

# Fibion

## **ENGLISH** manual

- How to start a measurement
- Measurement instructions
- How to analyze my results
- Report navigation guide



ATTN! Fibion Sync works in Window and MacOS environments with Chrome, Edge and Opera browsers (versions released after 6/2022)

# CONGRATULATIONS!

You have just borrowed the world's most accurate analysis  
for everyday activity!

This folder contains detailed instructions for starting the Fibion  
measurement and preparing the results.

All necessary instructions (incl. instructional videos) can also be found on  
the following website:

[fibion.fi/kirjastot](https://fibion.fi/kirjastot)



This collaboration is a conjoint project with the City of Helsinki's test bed  
platform. The aim of this co-operation is to find new innovations in health  
promotion. You can contribute to co-development by giving feedback on  
your experiences:

[feedback.fibion.com](https://feedback.fibion.com)



**fibion**



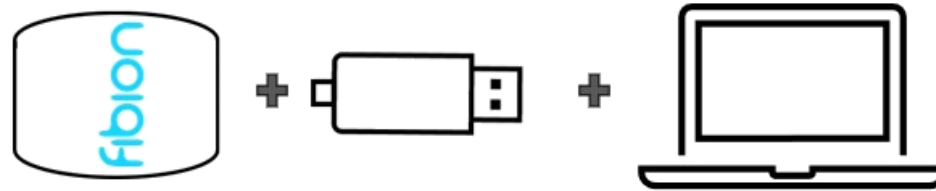
**FIBION  
ACTIVE  
OFFICE**



**FIBION  
ANALYYSI-  
PALVELU**

# How to start a measurement?

1. Connect the Fibion device to the computer with a Micro USB adapter



2. Open one of the following browsers:



Chrome



Opera



Edge

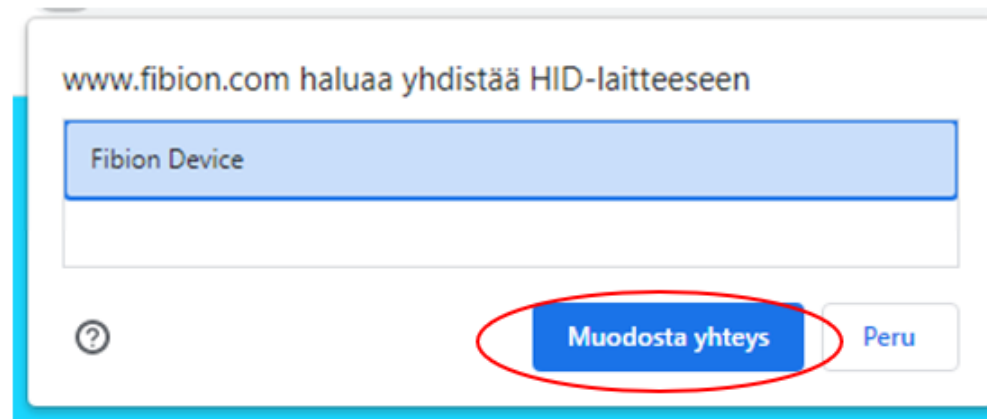
3. Go to the website: [www.fibion.com/sync](http://www.fibion.com/sync)



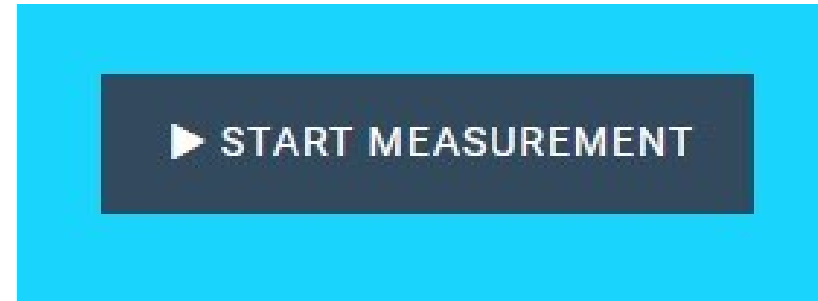
4. If the Fibion device information is not displayed automatically, click the *Connect Device* button



5. Select Fibion Device (naming may vary) and click *Connect*



## 6. Click: *Start Measurement*



7. If the device has previous data, starting a new measurement will erase it. Click ok to accept.



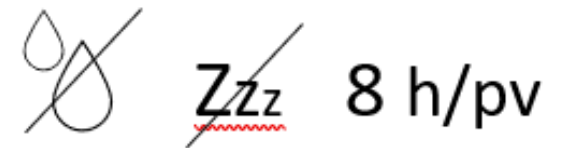
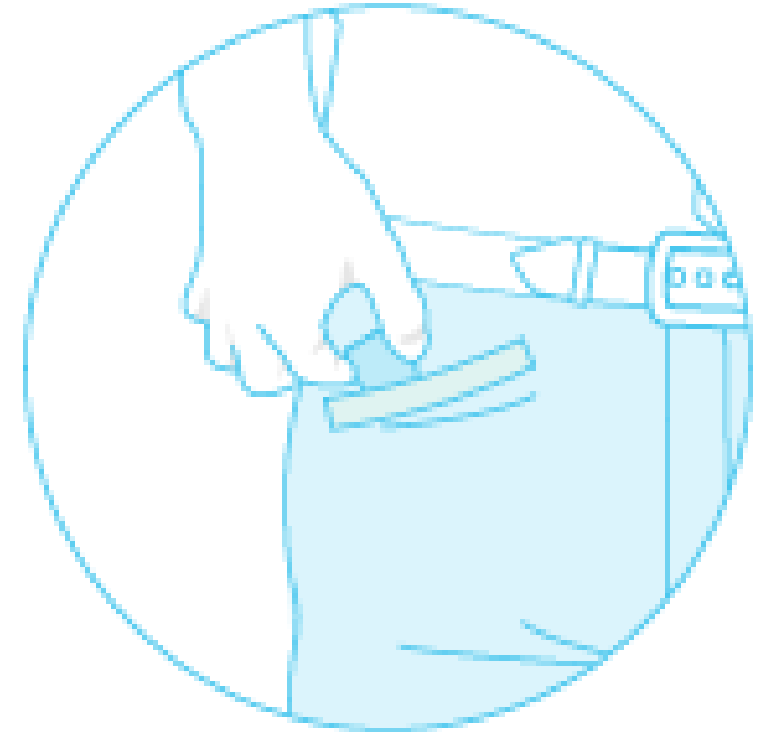
**YOU ARE GOOD TO GO!**

Disconnect the device from the computer, and you can start measuring.

# Measurement instructions

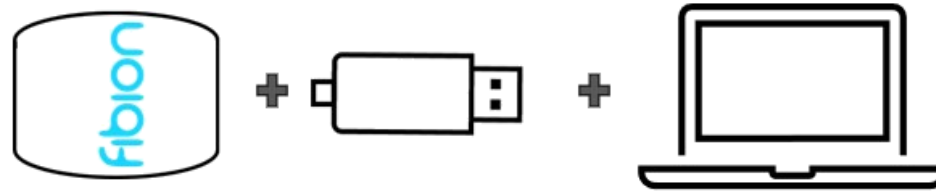
Carry the device in the front pocket of your trousers for 3-7 days while awake (min. 8 h/d). The measurement doesn't need to consist of consecutive days.

**The device is not water-resistant**, so please protect it from moisture and dust by using the provided pouch.



# How to analyze my results?

1. Connect the Fibion device to the computer with a Micro USB adapter



2. Open one of the following browsers:



Chrome



Opera



Edge

3. Go to the website: [www.fibion.com/sync](http://www.fibion.com/sync)



4. Pair the device with your computer: *Connect Device*
5. Click: *Import Data*



6. Follow the instructions in the analysis process.

a) Removing sleep hours is optional





b) In the calendar view, select the days you want to include in your report. (The dark blue indicates the dates which are selected).

c) Fill in the background details.

(A link to your results will be sent to the email address you provide - this will enable you to review your results later. Your contact information will ONLY be used to deliver the results and will not be passed on to third parties!)

A calendar interface for MAY 2022. The days of the week are listed at the top: MO, TU, WE, TH, FR, SA, SU. The dates are arranged in a grid. The dates 17, 18, 19, and 20 are highlighted in dark blue, indicating they are selected. The date 17 is highlighted in a lighter blue. The date 1 is highlighted in a light grey, indicating it is the first day of the month. The dates 2 through 6, 8 through 15, 16, 21 through 22, 23 through 26, 27 through 29, 30, and 31 are in light grey, indicating they are not selected.

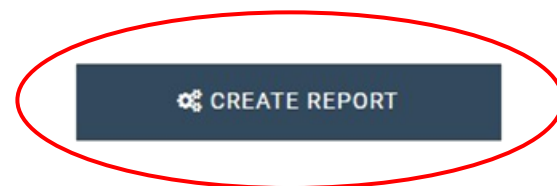
MAY 2022						
MO	TU	WE	TH	FR	SA	SU
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Send the report in English to example@email.com  
about the measured person born in the year 2000  
who is a female of 164 cm height and 70 kg weight.

Make the report available online until

2023 - 05 - 30 .

b) Click:  
*Create Report*



ATTN! Once you have successfully generated the report, the program will suggest deleting the analyzed data from the device.

(To protect your privacy, we recommend that you clear the memory of the device.)

## 7. Click: **here** and your Fibion report will open to a new tab!

Open your report **here**

CLOSE

Check out easy tips for increasing everyday activity:  
<https://helsinkiliikkuu.fi/en/>

Explore the City of Helsinki's sports services:  
<https://www.hel.fi/helsinki/en/culture/sports/well-being>

If you encounter any difficulties, you can always ask the library staff for advice or contact: [contact@fibion.com](mailto:contact@fibion.com)



A wrist worn accelerometer can not differentiate sitting from standing.

Fibion device is able to do so.



# Report Navigation Guide

↓ General menu (incl. language settings, and PDF report summary)

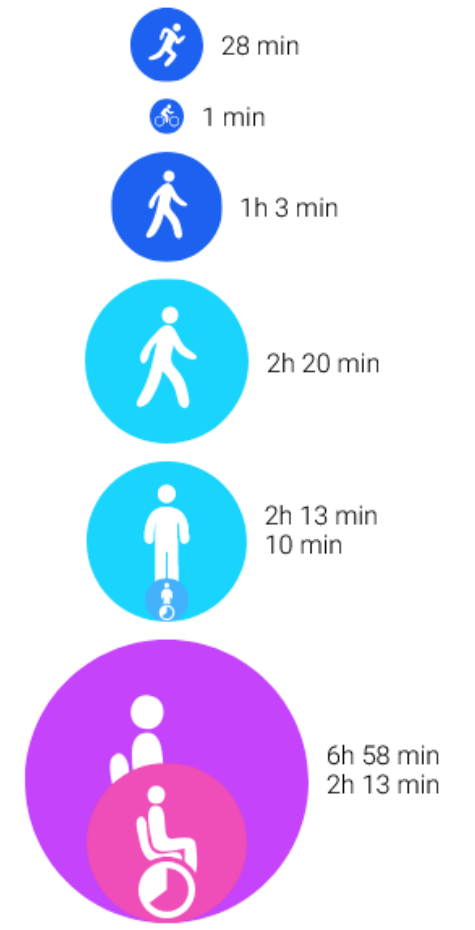
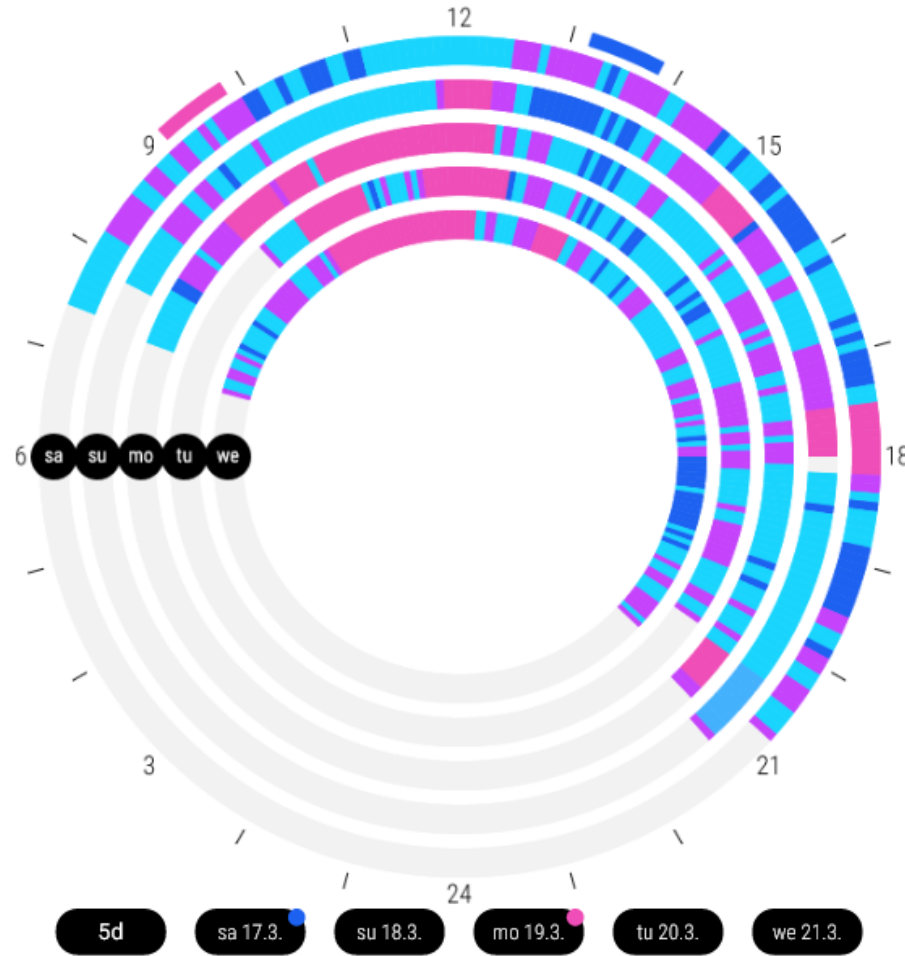


Activity Watch

2022/01  
Female, 41 yo



- Energy expenditure
- Recommendation levels
- Activity balance
- Goal setting tool



Click the dates to enable comparison between days ↘



**Click the question mark to open instructions and explanations for each report view!**

↑  
Activity spectrum