

First Time Set-Up – MX3 App and How to Take a Measurement

Welcome to the MX3 App Set-Up Guide.

If you are **not part of an organization** already using MX3 products, please view the document above on how to set up an organization with the MX3 Portal.

If your organization is already using MX3 products, **but you do not have log-in details**, please contact your MX3 administrator to request access.

Downloading the MX3 App

To download the MX3 App, search for MX3 Diagnostics in the iOS App Store or Google Play Store.



For a quick link to the app visit www.mx3.app

MX3 App Overview

Log into the MX3 App using the username and password provided to you by your Administrator.

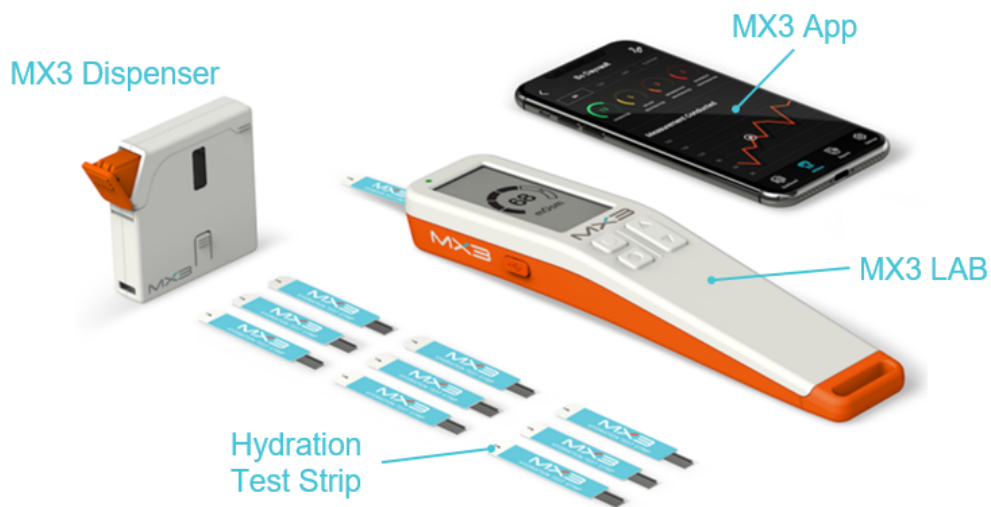
You may choose to set up a passcode or biometric for faster log-in.

The MX3 App has five tabs, accessed on the bottom of the screen.



- The **Dashboard** gives you a quick summary of the hydration status of users in your organization/team.
- The **Users tab** shows a list of all users which are available to measure. You can use this tab to select a user for measurement, view a user's measurement history and add new users.
- The **Historical tab** lets you view and sort historical measurement data,
- The **Discover tab** lets you explore news and training resources from MX3 Diagnostics
- The **Settings tab** is where you can edit your profile or password, access support and access other settings.

Hydration Testing System Overview



In addition to the MX3 App, The MX3 Hydration Testing System consists of:

The MX3 LAB – a handheld measurement device which connects via Bluetooth to the MX3 App. The MX3 LAB is charged via the USB-C port located on its side.

The MX3 Hydration Test strip – a single use test strip which is inserted in the MX3 LAB and used to collect a small volume of saliva directly from the tongue to determine Salivary Osmolarity, a hydration biomarker.

The MX3 Dispenser -The dispenser can hold up to forty test strips, used to minimize manual handling.

Loading the Dispenser

Before taking measurements, you should first load the MX3 dispenser.

Instructions for loading the dispenser can be found on the reverse of the quick start guide.

A digital copy can be found at www.mx3diagnostics.com/resources

Taking a Hydration Measurements

1. Sign into the mx3 app using the email and password provided to you by your Administrator. You will be prompted to set a passcode for faster sign-in.
2. Turn on the mx3 LAB using the power button then press the select button to select App mode.

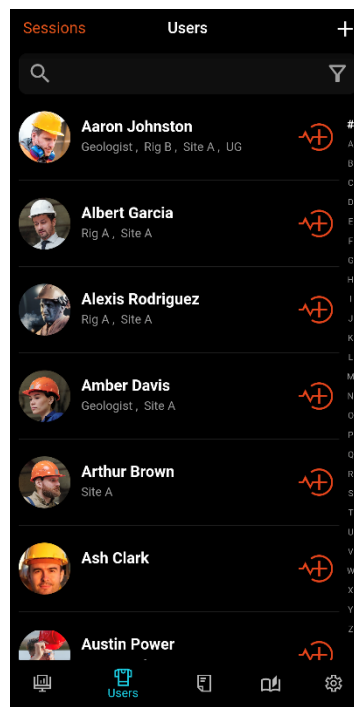
Turn LAB On



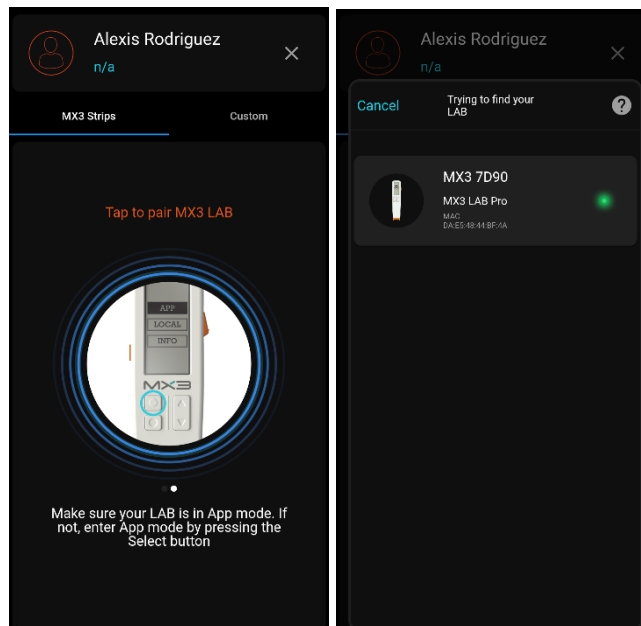
Enter App Mode



3. On the Users Tab tap on the  icon next to the desired user



4. If required, follow the prompts to pair with your MX3 LAB



5. Once paired, the App will prompt you to insert a test strip after selecting a user.

6. Press and hold the large orange button on the dispenser to release a test strip.



7. Insert the strip into the port on the top of the mx3 lab with the blue label facing upwards, then release the button.



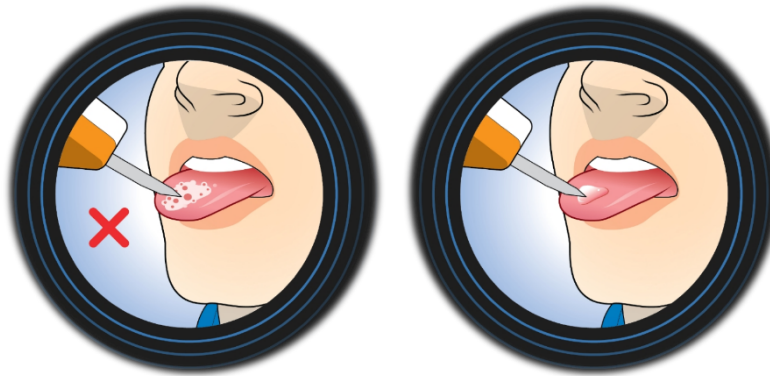
8. Pull the dispenser away from the LAB. The LAB will now prompt you to take a sample.



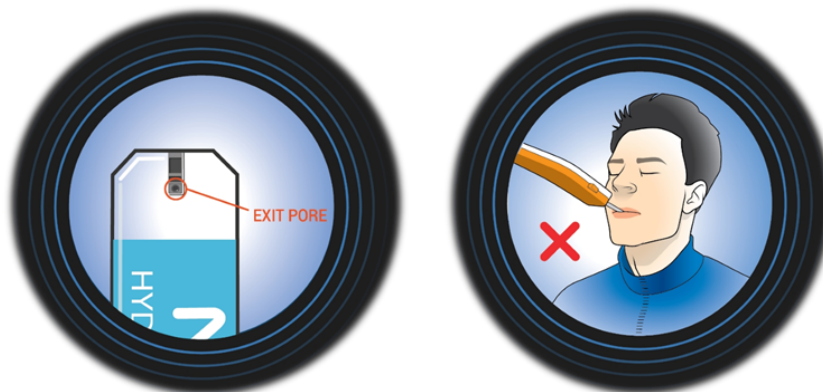
There are a several important things to note before taking a measurement:

Do not eat or drink for at least five minutes before being measured as this may interfere with the measurement result.

Avoid bubbly areas of saliva or dry areas of the tongue. If there are no clear areas of saliva, ask the user to swallow all saliva in their mouth and generate a fresh sample.



Avoid covering the exit pore of the test strip. This may for example occur when a user closes their mouth on the test strip. The easiest way to avoid this is by tapping against the tongue on a downward angle to collect the saliva.



9. Instruct the user to swallow all the saliva in their mouth, generate a fresh saliva sample, and slightly stick out their tongue.

Lightly tap the tip of the test strip against the user's tongue to collect saliva.

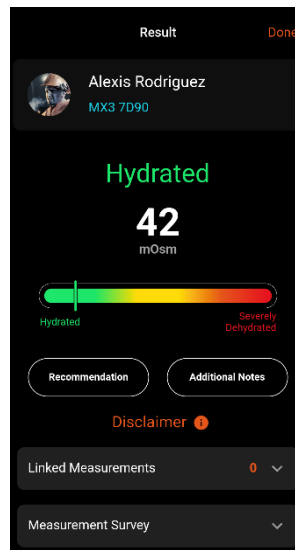
Once enough saliva has been collected a tone will sound. Typically, this will take between 5 and 10 seconds.



10. Wait for the sample to be analyzed. Do not remove the test strip. A second tone will sound once analysis is complete.



11. The result will now be displayed on the MX3 App. Both a hydration category and a salivary osmolarity score will be displayed.



Discuss with your supervisor how SOSM scores and hydration categories should be interpreted on your worksite.

An example can be found in the MX3 Hydration Testing System White paper, available on the resources page of our website (www.mx3diagnostics.com/resources)

12. Eject the used Hydration Test Strip using the eject button on the side of the LAB.



13. To power off the LAB, press and hold the power button until the LED indicator turns off.



Conclusion

Thank you for reading the App set-up guide.

If you require any further information about using the MX3 App, you can find our comprehensive App guide documentation on our website resources page (www.mx3diagnostics.com/resources).

You can also contact our customer support team by emailing support@mx3diagnostics.com