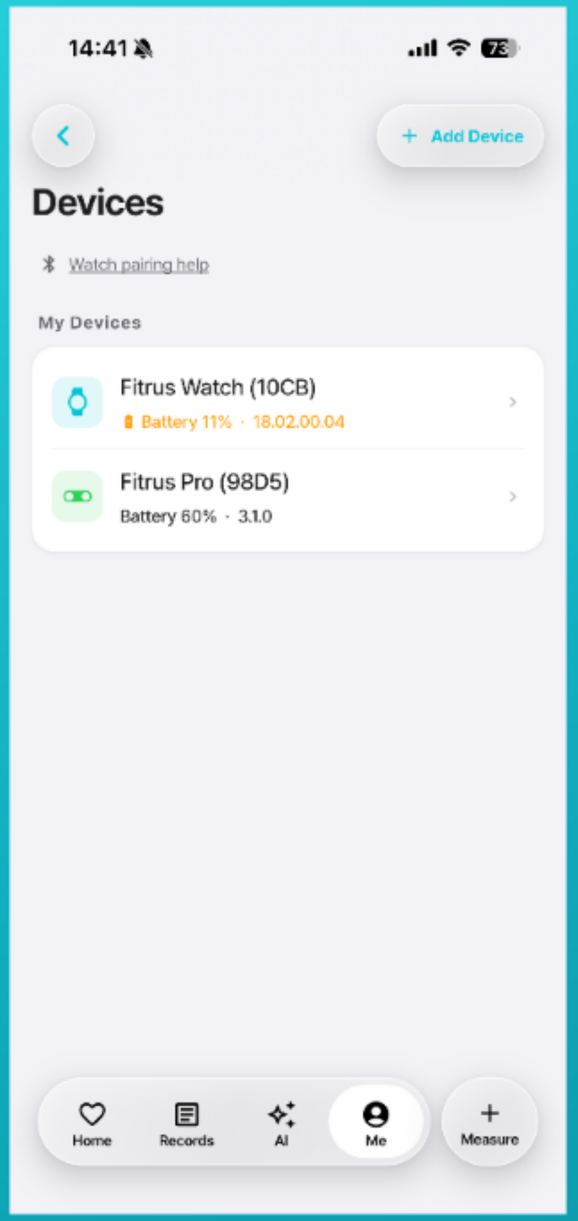
Pro Connected

1 **Connection Complete**

A confirmation message shows the connected Fitrus Pro.

2 **Finish**

Tap [OK] to return to the device list.



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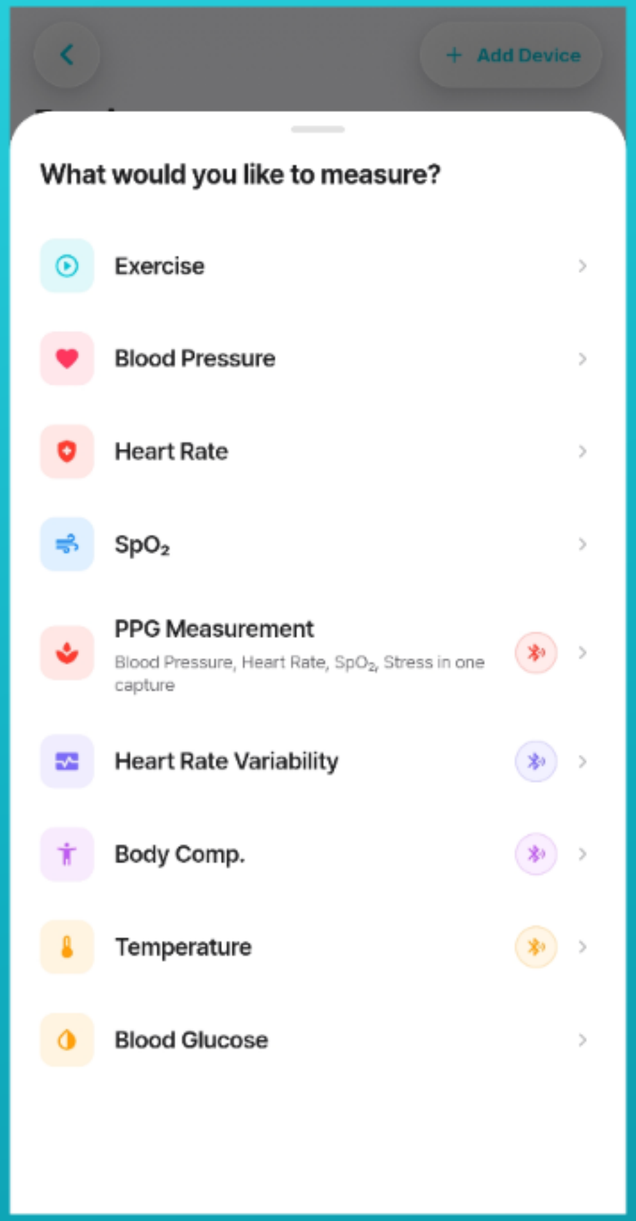
Connected Device List

1 **Check Both Devices**

The list can show a Fitrus Watch and Fitrus Pro together.

2 **Open Settings**

Tap the relevant device to manage it, or tap [+ Add Device] to add another.



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Measurement Menu

1 **Open Measure**

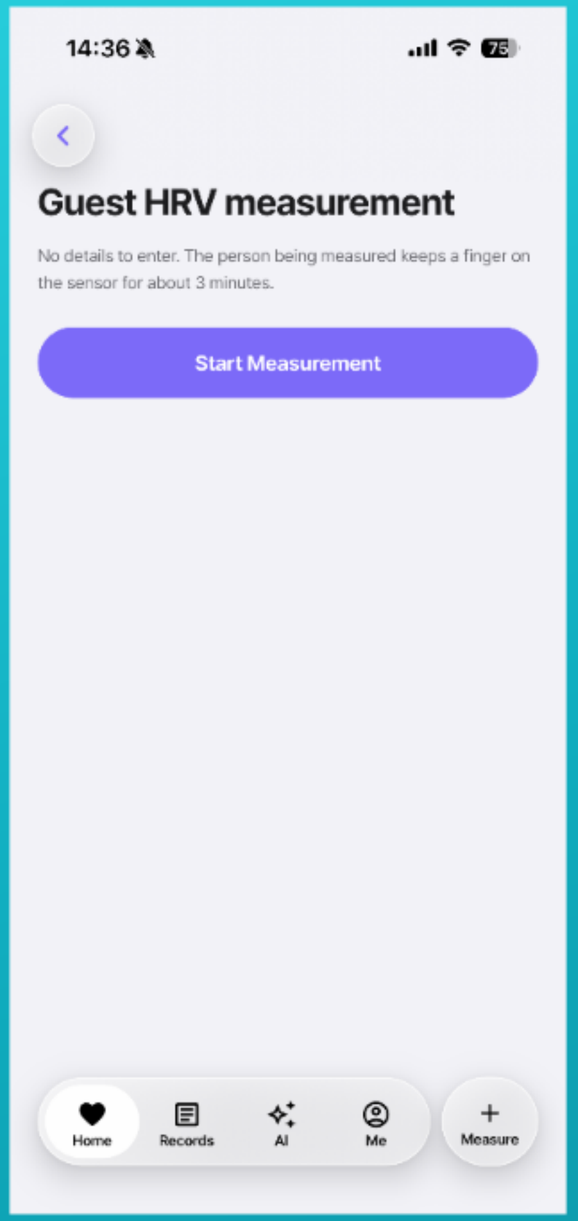
Tap [Measure] at the bottom of the app to open the measurement menu.

2 **Choose a Measurement**

Select the desired item. Available items include exercise, vital signs, HRV, body composition, and temperature.

3 **Device Indicators**

Check the device icons beside the measurement options before continuing.



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Guest HRV Measurement

1

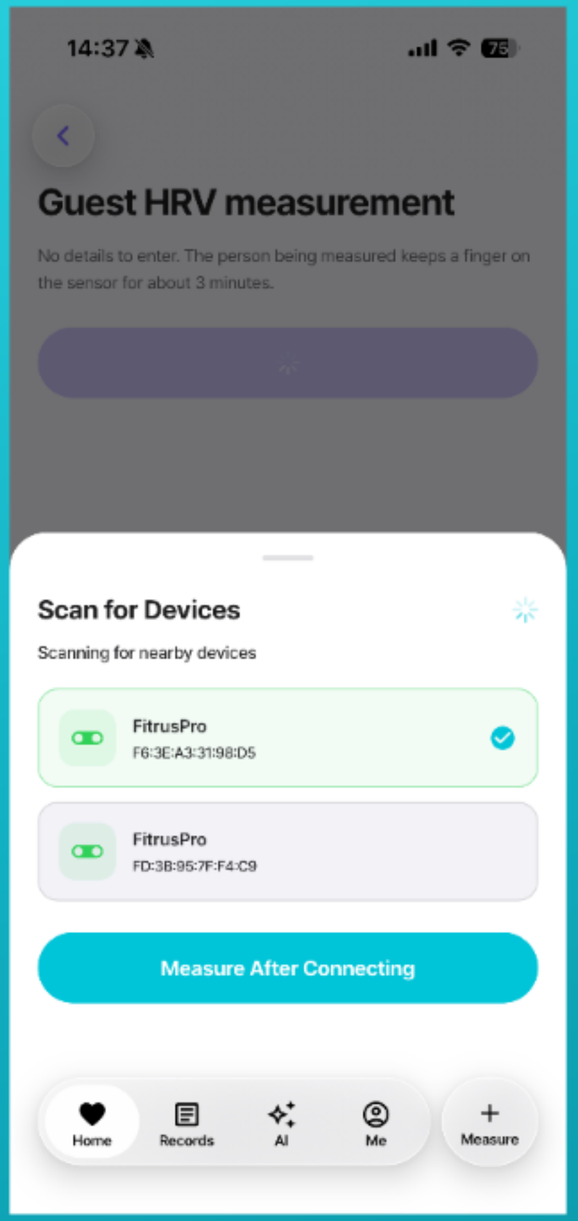
Guest Measurement

Use the guest HRV flow without entering personal details.

2

Start

Tap [Start Measurement] and keep your finger on the sensor for about 3 minutes, as instructed.



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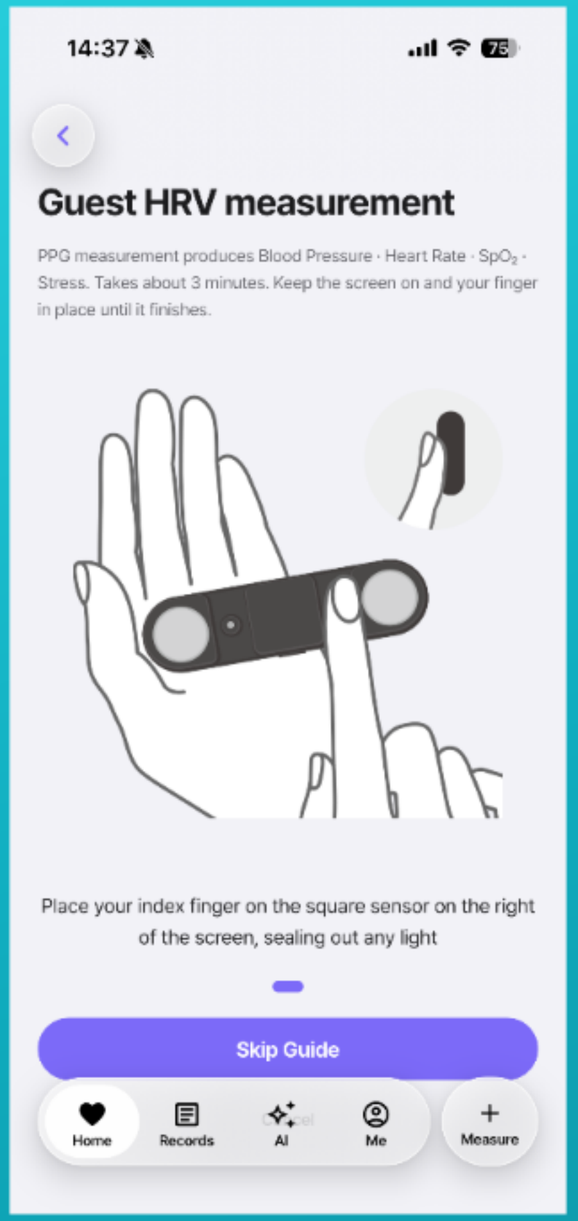
Connect Before Measuring

1 **Select the Device**

Choose a nearby Fitrus Pro from the search results.

2 **Continue**

Tap [Measure After Connecting] to continue this measurement flow.



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HRV Measurement Guide

1

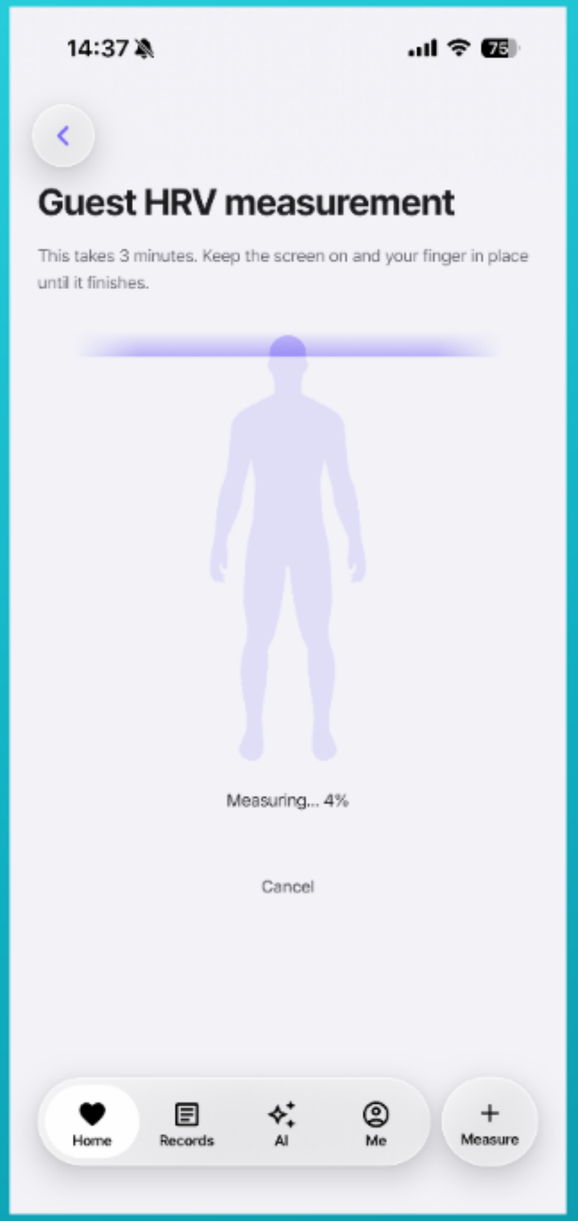
Finger Placement

Follow the illustration to cover the square PPG sensor on the right side of the screen with your index finger.

2

Follow the Guide

Keep the sensor covered to block outside light. Continue through the on-screen guide.



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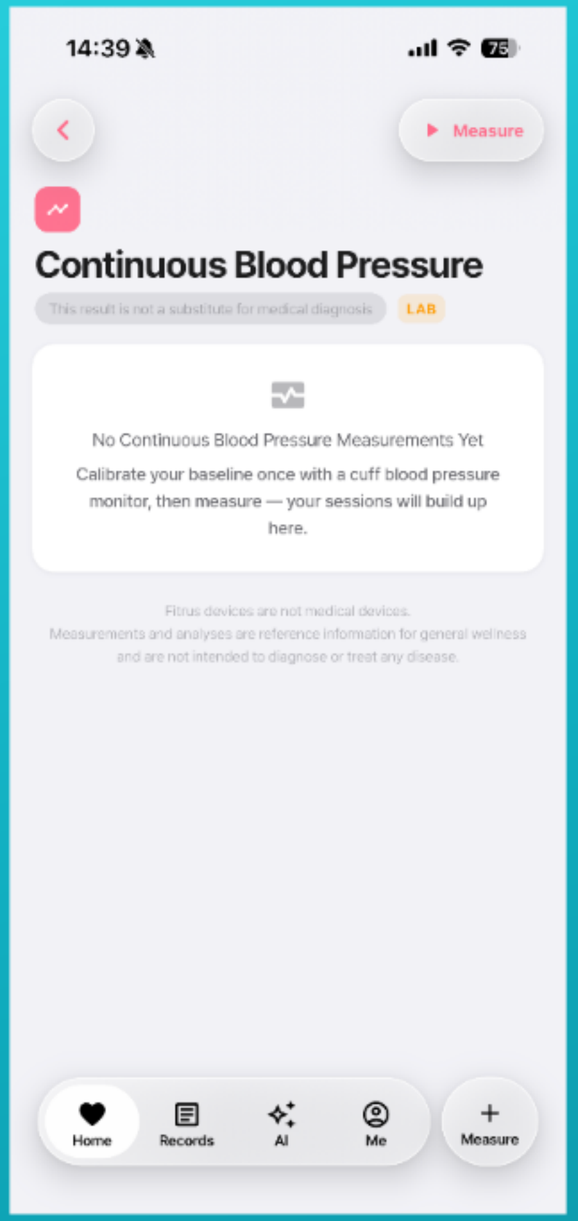
Guest HRV Measurement in Progress

1 **Remain Still**

Keep the screen on and your finger in place until the measurement is complete.

2 **Progress and Cancel**

Review the measurement progress. Tap [Cancel] if you need to stop.



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Continuous Blood Pressure

1

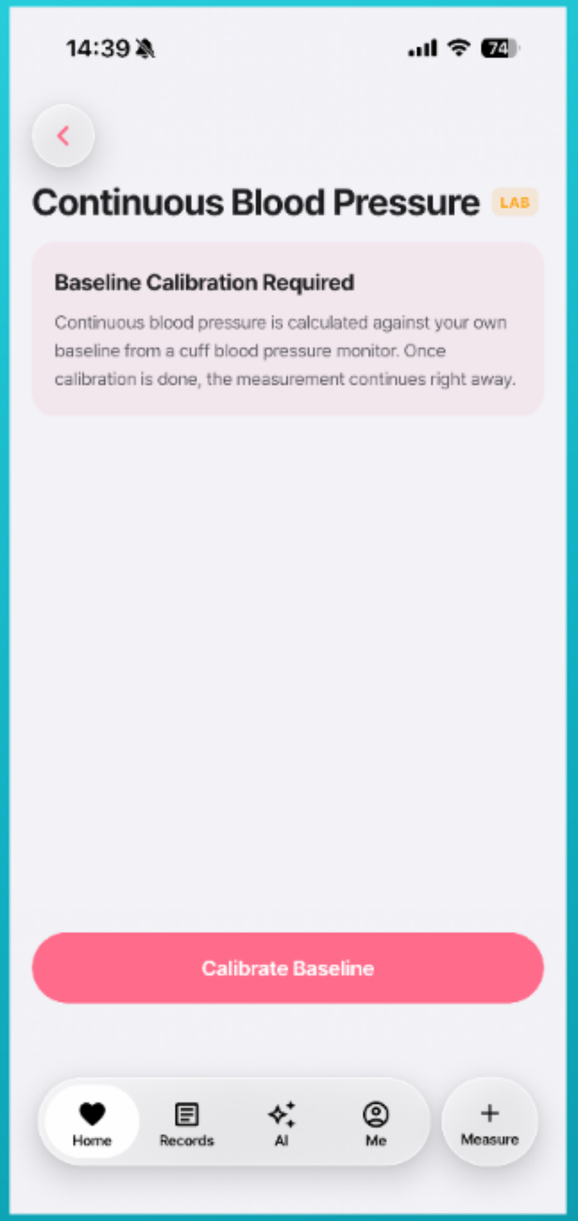
Open the Feature

Open Continuous Blood Pressure. This feature is labeled LAB.

2

First Use

Calibrate your baseline before your first measurement, following the on-screen instructions.



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Baseline Calibration

1

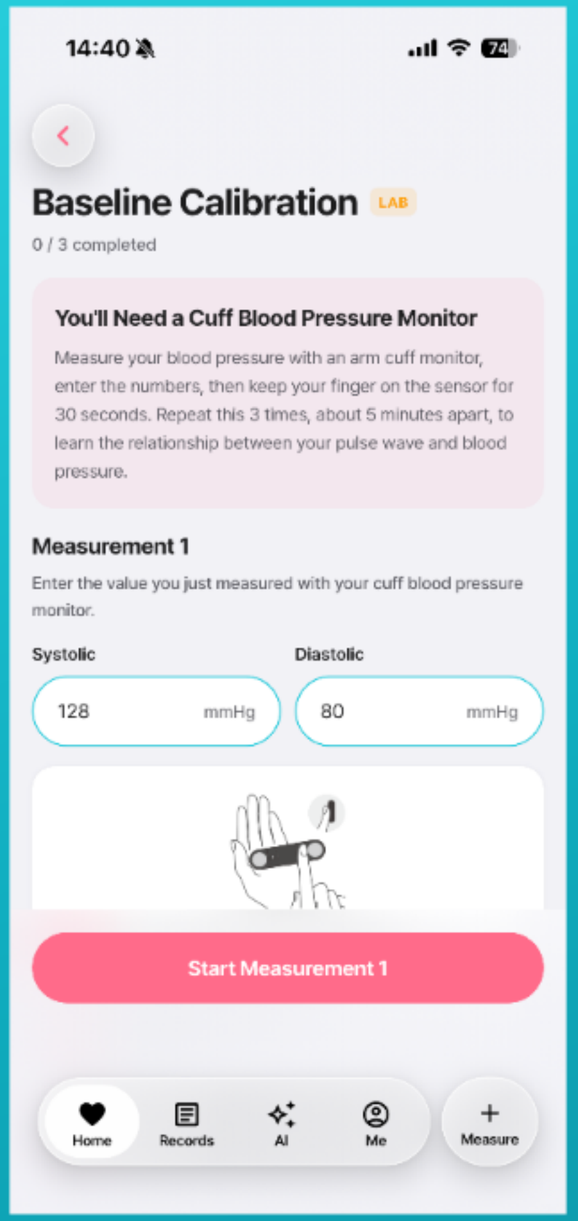
Calibration Required

Continuous blood pressure is calculated based on your personal baseline, measured with a cuff blood pressure monitor.

2

Start Calibration

Tap [Calibrate Baseline] and follow the on-screen preparation steps.



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Calibration Preparation

1 **Required Equipment**

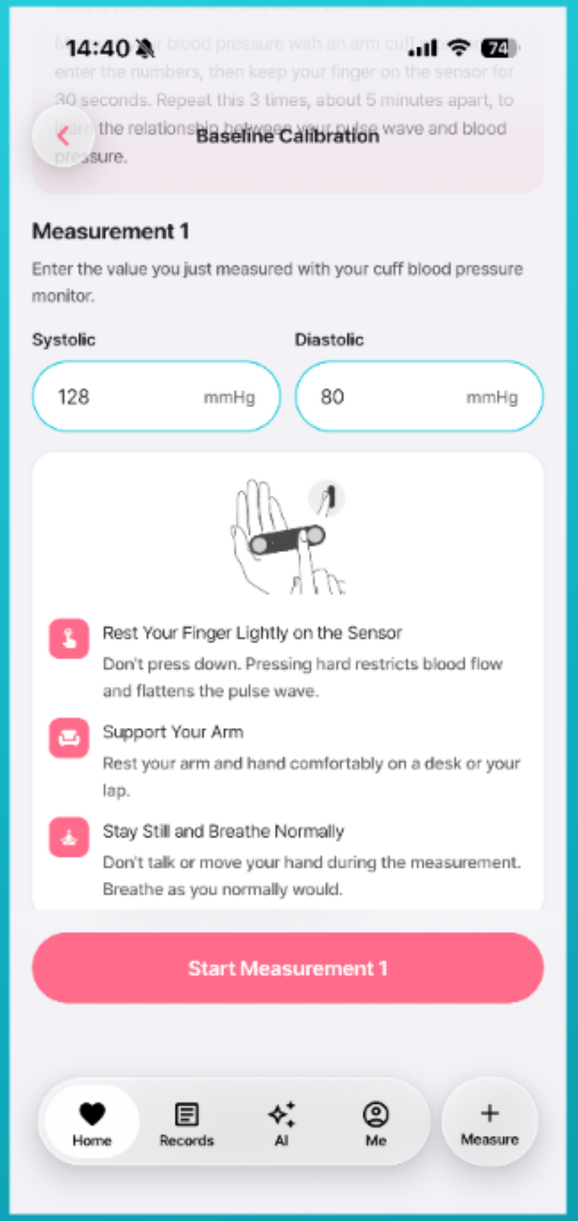
You will need an upper-arm cuff blood pressure monitor.

2 **Enter Cuff Readings**

Enter the systolic and diastolic readings for the current calibration measurement.

3 **Three Measurements**

Follow the app instructions for the three measurements and their timing.



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Calibration Posture

1 **Rest Your Finger Lightly**

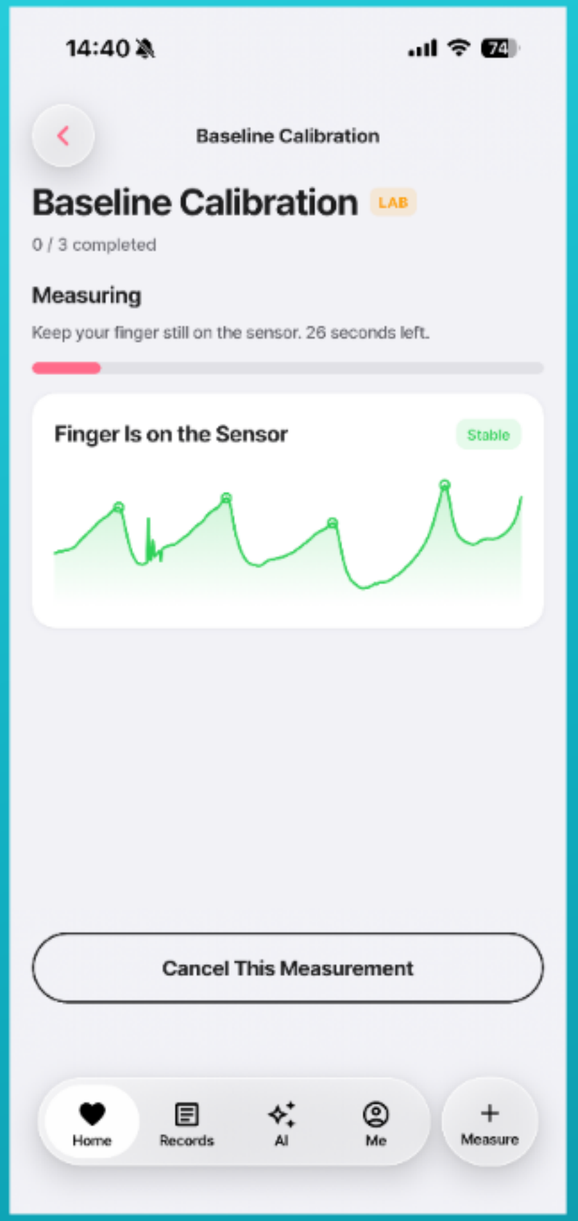
Place your finger on the sensor without pressing hard.

2 **Support Your Arm**

Rest your arm and hand comfortably on a desk or your lap.

3 **Stay Still**

Remain still, breathe normally, and tap [Start Measurement 1] when ready.



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Calibration in Progress

1

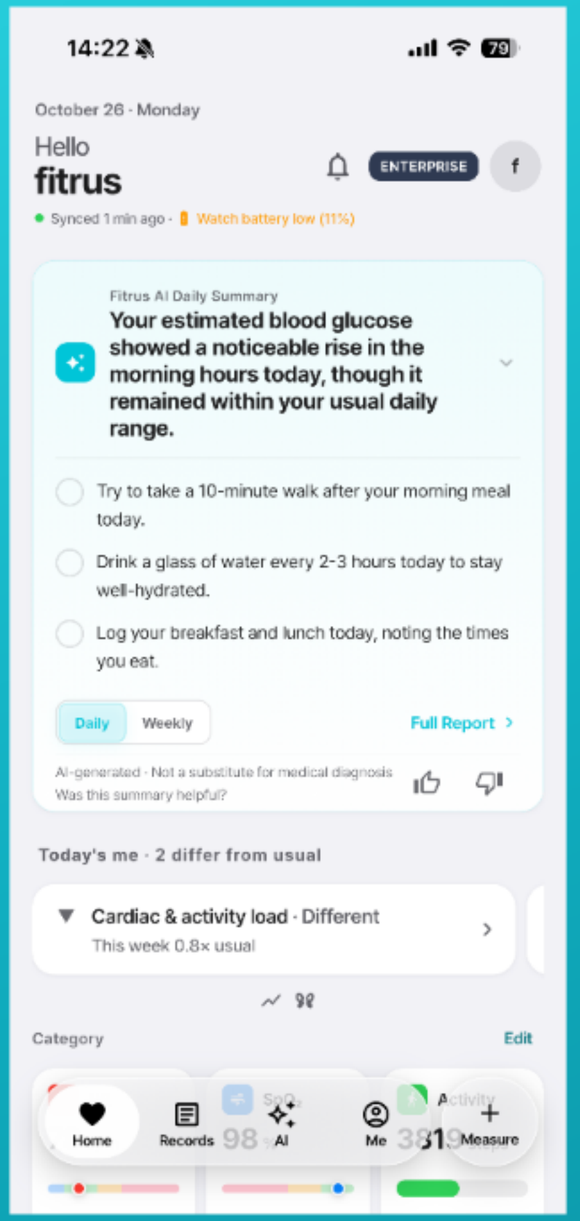
Watch the Progress

Check the measurement countdown and pulse waveform.

2

Complete the Flow

Follow the on-screen instructions for each remaining calibration measurement. Tap [Cancel This Measurement] if needed.



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Home

1 **Daily AI Summary**

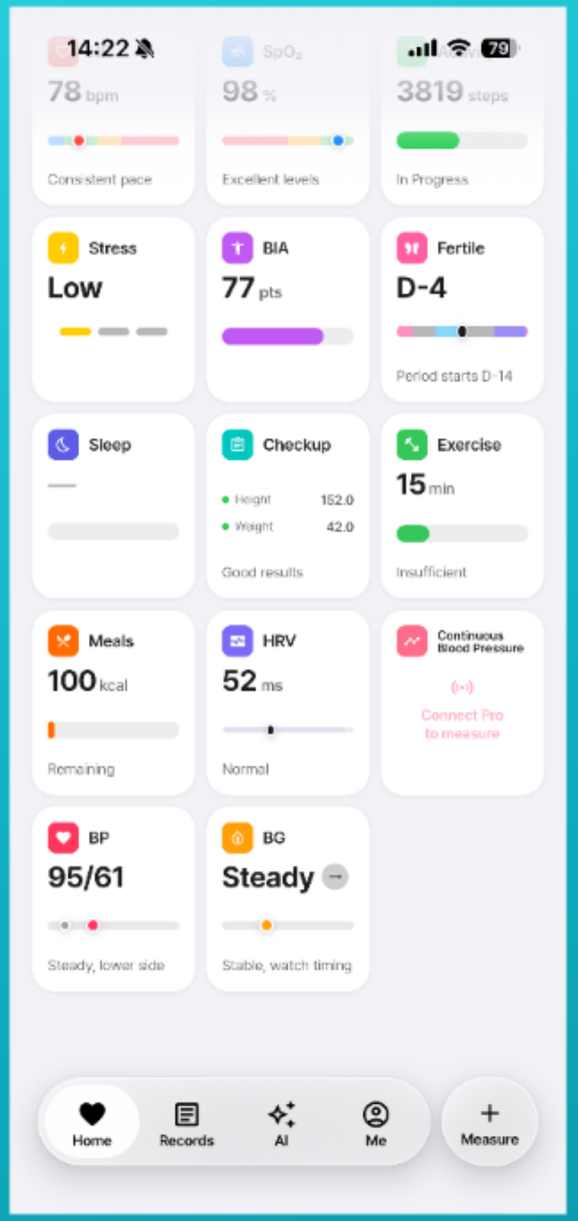
Review the AI summary and the action checklist at the top of Home.

2 **Today's Me**

Open the comparison card to review changes against your usual patterns.

3 **Health Categories**

Scroll down to access the individual health category cards.



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Health Category Cards

1 **Open a Category**

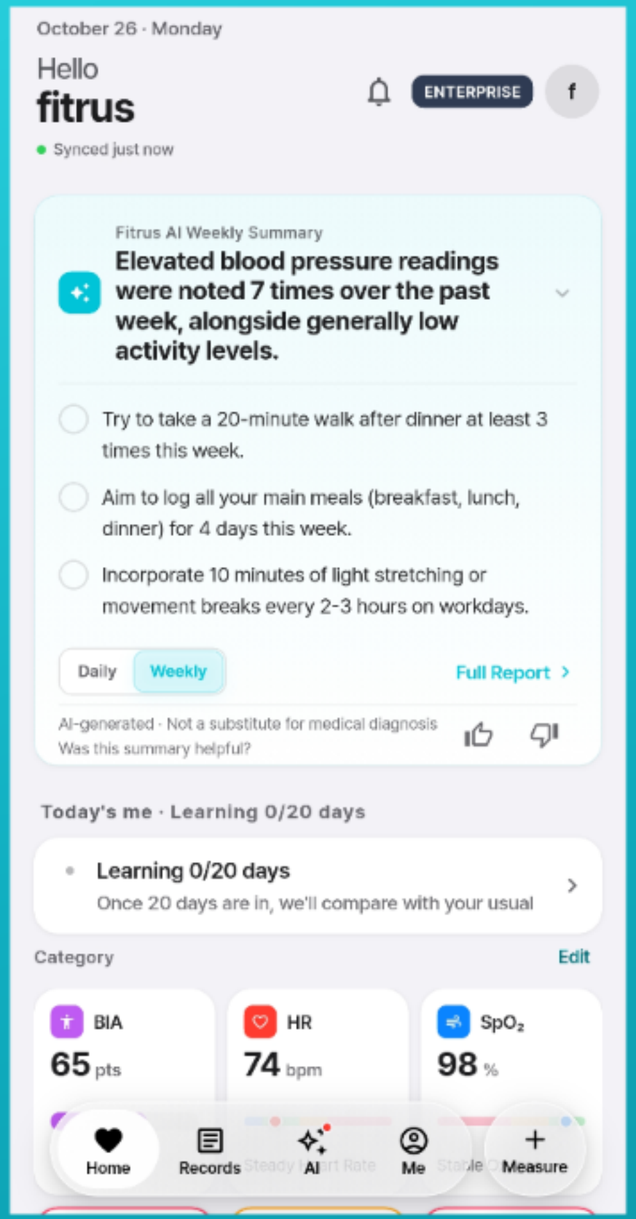
Tap a card to view its detailed health data.

2 **Additional Categories**

Home includes HRV and Continuous Blood Pressure alongside the other health categories.

3 **Home Layout**

Use the Home Screen Layout setting in Me to choose which cards appear.



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Weekly AI Summary

1

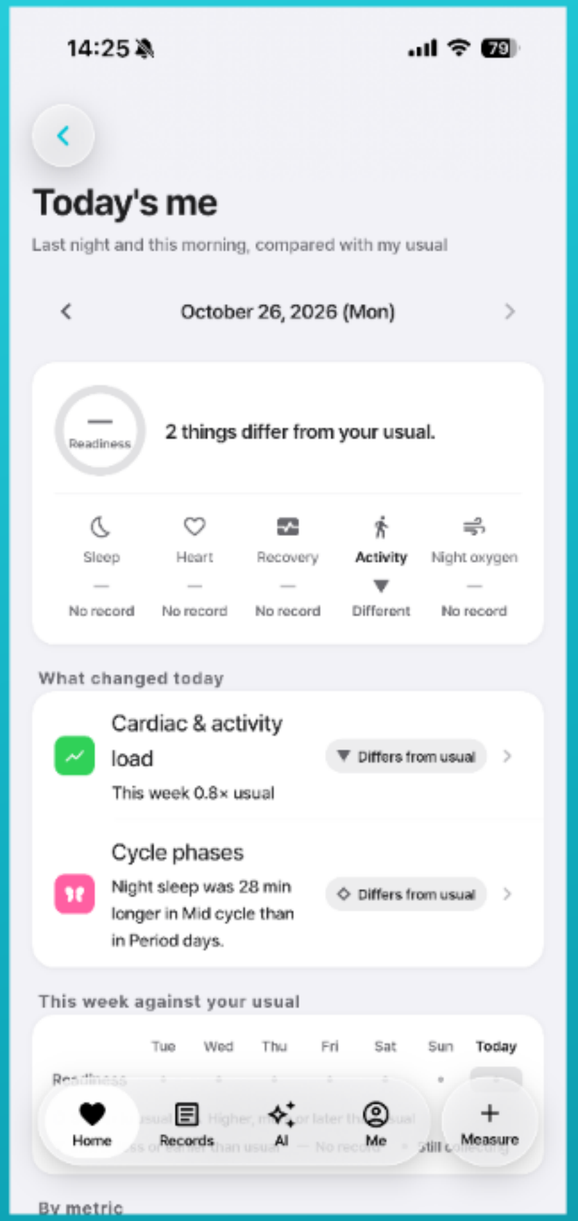
Weekly View

Tap [Weekly] on the Home AI card to review a weekly summary.

2

Suggested Actions

Review the checklist, or tap [Full Report] to open the report.



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Today's Me

1

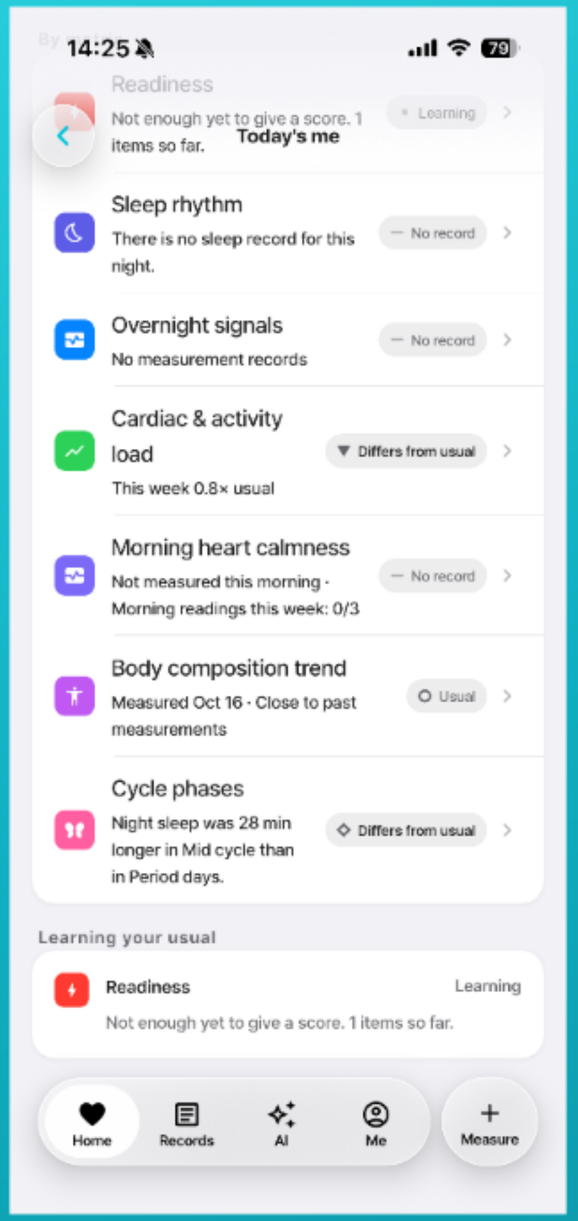
Compare with Your Usual

Review the date, readiness status, and the items that differ from your usual patterns.

2

Learning Status

Some items may show Learning, No record, or Still collecting until enough records are available.



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Personal Pattern Details

1

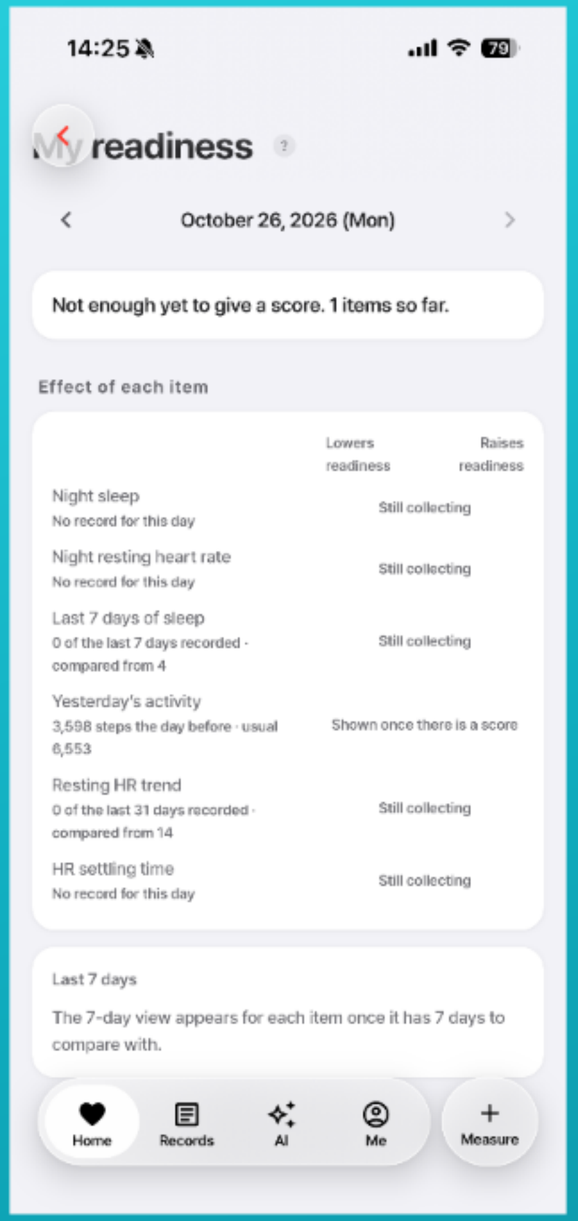
By Metric

Review readiness, sleep rhythm, overnight signals, activity load, and other listed comparisons.

2

Available Evidence

Check the status of each item. Items without records can't be compared yet.



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My Readiness

1

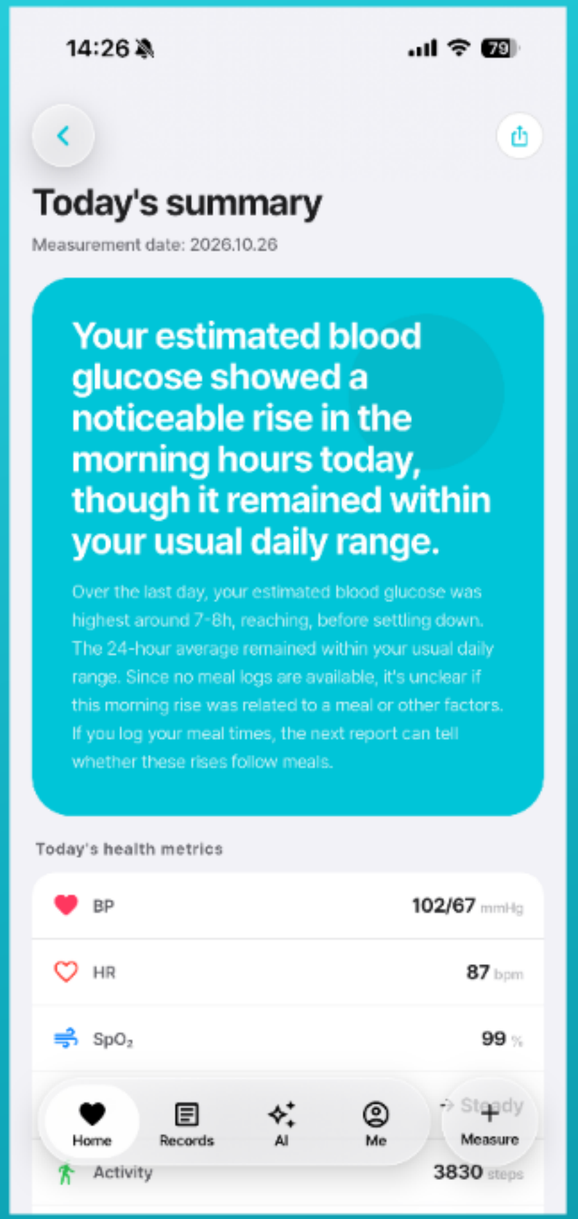
Readiness Status

Check whether enough data has been collected to calculate your score.

2

Contributing Items

Review the listed sleep, resting heart rate, and activity factors and their data collection status.



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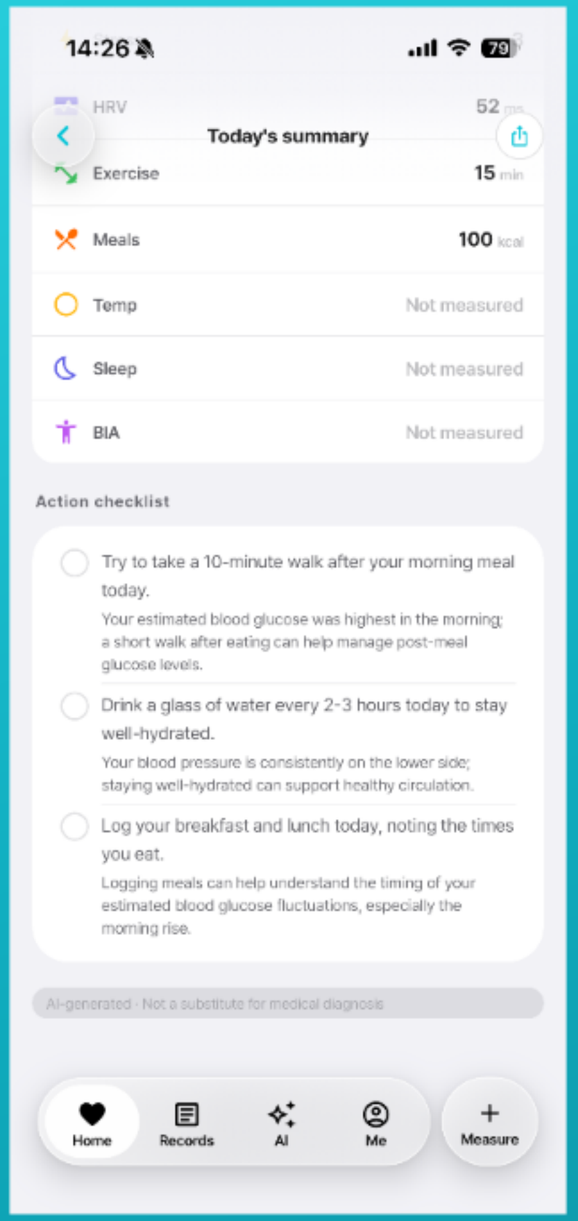
Today's Summary

1 **Summary Report**

Review the daily summary and its measurement date.

2 **Share**

Tap the share icon at the top right to share the report.



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AI Healthcare Company

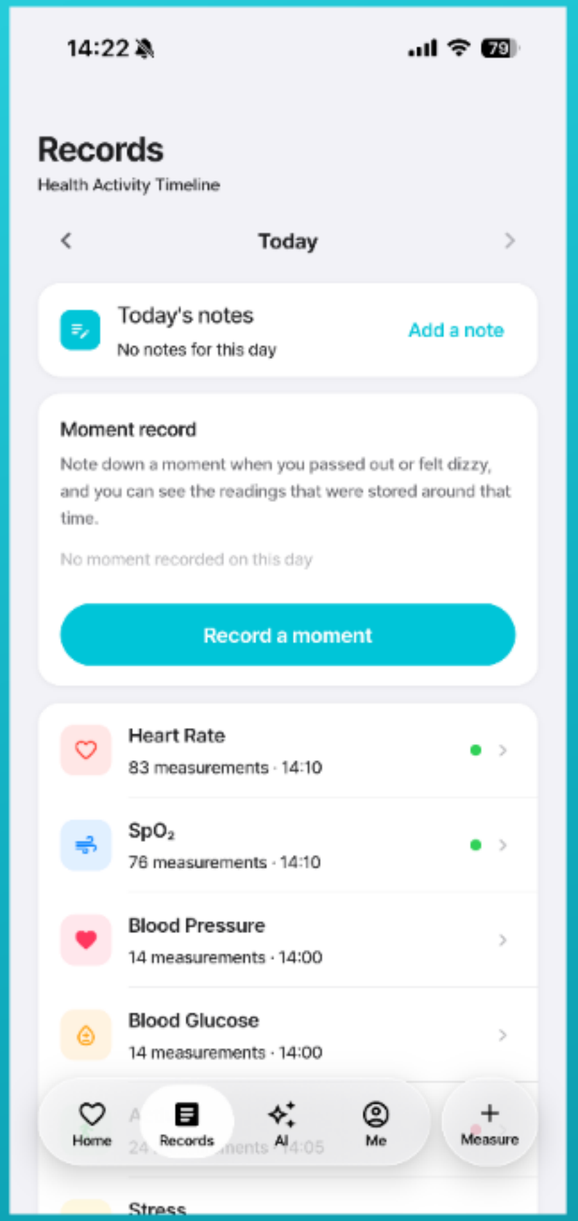
Summary Action Checklist

1 **Health Metrics**

Scroll through the metrics. Unavailable items are marked as not measured.

2 **Action Checklist**

Review the daily suggestions shown below the metrics.



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Records Timeline

1

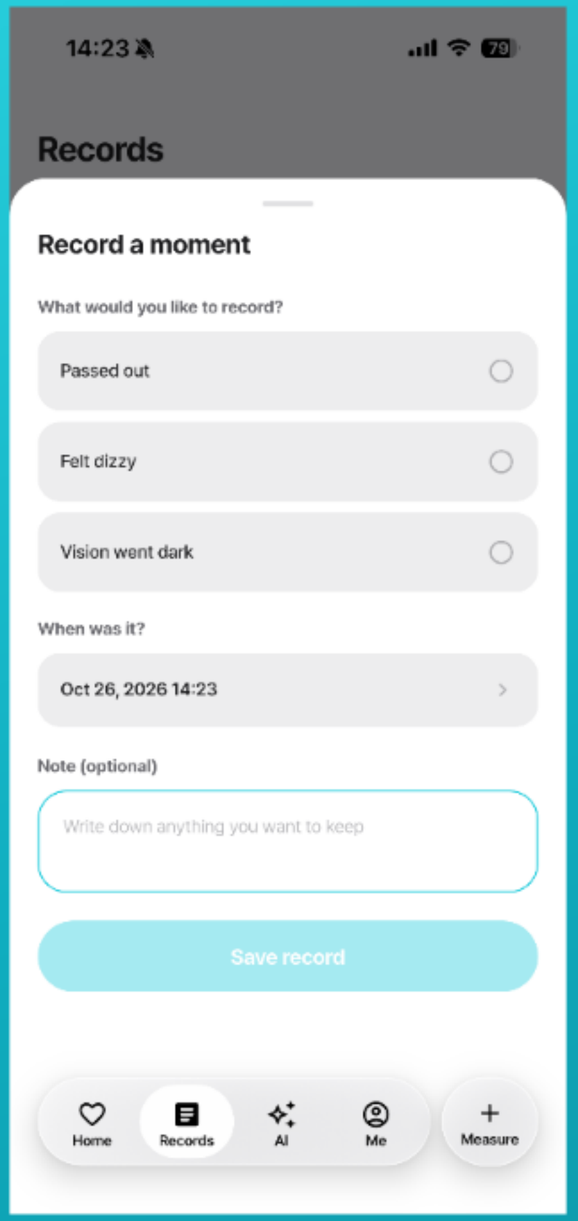
Daily Records

Use the [Records] tab to view the health activity timeline for a selected day.

2

Notes and Moments

Tap [Add a note] for daily notes or [Record a moment] for a symptom-related event.



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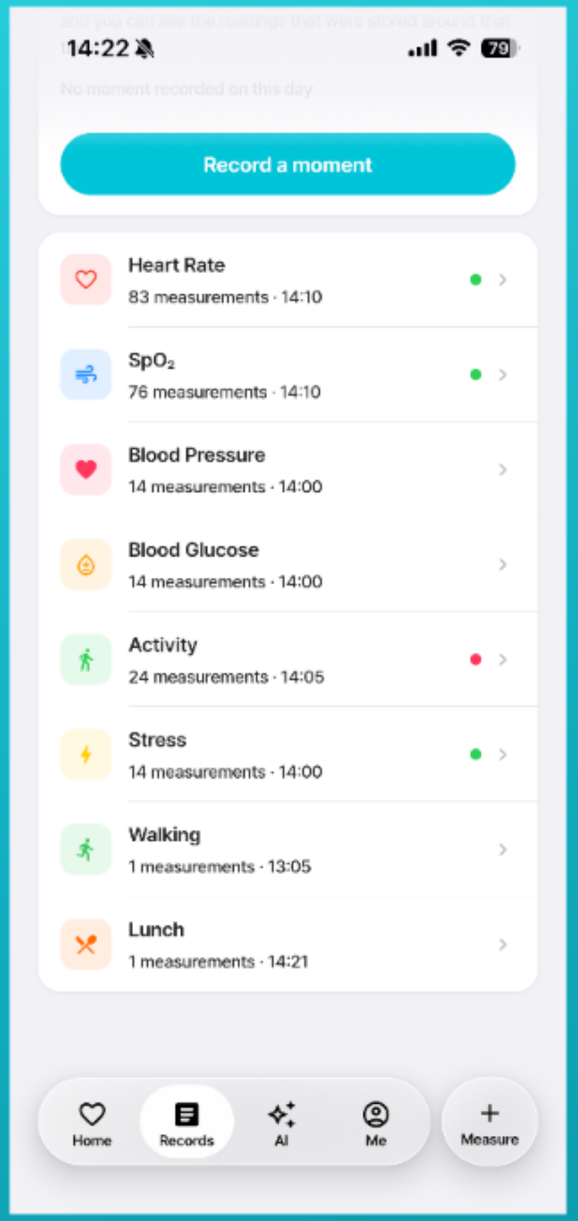
Record a Moment

1 **Select an Event**

Choose an event such as Passed out, Felt dizzy, or Vision went dark.

2 **Time and Note**

Set when it happened, add a note if needed, then tap [Save record].



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Records by Category

1

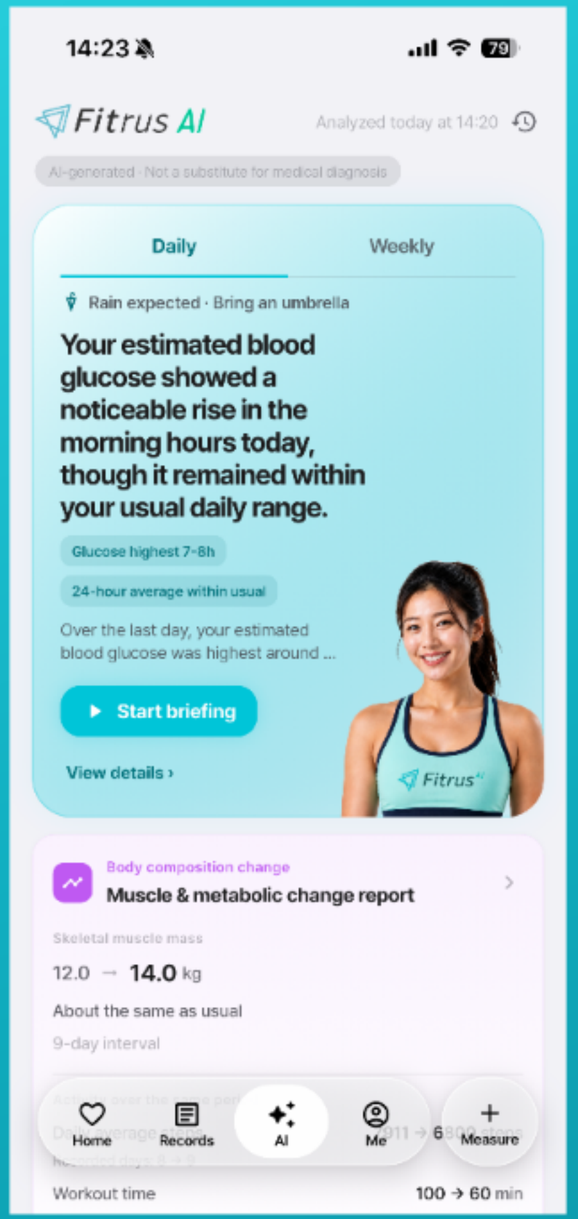
Measurement Records

Tap a health category to review the corresponding records.

2

Activity and Meals

The timeline also lists recorded activities and meals when available.



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AI Health Report

1 Daily and Weekly

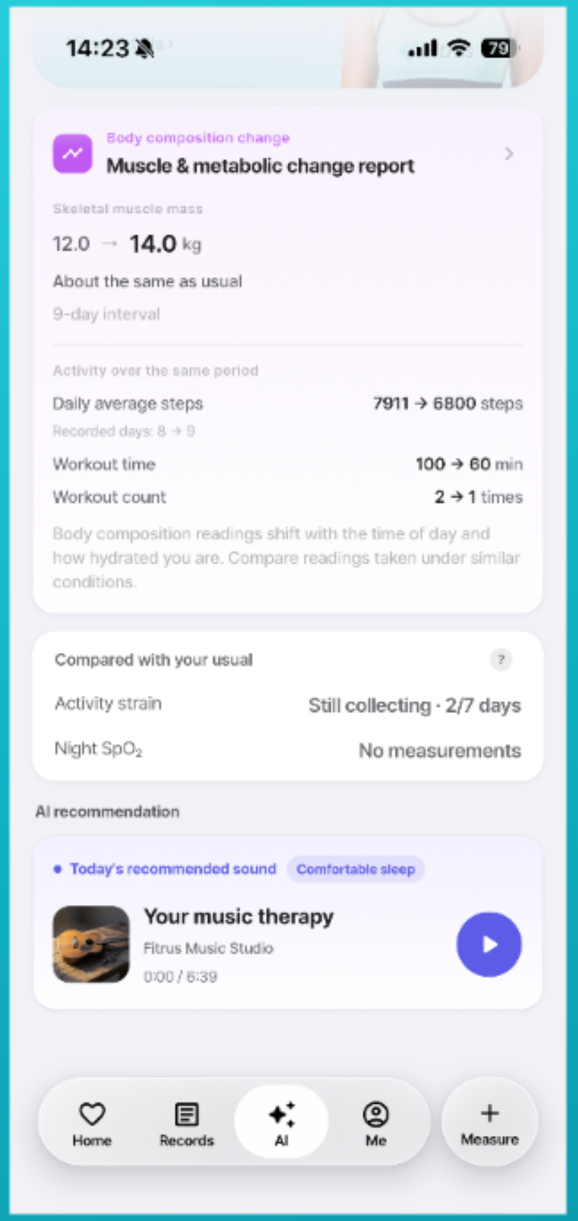
Use the [AI] tab to access the report. Daily and Weekly tabs appear at the top.

2 Audio Briefing

Tap [Start briefing] to listen to your audio briefing.

3 More Details

Tap [View details] or scroll down to review additional analysis.



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Body Change Report

1

Muscle and Metabolic Change

Review the body composition changes and the activity data presented for the same period.

2

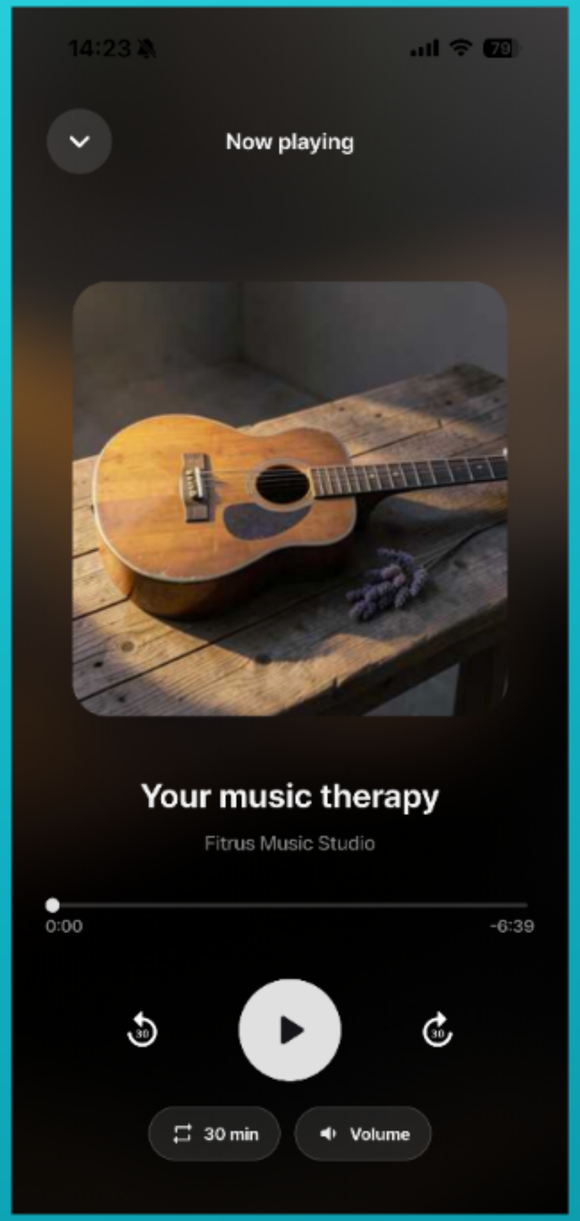
Supporting Context

Check the comparison status and related data shown below the change report.

3

Recommended Sound

The report can include a recommended sound with a play control.



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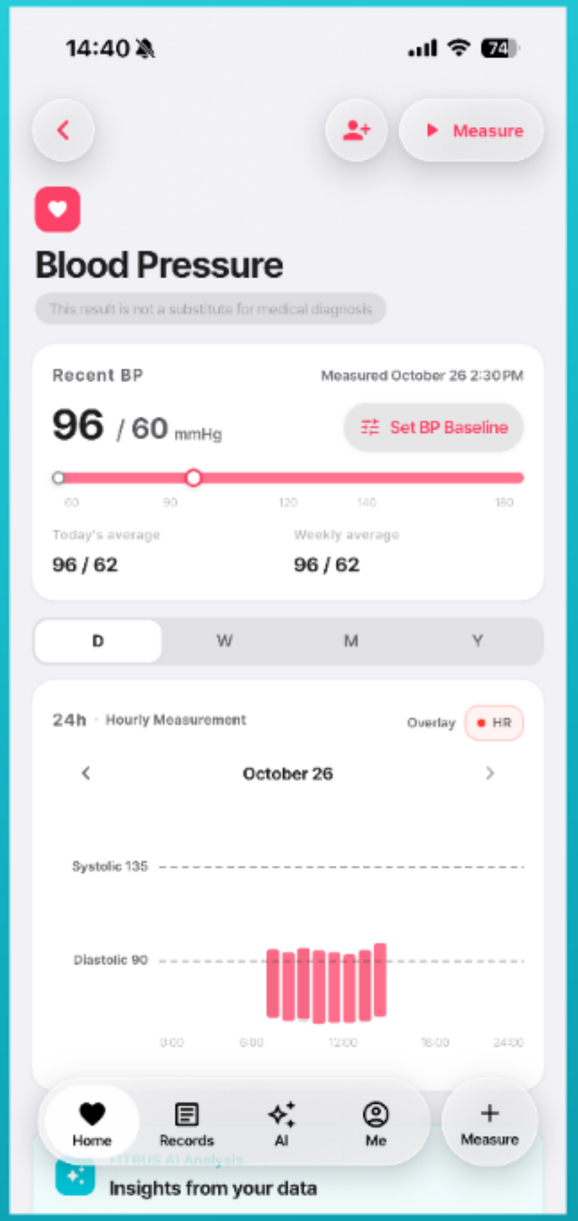
Sound Playback

1 **Play or Pause**

Use the central control to play or pause the selected sound.

2 **Playback Controls**

Use the seek controls, duration selector, and [Volume] control on the player.



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Blood Pressure

1

Latest Reading

Review your latest blood pressure reading and your daily and weekly averages.

2

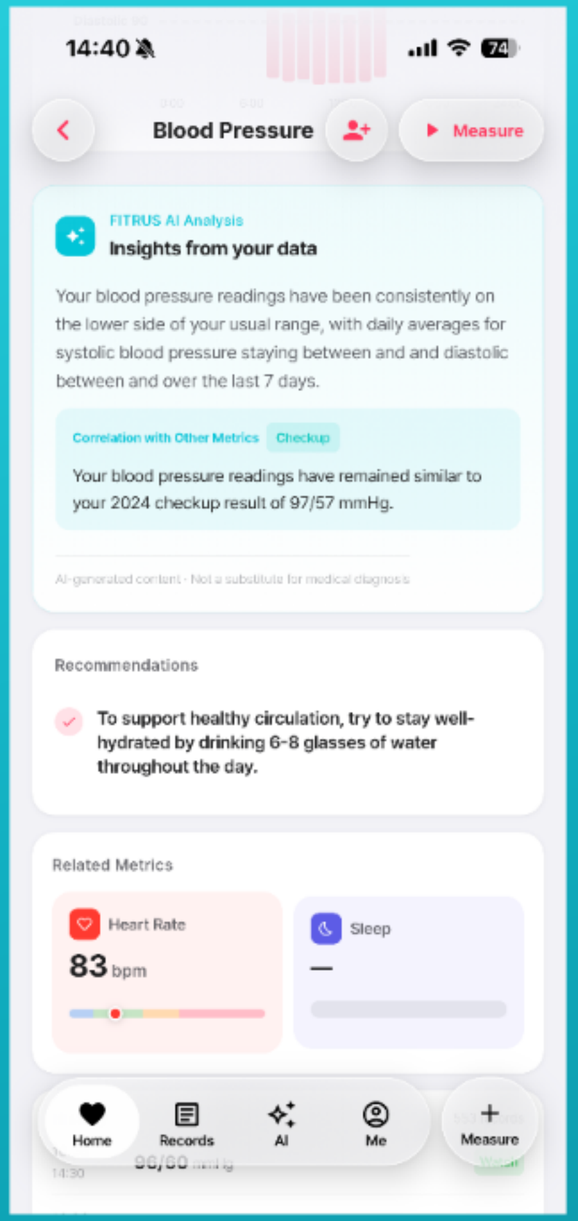
Baseline and Trends

Tap [Set BP Baseline] to set your baseline. Tap D, W, M, or Y to change the chart period.

3

Compare Metrics

The chart offers an Overlay option for related metrics.



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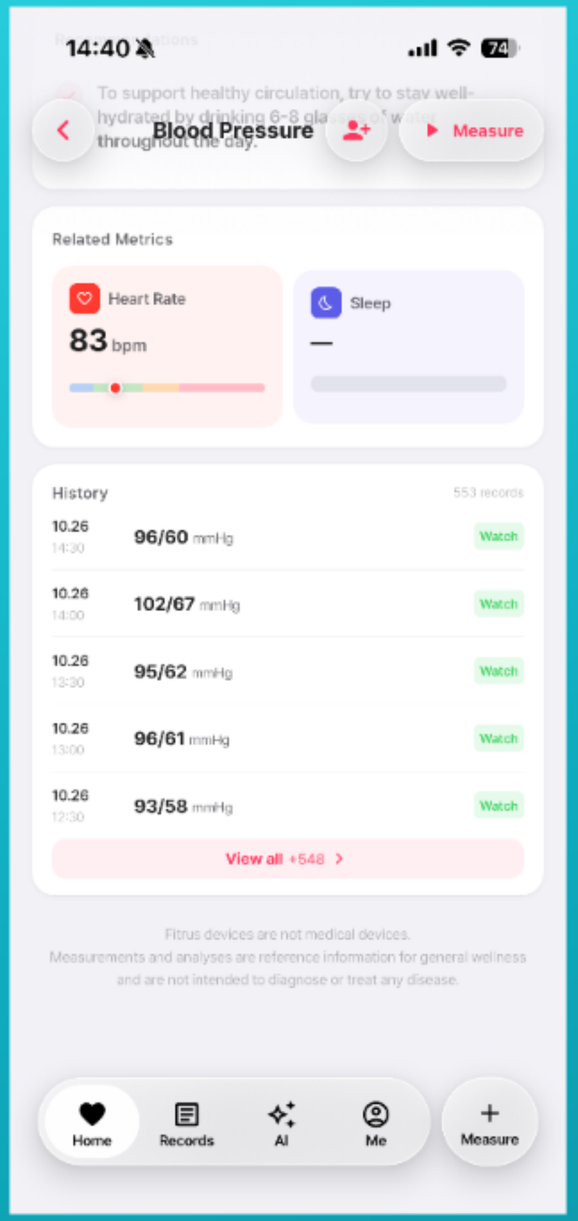
Blood Pressure Analysis

1 **AI Insights**

Review the blood pressure analysis and correlations.

2 **Recommendations**

Read the recommendations displayed beneath the analysis.



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Blood Pressure Records

1

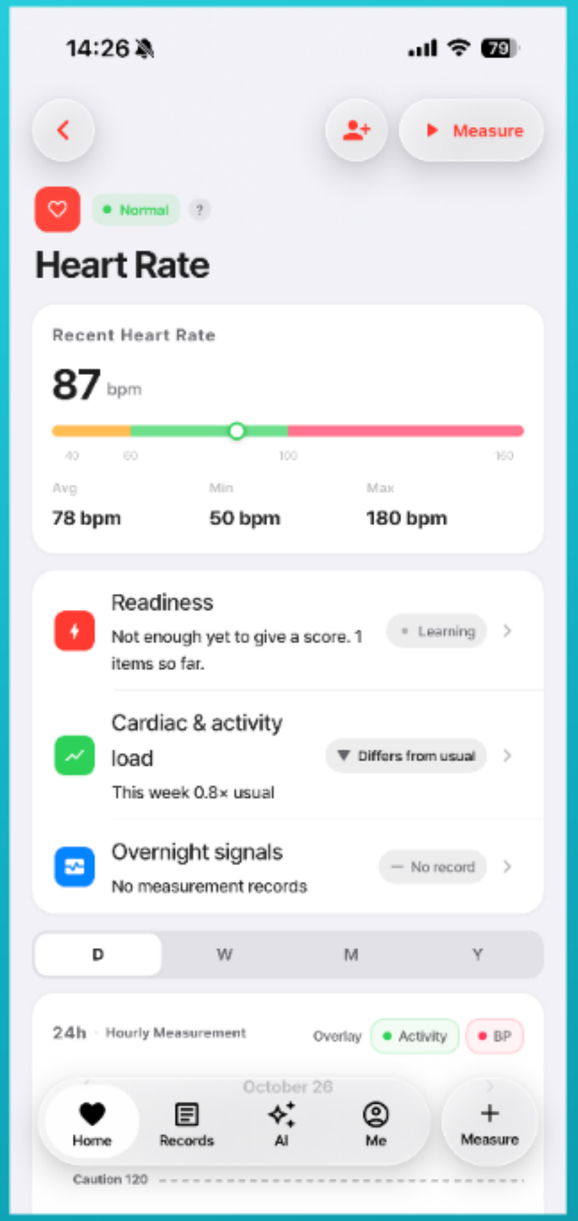
Related Metrics

Review the linked Heart Rate and Sleep cards when data is available.

2

History

Review recent entries, or tap [View all] to access the available history.



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Heart Rate

1 **Latest Heart Rate**

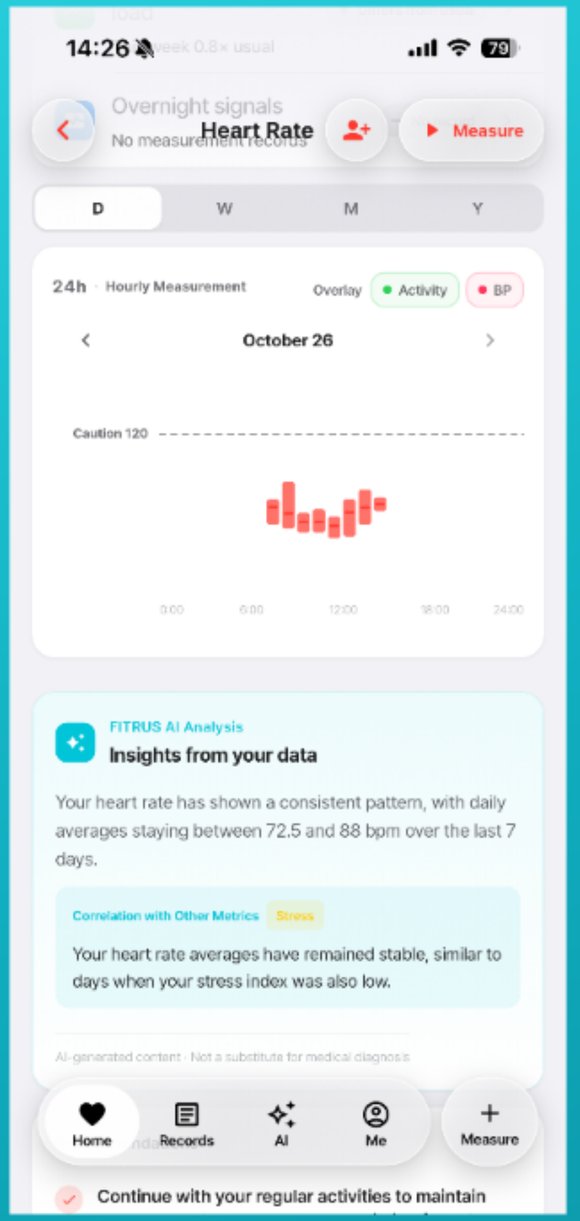
View your latest reading and your average, minimum, and maximum heart rate.

2 **Personal Comparisons**

Review readiness, activity load, and overnight signal cards when available.

3 **Chart Period**

Use D, W, M, or Y to change the chart period.



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Heart Rate Analysis

1

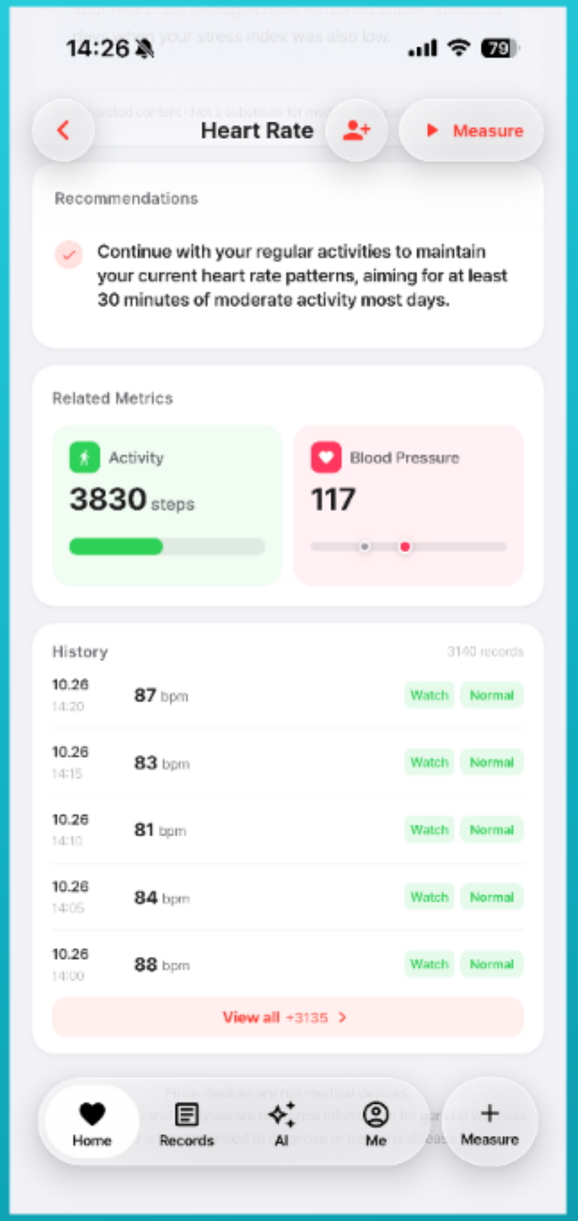
Chart and Overlay

Review the heart rate chart and available Activity or BP overlays.

2

AI Insights

Scroll down to read the analysis and correlations.



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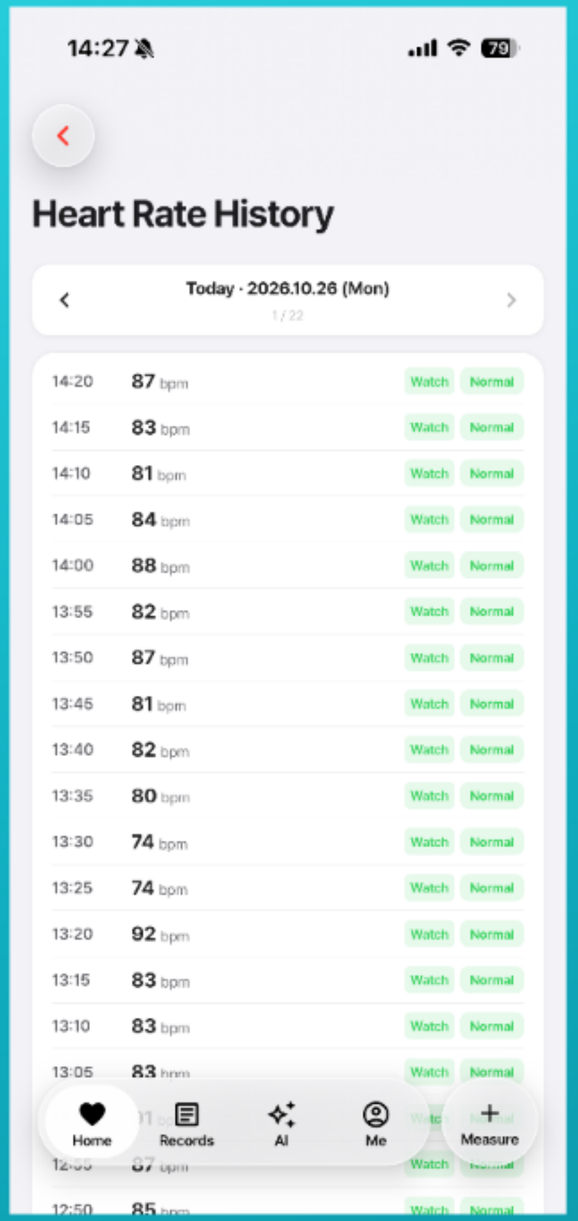
Heart Rate Records

1 **Recommendations**

Review the advice and related health metrics.

2 **History**

View recent heart rate records and tap [View all] for the full list.



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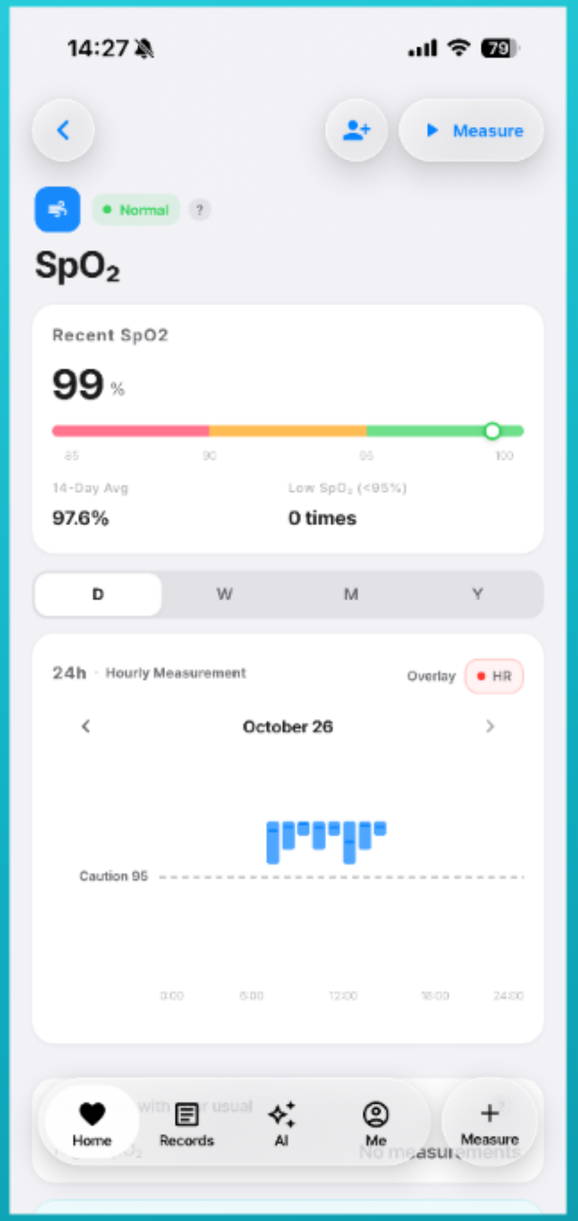
Heart Rate History

1 **Date Selection**

Use the date controls to select the day to review.

2 **Recorded Readings**

Each entry shows its time, heart rate, source, and available status labels.



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Oxygen Saturation

1

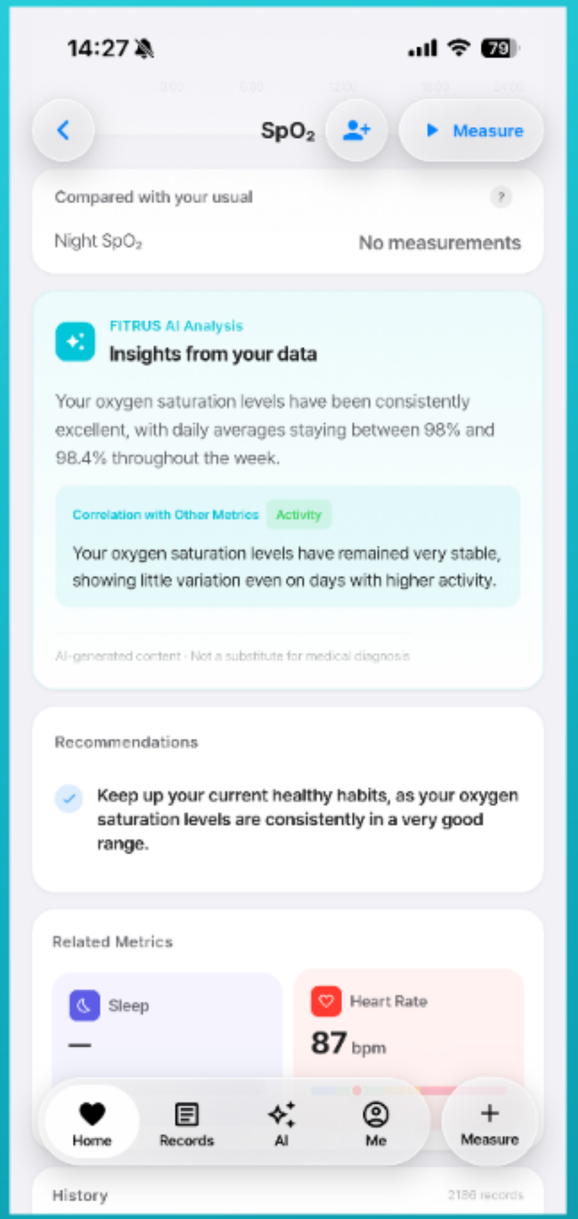
Recent SpO2

Review your latest reading, 14-day average, and low-SpO2 event count.

2

Trends

Change the chart period and use the heart rate overlay.



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SpO2 Analysis

1

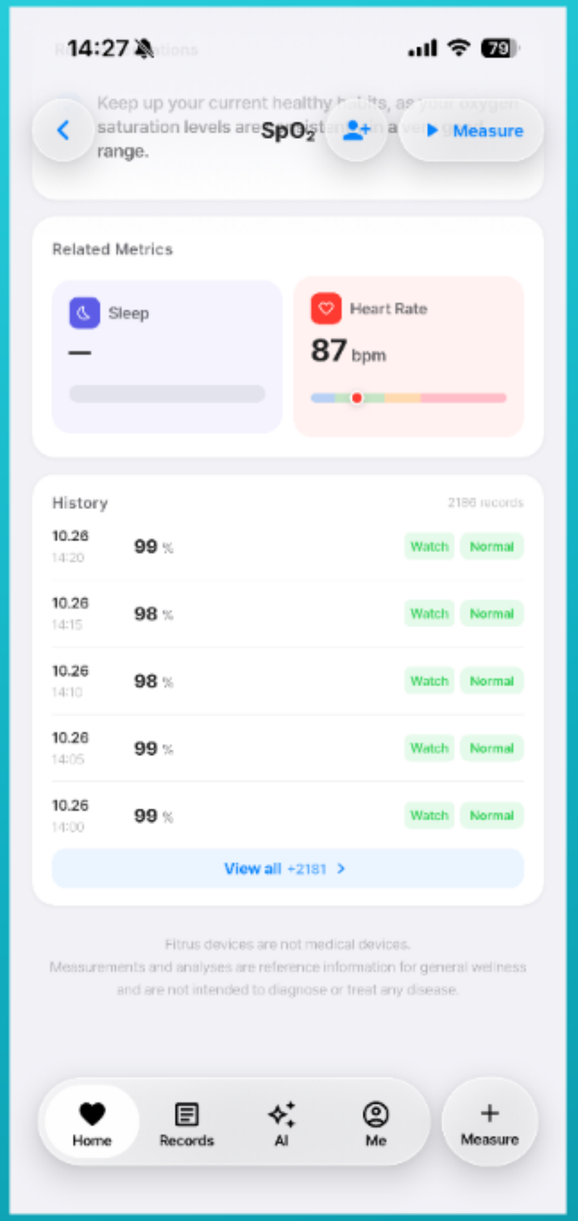
Personal Comparison

Review the overnight SpO2 comparison if measurements are available.

2

AI Insights

Read the analysis, correlations, and recommendations shown on the page.



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AI Healthcare Company

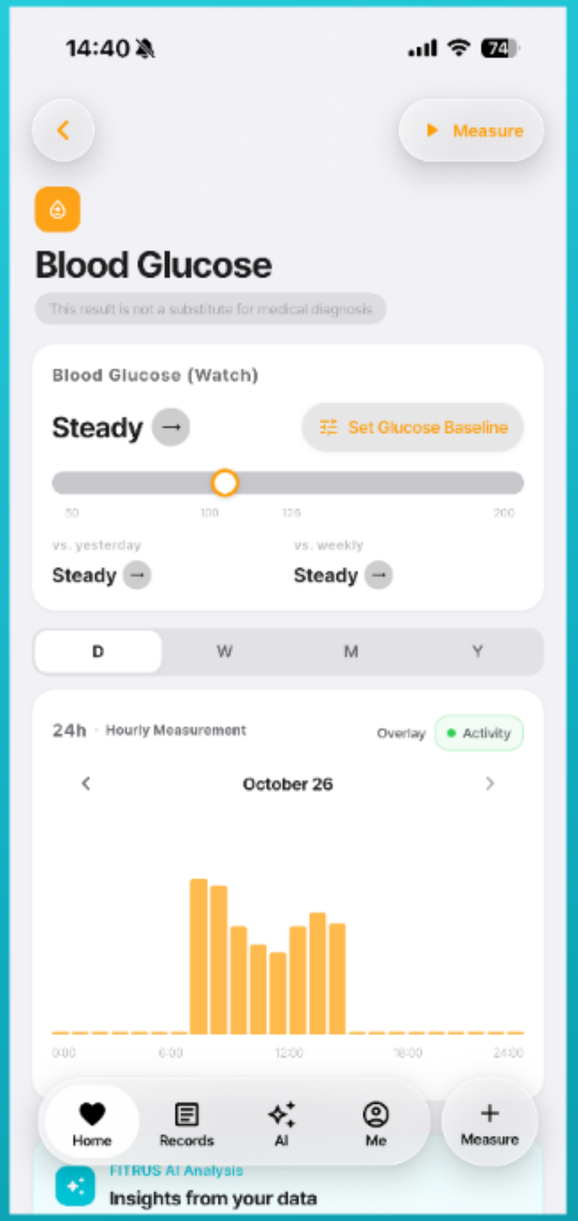
SpO2 Records

1 Related Metrics

View Sleep and Heart Rate cards when data is available.

2 History

Review recent SpO2 readings or select [View all].



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Blood Glucose

1 **Status and Trend**

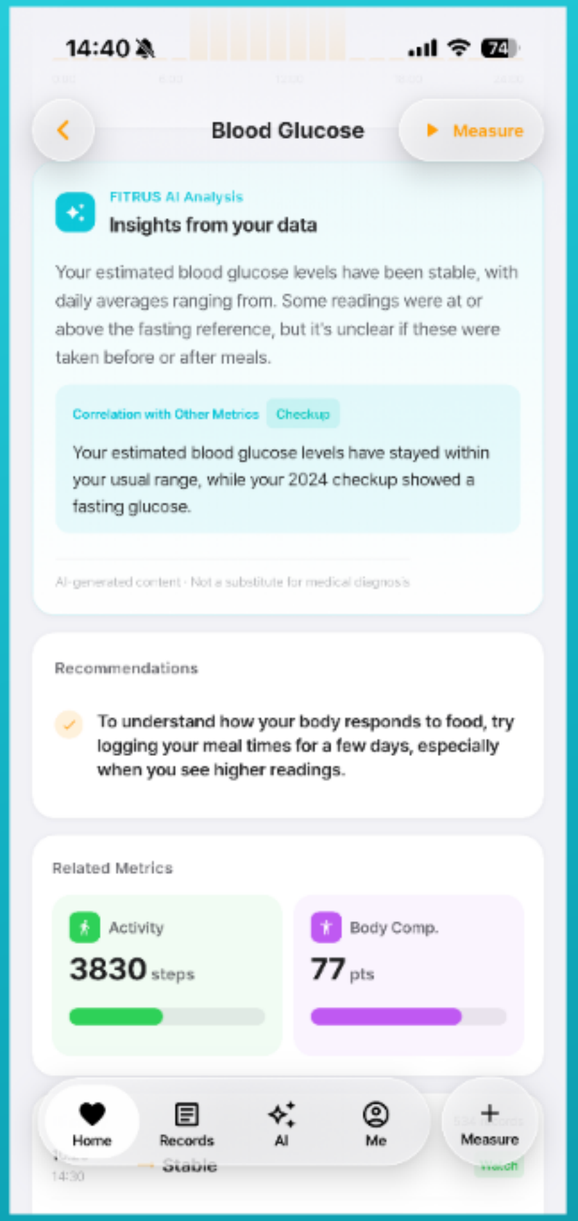
For Watch readings, review status labels such as Steady along with the displayed trend.

2 **Set a Baseline**

Tap [Set Glucose Baseline] to open the reference setting.

3 **Compare Over Time**

Review comparisons with yesterday and the week, and change the chart period.



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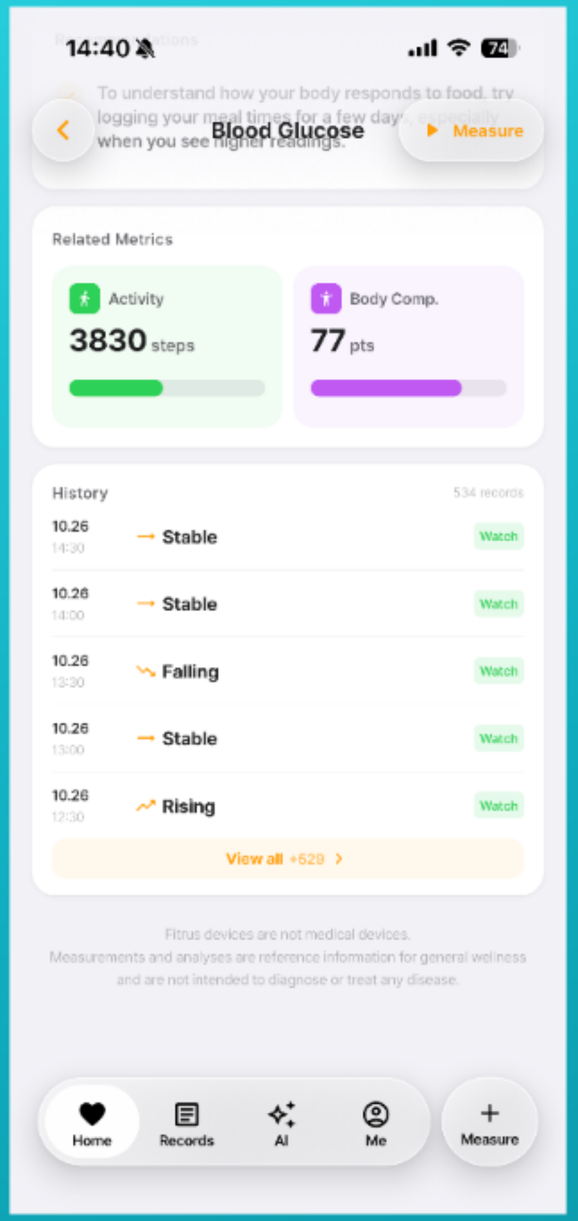
Blood Glucose Analysis

1 **AI Insights**

Read the AI analysis of your estimated blood glucose trends.

2 **Recommendations**

Review suggestions to help you understand your glucose patterns around meals.



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Blood Glucose Records

1

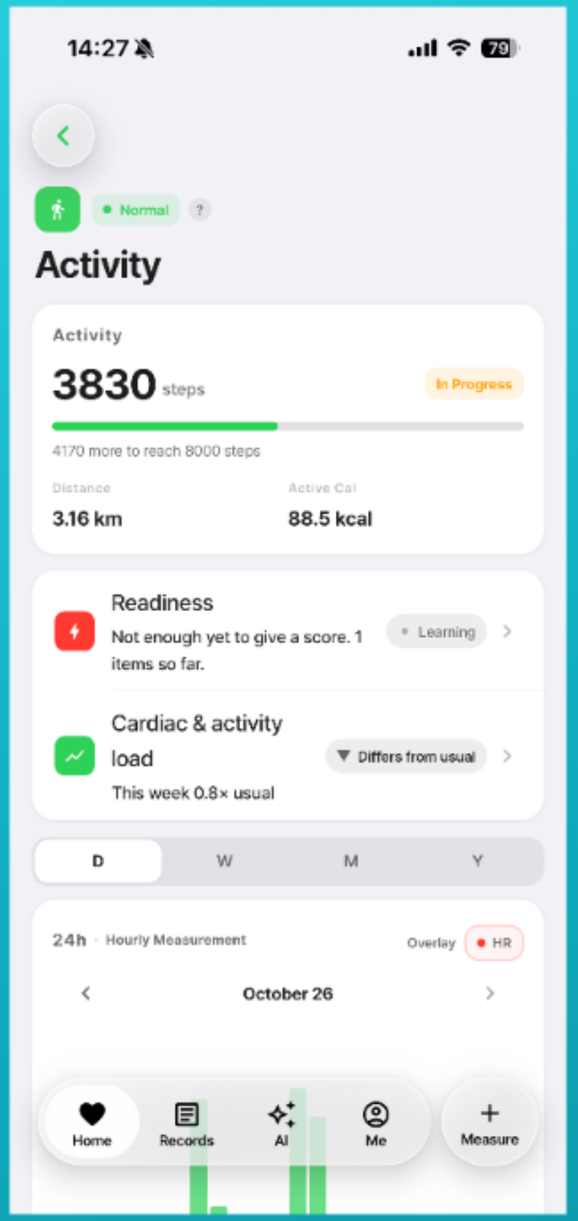
Related Metrics

Review the linked Activity and Body Comp. cards.

2

History

Recent records can show labels such as Stable, Falling, or Rising. Tap [View all] for more records.



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AI Healthcare Company

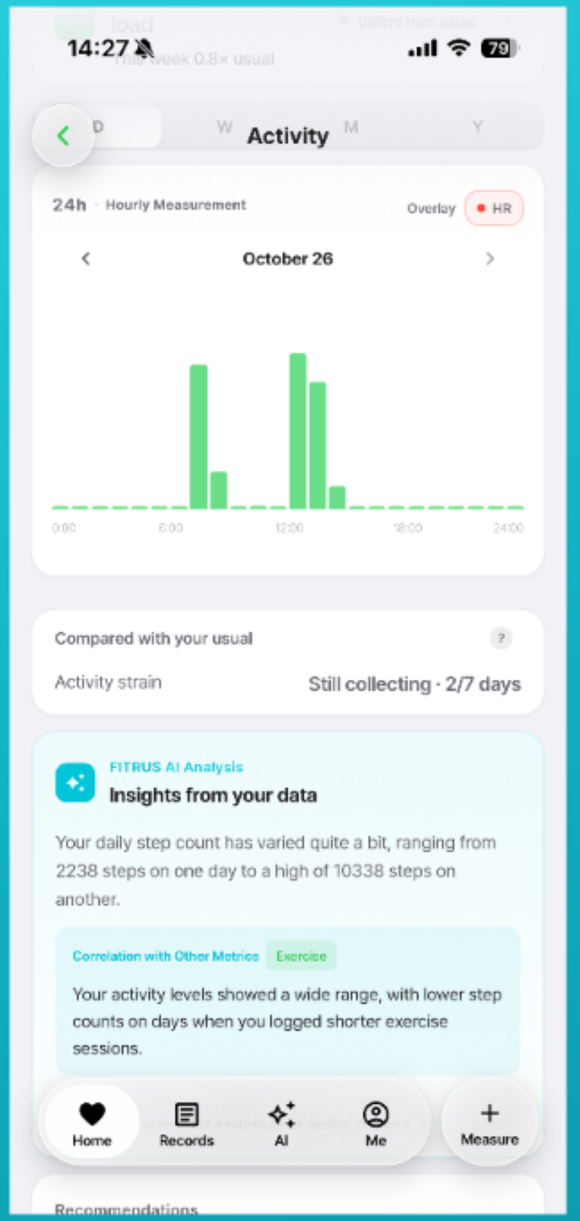
Activity

1 Daily Activity

View steps, progress toward the step goal, distance, and active calories.

2 Personal Comparisons

Review readiness and activity load cards when data is available.



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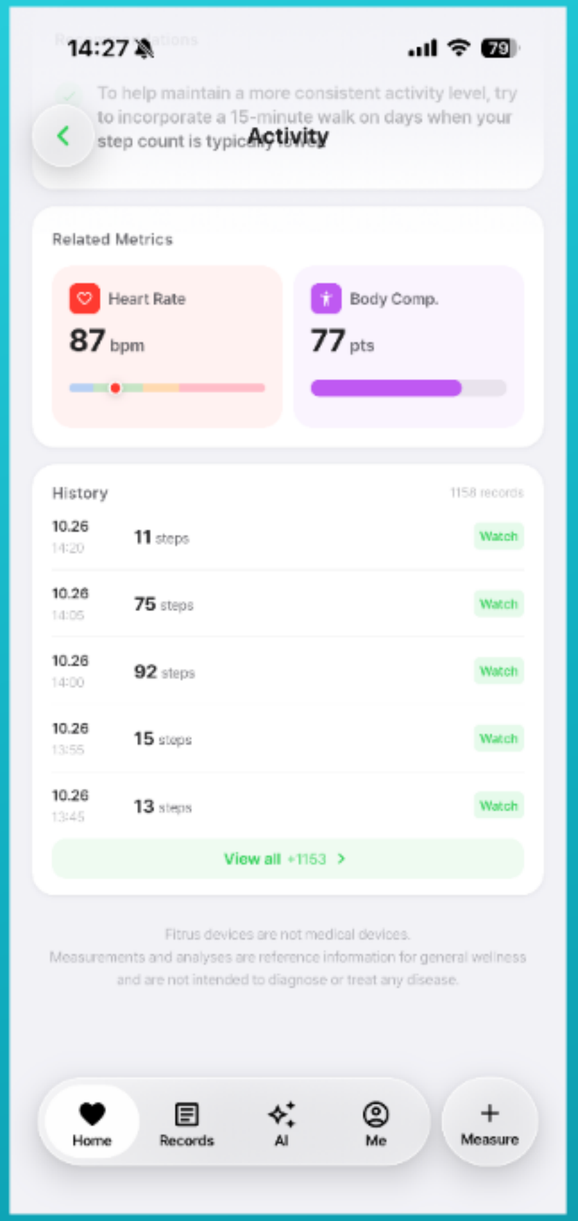
Activity Trends

1 Chart Period

Use D, W, M, or Y to change the period and review the activity chart.

2 Personal Comparison

Check how much data has been collected for comparison with your usual activity.



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Activity Analysis and Records

1

Analysis and Recommendations

Scroll through the AI insights and activity recommendations.

2

Related Data and History

Review related Heart Rate and Body Comp. cards and recent activity records.



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Sleep

1 Sleep Score

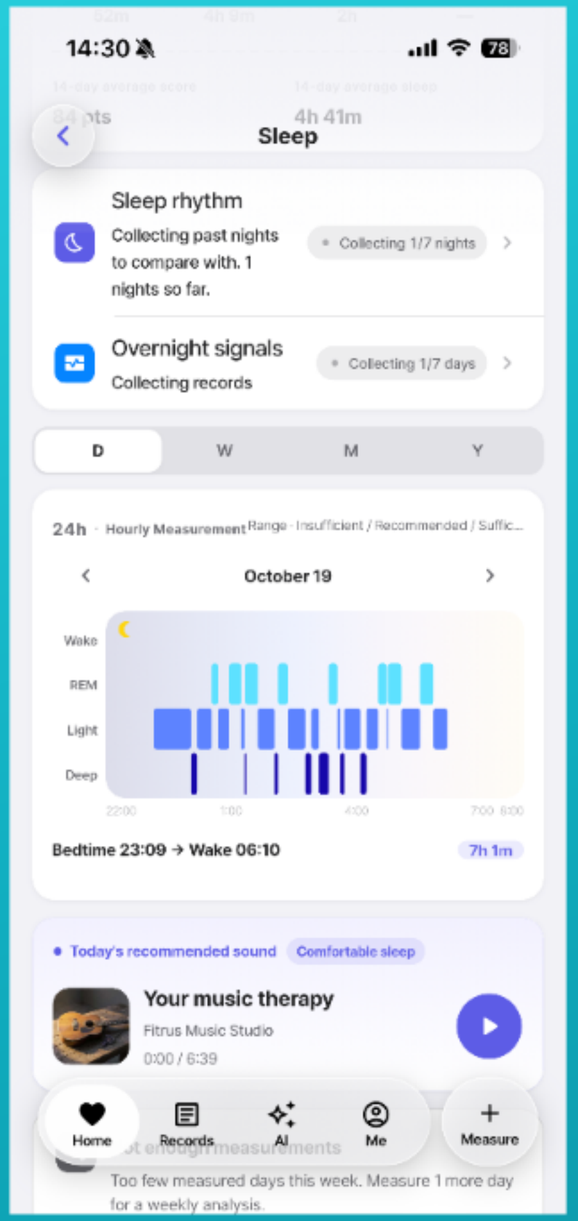
Review the score, time, balance, efficiency, and selected sleep goal.

2 Sleep Stages

View the sleep stage timeline and the deep, light, REM, and awake durations.

3 Personal Comparison

Review the sleep rhythm data collection status when shown.



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AI Healthcare Company

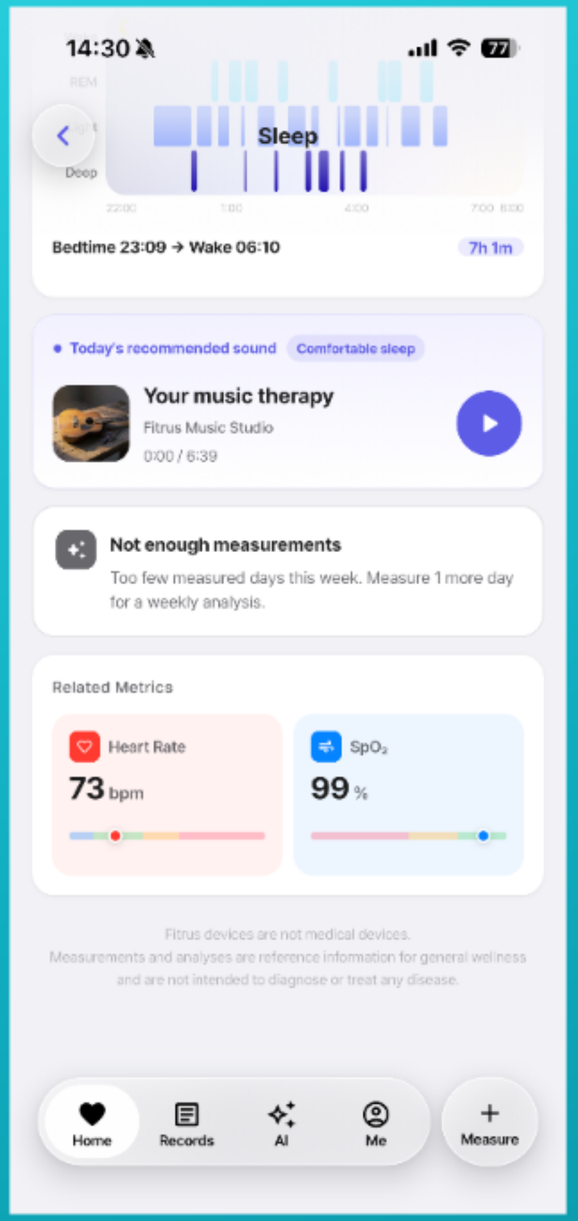
Sleep Chart and Sounds

1 **Sleep Timeline**

Review the stage chart, bedtime, wake time, and total sleep duration.

2 **Recommended Sound**

Tap Play on the recommended sound card to open playback.



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Sleep Analysis and Related Data

1

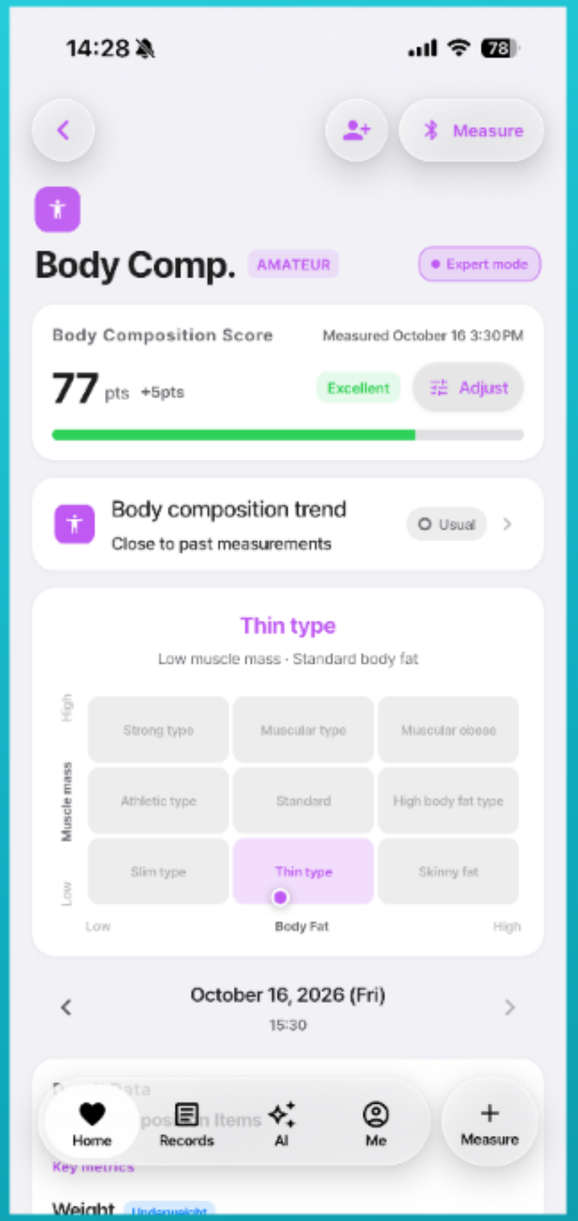
Analysis Availability

If there aren't enough days of data, weekly analysis is not available yet.

2

Related Metrics

Review available Heart Rate and SpO2 cards below the analysis area.



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Body Composition

1

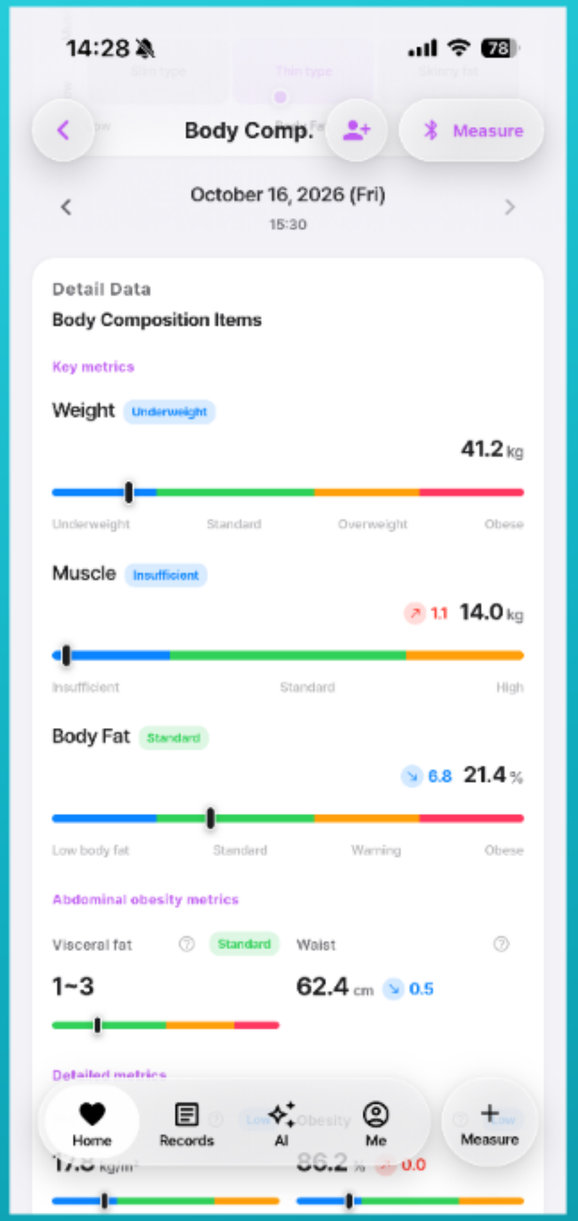
Score and Body Type

Review the body composition score, assessment, body type, and selected measurement date.

2

Mode and Adjustment

If you want your results to align more closely with those from other body composition devices, you can adjust the values using the adjustment controls.



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Body Composition Metrics

1

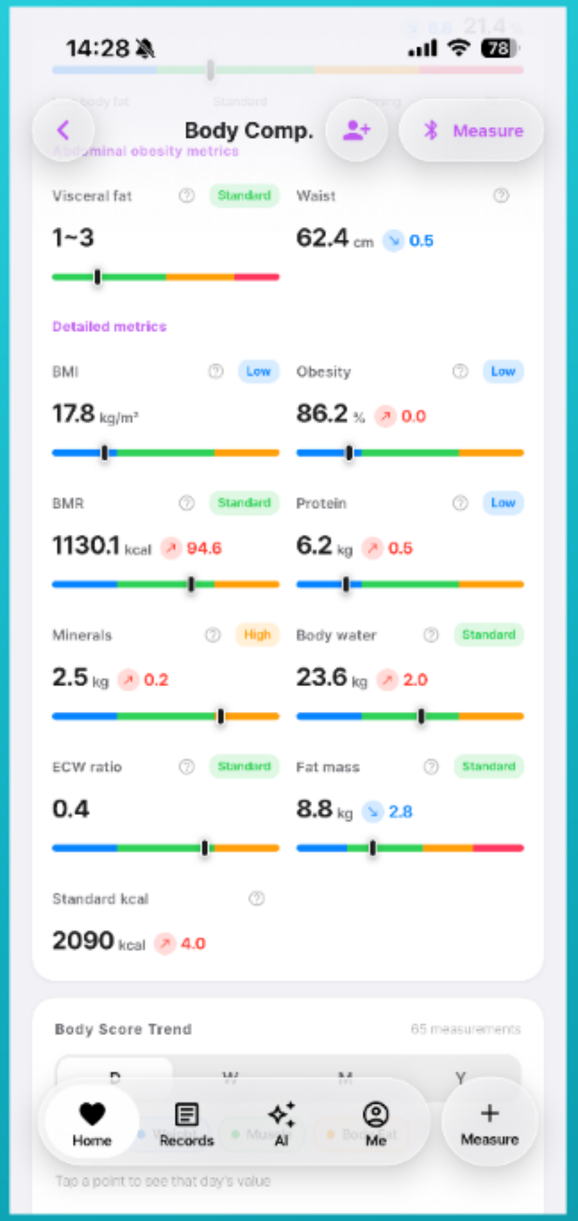
Key Metrics

View weight, muscle, and body fat readings with their displayed ranges.

2

Abdominal Metrics

Scroll to review visceral fat and waist measurements.



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Detailed Body Metrics

1

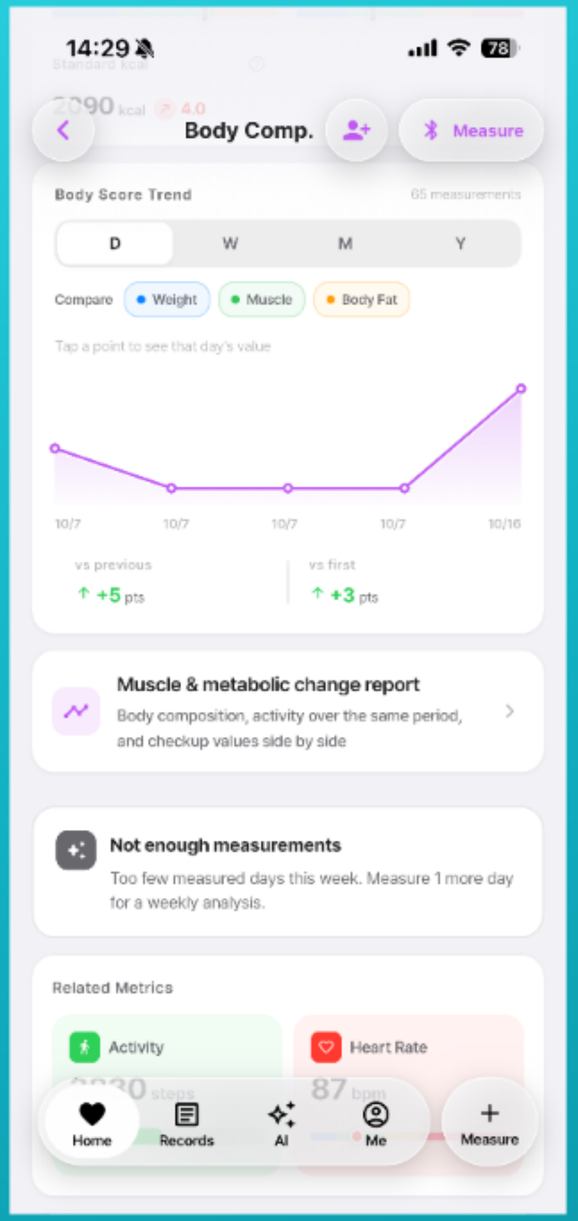
Detailed Results

Review BMI, obesity degree, basal metabolic rate, protein, minerals, and body water.

2

Ranges and Changes

Use the status labels, color bars, and displayed changes to read each metric.



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Body Score Trends

1

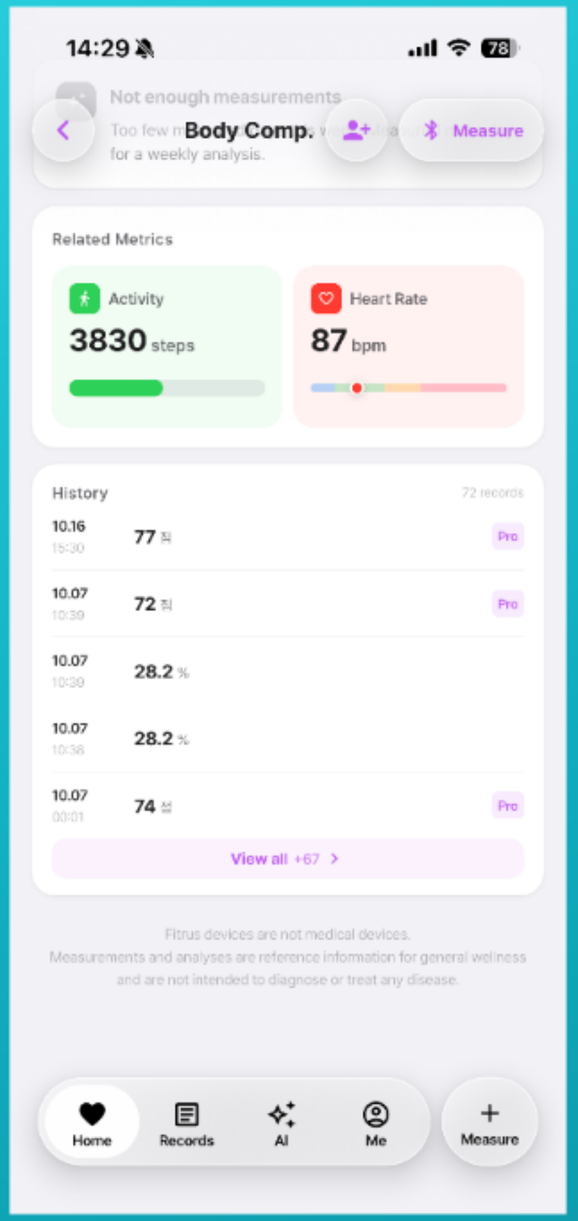
Trends and Comparisons

Select a period and compare body score with Weight, Muscle, or Body Fat.

2

Change Report

Open the muscle and metabolic change report when available.



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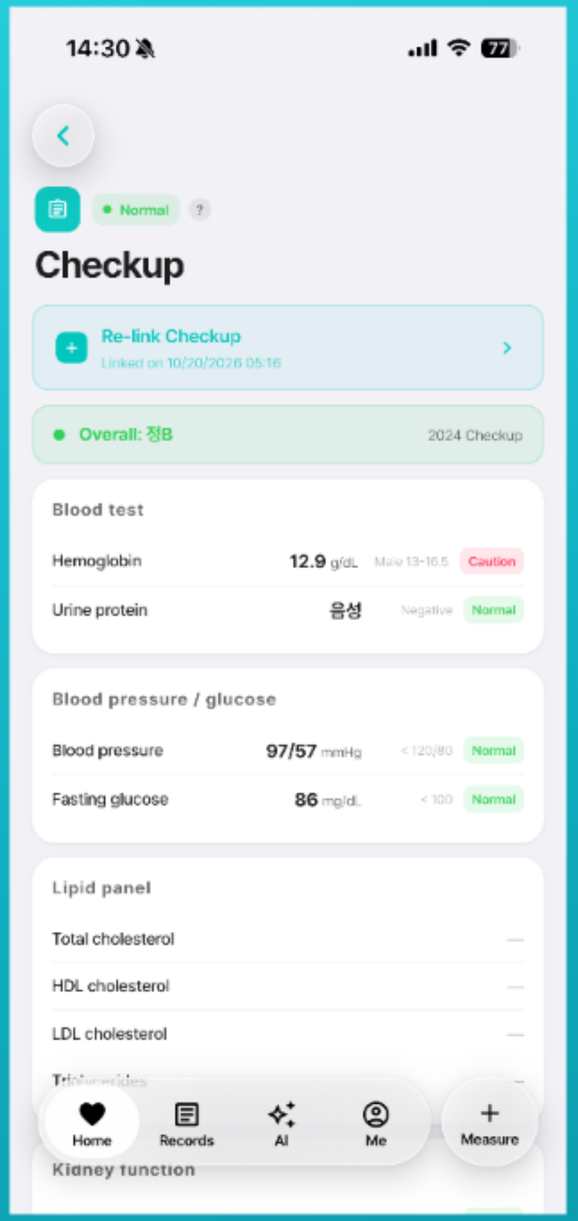
Body Composition History

1 **Related Metrics**

Review available Activity and Heart Rate cards.

2 **Measurement Records**

View recent body composition entries or select [View all].



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Health Checkup

1 **Linked Results**

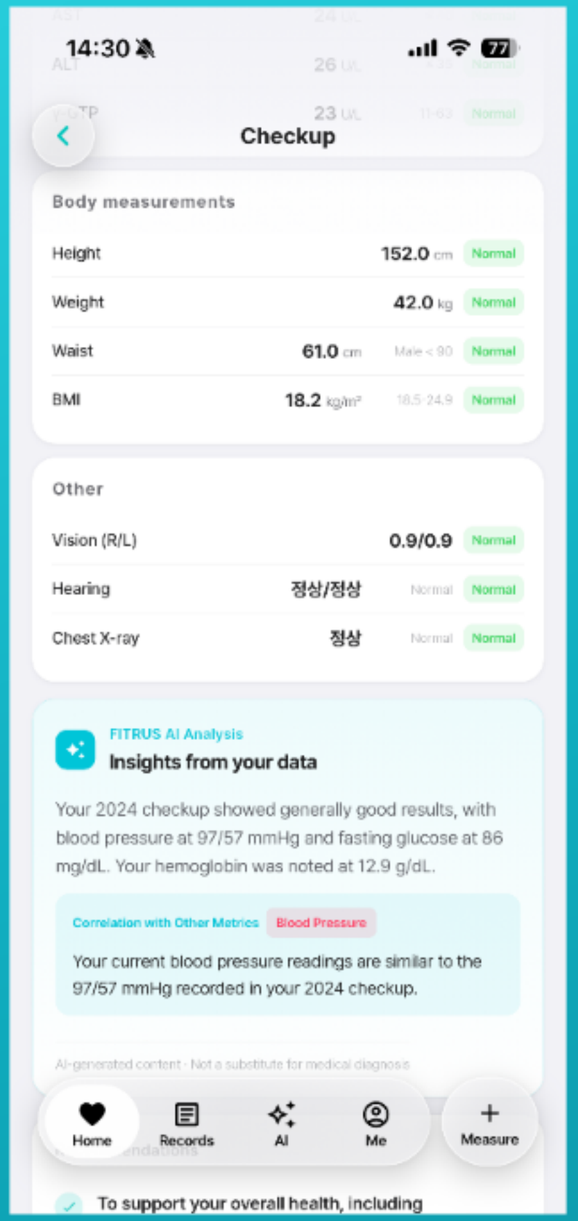
Review the linked checkup year and overall status.

2 **Result Categories**

Scroll through blood tests, blood pressure/glucose, and the other listed categories.

3 **Linking Scope**

Only national health checkup records from Korea are supported.



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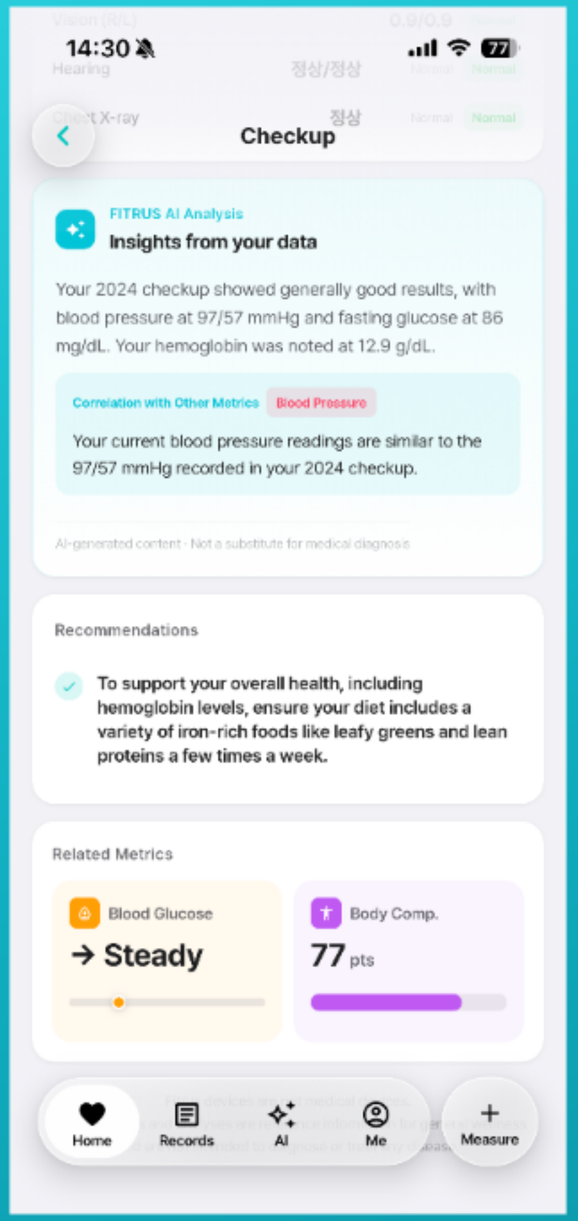
Checkup Details

1 Body Measurements

Review the available height, weight, waist, and BMI results.

2 Other Results

Other sections can include vision, hearing, and chest X-ray results from the linked record.



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Checkup Analysis

1

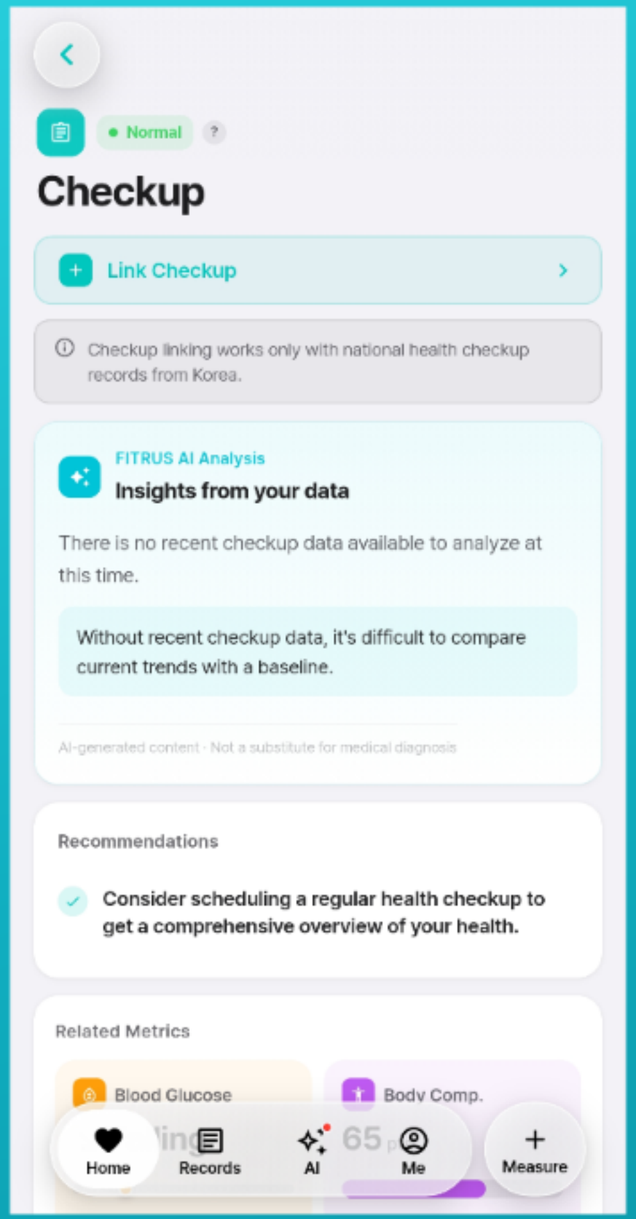
AI Insights

Review the analysis and correlations based on linked checkup data.

2

Recommendations

Read the suggestions and review the related health metric cards.



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Link Health Checkup Data

1

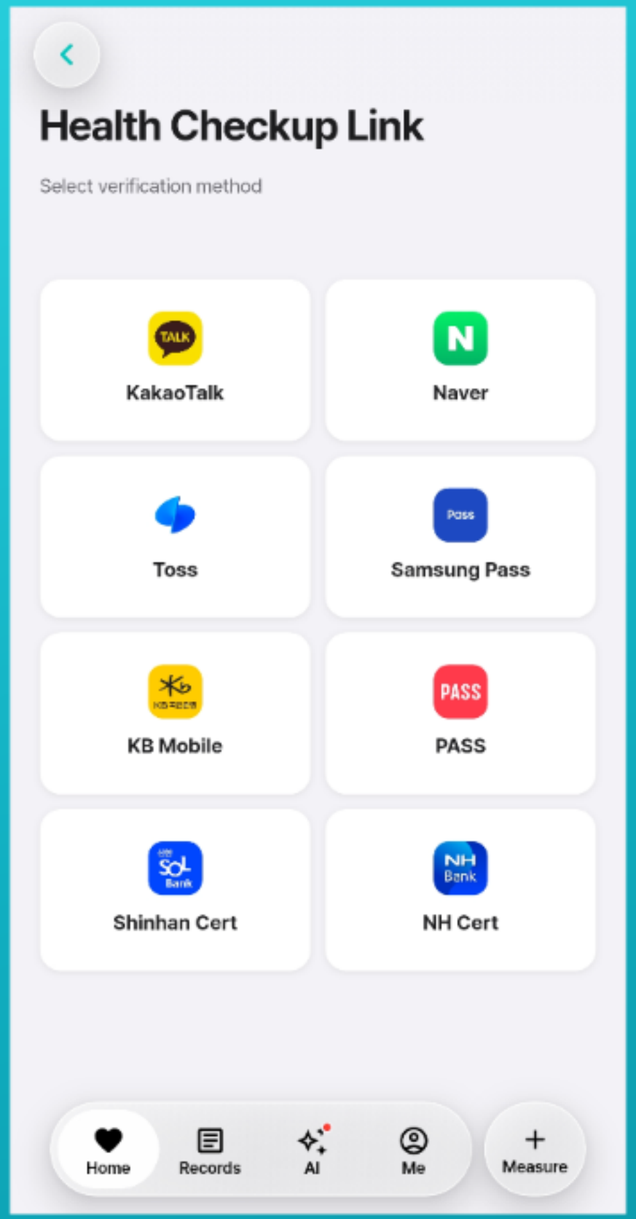
Start Linking

Tap [Link Checkup] on the Checkup screen.

2

Supported Records

Only national health checkup records from Korea are supported.



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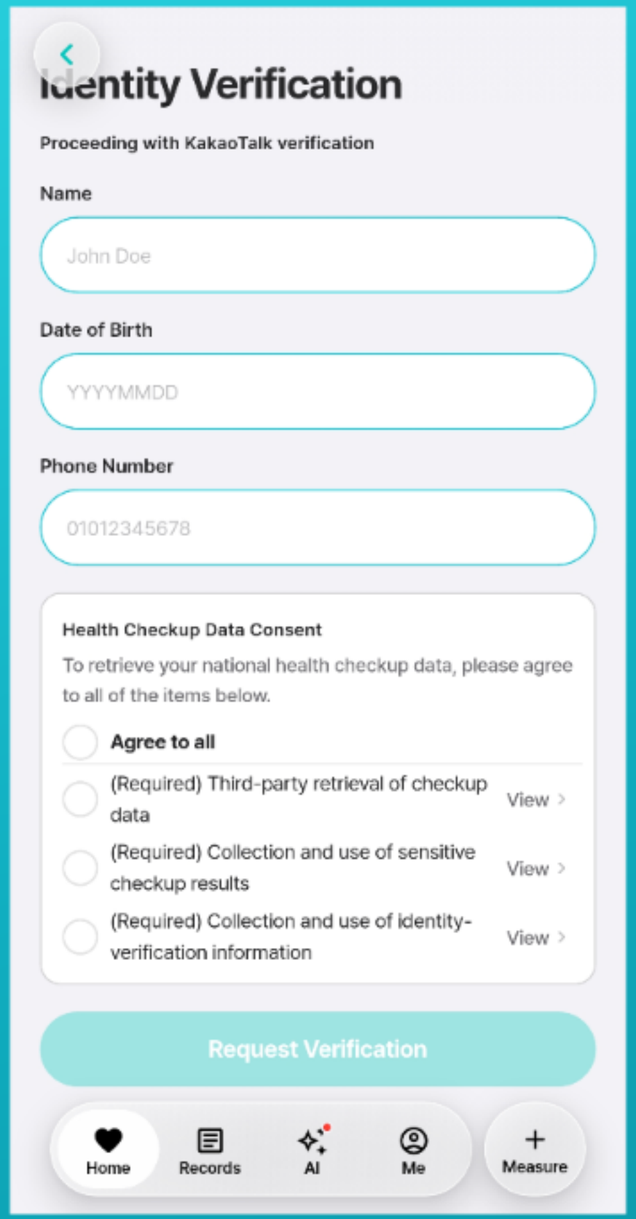
Verification Method

1 **Choose a Provider**

Select one of the identity verification providers.

2 **Continue**

The next screen requests the information needed by the selected method.



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Identity Verification

1

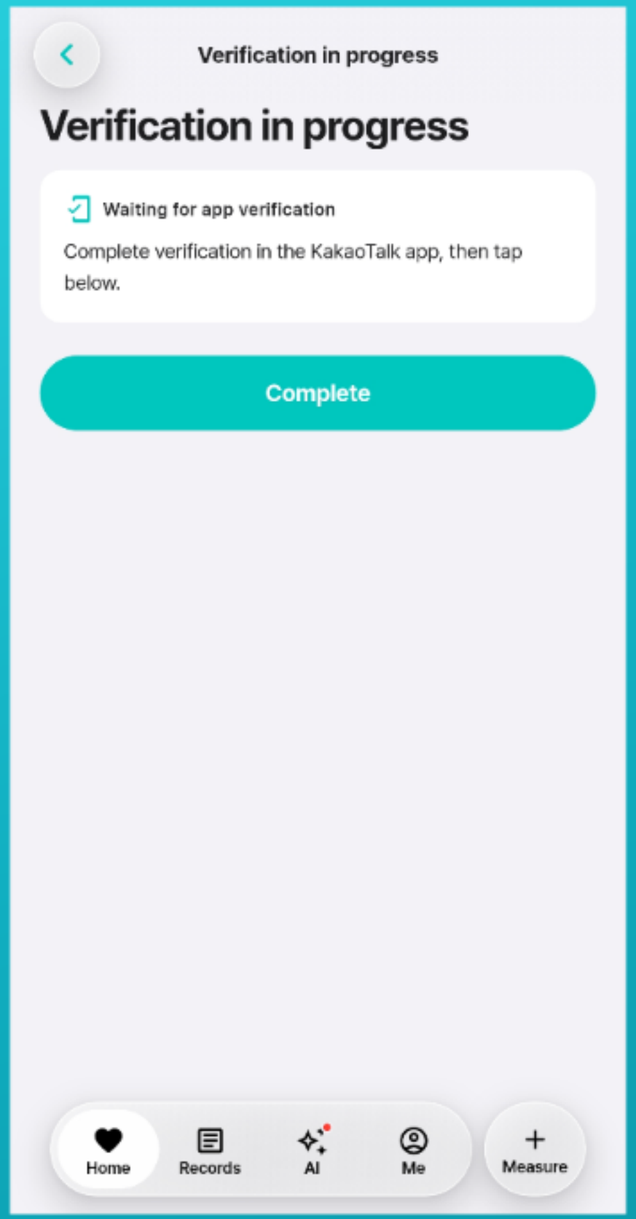
Personal Details

Enter your name, date of birth, and phone number in the requested format.

2

Required Consent

Review and accept the required items, then tap [Request Verification].



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External App Verification

1

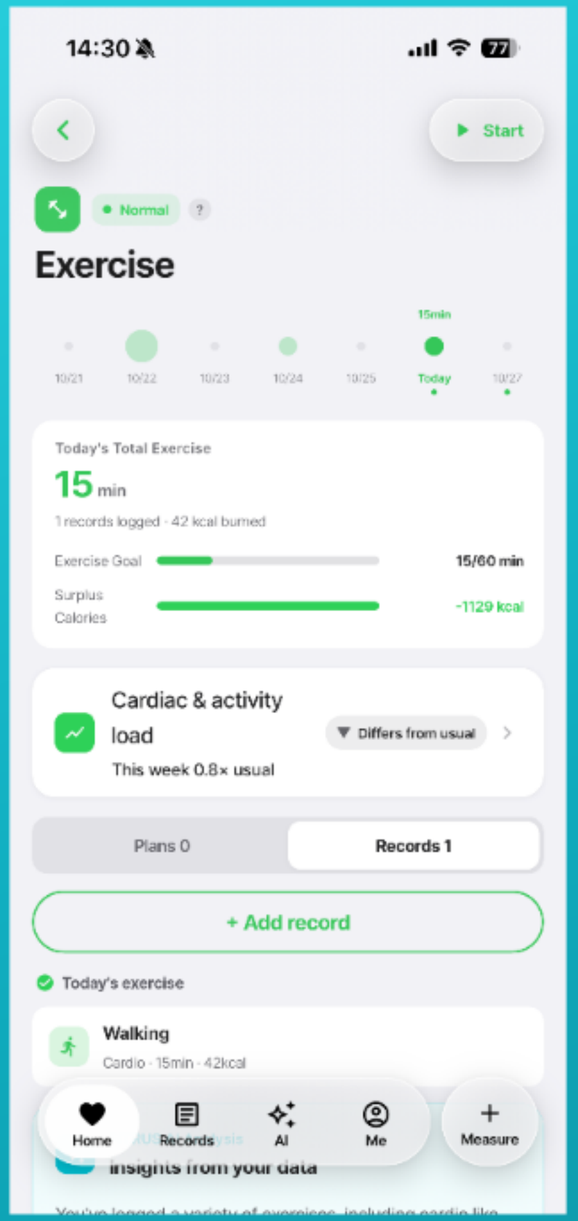
Complete Verification

Complete verification in the authentication app you selected.

2

Return to Fitrus

Return to this screen and tap [Complete] after finishing verification.



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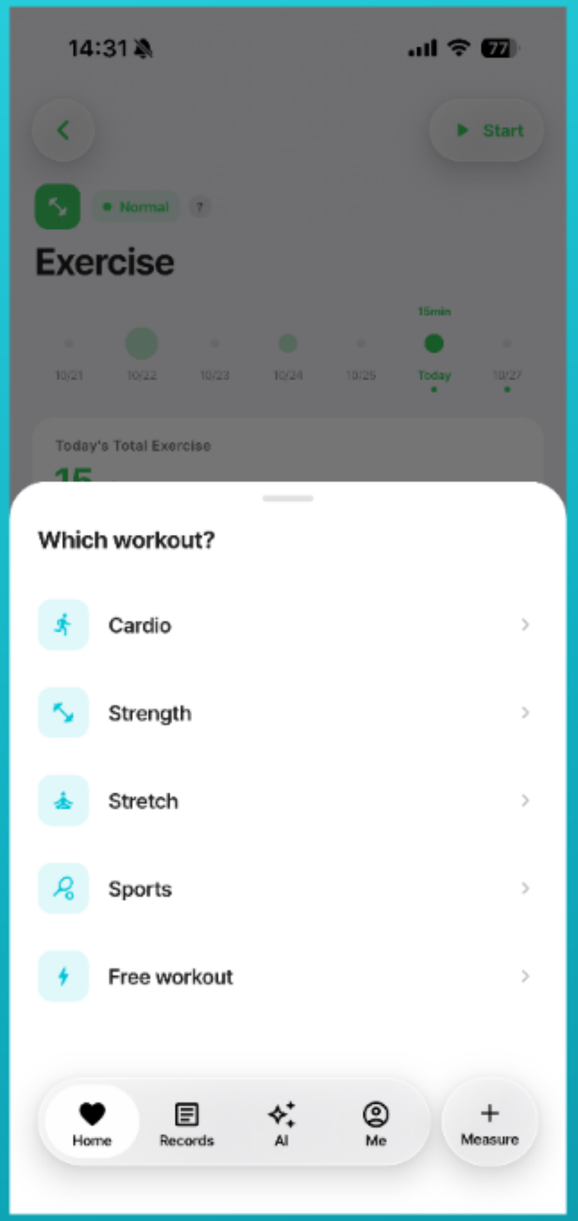
Exercise

1 Exercise Overview

Review the selected day, total exercise time, and progress toward the goal.

2 Plans and Records

Switch between the Plans and Records tabs. Tap [Start] to choose a workout.



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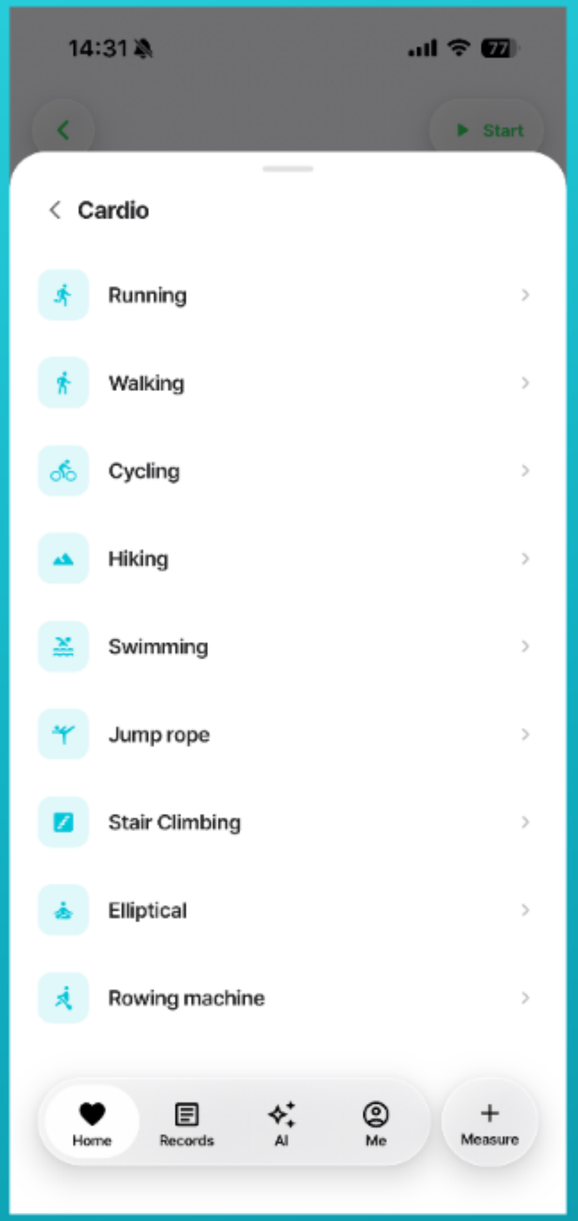
Workout Type

1 **Choose a Workout**

Select Cardio, Strength, Stretch, Sports, or Free workout.

2 **Continue**

Next steps depend on the workout type you choose.



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Cardio Activity

1

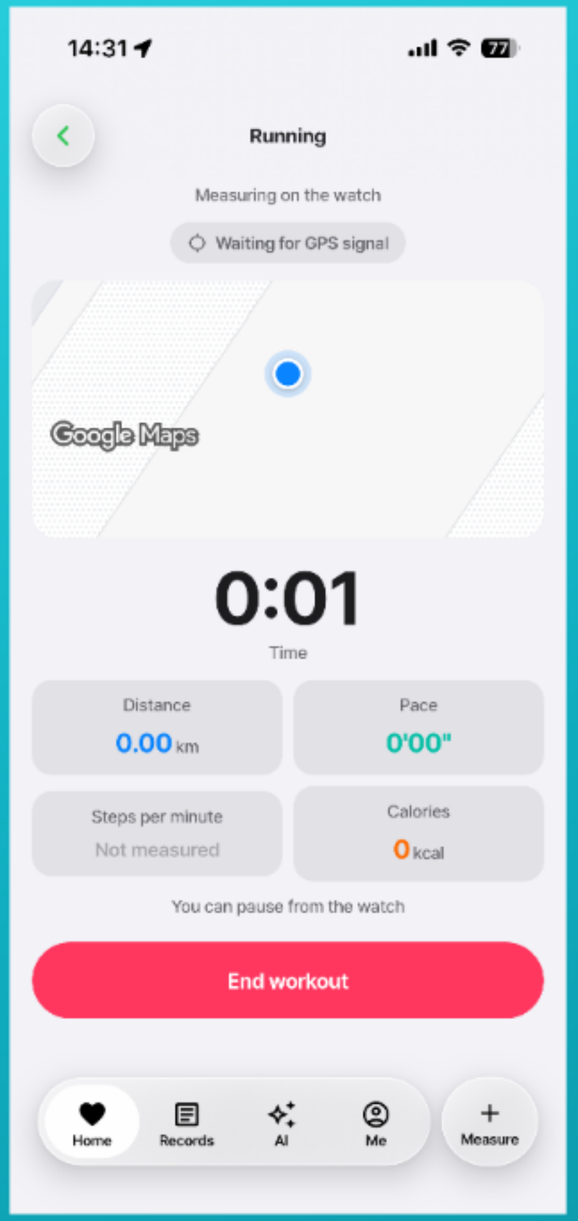
Choose an Activity

Select an activity such as running, walking, cycling, hiking, or swimming.

2

Activity-specific Screen

The app opens the relevant workout screen for the selected activity.



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Workout in Progress

1 **Live Metrics**

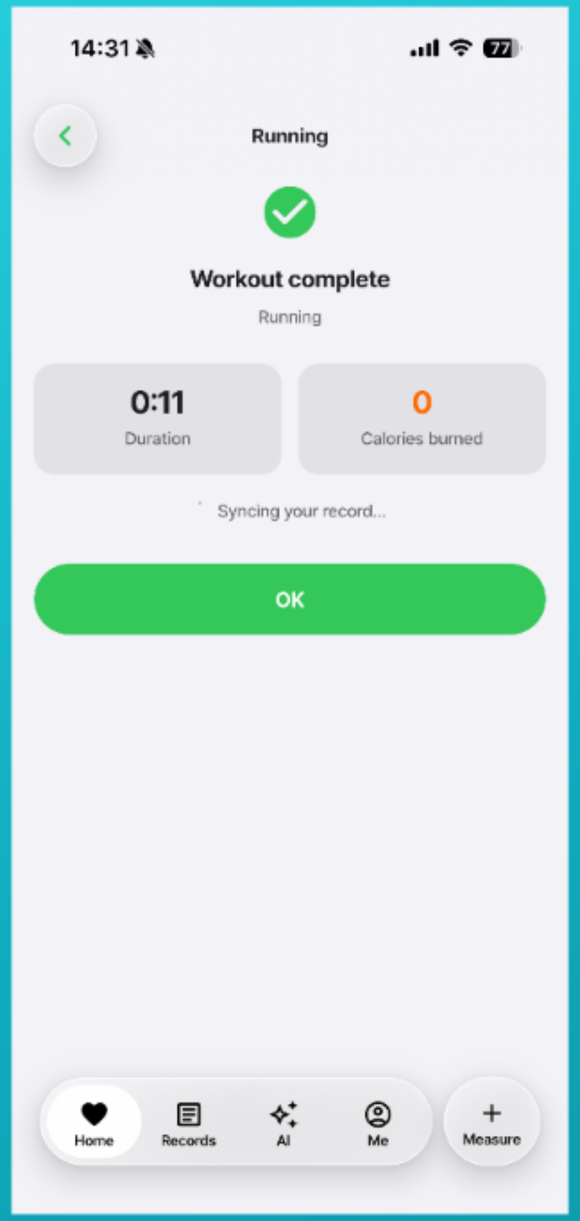
Review the timer and the metrics available for the selected workout.

2 **Watch and GPS Status**

Check the watch measurement status and GPS signal status for running.

3 **End Workout**

Tap [End workout] when you want to finish.



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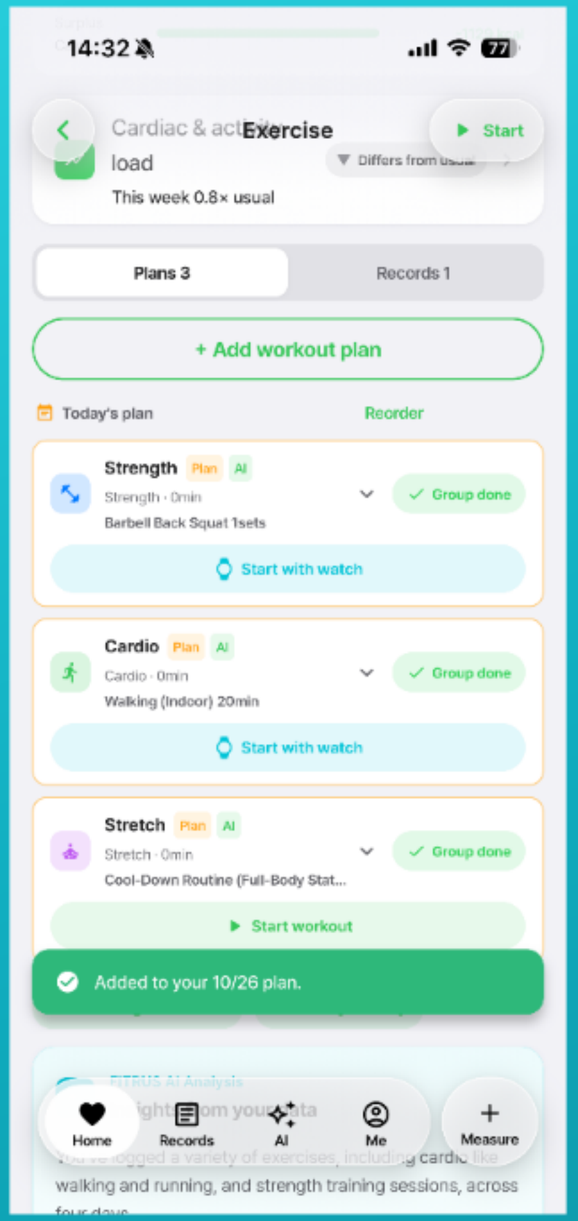
Workout Complete

1 **Completion Summary**

Review the completed workout summary displayed on screen.

2 **Return**

After reviewing the results and sync status, tap [OK] to return.



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Exercise Plans

1 **Plan Groups**

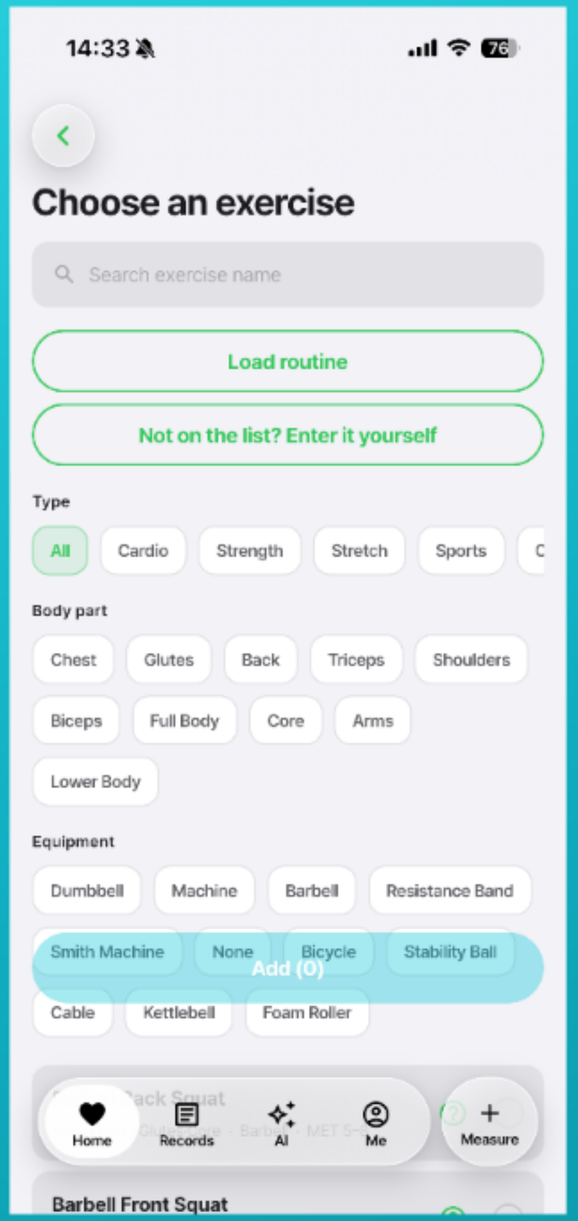
Review the exercises grouped in your plan. Expand a group to see its contents.

2 **Start or Complete a Group**

Tap [Start with watch], [Start workout], or [Group done] as needed.

3 **Add a Plan**

Tap [+ Add workout plan] to build another plan.



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Choose Exercises

1

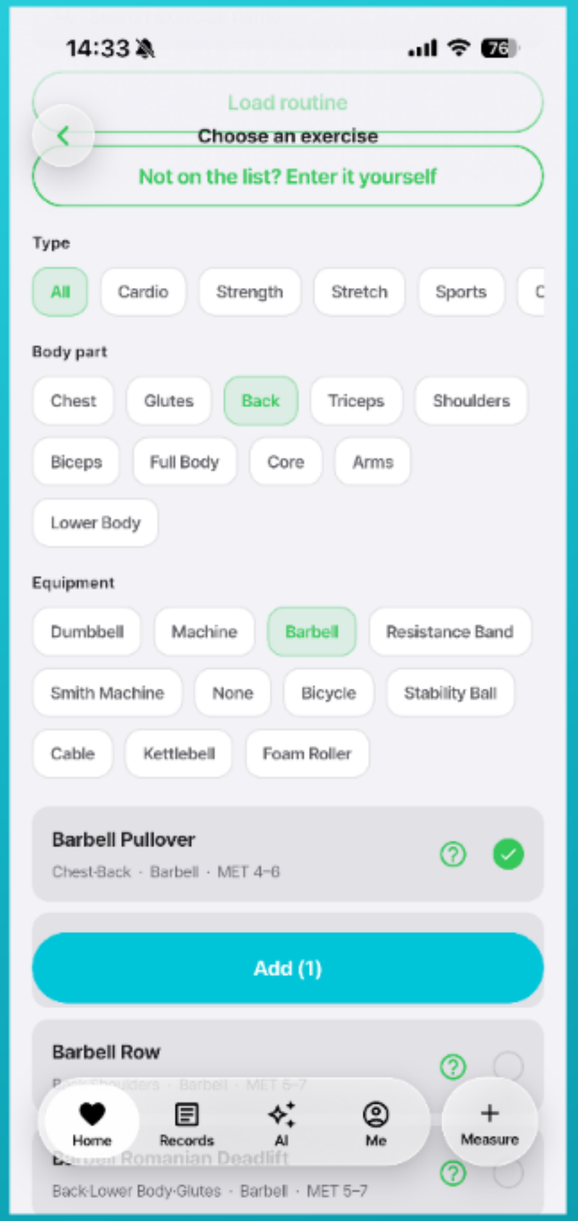
Search and Filters

Search by exercise name or filter by type, body part, and equipment.

2

Other Options

Tap [Load routine] or [Not on the list? Enter it yourself] when appropriate.



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Add Selected Exercises

1

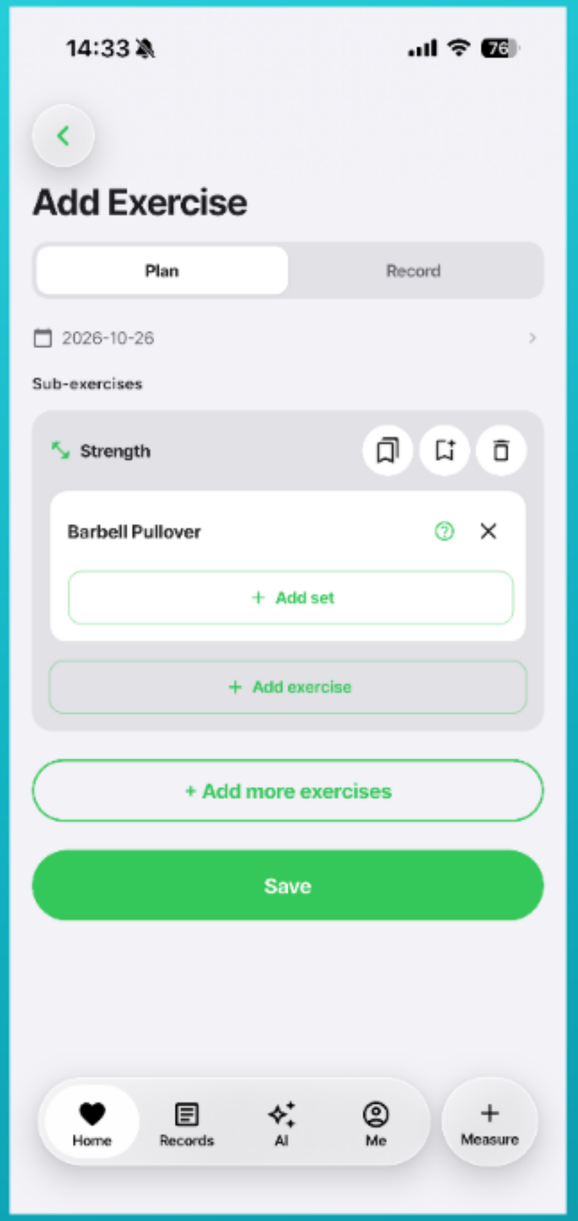
Select Exercises

Tap the exercises you want to include. Selected items show check marks.

2

Add to the Plan

Tap [Add (n)] to add the selected exercises.



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Exercise Plan Editor

1 **Plan or Record**

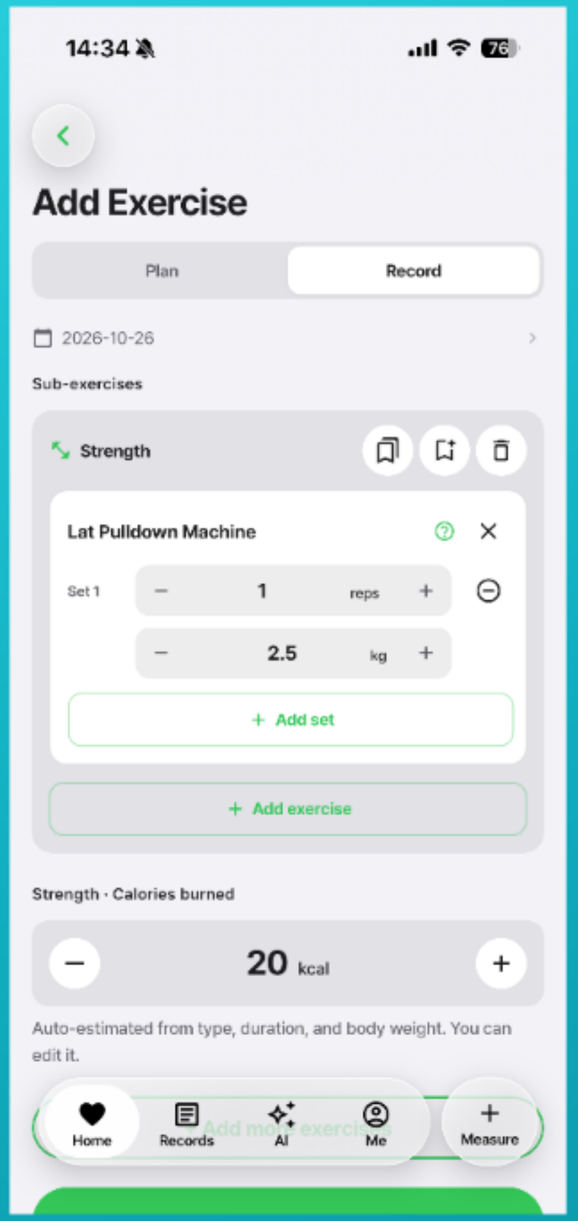
Choose [Plan] for upcoming exercise or [Record] for completed exercise.

2 **Exercises and Sets**

Tap [+ Add exercise], [+ Add set], or [+ Add more exercises] to build the entry.

3 **Save**

Review the entry and tap [Save].



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Sets and Weights

1

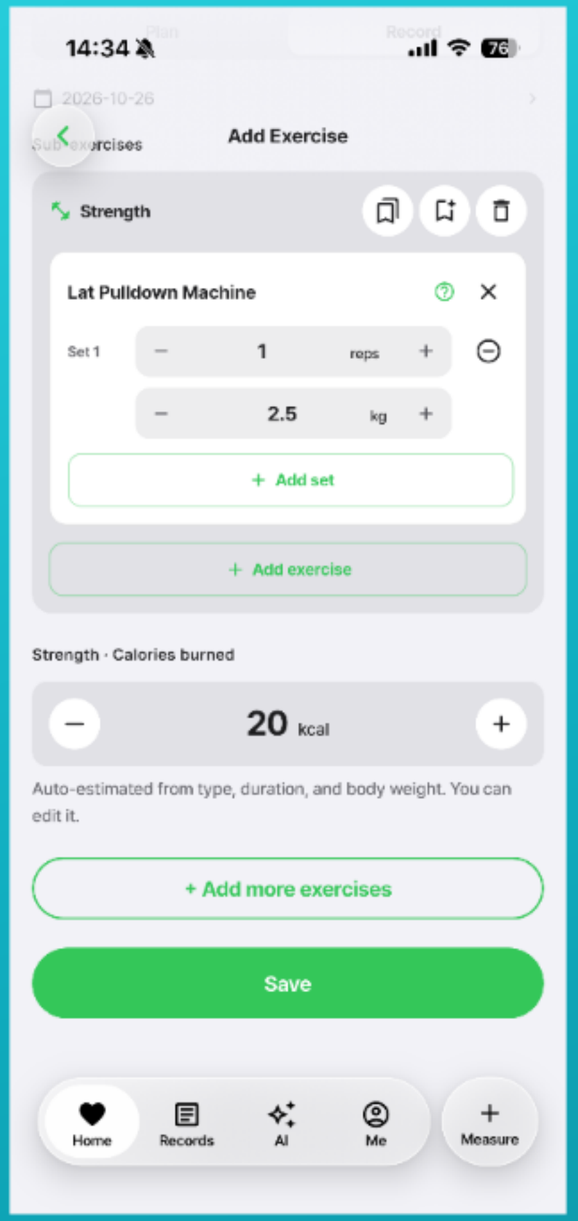
Set Details

Adjust repetitions and weight for each set using the controls.

2

Additional Sets

Tap [+ Add set] to include another set.



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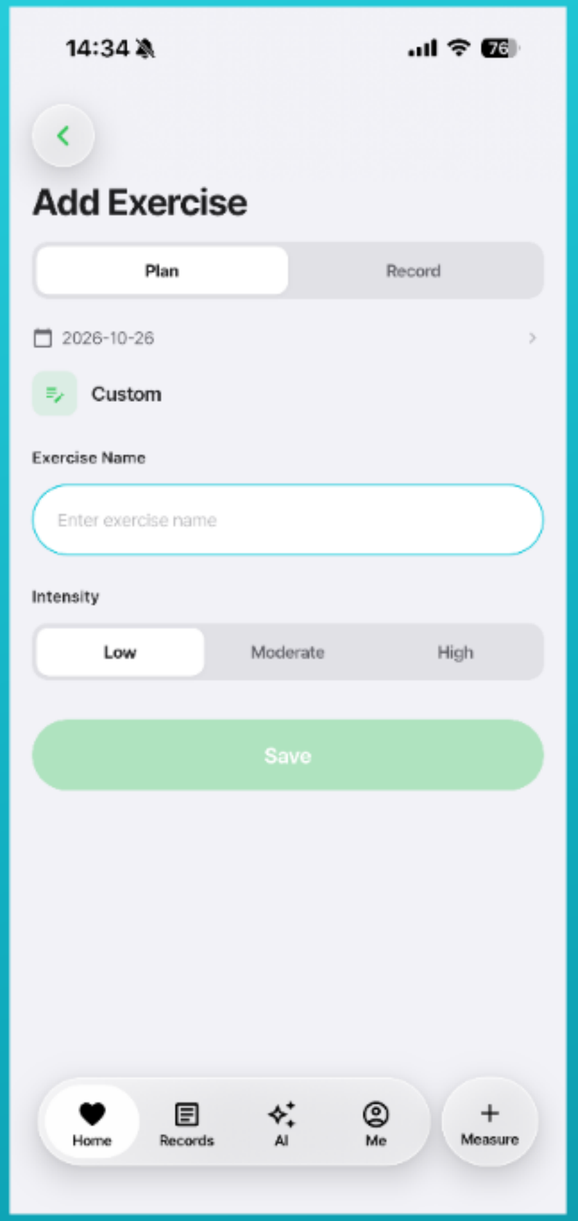
Exercise Record Entry

1 **Calories**

Review the estimated calories. You can edit the amount if needed.

2 **Save Record**

Check the exercise and set details, then tap [Save].



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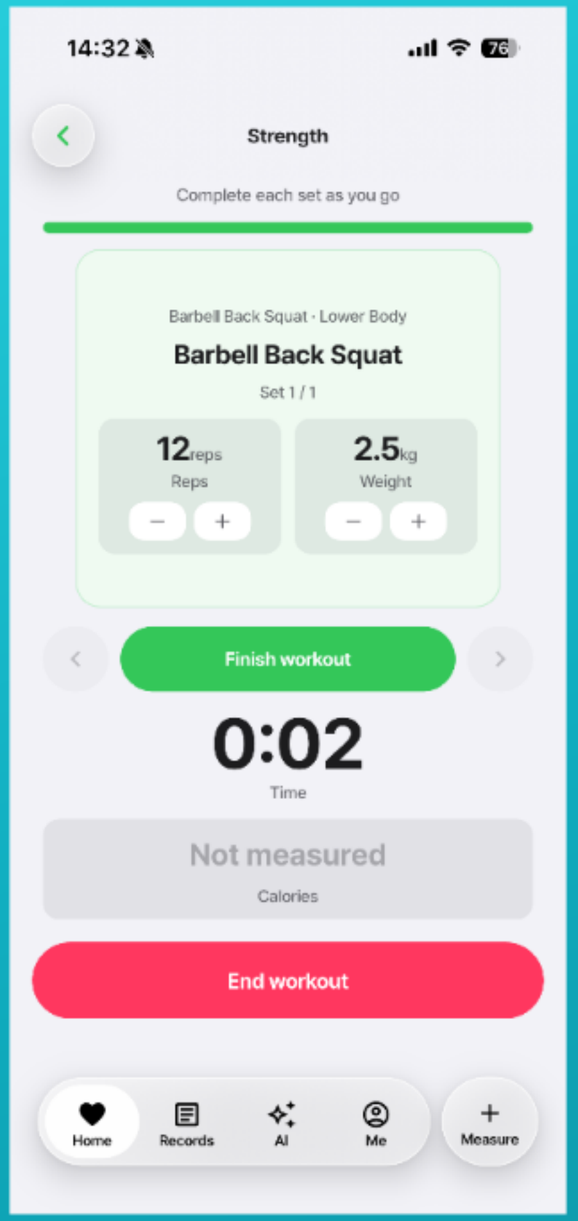
Custom Exercise

1 **Exercise Name**

Enter the name of an exercise that is not listed.

2 **Intensity**

Select the intensity and tap [Save] when the entry is ready.



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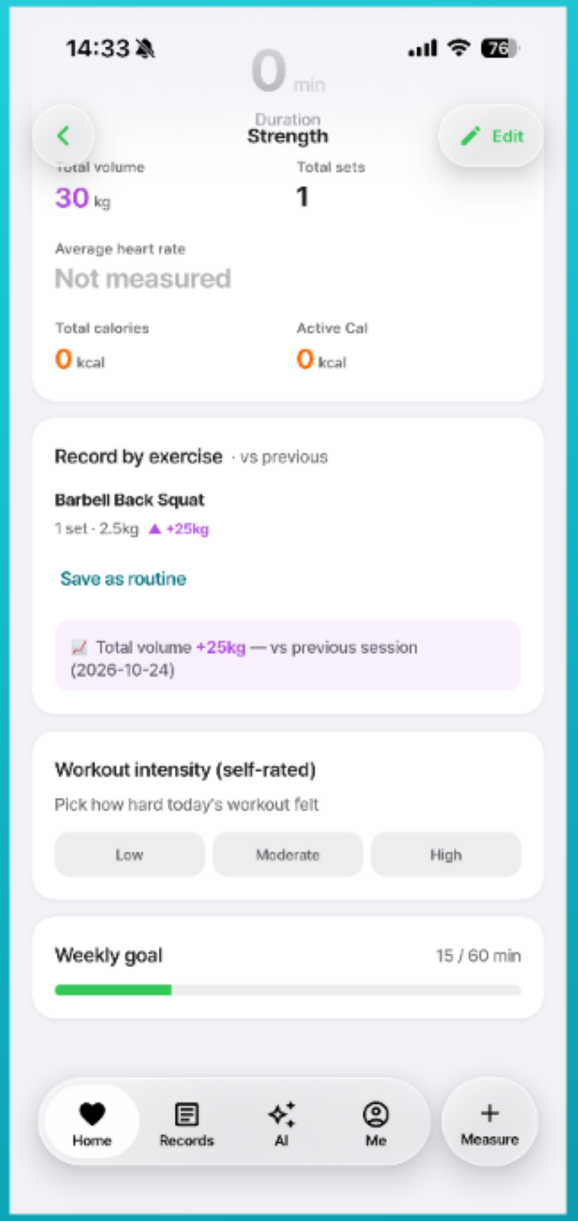
Strength Workout

1 **Perform Each Set**

Follow the exercise, set count, repetitions, and weight shown on screen.

2 **Complete the Workout**

Tap [Finish workout] to finish the current set, or tap [End workout] to end the entire workout.



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Strength Results

1

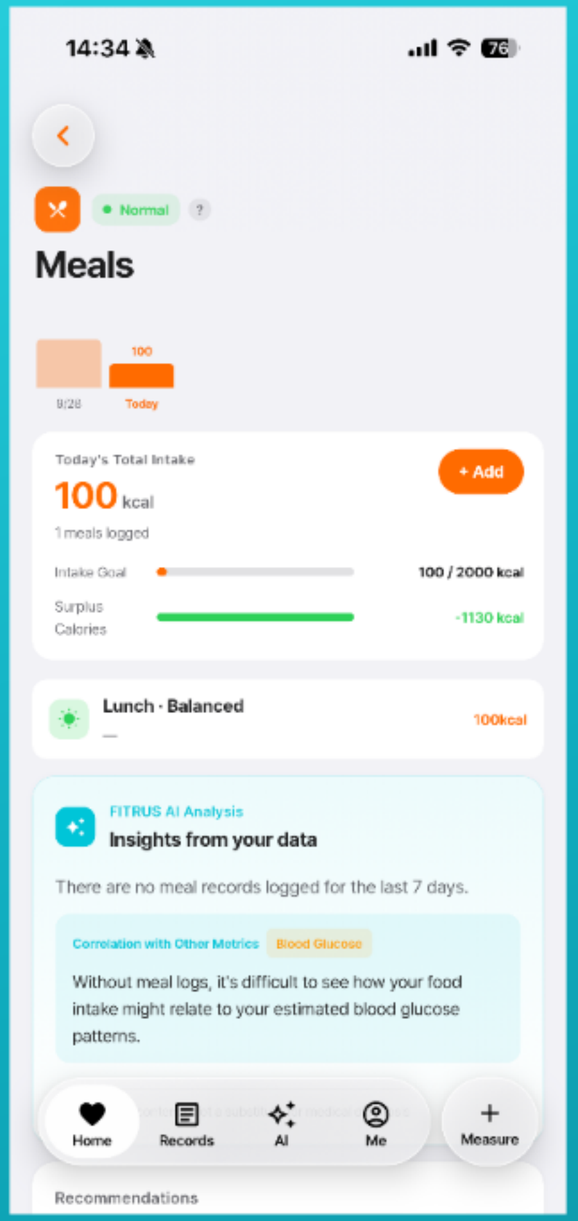
Workout Results

Review volume, sets, heart rate, calories, and the exercise record when available.

2

Routine and Intensity

Tap [Save as routine] if needed, and rate how hard the workout felt.



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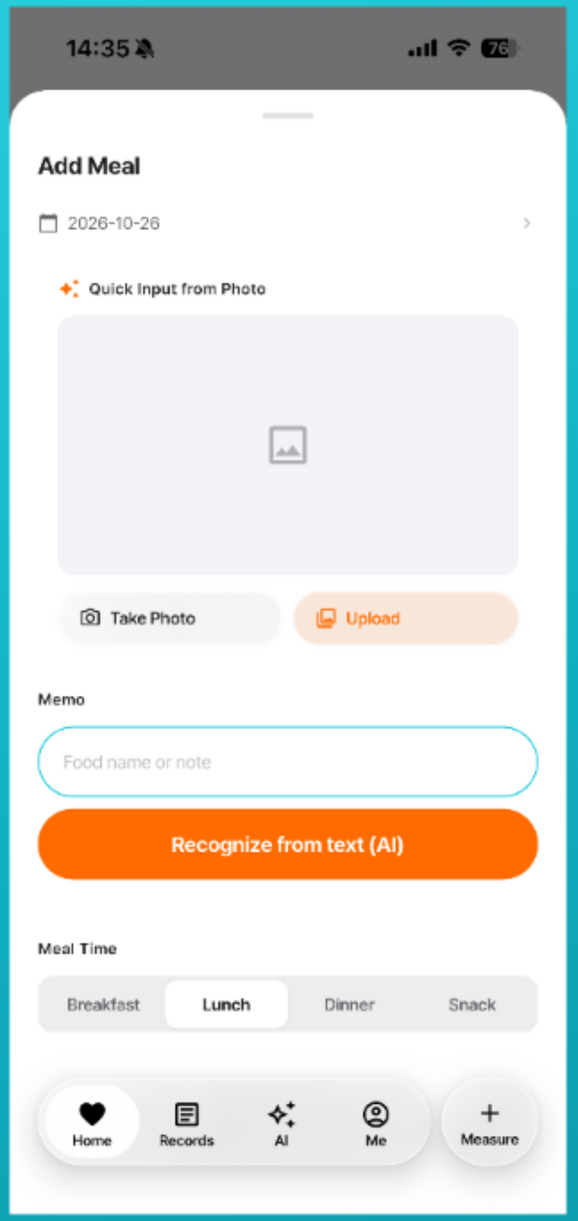
Meals

1 Daily Intake

Review total calories, intake goal progress, and the meals logged for the day.

2 Add a Meal

Tap [+ Add] to create a meal entry.



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Add a Meal

1 **Photo Input**

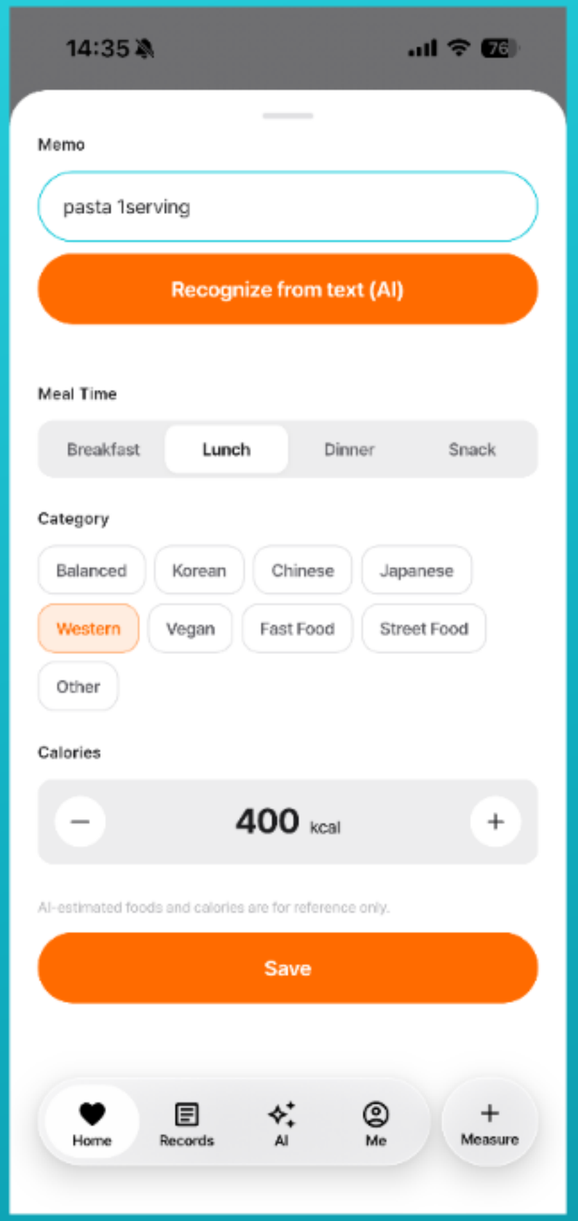
Tap [Take Photo] or [Upload] to provide a food image.

2 **Text Recognition**

Enter a food name or note, then tap [Recognize from text (AI)].

3 **Meal Time**

Select Breakfast, Lunch, Dinner, or Snack.



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Review and Save a Meal

1

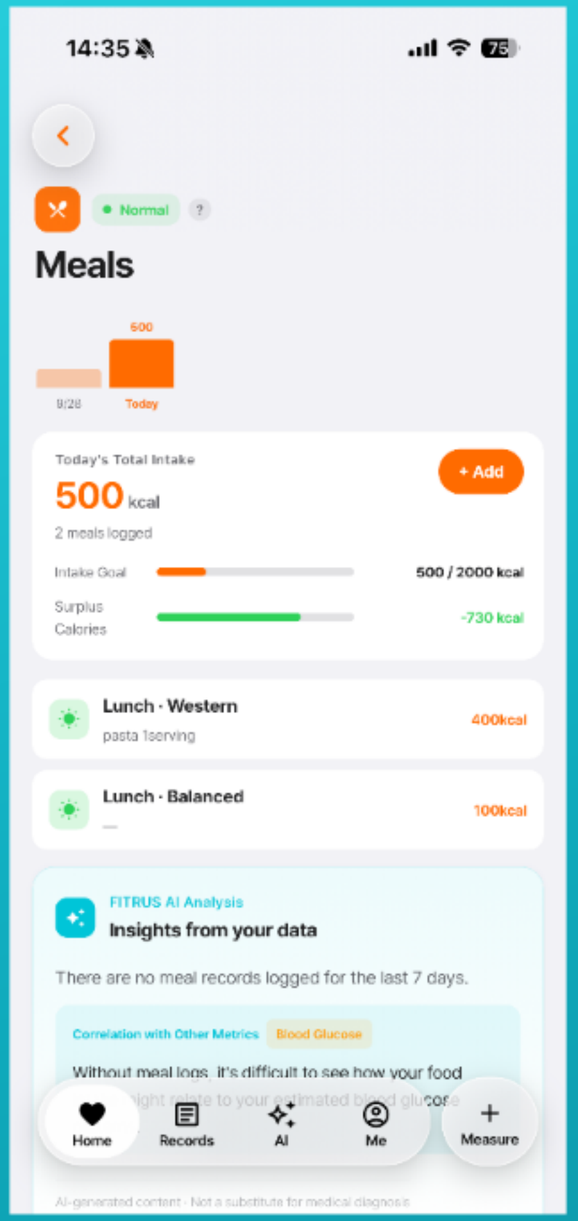
Category and Calories

Review the category and calorie amount. Adjust the amount if needed.

2

Save

Tap [Save] to add the meal to your records.



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Meal Records and Analysis

1

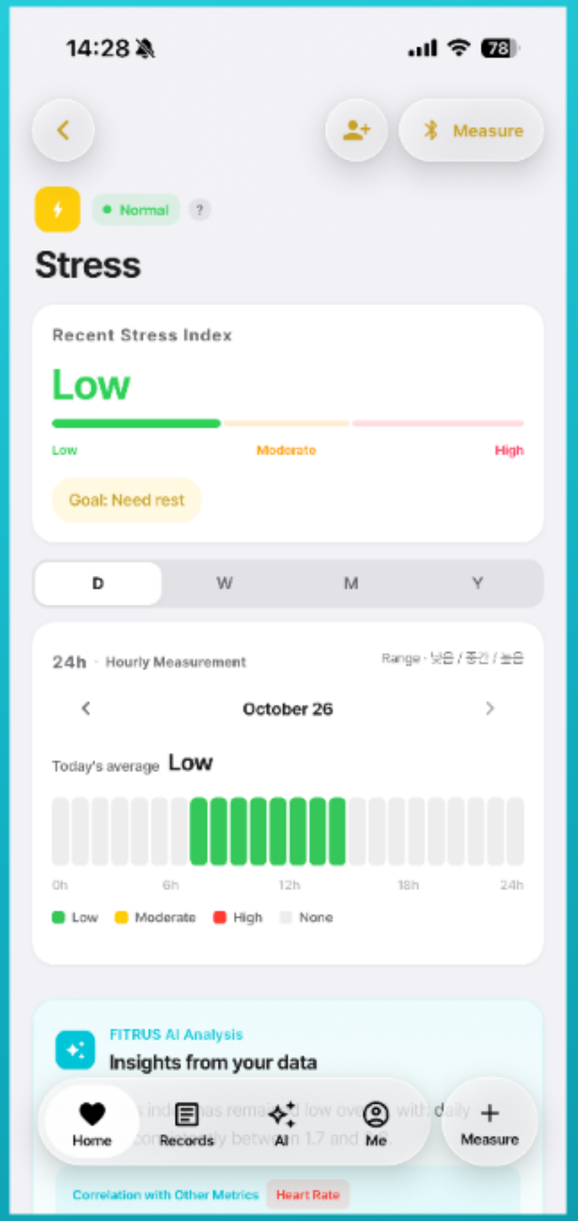
Saved Meals

Review the meals listed under the daily intake summary.

2

AI Insights

Scroll down to view available analysis, recommendations, and related metrics.



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Stress

1

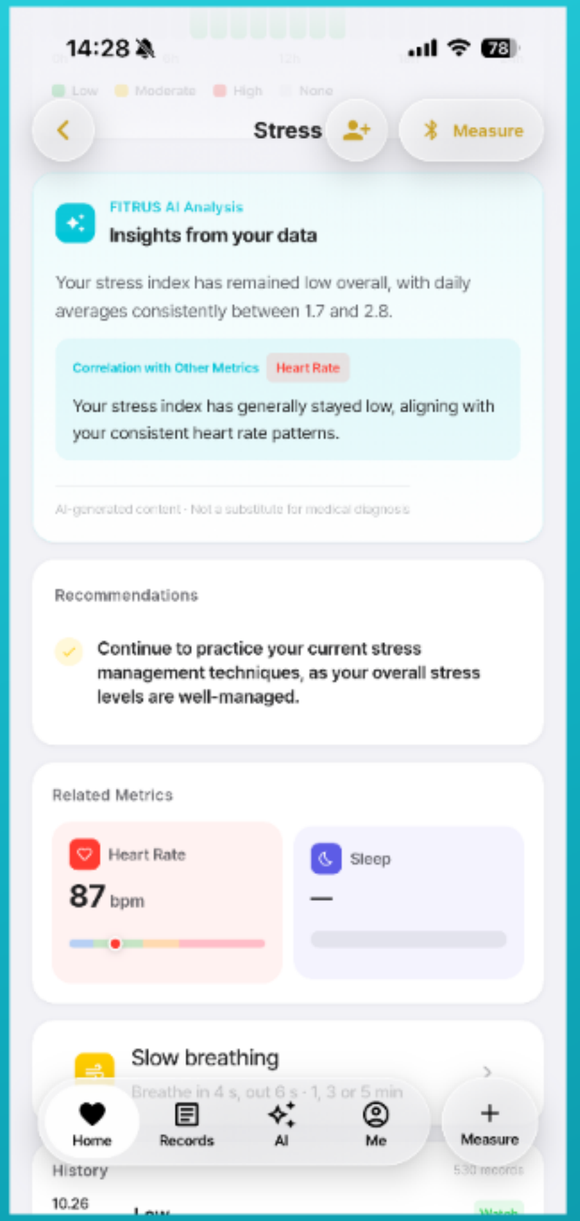
Stress Status

View the recent stress level, selected goal, and period chart.

2

AI Insights

Scroll down to read the analysis.



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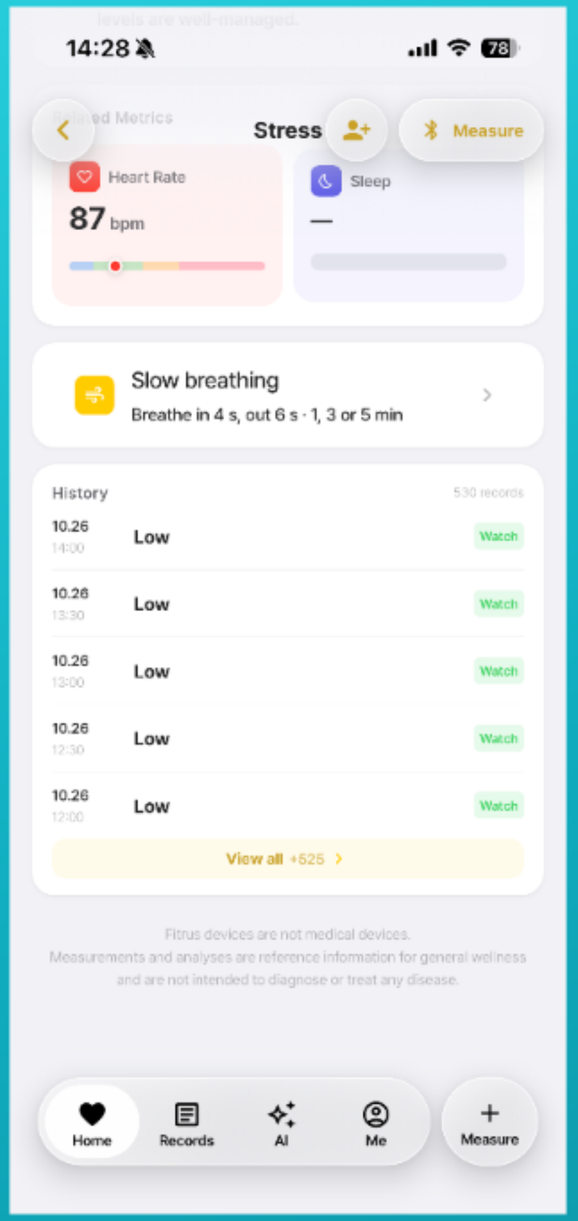
Stress Recommendations

1 **Analysis and Correlations**

Review the available stress analysis and links with other metrics.

2 **Recommendations**

Read the recommendations and related metric cards.



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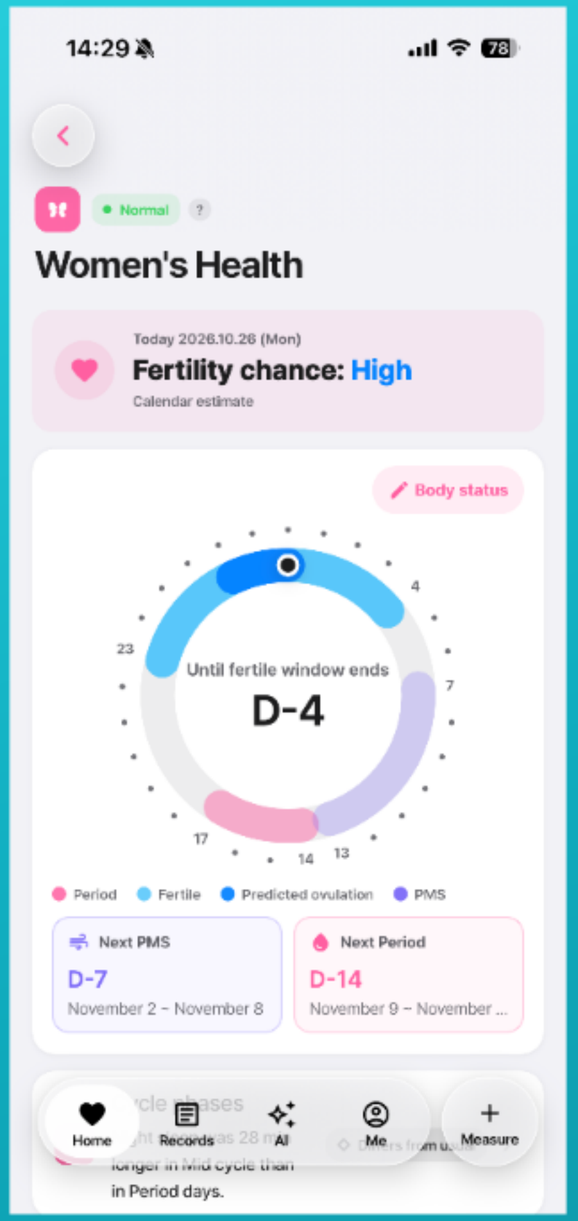
Stress Records and Breathing

1 **Slow Breathing**

Tap [Slow breathing] to start a guided breathing exercise.

2 **History**

Review recent stress records or tap [View all].



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Women's Health

1 **Cycle Overview**

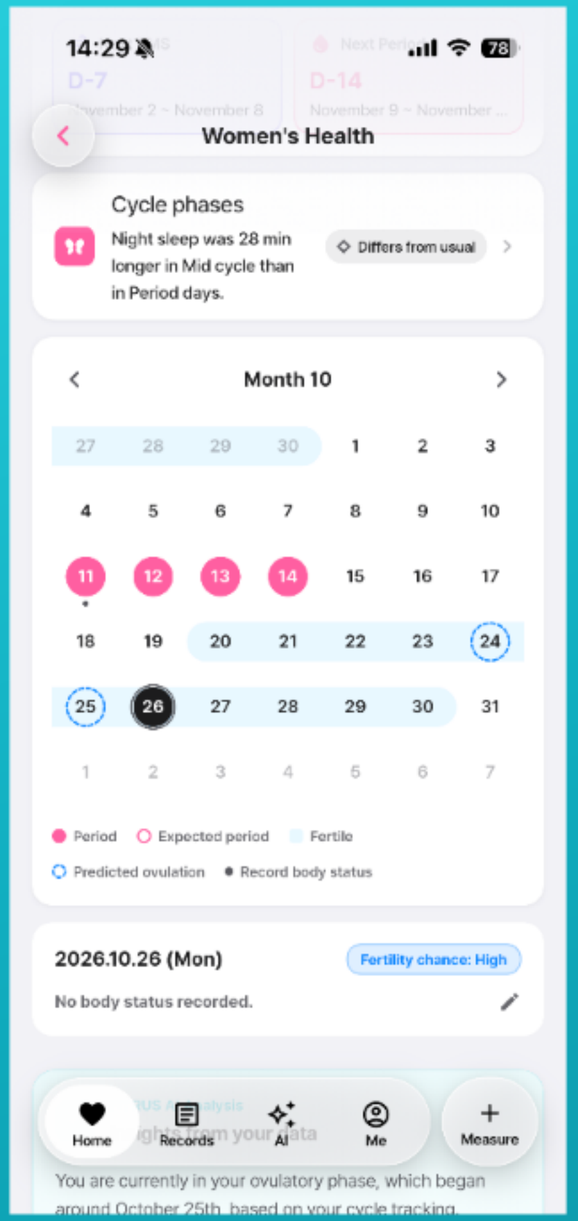
Review the calendar estimate, fertility likelihood, and current cycle position.

2 **Upcoming Dates**

Review the predicted PMS and next-period dates.

3 **Body Status**

Tap [Body status] to enter information for a date.



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Cycle Calendar

1

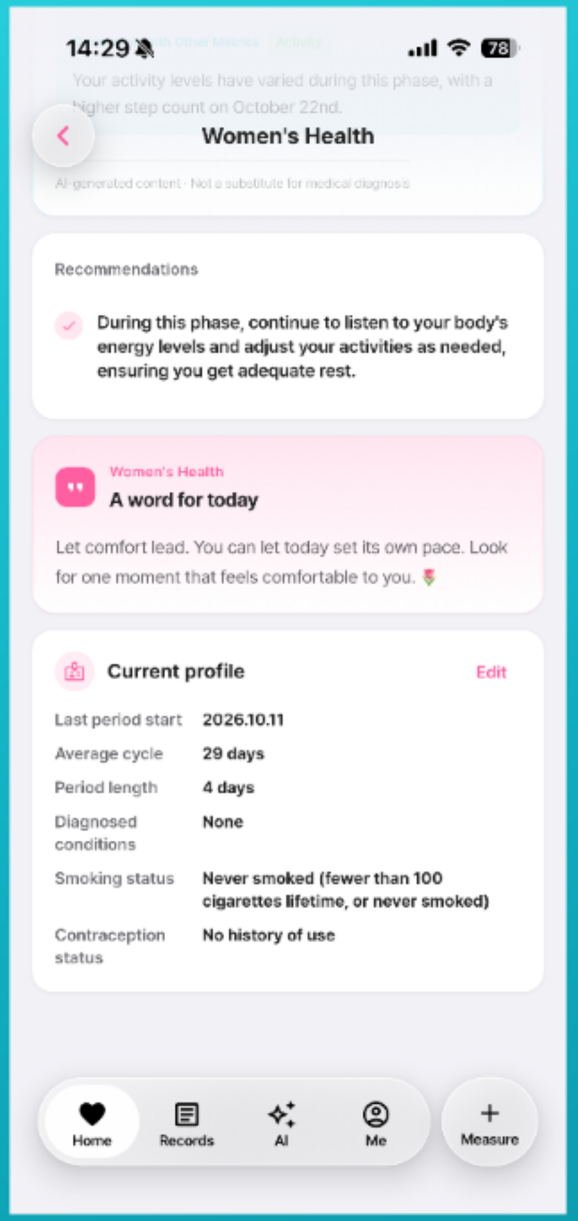
Calendar

Review period, fertile-window, and predicted ovulation indicators.

2

Select a Date

Tap a date to review the recorded body status for that day.



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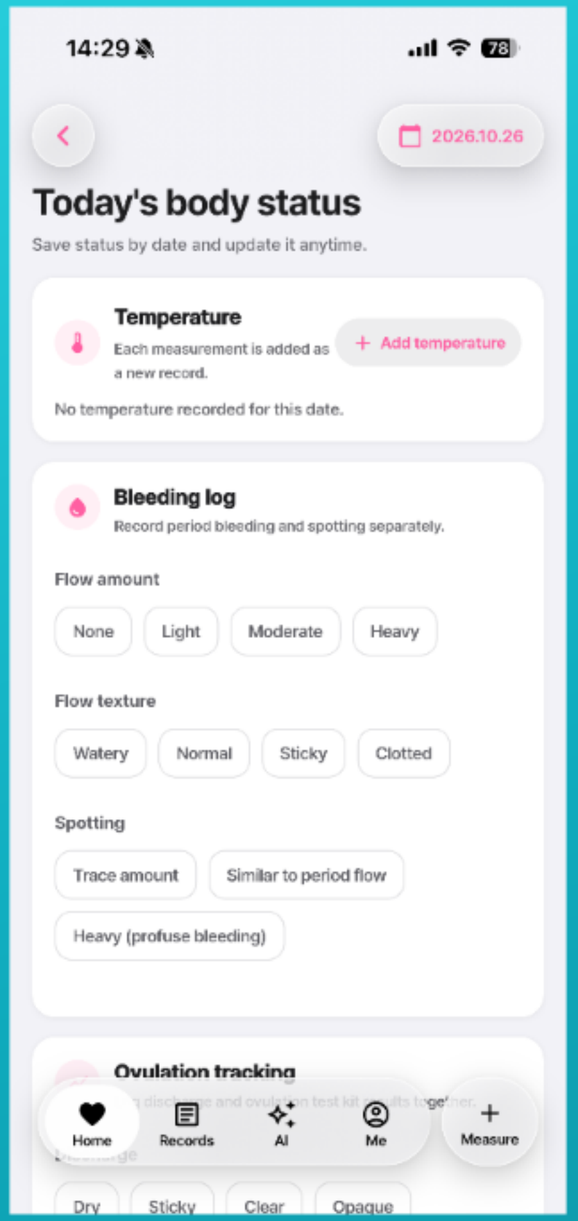
Women's Health Profile

1 **Recommendations**

Review the displayed recommendations and daily message.

2 **Current Profile**

Tap [Edit] to review or update the current cycle profile.



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Body Status Entry

1

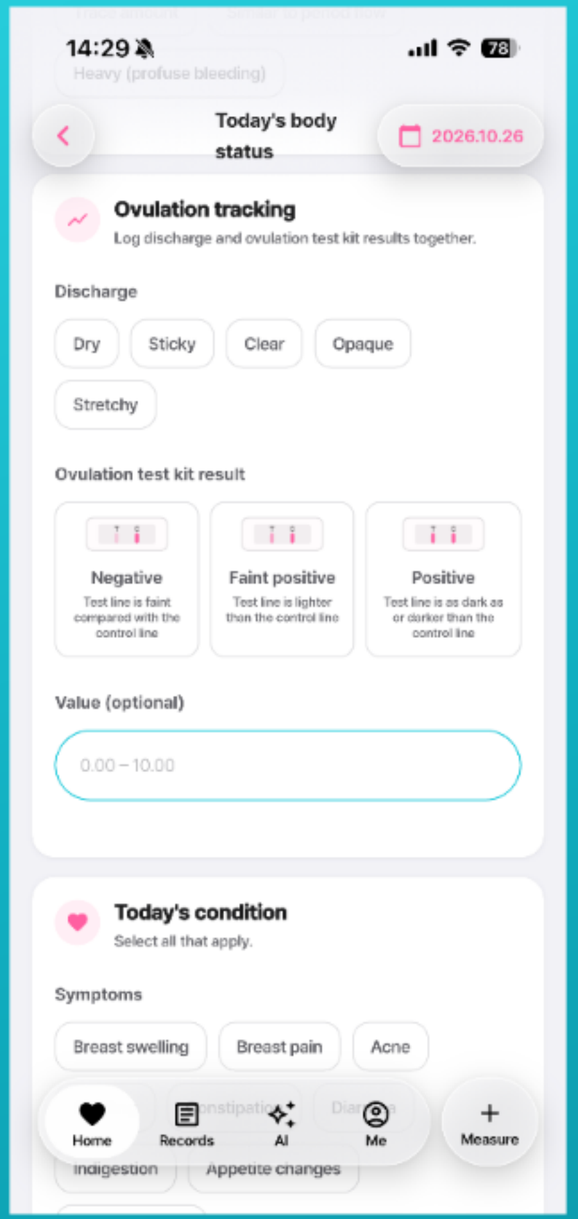
Temperature and Bleeding

Use the controls to add temperature and record bleeding details.

2

Record by Date

Check the date at the top before entering information.



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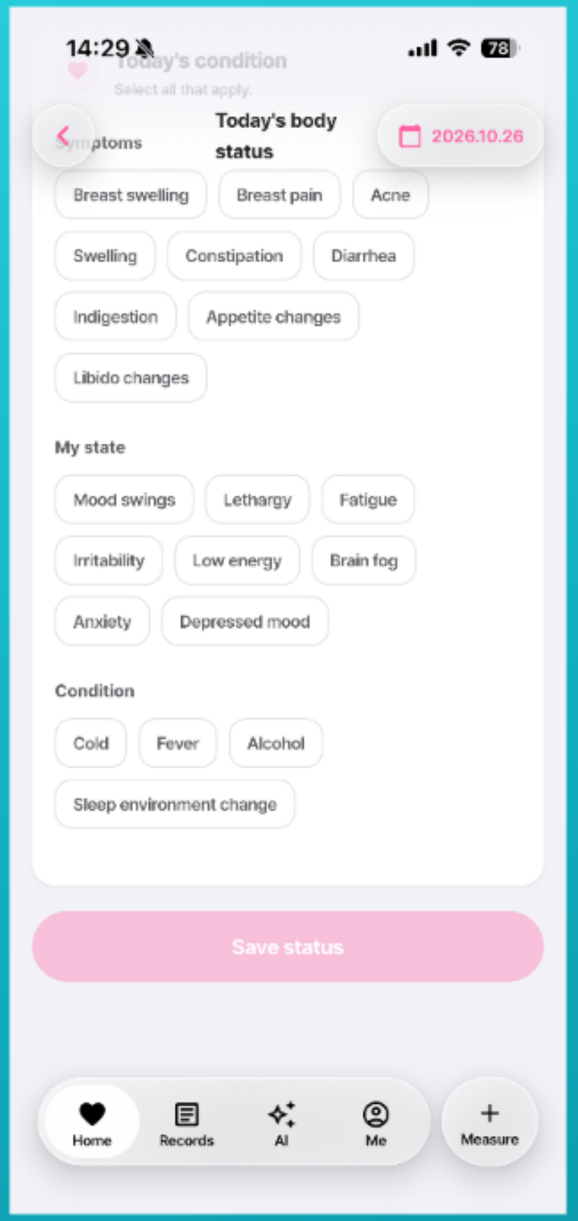
Ovulation Tracking

1 Tracking Information

Record discharge and ovulation test kit results using the options.

2 Optional Value

Enter a value if applicable, then continue to the Today's condition section.



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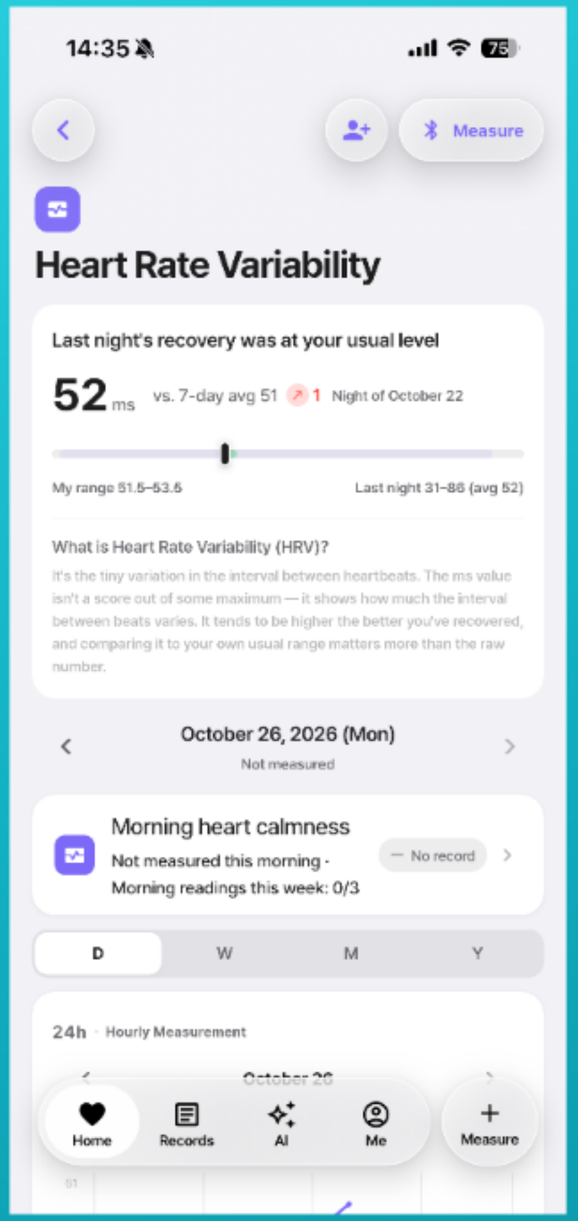
Symptoms and Conditions

1 **Select Applicable Items**

Select the relevant symptoms, mood, and condition entries.

2 **Save Status**

Tap [Save status] to store the entry for the selected day.



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Heart Rate Variability

1

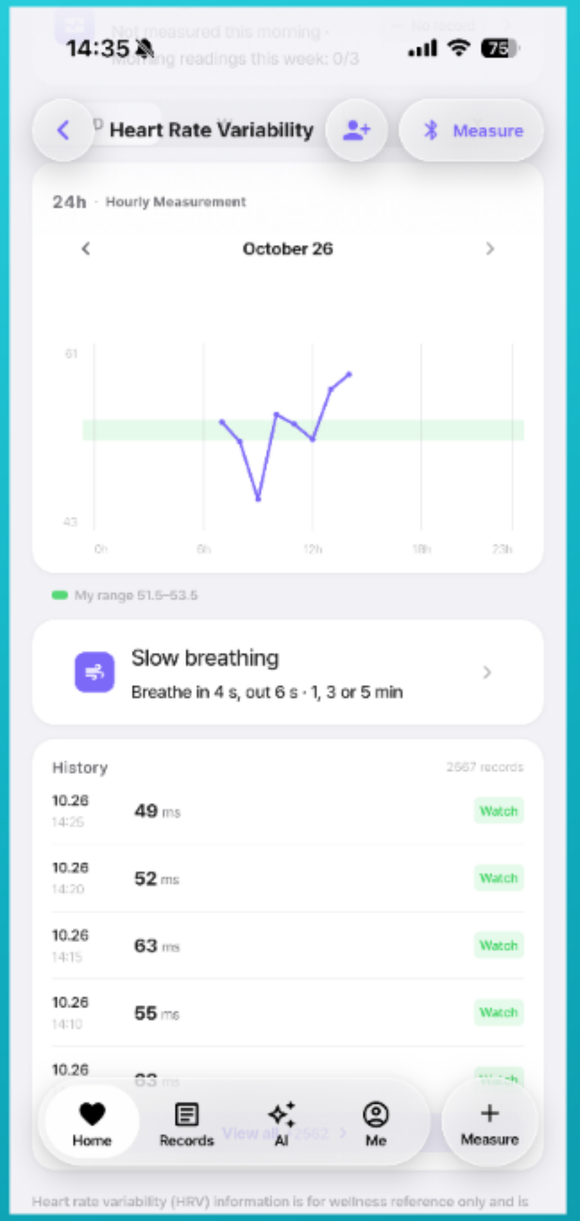
HRV Overview

Review the displayed HRV value and comparison with your 7-day average and personal range.

2

Morning Comparison

Check the data collection status for Morning heart calmness.



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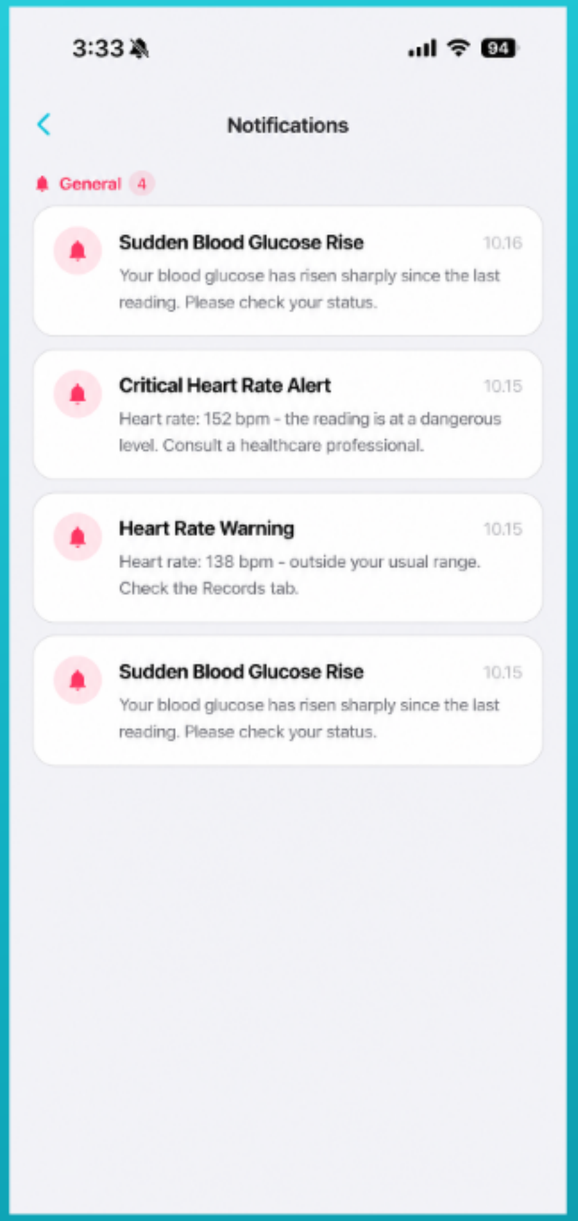
HRV Chart and Records

1 **Trends**

Review the period chart and the personal range shown on it.

2 **Breathing and History**

Open Slow breathing or scroll through the recent HRV records.



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Notifications

1

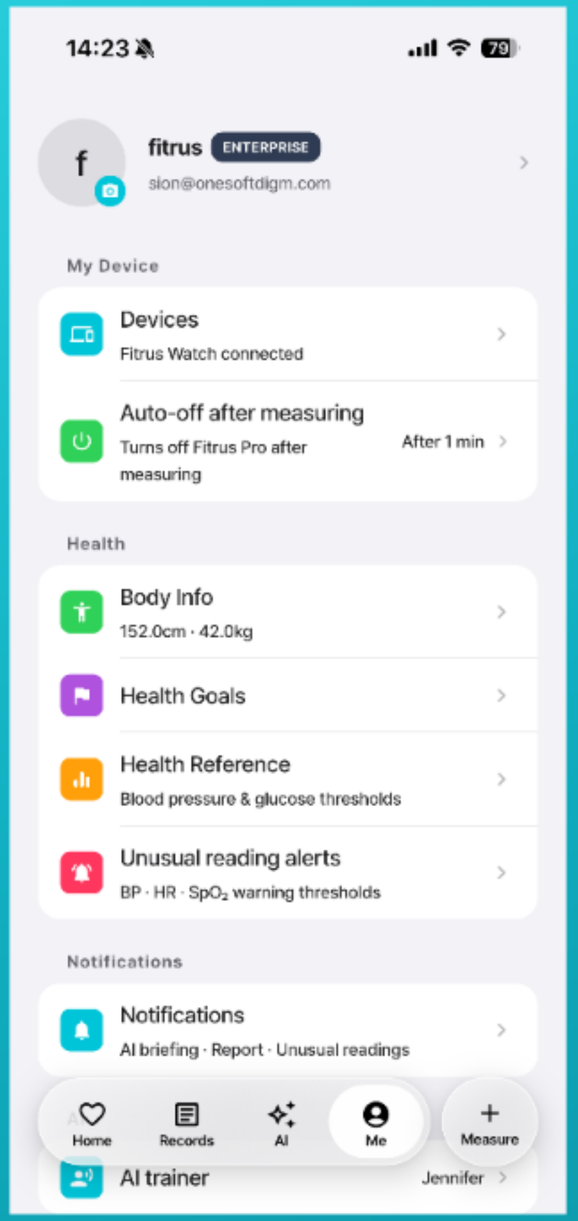
Notification List

Review each alert title, message, and date in the Notifications list.

2

Alert Types

Read the messages for sudden blood glucose changes and heart rate warnings.



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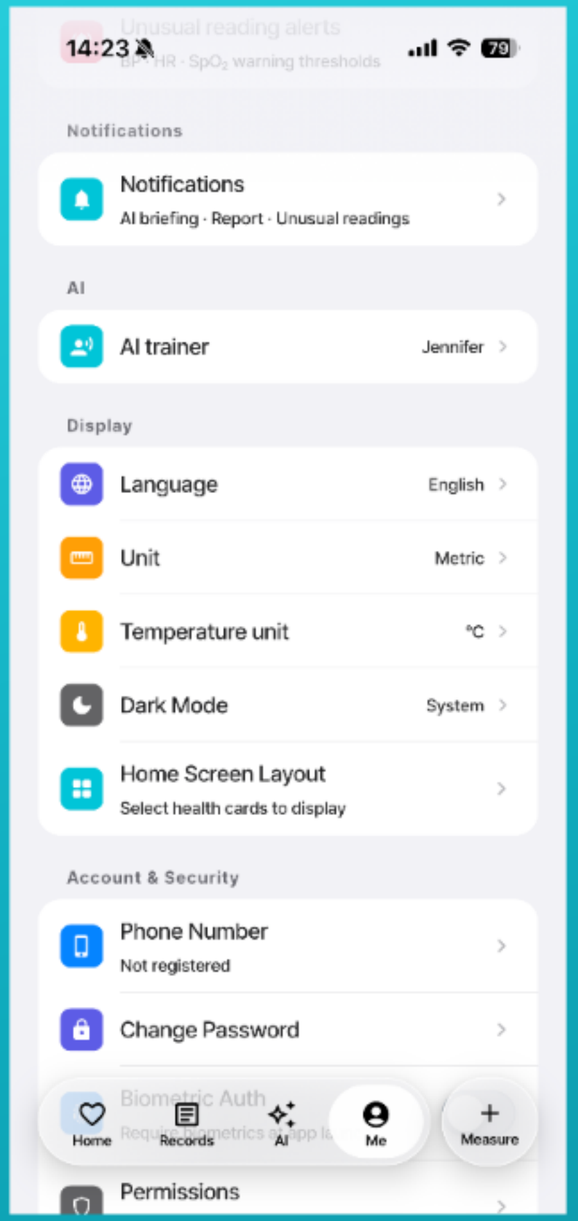
Me: Health and Devices

1 **Devices**

Open [Devices] or configure Fitrus Pro auto-off after measuring.

2 **Health Settings**

Open Body Info, Health Goals, Health Reference, or Unusual reading alerts.



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Me: App Preferences

1

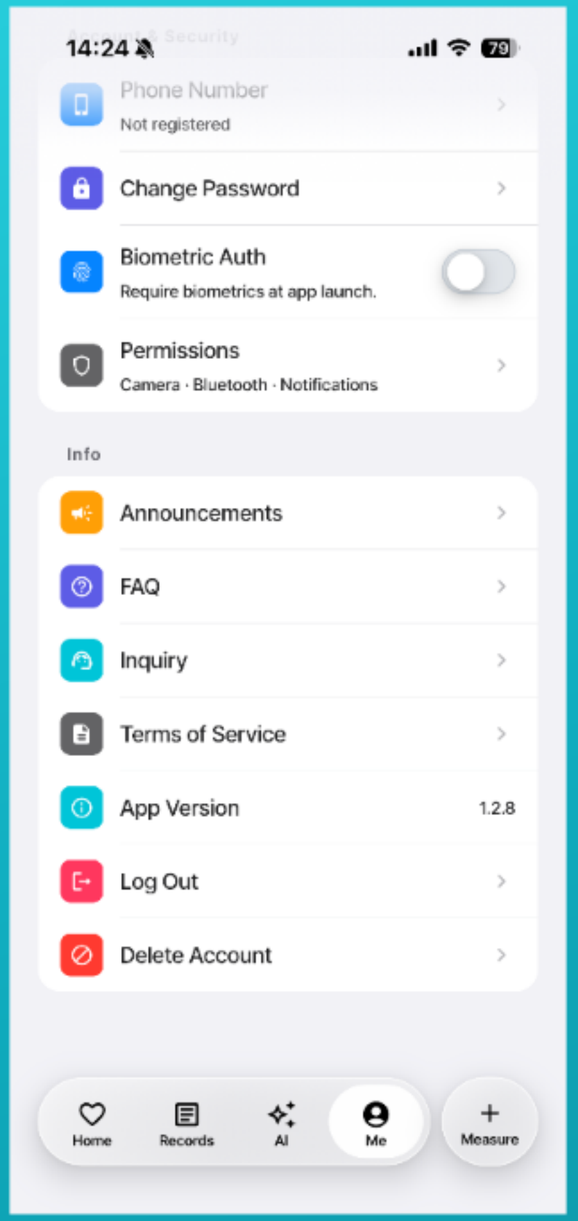
Notifications and AI

Open notification settings or choose an AI briefing trainer.

2

Display

Set language, measurement units, temperature units, Dark Mode, and Home Screen Layout.



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Me: Account and Information

1

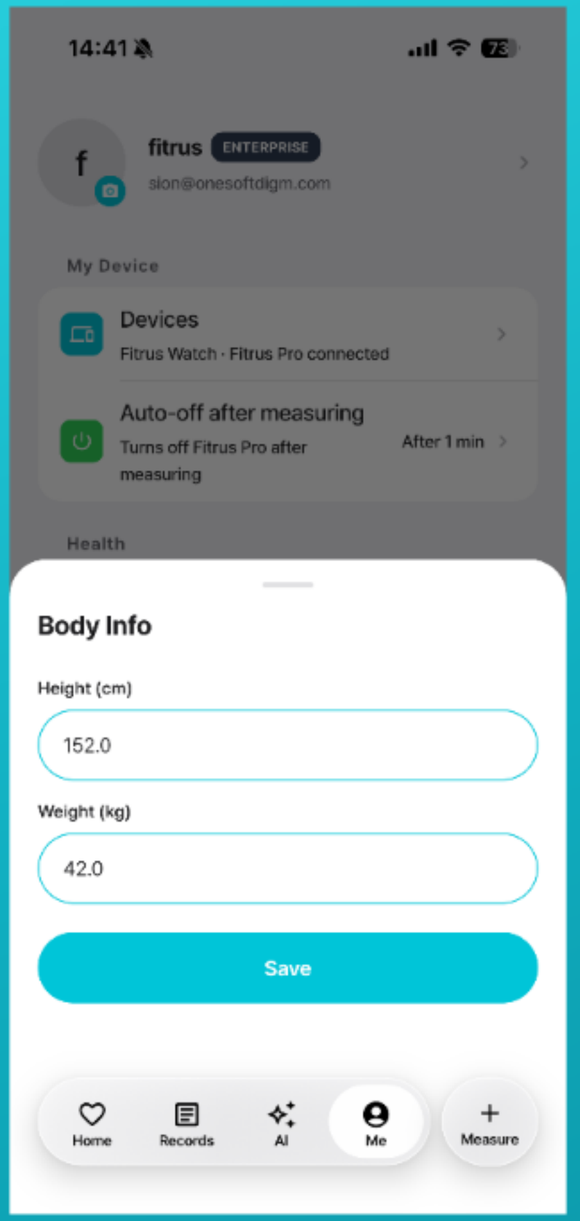
Account and Security

Manage your phone number, password, biometric authentication, and permissions.

2

Information and Account Actions

Access announcements, FAQ, inquiries, terms, version information, logout, and account deletion.



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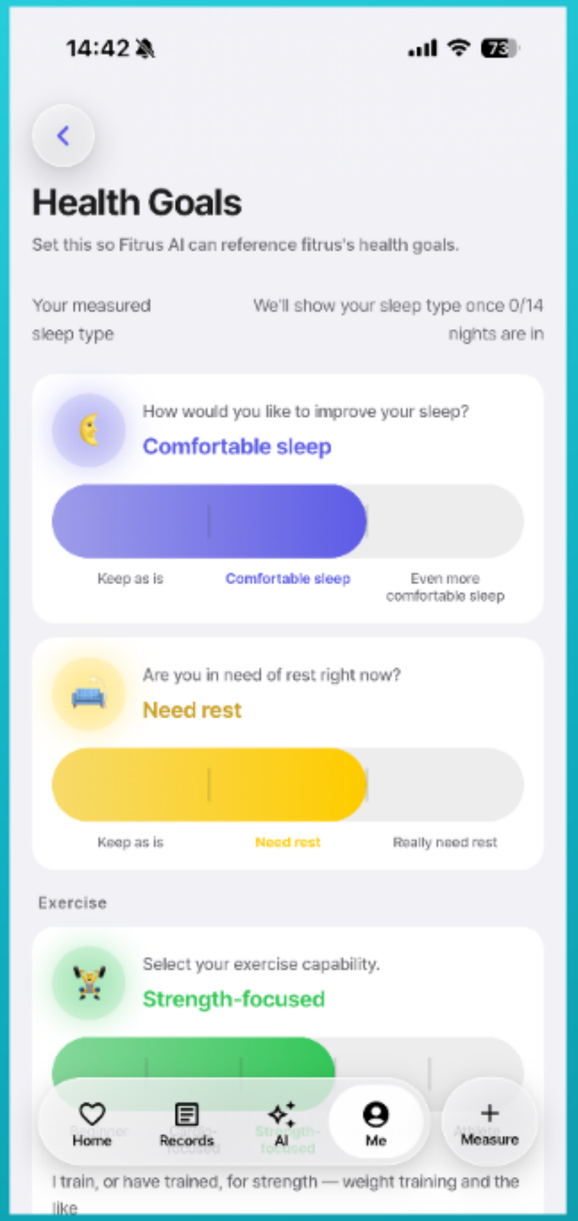
Body Information

1 **Height and Weight**

Edit your height and weight using the units shown.

2 **Save**

Check the values and tap [Save].



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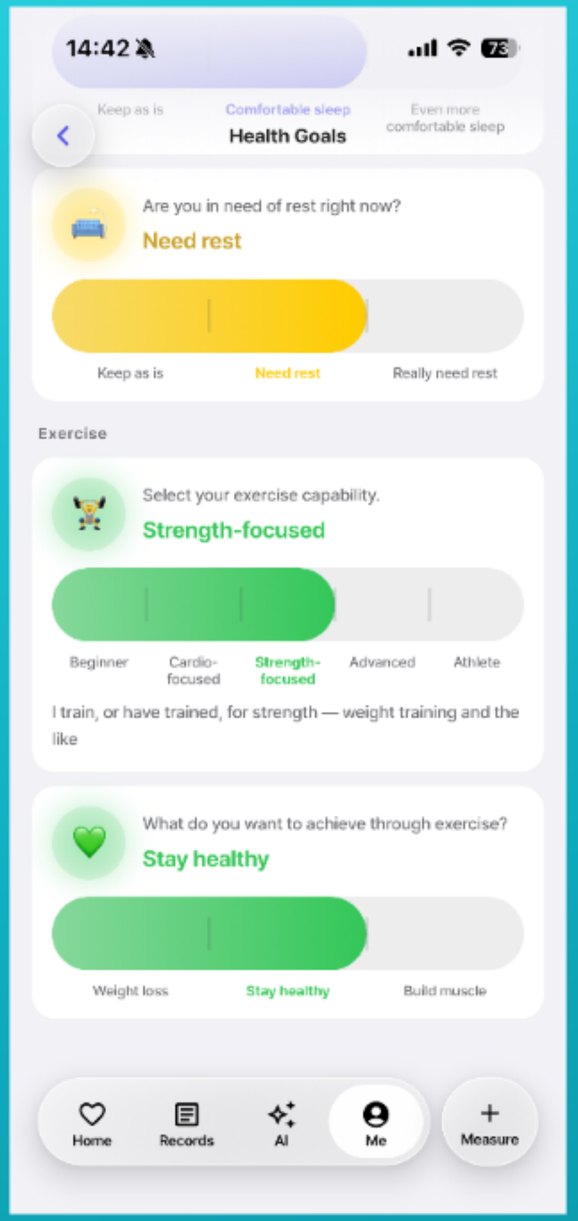
Sleep and Rest Goals

1 **Sleep Goal**

Select the sleep goal using the slider shown on screen.

2 **Rest Goal**

Choose the rest goal that best matches your current preference.



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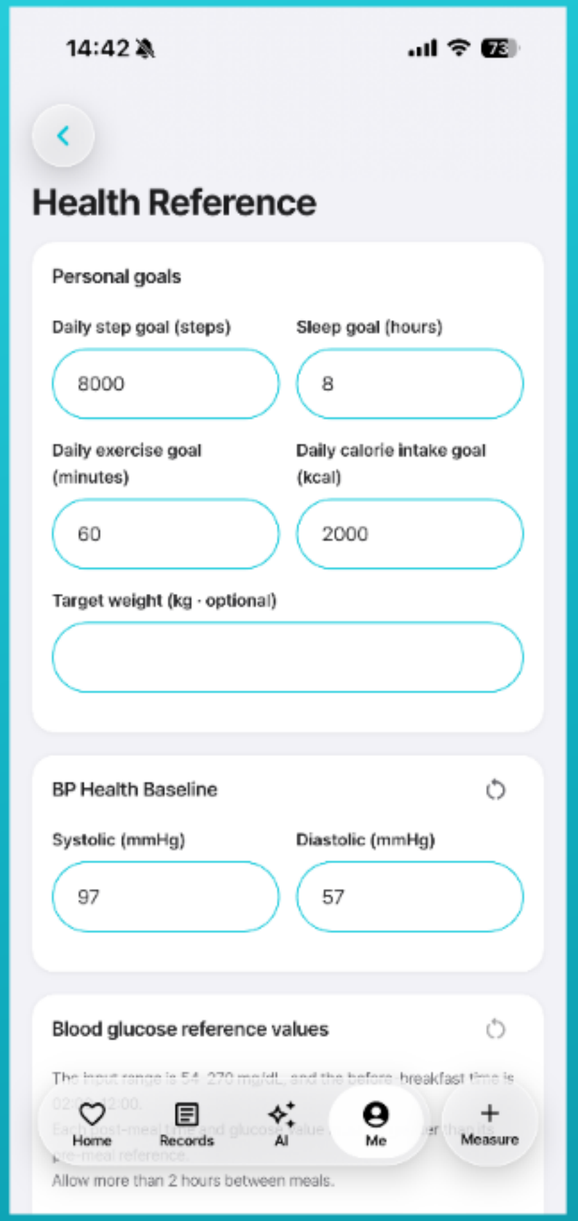
Exercise Goals

1 **Fitness Level**

Choose Beginner, Cardio-focused, Strength-focused, Advanced, or Athlete.

2 **Exercise Goal**

Select Weight loss, Stay healthy, or Build muscle.



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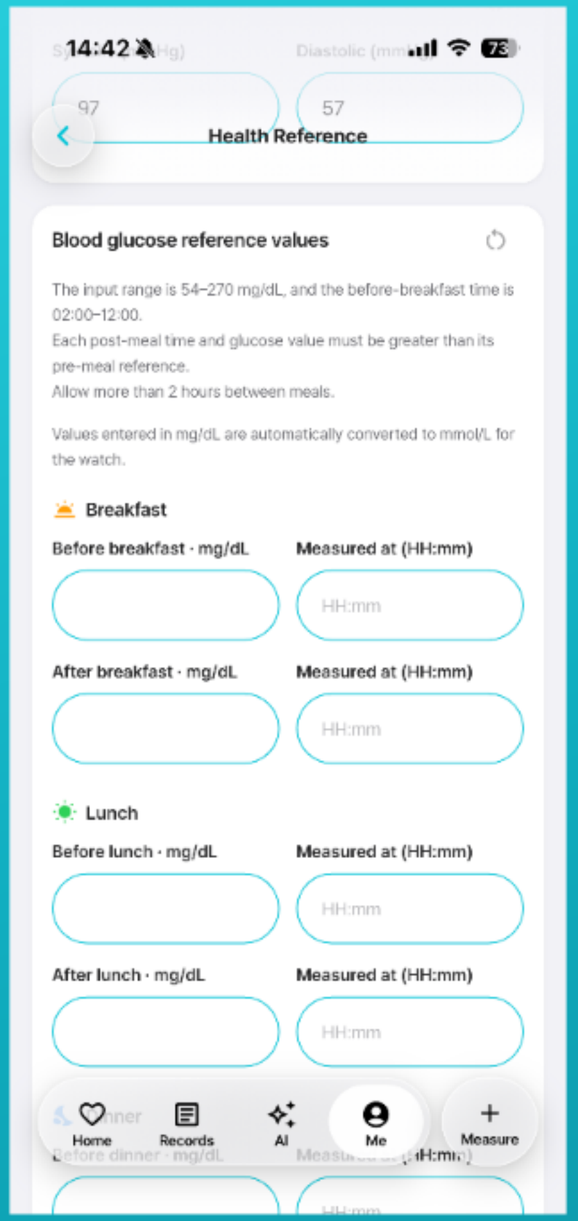
Health Reference Values

1 **Personal Goals**

Set daily steps, sleep hours, exercise minutes, calorie intake, and optional target weight.

2 **BP Baseline**

Enter the systolic and diastolic values in the BP Health Baseline section.



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Blood Glucose Reference

1

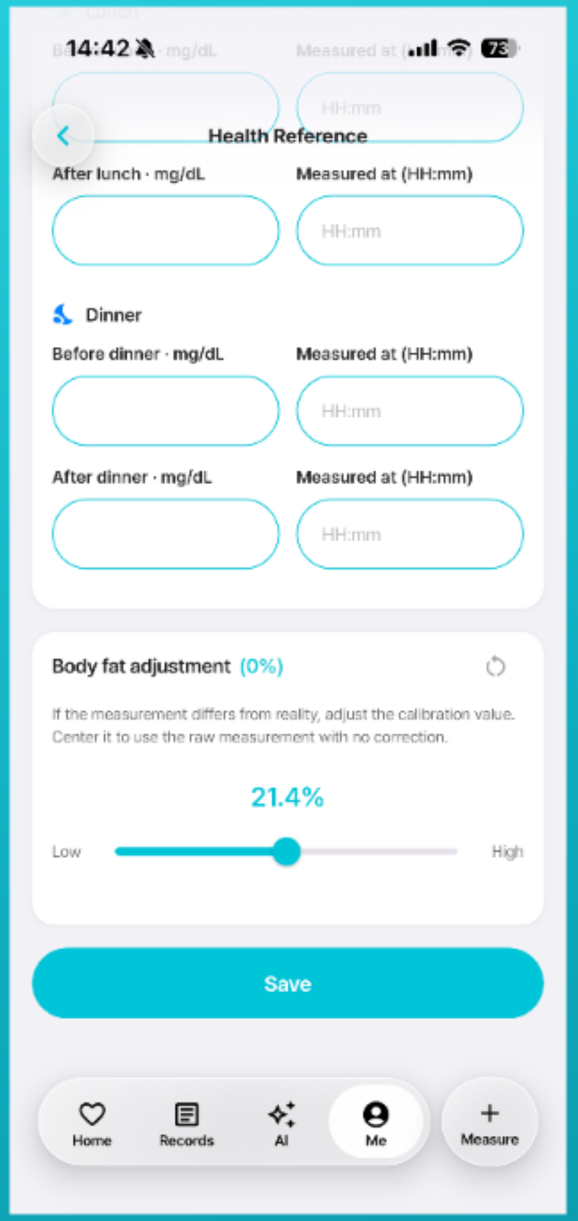
Meal Reference Values

Enter the before-meal and after-meal reference values for the applicable meals.

2

Measurement Times

Enter the corresponding times in the format requested on screen.



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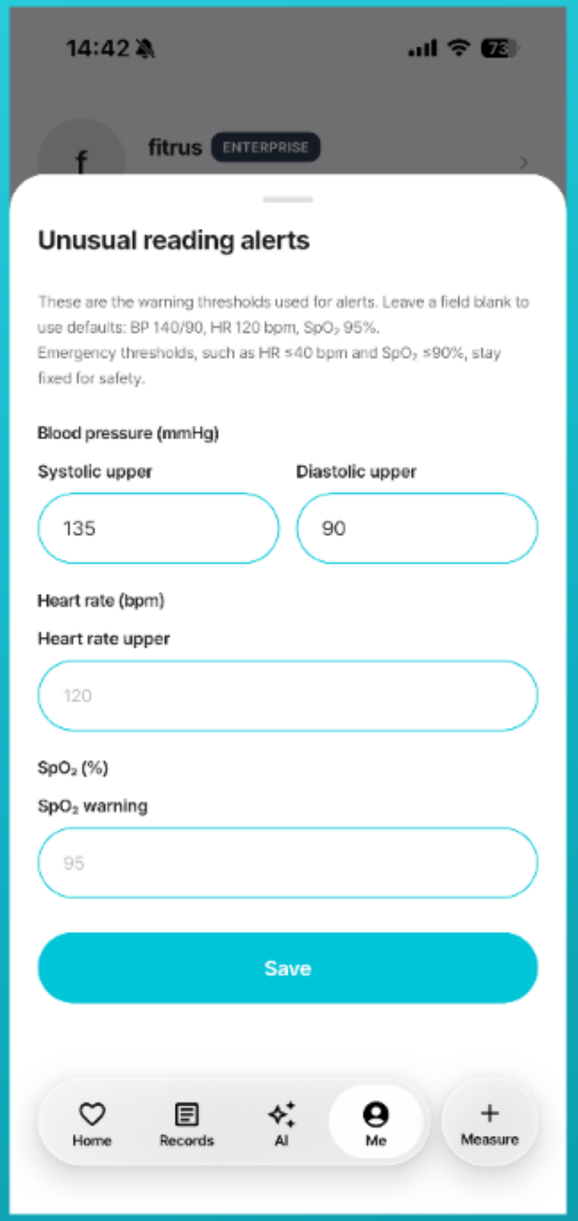
Body Fat Adjustment

1 **Adjustment**

Use the slider if you need to adjust the body fat value. The center position represents the raw measured value.

2 **Save Reference Values**

Review the settings and tap [Save].



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Unusual reading alerts

1 **Alert Thresholds**

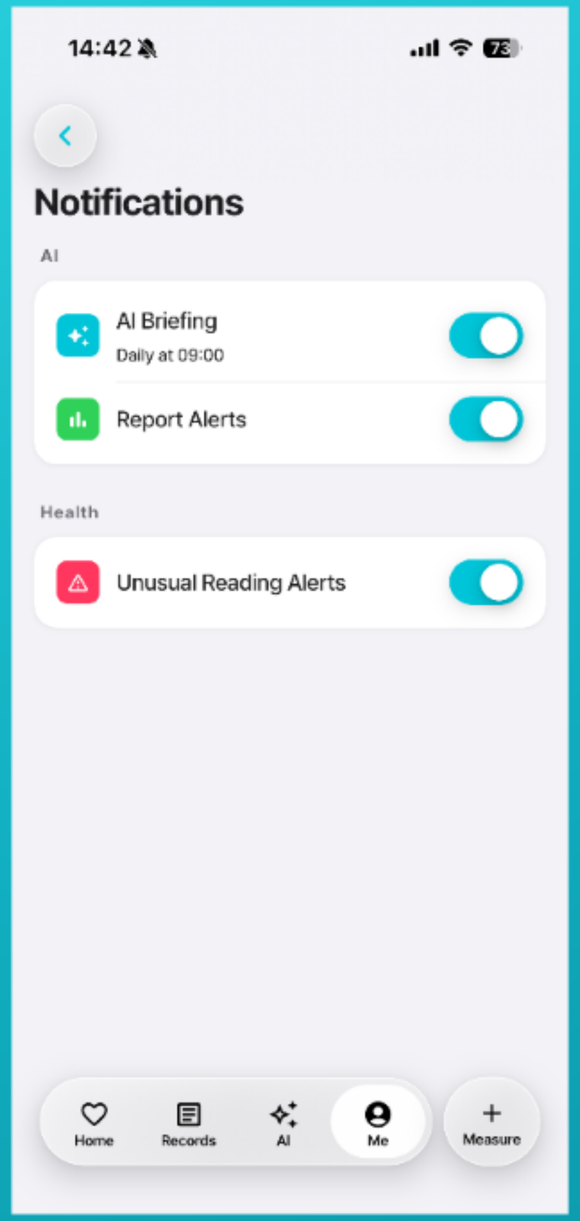
Set the blood pressure, heart rate, and SpO2 warning thresholds.

2 **Defaults and Fixed Limits**

If a field is left blank, the default value is used. Emergency thresholds are fixed and cannot be changed.

3 **Save**

Tap [Save] to store the thresholds.



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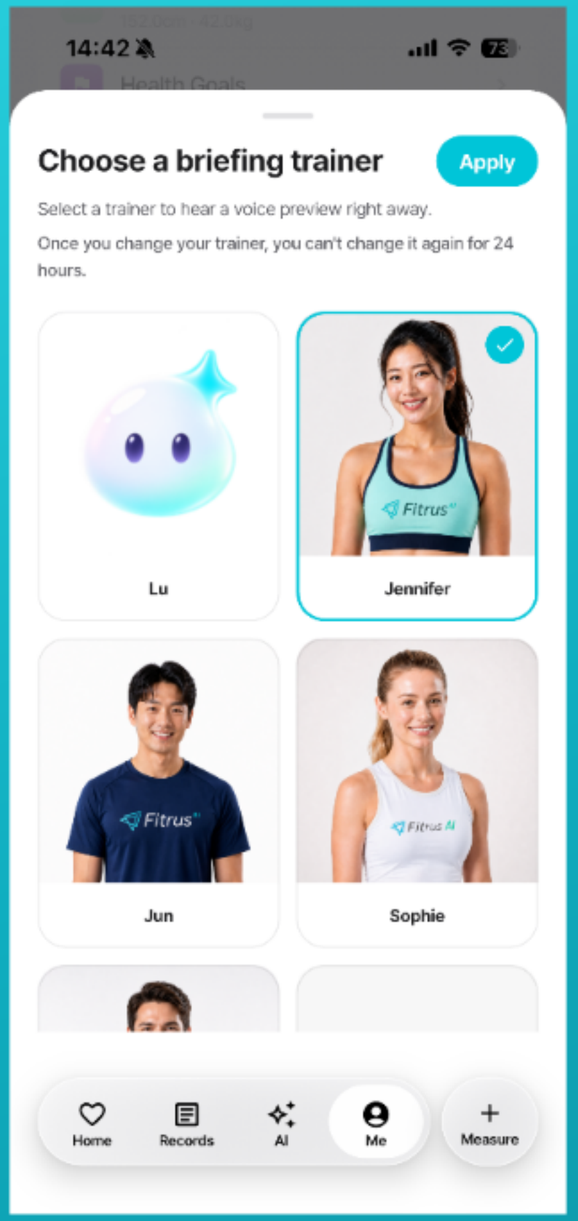
Notification Preferences

1 **AI Notifications**

Turn AI Briefing and Report Alerts on or off.

2 **Health Alerts**

Tap [Unusual Reading Alerts] to control health alert notifications.



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AI Briefing Trainer

1

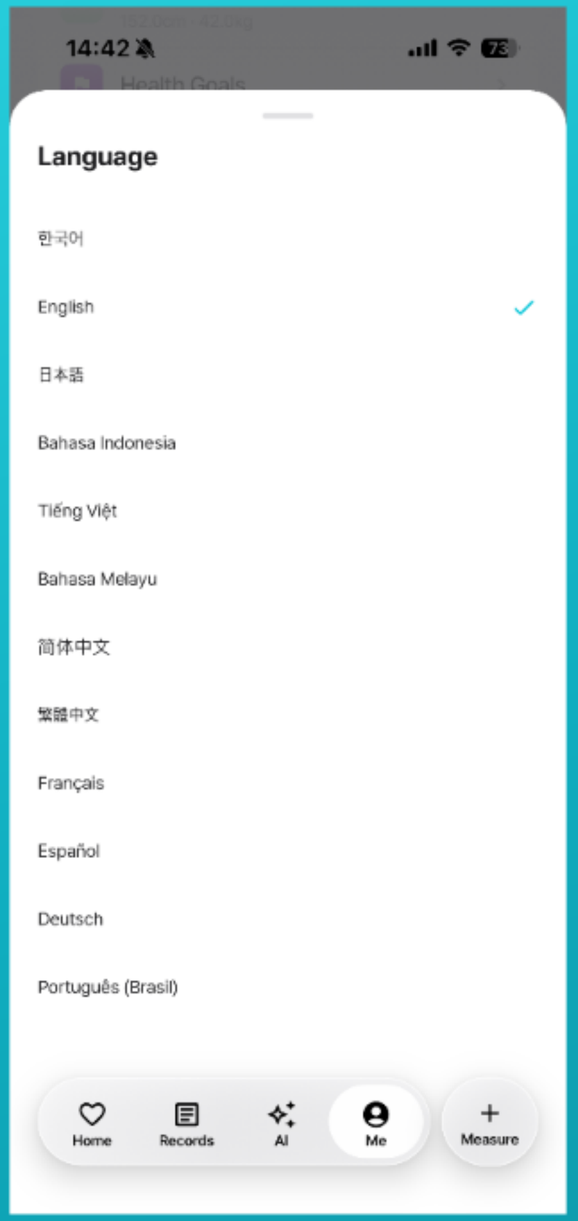
Choose a Trainer

Select a trainer to hear a voice preview.

2

Apply

Tap [Apply]. Once applied, you can't change the trainer again for 24 hours.



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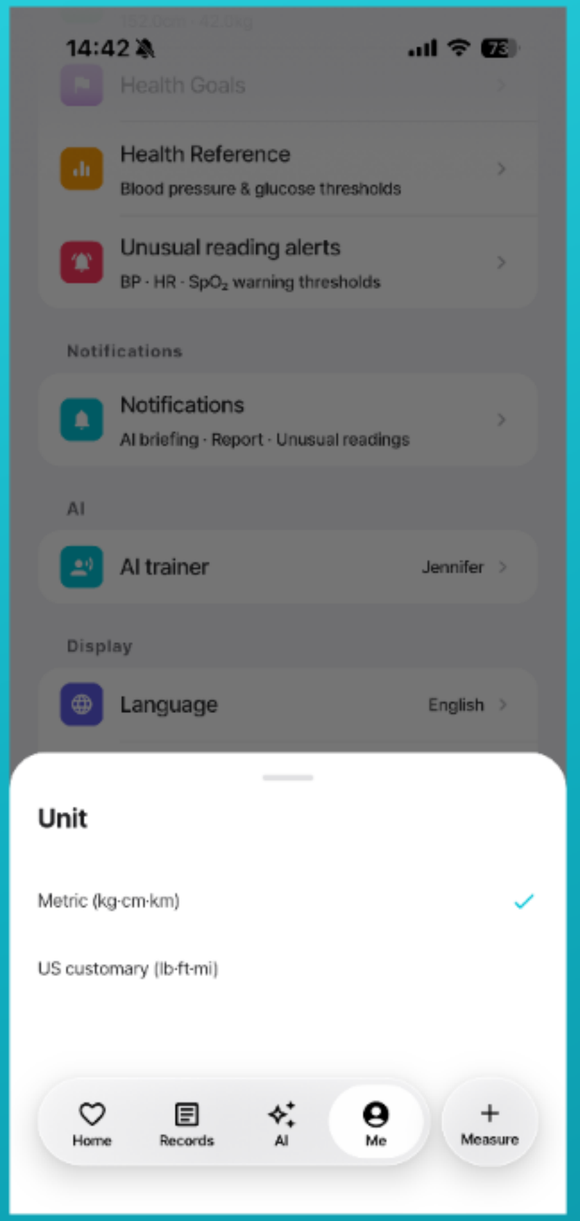
Language

1 **Available Languages**

Select a language from the displayed list, which includes English and additional languages.

2 **Selection**

A check mark identifies the current selection.



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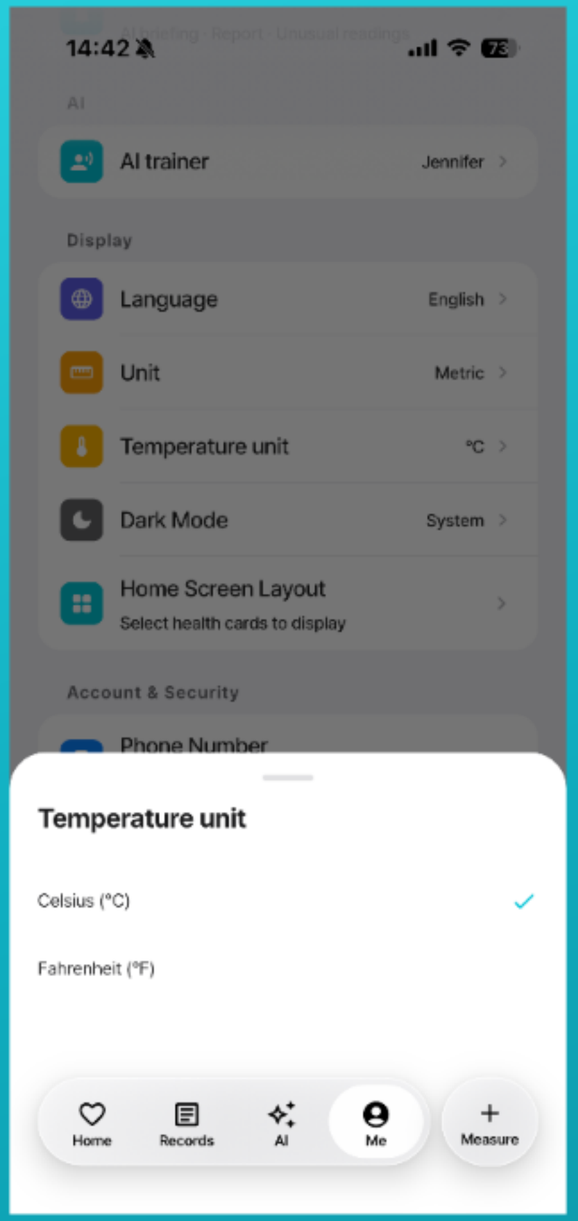
Measurement Units

1 **Unit System**

Choose Metric (kg-cm-km) or US customary (lb-ft-mi).

2 **Selection**

Check the selected unit system before reading or entering body information.



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Temperature Unit

1

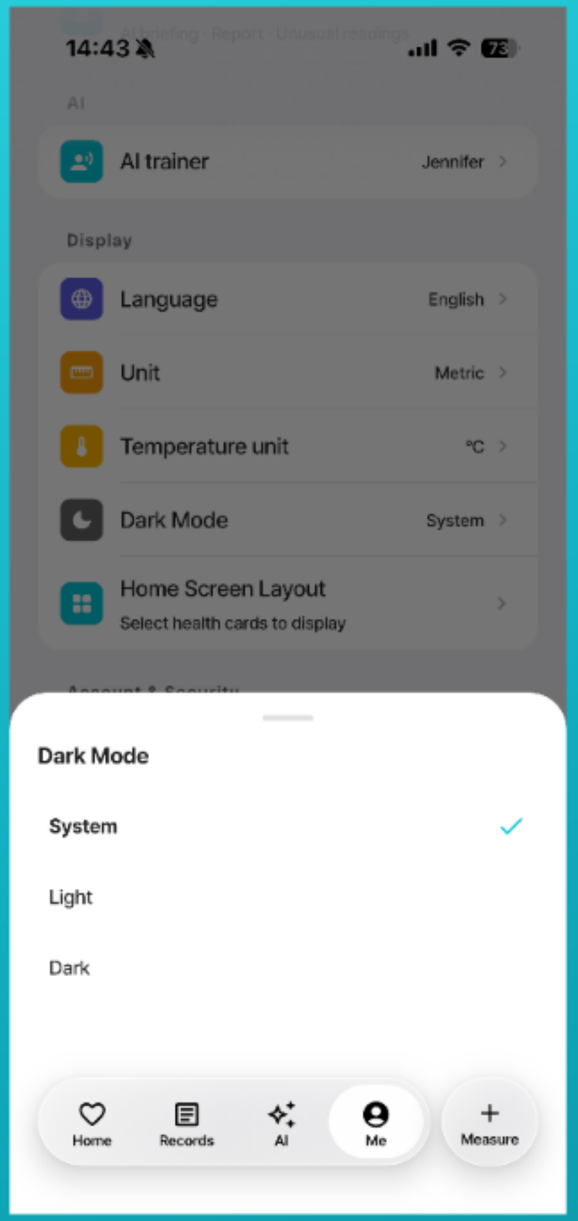
Temperature Scale

Choose Celsius or Fahrenheit.

2

Selection

A check mark identifies the selected temperature unit.



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Dark Mode

1

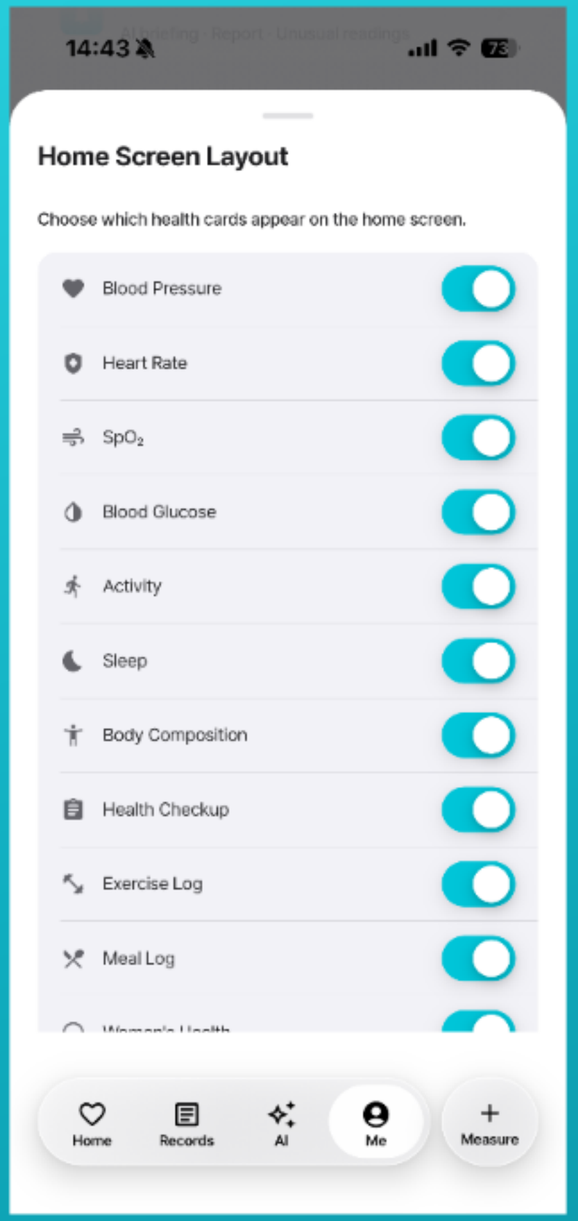
Display Mode

Select System, Light, or Dark.

2

System Option

Choose System to follow the device display setting.



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Home Screen Layout

1

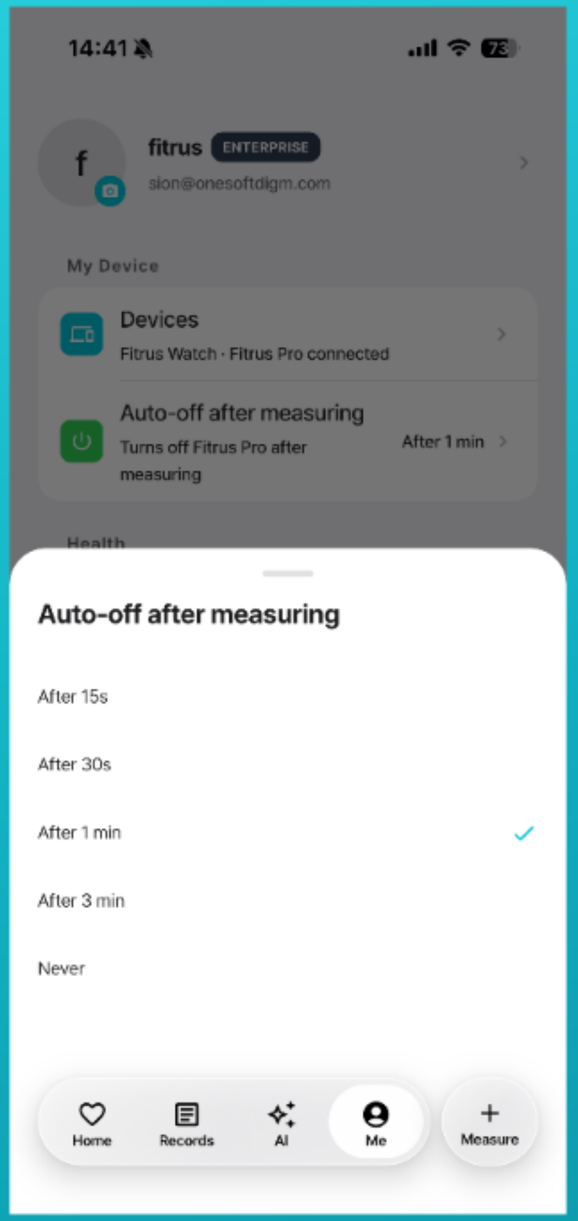
Card Visibility

Turn individual health category cards on or off.

2

Available Categories

Scroll the list to review the additional categories shown by the app.



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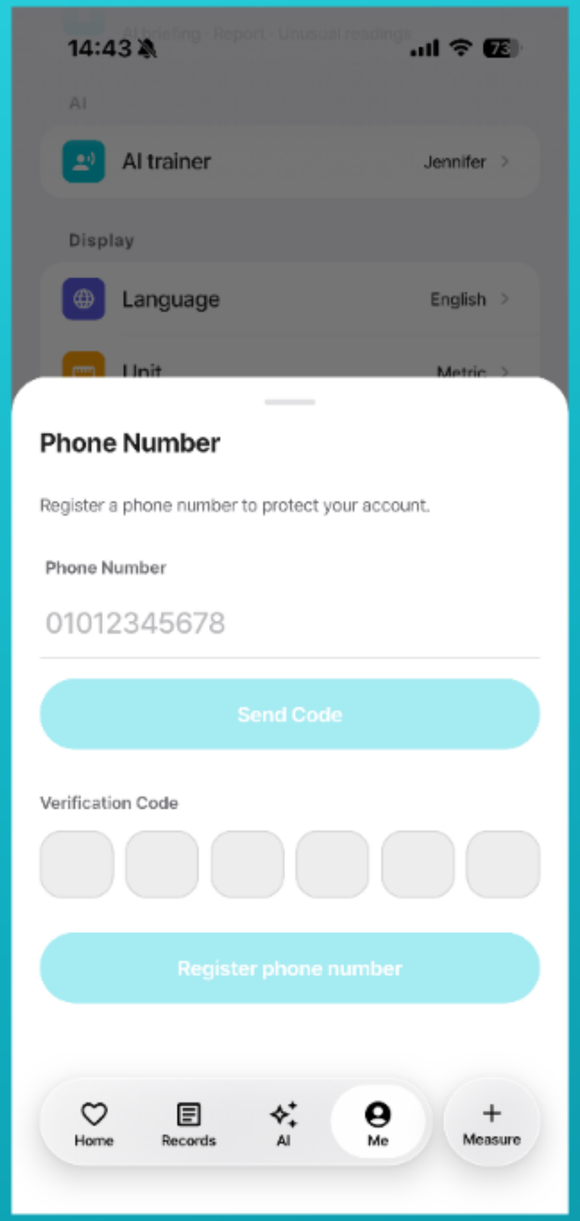
Pro Auto-off

1 **Device Power**

Select when Fitrus Pro turns off automatically after a measurement.

2 **Delay**

Select After 15s, After 30s, After 1 min, After 3 min, or Never.



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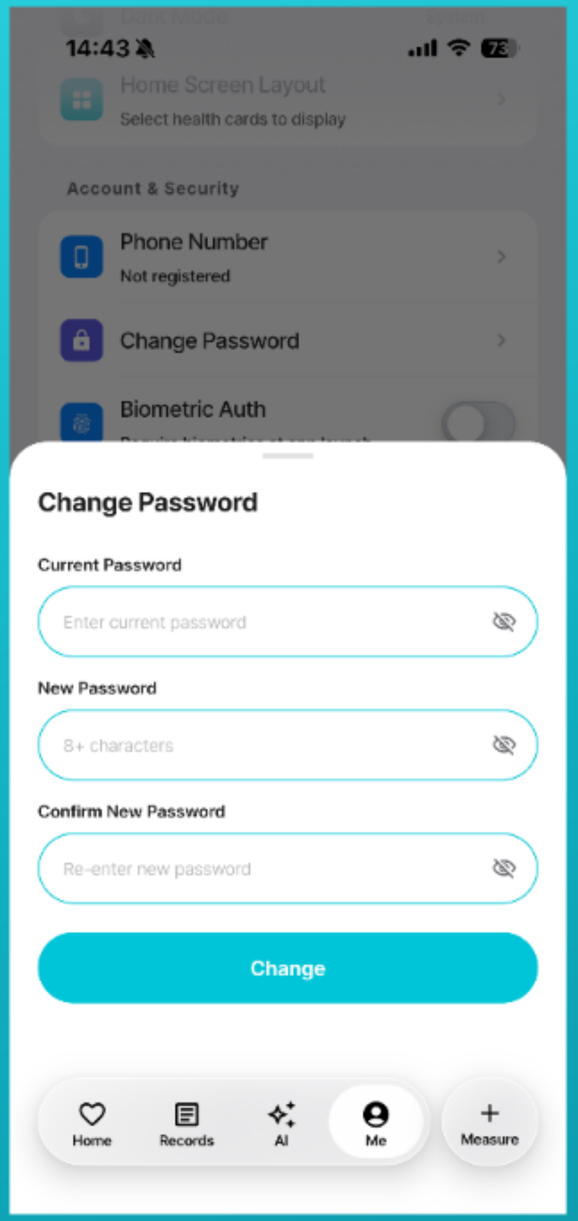
Phone Number

1 **Register a Number**

Enter your phone number and tap [Send Code].

2 **Verify**

Enter the received verification code, then tap [Register phone number].



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Change Password

1

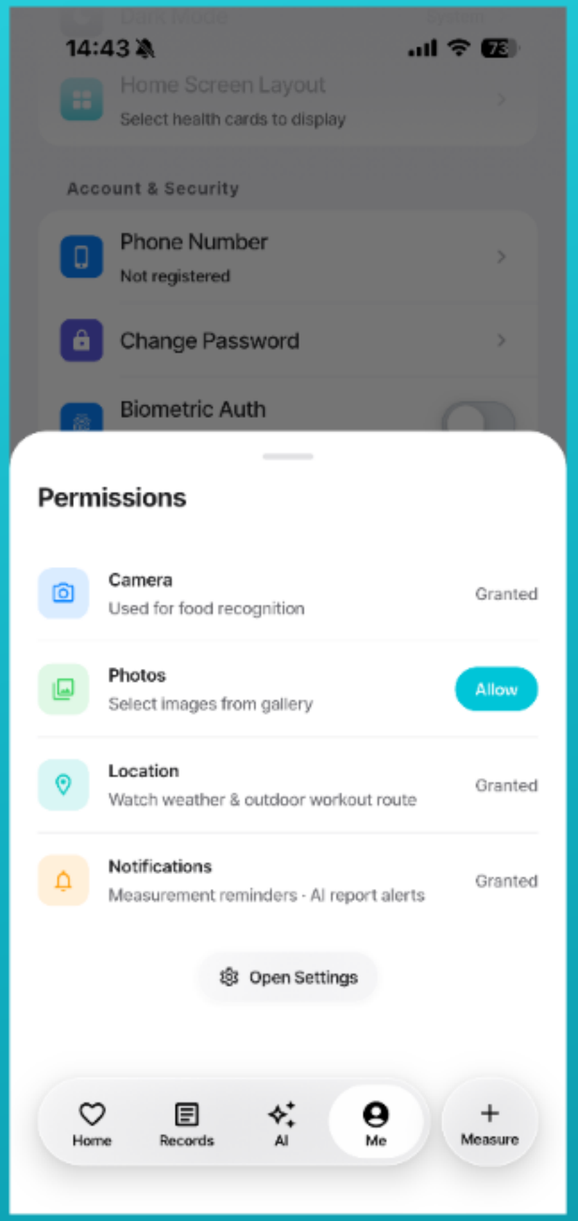
Current and New Passwords

Enter your current password, new password, and confirmation.

2

Apply Change

Follow the displayed requirements, then tap [Change].



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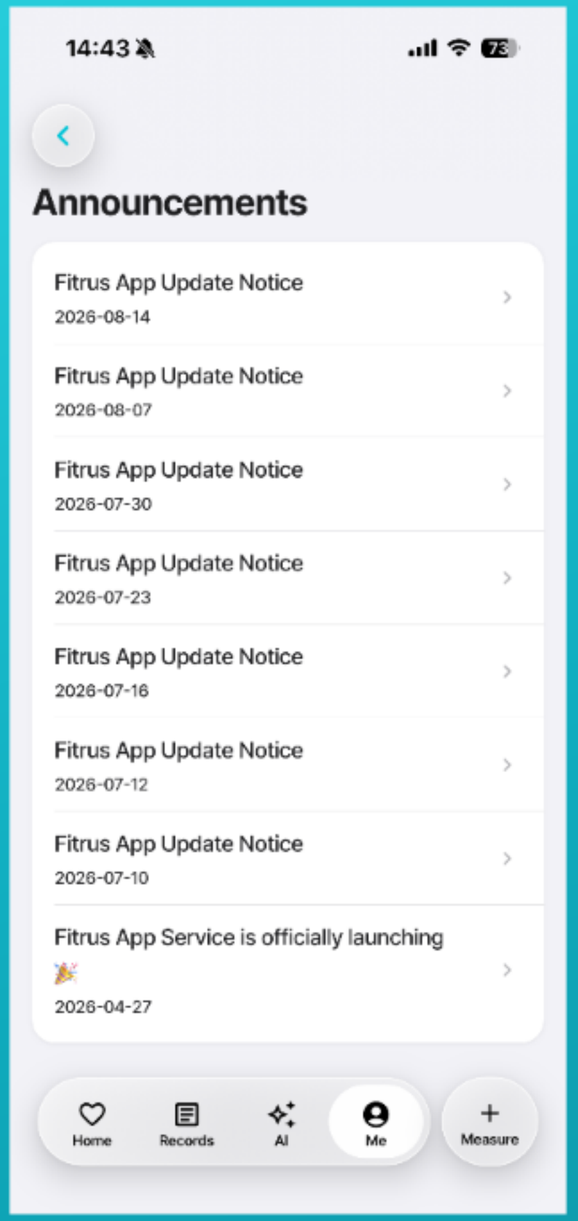
Permissions

1 Permission Status

Review the listed permissions, such as Camera, Photos, Location, and Notifications.

2 System Settings

Tap [Allow] or [Open Settings] when a permission needs to be enabled.



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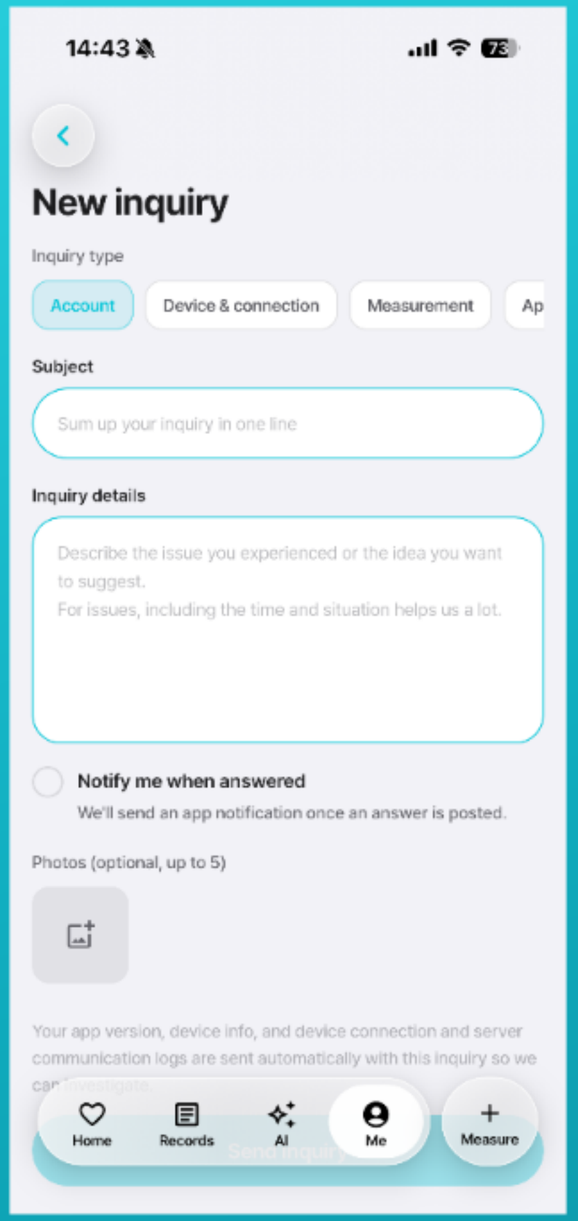
Announcements

1 **Notice List**

Review the listed app notices and publication dates.

2 **Open a Notice**

Tap an item to read the announcement.



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Send an Inquiry

1 **Inquiry Details**

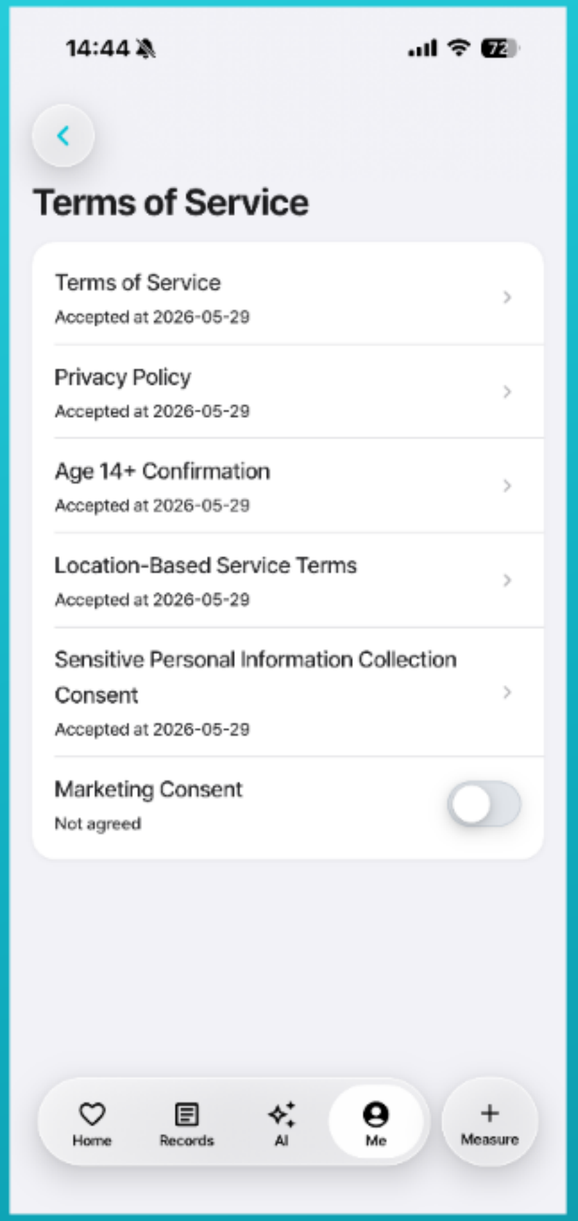
Choose a type and enter the subject and details.

2 **Attachments and Notifications**

You can attach photos and choose whether to receive a reply notification.

3 **Send**

Review your inquiry and tap [Send inquiry].



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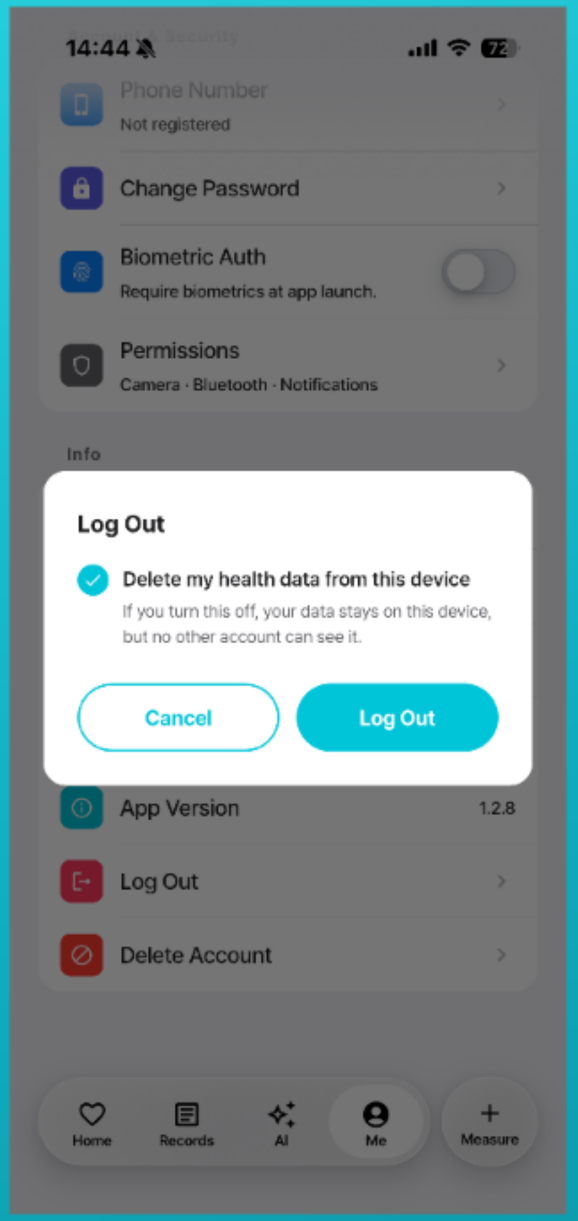
Terms of Service

1 **Agreements**

Review the terms and the dates you agreed to them.

2 **Marketing Consent**

Review or change your marketing consent using the separate control.



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Log Out

1

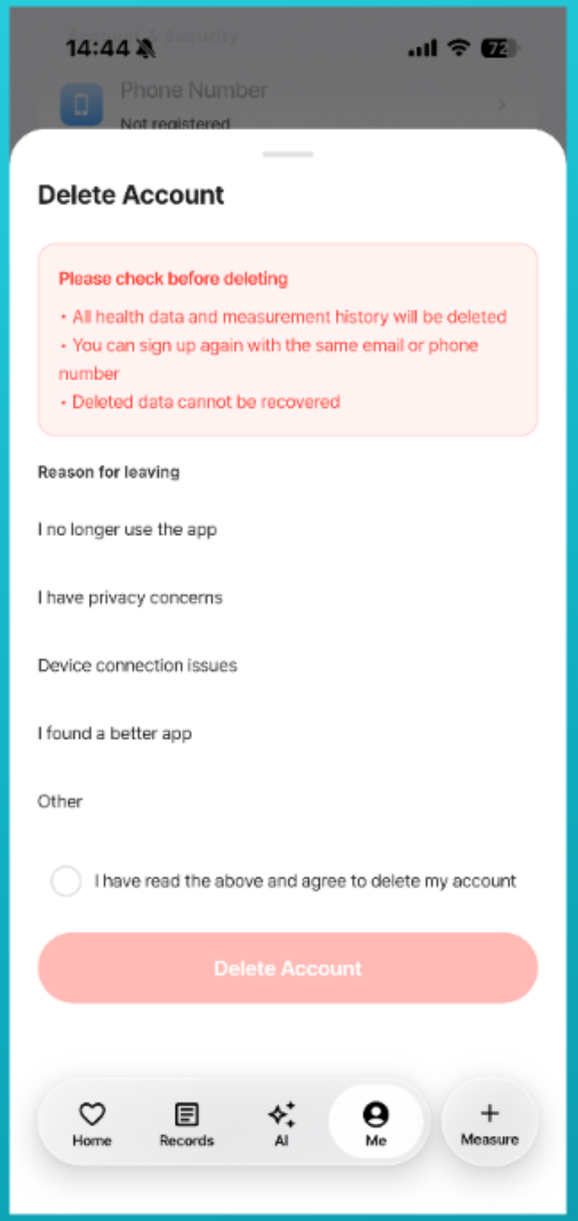
Local Health Data

Review the option to delete health data from this device when logging out.

2

Confirm or Cancel

Tap [Log Out] to continue or [Cancel] to stay signed in.



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Delete Account

1 **Deletion Notice**

Read the notice that health data and measurement history will be deleted and cannot be recovered.

2 **Reason and Agreement**

Choose a reason and select the agreement checkbox if you wish to proceed.

3 **Delete Account**

Tap [Delete Account] only if you are sure. This action cannot be undone.