

Manual (Stand 26.02.2018)

Description

LOLA is your personal assistant who ensures that your everyday life becomes safer and more convenient. The app helps you plan appointments, set reminders for medications and taking vitals, but most importantly it supports you in emergency situations that require prompt assistance. Thanks to the "emergency call" function, a preset emergency contact is called at the push of a button. The app can determine and communicate your location via GPS. In case of an emergency, your contact not only has a voice connection with you, but also knows where to find you.

For very urgent matters, you do not even have to open the app: the easily accessible notification bar allows you to trigger the emergency call at any time at the push of the button. You can use the emergency call feature when using your watch, which is even faster, more intuitive, and more accessible. If you install LOLA on your watch, you can trigger the emergency call, even –or especially- when your phone is not at hand, for example in the bathroom, during exercises or in the garden.

With selected watch models, you can now test our unique fall alarm function: The watch automatically detects when you fall and notifies your emergency contacts on its own - even when you personally are not able to trigger an emergency call by yourself anymore.

LOLA on your smartphone

Requirements

To use LOLA, you need a smartphone operating on Android. It should be a version higher than Android 6.0. In addition, you must have a mobile phone tariff that allows both voice, SMS and mobile data.

Installing the app

Go to the Google Playstore with your smartphone and search for the LOLA app. Select "Download" or "Install". Once the app has finished downloading, you can open it on your smartphone.

Creating an account

- (1) Select "Register".
- (2) Complete all fields marked with asterisks (*) and choose your password.
- (3) Press "Next".
- (4) Open and accept the privacy policy and terms and conditions.
- (5) Press "Finish".
- (6) You will receive an e-mail with a confirmation link. Tap the link.

You can now open the app again and log in with your e-mail and password. You can start using LOLA and configure your settings.

Defining emergency contacts

- (1) Open the section "Emergency Contacts".
- (2) Tap "New Emergency Contact" and fill out all sections or import a contact directly from your phone.
- (3) Specify whether this contact should receive a location text message alongside the emergency call.
- (4) Tap "Save".
- (5) If applicable, confirm your agreement to send an emergency text message containing your GPS coordinates.
- (6) You can withdraw this permission at any time by ticking "No" and tapping "Save".

You can also set an emergency contact to "inactive" at any time by ticking "active" on the right side of the contact information. An inactive contact will not be called when an emergency call is triggered.

Note that you can store up to three emergency contacts and change them out whenever you want.

Triggering emergency call

A simply tap on the red button "emergency call" triggers the emergency call.

Once you have triggered the emergency call on your smartphone, a countdown will appear. As long as this countdown is running, you can cancel an accidental emergency call.

Once the countdown runs out, your first emergency contact will be called. If you have enabled the location service for this contact, he or she will be sent a text message along with the call indicating your current position. Your contact cannot only talk to you, but also knows where to find you.

For very urgent matters, you do not even have to open the app: the easily accessible notification bar allows you to quickly trigger the emergency call at any time.

Note that you can only trigger an emergency call if at least one emergency contact is stored and active.

Configuring dates, reminders & birthdays

- (1) You can create appointments, medication reminder or birthday reminder by pressing "Add" in the respective section.
- (2) Fill in all fields marked with asterisks (*) and save the reminder.

The reminder will be displayed at the set time. The reminder can be either accepted, postponed or rejected.

If you postpone a reminder, it will be displayed again 10 minutes later.

In the "Today" overview, displayed underneath the green icon, you can see at a glance which appointments, birthdays or important reminders are set for the day.

Note that in case you use LOLA on your watch, reminders will appear only on your watch.

LOLA on your smartwatch

Requirements

To use LOLA, you need the Android Wear 2.0 operating system on your watch. If you are unsure whether or not your watch is compatible, please check the latest list of compatible watches on our website: www.lola-health.com/lola

Furthermore, your watch should be connected to your smartphone via the Android Wear app. More information on this topic can be found at:

<https://www.android.com/wear/> and

https://play.google.com/store/apps/details?id=com.google.android.wearable.app&hl=en_US

Installing the app

Go to the Google Playstore using either

- the Android Wear app on your smartphone or
- directly on your watch (Menu> Play Store> Search> "LOLA")

- (1) Search for the LOLA app.
- (2) Select "Download" or "Install".

Configuring LOLA as watchface

- (1) Go on the watchface and swipe from right to left. The watchface becomes smaller and you can scroll right and left between different watchfaces.
- (2) Select "Add Watchface / Watchface".
- (3) In the list of watchfaces, look for the "LOLA lite" watchface and select it.
- (4) The watchface will show a code. Enter this code in your LOLA Smartwatch app. To do this, tap on the area marked with a watch. There you will find as an input field for the PIN.
- (5) Confirm the PIN.

The Smartphone app will confirm that your watch is now connected. The watch will now display the time and is ready to be used.

Triggering emergency alarm

To trigger an emergency call on your watch, simply tap quickly 5 to 6 times on the LOLA watchface.

Once you have triggered the emergency call, a countdown will appear. As long as this countdown is running, you can cancel an accidental emergency call.

Once the countdown runs out, your first emergency contact will be called.

Note that you can only trigger an emergency call if at least one emergency contact is stored and active.

If your watch does not have its own SIM card, you need to be within range of your smartphone (usually 50-100m). Also some watches models cannot send SMS.

Activating automatic fall detection

- (1) In your LOLA smartphone app open the area marked with a clock.
- (2) In the section "Fall detection", mark the checkbox as "active".

The watch will now detect if you fall and will automatically trigger an emergency call. Indicate on which arm you usually wear the watch.

Please note that a fall can only be detected if you are wearing your watch. Furthermore, it is possible that some falls are not be detected automatically. In this case please use the normal emergency call functionality.