

Memoride

User Manual

Version 6.2

March 2019

INTRODUCTION

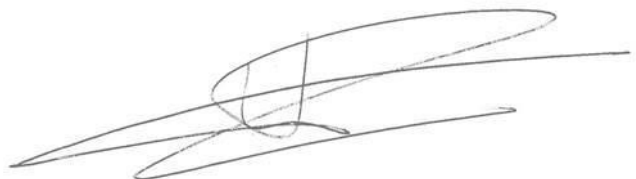
Dear user,

First of all, we would like to thank you for purchasing the Memoride platform. We are convinced that you and other users will have a lot of fun cycling through streets and neighbourhoods from your past, while remaining in a safe and familiar environment.

This user manual provides a detailed description about how you can operate the various options in Memoride, and how you can modify the settings to suit your specific needs.

We have attempted to be as comprehensive as possible and tried to make it as easy as possible to operate Memoride. If you have any questions, or suggestions for improving the quality of this user manual, please do not hesitate to contact us.

Kind regards,



Roel Smolders
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1. SETTING UP MEMORIDE...

1.1. *What does the Memoride platform consist of?*

Memoride consists of four separate components (from largest to smallest):

- **A tablet holder:** to attach the tablet to the piece of exercise equipment;
- **A tablet:** the operating system for Memoride;
- **A motion sensor:** to collect information about the user's physical activity;
- **Screen adapter:** to send wireless images from the tablet to a TV screen or beamer with HDMI connection.



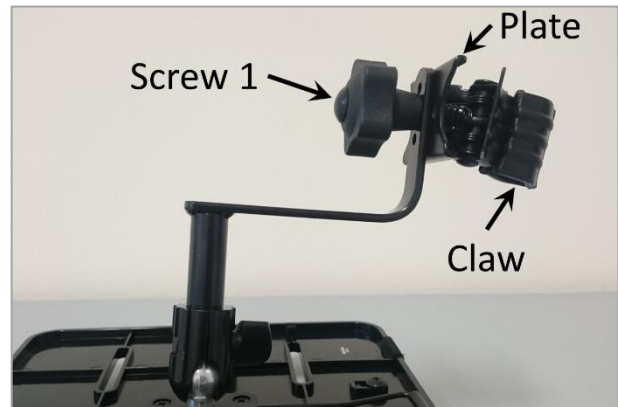
The first three components can be installed on any piece of exercise equipment to fully exploit the possibilities of Memoride. The explanation that follows normally refers to a stationary bike but, in principle, you can also use any other piece of equipment. The screen adapter fits into the HDMI port of your screen or beamer.

The tablet allows users to access the software. Chapter 2 explains how the tablet can be operated.

1.2. Attaching and configuring the tablet holder

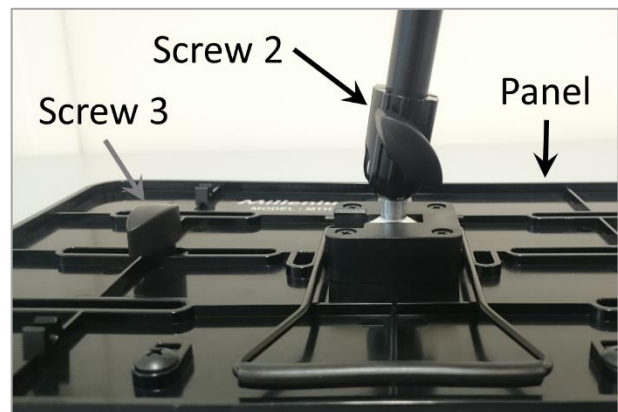
Attaching the tablet holder to the handlebars:

- The tablet holder can be attached to the stationary bike using the clamp at the end of the holding-rod.
- Loosen screw 1 until the two claws on the holder fit around the handlebars;
- Place the claws around the handlebars so they fit nice and tightly (preferably tighten them against soft plastic or rubber to ensure an effective grip);
- Tighten screw 1 again so the tablet holder is unable to move;
- You can rotate the clamp 90° by pulling the plate between the claws and screw 1 forwards and rotating it.



Configuring the tablet holder for individual users:

- The panel of the tablet holder can be moved in all directions by loosening screw 2 at the back, moving the panel to the required position, and then re-tightening screw 2;
- The tablet itself can be fixed to the panel by loosening screw 3 and then re-tightening it so the tablet does not move around on the panel.



1.3. Attaching the tablet

Always make sure the tablet is firmly attached to the panel of the tablet holder. If the tablet is loose, it could fall and cause damage to the screen.

It is thus essential to make sure the tablet rests firmly on clamps 1&2, and is firmly tightened in place using clamps 3&4. You can move clamps 3&4 by loosening screw 3 (see 1.2 above) at the back of the tablet panel and pushing them against the tablet. Clamp 5 is not used because new Samsung tablets have been reduced in size and do not reach as high as clamp 5.



1.4. *Installing the motion sensor*


The motion sensor collects data about how users cycle or move forwards, and transfers it to the tablet via a wireless Bluetooth connection.

It is important to attach the motion sensor so the feet of users do not come into contact with it, because this could damage the sensor. In addition, you must make sure the sensor can make a clear, large movement so a strong peddle signal is created.

2. ACCESSING THE SOFTWARE

2.1. *Starting up the software*

In order to start using the Memoride platform, a few steps first need to be taken to activate the tablet and motion sensor:

1. **Start the tablet:** this can be done by pressing the start button in the top-left of the tablet until the screen lights up; the screen must then be swiped to unlock the tablet;
2. **Check Wifi connection:** Open the tablet settings by touching the icon :
 - o **Connect the tablet to the Wifi connection:** Check the list of Wifi connections and make sure the tablet is connected to the correct network.
3. **Starting the App:** Return to the start screen and press the Memoride icon. You will be able to automatically access the software.

2.2. *Logging in as an organisation*

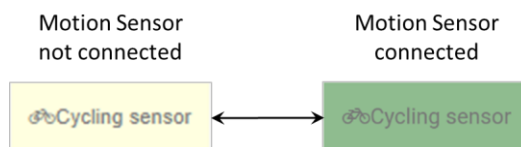
Because every organisation has its own environment, you must first log in using your organisation name and password. Both of them will have been assigned to you when you purchased your platform. You will need to confirm that you have read and accept the Terms of Service. Then press "Submit".

If you are unable to find the name and password for your organisation, or have forgotten the password, then contact roel@activ84health.eu to obtain a new password.

Activ84Health will normally log in automatically when you start it after this first login. You will only be automatically logged out, and asked to re-enter your organisation and password, if you have not used the app for an extended period of time.

2.3. *Connecting to the Memoride Motion Sensor*

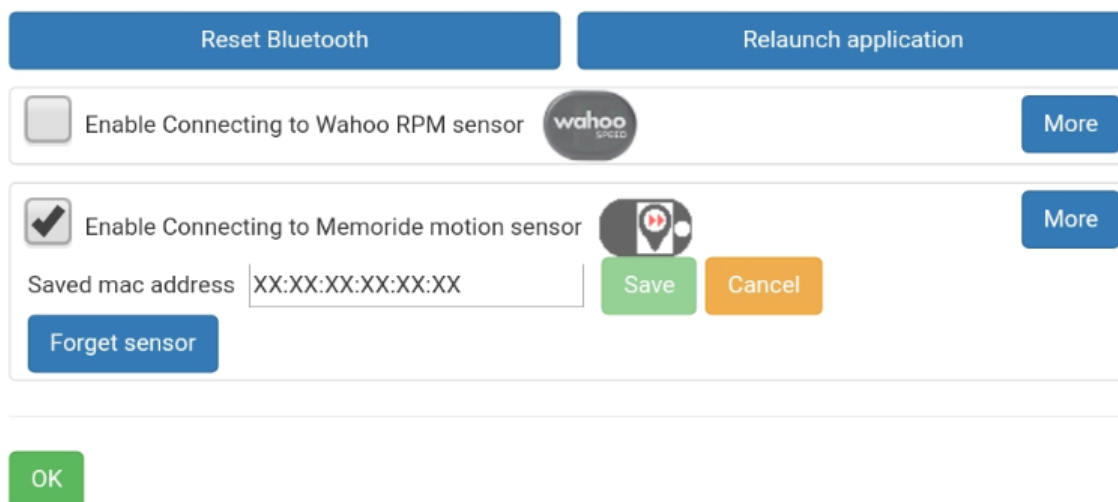
Normally, the Memoride Motion Sensor will connect automatically to the tablet. On the tablet, the connection is visible as the button “Motion Sensor” will turn green:



2.4. Connecting to the Memoride Motion Sensor

If the Memoride Motion Sensor doesn't immediately connect to the tablet (i.e. the "Motion Sensor" does not turn green), please go through the following steps to solve the problem:

1. Open the "Motion Sensor" menu and make sure only the box before "Enable Connecting to Memoride motion sensor" is ticked. Unselect the box before Wahoo RPM Sensor;
2. Press "More" next to the Memoride Motion Sensor;
3. Check whether the MAC-address saved mac address matches the address displayed on the back of the Memoride Motion Sensor. The MAC-address is a combination of 12 numbers and letters following the pattern XX:XX:XX:XX:XX:XX. The MAC-address of the Memoride Motion Sensor was provided to you at delivery of the Memoride hardware and should be displayed on the back of the Memoride motion sensor. If you cannot locate the MAC-address, please contact us for further information;
4. If there is no MAC-address entered in the text box, or it does not match the one displayed on the back of the Memoride motion sensor, insert the correct address;
5. When the MAC-address is entered, press "Relaunch application" to restart the application.



If the sensor does not make a beep after pushing the button for 5 seconds the battery is probably empty and needs to be replaced. You can do this by unscrewing the back of the sensor, using the small screwdriver that came with the Memoride hardware.

3. USING THE MEMORIDE SOFTWARE

3.1. *System administrator*

Each user has a system administrator who is responsible for creating profiles for the various residents. The system administrator is a “user with a password”, and can log in at the bottom of the start screen in order to perform specific tasks.

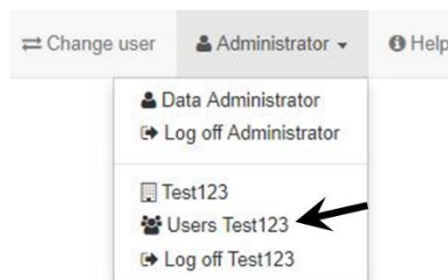




A user name and password for the system administrator will be assigned by Activ84Health at the moment of purchase. It is best to change this into a user name and password of your choosing in order to guarantee safety. But make sure you do not lose it because Activ84Health will not be able to recover it. If you forget your user name or password, then please contact roel@activ84health.eu.

3.2. *Creating individual user profiles (by system administrator)*

Enter your Administrator's User name and Password into the correct fields, press "Submit" and enter the page designated to the system administrator.

No users will have been created when you log into the system administrator profile for the very first time. You can do this as follows:



- Click Administrator in the top-right, so the menu appears;
- Select "Users ..." from the menu;
- You will see a screen with two icons: 
 - The green icon can be used to add users;
 - The red icon can be used to delete already created users.
- You can add information to the profile so it will be easier to find users:
 - Surname and first name
 - Room number
 - E-mail (if relevant)
 - The language with which the user wants to operate the platform;
 - Photo to personalise the profile. You can simply use the tablet's camera to take and save the photo, and later add it to the profile (a link to the camera can also be found on the tablet's main screen)
 - This is where you can also create a new user name and password for the administrator.
- Always press "save" once you have finished...
- To return to the list of users, please press " Change user".

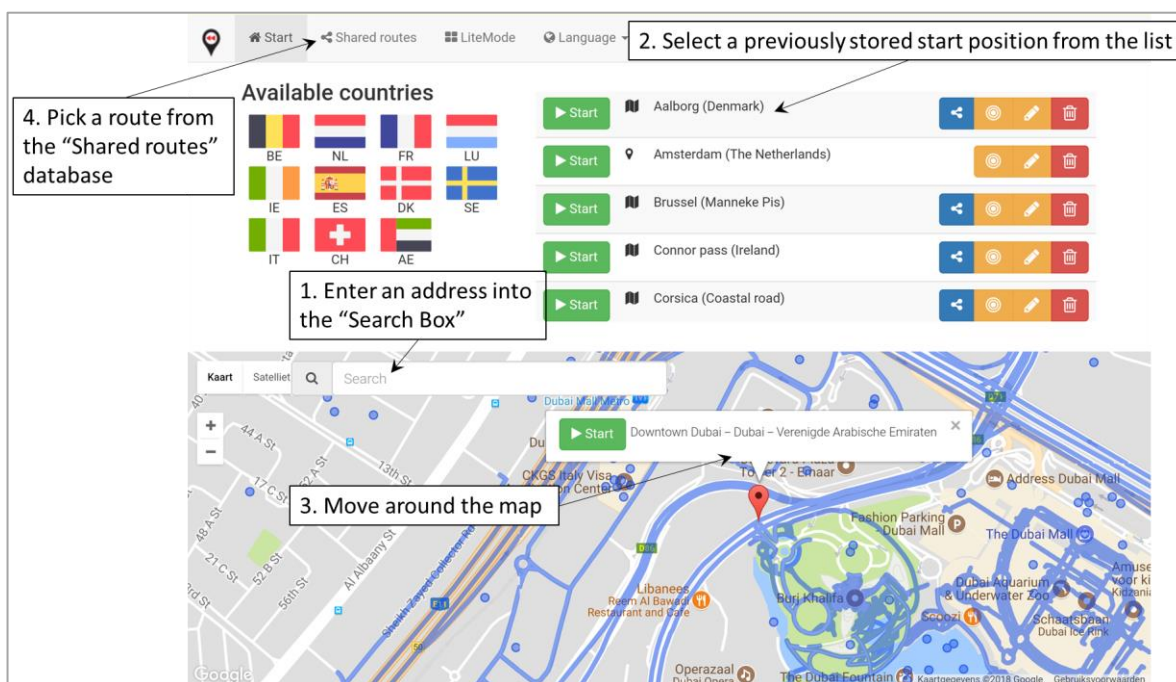
3.3. *Accessing personal zone*

All users of Memoride have their own personalised zone where favourite cycling locations and routes can be saved. Tap on the photo of the resident to gain access, or enter the first name, surname or room number of the resident in the search box.

3.4. Selecting start position

There are four ways to select the start position for your cycling journey (also see figure below)

1. Enter an address into the “Search Box” in the top-left corner, and then press the magnifying glass to start the search. Then press the green start button to start cycling;
2. Select a previously stored start position from the list;
3. Move around the map by sliding your finger or by zooming in and out. Once the desired start position has been found, tap on the required location so the green start button appears and you can get started.
4. Pick a route from the “Shared routes” database (also see 4.3)



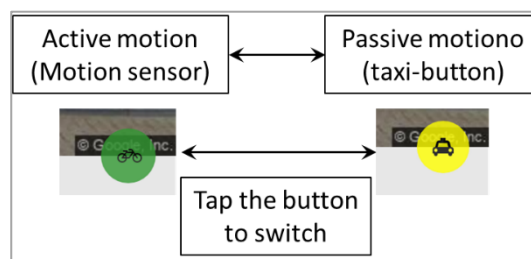
3.5. Moving with Memoride

Naturally, Memoride is aimed at encouraging people to be active. That's the purpose of the motion sensor (also see 1.4), which responds interactively to the user's movement. If you move actively, you will see the bike icon change from grey into green once the movement sensor senses activity.

However, a "taxi button" has been incorporated because not everyone is able to exercise on e.g. a stationary bike, cross trainer or rowing machine. If the "taxi button" is activated (yellow car), the user will move through the image at a consistent speed, even if s/he is not moving. It is thus like being a passenger in a taxi.

The taxi button is best suited to users that cycle slowly or move passively (e.g. treadmill or Motomed-Thera bike, etc.), or users that want to go on a virtual trip without leaving the comfort of their homes.





You can switch between interactive movement (a bike will appear on the screen) and passive movement (yellow taxi) by pressing the button once.

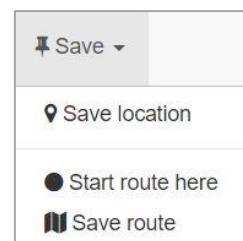


3.6. Saving and modifying locations

Once an interesting location has been identified, it can easily be saved by pressing the “Save” button and then selecting “Save location”. Users can choose the name of the stored location.

Users have the following options once start positions have been saved:

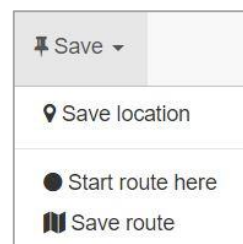
-  : Start cycling from the saved location;
-  : First check the exact position of the stored location on the map;
-  : Change the name of the location;
-  : Remove the location from the list.



3.7. Saving routes

If users enjoy cycling a particular route, and want to cycle it again the next time without using the navigation arrows, then they can simply save the route in question.

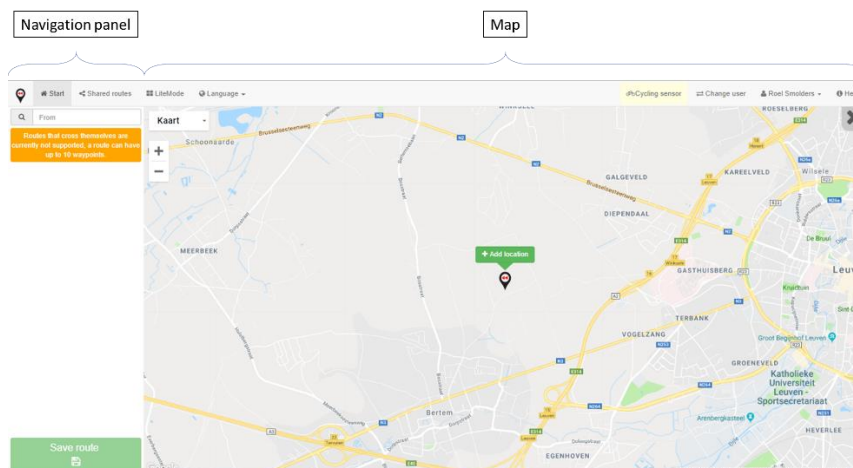
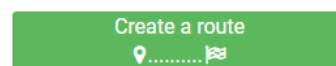
After finishing the concerned route, press the “Save” button and select “Save route”. Give the route a name; this will then appear in the start menu with the symbol.



Routes can be started, viewed, renamed and deleted as described under 3.6.

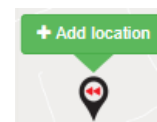
3.8. Creating your own routes in Memoride

If you want to create a new route without biking it first, go to a user's personal profile and choose the button "Create a route". This takes you to a new screen, where a big map is shown centrally on the screen, with a navigation panel on the left-hand side.



The map uses the GPS-location of the tablet to show the environment where the user is currently situated. If you want to create a route in another location, simply insert the right location in the search bar on top of the navigation panel. The more precise you are to define the point you want to go to (house number, street name, name village,...) the more precise Memoride will be able to determine the starting point of your route.


Once you have selected the appropriate starting point, you can drag the map around to all locations. The pointer will always remain in the centre of the map. Drag the map to any desired location and tap **" + Add location "**.



In the navigation panel, the added location will now be mentioned as location A, the starting location of the route. Drag the map to the next location you want to pass along your route, and again tap **" + Add location "**. At each moment, you can also move the card to a new location by using the search bar in the Navigation panel. The newly added location will become point B, and Memoride will automatically propose a route between locations A and B, identified by the green line.


Changing proposed routes


If you are not happy with a proposed route, or you want to make a longer route, you can still add upto 8 additional locations along the route. A route can contain a maximum of 10 locations (A to J). Users can also make other changes:

- Remove locations through the icon  ;
- Change the order in which locations are visited by dragging the locations up or down the list in the navigation panel.

Saving routes

If you are happy with the route that Memoride proposes, you can save it using the big green button “Save route” at the bottom of the navigation panel. You first need to name the route, and then it will be added to the user’s personal profile.

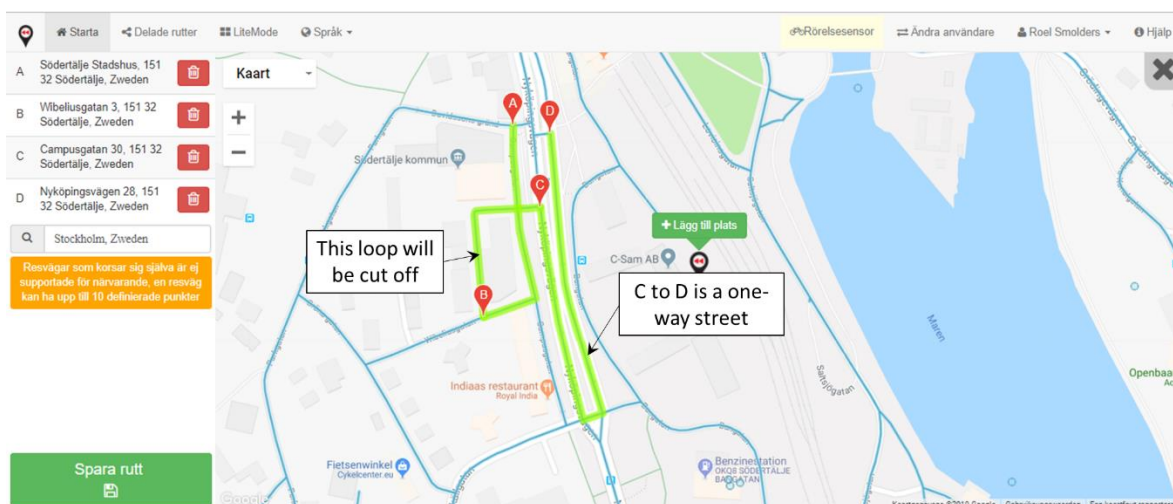
Save route


Depending on the length and complexity of a route, it can take a few minutes before the route is finished and added to your personal list of routes. A progress bar shows how far along Memoride has progressed in translating your route from the map to Streetview. In order to share a route with other Memoride users, use the share button (, see also chapter 4.2).

To leave “Create a route”, simply click on the  in the top right corner of the map, and go back to the Memoride starting screen.

If you want to make new routes quickly and easily, please remember a few simple rules:

1. In order not to make routes too complex, they can currently only pass through 10 locations (A to J in the navigation panel);
2. Routes are not allowed to cross one another, loops are cut by Memoride. In the figure at the bottom, the loop going through point C is not saved;
3. The route that Memoride proposes, is the one that can be driven by a car. This means you cannot go through a one-way street in the wrong direction, or pass through pedestrian areas (for example between points C and D). This is the reason why Memoride doesn’t always propose what might seem to be the shortest or most efficient route;
4. If a route cannot be fully translated from the map to Streetview coordinates (for various reasons), the error message “Route cannot be fully translated” will appear. The route is then only created until the point where a navigational issue occurred. You can circumvent this problem by adding an additional location so that the problem is passed-by.



3.9. *Selecting the language*

The language selected by the administrator will be regarded as the default language. However, users can also select other languages to operate Memoride.

There are two ways to change the language:

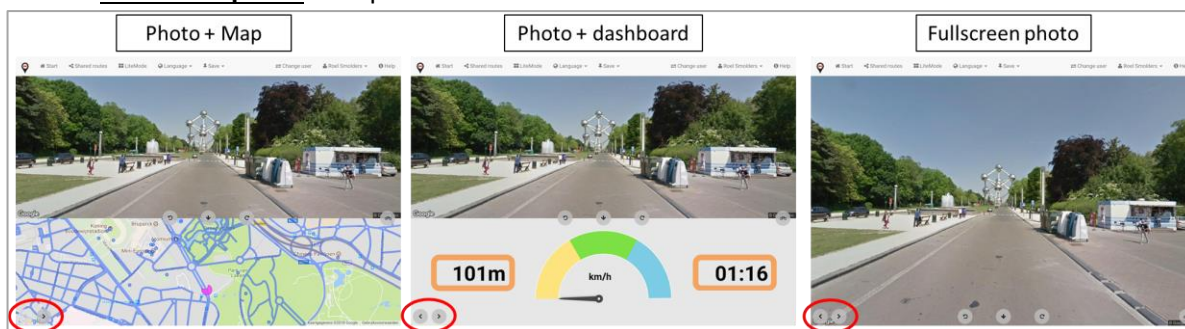
- Permanently change the platform language: The following steps must be taken if users always want to use a different language:
 - Log in as System Administrator (see 3.1) and follow the first three steps (up to “*You will see a screen with two icons...*”;
 - Instead of creating a new user, go to “Language” and select the language of your choice;
 - If you save this, you will always be able to operate the platform in the selected language;
- Show the platform in another language on a single occasion: You can always change the platform language using the “Language” menu. However, if you change user, the platform will return to the default language (and the selected language will not be saved).



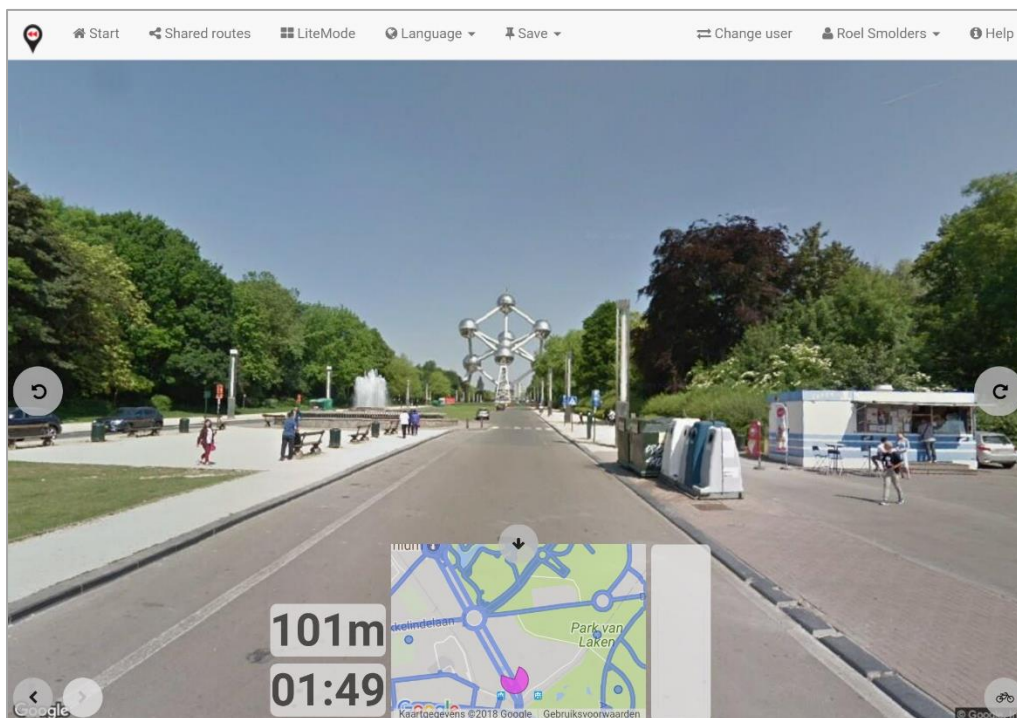
3.10. Changing the layout of the screen

There are 4 ways to change the screen in Memoride:

- **Photo + map:** This is the start screen for all users. The map is useful for navigation purposes; to check where you are and where you want to go; and to find an appropriate start location;
- **Photo + dashboard:** The dashboard shows how far you have already travelled, the speed at which you are travelling and how long it has taken you. The speedometer will remain in the middle if you use the 'taxi button' (see 3.5). If you cycle a pre-programmed route, the dashboard will use a moving bike to show how much of the route you have covered;
- **Fullscreen photo:** The photo will fill the whole screen.



A fourth screen lay-out (used in LiteMode as default) combines the three options above.



The arrows in the bottom-left corner (circled in red) can be used to switch between the different screen layouts.




3.11. Looking around in Memoride

Memoride uses Google Streetview images, which actually are 360°-images. This means that the user is able to stop at each desired moment to look around to check the houses or environment by the side of the road.


In order to be able to look around, the user needs to “freeze” the screen by pushing the STOP-button. Even if you continue to bike, or the taxi-button is active, you will not move anymore.

Once the user taps the STOP-button, the icons to look around appear on the Memoride screen, and users can turn left or right to look around.

Once you are finished, tap “Start” to continue your journey.

Tapping  will freeze the screen so you can look around using  and 

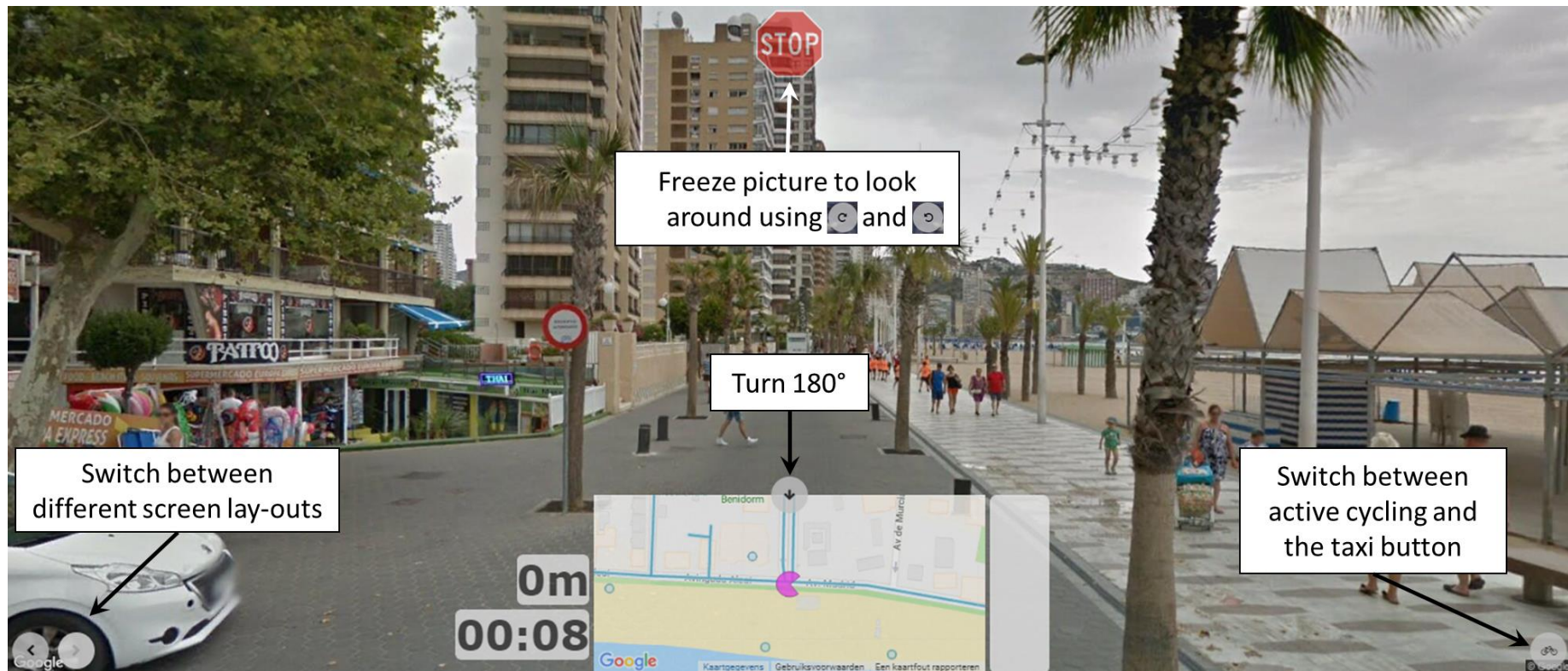


Tapping  will allow you to continue your journey



3.12. Operating buttons on the screen

A few buttons will be visible on the screen when you are cycling. The figure below provides an overview of the various functions:



4. LITEMODE AND SHARED ROUTES

4.1. Objective of LiteMode and Shared routes

Memoride launched “LiteMode” in December 2017 in order to improve convenience and increase user autonomy. LiteMode allows users to choose from six different routes and start an excursion with one simple click.

At the same time, a database featuring shared routes was also developed. This can be used by users to store routes and share them with others, and thus explore all countries featured in Memoride without actually having to create their own routes.

Both new applications can be found on the toolbar in the top-left corner:



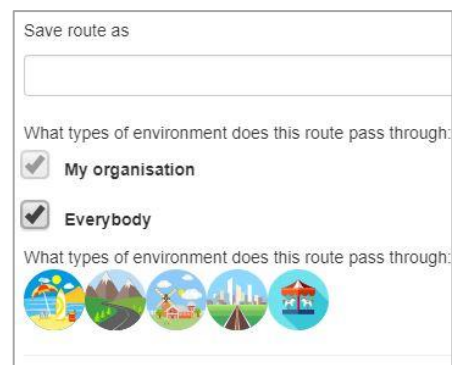
At this moment in time (March 2019), about 300 routes are already available in the Memoride database. Of course, we hope you will share your routes with other users and make them available to everyone. This will help to create an extensive network of routes throughout Flanders, Europe and the world, and allow people to expand the possibilities available to others.

4.2. Creating and sharing routes






Chapter 3.7 explains how you can create a route.

Once you have created a route, you can give it a name and decide whether you want to share it with others. There are three possibilities:


- A personal route: a route you do not want to share with others, which will only appear in your profile;
- Share with my organisation: Only users within your organisation can use this route;
- Share with everyone: all national and international users can use the route you have created.




In order to describe the route, we also ask you to select at least one theme for the route you have saved:

	Cycling along the coast or in close proximity to water
	A route in the hills or mountains
	A trek across the countryside
	A city trip in urban surroundings (city or village)
	Cycling near an attraction or close to a famous monument

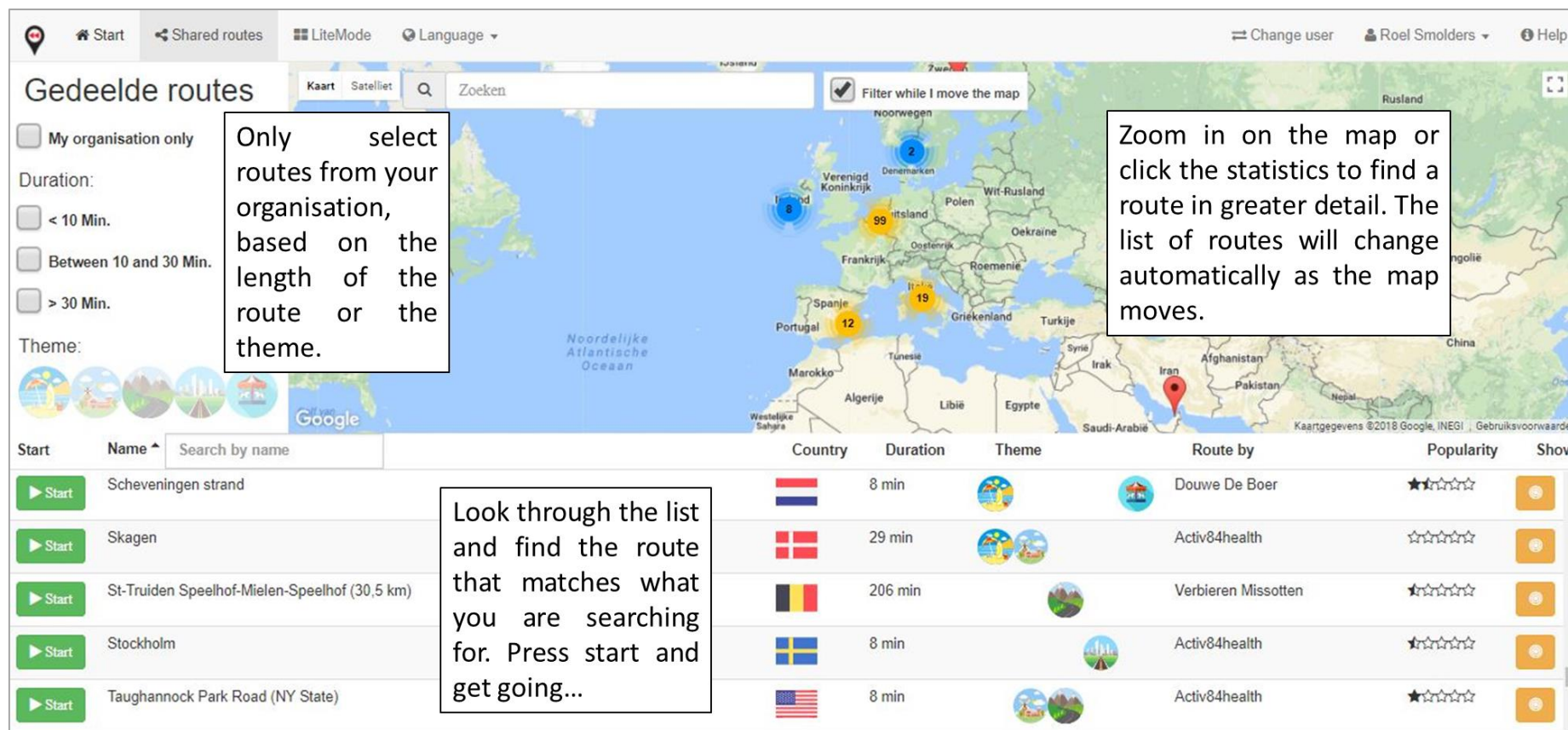
Naturally, you can select more than one theme for your route. The starting point of the route is automatically used as a photo in LiteMode, so you immediately get an insight into the nature of the route (see 4.4).

All routes created and shared by users will be placed in the route database, which can be accessed via  Shared routes .

You can also share existing routes from your personal profile. You will notice an extra blue symbol next to existing routes in your personal profile. By selecting  , you can share an existing route via the procedure described in 4.2.

4.3. Shared routes

All routes created and shared by users will be placed in the route database, which can be accessed via [Shared routes](#).



Gedeelde routes

My organisation only

Duration:

- < 10 Min.
- Between 10 and 30 Min.
- > 30 Min.


Theme:

Only select routes from your organisation, based on the length of the route or the theme.

Zoom in on the map or click the statistics to find a route in greater detail. The list of routes will change automatically as the map moves.

Start	Name	Country	Duration	Theme	Route by	Popularity	Show
Start	Scheveningen strand		8 min		Douwe De Boer	★☆☆☆☆	
Start	Skagen		29 min		Activ84health	☆☆☆☆☆	
Start	St-Truiden Speelhof-Mielen-Speelhof (30,5 km)		206 min		Verbieren Missotten	★☆☆☆☆	
Start	Stockholm		8 min		Activ84health	★☆☆☆☆	
Start	Taughannock Park Road (NY State)		8 min		Activ84health	★☆☆☆☆	

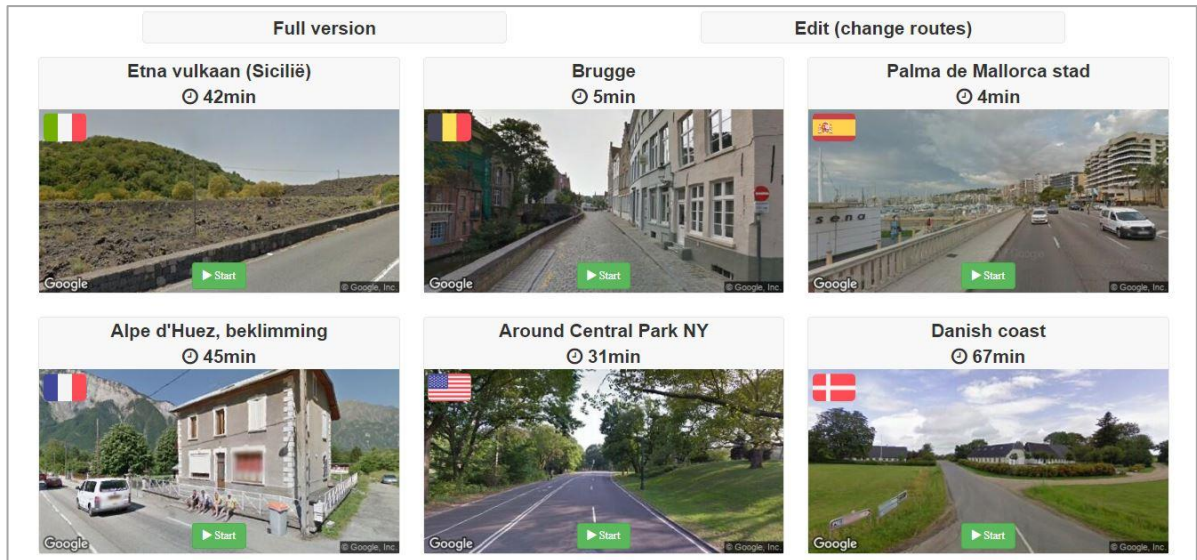
Look through the list and find the route that matches what you are searching for. Press start and get going...

You can click at the top of each column to sort them alphabetically ("Name" or "Route by"), from longest to shortest ("Duration" or "Popularity") or by Theme. The order will be reversed if you click the column again. Click  to show the exact route on the map.

4.4. Using LiteMode


LiteMode has been developed so Memoride can be used in the most simple and user-friendly manner possible, with minimum intervention from the provider.

LiteMode allows users to choose from six different routes and start an excursion with one simple click. The six routes are the same for all users within your organisation.



If you want to return to the start screen when cycling a route in LiteMode, press X in the top-right corner of the screen to return to the menu featuring 6 routes.


Besides the six routes, LiteMode also features two other choices, which have been simply secured to prevent users getting lost in the application:

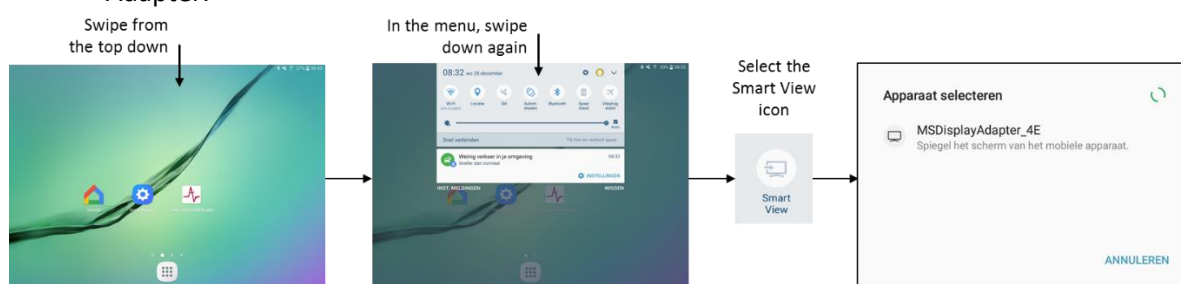
- Full version: Return to the personalised version of Memoride with individual user profiles;
- Modify (change routes): This screen allows you to change the six routes. Click  and select another route from the route database. Once you have finished, press “Stop modifying routes” to return to LiteMode. Here you can also change the language if necessary.

We have incorporated a security feature to make sure users do not get “lost” in LiteMode. To modify routes or return to the full version, all users have to do is enter the year in reverse order. If this is not done, users will return to the start screen after 30 seconds.

5. TRANSFERRING THE IMAGE ON THE TABLET TO A SECOND SCREEN

The tablet is used as a control and operation panel for Memotide, but its screen may not be large enough to offer the best possible user experience. That is why Activ84Health uses the Microsoft Wireless Display Adapter with Miracast technology to mirror the tablet's display on a TV, beamer or any other screen of your choosing. The only prerequisite is that the target screen must have a HDMI port to insert the adapter. Do the following to create a connection:

- Plug the adapter into the HDMI port of the second screen; 
- If your screen also has a USB port, you can use it to power the adapter. Alternatively, you can use the accompanying (white) tablet charger, which must be inserted into a power socket;
- Use the remote control or control panel of your TV or beamer to select the correct HDMI port as "source". Select the right port, bearing in mind that most devices now have several HDMI ports. You will see the start screen for the Adapter (see figure on the right);
- Swipe the tablet screen from top to bottom so the menu appears (also see the figure below);
- Then swipe to the far right of this menu, where you will find the "Smart View" menu. A "Select device" window will appear when this option is selected;
- If you then select the Adapter, the tablet will automatically connect to the Wireless Display Adapter.



The Wireless Display Adapter ensures a reliable connection and has a range of 7 metres.

If you have additional questions about how this adapter works, first check the packaging of your Wireless Display Adapter, or consult microsoft.nl/hardware for extra information.

6. TIPS FOR THE BEST POSSIBLE EXPERIENCE

- Wherever possible, users should try cycling to a meaningful location. This will help to maintain interest and prevent you from cycling around aimlessly;
- Do not save too many routes and locations in your profile; this makes it more difficult to choose. It is best to change locations occasionally;
- Routes shared by several users (e.g. for physiotherapy purposes) should preferably be stored in a separate folder;
- The “taxi button” also allows people who aren't active or can no longer be active to go on a journey. The “taxi button” is also very handy for users who have difficulties maintaining a consistent high peddling speed for long periods.

Please feel free to contact us if you have questions, comments or suggestions for improving the platform. We want to work with our users to see how the platform can be developed further.
