

**Popit, your Smart  
Medication Reminder**



# Instructions for getting started




# LET'S GET STARTED!

Pfizer, in collaboration with Popit, bring you an innovative reminder aid to support you in adhering to your medication treatment plan.

Always take your medication exactly as prescribed by your doctor. By taking your medication as prescribed, you are giving yourself the best chance of good therapeutic success.

If you forget to take a prescribed dose of your medication, Popit will remind you to take it. This will help you to avoid missing a dose of your medication.

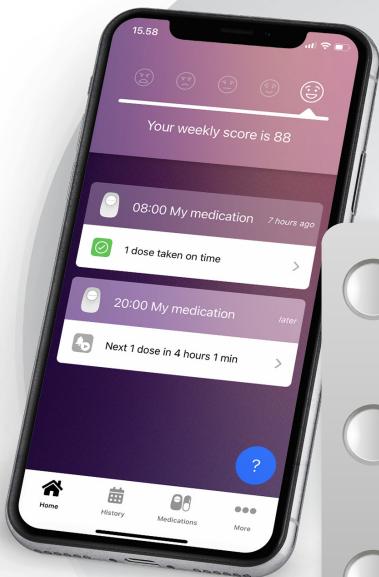
With **Popit Sense** and the **Popit app**, you can keep track of your medication and receive supportive messages and reminders.



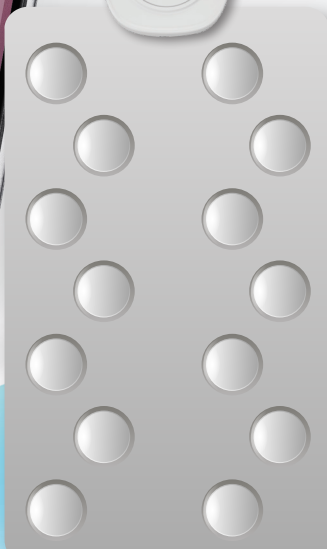


**Popit respects your privacy. Popit Sense and the associated app do not collect any identifiable data.**

## Popit app



## Popit Sense device



The medication blister pack in this picture is for illustrative purposes only and does not reflect any one particular medication.

# CONNECTING TO POPIT

1

## Download the Popit app

Scan the QR code below to go to the Popit app.



### How to scan the QR code

1. Open the camera app on your smart phone.
2. Point the camera at the QR code, so that the QR code is visible on the screen of your phone.
3. Once the camera reads the QR code, a notification will pop up on the screen that the QR code has been detected.
4. Tap the notification to open the link for the Popit app.



Download on the  
**App Store**



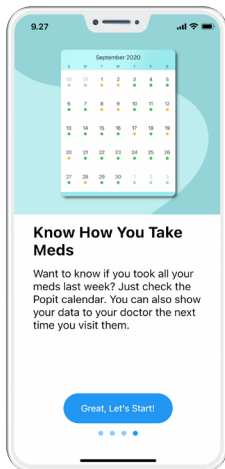
GET IT ON  
**Google Play**



EXPLORE IT ON  
**AppGallery**

Search term:





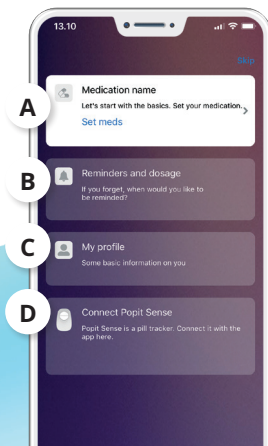
## 2 Settings

Open the app and allow **'Receive Notifications'** so that you can get the in-app support messages.

After going through the introduction, tap **'Great, Let's Start!'**

Follow the steps below to enter information:

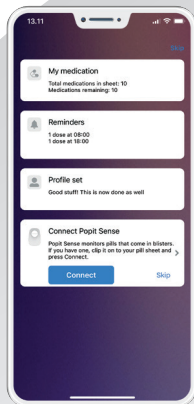
- A. Enter your prescribed medication details.
- B. Set up reminders for your medication so that you do not forget to take a dose.
- C. Optionally, you can enter profile information (date of birth, nationality and gender).
- D. To connect the Popit Sense device see step 3.



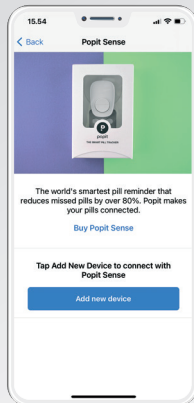
## 3

## Connect Popit Sense to the app

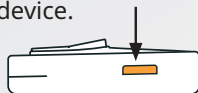
Tap on  
**Connect**



Tap on  
**Add new device**

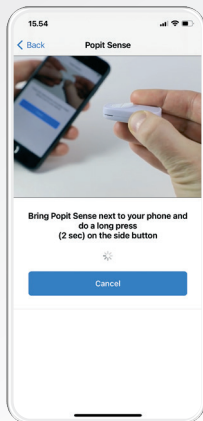


**Hold the device close to the smartphone and press the side button on the device for 2 seconds to activate. Your smartphone will begin to look to sync with the Popit Sense device.**



**When the connection is successful, the device will beep again and the how-to video will start. (See step 4)**

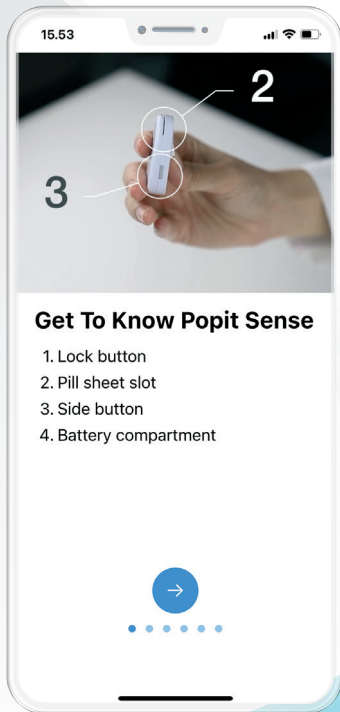
*If the connection fails, try again after 30 seconds. Repeat by tapping **Add new device**.*



## 4

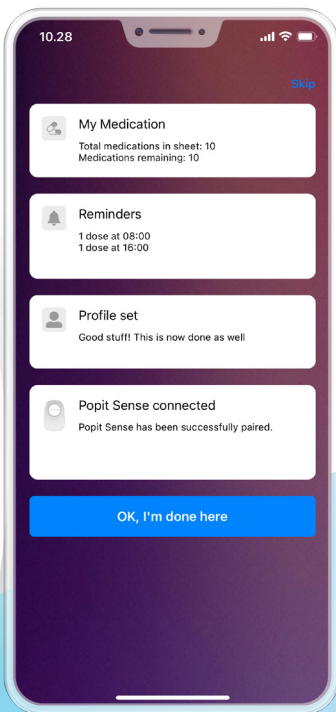
## Get familiar with Popit Sense

**Continue** to watch the how-to video.



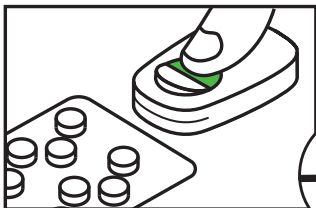
**Congratulations**, you've completed the basic setup!

**Tap OK, I'm done here** and continue to step 5.

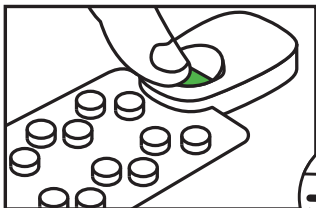


5

## Attach Popit Sense to the medication blister



Hold the back of the latch button and slide the medication blister (facing upwards) as far as possible into the slot of the Popit Sense device.



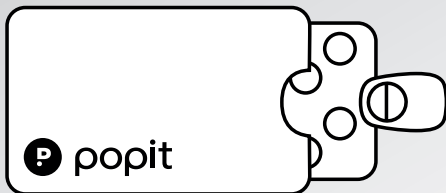
Press firmly on the other side of the locking button, to ensure that it is locked and fully secured.





## 6

## How to use the protective sleeve

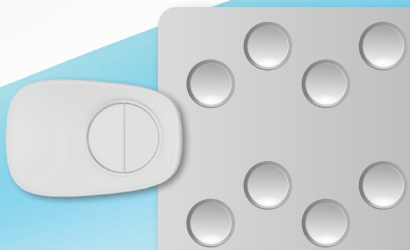


Always keep the Popit Sense, with medication blister attached, in the protective sleeve provided in the Popit Starter Pack.

Insert the blister all the way inside the sleeve, so that the back of the device touches the small magnet inside the sleeve. This way the device will be in sleep mode and battery will be saved.



The medication blister pack in this picture is for illustrative purposes only and does not reflect any one particular medication.



# IMPORTANT INFORMATION

1. **Don't forget**, once you have the medication blister attached to the Popit Sense device, check that the lock button is firmly closed after pressing it.
2. **Popit Sense is always on** but must be activated before you take each dose of your medication. **Activate Popit by holding the touch sensor and the medication blister at the same time.**
3. **A Confirmation tone** is heard once Popit Sense is activated. Listen for a double beep and the side button flashes orange.

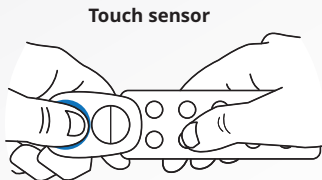


Bip...Bip

Within 10 seconds of this beep, take one of the tablets from the blister. If registration is successful, you will hear four quick ascending beeps and the side button flashes green.



Bip...Bip...Bip...Bip



**Before each tablet withdrawal:  
Activate Popit Sense!**

4. **If the automatic detection** does not work, you can take your tablet and record manually, by pressing



once on the side button on the device.



It is also possible to register the dose manually within the Popit app.

**5. Incorrect or mistaken dose registrations can be deleted in the app.**

**6. The Popit app only reminds you if you have forgotten to take your medication.** If the tablet has been removed and registers correctly, there is no reminder.

**7. You will receive supportive messages and reminders** while using the Popit app.

**8. Always use the Popit Protective Sleeve with Popit Sense.** Don't transport your Popit Sense without the protective sleeve. This could lead to unwanted activation of the sensors.

**9. The battery in Popit Sense lasts up to 12 months with normal use.** You can replace the CR2032 coin cell battery yourself.

# FREQUENTLY ASKED QUESTIONS

## **Has Popit been tested?**

Popit Sense is a sensor platform that has been CE marked as a radio equipment device. Popit app is classified as a Software Medical Device according to the EU Medical Device Regulation. The Popit Solution has been clinically tested and validated.

## **Who can see my data?**

Popit respects your privacy. Popit Sense and its related app does not collect identifiable data.

## **Is there a microphone that listens to what I say?**

No. There is a special contact microphone in the device, that solely detects the vibrations from the medication blister.

## **Can the application be used with my other medications?**

You can set reminders for other medications within

the app. However, in this instance, Popit Sense and the Popit app are supplied as part of your new medication starter pack. It may become confusing for you, if you use with more than one medication at a time.

## **Do I need to have Bluetooth turned on all of the time? What is the effect of this on the battery?**

If a tablet is removed and Bluetooth is turned off, the information about the removal may not be immediately reported to the app. This could result in you receiving one unnecessary reminder. Modern versions of Bluetooth do not use a lot of energy, generally less than 1% of total battery consumption.



### **What do I do if the Battery runs out?**

When the device battery charge drops below 20%, the app will suggest once per day to change the battery. You can replace the CR2032 coin cell battery yourself.

### **Does Popit Sense have to be near my smartphone for the app to recognise that I have taken my medication?**

The Bluetooth range on Popit Sense is very good, about 30m / 100ft. This means that in a standard apartment the smartphone can connect to Popit Sense when it needs to, so the two do not need to be right next to each other when taking your medication. Even if Popit Sense and the app would not be able to connect, Popit Sense stores up to several months of data which gets synced when the two get back in contact.

### **Can I use Popit while travelling?**

Yes. However, it is advisable to travel with both the Popit Sense device and the Popit Protective Sleeve. If a dose is taken while your smartphone is in aeroplane mode (Bluetooth off), the app will be updated as soon as Bluetooth is switched on again. In addition, you will need to ensure that you set the medication reminder times to the time zone of the destination country.

### **Does it cost me anything to use Popit?**

No. Pfizer has provided you with the Popit Sense device, the app and the protective sleeve as part of your new medication starter pack.

### **Will I receive messages in the app?**

From time to time you will receive messages in the app. For example, messages to confirm to you that you are taking your medications, or to remind you of the importance of taking your medication as prescribed.



Through this collaboration,  
Pfizer and Popit jointly  
support patients with chronic  
inflammatory diseases.



popit

For technical support queries on Popit,  
please contact Popit directly.

Email: [reachout@popit.io](mailto:reachout@popit.io)



Note: Pfizer has no influence over the function or content of the Popit Solution, or the programme contained therein. Pfizer supports Popit financially, in the context of a collaboration to make the Popit Solution available to patients within the Republic of Ireland.



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