



WELCOME to the Hy5 family! With a strong, stable grip and robust construction, your MyHand can be used for many demanding activities. Use this guide to get going quickly then check out our website for inspiration and examples of the MyHand in action!

1. CHECK

Check that everything is present in your MyHand box:

- ✓ 1x MyHand
- ✓ 1x MyHand User Manual
- ✓ 1x MyHand Service Manual
- ✓ 1x Product Integration Guide
- ✓ 1x MyWrist User Manual
- ✓ 1x MyWrist Protection Cap & Force Adjustment Tool
- ✓ 1x MyWrist hex key tool
- ✓ 1x MyWrist Unlocking Tool
- ✓ 5x MyWrist spare ball bearings



Allow your MyHand to warm/cool to recommended operating temperature window (+5 to +35°C)

2. PREPARE



Verify all 3rd party components with *Product Integration Guide*



Download Hy5 app (for iPhone & iPad)



Book Hy5 technical support so we are on standby during the fitting

3. CONNECT / RELEASE

First: Clean the coaxial plug with a dry cloth (the plug should be cleaned at least once per week)

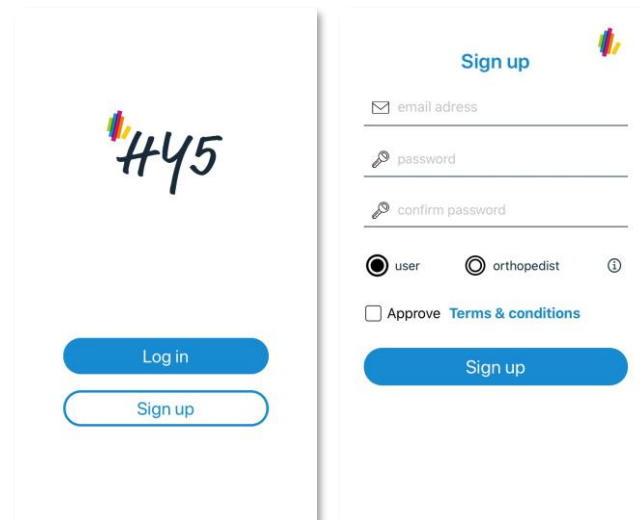


Connect: Align hand with the socket and push in firmly towards the wrist. Rotate 90 degrees in either direction - your MyHand will turn on automatically and is ready to use!

Disconnect: Holding your MyHand securely, rotate by 360 degrees - when increased resistance is felt, continue to rotate and your MyHand can be gently released from the socket. Your Myhand should be disconnected from the socket when not in use to maximise battery life.

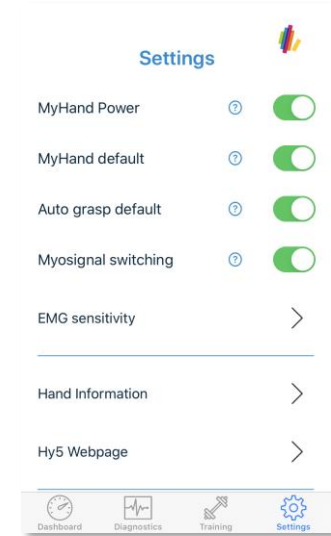
4. LOGIN & CONNECT

Log in to your App and follow instructions to connect to your MyHand (your MyHand must be physically present to connect)



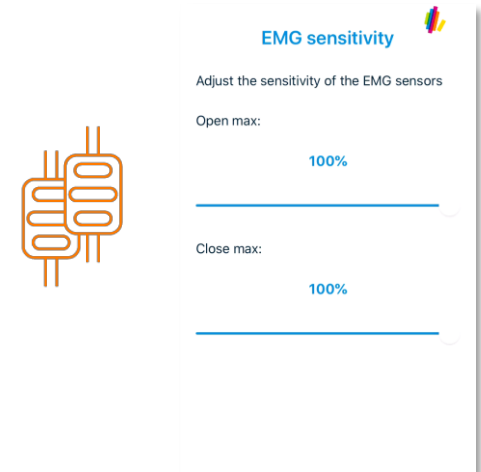
5. SETTINGS

Use the toggle switches to define your preferred settings



6. TUNING

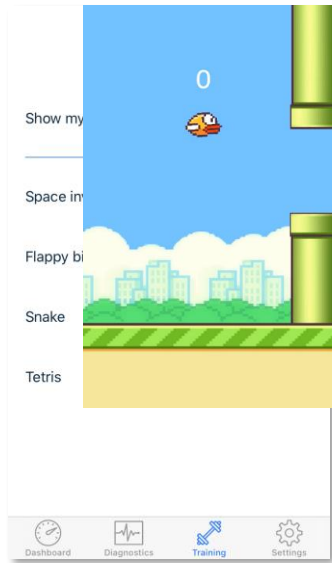
Tune your EMG sensors and the in-App sensitivity settings to match your needs.



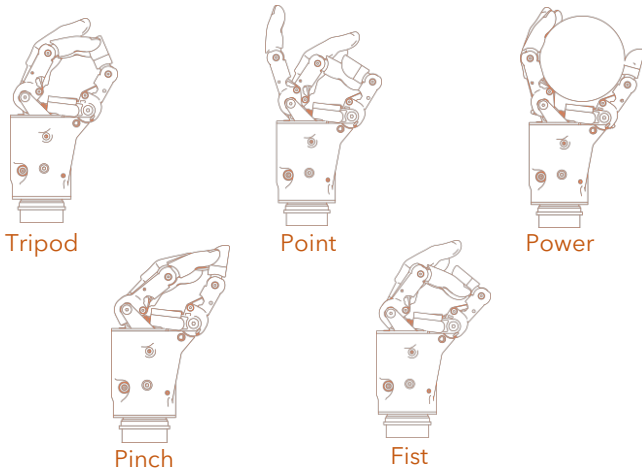
EMG setting #4 and MyHand sensitivity 81% are recommended default starting points

7. TRAINING

Develop optimal sensor control and have fun at the same time with our in-App gaming platform



Navigate through the App or visit our website (<https://www.hy5.no/user-support>) for user support videos. These show the basic function of your MyHand, how you can achieve your MyHand grips and how to best use your MyHand for more challenging activities



8. ACCESSORIES



Consult your **MySkin** user manual for tips on fitting and product care



Consult your **MyWrist** user manual should you wish to adjust the rotational force of the QWD (*Note: this should be undertaken by a clinician/technician*)

9. SERVICE PROMISE

We understand how important it is that your prosthesis is in full working order and how frustrating it can be if your hand is not working properly. Therefore, at Hy5 we take a preventative approach to maintaining our products - with planned service intervals we ensure that your MyHand is serviced at a time that suits you, and that your product is always functioning optimally

Our service promise also guarantees (gold & diamond service packages) that your MyHand will be shipped within 2 weeks from arrival at our Service Centre. Please indicate to your Clinician should you require a loaner hand during this period

10. OTHER RESOURCES



Technical support, training:
<https://www.hy5.no/technical-support>

MyHand Quick Start Guide for Clinicians

Revision: 01 Date: Oct 2020

