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# Stride One User Manual

App 15.2 · English



# Getting started

- 1 Charge both insoles with the USB-C cable.
- 2 Install the app "Ceriter Stride One".
- 3 Create an account in the app: [New here? Create an account.](#)
- 4 Enter the code from the card in the box.
- 5 Keep the insoles near your phone. They connect by themselves.

Insoles from an organization? **No code needed.** Sign in with the details they gave you.



# Wearing your insoles

- 1 L in the left shoe, R in the right: it's the last letter of the code on the back of the black module.
- 2 Put the insole flat into your shoe, **perforated side up**.
- 3 **Clip the black module onto your shoe**, not your ankle.

Tip: put it under your shoe's own insole or use double-sided tape to stop slipping.



# Every day



**Just walk.** The insoles record by themselves. No button.



**Phone nearby,** Bluetooth and internet on. Don't swipe the app away.



**Charge every 2–3 days.** A full charge takes about 4 hours.

## Latest data



**CERITER**

L



R



Tuesday 13 October

Data until 08:18



Tap **Refresh** (↻) on Home to get the newest data now.

Away from your phone? The insoles store about 60 hours of walking.

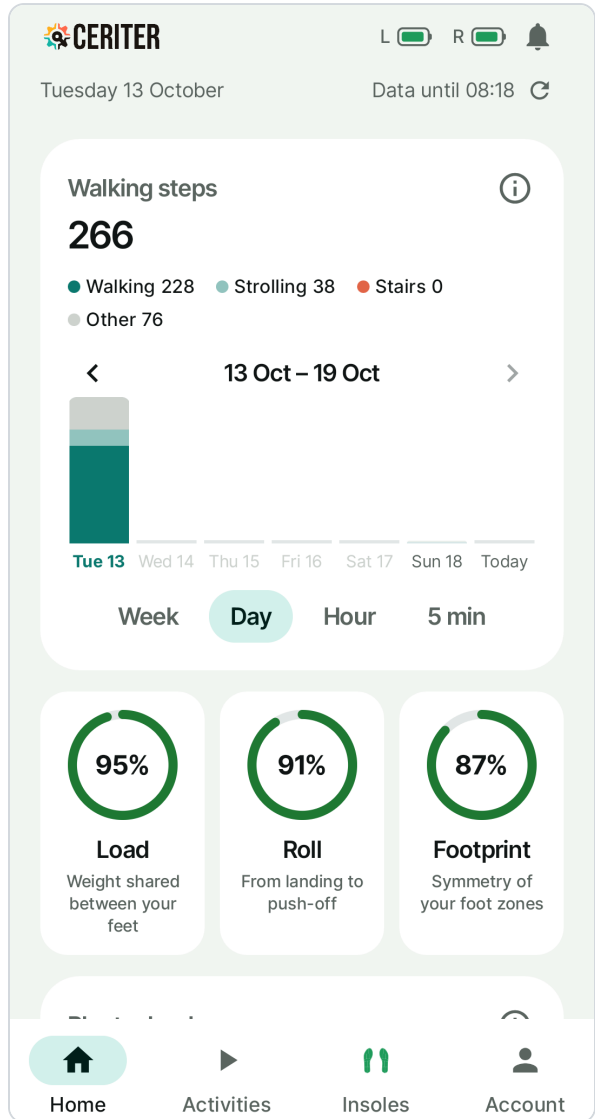
# Your data

**Walking steps** per day, by type.

**Week · Day · Hour · 5 min:** tap to switch.

**Load, Roll, Footprint:** how evenly your feet work.

Tap ⓘ on a card to learn more.



# Record a walk

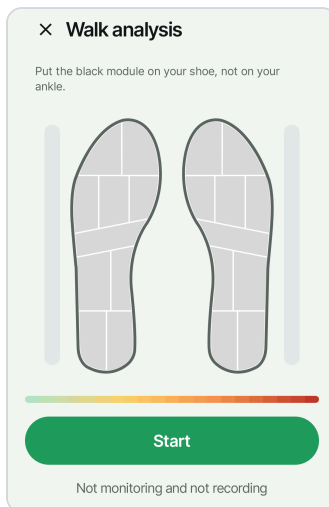
Your insoles record all day anyway. Record a walk to **analyse one short activity**, such as a standard walk you repeat every week. You see your walk live on screen, and it still counts in your daily totals.

1 **Activities** → **Start recording**

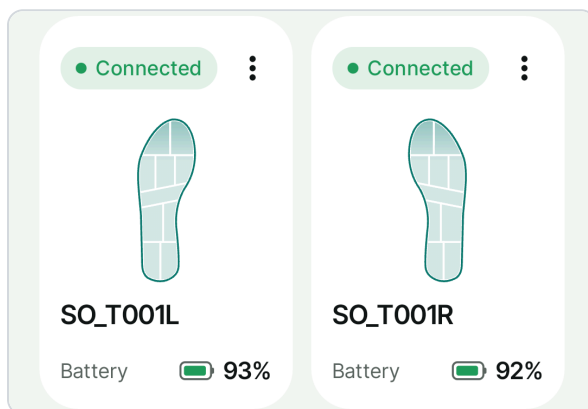
2 **Walk analysis**

3 Tap **Start** and walk

4 Tap **Stop**



## Insoles



Updates install by themselves while the insoles charge.

# The light

|                                                                                                  |                                        |
|--------------------------------------------------------------------------------------------------|----------------------------------------|
|  Off             | All fine                               |
|  Green, pulsing  | Charging                               |
|  Green           | Fully charged                          |
|  Orange, pulsing | Battery low: charge                    |
|  Red, pulsing    | Memory almost full: go near your phone |
|  Red / green     | Open the app near the insole           |
|  Short red flash | Contact support                        |

## Something wrong?

**"Your insole isn't responding":** the app restarts it. Nothing to do.

**Insoles not found:** take a few steps, or put them on the charger.

**Help:** [support@ceriter.com](mailto:support@ceriter.com)

## Safety and legal

**Not a medical device.** Stride One shows how you walk, for your own interest. It does not diagnose, treat or prevent anything. For health questions, ask a healthcare professional.

### Safe use

- Don't use it if damaged. Don't open the module.
- Don't put it in water. Clean with a dry or damp cloth, no solvents.
- Charge with a USB-C charger (5 V).
- Battery: don't heat, puncture, crush or burn the module; don't charge it in direct sunlight.

### Radio

Bluetooth Low Energy, 2.4 GHz, 0 dBm.

**Contains FCC ID: SQG-BL54L15U.** This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Changes or modifications not expressly approved by Ceriter BV could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: reorient or relocate the receiving antenna; increase the separation between the equipment and receiver; connect the equipment into an outlet on a circuit different from that to which the receiver is connected; consult the dealer or an experienced radio/TV technician for help.

### Disposal



Not with household waste: battery and electronics. Take it to a collection point.