

User manual

## Medical Eye Trainer (M.E.T.)



**For Android devices:**

Version: 1.2.2 (Release)

**For iOS devices:**

Version: 1.2.1 (Release)

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## Warnings

The **Medical Eye Trainer (M.E.T.) App** is a specially developed software designed to train the visual system – from the eyes to the visual cortex. It provides visual stimuli patterns that should be observed for a maximum of 120 seconds. By training with these stimuli, the visual system is supported in perceiving visual information more effectively.

The app is suitable for both anatomically and physiologically normal as well as impaired visual systems.

The app is intended **solely as a training system** to improve visual perception. It is designed to enhance well-being in visual perception – **without influencing diagnostic, therapeutic, or medical decisions.**

The possibility of using the M.E.T. must be clarified and approved in advance by an ophthalmologist.

Based on study results, the use of the M.E.T. app is suitable for **dry AMD (Age-related Macular Degeneration)**. Other medical conditions have not yet been studied.

In rare cases, the use of M.E.T. may trigger epilepsy for the first time. If you or a relative has a known epilepsy condition or other seizure disorder, the use of this software is prohibited.

If you experience **eye tremors, nausea, irritation of the eye surface, dizziness, double vision, muscle twitching, disorientation, loss of consciousness, cerebral seizures, or epilepsy** while using the product, stop using it immediately and consult a doctor.

If these symptoms already exist before therapy, the use of the Medical Eye Trainer (M.E.T.) is also prohibited. Participation is also not permitted if epilepsy or another cerebral seizure disorder is known in relatives.

During the first ten uses, the software must only be used under the supervision of another person who does not have an epilepsy risk. If the software is well tolerated, no supervision is required from the eleventh use onwards.

By using the software, you confirm that you have read and understood the user manual and that no questions remain unanswered, that you are using the software only after indication and consultation with an ophthalmologist, and only under ophthalmologic supervision in accordance with the terms of use and the user manual.

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You may only use the device running the software and its associated power supply in an undamaged condition. Follow the operating instructions of the device manufacturer when using the device.

The content and exercises provided in this software are intended **solely for general eye health promotion and relaxation**. They are not a substitute for professional ophthalmologic examination, diagnosis, or treatment.

Despite the utmost care taken in the development and provision of the exercises, no guarantee can be given regarding their effectiveness, accuracy, or suitability for every individual user. In particular, no assurance or liability is accepted that the use of the **Medical Eye Trainer (M.E.T.)** app can prevent, improve, or cure any eye diseases or disorders.

Users are explicitly advised to consult an ophthalmologist or other qualified eye care professional immediately if they experience any discomfort, pain, vision problems, or suspect an eye condition.

**SmartMedo GmbH** assumes no liability for any damages or consequential damages, especially those resulting from non-compliance with the terms of use. The use of this app is at the user's own risk. Any liability for potential reactions or effects arising from the use of the software is excluded.

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## Notes on the app

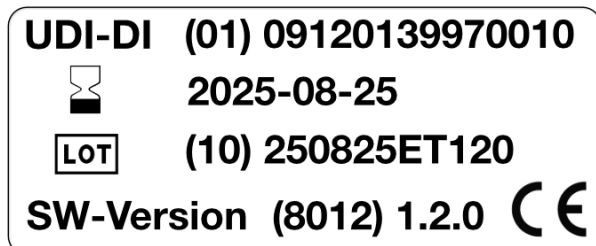
The Medical Eye Trainer, referred to as M.E.T. in this document, is intended to train visual function. The change induced by this system was demonstrated in two studies.

Link to the study 1: <https://link.springer.com/article/10.1007/s00717-020-00451-9>

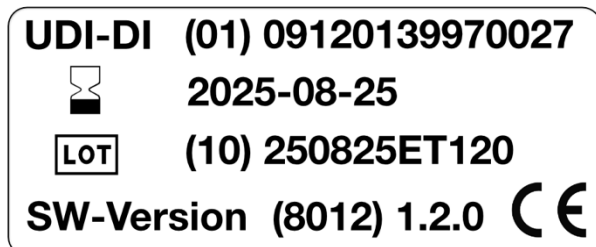
Link to the study 1: <https://www.springermedizin.at/visuelles-training-bei-trockener-altersbedingung-makuladegeneration/27422166?searchResult=2.h%C3%B6grantner&searchBackButton=true>

The app was developed in compliance with the currently applicable Regulation (EU) 2017/745 on medical devices (MDR).

### UDI information for iOS:



### UDI information for Android:



## Installation

The installation is very simple via download from the well-known stores of the companies Apple © and Google ©.

- App Store (Apple ©)
- Play Store (Google ©)

Before the app can be downloaded and installed, the following conditions must be ensured:

- The latest Android or iOS software update has been installed on the device
- A stable internet connection is available on the device
- There is at least 5 MB of free memory on the device

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## Operating

After downloading and installing the app on the device, this appears on the device with the following icon:



For starting the app "M.E.T." the following points must be observed:

- When the app is started for the first time, a connection to the Internet is required, as the app must be registered for the first time using an e-mail address and password.
- If you use the app regularly, you should land directly on the screen for starting the workout after starting the app. If the app has not been used for a longer period of time, the email and password are requested again in the form of a login.
- If no Internet is available for training after registration, the app can also be started without any problems.

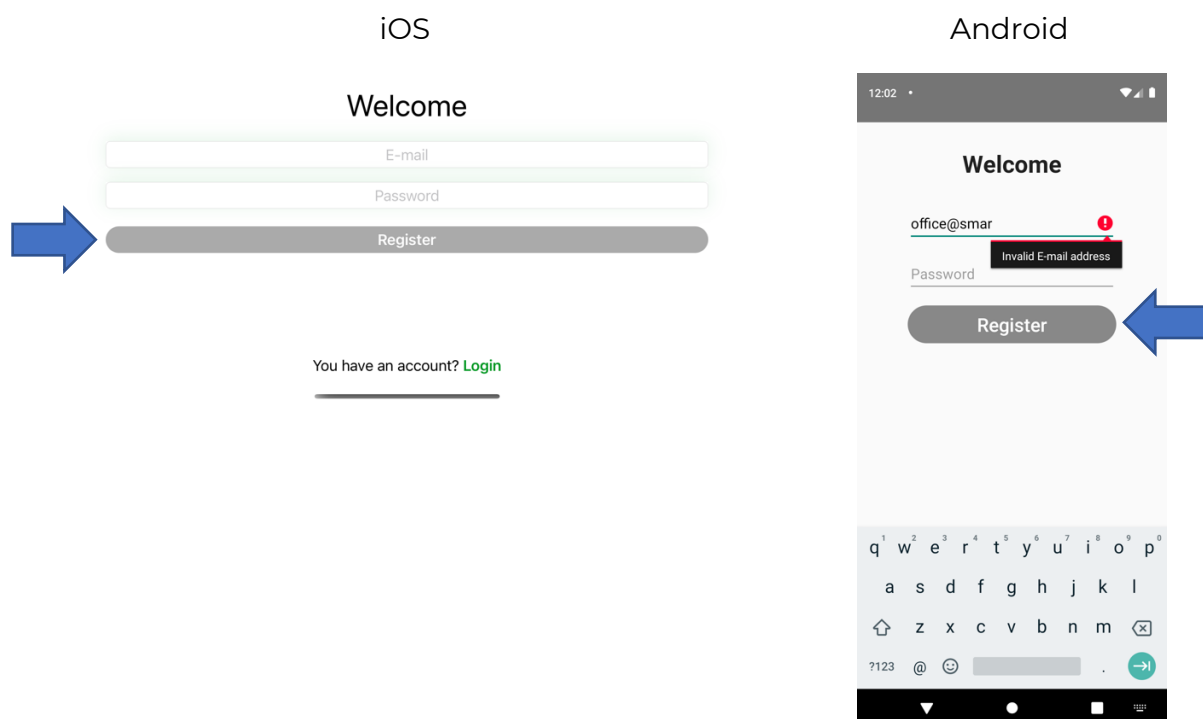
## Registration of the app

For the registration of the app, you must assign a valid e-mail address and a password with at least 8 characters length. Once you have assigned this, the button for registration will be activated (it will turn green) and you will be redirected to the M.E.T. start screen after clicking it.

If the e-mail address is recognized as not valid or the password does not contain at least 8 characters, an error message will be displayed on the one hand and the registration switch will not be activated on the other hand.

If you have already registered the M.E.T. (you have a user and password), you can click on the "Login" link.

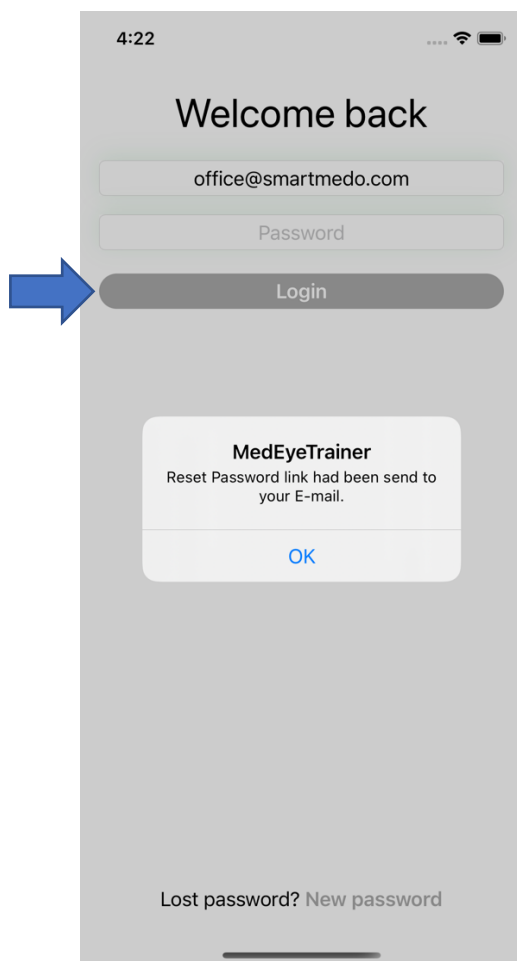
You will now be taken to the M.E.T. registration page.



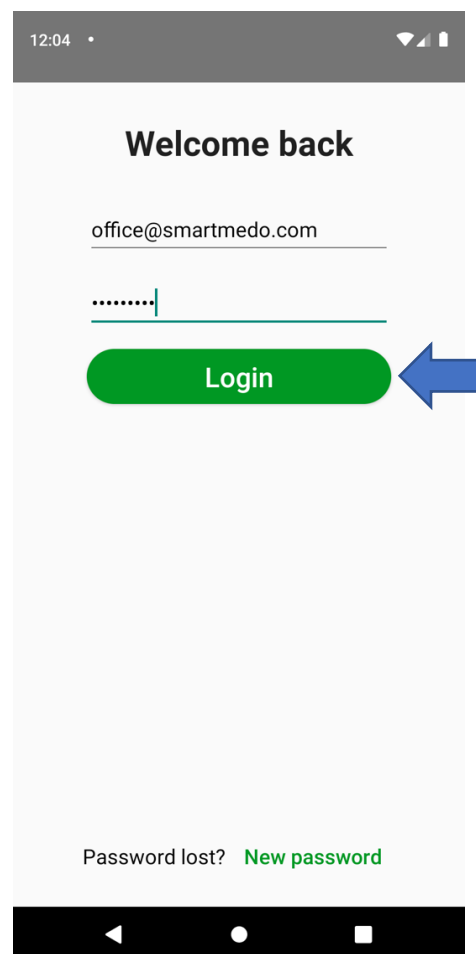
## Login to the app

If you have not used the M.E.T. for a long time, you will be taken to the login page when you start the M.E.T. and you will have to enter the e-mail address and password again. This may also be necessary if you want to start the M.E.T. on another device.

iOS



Android



## Forgotten password?

If you do not remember your password, you can reset it. To do this, enter your e-mail address and click on the now active link "New password". You will receive a link to your e-mail address, where you can enter a new password, with which the login will work again.



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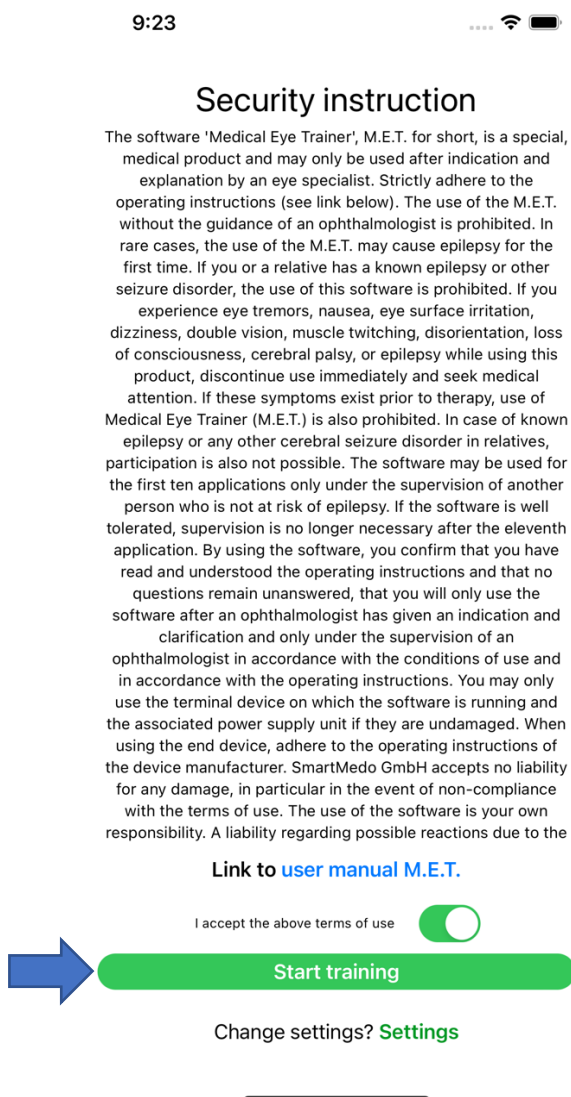
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## Start of the training

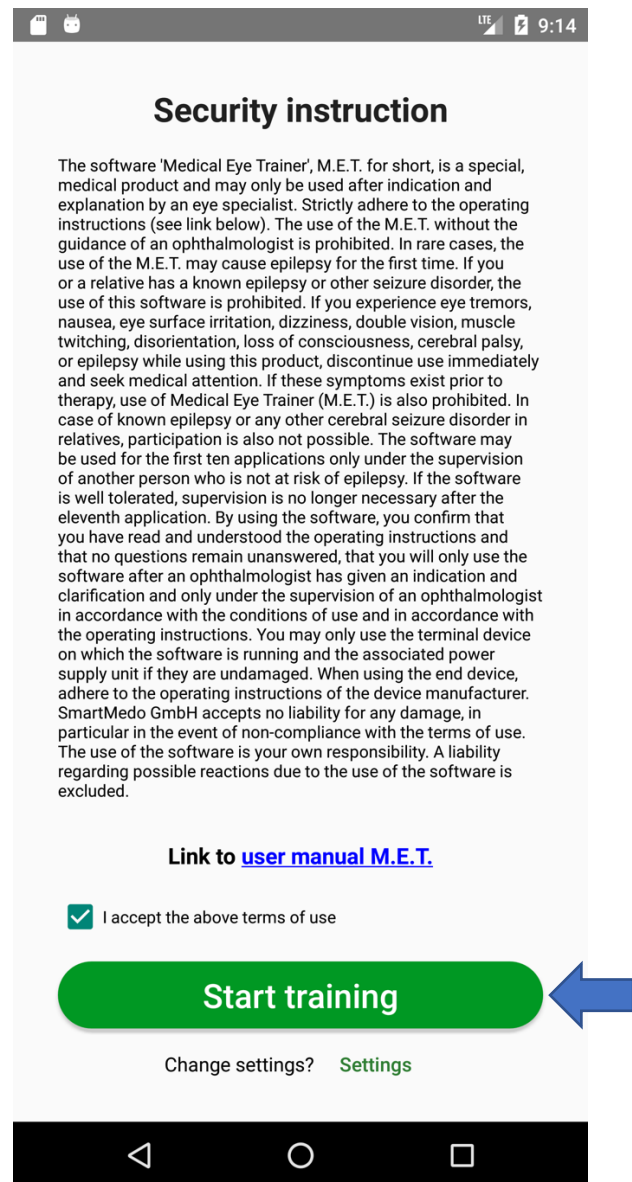
You should now have reached the screen for starting the training. Please read the safety instructions carefully. Should any questions arise on your part here, please contact the ophthalmologist you trust or us via the e-mail [service@smartmedo.com](mailto:service@smartmedo.com).

Please now confirm that you have read the safety instructions. Only then will the switch for starting the training be activated.

iOS



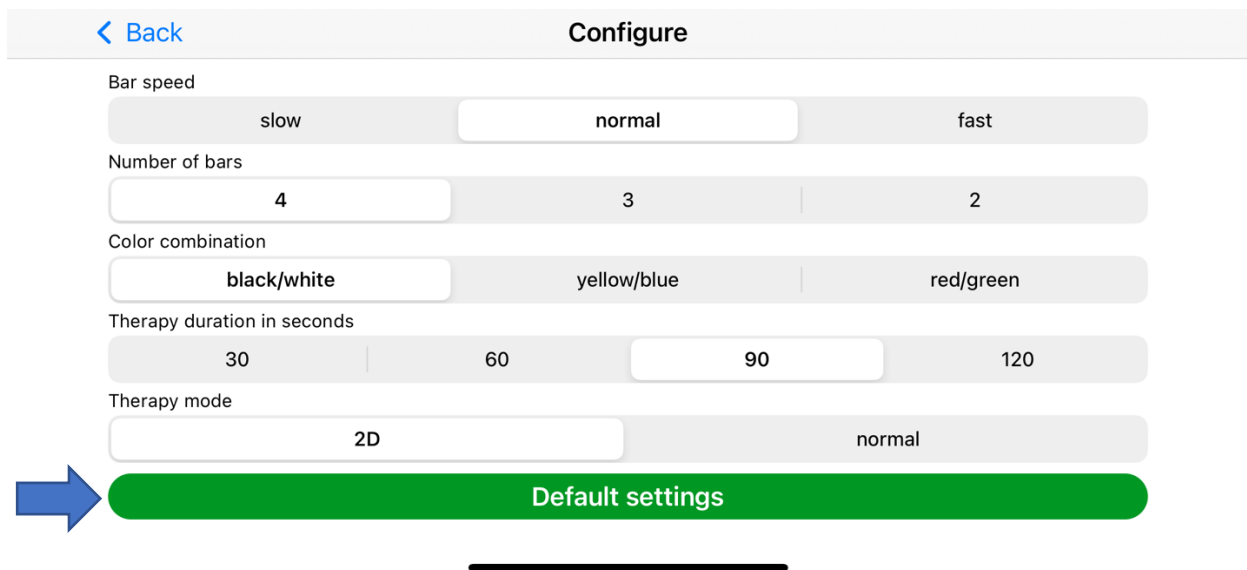
Android



## Setting of the M.E.T.

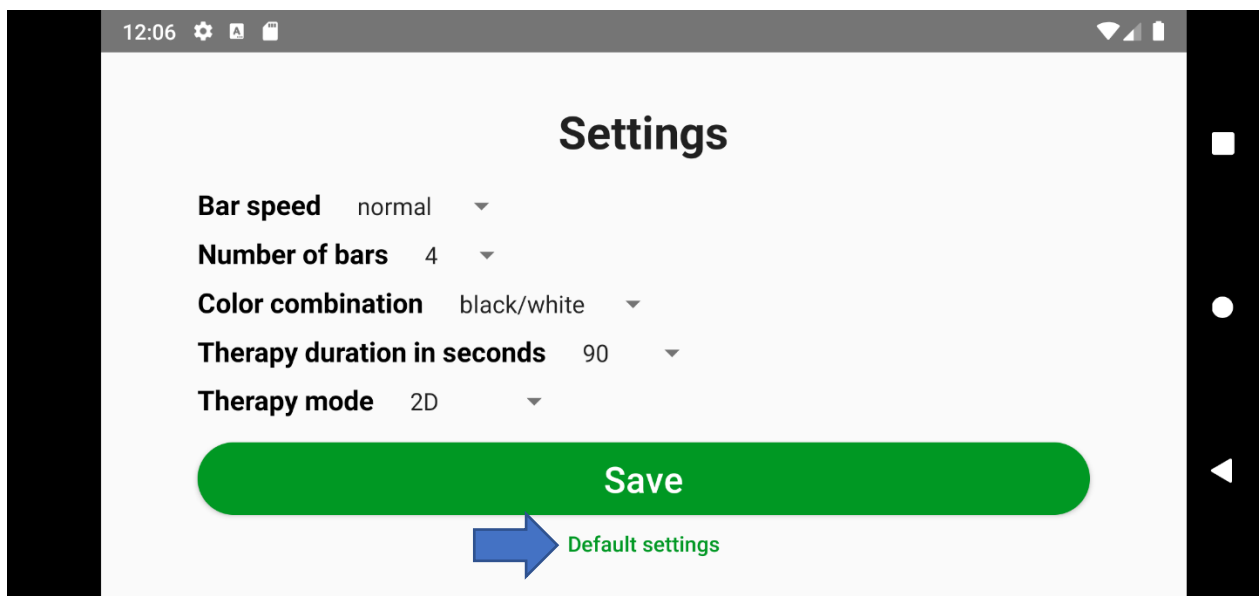
The M.E.T. offers several setting options. Please coordinate these settings with your treating ophthalmologist. To be able to make settings, go to the "Settings" link. You will now be taken to a new screen where you can change several parameters.

iOS



The iOS 'Configure' screen features a light gray header with a blue '< Back' button on the left and the title 'Configure' in the center. Below the header, there are five rows of settings, each with a label on the left and a row of buttons on the right. The settings are: 'Bar speed' with buttons 'slow', 'normal' (selected), and 'fast'; 'Number of bars' with buttons '4' (selected), '3', and '2'; 'Color combination' with buttons 'black/white' (selected), 'yellow/blue', and 'red/green'; 'Therapy duration in seconds' with buttons '30', '60', '90' (selected), and '120'; and 'Therapy mode' with buttons '2D' (selected) and 'normal'. At the bottom of the screen, there is a large green button labeled 'Default settings'. A blue arrow points to this button from the left.

Android



The Android 'Settings' screen is shown within a mobile app interface. At the top, there is a status bar with the time '12:06' and icons for settings, a document, and a folder. Below the status bar, the title 'Settings' is centered. The settings are listed as follows: 'Bar speed' with a dropdown menu showing 'normal'; 'Number of bars' with a dropdown menu showing '4'; 'Color combination' with a dropdown menu showing 'black/white'; 'Therapy duration in seconds' with a dropdown menu showing '90'; and 'Therapy mode' with a dropdown menu showing '2D'. At the bottom of the settings list, there is a large green button labeled 'Save'. A blue arrow points to this button from below, with the text 'Default settings' next to it.

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These are as follows:

- **Bar speed** (determines how fast the bars should move during training)
  - normal (standard)
  - slow
  - fast
- **Number of bars** (how many bars move on the screen)
  - 4 (standard)
  - 3
  - 2
- **Color combination** (determines the color of the bars (e.g. black) and the color of the screen background (e.g. white))
  - black/white (standard)
  - yellow/blue
  - red/green
- **Therapy duration in seconds** (how many seconds does a therapy take)
  - 90 (standard)
  - 30
  - 60
  - 120
- **Therapy mode** (determines whether the bars run in opposite directions (2D) or in one direction)
  - 2D (standard)
  - normal

For the beginning of a training, it is recommended to leave these default values as they are. With the link "Default settings" the default can be restored, if once other values were.

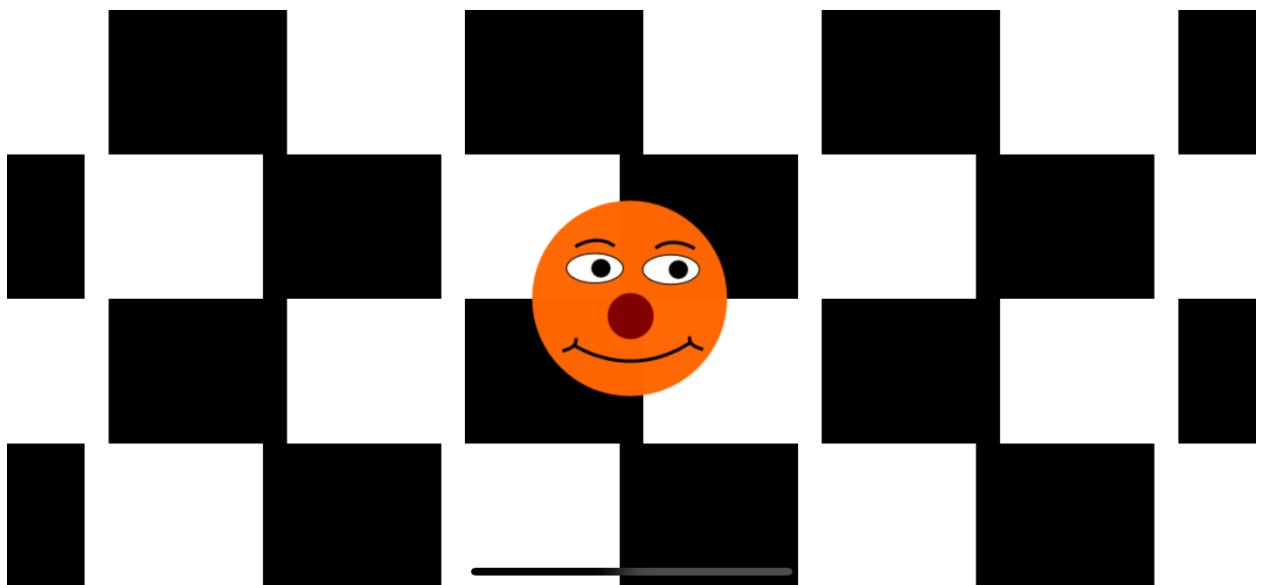
Please coordinate any changes here with your treating ophthalmologist. Changes here only make sense if it would positively influence the training effect for you.

## Training with the M.E.T.

In order to achieve the best possible training result, carry it out according to the following aspects:

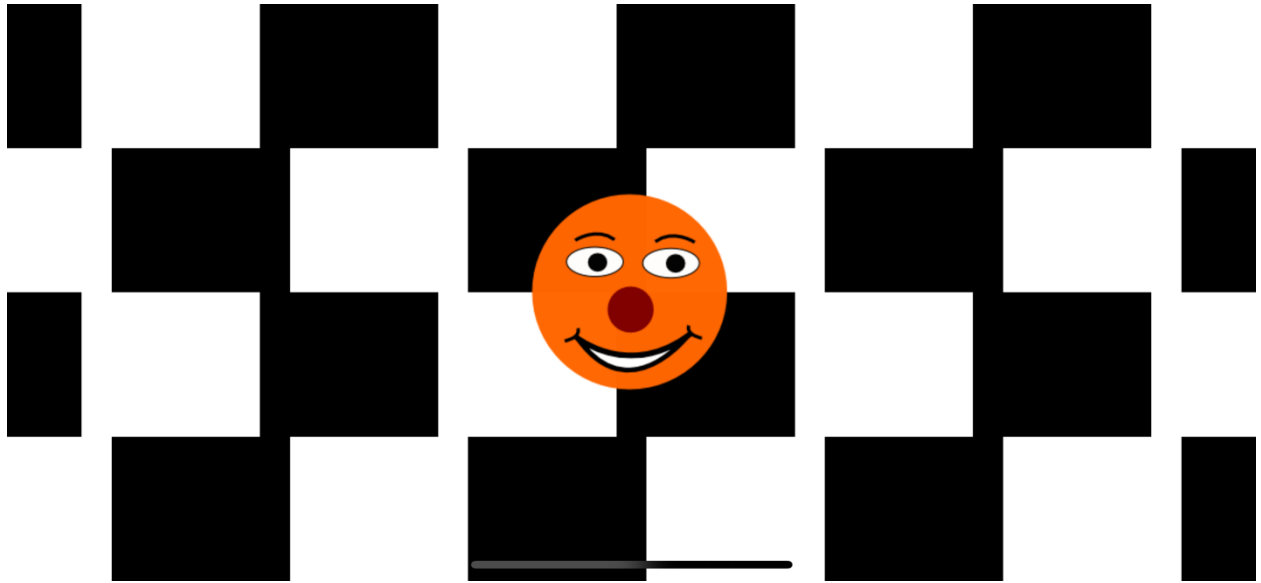
- Sit on a comfortable chair for the workout
- Hold the device loosely in front of your face with both hands
- Start the training with the "Start training" button
- Look relaxed at the symbol in the middle of the device
- The training now runs for 90 seconds by default.
- At the end of the training, the app is automatically closed on Android, on iOS it must be closed with OK.

iOS and Android



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iOS



If you feel discomfort or dizziness during the treatment, stop the training immediately and contact your treating ophthalmologist.

You are also welcome to send questions about the app to the following e-mail address: [service@smartmedo.com](mailto:service@smartmedo.com).