iLIFE

SENSE UP YOUR LIFE

iLIFESOMM

SENSE UP YOUR LIFE

Operating Intructions

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1. Introduction

Please ensure you read this operating instructions carefully before starting the system for the first time. This manual contains important information on safety, use and maintenance of the system.

1.1. Identification

The iLifeSOMM system is a combined wellness system for use by humans. The iLifeSOMM system is intended for the co-ordinated simultaneous use of vibrations, music, tone, sound and magnetic field stimulation.

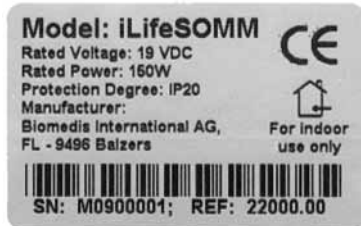A label is attached at the foot-end of the main body:

Figure 1: Label

1.2. Warranty terms

For proper use, the manufacturer offers a warranty in accordance with legal provisions that is calculated from the day on which the product is delivered. During this time, the device shall be replaced free of charge or repaired by the manufacturer or the relevant authorised iLife country or service centre. Faulty parts/devices must be supplied free of charge.

The manufacturer headquarters: biomedis® International AG, 9496 Balzers, Liechtenstein, governed by Liechtenstein law are solely responsible for any civil proceedings and is also the place of jurisdiction for any manufacture faults. For accessories, a warranty exists based on legal provisions.
The manufacturer recommends the "iLife Plus Garantie" as a warranty extension.

The operating instructions must be read, understood and observed by the person using the device.

The following are excluded from liability for defects:
- Non-observance of the operating instructions
- Negligent or incorrect use
- Wilful damage.

In the event that the person ordering the device or a third party carries out work or interventions on the supplied device in any form whatsoever without prior approval from the manufacturer, the warranty is rendered invalid.

Caution!
The device and the application must in no circumstances be opened. Opening these shall render any warranty claims invalid.

Technical modifications
We reserve the right to make any technical modifications to the illustration and information in this operating instructions, which are needed for improving the device/accessories.

Intellectual property right
Any reprinting or reproduction of this operating instructions, in full or in part, may only be carried out with prior agreement from biomedis®.

1.3. Proper use

The iLifeSOMM system is only intended to be used for the purpose of relaxation, wellness and improving well-being in humans.
The manufacturer shall not be liable for any use that does not fall within the scope of the intended proper use.
The iLifeSOMM system must only be used in conjunciton with iLifeSOMM USB sticks, with the mains adapter supplied and the country-specific network cable, and with the supplied operator terminal including connection cable.

1.4. Delivery Scope

Immediately upon receiving the device, please check that all of the following parts are included:
- iLifeSOMM system (main body, operating terminal, connection cable)
- Network device with network cable (country-specific)
- iLifeSOMM USB stick
- iLifeSOMM Operating Instructions
- iLifeSOMM system pocket

- Headphones
- Two pads to be used as the knee and neck cushions
- Accessories pocket

1.4.1. Optional accessories

For optimum headphone selection, we recommend headphones with a noise cancelling system such as:

- Bose QuietComfort® 3 Acoustic Noise Cancelling® headphones or
- Bose QuietComfort® 2 Acoustic Noise Cancelling® headphones (3.5 mm plug)

The headphones are available from specialist retailers and **cannot** be purchased from iLife International.

1.5. Components

The iLifeSOMM system is made up of the following components:

1.5.1. Main body with two pads

Figure 2: Main body with two pads

The main body is designed for normal use (person lying down). It is hard-wearing, but is not designed for use with pointy heels, use as a gym matt or similar. The main body must be placed on a fixed surface. The narrow pad can be placed under the neck and the wide pad under the knees.

1.5.2. Operating terminal with connection cable

The operating terminal is used to control all of the functions of the iLifeSOMM system. It features a touchscreen surface and is operated using finger movements.

Figure 3: Operating terminal

The RJ45 connection cable for the operating terminal is included in delivery. You must not use any other connection cables, otherwise we cannot guarantee the correct functionality of the device.

The connection cable is plugged in on the side:
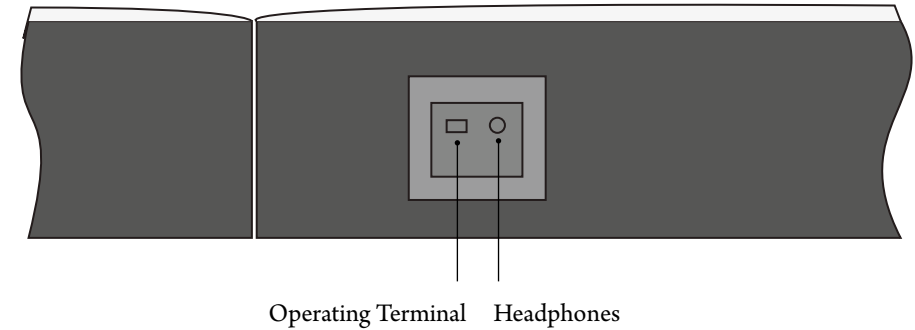

Operating Terminal   Headphones

Figure 4: Side connection

1.5.3. USB stick

The USB stick is included in delivery. No other USB sticks must be used, otherwise we cannot guarantee the correct functionality of the device.

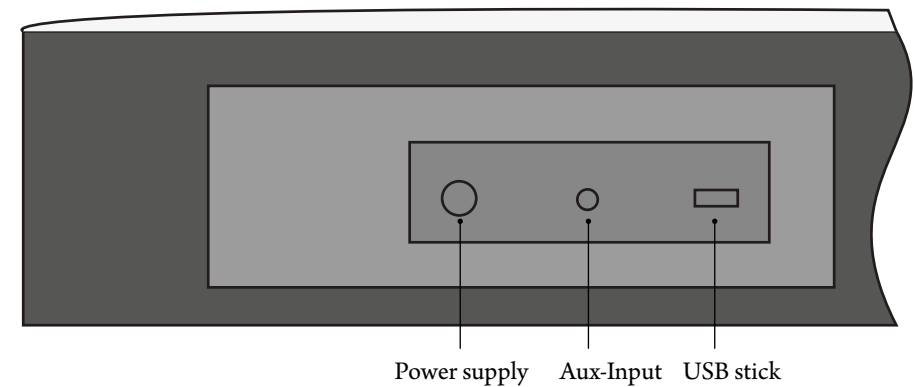The USB stick is plugged in at the foot-end:

Power supply   Aux-Input   USB stick

Figure 5: Connections at the foot-end

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1.5.4. Power supply

The power supply is included in delivery. No other mains adapters may be used, otherwise the correct functionality of the device cannot be guaranteed.

The mains adapter can be operated at 230 VAC/ 50 Hz and 120 VAC/ 60Hz:

Figure 6: Supplied external mains adapter

The mains adapter is plugged in at the foot-end of the main body, on the left. (see Fig. 5)

1.5.5. Headphones

A set of headphones is included in delivery. The 3.5 mm stereo plug can be plugged in on the side (see Fig. *4).*

Figure 7: Headphones (included in delivery)

2. General safety precautions

biomedis® guarantees the safe, reliable and trouble-free operation of its device, provided the following requirements are fulfilled:
- The device must only be used in conjunction with the operating instructions.
- Any adjustments, modifications or repairs to the system must only be carried out by biomedis® or by persons authorised to do so.
- The system must only be used with accessories and replacement parts that are listed in the operating instructions and their safe technical utilisation has been proven by the manufacturer.

2.1. Risks to persons

- The device must not be set up in a damp or wet room.
- The device must not be used:
  - if the operator is unable to use it safely due to having consumed too much alcohol, drugs or medication
  - in rooms where there are inflammable gases.
- Children must only use the device when supervised.

The iLifeSOMM system is not a medicinal system and must not be used for medicinal purposes!

2.2. Possible property damage

The iLifeSOMM system may only be used in rooms where all of the devices used comply with the EMC 89/336 guideline. The device must be placed at least one metre away from all other electrical devices.
- If using high frequency devices in the same room, a sufficiently large safety clearance (> 3 m) must be observed.
- During operation, the iLifeSOMM system must observe a minimum distance of one metre to electro-magnetically saved data (disks, magnetic cards etc.), otherwise there is a risk of data being lost.
- The relative humidity in operating conditions generally amounts to 30% - 75% at 30°C (86°F).

For transport and storage conditions the following temperature ranges apply:
- 10% - 90% at 40°C (104°F).

For other relative humidity the device is not specified and operational reliability cannot be guaranteed.

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2.3. Typographical design elements

Specific operating instructions, such as

1.   Press the *Start* key …

start with a number at the start of the line.

2.4. Symbol key

This symbol shows that the device must only be used in enclosed rooms.

This symbol means that the user must observe the operating instructions.

CE This symbols shows that the device has been developed, designed and finished in accordance with the applicable European guidelines.

REF   Displays the order number

SN   Displays the serial number

3. Operating instructions

3.1. Description of the iLifeSOMM system

The iLifeSOMM system is made up of the following:
1 … iLifeSOMM main body
2 … iLifeSOMM operating terminal
3 … iLifeSOMM RJ45 connection cable
4 … iLifeSOMM USB stick
5 … Headphones
6 … iLifeSOMM pad (neck and knee)
7 … iLifeSOMM mains adapter
8 … iLifeSOMM mains cable

The iLifeSOMM is controlled using the operating terminal. This can be used to make all the settings on the iLifeSOMM.
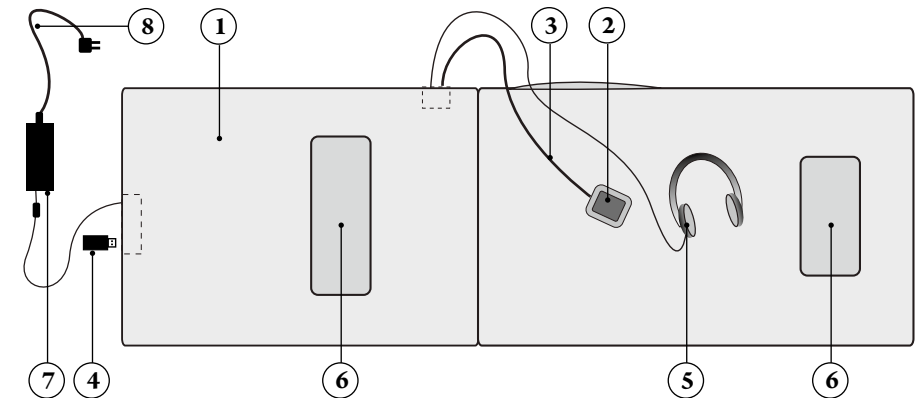

Figure 8: iLifeSOMM system setup

3.2. Starting up

3.2.1. Preparing to start up the device

If the device has been exposed to cold temperatures e.g. stored in a car at below 10°C (50°F), it should first be left for 30 minutes at room temperature 10°C … 30°C (50°F … 86°F) before being started up.

1. Open up the iLifeSOMM main body on a fixed surface [1]
2. Plug the iLifeSOMM RJ45 connection cable into the iLifeSOMM operating terminal and the side connection on the iLifeSOMM main body
3. Plug the supplied iLifeSOMM USB stick into the connection at the foot-end
4. Plug the iLifeSOMM mains adapter into the foot-end
5. Plug the mains cable into the socket
6. Now the system starts up independently and the following image will appear on the screen for approx. 2 seconds (see Fig. 9)
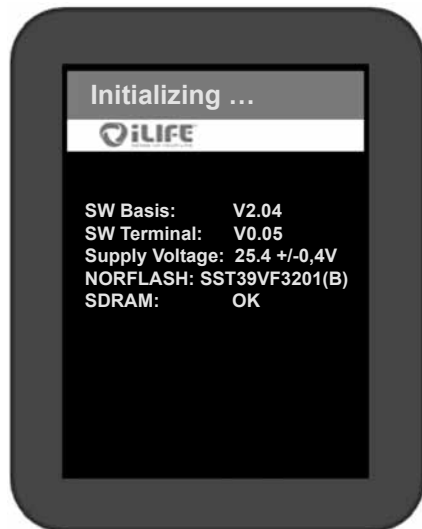
Initializing …

SW Basis: V2.04
SW Terminal: V0.05
Supply Voltage: 25.4 +/-0,4V
NORFLASH: SST39VF3201(B)
SDRAM: OK

Figure 9: Initialisation screen after the initial start. (This information is only used for service purposes and may change without prior warning)

[1] **Tip:** As a fixed surface, use the iLifeSOMM frame that is available as an optional extra.

2.2. Main setup of the operating menu

SOMM Senso Energy

Magnetic P strong stimulation

Magnetic Intensity high

Time 8 min

Lounge Classic

Help

Off

Start

Display on the current page:
Where are you?

Displays the selection options:
What can be selected as the next step?

Display the keys for **Help**, **Off**, **Back** and the **Start** key

If the content in the menu is longer than can be displayed, a scrollbar is displayed at the side, which allows the content to be moved up and down (no Fig.)

Figure 10: Display setup

Time: 08.00

Sonic Intensity

Sonic Balance

Audio Volume

Stop

Display of the operating time remaining (countdown)

Display of the application screen:
Use the arrow keys to change the displayed settings during the program.

After the time has elapsed, the system switches off automatically. If program changes are to be made or terminated early, press the **Stop** key

Figure 11: Screen display during use

3.2.3. Switching on the device

1. In order to activate the device, tap any point in the touchscreen with your finger
2. A **safety advice** appears. The process is stopped by pressing *Yes*. If you press *No* you will be taken to the settings.

Figure 12: Safety message (left) and information, if „yes" was pressed (right)

3. Until the point when a program is started, the device automatically switches off if the control is not touched for more than two minutes. In this case, the device must be reactivated.

3.2.4. Setting the desired program

Tip: If a key is pressed, this briefly turns gold and the display moves on to the next step.

On the start screen display (see figure 13), the following options are available:
- Quick Start Short
- Quick Start Long
- SOMM Senso
- SOMM Sonic
- AUX

There are two Quick Start menus. After selecting one of the **Quick Start** menus, four preset programs will appear. You may choose from: *SOMM Energy, SOMM Stimulation, SOMM Balance* and *SOMM Relax*. The duration of the program is 12 minutes for *Quick Start Short*, and 24 minutes for *Quick Start Long*.

With the **SOMM Senso**, individual settings can be made. You can select the magnetic field application, the corresponding intensity, the vibration and the music yourself.

With the **SOMM Sonic** selection, various applications can be selected without music. The programs comprise vibration and magnetic field applications.

With the **AUX** selection, you can play your own music using the separate audio input (at the foot-end connection). The magnetic field application is not activated with this option.

Help menu. Pressing the **Help** key takes you to the help menu which explains the selection that is to be made and provides helpful information on the subject.

Press **Off** to switch off the device completely.

Figure 13: Start screen

3.2.4.1. Quick Start Short and Long

1. **Selection**
   The only difference between the two Quick Start menus is the duration of the program of 12 or 24 minutes. At the start screen (see Fig. 13) choose the *Quick Start Short* key for example. When this key is pressed it briefly turns gold and then moves on to the next step.

2. **Program selection**
   You can choose from four programs. The following selected programs are available for the applications: *SOMM Energy*, *SOMM Stimulation*, *SOMM Balance* and *SOMM Relax.* (see Fig. 14)

Figure 14: Quickstart selection options

Figure 15: Selected options

3. **Confirming your program selection**
   Now your selection will be displayed. If you are happy with the selection, press *Start* (see Fig. 15) and the operating screen is then displayed (see Fig. 16).

4. **Changing the selection**
   If you would like to change one part of the settings, press on this and a new selection will appear on the screen.
   Tip: Here, only the *Lounge Nature* music button is active; the other buttons cannot be selected. (see Fig. 15)

5. **Starting the application**
   When confirming the *Start* key, the application is started with the selected settings. (see Fig. 15)

Intensity settings during playback
   To change the Sonic intensity and/or volume level during the program, use the plus (+) or minus (-) keys. To change the Sonic balance, use the arrow keys. This will allow you to move the vibration to the upper (▲) or lower (▼) areas.

Figure 16: Application screen with the possibility of changing the intensities.

6. **Program runs and ends automatically**
   The application runs for the selected period of time. The remaining duration of the application is shown at the top of the display. Once the time period expires, the system automatically switches off.

   Please note: If you would like to end the application early, press the *Stop* key

3.2.4.2. SOMM Senso

1. **Selection**
   On the start screen (see Fig. 13.), select *SOMM Senso*. When pressed, this briefly turns gold and then moves on to the next step.

2. **Program selection SOMM Senso**
   The following programs are available for selection: *SOMM Senso Energy, SOMM Senso Stimulation, SOMM Senso Balance* and *SOMM Senso Relax*.
   (see Fig. 17)

Figure 17: SOMM Senso selection options

Figure 18: Magnetic program selection options

3. **Program selection of the Magnetic Resonance Stimulation**
   The following programs are available for selection: *Magnetic P strong stimulation, Magnetic P stimulating, Magnetic P calming* and *Magnetic P relaxing*. Depending on the SOMM Senso Program selected, different options are displayed here (see Fig. 18)

4. **Intensity selection for the Magnetic Resonance Stimulation**
   The following intensities can be selected: *Magnetic Intensity High, Magnetic Intensity Middle, Magnetic Intensity Low* and *Magnetic Intensity Sensitive.* Depending on the SOMM Senso program selected, different options are displayed here (see Fig. 19).
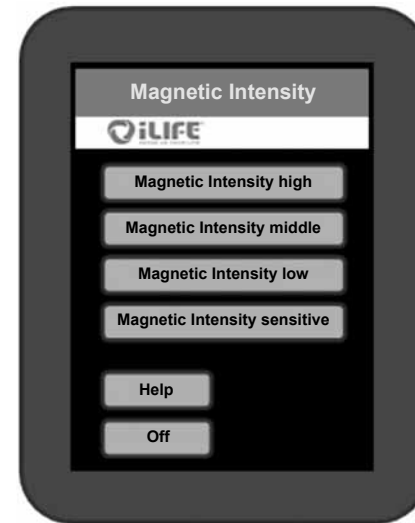
Figure 19: Magnetic intensity selection

Figure 20: Program duration option selection

5. **Application duration**
   Various application durations are available for selection, depending on the selected Senso Program. (See Fig. 20)

6. **Music program selection**
   For all SOMM Senso programs, four music genres, each with three musical styles, are available for selection. The music pieces are all adapted to the different program components.
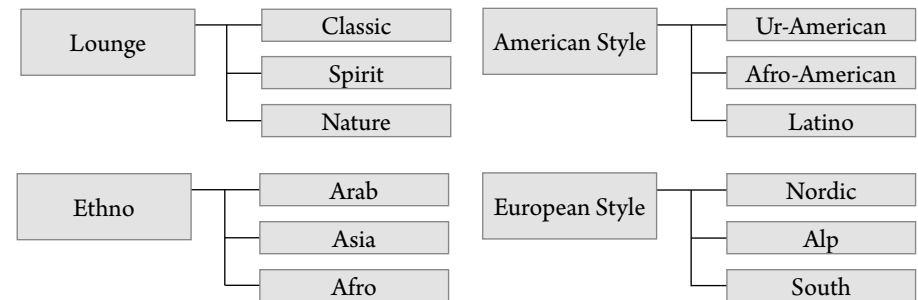

Figure 21: Musical styles

Music selection example:

The following music genres are available: *Lounge*, *Ethno*, *American Style* and *European Style*. For each music genre, there is a selection of various tracks.

Figure 22: Music genre selection option

Figure 23: Music track selection option

7. **Starting the application**
   By pressing the *Start* key, the application is started with the selected settings and the display switches to the application screen.

Figure 24: Selected options in the SOMM Senso menu

8. **Intensity settings during operation**
   To change the Sonic intensity and/or volume level during the program, use the plus (+) or minus (-) keys. To change the Sonic balance, use the arrow keys. This will allow you to move the vibration to the upper (▲) or lower (▼) areas.

Figure 25: Application screens of the SOMM Senso program

9. **Changing the settings**
   If you would like to make changes to the settings during operation, press the *Stop* key. Now you can change the Magnet Resonance Stimulation, the Vibration Massage and the Music.
   The application time can not be changed. Now select the settings that you would like to change.

Example: If you would like to modify the magnetic intensity, press the *Magnetic Intensity high* key again in the magnetic intensity menu and you can thereby redefine the intensity.

Figure 26: Display of the modified options when the settings are changed

10. **Re-start**
    Pressing the *Start* key again launches the program with the new settings. The countdown continues from when it was stopped for the changes to be made.
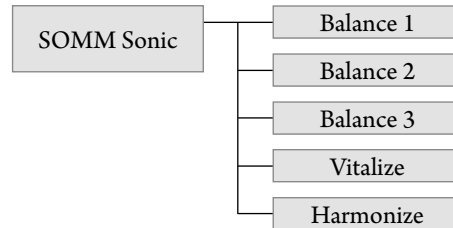
3.2.4.3. SOMM Sonic

1. **Selection**
   On the start screen (see Fig. 13.), select the *SOMM Sonic* key. When pressed, it briefly turns gold and then moves on to the next step.

2. **Program selection SOMM Sonic**
   The following SOMM Sonic Automatic programs can be selected:
   Balance 1, Balance 2, Balance 3, Vitalize and *Harmonize.* When pressing on the desired program, the display switches to the next step.

   Now the Magnetic Program, Magnetic Intensity and Operating Time can be set.

   | SOMM Sonic | Balance 1 |
   | Balance 2 |
   | Balance 3 |
   | Vitalize |
   | Harmonize |

Figure 27: The SOMM Sonic Programs that are available for selection

3. **Starting operation**
   By pressing the *Start* key, operation can be started with the selected settings and the display switches to the operating screen.
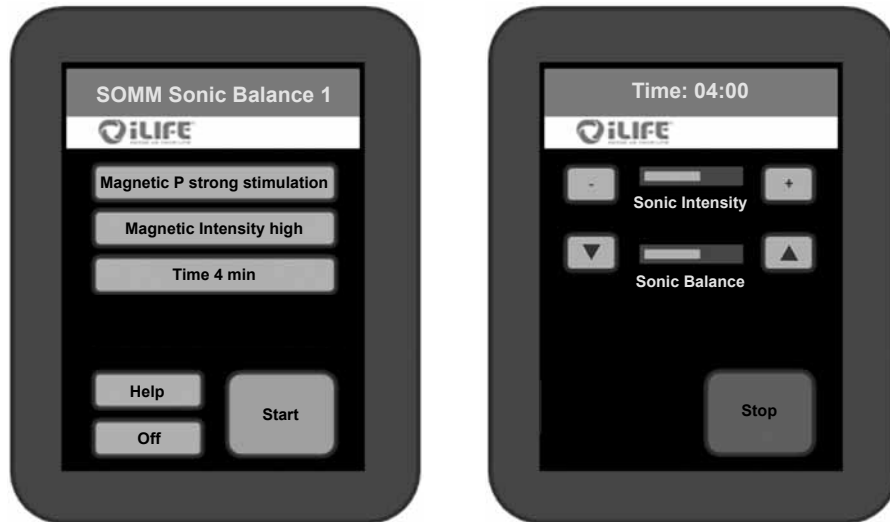

Figure 28: Selected options in the SOMM Sonic menu (left) and operating screen (right)

3.2.4.4. Aux

1. **Aux Mode selection**
   On the start screen (see Fig. 13), select the *Aux* key. When pressed it then briefly turns gold and then moves on to external music.
   At the foot-end of the iLifeSOMM main body there is the line-in socket (3.5 mm plug), where the external audio source is connected (see Fig. 5).

   The magnetic field operation is not activated when external music is played.

2. **Intensity settings during playback**
   To change the Sonic intensity and/or volume level during the program, use the plus (+) or minus (-) keys. To change the Sonic balance, use the arrow keys. This will allow you to move the vibration to the upper (▲) or lower (▼) areas.

Figure 29: AUX Mode operating screen.

3. **Ending the program**
   If you would like to end the Aux Mode, press the *Stop* key and switch off the external audio source.

4. Care and maintenance

4.1. iLifeSOMM operating terminal

The device does not require any special maintenance. The housing can be cleaned using a dry or damp cloth.

4.1.1. Calibrating the touchscreen

If the screen is not responding accurately, it can be recalibrated.
Switch off the iLifeSOMM using the operating terminal. Now the operating terminal will be dark. In this state, press and hold any area on the display for 10 seconds. Then follow the instructions given:

Figure 30: Calibration screen views

In order to guarantee the most accurate response, the display should be calibrated using a narrow blunt object.
After this calibration, the RJ45 connection cable must be pulled out and plugged back in. The calibration is completed and the display will function normally again.

4.1.2. Making settings

Each time the system is restarted, the safety message is displayed. Under the same menu item there is the *Setup* key, which takes you to the setup menu.

Figure 31: Launching the setup menu

Figure 32: Setup menu selection options

4.1.2.1. Selecting the language

Select the *Language* key (see Fig. 32). This takes you to the settings menu for language selection. Select your preferred language: *German, English, Italiano, Francais, Espanol* or *Slovenski* (not shown).
Confirm your language selection by pressing the *OK* key. The menu navigation that follows is then displayed in the selected language.

4.1.2.2. Displaying and hiding menu items

For particular uses, there is the possibility of displaying or hiding individual main menu items.
Select the *show menu* key in the setup menu (see Fig. 32). This key must be pressed and **held for 10 seconds** to reach this menu item.
Tap those menu items that are to be displayed. An activated selection appears in a gold frame. In order to hide a menu item, tap on it again and the frame will disappear.

Setup - show menu

iLIFE

Quick Start Short on   +

Quick Start Long on

SOMM Senso on

SOMM Sonic on   -

back   OK

Figure 33: Selected menu items that are to be displayed appear with a gold frame

Confirm your choice by pressing the *OK* key. This will return you to the start screen and you will now see only the selected menu items.

If one of the two *Quick Start* points is selected, you can also show or hide the sub-menus *SOMM Energy, SOMM Stimulation* and *SOMM Balance*. The submenu *SOMM Relax* is always active, as long as a Quick Start menu is active.

You can show or hide the other three points SOM*M Senso, SOMM Sonic* and *Aux* as desired.

4.2. iLifeSOMM main body

The mat is a low-maintenance product that can also be disinfected. It can be wiped down using a dry or damp cloth and if necessary with standard mild detergents. Any stains should be removed as soon as possible so that they do not work their way into the material. Then rinse with warm water (clean water does not leave behind any stains). Tough stains should be removed by rubbing a cloth that is damp with alcohol or petrol (not wet) onto the affected area. Leather cleaning agents containing grease or oil may not be used. Cleaning agents or solutions with abrasive action (e.g. acetone) must also not be used.

Warning: The mat is not resistant to chemical cleaning products!

The penetration of water or other liquids into the iLifeSOMM system can cause serious damage. You should therefore prevent any liquids from penetrating into the iLifeSOMM system.

5. Troubleshooting

In the event of a fault, check the following:
- Are all external cables correctly and properly connected?
- Is the power supply correct? Is the control LED lit on the external mains adapter?
- Is the operating terminal connected using the original connection cable?

Further information can be found on the error message on the operating terminal:

Display	Cause	Remedy
Error 1	Non-identifiable error	Contact customer service
Error 2	Communication interrupted	Check the connection cable
Error 3	Communication broken down	Check the connection cable
Error 4	USB interface using too much power	Use the original iLifeSOMM USB stick
Error 5	No USB stick found	Plug in the iLifeSOMM USB stick
Error 6	Corrupt data on the USB stick	Use the original iLifeSOMM USB stick

If you are unable to rectify the problem, please contact the repair and service centre specified below.

As mentioned previously, you must not modify the iLifeSOMM in any way, otherwise the warranty shall be rendered invalid and this can also lead to hazardous situations.

Defect device:
The iLifeSOMM system is designed as a maintenance-free product. When it is started up, a system test is automatically carried out. This checks for the proper functionality of the iLifeSOMM system.

In the event that the functional test cannot be successfully completed with proper installation and operation, the device is defect.

Repair and service centre:
All European countries
Exclusively by the manufacturer
biomedis® International AG
Neugrüt 45
LI-9496 Balzers

6. Technical data

Classification:	iLifeSOMM system
Nominal voltage:	110 V AC – 230 V AC;
Nominal frequency:	50 / 60 Hz
Nominal consumption:	max. 200W
Protection class:	Class l (with the supplied mains adapter)
Protection level:	IP 20
	iLifeSOMM must only be powered using the supplied mains adapter.
Output voltage on the applicator socket:	audio level
Applicator sockets:	Cinch and plug socket
Operating duration:	program-dependent

Measurements:

Length:	200 cm (78.8 in)
Width:	65 cm (25.6 in)
Height:	14 cm (5.5 in)
Weight:	approx. 28 kg (62 lb US)
Operating temperature:	+10°C to +30°C (+50°F to +86°F)
Storage temperature:	0°C to +70°C (+32°F to + 158°F)
Humidity:	30% – 75% rel. humidity, non-condensing

Rights to modification and product development reserved.

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7. EU declaration of conformity

EU declaration of conformity

**For the purpose of the directive
2004/108/EC (EMC) and 2006/95/EC (NSR) of the council for electro-magnetic compatibility and electrical security**

It is an electrical device for human use..

Product: Wellness system
Type: iLifeSOMM

The product is designed and manufactured in accordance with the 2004/108/EC (EMC) and 2006/95/EC (NSR) guidelines, under the sole responsibility of:

Company: biomedis International AG
         Neugrüt 45
         FL-9496 Balzers

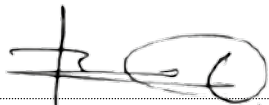The applicable harmonised standards EN 61000-6-3:2007 (emission) EN 61000-6-3:2007 (immunity) and EN60335-1:2002+A … A2:2006 (electrical security) apply.
The technical documentation is available in full.
The manual relating to the product is available in the language of each coun-try.

Balzers 02.06.2009
Location/date   Managing Director's signature

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