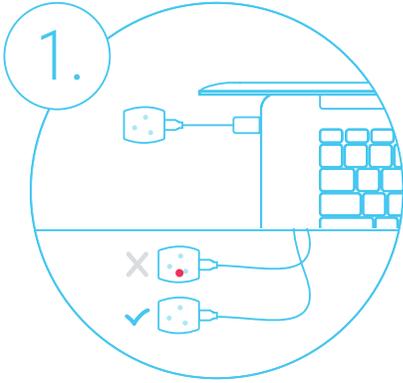


LET'S GET STARTED NOW!

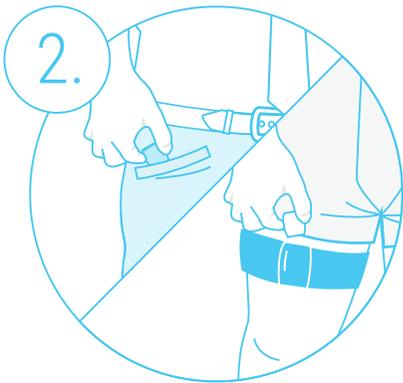
YOUR QUICK START GUIDE FOR FIBION ASSESSMENT

Download end user guide, marketing material and other supporting files at:
fibion.com/en/support (They are useful and cool!)



1. Prepare a measurement

Connect the Fibion Device to a computer with USB adapter. Charge the Fibion Device. The Device is fully charged when the red LED on the device turns off. Run the Fibion Device setup program named "fibion-setup-mac.command" on Mac or "fibion-setup-win.bat" on PC to start a new measurement. The Fibion Device setup program sets the Fibion Device time to computer's time, removes the old measurement file and updates the Fibion Device's parameters for the new measurement. Accept to start the new measurement by writing "Y" (Yes) to the opening window and press enter. Disconnect the Device immediately after running the setup program, which will start the Device clock. The Fibion Device measures always when it is not connected to a computer and is charged. To ensure the best results, always charge the Fibion Device and run the setup program before each measurement.



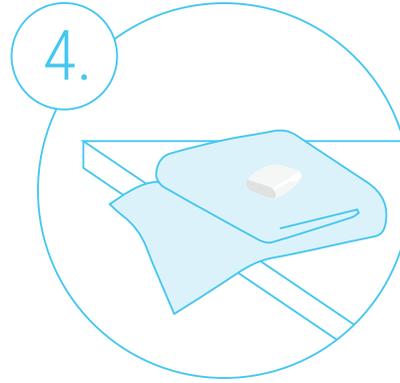
2. Perform a measurement

Ask your client to write her background information to the backside of end-user guide card. Guide your client to wear the Fibion Device in the front pocket of trousers or on the leg with the leg strap in front of thigh. Wearing the Fibion Device on side of thigh reduces the accuracy of sitting and activity class identification. For the best result, wear the Device for 7 days, excluding sleeping time. If worn during sleeping, some of the light sleep time may be classified as sitting time and thus reduce the analysis accuracy. Do not wear the Device in water or shower.



3. Generate Fibion Reports

Connect the Fibion Device to a computer with USB adapter. Ensure that your computer is connected to the Internet. Go to www.fibion.com/upload and type the Fibion Code provided in this package. Drag & drop datafile "DATA.CSV" from Fibion Device to the form provided at webpage. Select the days when your client has been using Fibion. Type the background information and email address where

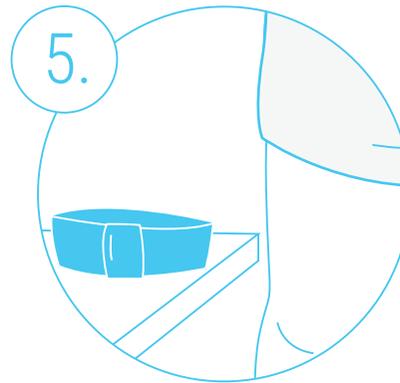


you want to have the report to the forms provided. The email address is typically your email address. The report is sent immediately for you to present it to your client. You can also print the summary report and give it to your client. You can also send the link to online reports to your client. Instructions for interpretation of reports can be found by pressing the question mark icon at the lower left corner of each report.

Fibion maintenance guide

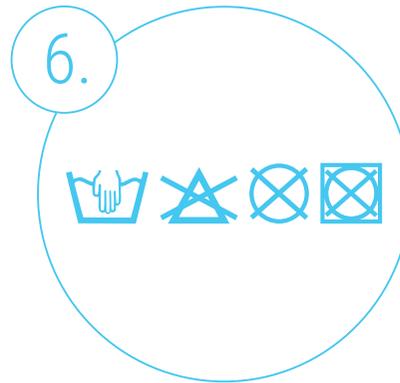
4. Keep it clean and dry

Regularly clean your Fibion Device, especially after working out and sweating. To clean your Fibion Device, do not use household cleansers. Instead, use a soft towel. For tough spots or stains, scrub with a wet, soft-bristled toothbrush. The Fibion Device does not like water. If your Fibion Device gets wet—like after sweating—dry it thoroughly before putting it back in your pocket or thigh strap.



5. Give your Leg a Rest when Using the Thigh strap

When you are using the thigh strap for a longer period of time, ensure that the band isn't too tight. Prolonged rubbing and pressure may irritate the skin, so give your leg a break by removing the thigh strap during the night, unless you are instructed otherwise by a medical trained professional. If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from the thigh strap. Whether you have the conditions above or not, if you start to experience redness or skin irritation on your leg, remove your Fibion Device. If symptoms persist longer than two to three days of not using your Fibion Device, contact a dermatologist.



6. Wash the Thigh Strap and Pouches regularly

Hand wash the strap and pouches in lukewarm water. Use only mild detergent. Rinse thoroughly and drip dry only.