

tinke

linking
é touch

Tinké is all about simplicity. With a touch of your finger, you can obtain the measurements of the 4 parameters within seconds.

USER MANUAL

The quick, revolutionary way to check your fitness and wellness is now at your fingertip.



RESPIRATORY
RATE

Tinké lets you measure the number of breaths you take per minute.



Tinké lets you measure the amount of oxygen carried by the red blood cells in your blood, at any given time.

BLOOD OXYGEN LEVEL



HEART
RATE

Tinké lets you measure your number of heart beats per minute, in seconds.

HEART RATE VARIABILITY



Our heart does not beat at a constant rate and the changes in the rate at which our heart beats is known as Heart Rate Variability (HRV).

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1. Let's Get Started



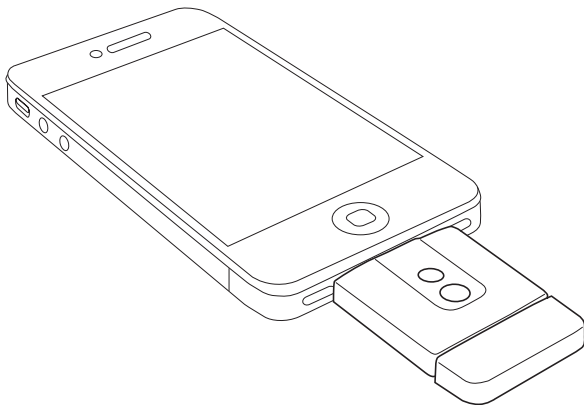
1.1 Install the App

Download the Tinké App from the Apple App Store.

1.2 Select the Measurement to Conduct

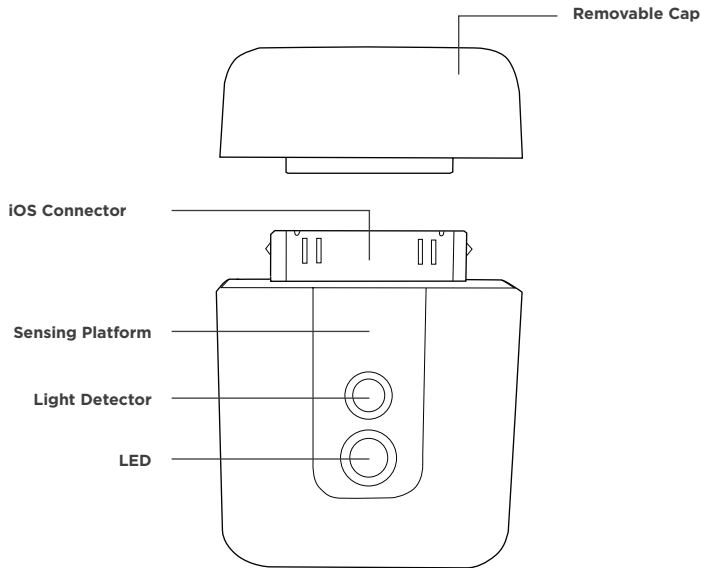
Choose either the VITA or ZEN measurement

1.3 Connect your Tinké



A flashing red LED light will appear to indicate a successful connection. Monitor your fitness and wellness, and connect with friends through our Tinké social network.

2. Tinké at a Glance



Compatibility

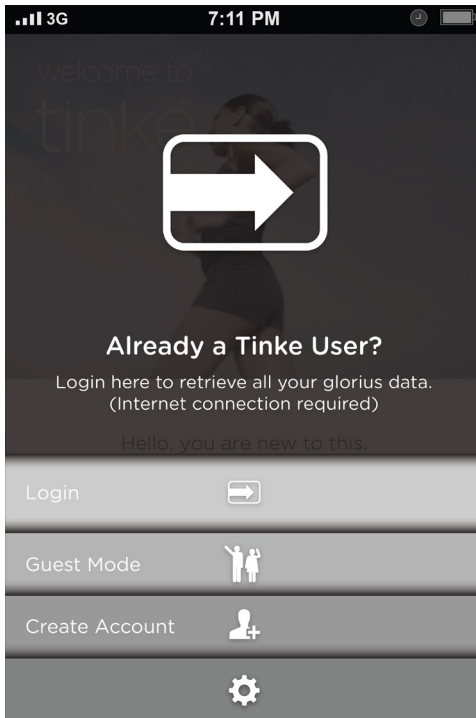
- iPhone (3GS, 4, 4S, and 5)
- iPad (4th generation and mini)
- iPod Touch (3rd, 4th, and 5th generation)

Tinké with 30-pin connector will work when used with Apple Lightning to 30-pin adaptor.

(Adaptor is NOT provided by Zensorium)

3. An Overview of Tinké App

Touch any icon, maintain your touch and drag to your selection.



Guest Mode

A quick one-time measurement.
No account required.

Create your Tinké Account

Access to the full suite of app features.
To start, enter your name, gender, skin tone, date of birth, country and mobile number.

3.1 Your Tinké Account Homepage

Challenge

Compare your average fitness and wellness on a global scale. The average Vita Index and Zen Index of all Tinké users around the world are displayed next to your scores for your reference.

Guidance

Tips and motivational messages.

Home

Return to homepage.

History

See your measurements in a graphical format.

VITA

95⁸²_{world}

ZEN
95⁸²_{world}

Tea contains approximately 10 times the amount of anti-oxidants found in fruits and vegetables.

tinké

Good evening,
James!



Take some time to be at rest before taking measurement.



Do You Know?

Learn more with fun facts.

Settings

Change users, go to Account Settings or access the Guest Mode.



Friend Requests

Manage your friend requests with just a tap.



Quick Access to Comments

James



Tinké Social Network

Access your network of friends.

Vita Index

Measure your fitness here.

Zen Index

Measure your wellness here.

3.2 MyVITA

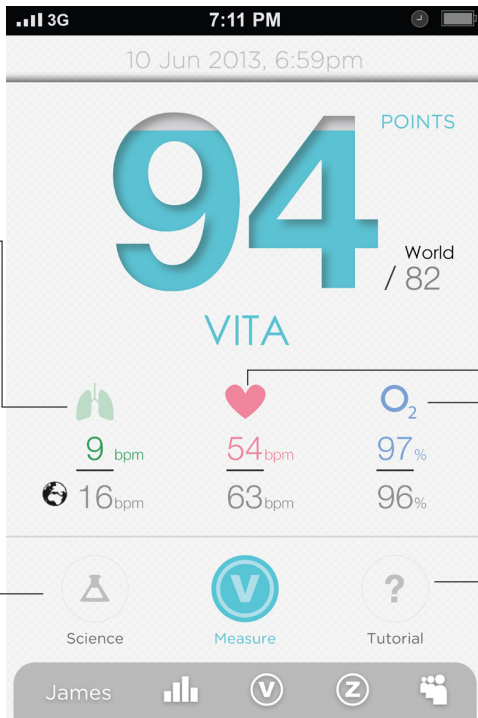
Your Vita Index is a personalized score derived from 3 parameter readings, to give you an indication of your fitness. The highest score attainable is 99, so aim as high as you can.

Respiratory Rate

Displayed in breaths per minute (bpm), this refers to the number of breaths (1 breath consists of inhale and exhale) you take per minute. A person in good condition takes between 12 to 20 breaths per minute.

Science

Learn more about the concepts behind the Vita Index.



Heart Rate

Displayed in beats per minute (bpm), this refers to the number of times your heart beats in 1 minute. A person in good condition has a heart rate of 60 to 80 beats per minute.

Blood Oxygen Saturation Level

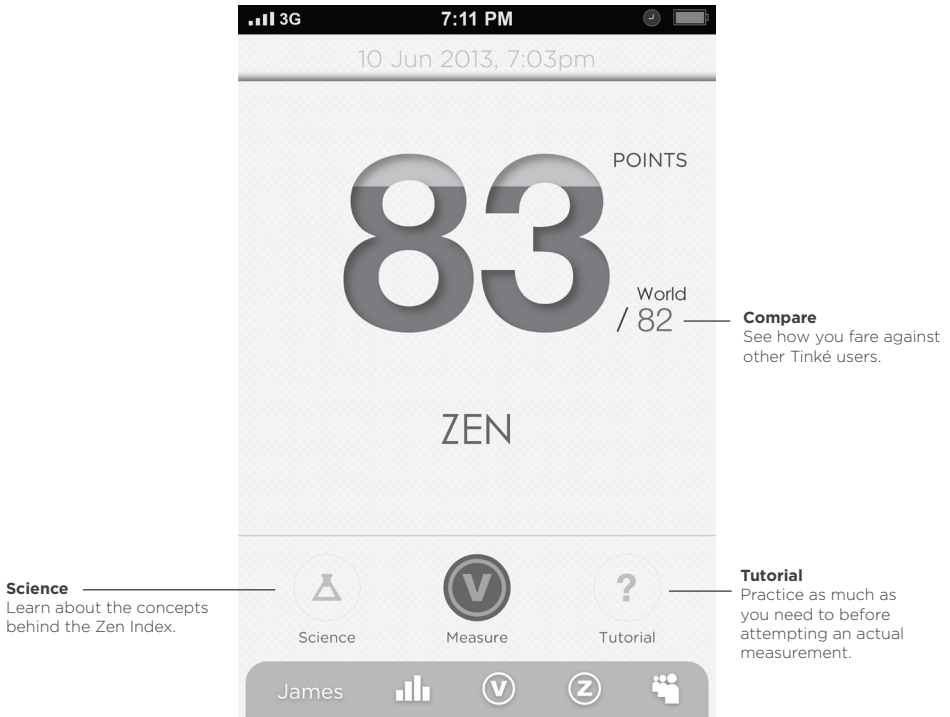
Displayed as a percentage, this refers to the amount of oxygen carried in your red blood cells. The optimal level is between 95% and 100%.

Tutorial

Practice as much as you need to before attempting an actual measurement.

3.3 MyZEN

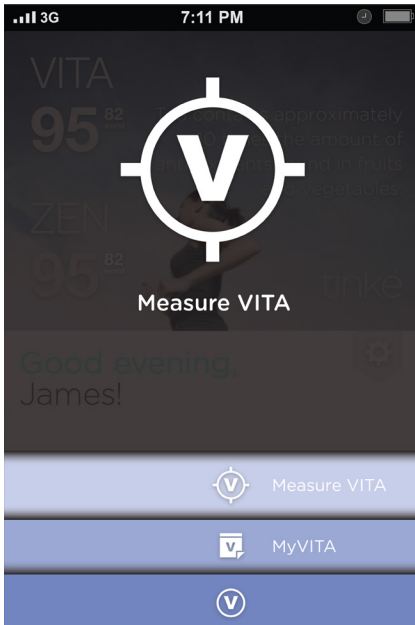
Your Zen Index aims to quantify your level of relaxation at any given moment. The highest score attainable is 99.



4. How to Use

4.1 Taking Measurements

4.1.1 Select “Vita Index” or “Zen Index”.

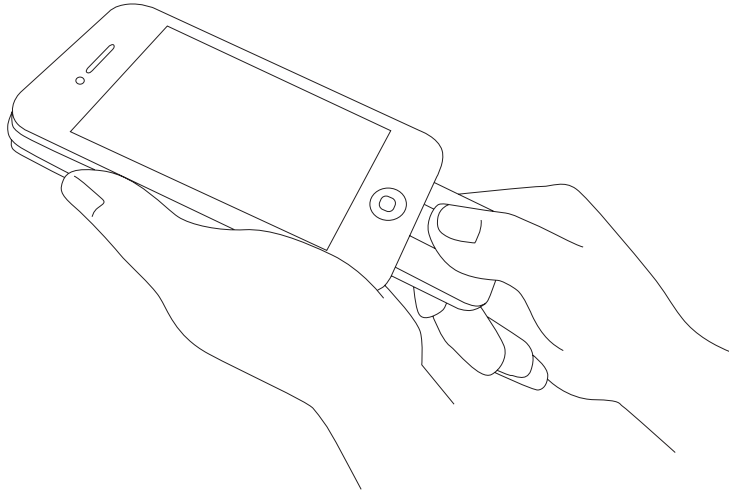


4.1.2 To start, place your thumb on the sensing platform.

4.1.3 For accurate results, **your thumb should completely cover both holes of the sensing area for the entire duration of the measurement.**

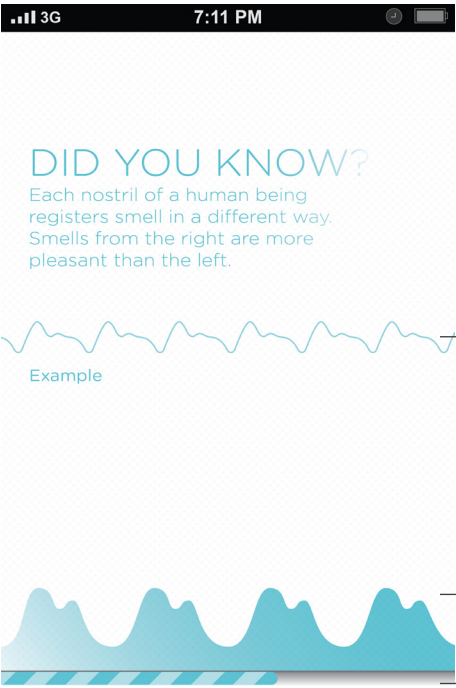
Important Tips:

- Stay still, preferably sitting down, and minimize body movements throughout the duration of measurement.
- Apply gentle pressure.
- Do not remove your thumb from the sensing platform until measurement is completed.
- Use the tutorial mode to practise before taking an actual measurement.



4.2. Vita Index Measurement

The following screen appears when you start the measurement:



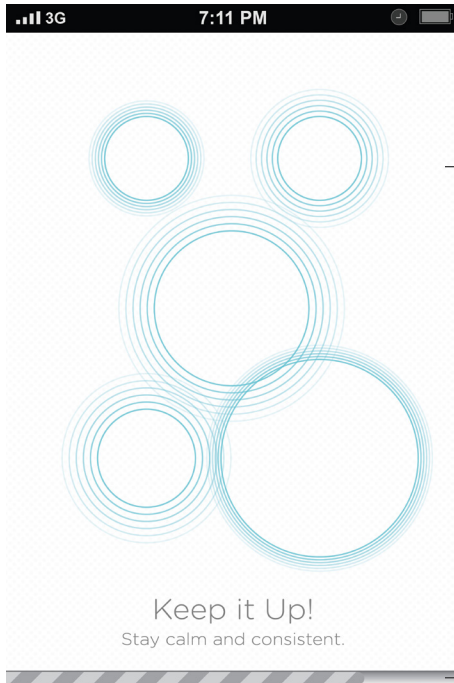
The Ideal waveform: Ensure your waveform (shown below) follows this shape or retake your measurement otherwise.

Your waveform (known as photoplethysmography waveform) is detected due to blood volume changes in the capillaries of your finger. The shape of the waveform is a very important indicator of measurement accuracy. Always ensure a consistent waveform throughout the measuring process. Retake your measurement if an inconsistent waveform is observed.

The progress bar shown at the bottom indicates the remaining duration of the measurement. A full measurement takes about 30 seconds.

4.3 Zen Index Measurement

The following screen appears when you start the measurement:



Concentric circles serve as a guide to synchronize your breathing. These circles expand and collapse periodically, indicating different frequencies.

1. To perform a measurement, synchronize your breathing to the circle that you are most comfortable with.

OR

2. Progress to a circle of slower rate to practise deep breathing. Taking slow deep breaths may help you relax better.

The progress bar shown at the bottom indicates the remaining duration of the measurement. A full measurement takes about 60 seconds.

4.4 Inappropriate Measurement

The following screens appear to inform that the measurement conditions are not appropriate. As Tinké conducts its measurement via optical sensing, the sensors detect and inform when the measurement methods or environmental conditions are not ideal. When the following screens are encountered, follow the instructions stated by the screen and retake your measurement.

Uh-oh...

The conditions you are in have resulted in poor measurement accuracy.

If you are in a very bright area, try to move into a shadier spot to measure.

Also, keeping your thumb more stable would help too!

Please retake

The conditions you are in have resulted in poor measurement accuracy.

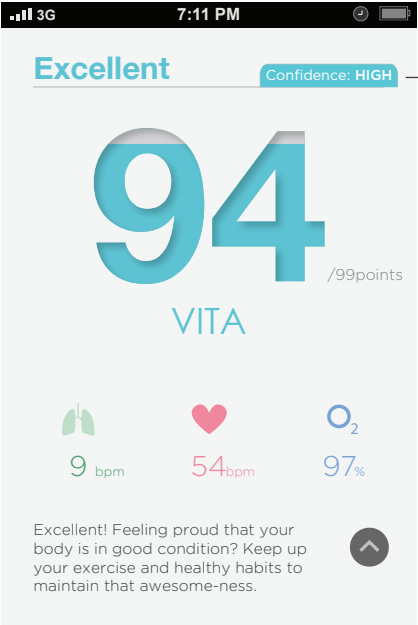
Rest your thumb gently, covering both sensing holes and preferably in low lighting conditions.

Avoid movements and try to keep your thumb steady.

Warming your thumb can also help improve blood circulation thus allowing better measurements to be taken.

4.5 Getting your results

Your Vita and Zen Index scores will be displayed after each respective measurement.



Confidence levels indicate how conducive your measurement conditions are. Tap to find out more.

5. Features of the Tinké App

As an account holder, you can enjoy these exclusive features.

5.1 History

The Tinké App stores your saved measurements and trends them for your ease of reference. Choose to see your scores daily or monthly.



Your Vita and Zen Indexes displayed are:

1. Averaged over the day of measurements.
2. Compared with the world according to the selected age and gender.

You can choose specific parameters, such as your heart rate to trend.

5.2 Tinké Social Network

Find your friends and get to know more Tinké users. Simply search for them by name, userID, mobile number or email address.

- Compare your scores with the world. (see 5.1 History)
- Post your results onto Facebook.
- Share your results with friends, and encourage one another on your progress.
- Sort your network list alphabetically or by Vita and Zen Indexes.

5.3 Points & Badges

- Earn points and badges each time you conduct a measurement.
- Be rewarded for performing consistent measurements.

5.4 Data Export

You are able to export data, limited to measurements taken during the last 30 days in CSV format. Simply go to 'Account Settings', scroll down and tap on 'Export'. All data will be sent to an email of your choice. To do this, please ensure that an email account has been set up on your phone first.

Note: Features 5.1, 5.2, 5.3 & 5.4 can only be accessed when there is internet connection. When there is no internet connection, only Vita and Zen measurements can be taken. Your measurements will be synced to History once internet connection is detected.

6. Maintaining Your Tinké

6.1 Care

- Do not expose your Tinké to any form of liquid, moisture, humidity or rain.
- Do not leave your Tinké under direct sunlight for extended periods of time.
- Do not tamper or abuse your Tinké.
- Do not leave your Tinké in conditions of extremely high or low temperatures.
- Do not attempt to repair, modify or disassemble your Tinké under any circumstances.

6.2 Terms of Use

- Tinké is an optical sensor and should only be used when indoors under relatively low lighting conditions. Do not use Tinké under any direct light.
- Tinké should only be used when you are at rest. Assume a sitting position and remain still during use. Do not use Tinké when you are moving, engaged in any other activity, or immediately after physical exercise.
- Tinké should only be used with only one finger, preferably your thumb.
- Tinké should be used when your finger is warm. If your finger is cold, warm it up before taking a measurement.

7. Disclaimers



7.1 Health Disclaimer

Tinké and its associated applications are for informational purposes only, and at no point should be used to diagnose, treat, or prevent any disease or medical condition. Always seek the advice of a qualified medical professional before making any changes to your exercise regime, sleep or nutrition. Not doing so may cause severe harm or even death.

7.2 Product Disclaimer

Information has been carefully checked and is believed to be accurate; however, no responsibility is assumed for inaccuracies. Zensorium shall not be liable for any incidental or consequential damage resulting from the performance or use of Tinké. Zensorium reserves the right to make changes without further notice to any products. Zensorium does not assume any liability arising out of the application or use of any product; neither does it convey any license under its patent rights of others.

7.3 Manual Disclaimer

Zensorium assumes no responsibility for errors or omissions or any damages resulting from the use of the information contained in this manual. Zensorium reserves the right to revise or alter to include any changes in specifications or functions anytime, without notice and without any obligation to notify any person of these changes, in view of further revisions or developments of the product in future. No part of this manual may be reproduced in any form without the permission of Zensorium.

8. Support

8.1 Zendesk Community

Register an account at support.zensorium.com to access our Online Community where you can ask us any questions you may have. You can also connect, get support and discuss issues with other Tinké users here. Alternatively, you can read our list of Frequently Asked Questions (FAQ) at <http://www.zensorium.com/tinke/faq.html>

8.2 Troubleshooting Guide

Problem	Recommended Solution
My phone is unable to detect my Tinké.	The connection between your phone and Tinké may be loose. Try unplugging and replugging your Tinké. A flashing red LED light should appear on your Tinké upon successful connection.
My Tinké is not working even though the flashing red LED light appears.	Try restarting your Tinké App. For iPhone users, press the home button twice to bring up the active apps tray. Hold your touch on the Tinké App for a few seconds, until a '-' appears at the top left corner. Close the app by tapping the '-'. Relaunch the app.

For further technical assistance or enquiries, email us at support@zensorium.com

9. Warranty Policy



9.1 LIMITED WARRANTY

Zensorium (Company) warrants only to the purchaser (Customer) of the Product that the product will be free from defects in materials and workmanship under the normal use and service for which the Product was designed for a period of **12 months from the date of purchase of the Product by the Customer.**

Customer's exclusive remedy under this Limited Warranty shall be the repair or replacement, at Company's sole option, of the Product, or any part of the Product, determined by Zensorium to be defective. In order to exercise its warranty rights, Customer must notify Company in accordance with the instructions described under the heading "Obtaining Warranty Service". This Limited Warranty does not extend to any Product damaged by reason of alteration, accident, abuse, neglect or misuse or improper or inadequate handling; installation, operation or use of the Product not made in strict accordance with the specifications and written instructions provided; use of the Product for any purpose other than those for which it was designed; ordinary wear and tear; disasters or acts of God; unauthorized attachments, alterations or modifications to the Product; or any other reason or event not caused by Zensorium. ZENSORIUM HEREBY DISCLAIMS ALL OTHER WARRANTIES, WHETHER WRITTEN OR ORAL, EXPRESS OR IMPLIED BY LAW OR OTHERWISE, INCLUDING WITHOUT LIMITATION, ANY WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE. CUSTOMER'S SOLE REMEDY FOR ANY DEFECTIVE PRODUCT WILL BE AS STATED ABOVE, AND IN NO EVENT WILL ZENSORIUM BE LIABLE FOR INCIDENTAL, CONSEQUENTIAL, SPECIAL OR INDIRECT DAMAGES IN CONNECTION WITH THE PRODUCT. This Limited Warranty shall be void if the Customer fails to comply with all of the terms set forth in this Limited Warranty. This Limited Warranty is the sole warranty offered by Zensorium with respect to the Product. Zensorium does not assume any other liability in connection with the sale of the Product. No representative of Zensorium is authorized to extend this Limited Warranty or to change it in any manner whatsoever. No warranty applies to any party other than the original Customer. Zensorium and its directors, officers, employees, subsidiaries and affiliates shall not be liable for any damages arising from any loss of equipment, loss or distortion of data, loss of time, loss or destruction of software or other property, loss of production or profits, overhead costs, claims of third parties, labor or materials, penalties or liquidated damages or punitive damages, whatsoever, whether based upon breach of warranty, breach of contract, negligence, strict liability or any other legal theory, or other losses or expenses incurred by the Customer or any third party.

9.2 Obtaining Warranty Service

- All returns must be made to original place of purchase. For direct purchase from Zensorium, warranty is applicable upon production of a valid Zensorium invoice or receipt.
- If the Product was purchased directly from Zensorium, please contact Customer Service at support@zensorium.com. If the Product was purchased from any Third party, please contact them to arrange for a return.

10. Technical Specifications

Parameter	Condition	Min	Nom	Max	Unit
Dimensions	Length	-	42	-	mm
	Width	-	32	-	mm
	Height	-	7	-	mm
Weight	-	-	10.7	-	g
Measurement Wavelengths	Red	-	660	-	nm
	IR	-	940	-	nm
Measurement Output Power	Red	-	-	2.8	mW/sr
	IR	-	-	0.88	mW/sr
Sampling Frequency	166HZ				
Electronic Ratings	Rated Voltage	-	3.3	-	V
	Rated Input Current	-	70	-	mA
	Rated Power	-	250	-	mW
	Maximum Frequency	-	-	16	MHz
Environmental					
Temperature	Operating	0	-	35	°C
	Storage	-20	-	45	°C
Relative Humidity	Storage	5	-	95	%

For a little extra help,

Go to ►

support.zensorium.com to access our online community
www.zensorium.com/tinke/faq.html to read our FAQ

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iPod



iPhone



iPad

