

PROTEQT

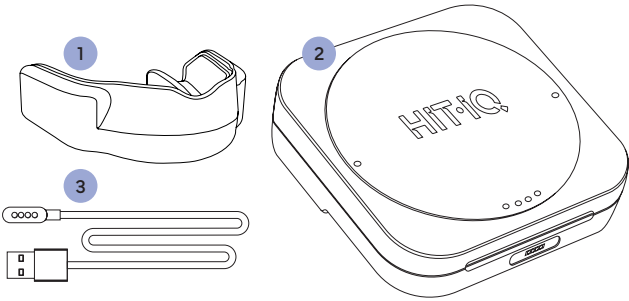
Quick Start Guide

Congratulations on purchasing your HIT IQ PROTEQT Mouthguard.

Welcome to our innovative concussion management ecosystem! Here are a few tips to get you started – let’s play with confidence!

WHAT’S IN THE BOX

- 1 HIT IQ PROTEQT Mouthguard
- 2 HIT IQ PROTEQT Charge Case
- 3 USB-A to Magnetic Connector Charging Cable – and a Power Supply, not shown



ACCOUNT SET UP

Download the HIT IQ PROTEQT App



Download the HIT IQ PROTEQT App by scanning the QR code and selecting your device (or Android).



You will need to register your PROTEQT Mouthguard with the PROTEQT App by setting up an account and creating a player profile. Proceed with the following steps:

How to create a PROTEQT Account

1. **Note:** HIT IQ PROTEQT account holders must be 16 years or older, or have parent/guardian permission.
2. Download & open the HIT IQ PROTEQT App.

3. Review and accept the terms and conditions.
4. Select **Sign In with HIT IQ** to proceed.
5. Tap **Sign Up** and enter your email, name, and create a secure password.

How to create a PROTEQT Player Profile

1. On the home screen, select **“Add New Player.”**
2. Enter the player/mouthguard user details.
3. Follow the onboarding steps for helpful tips on using your PROTEQT product.
4. To register your Mouthguard, locate the unique serial number inside the device and enter it into the app.
5. With your PROTEQT Mouthguard switched on and nearby, select **“Register.”**
6. Your 12 month subscription **begins when your mouthguard is registered.**

USING YOUR MOUTHGUARD

Charge Case

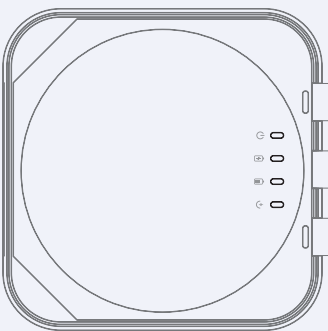
Turning On & Charging

1. **To turn on:** Place the HIT IQ PROTEQT Mouthguard upright in the HIT IQ PROTEQT Charge Case and power it on.
2. **Charging:** The mouthguard will charge wirelessly when placed correctly in the case.

Operating the Charge Case

1. **Power On:** Press the power button on the base of the case to activate the charger.
2. **Charging Duration:** The charger will operate for 90 minutes and will automatically turn off after this period. The Charge Case holds 4 full charges for the Mouthguard before it needs to be re-charged.

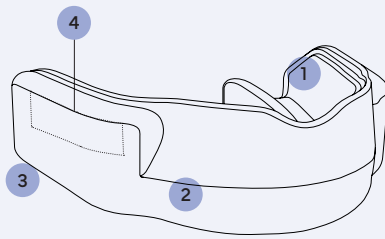
PROTEQT Charge Case LED Indicators



- **Power On:** Indicates the charge case is powered on.
- **Charging Status:** Shows the current charging status of the charge case.
- **Battery Level:** Displays the battery level of the charge case (red=low, orange= mid range, Green= charged)
- **Mouthguard Charging:** Indicates when the HIT IQ PROTEQT Mouthguard is charging.

Mouthguard

PROTEQT Mouthguard Features



- 1 **Battery:** Long-lasting power for reliable use.
- 2 **LED Status Indicator:** Shows the charging and power status.
- 3 **Wireless Charging Spot:** Convenient, cable-free charging.
- 4 **Unique Serial Number:** Located inside the mouthguard for easy registration.

PROTEQT Mouthguard: LEDs Explained

The PROTEQT Mouthguard uses coloured LEDs to indicate its status. The key below explains the meaning of each color and its sequence.

Name	LED Indicator Sequence
Startup	● ● ● ● ● ●
Charging	● ●
Charged	●
Connected	● ● ●
Bluetooth	● ● ●
Low Battery	●
Fault SOS	● ● ● ● ●

For more details refer to the PROTEQT user guide found at hitiq.com/support.

EASY FIT YOUR PROTEQT MOUTHGUARD

What you need

- HIT IQ PROTEQT Mouthguard
- 250ml boiling water
- Spatula
- Stopwatch or timer
- Heatproof container (e.g. Pyrex jug or measuring cup)

Important Notes

- If you have a sensitive gag reflex, trimming the inside back of the mouthguard after your first fitting attempt may improve comfort.
- Only trim the mouthguard after heating. Avoid damaging the electronics – this will void your warranty. Refer to the Easy Fit video for correct trimming zones.
- Do not bite down hard during fitting. A soft bite with your back teeth ensures a tighter fit.

Step-by-Step Instructions

1. **Boil the kettle** (ensure water reaches 100°C).
2. Place the mouthguard in your heatproof container.
3. **Start the timer, then pour 250ml of boiling water over the mouthguard.** Fill the container within 5 seconds.
4. Let the guard sit in hot water for **20–30 seconds max.**
5. Remove using the spatula and immediately place the mouthguard in your mouth. **Do not bite down too firmly, especially on**

the back of the guard. Take caution with hot water. Follow the cue: **“Bite soft, suck hard”** for 30 seconds.

6. Use your tongue to press the underside of the guard to your mouth.
7. Use your fingers to shape and smooth the front and sides while it’s warm.
8. Remove and return the guard to the same hot water for **10 seconds.**
9. As the guard has heated and softened, trimming can be applied to the guard now. **Be careful of the electronics.**
10. Remove again with the spatula.
11. Place the guard back in your mouth and suck hard for **30 seconds.** Do **not** bite down too firmly.
12. You may repeat steps 2–9 up to three times for best fit.
13. Let the guard cool at room temperature for 15 minutes. This will help stiffen the guard up and improve your fit.

Key Reminders for Athletes

- Shake off excess hot water before inserting in mouth.
- **Do not** bite hard – it can flatten the back of the guard and cause a loose fit.
- Suck hard – like drawing juice from an orange.
- Never leave the guard in boiling water for more than 30 seconds – it will damage the material.

DURING PLAY

1: Detect

Detect head impact severity with IMPACT IQ surveillance technology

Recording a Session

1. Turn on your PROTEQT mouthguard using the **power button** on the base of the PROTEQT charge case.
2. In the app, select the **Player Profile** you wish to use by tapping the icon in the top-right corner.
3. Navigate to the **“Record”** screen on the menu at the bottom.

1. Battery level is displayed in the record screen, prior to starting a session. **Ensure it is charged before starting a session.**

Post Session

1. In the app, select **“Stop Recording”** from the Record tab.
2. With your PROTEQT mouthguard turned on, Bluetooth enabled, and your device and mouthguard nearby, the data will automatically offload, to your device.

3. Follow the **on-screen prompts** to complete the download.
4. Once the data is available, it will appear in the **Sessions** tab of the app.

Reviewing Data - Damage Severity Index (DSI)

1. Review any detected large impacts by checking the **Damage Severity Index (DSI).**
2. If significant impacts are recorded, the DSI will alert you to their severity.

Damage Severity Index (DSI) & Symptom Assessment

DSI Overview: The Damage Severity Index (DSI) measures the severity of impacts using advanced data from your PROTEQT Mouthguard. It provides a score between 0-100 based on the severity of the impact, comparing it to data from various sports.

- If the **DSI score is 75** or higher, an alert will trigger in the PROTEQT App. This means the player should complete an in-app symptom assessment.

2: Assess.

Assess symptoms immediately using the guided in-app sideline evaluations.

PROTEQT Symptom Assessment: When the DSI alert appears, the next step is the Symptom Assessment. This assessment utilises principals from the SCAT6 Concussion Assessment Tool. (Sport Concussion Assessment Tool, 6th edition). This is a widely used and trusted method for understanding symptoms of potential head injuries.

The symptom assessment begins with a screening for severe symptoms. If any severe symptoms are flagged, you will be advised to seek medical attention immediately. If no severe symptoms are detected, the player will proceed to rate 22 common symptoms (e.g., headache, dizziness, nausea) on a scale from 0 (no symptom) to 6 (severe symptom).

3: Manage.

Manage risk and rehabilitation through ConneQt Concussion Support (see opposite side of page)

What’s Next

If you’ve returned an abnormal result in HIT IQ PROTEQT Symptom Assessment, inline with current guidelines, **we recommend seeking medical assistance within 72 hours of the incident**, preferably as soon as possible.

For more details refer to the PROTEQT user guide found at hitiq.com/support



WHAT IS CONNEQT?



ConneQt is an integrated platform, designed for sports-related concussion management.

It provides the support you need to manage concussion care safely and efficiently, allowing caregivers and players to:

- **Log incident reports**
- **Connect with concussion-trained medical professionals** through Telehealth services
- **Access concussion-related information** and educational tools.



HIT·IQ

PROTEQT

Regulatory Information

	PROTEQT Mouthguard The mouthguard has multiple labels and markings. The labels indicate HIT IQ Ltd as the manufacturer, the relevant Model Number and Serial Number for the device. All other labels are shown in this document.	PROTEQT Charge Case This device complies with part 18 of the FCC Rules. FCC-ID: 2A2G6-ICC2
	Unit 4/38–42 White Street, SOUTH MELBOURNE, 3205*	Unit 4/38–42 White Street, SOUTH MELBOURNE, 3205
	Attention - Read the instructions for use	Attention - Read the instructions for use
	Read the instructions for use	Read the instructions for use
	Serial Number: SN-XXXXXX	Serial Number: SN-XXXXXXXXXX
	Date of Manufacture: DD-MM-YYYY	Date of Manufacture: DD-MM-YYYY
	BB-MG-1-001	NEX-MG-1-0002, NEX-MG-1-0003, NEX-MG-1-0004
	Not for general waste. Please dispose of per local regulations.	Not for general waste. Please dispose of per local regulations.
	* Final form and distribution	
	PROTEQT Charge Case This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy, and if not installed and use in accordance with the instructions, may cause harmful interference to radio communications. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment of and on, the user is encouraged to try to correct the interference by one or more of the following measures: <ul style="list-style-type: none">• Reorient or relocate the receiving antenna• Increase the separation between the equipment and the receiver• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected• Consult the dealer or an experienced radio/TV technician for help This device complies with Part 15 of the FCC rules. Operation is subject to the following conditions: <ul style="list-style-type: none">• This device may not cause harmful interference• This device must accept any interference received, including interference that may cause undesired operation. Change or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.	

PROTEQT Mouthguard Product Specifications and Ratings

PROTEQT Charge Case Product Specifications and Ratings

- **Wireless charging:** only use HIT IQ provided charging systems
 - **Ingress Protection:** IP67
 - **Internal battery:** 12 mAh LiPo cell
 - **Operating Temperature:** 5C to 40C
 - **Ambient Operating Humidity:** 5% to 95% RH
 - **Operating Altitude:** -100m to 2000m
 - **Measurement Range:** +/-200g in 3 dimensions, +/- 2000 degrees/s in 3 dimensions
 - **Measurement Accuracy:** 95% or better CCC for impacts tested per 3rd party test report
- **Input current:** 1.6A at 5V or 0.5A at 12V
 - **Ingress Protection:** IP55
 - **Internal battery:** 11.45 Wh Li-Ion cell
 - **Operating Temperature** when charger case is not charging: 5C to 45°C ambient
 - **Operating Temperature** when charger case is charging: 10-30°C ambient
 - **Operating Humidity:** 5% to 95% RH
 - **Operating Altitude:** -100m to 2000m
 - **Input voltage:** 5V to 12V DC

PROTEQT Product Information.

Manufacturer Information
HIT IQ Limited, Unit 4, 38-24 White Street, SOUTH MELBOURNE 3205, Victoria, Australia

PROTEQT Mouthguard
Product Name: PROTEQT Easy Fit Mouthguard
Model Number: BB-MG-1-0001
Made in USA

PROTEQT Charger Case
Product name: Individual PROTEQT Mouthguard Charger Case
Model Number: NEX-MC-XXXX
Made in AUSTRALIA

One year limited warranty is provided as per our Terms and Conditions, which can be found on the HIT IQ website.

Safety Information

Intended Use
The PROTEQT Mouthguard is intended to reduce the risk of injury to the mouth when playing contact sports such as rugby, football, martial arts, or similar sports.

Product Life
The mouthguard’s life depends on frequency and severity of use. The mouthguard has a typical usage life of one year under normal conditions based on wear and tear and/or dental anatomy changes. Should the product not fit comfortably or properly, or if it shows signs of cracking, delamination, or breakdown, the mouthguard should be replaced.

The mouthguard is not a user serviceable device. In case of malfunction, contact HIT IQ support.

Protection
The mouthguard is designed to provide limited protection against minor injuries caused by impacts with objects playing contact sports & recreations such as Basketball, Cricket, Football, Hockey, Rugby, Lacrosse, and Martial Arts.

If used correctly, the mouthguards that are detailed within this user information booklet can prevent or reduce the severity of injuries associated with contact sporting activities.

Materials and Manufacturing
All materials used, as well as the applied processing techniques, have been chosen to meet the requirements of Regulation (EU) 2016/425. The materials used are not currently known to cause allergic reactions or sensitization.

Important Safety Warnings

- PROTEQT Mouthguard**
 - Do not chew the mouthguard.
 - Avoid leaving the mouthguard in hot environments, such as a car or direct sunlight.
 - Use only the supplied charging devices.
 - Do not open or disassemble the mouthguard.
 - The internal battery is non-replaceable and not serviceable.
 - No modifications to the equipment are allowed. Dispose of the mouthguard according to local regulations.
 - Regularly check the fit for users who have had dental treatment or may experience changes in tooth position.
 - Parents/guardians should regularly check the fit for children, especially during jaw growth, primary tooth loss, and secondary tooth eruption.
 - If the mouthguard becomes loose or too tight, it must be replaced immediately to ensure proper protection.

- Replace the mouthguard immediately if there are signs of wear, splitting, or water ingress.
- Use the mouthguard assigned/labelled in your name only. Do not use mouthguards assigned to others.
- These mouthguards should not be used with braces or other dental devices, unless approved by the person fitting the brace.
- For users with braces, you must consult a dentist or orthodontist fitting a brace or other device to the teeth concerning the suitability of this or any other mouthguard.

Important Safety Warnings

- PROTEQT Charge Case**
 - Avoid water exposure. The device is water-resistant, not waterproof.
 - Dispose of equipment according to local regulations.
 - Do not leave the case in a hot car or direct sunlight while charging. Charging stops above 50°C.
 - Use only the supplied USB power cord and an IEC60950/IEC62368-compliant AC adapter.
 - Do not open or disassemble the charger case.
- The internal battery is non-replaceable and non-serviceable. Do not dispose of the battery in fire, a hot oven, or crush/cut it, as this may cause an explosion.
 - Modifications not approved by HIT IQ may void your authorization to operate this equipment.
 - This equipment complies with FCC radiation exposure limits for an uncontrolled environment. Maintain a 20 cm distance between the device and users during normal operation.

Support

If you need assistance, start with these helpful resources

Troubleshooting Tips
Visit: www.hitiq.com/troubleshooting for general support and to find solutions to common issues.

FAQs
Get quick answers to frequently asked questions.

Virtual Support Bot
Available on our website for instant, 24/7 assistance.

User Guide & Tutorial Videos
Step-by-step instructions to get the most out of PROTEQT.

Access them anytime at www.hitiq.com.

Still Need Help?
No problem – our team is here for you
Support Center: hitiq.com/support

Contact Us
Contact Us Page: hitiq.com/contactus
More contact options at your fingertips.
Email: support@hitiq.com

We’re always happy to help!

