

1 ASSIGN MONITOR IN APP

- ▶ **OPEN PREVENT APP** and in the team view, select player you wish to assign.
- ▶ **PRESS Assign Monitor** in player pane.
- ▶ A camera view will come up. **Scan Barcode** on Impact Monitor Mouthguard (IMM) packaging.
- ▶ This IMM is now associated with a particular player. **Label** IMM packaging or charger case with player's name, and store IMM accordingly.



2 FIT 1

- ▶ **BOIL WATER** - Boil enough water to a boil to completely cover the IMM. Ensure the water is at a **rolling boil**.
- ▶ **HEAT IMM** - Using a slotted spoon or tongs (non-metal), suspend in water for exactly 20 seconds. Have timer ready and do not exceed 20 seconds. Have a timer ready and **DO NOT EXCEED 20 SECONDS**.
- ▶ **REMOVE IMM** - Remove the IMM from the water. Shake any remaining water off, and immediately proceed to the next step. Any delay will negatively affect fit.



3 FIT 2

- ▶ **CENTER & FIT** - **center the IMM** in your mouth and firmly press the IMM onto the upper teeth. Having a mirror available to assist in centering the mouthguard before fitting may be helpful.
- ▶ **BITE** - Bring the lower jaw up to a comfortable position and bite down firmly, ensuring that you **bite all the way through** the soft dentition encasement material.
- ▶ **PRESS & SUCK** - While biting down, suck in continually and **press (with 2-4 fingers)** on the front of the IMM for 30 seconds, pushing the front teeth up to the front of the IMM.
- ▶ **WAIT** - While continuing to bite down, leave the IMM in your mouth for an additional 30 seconds.



- ▶ **COOL** - If available, run the IMM under cool water for 30 seconds. Otherwise, allow the IMM to air cool for at least 2 minutes.

4 CHARGE

- ▶ **PLACE** in solo charging case, ensuring it is **aligned correctly**.



4 CHARGE (CONTINUED)

- ▶ **INSERT** solo charging case into team case slot, and plug team case into wall outlet

Check that lights are blinking green, and **charge for at least 70 minutes.**



INDICATOR LIGHTS

- CHARGING
- IN CASE BUT NOT ALIGNED, INVESTIGATE
- NOT IN CASE, OR MALFUNCTIONING

Use iOS app to confirm monitor functionality for Blue & Red Solo Cases
Please contact support@preventbiometrics.com with any questions

5 WEAR

- ▶ **WEAR IT.** The Prevent IMM collects accurate, real-time head impact data when properly worn on your teeth. For best results, keep the IMM fully on the teeth as much as possible
- ▶ **DON'T ABUSE IT.** The Prevent IMM is a sophisticated electronics wearable device. It is built to withstand normal use, but cannot be abused. Abuse includes biting places other than the normal bite plate, chewing, twisting, or overly compressing under heavy weight.



- ▶ **TURN IT IN DAILY.** The device needs to be charged before each use. Your team will have a designated manager or athletic trainer who will collect and charge the IMM's daily.
- ▶ **DON'T LOSE IT.** Since all IMM's look similar, make sure yours is always inserted and removed from the correct case, labeled with your name.

6 TEAM VIEW IN APP



The IMM will blink green when removed from the charger to indicate it is ready. The IMM will automatically connect to the Team App via Bluetooth whenever it is within range (about 50 feet), and player head impact data can then be viewed on the app.

7 ATHLETE VIEW IN APP



WARNINGS

- The head impact monitor system should be used in addition to, not as a replacement of, any concussion detection protocols. The head impact monitor does not indicate, diagnose or assist in diagnosis of a concussion. Impact data is used to indicate that an impact has occurred, and accurately display impact characteristics.
- Before every use, inspect the product to ensure no damage to the seal of the circuit board is evident. Discontinue use if damage is seen.
- Before every use, inspect the product to ensure no damage to the battery or seal around the battery is evident. Discontinue use if damage is seen.
- Ensure that the impact monitor mouthguard is not subject to temperatures higher than 100 °C (212 °F). Ensure that the impact monitor mouthguard is not subject to 60 - 100 °C (140 - 212 °F) for more than 1 minute.
- Use only the wireless charger provided with the product for charging.
- Avoid cross contamination of impact monitor mouthguards.
- Clean the impact monitor mouthguard by either rinsing in cold water or using a toothbrush to remove debris while rinsing. Do not use toothpaste or detergents, and do not place in dishwasher or under hot water.
- Do not leave the impact monitor mouthguard in a hot vehicle in direct sunlight.
- Do not place the impact monitor mouthguard in microwave.