

CARDIHALER

Companion App User Manual

How to Connect, Configure, and Update Your Cardihaler

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Introduction

The Cardihaler companion app allows you to manage your Cardihaler device and keep its firmware up to date. The app communicates with the Cardihaler via Bluetooth and uses your Wi-Fi network to download and install firmware updates wirelessly (over-the-air, or OTA).

The app is available for both iOS and Android. While the core functionality is the same on both platforms, there are some visual differences — particularly in the Wi-Fi Setup screen. This manual covers both versions.

Before You Begin

Please ensure you have the following before starting:

- A smartphone running iOS or Android
- The Cardihaler app installed from the Apple App Store or Google Play Store
- Bluetooth enabled on your phone (The app will request bluetooth connection if not already turned on)
- Access to a **2.4 GHz Wi-Fi network** (see Wi-Fi Requirements below)
- Your Cardihaler unit, plugged in and powered on
- Have login details to the network at hand

App Overview

When you first open the Cardihaler app, you will see the home screen displaying the Device Status panel and the three-step update workflow.

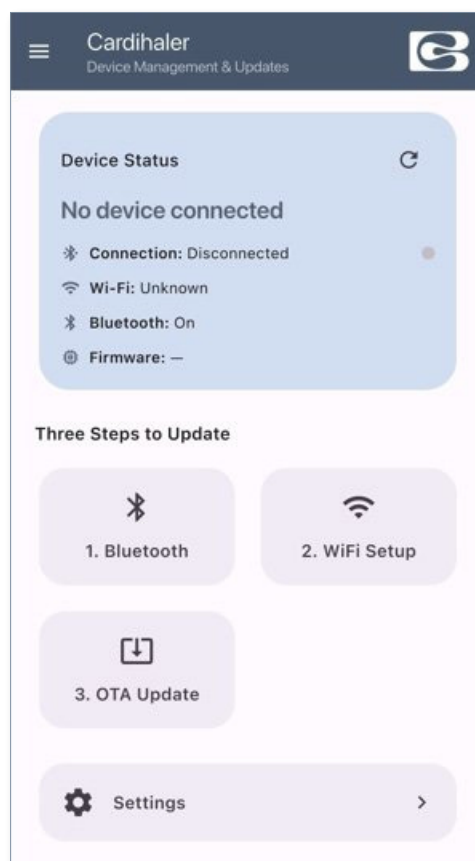


Figure 1: Home screen — No device connected

Device Status Panel

The Device Status panel at the top of the home screen shows you the current state of your connection at a glance. It displays the Bluetooth connection status, the Wi-Fi connection status, whether Bluetooth is enabled on your phone, and the currently installed firmware version. A green indicator dot confirms a successful connection.

Three Steps to Update

Below the status panel, you will see three clearly labelled buttons that guide you through the update process in order: 1. Bluetooth, 2. WiFi Setup, and 3. OTA Update. As each step is completed successfully, its button will change from grey to a highlighted gold colour with a checkmark, making it easy to track your progress.

Step 1: Connect via Bluetooth

The first step is to establish a Bluetooth connection between your phone and the Cardihaler device. This connection is required for all communication between the app and the device, including sending Wi-Fi credentials and initiating firmware updates.

1. Make sure your Cardihaler is plugged in, powered on, and displaying the main menu on its screen. Note: if you have done an INHALE session and want to update the software after, you must restart the device first.
2. Ensure Bluetooth is enabled on your phone (check your phone's Settings if unsure).
3. On the app home screen, tap the **1. Bluetooth** button.
4. The Bluetooth Connection screen will appear and the app will begin scanning for nearby devices. You will see a "Searching for Devices" message with a spinning animation.
5. Under **Available Devices**, locate and tap **Cardihaler**. Note: other Bluetooth devices nearby (headphones, speakers, etc.) may also appear in the list — only select the one labelled "Cardihaler."
6. Once connected, the Cardihaler will move to the "Your Devices" section and display "Connected" beneath it. For some phones, you must toggle to this screen manually by pressing the back arrow. The Bluetooth button now shows a gold highlight with a checkmark. If it does not, simply press the back arrow to continue the process.

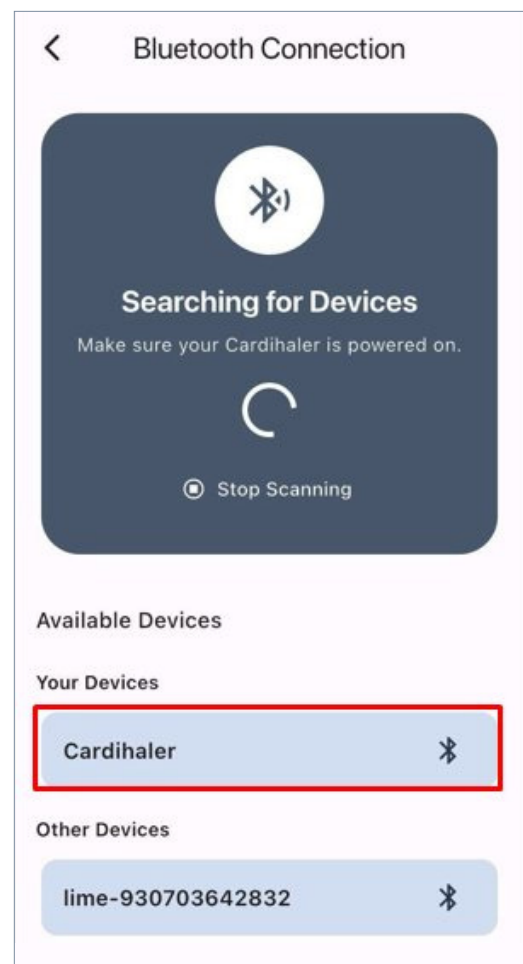


Figure 2: Bluetooth scanning — Select "Cardihaler" from the available devices list

Step 2: Configure Wi-Fi

Once Bluetooth is connected, the next step is to connect your Cardihaler to a Wi-Fi network. The device needs Wi-Fi access to download firmware updates from the server. You must provide the Wi-Fi credentials through the app — the Cardihaler does not automatically use your phone's Wi-Fi connection.

Important: Wi-Fi Network Requirements

The Cardihaler currently only supports 2.4 GHz Wi-Fi networks. It is not compatible with 5 GHz networks. The Wi-Fi network you connect the Cardihaler to does not need to be the same network your phone is connected to — it simply needs to be a 2.4 GHz network with internet access.

The app should filter out incompatible 5 GHz networks automatically. However, if you experience connection difficulties, verifying that the selected network operates on the 2.4 GHz band is a good first troubleshooting step.

Wi-Fi Setup on iOS (iPhone)

Due to Apple's privacy restrictions, iOS does not allow apps to scan for nearby Wi-Fi networks. On an iPhone you will need to enter both your Wi-Fi network name and password manually.

1. From the home screen, tap the **2. WiFi Setup** button.
2. The WiFi Setup screen will open. The Device WiFi Status panel at the top will show “— —” if this is the first time connecting. You will see a “Manually enter network” section with instructions to find your network name.
3. **Find your Wi-Fi network name:** Open your iPhone's **Settings > Wi-Fi** and note the exact name of the network you are connected to (or another 2.4 GHz network you wish to use). Then return to the Cardihaler app.
4. Tap the **Send credentials** button. A “Send to device” popup will appear with two fields: **Network name (SSID)** and **Password**.
5. Enter the Wi-Fi network name and password exactly as they appear (the password is case-sensitive), then tap **Send**.

6. The app will send the credentials to the Cardihaler via Bluetooth. Once successfully connected, the Device WiFi Status will update to show the connected network name highlighted in gold. The network will also appear under “Saved Networks” at the bottom of the screen with a timestamp.

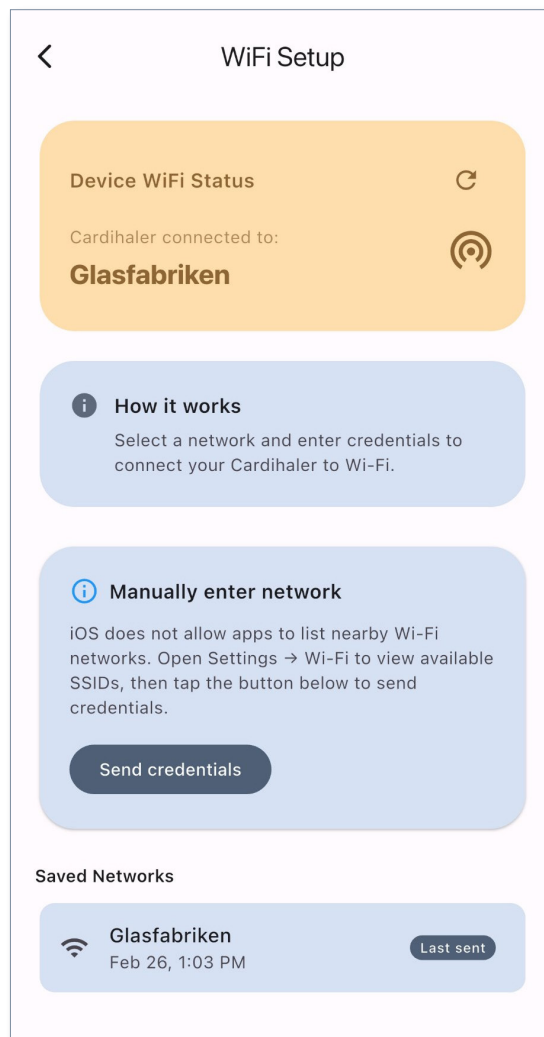


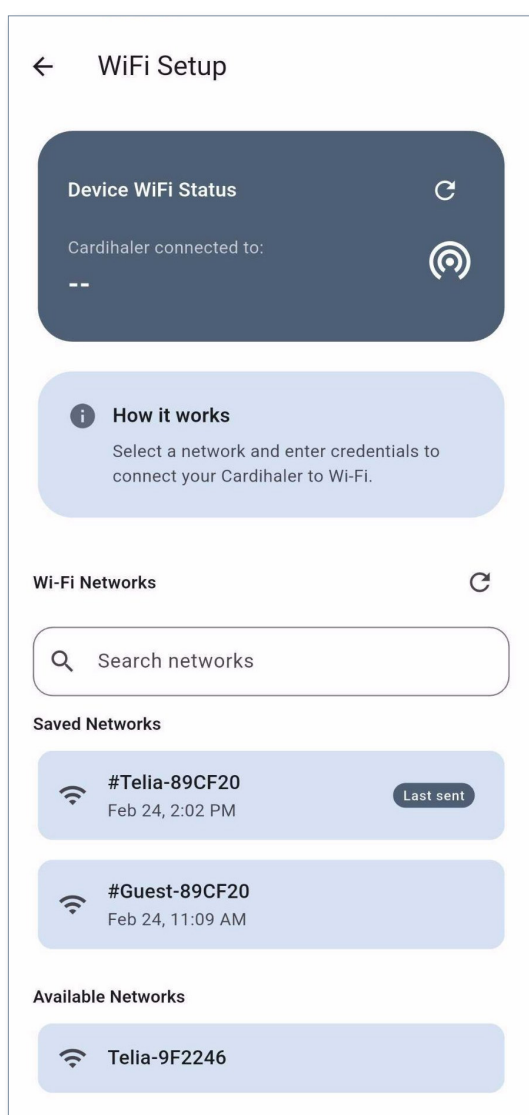
Figure 3: iOS WiFi Setup — Device connected to Wi-Fi, with saved network shown below

Wi-Fi Setup on Android

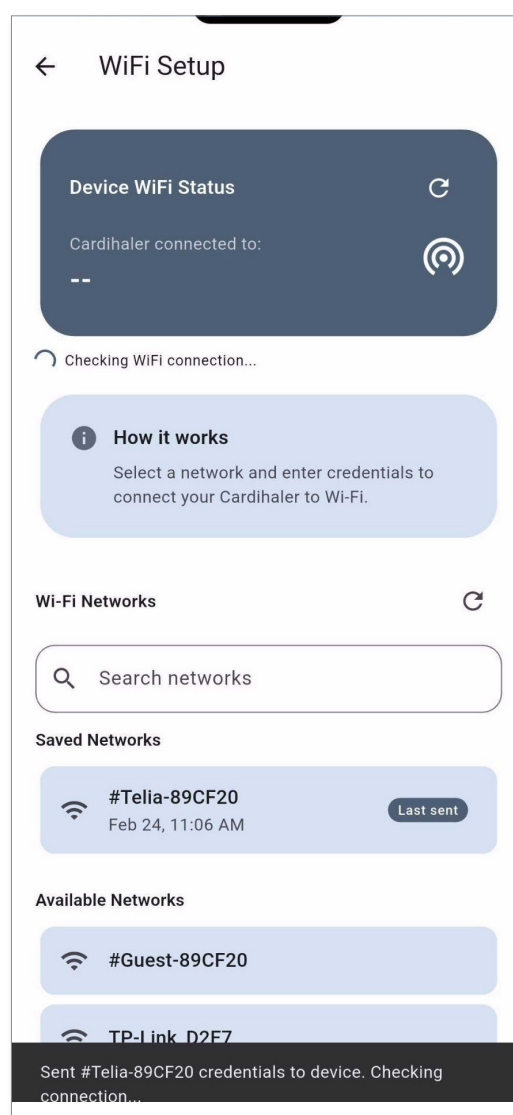
On Android devices, the app is able to scan for and display nearby Wi-Fi networks, making the process more straightforward.

1. From the home screen, tap the **2. WiFi Setup** button.
2. The WiFi Setup screen will open, showing the Device WiFi Status at the top. Below the “How it works” panel, you will see a “Wi-Fi Networks” section with a search bar, any previously saved networks, and a list of available networks detected nearby.

3. Tap on the network you wish to connect to from the **Available Networks** list (or select a previously saved network). A popup will appear prompting you to enter the network password.
4. Enter the password and confirm. The app will send the credentials to the Cardihaler. You will see a notification at the bottom of the screen confirming the credentials were sent (e.g. “Sent [network name] credentials to device. Checking connection...”).
5. A “Checking WiFi connection...” spinner will appear below the Device WiFi Status while the Cardihaler connects. Once successful, the status will update to display the connected network name, and the network will be saved for future use.



Android: Available networks list



Android: Sending credentials

Figure 4: Android WiFi Setup — Network selection (left) and credential sending in progress (right)



Tip: Re-entering Wi-Fi Credentials

If the Wi-Fi connection fails or you suspect the password was entered incorrectly, you can re-enter the credentials. On the WiFi Setup screen, press and hold on the saved network name. The credential entry popup will reappear, allowing you to correct the network name or password.

On Android, you can also simply tap on the network again from the Available Networks list to re-send new credentials.

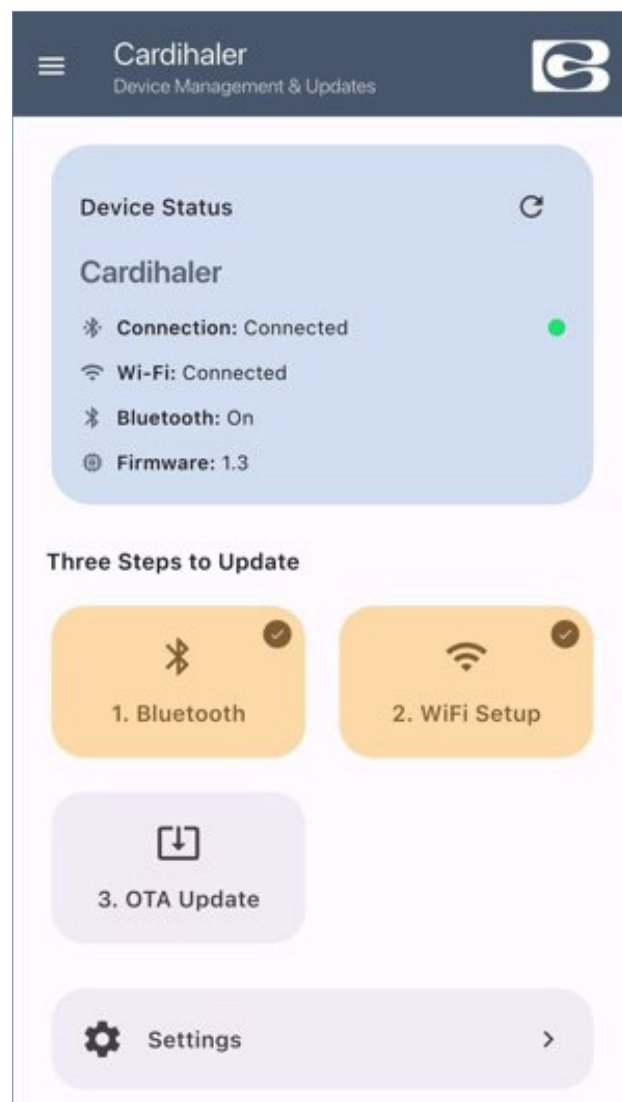


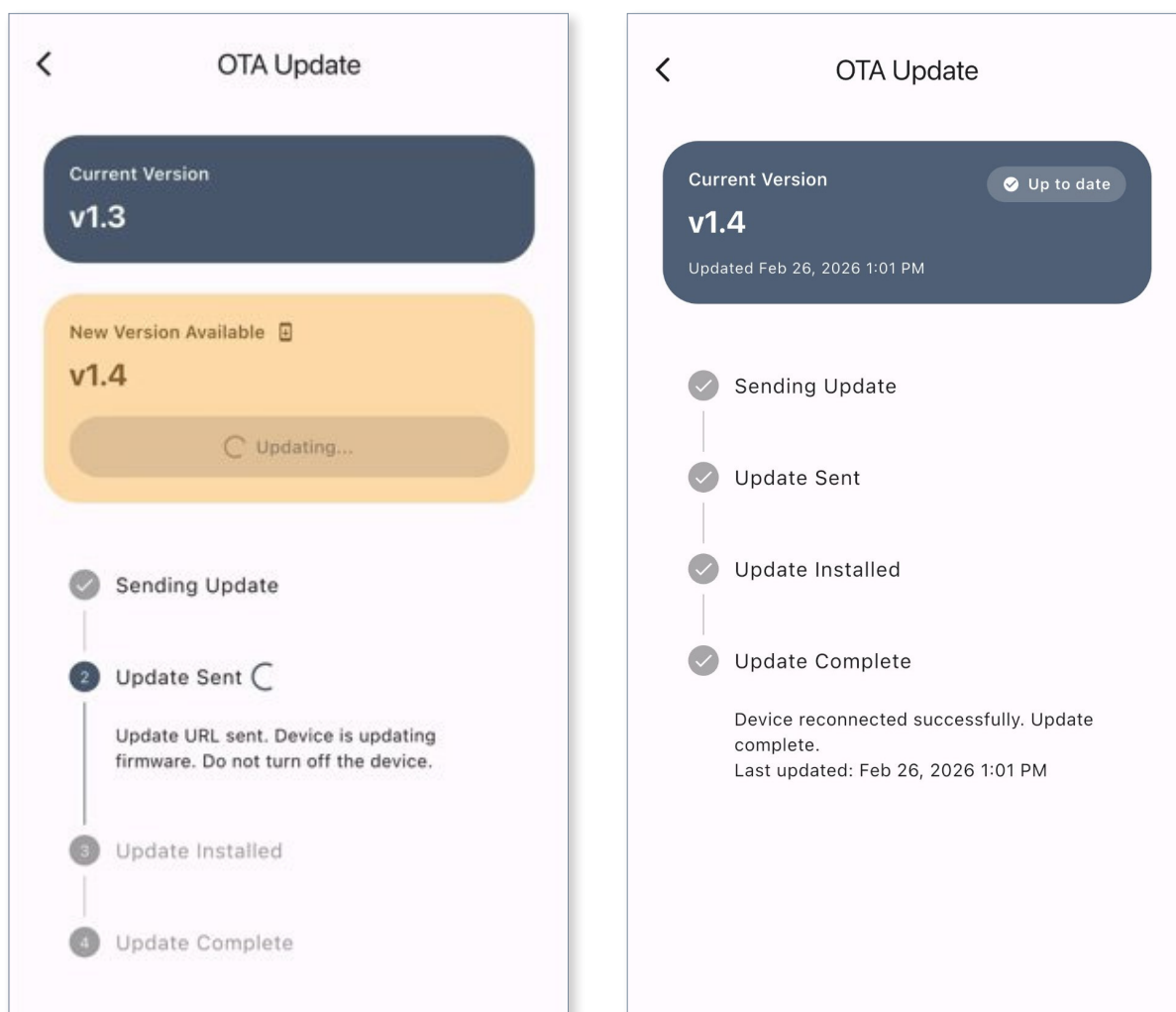
Figure 5: Home screen — Bluetooth and Wi-Fi connected (Steps 1 and 2 complete)

Step 3: Perform the OTA Firmware Update

With Bluetooth and Wi-Fi both connected, you are now ready to update the Cardihaler's firmware. OTA (Over-The-Air) updates allow the device to download and install the latest firmware directly, without needing a computer or cables.

1. From the home screen, tap the **3. OTA Update** button.
2. The OTA Update screen will display your current firmware version (shown in a blue banner) and, if an update is available, the new version number (shown in a gold banner below it).
3. Tap the **Start Update** button to begin the update process.
4. The app will guide you through the update with a clear progress tracker showing four stages:

Stage	What's Happening
1. Sending Update	The app sends the update information to the Cardihaler device.
2. Update Sent	The firmware download URL has been sent. The Cardihaler is now downloading and installing the firmware. Do not turn off the device.
3. Update Installed	The new firmware has been written to the device successfully.
4. Update Complete	The device has reconnected and verified the update. You will see "Device reconnected successfully. Update complete."



Update in progress (v1.3 → v1.4)

Update complete — “Up to date”

Figure 6: OTA Update — Progress view (left) and successful completion (right)

Once the update is complete, the OTA screen will show your new firmware version in the blue “Current Version” banner with an “Up to date” badge and a timestamp confirming when the update was applied. All four progress stages will display checkmarks. You can now return to the home screen and continue using your Cardihaler normally.

Troubleshooting

Cardihaler Not Appearing in Bluetooth Scan

- Confirm the Cardihaler is plugged in, powered on, and showing its main menu screen.
- Make sure Bluetooth is turned on in your phone's system settings (not just in the app).
- Move your phone closer to the Cardihaler device.
- Close and reopen the app, or try toggling Bluetooth off and on again in your phone's settings.

Wi-Fi Connection Fails

- **Check that the network is 2.4 GHz.** The Cardihaler does not support 5 GHz networks. Many modern routers broadcast both bands. If your network name ends in “_5G” or “-5GHz,” try the 2.4 GHz variant instead. If your router uses a single combined name for both bands, **you may need to check your router's settings to confirm which band is active**, or try a different network.
- Double-check that the network name (SSID) and password are entered correctly. The password is case-sensitive. **On iOS, ensure the network name matches exactly as shown in your iPhone's Wi-Fi settings.**
- **Re-enter credentials:** On iOS, press and hold on the saved network name to bring up the credential entry popup again. On Android, tap the network from the Available Networks list to resend.
- If the problem persists, try connecting to a different 2.4 GHz network if one is available.

Update Error or Verification Failure

If the update process displays an error such as “Could not verify that firmware was updated,” this typically means the app was unable to confirm that the device received the update. This can happen due to a temporary communication timeout and does not necessarily mean the update failed.

- Return to the OTA Update screen and tap Start Update again. The update frequently succeeds on a second attempt.

- Check the Device Status on the home screen to verify the firmware version. The update may have installed successfully even if the verification step timed out.
- Ensure the Cardihaler remains within range of the Wi-Fi network during the entire update process.
- If the issue persists, try disconnecting and reconnecting both Bluetooth and Wi-Fi from the home screen, then attempt the update again.

Why Update Your Cardihaler?

Firmware updates improve your Cardihaler experience by introducing new features and functionality, refining the device's user interface, and improving overall performance and stability. We recommend updating whenever a new version is available to ensure the best possible experience.

Quick Reference Checklist

For experienced users, here is a summary of the complete update process:

☐	Install the Cardihaler app from the App Store or Google Play Store.
☐	Plug in and power on the Cardihaler device.
☐	Open the app and tap Bluetooth to connect to the device.
☐	Tap WiFi Setup and enter a 2.4 GHz network name and password.
☐	Tap OTA Update and press Start Update.
☐	Wait for the update to complete — do not power off the device.

Support

If you continue to experience difficulties after following the troubleshooting steps above, please contact Conscious Breathing support (cs@consciousbreathing.com) for further assistance. Have your device firmware version (shown on the app home screen) and a description of the issue ready when reaching out.