

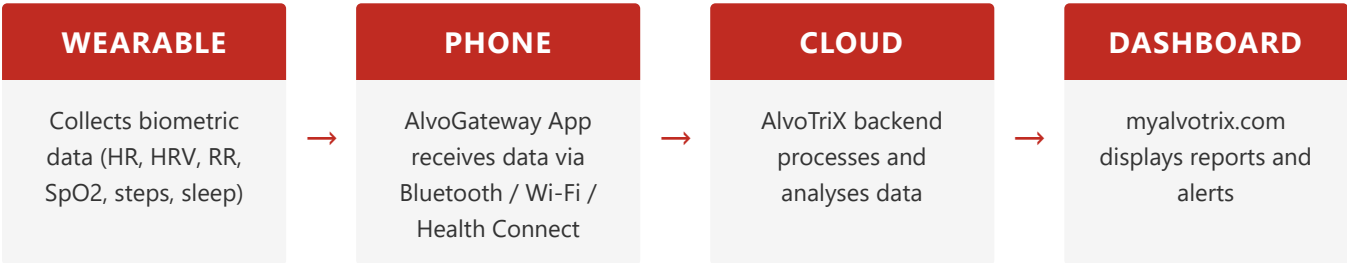
AlvoGateway

Complete User Guide — From download to active monitoring

1. What is AlvoGateway?

AlvoGateway is the AlvoTriX solution for wearable devices that do not have their own Wi-Fi or LTE connection — fitness bands, smart rings, entry-level smartwatches, and modern Wear OS smartwatches that pair with your phone.

Unlike **AlvoTriX Core** (designed for standalone smartwatches with their own LTE connectivity), AlvoGateway acts as an intelligent bridge between the wearable device and the AlvoTriX platform, using the phone as an intermediary.



2. Devices Compatible with AlvoGateway

AlvoGateway covers five main categories of wearables, each with a specific connection method:

Category	Example Devices	Connection Method	Important Note
Fitness Bands	Xiaomi Band, FitPro, Huawei Band, Honor Band, Garmin vívofit	Health Connect (Android 14+) or direct Bluetooth	User enables sync with Health Connect from the native app
Smart Rings	Oura Ring, RingConn, Samsung Galaxy Ring, Ultrahuman Ring	Bluetooth Low Energy (BLE) direct or Health Connect	Standard GATT profiles (HR, accelerometer, temperature)
Entry-level Smartwatches	Colmi, Haylou, Amazfit Bip (without LTE), Noise, boAt	Health Connect or direct Bluetooth	No GPS/LTE of their own — phone is required as relay
Wear OS Smartwatches NEW	Samsung Galaxy Watch 4 / 5 / 6 / 7, Google Pixel Watch (all generations), Fossil Gen 6, TicWatch Pro, Mobvoi, OnePlus Watch 2	Direct sensor stream from watch to phone via Bluetooth + Wi-Fi LAN (no Health Connect dependency)	Highest fidelity: continuous HR @ 1 Hz, derived HRV (RMSSD), respiratory rate, 50 Hz accel for sub-second fall detection

Category	Example Devices	Connection Method	Important Note
Fitness Apps on Phone	Samsung Health, Google Fit, Strava, Polar Flow	Health Connect (directly, without separate device)	Phone-generated data (GPS, pedometer) is immediately available

■ ■ **Health Connect** is available on Android 8.0+ (installable from the Play Store) and natively in Android 14+. It is the universal intermediary that allows fitness bands, entry-level smartwatches, and fitness apps to share data with AlvoGateway, without separate integrations per brand.

■ **Wear OS path — premium real-time monitoring**

If your wearable is a Wear OS smartwatch (Galaxy Watch, Pixel Watch, Fossil, TicWatch), AlvoGateway pairs with a dedicated **AlvoTriX Wear** companion app installed on the watch. This bypasses Health Connect entirely and delivers *continuous* heart rate, derived heart-rate variability, respiratory rate, and 50 Hz accelerometer data straight from the watch's Health Services API — within seconds, not minutes.

3. Step-by-Step Setup Guide

■ ■ **Important — This Licence is Personal and Non-Transferable**

Each AlvoTriX licence is assigned to a specific wearer — the person whose biometric data will be monitored. AlvoTriX calibrates all alert thresholds (heart rate, SpO2, activity levels, sleep patterns) based on that individual's profile: age, weight, height, and medical conditions.

If the licence or device is used by a different person, the system will receive incorrect biometric data, thresholds will no longer be accurate, and there is a significant risk of **false alarms** or, worse, **missed critical alerts**.

If you need to monitor a different person, please purchase a separate licence for that individual.

PHASE 1 Download & Install the AlvoGateway App

■ Open your activation email directly on your Android phone and tap the APK download link from there. The file will download straight to your phone and open automatically for installation — no file transfers needed.

1

Download the AlvoGateway APK on your Android phone

Open your activation email **on your phone** and tap the APK download link. The file will download and open automatically, prompting you to install. If asked, enable "**Allow installation from unknown sources**" in Settings > Security, then proceed with installation.

2

Activate your licence in the app

On first launch, the app will request your licence code (included in the activation email). Enter the code, confirm your email address, and set a security PIN. Your account will be activated instantly.

PHASE 2 Connecting the Wearable Device

Follow the instructions specific to your device category:

A. Fitness Bands (Xiaomi Band, FitPro, Huawei Band etc.)

1. Install the native band app (e.g. Mi Fitness, FitPro, Huawei Health) if not already installed.
2. Pair the band with your phone via Bluetooth through the native app.
3. In the native app, go to **Settings > Health Connect** or Health Permissions and enable synchronisation with Health Connect.
4. In the AlvoGateway app, go to **Settings > Data Sources > Connect Health Connect** and grant the requested permissions.
5. Return to the main screen — data will appear within 5–10 minutes of the first synchronisation.

B. Smart Rings (Oura, RingConn, Samsung Galaxy Ring)

1. Make sure the ring is charged and Bluetooth is active on your phone.
2. Install the ring's official app and complete the initial setup.
3. Enable synchronisation with Health Connect from the ring's app.
4. In AlvoGateway, go to **Settings > Connect Ring > Select your model** and follow the BLE pairing instructions.
5. Confirm data receipt in the Live Data tab within the app.

C. Entry-level Smartwatches (Amazfit, Colmi, Haylou, Noise)

1. Connect the smartwatch via its native app (Zepp, HiWatch, GloryFit etc.).
2. Enable Health Connect synchronisation from the native app.
3. In AlvoGateway, connect Health Connect and select the desired data types (HR, steps, sleep, SpO2).
4. Test data reception by performing a short physical activity — steps should appear within 2–3 minutes.

D. Wear OS Smartwatches **NEW — RECOMMENDED**

For Galaxy Watch 4/5/6/7, Pixel Watch (all generations), Fossil Gen 6, TicWatch Pro and other Wear OS 3+ devices. This path uses the dedicated **AlvoTriX Wear** companion app installed directly on the watch — delivering continuous real-time monitoring at the highest fidelity AlvoTriX supports.

What you get with the Wear OS path:

- Continuous heart rate (one reading every second), including while the watch screen is off
- Derived heart-rate variability (RMSSD) for stress & recovery indicators
- Respiratory rate estimated from wrist accelerometer (6–30 breaths/min)
- 50 Hz accelerometer for sub-second fall and shake detection
- Universal compatibility — zero per-brand setup, works the same on Galaxy / Pixel / Fossil / TicWatch

1. **Pair the watch with your phone** using the manufacturer's official companion app (Galaxy Wearable for Samsung, Pixel Watch app for Google, Wear OS by Google for the rest). Complete the standard pairing flow and confirm the watch is reachable from the phone.
2. **Open your activation email on the watch's companion app on your phone** and tap the **AlvoTriX-Wear.apk** attachment. The companion app will offer to install it on the watch automatically (Galaxy Wearable: Apps > Install APK; Wear OS by Google: similar workflow).
3. **On the watch**, after installation, open the **AlvoTriX** app from the launcher and grant the requested permissions (Body sensors, Background location, optional Notification access).
4. The watch will automatically discover your AlvoGateway-running phone on the same Wi-Fi network and start streaming data. Allow up to 30 seconds for the first capabilities exchange.
5. **In the AlvoGateway app on your phone**, open the *Wearable* tab. You should see the watch name (e.g. "Galaxy Watch 4", "Pixel Watch") and a green status indicator within one minute. Live HR will appear immediately after the watch confirms on-body contact.

■ **Keep the watch on the same Wi-Fi network as your phone.** If your home router reassigns IP addresses (DHCP), AlvoGateway automatically discovers the watch's new IP via LAN scan — no manual reconfiguration needed. If you travel or change networks, just make sure both phone and watch are on the same Wi-Fi.

■ **Battery impact:** Continuous HR plus 50 Hz accel adds approximately 12–18 % to typical Wear OS daily battery consumption. We recommend charging the watch overnight; one full charge supports a full 24-hour monitoring cycle on Galaxy Watch 4 and later.

E. Fitness Apps (without additional device)

1. Make sure the desired fitness app (Google Fit, Samsung Health, Polar) is installed and has data.
2. Open AlvoGateway > **Data Sources** > **Add Source** > Select the app from the available list.
3. Grant Health Connect permissions and select data types (steps, heart rate, sleep, calories).
4. Historical data from the last 7 days will be imported automatically on first connection.

PHASE 3 Setting Up for Maximum Monitoring

Complete the profile of the monitored person

4

In the AlvoGateway app, go to **Profile > Biometric Data** and enter: age, weight, height, and any relevant medical conditions (diabetes, hypertension, cardiac conditions). This data calibrates alert thresholds for optimal accuracy.

5

Set emergency contacts

Add at least 2 contacts in **Settings > Emergency Contacts**. These contacts will automatically receive SMS and email notifications when critical-level alerts are generated (fall detected, cardiac anomaly, exit from safe zone).

6

Enable continuous monitoring

Enable options in **Settings > Monitoring**: continuous HR, automatic sleep detection, prolonged inactivity alert. Ensure AlvoGateway is running in the background — **disable battery optimisation** for this app in your phone settings.

7

Wear OS users — keep the watch worn 24/7 for best results

Heart rate, HRV and respiratory rate require continuous skin contact. The watch automatically suspends measurements when the optical sensor loses contact (off-body) and resumes within seconds when worn again. For uninterrupted alerting, charge the watch in two short sessions per day (e.g. while showering) rather than overnight removal.

PHASE 4

Verifying Data on MyAlvoTriX

■ MyAlvoTriX App — Free Download

In addition to the web dashboard at myalvotrix.com, you can download the free **MyAlvoTriX mobile app** directly from the Google Play Store. The app gives you full access to your monitoring dashboard, real-time alerts, biometric reports, and account management — all from your phone. Search for "**MyAlvoTriX**" on Google Play and install it for free.

8

Access myalvotrix.com or the MyAlvoTriX app

Log in with the email address and password set at purchase. The dashboard displays all biometric data of the monitored person in real time.

9

Configure automatic reports

In **MyAlvoTriX > Reports**, enable weekly and monthly reports. These will be sent automatically by email and can be downloaded as PDF — useful for medical consultations or for family members.

4. Troubleshooting Common Issues

Problem	Probable Cause	Solution
Data does not appear in app after connection	Health Connect synchronisation is not enabled	Check in the wearable's native app that Health Connect sync is enabled and permissions are granted
App disconnects frequently	Battery optimisation is blocking background activity	Phone Settings > Battery > Exclude AlvoGateway from optimisation and enable autostart
Activation email has not arrived	Filtered as spam or incorrect address	Check Spam folder. If not there, contact contact@alvotrix.com with proof of Stripe payment
Heart rate displayed seems incorrect	Band is not worn correctly or sensor is dirty	Ensure the band sits 2 cm above the wrist, snug but comfortable. Clean the sensor
I am not receiving alert emails	Alert email ends up in spam	Add alerts@alvotrix.com to allowed contacts and whitelist in your email client
Wear OS: watch shows in AlvoGateway but HR is missing	Watch is off-body — Wear OS automatically pauses HR when the optical sensor loses skin contact	Put the watch back on the wrist firmly. HR resumes within 10–30 seconds. If still no HR after 1 minute, restart the AlvoTriX app on the watch
Wear OS: watch was working, suddenly stopped after router reboot	Home router assigned the watch a new IP address (DHCP)	AlvoGateway automatically rediscovers the watch within ~1 minute via LAN scan — wait and verify. If still disconnected after 2 minutes, ensure phone and watch are on the same Wi-Fi network
Wear OS: AlvoTriX Wear app missing from watch after install	Companion app on phone may have installed it on phone instead of watch	Open Galaxy Wearable / Pixel Watch app > Apps > verify <i>AlvoTriX</i> appears in the watch's installed list. If absent, retry install from the email attachment
Wear OS: battery drains faster than expected	Continuous HR + 50 Hz accel adds 12–18 % daily consumption	Normal behaviour. Charge the watch in two short sessions per day to avoid removing it overnight

5. Support and Contact

■ Web & Dashboard www.alvotrix.com myalvotrix.com	■ Technical Support contact@alvotrix.com Response within max. 24 business hours	■ MyAlvoTriX App Available free on Google Play Store
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