Moovment®

Quick Start

Hardware

I

Laptop, Desktop PC or AIO
Screen: Minimum 15 inch
GPU: Nvidia GeForce RTX 2060, 2070 or 2080
CPU: Intel Quad Core i7 or better

3D camera
Option 1: Microsoft Xbox Kinect One (v2)
Option 2: Microsoft Azure Kinect

### Hardware components
Highspeed internet connection (> 1 Mbps)
Tabletop or mount for PC
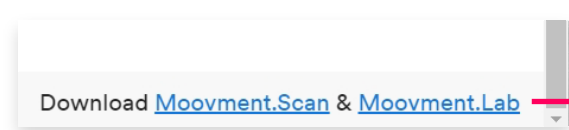Mounting clamp for camera
Steady Tripod

Windows 10

Software

II

Moovment° subscription for your organisation
Subscribe via www.moovment.pro/subscribe

Moovment.Pro web app registration
Organisation's Administrator is registered by Qinematic
Specialist is registered by Organisation's Administrator

Installed software
Moovment Scan - 3D Recording software
Moovment Lab - 3D Scan review software
Moovment.Pro - web app via Chrome or EDGE

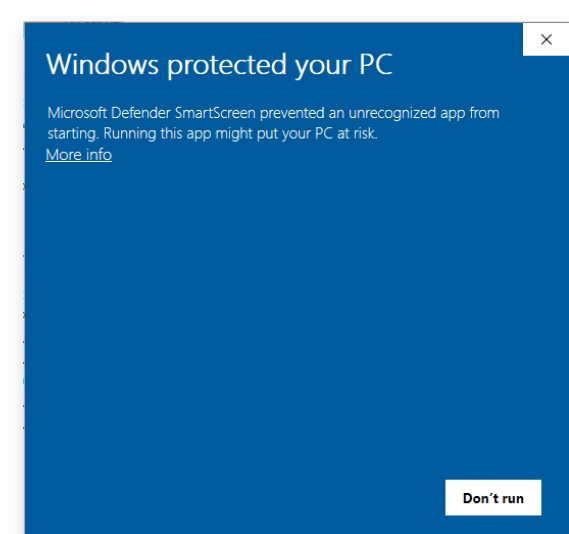## Login and software download

III
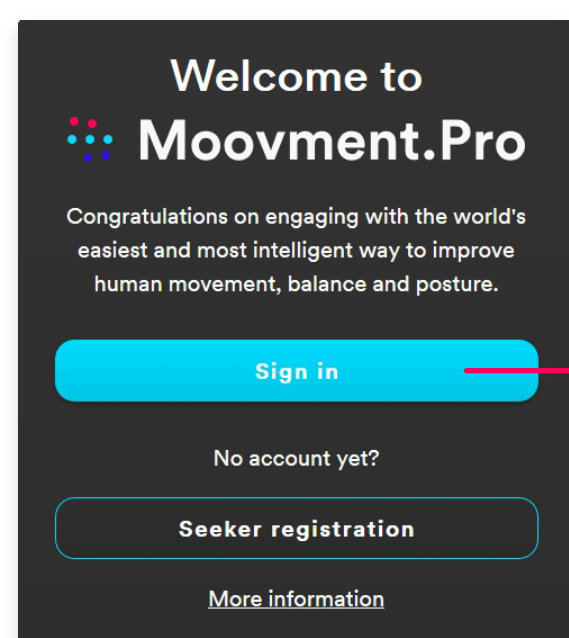
Go to **https://app.moovment.pro** ⧉ in your browser
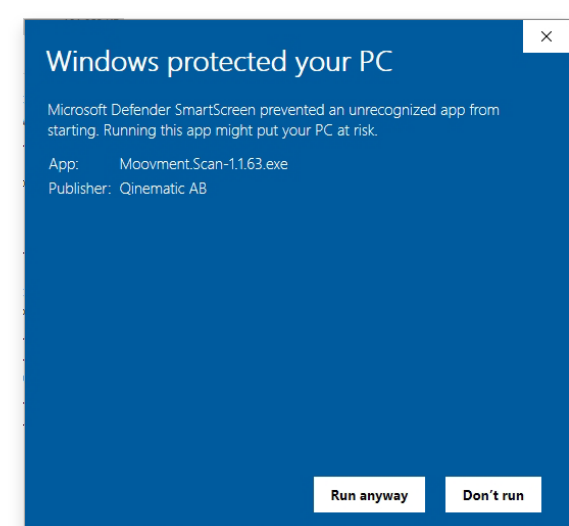Click **Sign in** and enter your email address and password.

Note that you should have received an email with a first-time password after you got set up by Qinematic staff or your organisations administrator.

Welcome to Moovment.Pro
Congratulations on engaging with the world's easiest and most intelligent way to improve human movement, balance and posture.

Sign in

No account yet?

Seeker registration

More information

Download Moovment Scan and Moovment Lab
At the bottom right of the window you will find download links for the latest software (Windows 10 required).

Download Moovment Scan & Moovment Lab

Calibration and preparation

IV

Pre scan checklist
We have summarised the key information for good practice on a one page document (see Moovment Scan Pre Scan Checklist). Please carefully read and follow all instructions.

Allow installation
Your settings may have extra protection against third party software. You may see this notification window. Click More info.

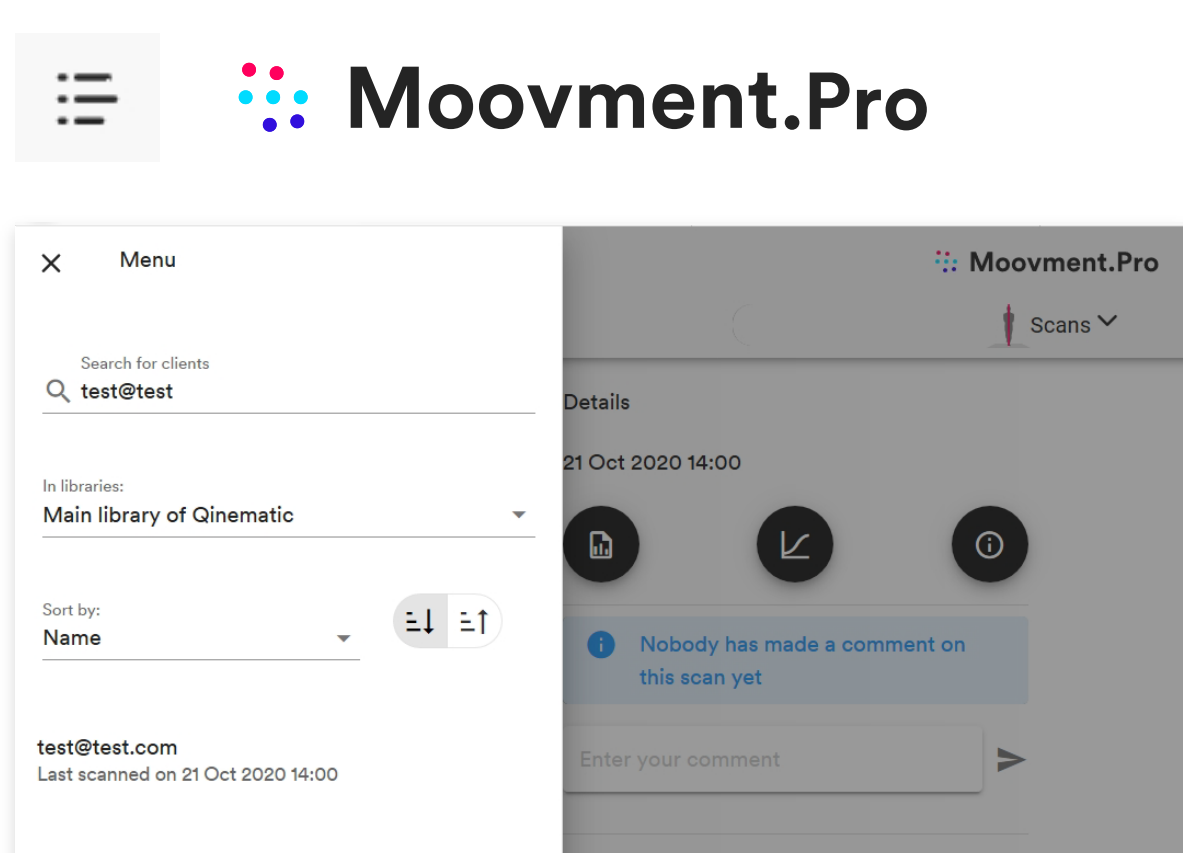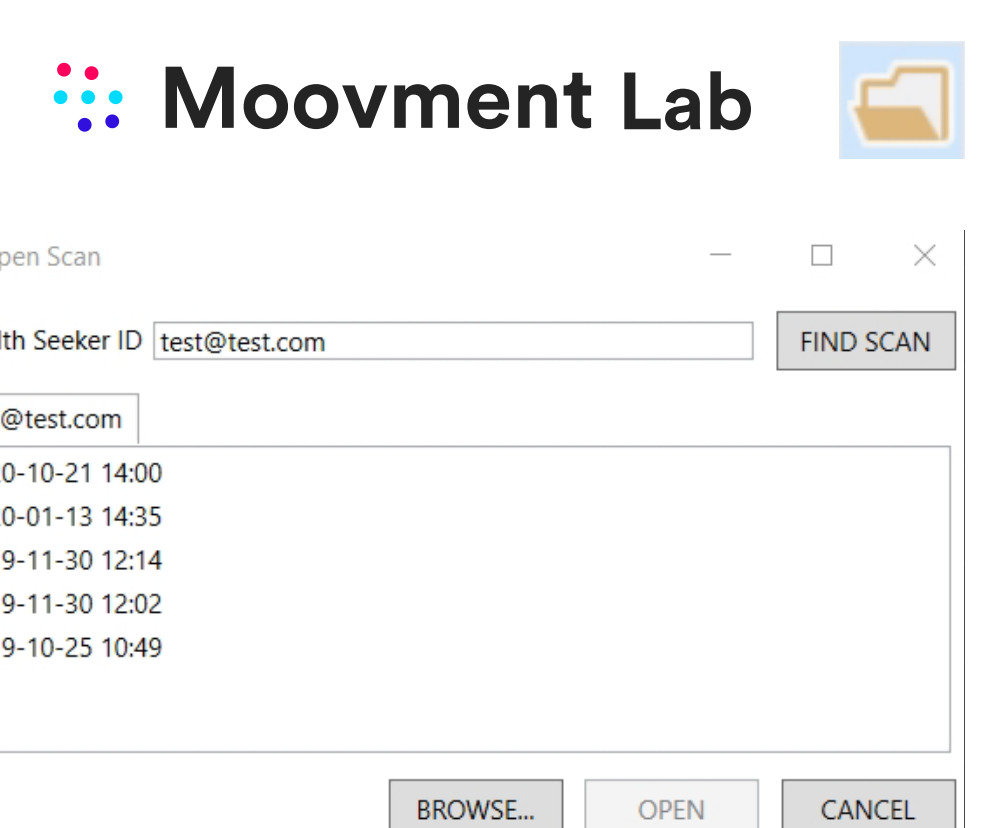**Windows protected your PC**
Microsoft Defender SmartScreen prevented an unrecognised app from starting. Running this app might put your PC at risk.
More info

You will see extended information.
Check that the publisher is Qinematic AB.

Windows protected your PC
Microsoft Defender SmartScreen prevented an unrecognised app from starting. Running this app might put your PC at risk.
App: Moovment Scan 1.133.exe
Publisher: Qinematic AB
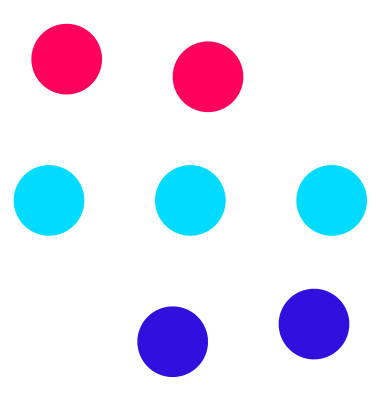
Click **Run anyway**

After the scan

V

Instant feedback availability
Animated Feedback and a Summary report can be viewed on the scan computer once. Thereafter, they can be viewed only in Moovment Lab and Moovment Pro. Optional features like Print, Send, and onscreen Feedback can be added/removed in Settings in Moovment Scan. Press ESC to access Settings in the Moovment Scan menu bar.

VI

Moovment.Pro

Menu
Search for Clients
test@test
In libraries:
Main library of Qinematic
Sort by:
Name
test@test.com
Last scanned on 21 Oct 2020 14:00

Moovment.Pro
Scans
Details
21 Oct 2020 14:00
Nobody has made a comment on this scan yet

Only an authorised Specialist can access an Organisation's scan library. They gain access through Moovment Lab software and the Moovment.Pro webapp.
The Specialists needs to know the Identifier (e.g. email) of the Health Seeker that was scanned. These details can be found in the Moovment Pro app by scan date or name.

Moovment Lab

Open Scan
Health Seeker ID test@test.com   FIND SCAN
test@test.com
2020-10-21 14:00
2020-01-13 14:35
2019-11-30 12:14
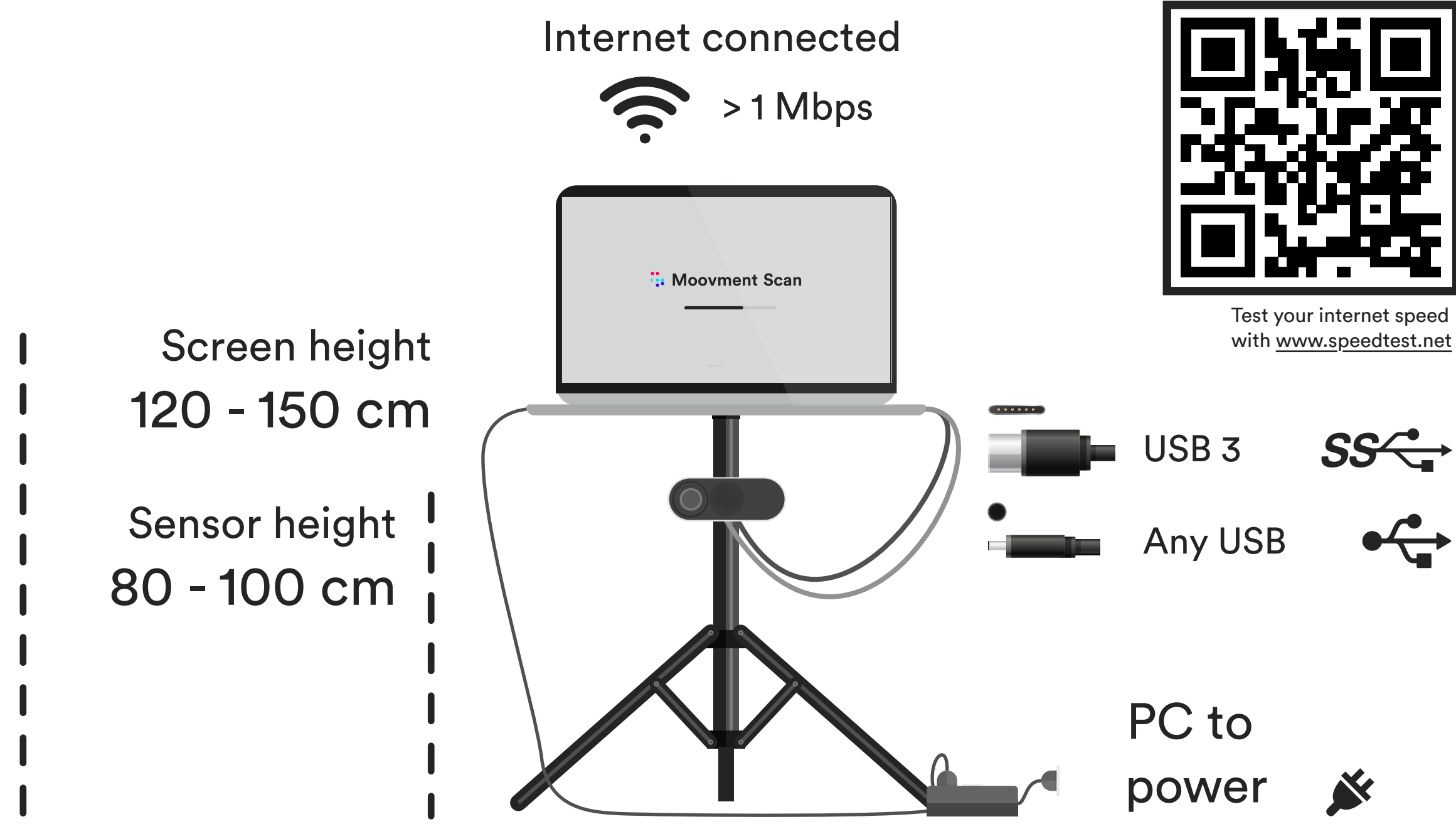2019-11-30 12:02
2019-10-25 10:49
BROWSE...   OPEN   CANCEL

End-users can register as a Client in the **Moovment.Pro** web app. In the app, they can view their scans, reports, exercises, health survey results and goals.

Moovment® Scan

Pre Scan Checklist

Hardware setup

I

Internet connected
📶 > 1 Mbps

Moovment Scan

Test your internet speed with www.speedtest.net

Screen height
120 - 150 cm

Sensor height
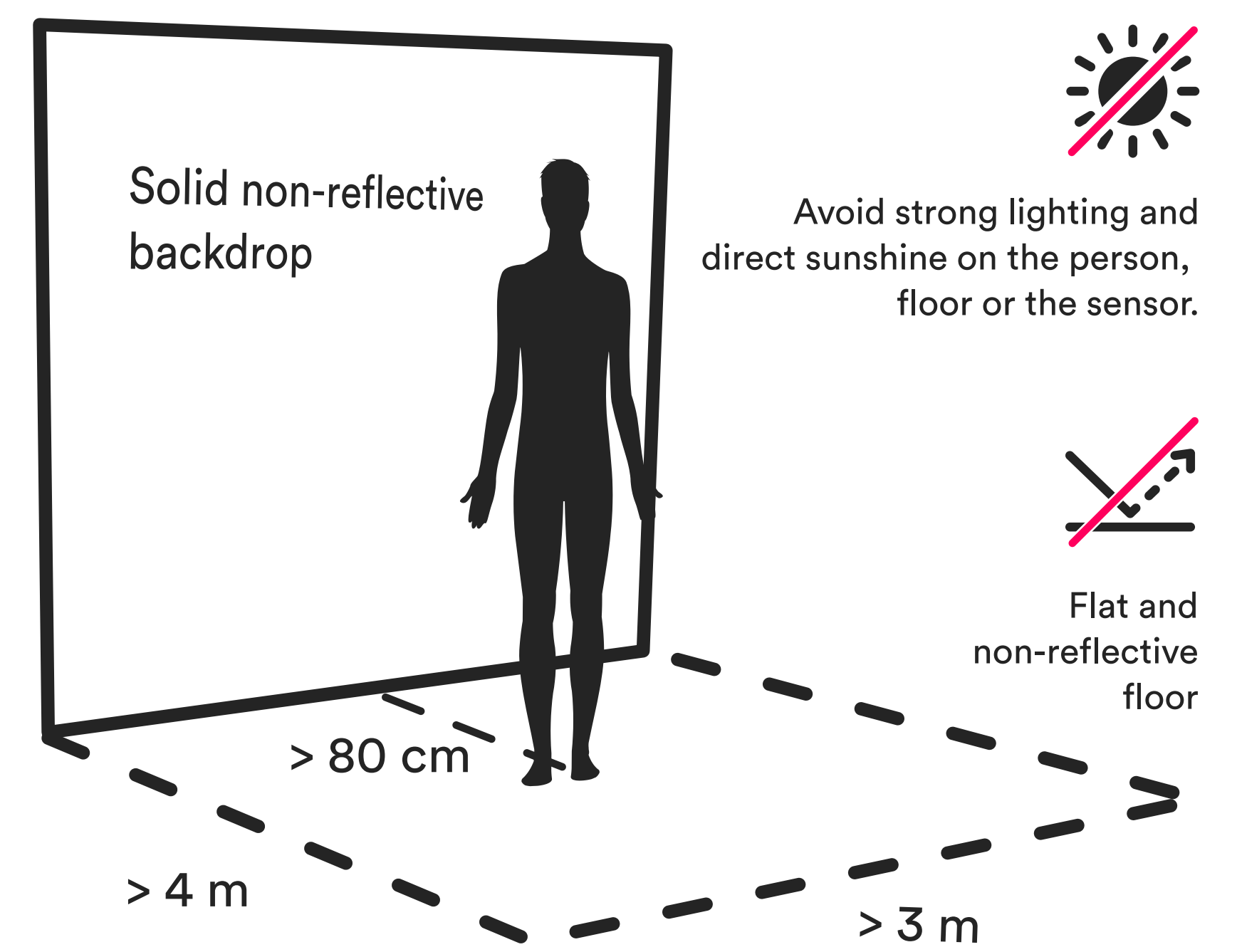80 - 100 cm

USB 3 — SS ⇌
Any USB — ⇌

PC to power 🔌

Software

II

⇄ **Keep Windows updated**
Update Windows well before scanning commences.

⤓ **Keep Moovment® software updated**
Always check for updates before scanning.

III

🚫 **Switch off files-on-demand**
Cloud services (esp. Microsoft One Drive) decrease computing power of your PC and influence the scan. Also check for other services that may impact the power of your PC.

Calibration

1 Clean scan area without any objects
No person in the field of view

2 Start the Moovment Scan software
Stand beside the PC and do not cover the camera

3 Wait until all check boxes are green then proceed with scan

Scan area

IV

Solid non-reflective backdrop

☀️🚫 Avoid strong lighting and direct sunshine on the person, floor or the sensor.

📐🚫 Flat and non-reflective floor

> 80 cm
> 4 m
> 3 m

Clothing & Preparation

V

Do not wear

Hat/shoes

Shoulder length hair/No ponytail

Baggy clothes/skirt that cover body outline

Please wear

Barefoot/socks

Fix hair behind the head in a bun

Tight clothes that reveal body outline

What happens if the steps above are ignored?

⚠️ Recognition errors during the scan process.

Body outline is inaccurate, causing poor tracking.

You are urged to follow each step (I-V) carefully, to avoid error and repeat testing.

Poor Scan Quality
Final result