

One Finger Carbohydrate Monitor

caboc

USER MANUAL



E3 Enterprise

Introduction

Thank you very much for choosing the E3 product. Please read this manual thoroughly before use, and use it correctly. The contents of this manual are subject to change without notice. For the latest information, please check the following E3 website.

<https://e3e.jp/en/product/caboc/>

- This product is not medical equipment or medical examination equipment. Not intended to diagnose or prevent any disease.
- This product is a device to use as for daily health management and the results obtained by this product can not be used as guidelines for medical practice such as treatment policy.
- Regardless of the test result, please consult your doctor if you have anxiety such as illness.

- Company names and product names in this manual are trademarks or registered trademarks of each company. TM and R marks are not specified in this manual.

Rev.2.0

What is the "caboc"?

“caboc” is a health care device visualizing changes of carbohydrates taken into the body. You can test anytime anywhere with one finger. The test results can be checked immediately with a dedicated APP on smartphone. Make it regular test, so that daily changes are displayed in charts and lists. Variable for your daily health management.

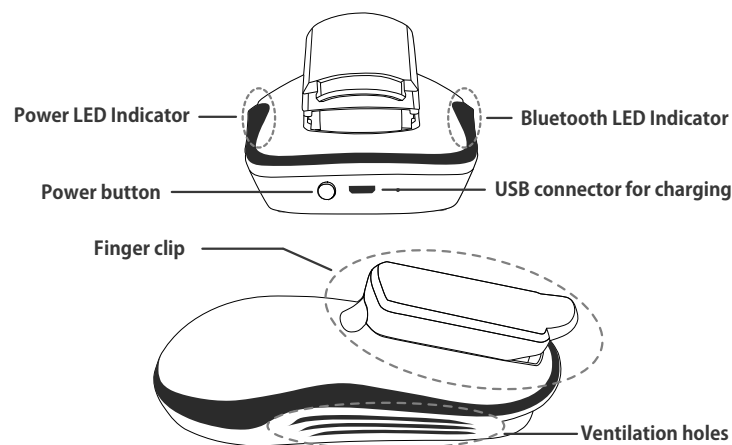
- Inserting one finger visualize the changes of carbohydrate What needs to do is just insert one finger. Able to measure as many times per day as necessary without any suffering.
- Only takes 60 seconds to get result!! Simultaneous acquisition of data necessary for calculating 'caboc' with multiple sensors, test in a short time, results are displayed on the smartphone application.
- Compact, lightweight ergonomic design Easy to carry, ergonomic design enables comfortable posture.

Contents of Package

Before using, please check the following items in the package.

- ☐ caboc device (Main unit)
- ☐ USB cable for charging
- ☐ Carrying case
- ☐ User manual (This paper)
- ☐ Warranty card

Name of Each Parts



Safety Precautions

Although this product is designed with safety in full consideration, there is a possibility that an accident may occur if you mistype it. Please make sure to read the following instructions to prevent accidents beforehand.

⚠ DANGER This indication means "contents that are likely to result in death or serious injury if the user is mistaken in handling."

⚠ WARNING This indication means "contents that could result in death or serious injury to the user if handled incorrectly".

⚠ CAUTION This indication means "If you handle incorrectly, the user will be injured, Or there is a possibility of physical damage."

About caboc device and USB cable

⚠ DANGER

- Do not use it or leave it in places where there is a danger of ignition or explosion (such as a gas station), places where the temperature becomes high (near the fire, near the stoves, in the scorching sun) or where flammable gas is generated. It may cause explosion, ignition, failure or fire.
- Do not put it in a microwave oven or a high temperature container. It may cause fire, explosion, failure or fire.
- Do not throw it into the fire or heat. It may cause explosion or fire.
- Do not short-circuit the connection terminals. Also, do not touch conductive terminals (metal pieces, pencil leads etc.) or connecting them to the connection terminals. It may cause fire or failure.
- Do not stab a nail, hit it with a hammer, or step on it. It may cause fire or damage.
- Do not drop it, throw it and give it a strong shock. It may cause overheating, ignition, explosion, failure, battery leakage or injury.
- Never use it in a place where liquid such as water directly takes place or in a humid place such as a bathroom, or use with wet hands. It may cause overheating, explosion, ignition, electric shock or failure.
- If the battery fluid adheres to the skin or clothing, it may cause injury, so immediately rinse with water. If it gets in your eyes, please take a medical diagnosis immediately after washing with water without rubbing because there is a danger of blindness.
- Do not charge it with other USB cable than the bundled one. In addition, please use the rated 5 V / 1A AC adapter when charging. Otherwise it may cause failure or fire.

⚠ WARNING

- Do not use near cardiac pacemakers or medical equipment (such as hearing aids). Radio waves may affect these devices.
- Make sure to turn it off inside the aircraft as it may hinder the safety of the flight. It may affect electronic devices and cause accidents due to malfunction.
- Do not disassemble or remodel it. It may cause failure, ignition, electric shock or injury.
- Do not put foreign matter (flammable material, metal, liquid etc.) in the inside of the main unit (Finger clip, USB terminal part, vent hole etc.). It may cause overheating, fire, electric shock or failure.
- Do not cover the ventilation holes with a cloth. It may cause heat to build up inside and cause electric shock, fire, malfunction or failure.
- Do not use it while driving a vehicle. It may cause a traffic accident.
- Do not damage, process, twist, pull, or place heavy objects on the USB cable. Also, do not use damaged code. It may cause electric shock, short circuit or fire.

⚠ CAUTION

- Do not keep it in direct sunlight (such as in a car) or high temperature, in extremely low temperature, in a place with high humidity and dust. It may cause deformation or failure.
- Do not place it in a place where the temperature changes drastically (near an air conditioner, a heater, etc.). Condensation may occur inside the product, which may cause electric shock, fire, malfunction or failure.
- Do not place it in an unstable place such as a wobble table or a lean place. Falling may cause injury or damage. Also, be careful not to give it strong impact.
- Do not put it in the reach of children. It may cause injuries.
- Do not put it in place where excessive force is applied (bottom of bag etc). It may cause damage or failure. Please use the bundled carrying case when carrying it.
- Stop to use it if abnormality occurs, such as smoke, smell, abnormal sound, overheating, etc.
- If abnormality happens, turn off the power, disconnect the AC adapter in case of charging and contact us. Also, do not use it as it gets wet with water, falls, or breaks.
- Do not touch this product, USB cable, AC adapter during operation or charging for a long time. It may cause low temperature burns.

Usage Notes

Handling of the "caboc" device

- Do not use or leave this product in the following places.
 - Extremely hot and cold
 - Subject to humidity or water
 - Static electricity occurs
 - Exposed to direct sunlight
 - High dust and vibration
 - Reachable by small children
- A possibility of touching chemicals or harmful gas
- Do not give strong impact such as dropping this product.
- Do not bend this product forcibly, put heavy objects on it, or do not apply excessive force.
- If abnormal heat generation, smoke emission, or unusual smell occurs from this product, stop using it immediately. Repair by user is dangerous, never do it.
- Although this product may get hot during use, it is not abnormal if it is a temperature that can be touched by hand. However, it may cause low temperature burn if used with a long touch.
- When cleaning, please do not use alcohol, thinner, benzene, detergent, etc., with a dry soft cloth.
- If you move it suddenly from a cold outdoor to a warm room or left it in a high humidity place, water droplets may stick inside the product (this is called condensation). Use under such conditions may cause failure, so please do not use it until condensation disappears.
- Do not place it near the air conditioner outlet etc. If condensation occurs due to a sudden change in temperature, the inside corrodes and causes failure.
- Do not pour water. This product is not waterproof.

※ About low temperature burns
If things that are slightly higher than body temperature touch the same place on the skin for a long time, it may result in low temperature burns.

Bluetooth Device

This product uses 2.4GHz frequency band. Make sure to read the following instructions to prevent interference with other devices using this frequency band.

The frequency band used by this product is also used by microwave oven and other industrial, scientific and medical instruments as well as short range wireless base stations for identifying mobile devices (requires a license) on plant production lines, specified low power base stations (do not require a license) and amateur radio stations (requires a license).

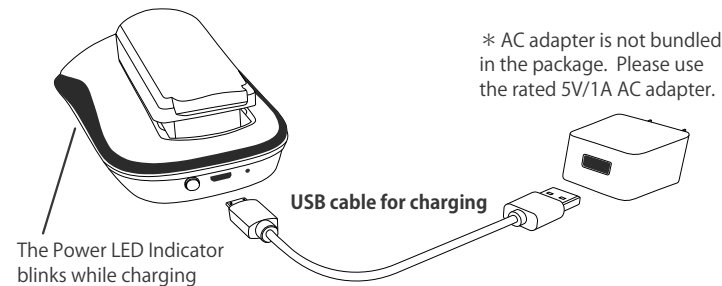
- Before using this product, make sure there are no short range wireless base stations for identifying mobile devices, specified low power base stations or amateur radio stations nearby.
- In the unlikely event that use of this product causes serious interference with a short range wireless base station for identifying mobile devices, stop transmitting radio waves immediately.
- This product does not guarantee connection with all Bluetooth devices.

Before Using

It is required to prepare a smartphone and download the application to use this product. Please read the followings carefully and prepare before using it.

Charge the "caboc" device

Before using the caboc device for the first time, charge it with the bundled USB cable and a commercially available AC adapter.



Download Smartphone Application

Please download the caboc application to your smartphone.

caboc APP

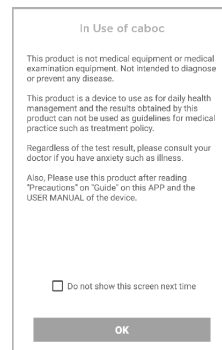
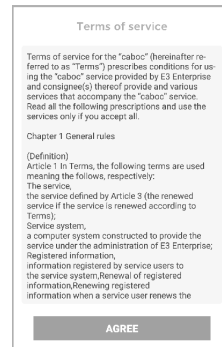


Please search "E3 caboc" on GooglePlay for Android OS and AppStore for iOS (iPhone, iPad) and download it.

- The corresponding OS version of the smartphone is as follows (As of April 2018)
 - » Android OS version 4.4 or higher
 - » iOS version 10.3 or higher
- Even if the conditions are satisfied, it may not operate depending on model.
- For the latest information, please check the E3 website.
- Please be aware that if you uninstall this application, registered user information and the test result data are also deleted.

Before Starting the test

Launch APP / Confirm Terms of Service

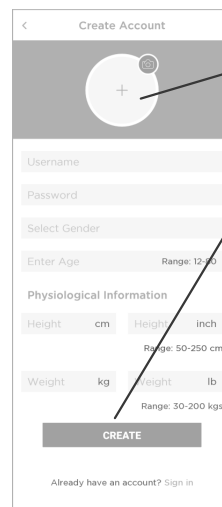
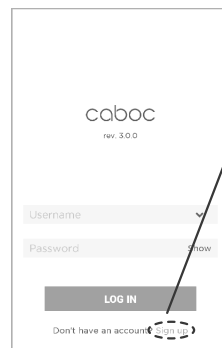


1. **Launch APP**
Tap the APP icon on the smartphone to launch the caboc APP.

2. **Confirm "Terms of service"**
After reading the contents carefully, tap "AGREE".
※ Terms of service will not be displayed from the next time. It can also be checked on "About this app" of the menu.

3. **Confirm "In Use of caboc"**
After reading the contents carefully, tap "OK".
※ This contents will not be displayed by checking "Do not show this screen next time". It can also be checked on "About this app" of the menu.

Create an Account



1. **Launch the Account Create screen**
Tap "Sign up" to launch the Account Create screen.

2. **Enter account information**
Enter the following information.

"Username" (Alphanumerics)
"Password" (Alphanumerics)
"Gender" (Select from the lists)
"Age" (Numbers)
"Height" (Numbers)
"Weight" (Numbers)

By tapping here, you can set an image such as photo as your avatar.

Tap "CREATE" after completion of entering all the information.

When "Register Success!" is displayed, tap "OK". Entering login state automatically and the Home screen is displayed.


"Gender", "Age", "Height" and "Weight" are important information for the test. If these values are not entered correctly, the test results may not be obtained correctly.

Login

1. **Enter Username and Password**
Tap ☒ to the right of "Username" and select the registered user name.

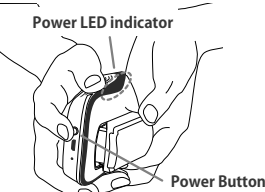
Account creation is necessary before login. Please refer to "Create an Account" to create an account.

2. **Login**
Tap "LOG IN", the login is successfully completed when the Home screen is displayed.


Automatically Login when creating an account. To switch users, tap  in the upper right corner of the screen, "sign out" and start over from 1.

Set up Bluetooth (Pairing)

Before starting the test, it is necessary to set (pair) the smartphone and the caboc device to connect with Bluetooth. Please follow the procedure as below.




1. **Turn on the caboc device**
Please press the power button (appx. 3 sec) to turn on the caboc device. When it is turned on, the power LED indicator lights up.

2. **Launch Bluetooth setting screen**
Tap  on the top right of the Home screen to display the menu, Tap "Bluetooth" to open the Bluetooth setting screen.

If the Bluetooth function on smartphone is disabled, a message such as "Please turn on Bluetooth" appears. Follow the instructions to turn on the Bluetooth function.

3. **Select the Bluetooth device**
Tap when "BDE_WEIXIN_TTM" (or "SPPLE DM", "ITON DM") is displayed in the "Detected device" column.

The set up is completed when the background is displayed in gray color.

4. **Back to the Home screen**
Tap  to return to the Home screen.

The Test Execution

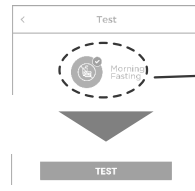
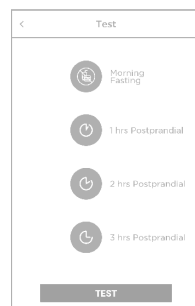
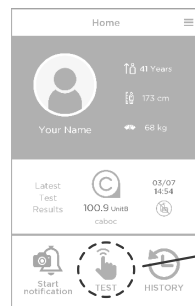
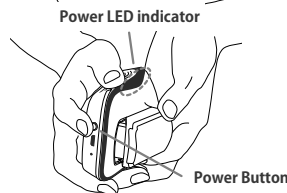
Precautions for the Test

Please read the following instructions carefully before the test. The test results may not be displayed correctly or the test may not be possible.

- Please perform the test after fully charging the caboc device. Recommended battery level at the test is over 30%.
- At the time of the test, please sit calm and place it on a flat place (desk etc.) where the caboc device will be about the height of the chest.
- Relax during the test and keep at rest without talking or moving arms and hands.
- Execute the test in an environment at room temperature 20 - 27 °C and humidity 20 - 70%.
- **Even if the room temperature and humidity are within the above ranges, if you brought it from a place with a lower temperature (or a higher) than the above, wait for a while, then start the test.**
- The fingers that can be used for the test are the middle finger, index finger or ring finger, others are not applicable.
- The proper skin temperature of the finger is 29 - 35 °C . **If the fingertip is cold, please execute the test after warming the hand by holding and opening repeating 2 or 3 times.**
- Please wipe off the moisture of your fingertips well before the test.
- Do not execute the test in a state where manicure is applied to nails, or applying skin cosmetics such as hand cream.
- Insert your finger into the finger clip so that the nail faces upward.
- Do not press your finger strongly downward during the test.
- If you test after bathing, do after about 30 minutes.
- Avoid testing while drinking.
- **Keep at least 10 minutes for the test interval.**

Execute the Test

Follow the procedure below for the test. Please carefully read the "Be careful!" and proceed with it.



1. **Turn on the caboc device**

Press the power button (appx. 3 sec) to turn on the caboc device. When it is turned on, the power LED indicator lights up.
* To turn off the caboc, press and hold the power button for 3 seconds. Releasing the button, the power LED goes off.

Be careful!

- Recommended battery level at the test is over 30%.
- Do not insert a finger into the finger clip at this moment.

2. **Select meal condition**

Tap "TEST" on the Home screen, tap the applicable meal condition on the Test screen.

Tap this icon if you are in Fasting condition. Fasting means more than six hours after meal.

Tap this icon if it is 1 hour from the start of meal (less than 2 hours).

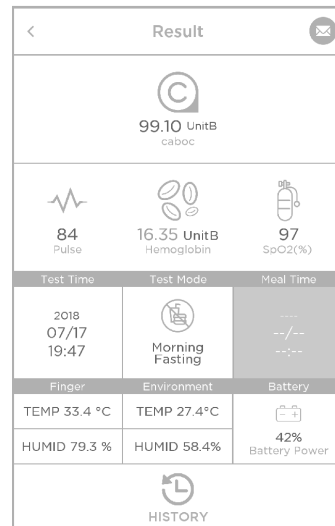
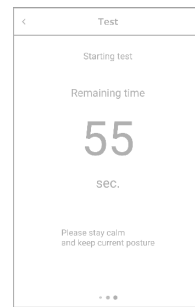
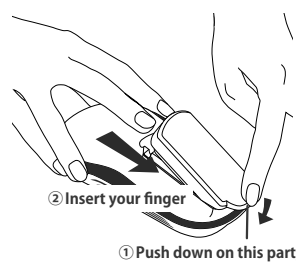
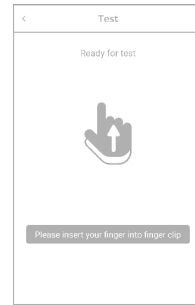
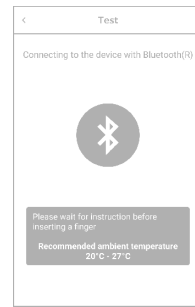
Tap this icon if it is 2 hours from the start of meal (more than 2 hours, less than 3 hours).

Tap this icon if it is 3 hours from the start of meal (more than 3 hours, less than 6 hours).

When it is selected correctly, a check appears in the upper right corner of the icon.

3. **Start the test**

Tap "TEST" to start the test. The caboc device and the APP will be automatically connected and start preparing for the test.



Automatically detects Bluetooth and make connection. When the connection is established, the Bluetooth LED starts blinking, continuously checks the environmental conditions, if there is no problem, a message is displayed to insert your finger.

Be careful!

- If "Pair with BDE_WEIXIN_TTM? [or SPPLE DM, ITON DM]" is displayed, tap "PAIR" to make it work.
- If the error is displayed, check the contents of the error and try again from the beginning.
* Refer to "If the Error is Displayed on the Test".

4. **Insert a finger into Finger clip**

When "Please insert your finger into finger clip" is displayed, insert your finger following the procedure, the test will start automatically.

Be careful!

- The fingers that can be used for the test are the middle finger, index finger or ring finger.
- If the fingertip is cold, please execute the test after warming the hand by holding and opening repeating 2 or 3 times.
- Please wipe off the moisture of your fingertips well before testing.
- Do not execute the test in a state where manicure is applied to nails, or applying skin cosmetics such as hand cream.

When "Starting test" is displayed, the test is started successfully.
* The test is completed in about 60 seconds and the power of caboc device goes off automatically.

Be careful!


- Relax during the test and keep at rest without talking or moving arms and hands.
- Do not press your finger strongly downward during the test.
- If the error is displayed, check the contents of the error and try again from the beginning.
* Refer to "If the Error is Displayed on the Test".


5. **Check the test result**


When the Result screen is displayed, the test is completed. The items to display as the test results are the followings.

"caboc(Carbohydrate indicator)"
"Pulse", "SpO2", "Battery Power"
"Hemoglobin(Estimated value)"
"Shell Temparaure / Humidity"
"Ambient Temperature / Humidity"

The results out of normal value range are displayed in orange.
* Refer to "Normal Value Range Setting".

The results can also be confirmed with the "Test Record" of the menu tapping  at the top right of the Home screen.

Also, by tapping  on the upper right of the Result screen, you can send the image of the Result screen by email or other application.

Tap  on the upper left of the screen to return to the Home screen.

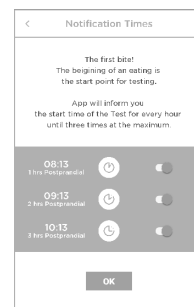
If the Error is Displayed on the Test

The error may be displayed during the test. After confirming the following instructions, please take necessary action and start the test again from the beginning.


Errors	Cause	Action
"Bluetooth Detection Failed" "Device Connection Failure"	• The caboc is not power ON • The caboc is not charged enough	• Make sure the caboc is powered ON. • Make sure the caboc is charged enough.
"Environment Temp is too low!" "Environment Temp is too high!" "Environment is too dry!" "Environment Humidity is too high!"	• Ambient temperature above 27 °C • Ambient temperature below 20°C • Humidity above 70% • Humidity below 20%	• Install the caboc in an environment with appropriate ambient temperature and humidity, and wait for a while before the test.
"Finger temp is too low!" "Finger temp is too high!" "No finger is detected!" "Finger is not inserted!"	• Finger temperature out of proper range (proper temperature: 29 ~ 35 °C) • Finger is not inserted correctly • Moisture is attached to the fingertip • Applying manicure on the nail or skin cosmetics such as hand cream	• If the fingertip is cold, please perform the test after warming by holding and opening the hand repeating 2 or 3 times. • Wipe off the moisture of your fingertips well. • Do not apply manicure on the nail or skin cosmetics such as hand cream

Other Function


Meal Record and Notification for Starting Test



Recording meal picture and setting of notification time for starting test can


be set from  on the Home screen. Informing you test timing by setting at start of your meal. Able to check the test results for each meal.



*meal pictures can be added or changed later as well.



(Tapping  at the top right of the Home screen, tap "Meal set selection" from the menu.)





Confirm the Test Result History








The history of the test results can be displayed from  on the Home screen or the Result screen.

  can switch the unit setting to display for "caboc" and "Hemoglobin".


  can switch between "Chart display" and "List display".

    can switch the test items to display.

     can set the date or period to display.

Normal Value Range Settings



The normal value range of each test result value can be set with the "Normal Range" of the menu tapping  at the top right of the Home screen.


The items that can be set are as follows.

"caboc (Fasting, Each 1, 2, 3 Postprandial)"
"Hemoglobin", "Pulse"
"Oxygen saturation(SpO2)"

Default values are set for your reference. Please set it by yourself according to your unit of use.

Unit Settings



The units can be set with the "Unit Settings" of the menu tapping  at the top right of the Home screen.

The items that can be set are as follows.

"Height (Default : CM)"
"Weight (Default : kg)"
"caboc (Default : UnitB)"
"Hemoglobin (Default : UnitB)"

* Units for "caboc" and "Hemoglobin" are our own unique units. Please set it according to the purpose.