



D A M S T R A

Using Solo

Solo for
Apple Watch

[DISCLAIMER]

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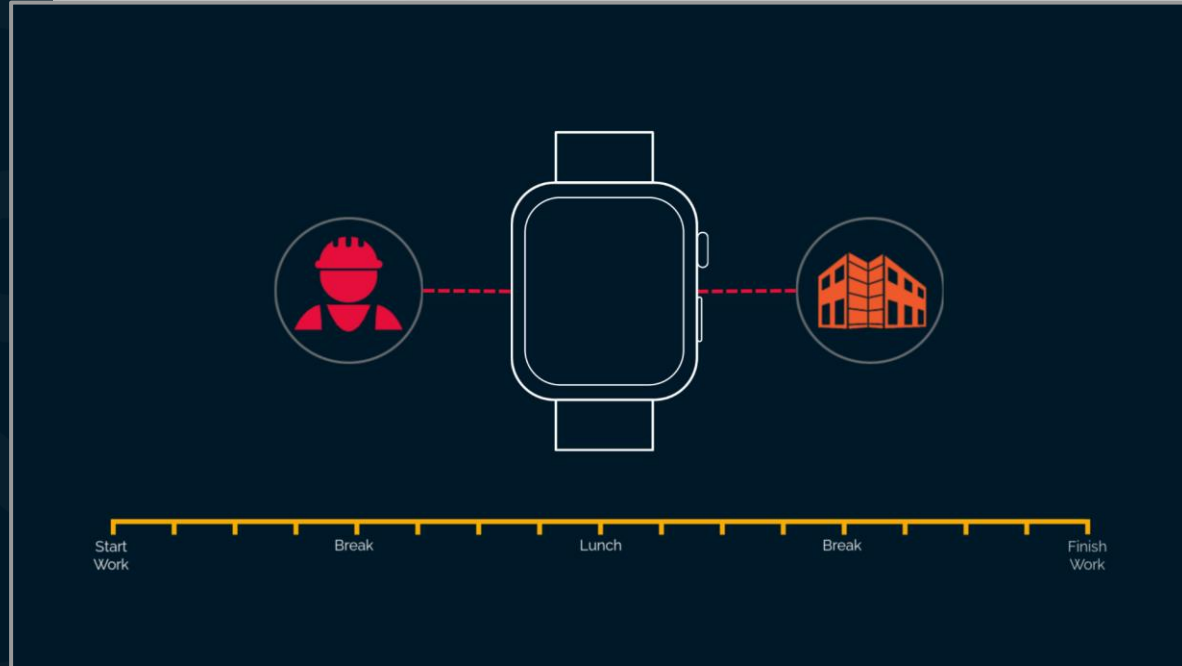
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Using Solo for Apple Watch Introduction

The Solo Wearable App for Apple Watch is designed to help keep you safe and connected to your Organisation as you go about your daily tasks. This guide explains how you might use Solo as you go about a typical workday.



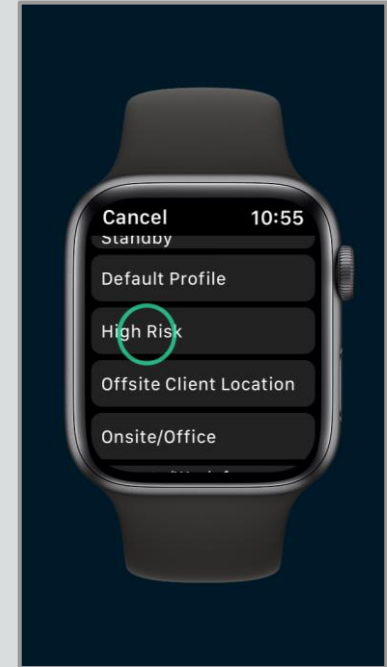
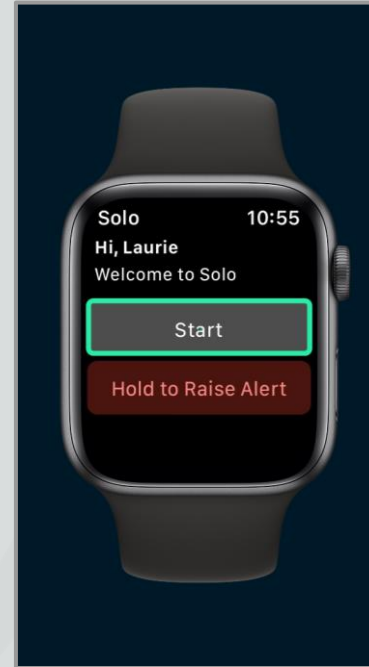
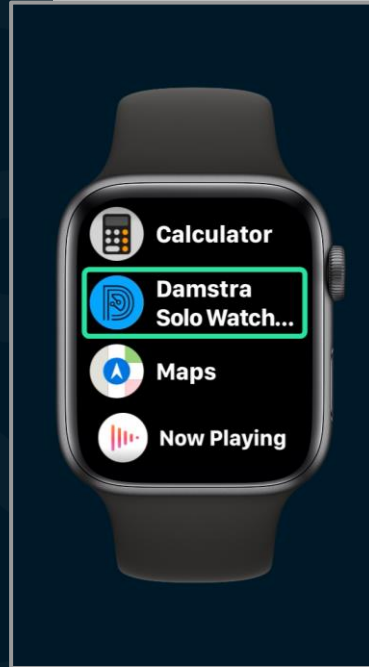
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Starting a Session

When you start work, let your Employer know that you're safe by starting a Solo session. Launch the app by **pressing** the digital crown and **tapping** the *Damstra Solo* app icon.

Tap the 'Start' button and, when presented, **select** a profile from the list. If you're not sure which one to pick, Contact your manager or your systems administrator.

Once started, your Organisation will be able to see your current status, heart rate, and - if enabled within the selected profile - your location.

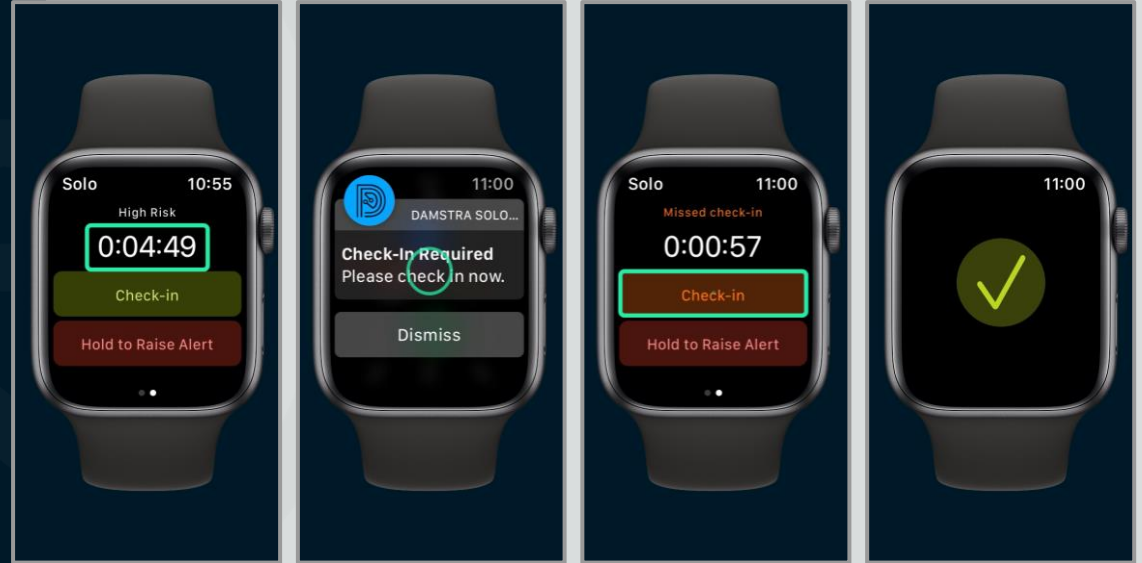


Using Solo for Apple Watch Checking-in

Your employer might require you to check-in throughout the day at regular intervals to let them know you're safe. If this is the case, you'll see a countdown timer which indicates the time remaining until the next check-in is due.

When the check-in time arrives, you'll receive a notification on your watch. Tap this to open the app, then tap 'Check in'. Your employer now knows you're safe.

If you see a timer counting up from the point when the Session was started, rather than counting down, you don't need to check-in.



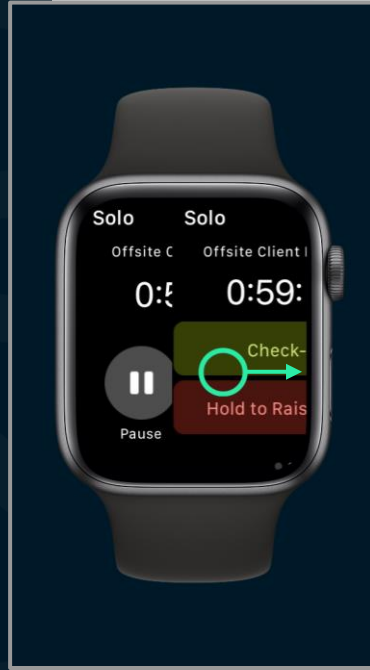
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Pausing and Resuming

Your Solo session can be paused any time you like. Simply **swipe** to the right to reveal additional options and **tap** the 'Pause' icon.

While paused, Solo will not require any check-ins and your Employer will not be able to view your location.

Tap the 'Resume' icon when you're ready to resume the Session.



Using Solo for Apple Watch Messages

You may receive messages from your Organisation via Solo. These may be sent to you individually, or to you as part of a group and may be triggered either manually by your monitoring team, or automatically based on your location.

When this happens, you will receive a push notification with the message. Note that once you've dismissed it, you'll no longer be able to view the message on your watch, however you'll be able to view it via the Messages function of the Solo iPhone app. Help with this is available in the Support Portal.



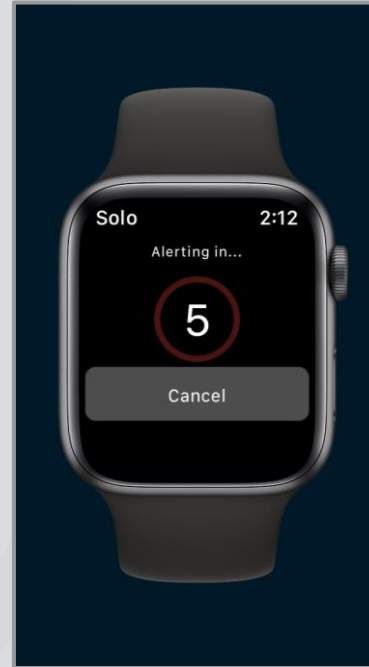
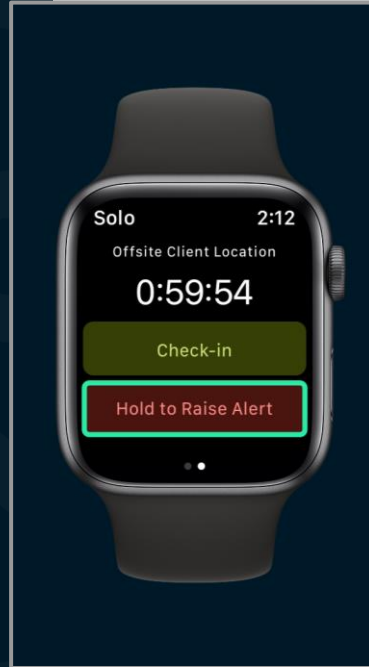
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Raising an Alert

If you're in danger and you need help from your Organisation, simply **tap and hold** the 'Raise Alert' button. Note that an alert will be raised automatically if you miss a required check-in. Also note that if the 'Raise Alert' button is greyed-out, your Organisation may have disabled this feature either for the selected profile or across the board.

A five-second countdown will begin, providing time to cancel if the alert was raised in error.

Once raised, your Organisation will be notified and will be provided with your current location, even if location tracking is not enabled for your chosen profile.



Using Solo for Apple Watch Raising an Alert cont.

For immediate assistance, **tap** the 'Call' button to dial a predefined emergency contact. Otherwise, you may receive an acknowledgement notification to let you know that your alert state has been noted.

When the situation has been dealt with, simply **tap** the 'End Alert' button to resume the session, or your Organisation may clear the alert on your behalf.



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Ending a Session

Once your work is done, end the session by **swiping** to the right and **tapping** the 'End' button. You'll no longer be required to check-in and your location will no longer be visible to your Organisation.

The App is ready to begin a new session the next time you start work. Help with other Solo for Apple Watch procedures is available in the Support Portal.

