

Why you should confirm activity details, and how to do it

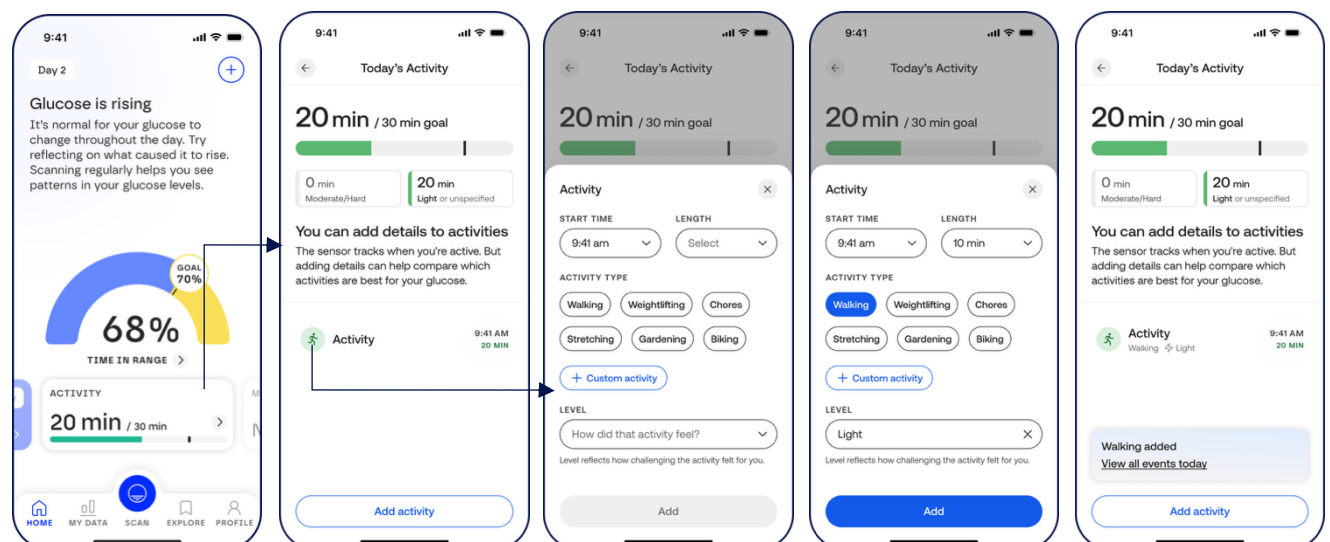
The BiolinQ Shine® sensor automatically tracks your activity. However, you can get more out of the Shine experience by adding more detail.

Why you should confirm details

Everyone's body is different. Certain activities may be better for your health than others. In the app, you can add details to detected activity so you can compare activities.

The BiolinQ Shine® sensor can easily detect some activities, like walking and running. But it struggles with others, such as cycling. You can add any activities the sensor might have missed.

How to confirm activity details in the app



1. Swipe through the cards at the bottom of the homepage until you find activity
2. Tap the card
3. Once you're on "Today's Activity," you can either:
 - add details to an automatically detected activity by tapping "add details"
 - add any activity the sensor didn't detect by tapping "add activity" and entering some details
4. Tap "add" and your updated details or new activity will be added

For safety information and instructions, refer to the Instruction Booklet in your kit or the Technical Manual at biolinq.com/support.