

Performance Synchrony  
Performance Power

The SECURE Watch  
Tutorial

By  
Performance Synchrony

Industrial Strength  
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Ticwatch E3

Learn how this great watch  
becomes a super watch that  
can save lives.

STRAP #

WATCH ID





The Ticwatch 3 is a great watch. **The Bwell app and SECURE Readiness tool make it a Super watch that just might save your life, your buddies lives, your passengers or your customers' lives !**

## Industry Instructions:

The watch you have been assigned is part of your company's fatigue management system (FMS). These instructions will help you use it correctly. We've made it short and to the point **so please look over it carefully.**

These are the most important things you should know and then we'll go over how to get the most out of the watch.

**YOUR WATCH ID IS \_\_\_\_\_** (we have given you this ID for security). This is the only identification of you we will have. Every effort has been made to protect and respect your privacy. We need your help to make this watch be useful to you, so it is in both our interests to help each other.


1. The watch only collects information relevant to your sleep and fatigue while awake. Please provide all the information it requests (see page 9- for what it needs from you). It will buzz your wrist and make a noise about every 2 hours for you to enter your fatigue levels while awake. As close to this time as possible, when duty permits, please make each entry. It only takes about 10 seconds.

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2. The watch is synched with the SECURE WiFi hotspot in your command area. This is to protect your personal information. Whenever you are in range of the hotspot (Please find out where that is and make sure you are near it for about 30 seconds before and after duty) it will send the data collected on your activity to our secure cloud.
3. If we don't seem to be getting good data from the watch, because we don't know who is wearing the watch, only the watch ID, we will try to contact you through the watch and have you call or email us. Otherwise, we will ask your safety administrator to contact the watch with your ID. Should you see that email or notification, please call or email us at [performancesynchrony.com](http://performancesynchrony.com) as soon as possible.
4. You should use this as a great watch with lots of interesting apps you should explore. One precaution though: PLEASE DON'T CHANGE ANY OF THE SETTINGS. We've turned off some features to save battery life and to ensure your anonymity. PLEASE CHARGE THE WATCH AT THE SAME TIME EVERY DAY. The battery should be good for about 1.5 days, but we don't want to risk losing any information. Charge it at the same time everyday, while you're eating dinner for example, so you'll have that as a habit and the watch will be fully charged for your sleep. It should only take about an hour to fully charge.
5. There are two important features of this tool/wellness watch as a tool: the Bwell app and the SECURE equation. The Bwell app measures your sleep quality and keeps track of all your data entries. The SECURE equation predicts your readiness level and is re-calculated each time you sleep or nap. This will determine your readiness to work safely. Over time, you can use the sleep scores and measures to improve your sleep. This will improve your readiness.

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6. As the watch app gets to know you, the SECURE equation gets better at knowing how well you sleep. The very first night you wear the watch, it assumes you had the default perfect sleep the night before. It will be 2-3 nights before your real sleep quality is calculated into your current Readiness score. **BE SURE TO WEAR THE WATCH AT ALL TIMES** (except when you charge it about supper time) so it can calculate reliably.

**7. If you forget to wear the watch, the Activity ring shows that you are not wearing the watch. This is especially bad for your Readiness score. If you aren't wearing the watch, your Readiness can't be evaluated so we have to assume you were not sleeping. You will get a terrible Readiness score and might not get to work. Please wear the watch while you are participating in this evaluation. We will try to contact you asap if your Readiness score is in the danger zone. We have some useful ways to help you bring up your Readiness score by getting a better sleep.**

8. Help yourself out by helping us out. Enjoy the watch, just don't change any of the settings. There are lots of interesting apps to explore.

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## USING THE WATCH.

Wellness watches, like the Android Ticwatch 3 take a little patience to use. Most of us, not used to interacting with our watches, are guilty of fat-fingering a lot of the little touch screen buttons. There are some small pens that have a rubber tip on the end that makes selecting buttons and entries on a watch much easier. Easy to find at business stores and even supermarkets.

You'll get good at learning to swipe. Not stealing but swiping, with a finger, down on the watch screen to see some choices (usually recent apps or settings) or up (usually important notifications), right (usually recent screens) or left (usually more pages of the current app). For example, if you hear the watch calling you for a response or buzzing your wrist for a response, swipe up to see the notification. It will likely be time to enter your fatigue score or sleep score. Press on the notification and you'll get taken right to the app to make your entry. Be careful with fat fingers though and make the right selection. You'll get a chance to re-enter if you make a mistake.

Be patient. If a command doesn't enter or you get confused, touch the top command stem push button to go back to the default watch face. Pressing this stem again will call up the apps. For example, you will need to refer back to the Bwell app often to see what your Readiness level is or because you're interested in your sleep or heart rate or fatigue score that you've been entering. Remember, you can get out of all problems by pressing the stem top button to go back to the watch face and re-do what you're trying to do. Sort of like rebooting a computer, only faster. You'll get better and better at it.

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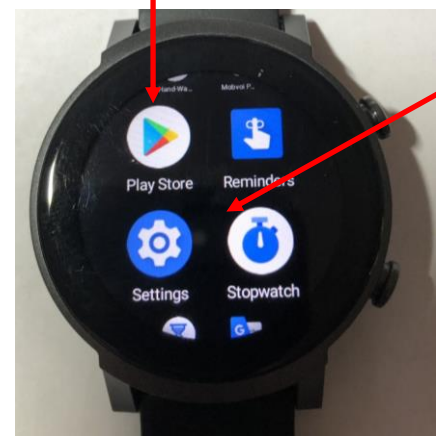
**Practice swiping up or down, left or right.**

Top stem button -Pressing the top stem button gets you back to the watch face if you're in an app

Pressing the top stem button gets you a list of the apps if you're seeing the watch face.

**Don't go to settings. You might accidentally change something.  
Don't add any apps either; ie. don't go to the App stores.**

**Play store**

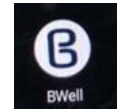


**Settings**



Press on the Icon (picture) to activate the app. For example, you'll make good use of the Bwell app – bottom right in picture. Just press it with a stylus or carefully with your finger.

GET very familiar with Bwell. Try it out now. See next page



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## Outer Ring = Sleep wake

- Activity
- Inactivity

Outer ring shows sleep /inactivity (blue) and wake / activity (white) for the 24 hours beginning at noon.

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## Middle Ring = BPM

- Low < 70 bpm
- Light < 80 bpm
- Moderate < 100 bpm
- Vigorous < 120 bpm
- Excessive > 140 bpm

The middle ring shows wrist pulse rate in BPM according to the color scale at left. The activity is mostly low-light. The moderate color is slightly different on the watch face and appears yellow

The inner ring shows the subjective fatigue scores entered by wearer, according to the

## Inner Ring = Subjective ring

- 0 - 1 - 2 Alert levels
- 3 - 4 Feeling tired levels
- 5 - 6 Feeling really tired levels
- 7 Feeling dangerously tired.

color scale at left. Note, there is no 0 at present. The color for 3-4 is also slightly different on watch face from the scale shown and there are no higher fatigue scores entered.

**This is the Home page for the Bwell app.** It shows the three rings and the Navigation drawers, and the innermost, readiness ring. Touch the three rings and go to the expanded view for activity, shown on the next page. This was taken at 1130 AM so the 24-hour rings are almost filled (rings start at noon)



Touching the three rings on the main watch app page, brings you to the activity ring over time. The innermost ring gives you a good idea of when you were sleeping (on average in the month shown, so far). The yellow color shows inactivity, presumed to be sleep and the white part of the ring is activity consistent with wakefulness.

Remember that noon is at the 1200 position and midnight is on the 0600 position on the 24 hour watch face. The yellow times are shown on this picture but not on the real watch face. The User must remember these times when viewing their watch face.

**The same time relationship holds true for the main page watch face display on the previous page. Please remember this.**

This person seems to typically get to sleep about 2200 and awaken about 0500.

The middle ring gives you an idea of your activity during the last week. This person is sleeping about the same times.

The outer ring is for the previous night in this case, July 15. This person is sleeping better, longer and at better sleep times from 1900-0230 and they took a nap from 0700-0900 as shown in the outermost ring.





Remember the navigation drawers under the “R” on the main app page shown on page 7?

This stack of bars is how you enter information when prompted.

Once you tap on the Navigation stack of bars, the lower picture appears on the watch face.

The first selection tells you ‘About’ the app, what version it is.

The next can help you upload the data to the SECURE cloud. This should be done for you automatically every time you are within 10 feet of the WiFi hotspot at your command location as explained on Page 3, Item 2.

You will need to indicate when you start flying (OR DUTY NOT INVOLVING FLYING) and when you land (OR STOP THE OTHER DUTY) by pressing this selection.

Ordinarily, you will feel the vibration of the watch when it is time to enter a fatigue score but if you didn’t have time when alerted by the watch, you can come back as soon as possible and enter a fatigue score here.

You won’t be prompted to enter a fatigue score while asleep when the watch determines you are sleeping.

Once the app determines you have awakened, it will prompt you for the first fatigue score of the day. If you intend to awaken and this is not a bathroom break, then you can rate your sleep by selecting this menu after entering your fatigue.





-  - Readiness not impacted
-  - Readiness moderately impacted
-  - Readiness severely impacted
-  - Readiness dangerously impacted

This is the display shown when you select the “R” readiness ring on the main watch app page.

Based on the quality of your rest and length of your active period over the last few days, the Bwell watch app calculates your estimated Readiness for the next 24 hours, if you remained awake. It uses an established biomathematical model called SECURE that has been published in many scientific articles and presentations.

The clock times under consideration are shown on this watch display. The time (blue dot) shows about 11:30 AM. This person woke up about 11 AM and is well rested. They have been sleeping well for the last few days. Their readiness level won't be dangerously impacted until about 2 AM on the next day. They will feel tired throughout the day but the level of cognitive ability should be able to withstand about this much wakefulness, if necessary. There are other levels where you will be moderately impacted. From this Readiness ring, it can be seen this person will be severely impacted in about 14 hours based on the orange (yellowish appearing in the photo) ring. Learn what these levels mean for you.



-  - Readiness not impacted
-  - Readiness moderately impacted
-  - Readiness severely impacted
-  - Readiness dangerously impacted

If you slide the Readiness ring up from the bottom, you get can see different readiness levels at the times they should occur.

That's it. That's currently the SECURE Readiness watch tool. Seems simple but this is a revolution in fatigue management. Far simpler, faster and easier than anything ever before.

We plan on many innovations in the near future. Our next big step is to have the safety monitor of your company be able to see the readiness watchface of all the users 24/7.

We have many ideas for the watch app of the future. Please continue to subscribe to the watch app to learn what's coming and when.

Go to [PerformanceSynchrony.com](https://PerformanceSynchrony.com) and become a member (individuals can subscribe too) or a patron. You can also leave us emails and social media messages to let us know what you like or would like to see changed about this revolution in fatigue management systems.

This system will work well but we need your help. Good luck. Remember, it will keep you safer. Give it a good try.



Summary of main tutorial points. PLEASE READ THE TUTORIAL and PRACTICE your inputs.

- Strap # is written on the strap and Watch ID is synched to the WiFi Hotspot. You ID may be called out in an email from your company or us, asking you to contact us to work through some issues the watch is reporting. Please remember your ID #
- Wear the SECURE Watch at all times. Do Not Change Any Settings. Do not add any new apps from App stores.
- Feel free to explore other Apps. Top Stem button returns you to watch home page.
- Be patient learning watch commands and inputs. Sometimes it takes a few tries to get the entry correct.
- Become very familiar with the Bwell app displays and comply with all notifications
- Swipe up on watch home page to see notifications. Swipe left or right to recall previous displays.
- If watch is not performing correctly contact us at [Performancesynchrony.com](http://Performancesynchrony.com), email or social media.
- Know the location of your WiFi hotspot and be within 10 feet of it before and after each duty assignment.
- Charge the watch at the same time daily (during breakfast for example) for about an hour.
- Be alert to notifications from the watch about entering your fatigue score. Should be every 2 hours.
- For the first fatigue score of the day indicate how well you slept with a grade of A, B, C or D
- Indicate on Bwell, as soon as possible before starting and after stopping your duty assignment each day.