

How to use Shen AI technology

Preparing for your measurement

Find a calm space and relax

Your physiological state directly impacts the measurement.

- Try to relax in a seated position for at least 5 minutes before starting the measurement.
- Just like with any other blood pressure measurement, if you rest for less than five minutes, the results may not be accurate

Ensure proper lighting

The quality of light is crucial for Shen AI technology to work effectively.

- The best results are achieved in good lighting conditions.
- Use diffused white light, either daylight or artificial.
- The lighting should create an even illumination across your entire face, with no visible shadows or reflections on your skin.

Check your camera

Your device's camera is the sensor for the measurement.

- Make sure you are using hardware that meets Shen AI's [requirements](#).
- Ensure the camera's position is stable and the lens is clean.
- Avoid situations where a light source is behind you, causing direct light to fall on the camera lens.
- Make sure no other faces are visible in the camera frame during the measurement.

Performing the measurement

Position your face correctly

Once you are prepared, performing the measurement is straightforward. Pay close attention to your position and stillness.

- Before starting, position your face so it fits within the frame shown on the screen.
- You should be facing the camera directly, so both of your cheeks are equally visible.
- Do not cover your face with hair, a mask, or any other object.
- For best results, the technology requires a clear view of your skin. Heavy or full-coverage makeup can obscure subtle skin tone changes, reducing accuracy. While a light layer of makeup may be fine, a makeup-free face ensures the most reliable readings.

Maintain stability and stillness

- During the entire measurement, it is important to keep your head as stable as possible.
- Breathe normally.
- Do not talk or make facial expressions, as this can interfere with the results.

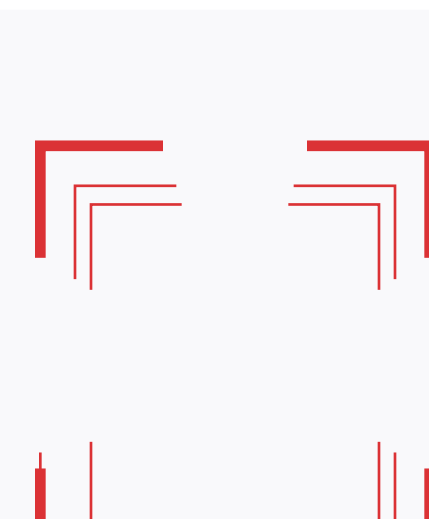
Start the measurement

- Once you are properly positioned and ready, simply press the START button to begin.

Understanding on-screen feedback

The application provides real-time feedback to help you maintain a good measurement position.

Face position guide: If your head or the camera moves and your face no longer aligns with the on-screen border, the border will turn red. This is a signal to adjust your position by moving closer, further away, or aligning left or right.



Measurement quality: The signal quality metric, shown as a star rating, reflects how confident the system is in detecting each heartbeat. This rating may decrease due to poor or uneven lighting, movement of the face or device, improper face angle or position relative to the camera, or partial obstruction of the face. For best results, keep your face steady, well-lit, fully visible, and facing the camera directly.



Blood pressure measurement

Understanding how blood pressure behaves and how Shen AI measures it is key to correctly interpreting your results.

Continuous measurement vs. snapshot

Shen AI measures your blood pressure continuously for a 30-second period. The result you see is an average value over this timeframe. This differs from traditional cuff-based devices, which provide a single "snapshot" measurement at a specific moment.

External factors

Be aware that activities like movement or talking can significantly influence your blood pressure readings. Even the simple act of moving your arm to operate a cuff can cause a fluctuation.

