Trex™

mōdus™

**Modus Trex™
Activity Monitor &
Docking Station
Quick Reference Guide**
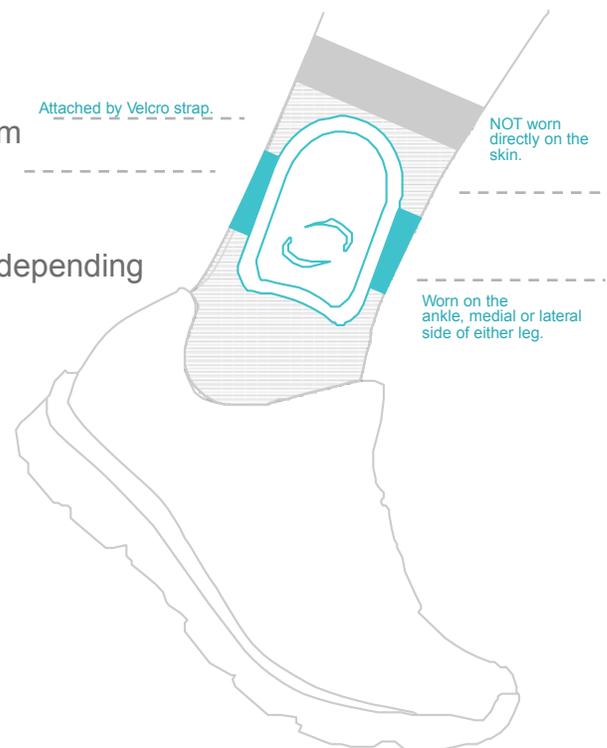
# GET STARTED

### with Modus Trex™

**mōdus**™

## WEAR AND CARE

The StepWatch™ activity monitor is a precision instrument. Please handle it with care.

- *The case is permanently sealed to prevent tampering.* It should not be opened. The StepWatch™ is water resistant but NOT waterproof. The dock is not water resistant or waterproof.

- *You may clean the monitor and dock with mild soap and water* or with 70% isopropyl alcohol. Do not use any other solvents or cleansers.

- *WARNING! Do not autoclave.* The StepWatch™ contains a battery that may explode at high temperatures.

- *Recommended operating temperatures*: 0° to 46°C / 32° to 115°F

- *The StepWatch™ is warrantied* against manufacturing defects for two years from the date of sale.

- *Anticipated battery life is up to 7 years* depending on use.

Attached by Velcro strap.

NOT worn directly on the skin.

Worn on the ankle, medial or lateral side of either leg.

# CONNECTING THE DOCK

Follow the instructions to install the StepWatch™ software.  DO NOT connect the dock until AFTER the software has been downloaded.  Once the program is running, you may wish to review the Preferences from either the "StepWatch" menu (OS X) or "Tools" menu (Windows). Consult the User Manual for more details.
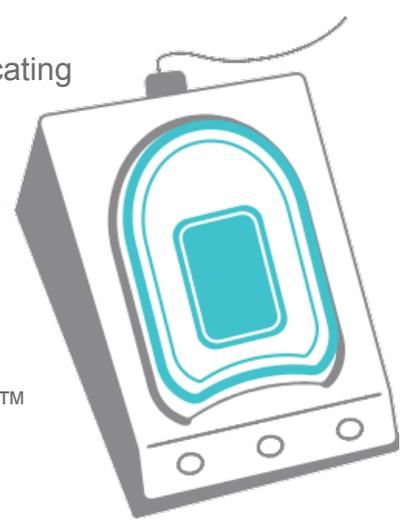
## CONNECTING THE DOCK

Connect the dock to your computer AFTER downloading the software, but BEFORE launching the software. The Modus Trex™ software should NOT be running when you plug in or unplug the dock

- BLUE LIGHT: Dock is plugged in, but not communicating with the software. If only the BLUE LIGHT is on, try selecting the communications port labeled "StepWatch Dock" in the software preferences on the Communications tab.

- RED LIGHT: StepWatch™ is busy, DO NOT REMOVE the StepWatch™.

- GREEN LIGHT: Dock is connected but StepWatch™ monitor can be safely removed.

## PLACE THE MONITOR ON THE DOC

Place the monitor face down into the depression on the dock. You do not need to remove the strap.

# GENERATE YOUR ACTIVITY REPORT

Your prosthetist or clinician initially starts your StepWatch™. After collecting at least 5 days of activity with StepWatch™, you may generate an activity report. We recommend generating a report each month.

1. Connect the cable to your dock and to the USB port of your computer
2. Open the Modus Trex™ program
3. Place the StepWatch™ face down into the dock (**Figure 1**)
4. Click the "View Report and Restart StepWatch" option (**Figure 2)**
5. To Save, click the "View Report and Restart StepWatch" option (**Figure 1**)
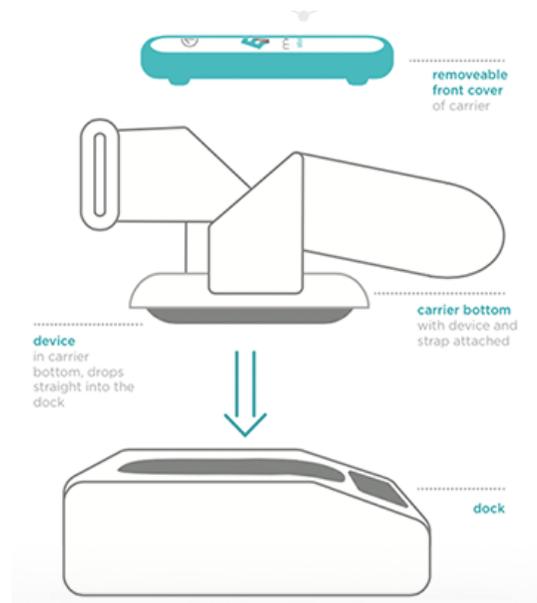6. To Print, click "Print" on report



removeable front cover of carrier

carrier bottom with device and strap attached

device in carrier bottom, drops straight into the dock

dock

Figure 1



**VIEW REPORT AND RESTART STEPWATCH™**

For patients and wearers of the StepWatch™. Reads the most recent data session, displays the **Trex™** report, and re-programs the StepWatch™. Minimum of five days recorded is required.

**STEPWATCH™ PROVIDER OPTIONS**

For initial programming of the StepWatch™ by a provider or making programming changes as needed. Manually read the StepWatch™ and display the **Trex™** report.
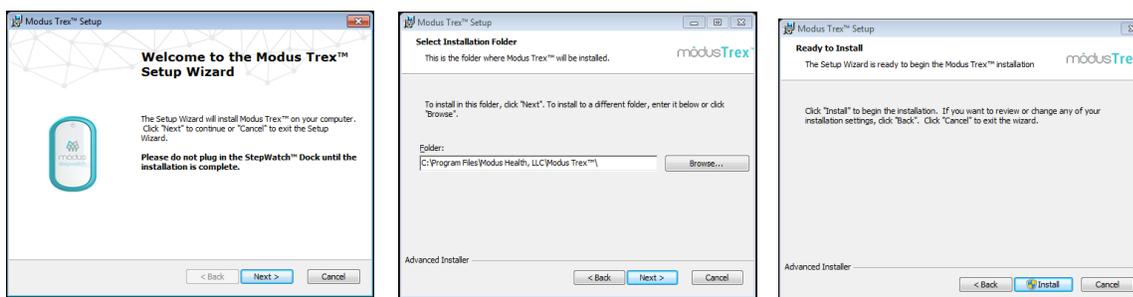
Figure 2

# DOCK & SOFTWARE INSTALLATION

Windows XP SP3, Windows Vista, Windows 7, Windows

Read the instructions for your operating system completely before using Modus Trex™. **Do not plug in the StepWatch™ dock until noted in the following instructions.**
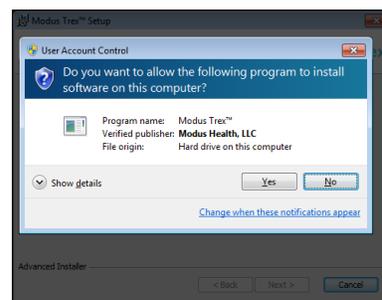
**Attention:** To download Modus Trex Software, please go to: www.modushealth.com/trexsupport and choose the PC version.

Windows XP SP3 **must** be connected to the Internet to install Modus Trex™.

1. Double-click the **Modus Trex Installer.exe** from the download website www.modushealth.com/trexsupport.

2. Click "Next" on the following three screens, adjusting the install location if desired:



3. Windows Vista+: If prompted by User Account Control to install the software, choose "**Yes**":



Windows XP SP3: If prompted by Software Installation that the software has not passed Windows Logo testing, choose "**Continue Anyway**" -- this may appear twice:



4. Click "Finish" on the final installation screen. Modus Trex™ is now installed. **At this time, you may plug in the StepWatch™ dock.** Wait 30 seconds for the StepWatch™ dock to be detected (the **blue** light will stop blinking and turn steady). You are now ready to launch Modus Trex™ -- a shortcut has been created in the Windows Start menu and on your desktop.

**Attention: Never plug in or unplug the dock while the Modus Trex™ software is running.** Always close the software before plugging in or unplugging the dock.

# DOCK & SOFTWARE INSTALLATION

Apple OS X
Read the instructions for your operating system completely before using Modus Trex™. **Do not plug in the StepWatch™ dock until noted in the following instructions.**

**Attention:** To download Modus Trex Software, please go to: www.modushealth.com/trexsupport and choose the Apple version.

1. An OS X driver package has been provided with the Modus Trex™ 3.4 software. "StepWatchDockDriver_OSX_Intel_2218.zip". Double-click this file to extract the driver installation software "StepWatchDockDriver_OSX_Intel_2218.mpkg" into the same directory.

2. Double-click the driver installation software "StepWatchDockDriver_OSX_Intel_2218.mpkg" to run the installation. Follow the installation routine until the driver has been installed.

3. **Restart your computer.**

4. Using the enclosed USB cable, plug the dock into a USB port on the computer. The **blue** light on the dock will illuminate and then stop blinking and turn steady when correctly detected by the computer.

## *Running the Modus Trex™ Software*

The Modus Trex™ software is a "standalone application package." Like all OS X apps, it will run in any directory on the computer once downloaded from the www.modushealth.com/trexsupport website. You are encouraged to copy the ModusTrex.app package from the website or from the location where you've downloaded it into the Applications directory on your computer. This is standard convention to "install" apps on OS X.

1. Start the software by double clicking on ModusTrex.app.

   **Note:** On some computers, you may receive a warning about running an app from an unidentified developer. If you receive this warning, click "OK" to close the warning. Then, *right-click* on ModusTrex.app and left-click on "Open" (as opposed to double clicking on the icon to open it). This will present a similar warning notifying you that the app is not from an identified developer, but unlike the standard warning there is now an "Open" button that will allow you to launch the app. OS X should remember this approval going forward.

**Attention: Never plug in or unplug the dock while the Modus Trex™ software is running.** Always close the software before plugging in or unplugging the dock.

# TROUBLESHOOTING

For more detailed instructions, please refer to the User Guide.

If you have any questions, please contact your clinician.