

GaiTwin® – Quick Start Guide

Thank you for choosing GaiTwin® the award-winning motion sensor system designed to collect and transmit gait indicators, providing insight into functional mobility and balance in older adults. The results are indicative only and do not constitute a medical diagnosis. If a medical assessment is required, please consult a healthcare professional.

1) Install the GaiTwin® App on your smartphone or tablet

- Download the app from the [App Store \(iPhone\)](#) or [Google Play \(Android\)](#)
- Log in using your email address and password (a temporary password will be provided by your contact on first login)
- You can change your password at any time by selecting “Forgot your password?” while login or in the dashboard settings



2) Prepare for the Walking Test

- **Switch on the sensor:** press the central button (on the logo) for about 3 seconds until the LED starts flashing
- **Battery:** lasts approximately one full day if left on continuously; typically, up to ~100 tests. The app alerts you when battery level is below 20%
- **Attach the wearable to the belt:** Place the elastic belt provided, which has Velcro closures, around the waist, over clothing, insert the sensor into its holder, attach it to the belt at the centre of the lower back, logo facing upwards, tighten the belt so the sensor remains stable
- **Explain how the test will be conducted to the person your are testing:** At the start signal (smartphone ringtone), the person walks in a straight line at a natural, comfortable pace (without deliberately speeding up or slowing down)
- **Safety:** Ensure the person can perform the test, is wearing comfortable clothing and closed shoes (preferably flat soles, or barefoot if performed at home)



3) Create or Select a Participant Profile on the Smartphone or Tablet

- **If no profile has yet been created** for a person to be tested, the first screen that appears in the mobile app prompts you to do so
- **To create new profiles:** in the “Profil” tab at the bottom of the screen → tap the ‘+’ icon → enter nickname (ID), gender, height (cm), weight (Kg), city (optional) → Create
- **If the profile exists:** in the “Profil” tab, use the search bar (“Search by ID or city”) or filters (ID, city, creation date, priority, last test)

4) Start a Functional Mobility & Balance Assessment

- Enable **Bluetooth** on the smartphone or tablet (the app will alert you if disabled)
- Go to the **Assessment tab:** Check the correct participant is selected (his nickname appears in the top left-hand corner of the screen), tap **Connect sensor**, bring the sensor within ~1 metre of the smartphone, tap **Connect**. Once connected (~2 seconds): The screen turns green, the sensor LED flashes slowly
- Tap **Continue** and complete the short pre-test form on the smartphone or tablet:
 - **Sequence number:** used to number multiple tests performed consecutively
 - **Walking aid used?** (cane, crutches, walker, other)
 - **Recent fall?** If yes, indicate date (approximate)
 - **Fall detection device used?** (yes/no)
 - **Condition/ Pace:** keep default “preferred walking speed” (natural and comfortable)

5) Perform the Walking Test (15 seconds)

On the smartphone or tablet, a **5–4–3–2–1 countdown** begins, followed by a start signal. The person being assessed starts walking at the end of the signal. Make sure that there are no obstacles the floor is flat, stable and non-slip, with sufficient lighting.

- Ask him/ her to walk in a straight line without stopping, with constant supervision
- If space allows, the person being assessed continues walking, in a straight line, until the end signal (15 seconds)
- If space is limited, ask him/ her to stop at the end of the path, a minimum of **4 strides (8 steps)** and remain still until the end signal

Repeat the test (recommended)

- Perform the 15-second test twice in succession. Repetition helps the person feel more comfortable in the way they walk naturally and improves result consistency

Discard a test (if needed)

- If disrupted (obstacle, forced stop, etc.), tap “Discard assessment” so it is not saved

6) View Results

The **Functional Mobility Index** is displayed (arrow on a colour gradient), along with **estimated indicators** and **personalised reference values** (e.g. speed, cadence, stride length, variability).

- Swipe left or right across the screen to browse through the different assessments
- Tap **Result details** to view trends and detailed data
- Scroll to **Export results and share** if the participant wishes to send a summary to a relative or professional. Results could be sent via whatsapp, sms, email...

7) Other Features

- **Profile settings**  (top right in Profile):
 - Edit information
 - Log out
 - Delete account
- **Raw data download (in Result details):** Reserved for R&D/scientific teams

Exercises tab (not for assessments):

Used by qualified supervisors (e.g. adapted physical activity instructors, coaches) to set activity/exercise goals for informational and educational purposes.

8) Power Off & Charging

- Switch off after use to save battery: Press the central button for ~4 seconds until the LED turns off
- Charging:
 - Fully charge before first use (~2 hours)
 - Use the supplied cable
 - LED yellow = charging
 - LED green = fully charged



EU Regulatory Compliance

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