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**SwallowSTRONG**  
**Patient Quick Start Guide**  
*version 1.0*

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# SwallowSTRONG Device Set-Up

**\* Before use, charge the device for 8 hours (overnight).**

## Components

### 1. SwallowSTRONG Interface

The SwallowSTRONG interface features a touchscreen and a port for connecting the converter cords and charger.



### 2. Converter Cord

The converter cord connects the SwallowSTRONG interface to the transducer box.



Note: The end of the cord that connects to the tablet may be difficult to plug in on first effort. Pushing hard on the cord to plug it in may be required.

### 3. Transducer Box

The transducer box connects to converter cord 2b and the mouthpiece.

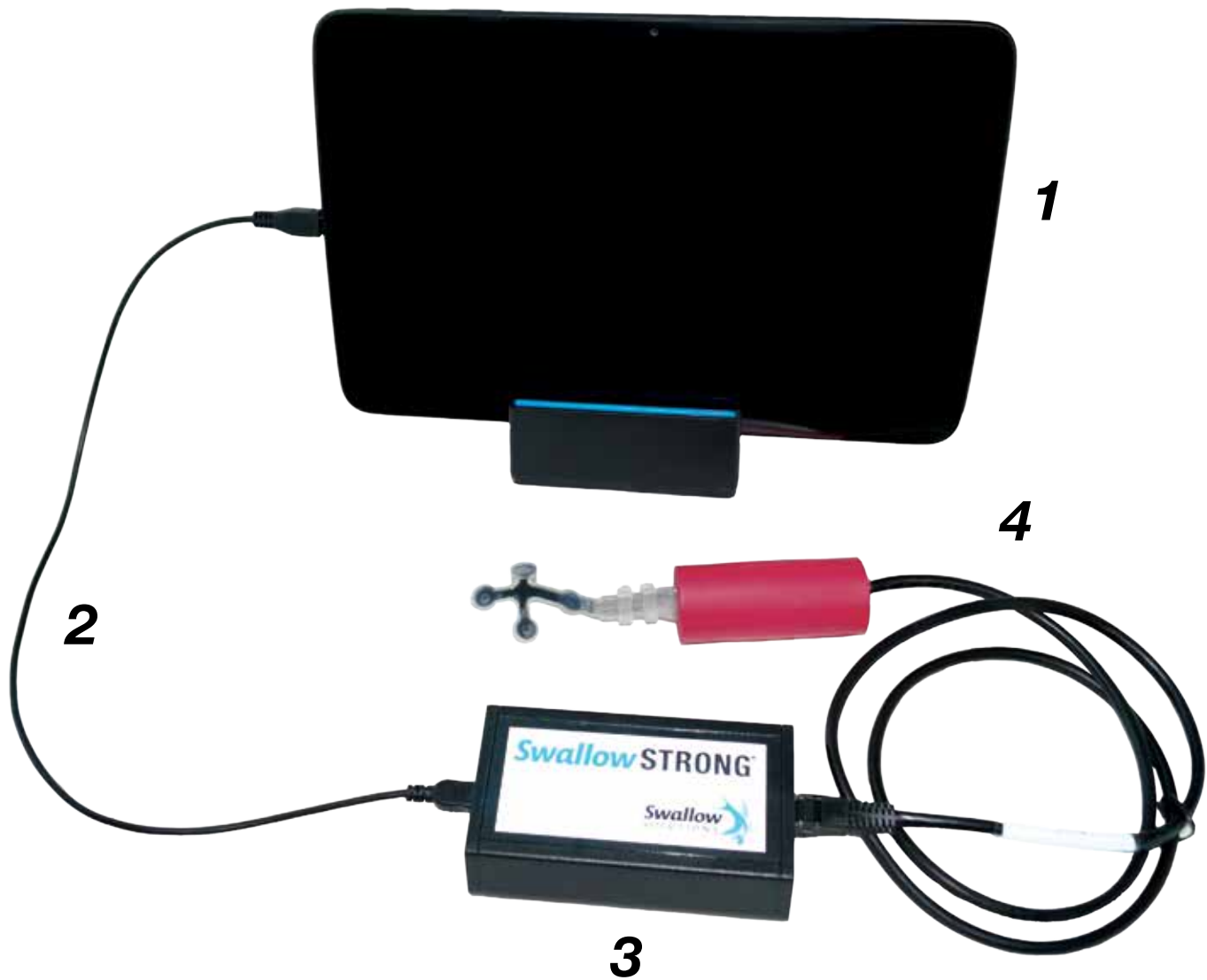


### 4. Mouthpiece

The mouthpiece should only be assigned to one patient. It connects to the device via the transducer box.



# SwallowSTRONG Device Set-Up



## Fully Assembled SwallowSTRONG Device

**NOTE:** The device comes with a charger (not pictured) that can only be plugged in when the mouthpiece is not in use.

## SwallowSTRONG WiFi Guide

The SwallowSTRONG uses a wireless internet connection (WiFi) to sync data from therapy to the SwallowSTRONG Management System (SSMS). If you have access to a WiFi connection, setting it up with your SwallowSTRONG device is quick and easy. Follow the steps below to establish the connection:

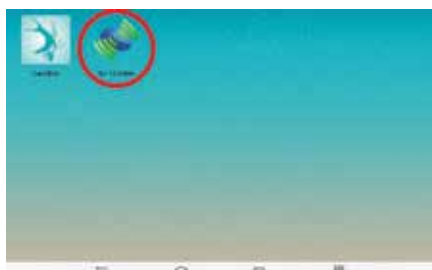


Figure 1. Home Screen. Access the WiFi setting by tapping the Wi-Fi' icon. The Back and Home Buttons appear in the same position on every screen.

**Step 1:** Power the device on and wait until the home screen appears. See Figure 1.

**Step 2:** Tap the **'Wi-Fi'** icon to open the WiFi setting. See Figure 1 - Red Circle.

**a:** First, make sure the box in the upper right corner is checked.

**b:** Select **'scan'** to search for available networks.

**Step 3:** Select the name of the network to which you would like to connect, and enter the password if necessary. Once connected, a message saying **'Connected'** will appear near the bottom of the screen.

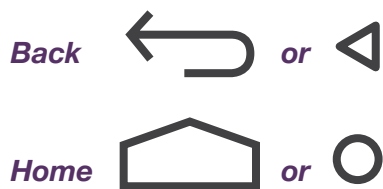


Figure 2. Depending on the version of your device, home and back buttons may appear differently. They can be found in the same position, along the bottom, on every screen.

## SwallowSTRONG Therapy Guide

Once you have customized therapy targets determined by your therapist, you are ready to start therapy. Following these instructions will ensure you can navigate through therapy quickly and easily.

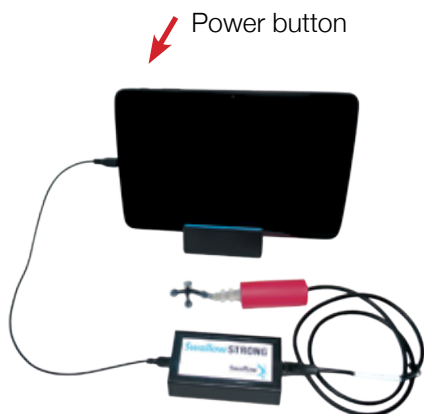


Figure 1. The **power button** is on the upper left edge of the device.



Figure 2. Home screen. Tap the **Swallow Icon** to start therapy.

1. Plug in the mouthpiece and ensure all cords and connections are secure. See *components set-up for details*.
2. Power the device on and wait until the home screen appears. See *Figure 1*.
3. Tap the **'Swallow' icon** to start therapy. See *Figure 2*.
4. The message **'Allow the app Swallow to access the USB device?'** will appear. **Tap OK.**
5. The message **'Enter Mouthpiece Information Or Plug in a Mouthpiece'** will appear. The mouthpiece serial number will automatically appear in the white box. **Tap Submit to continue.**
6. The message **'Prepare to Calibrate Sensors'** will appear. Tap the screen to start calibration. Note, do not touch the sensors during calibration.
7. The message **'Calibration complete'** will appear. Tap the screen to continue.
8. Put the molded mouthpiece in your mouth, so that it's flush against the roof of your mouth.
9. **Follow the on-screen instructions** throughout the therapy course.

# SwallowSTRONG Therapy Guide

## Tips for Therapy

1. Meet your goals by pushing the **needle into the green zone** and keeping it there. See *Figure 3*.
2. **Rest between presses** to ensure endurance throughout the therapy session.

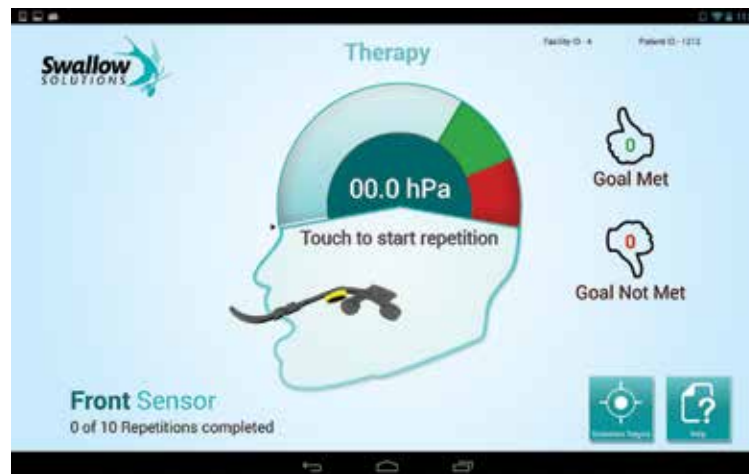


Figure 3. A moving line will indicate the pressure generated during a tongue press. Keep the line in the green zone or above to earn a thumbs up.