

The iGuard solution called **Insights** can provide you with a valuable collection of information from the kitchen and can identify both immediate issues as well as situations that are developing over time.

Insights provides you the information in the form of:

- Easy to read graphs and reports
- Texts & Email to keep family members, caregivers and others informed of important issues that are developing
- Calendars showing events history and stove use

Insights can also help:

- Let you know on a daily basis that your loved ones are up and active
- Reveal memory deterioration and the possible onset of Dementia
- Expose possible sleeping disorders
- Uncover changes in eating habits
- Plus, much more while respecting their privacy and dignity

Here is a list of the **Insights** Alert Messages:

- ✓ [Turn On](#) - Lets you know the moment someone has turned the stove on
- ✓ [Auto Shut Off](#) - Alerts you to the fact that the stove has been forgotten and had to be shut off automatically by the iGuardStove
- ✓ [Good Morning Message](#) - Lets you know when someone is mobile and has arrived into the kitchen to start their day. This message only comes to you once a day.
- ✓ [No Motion Detected](#) - Lets you know that no one has shown up in the kitchen to start their day and/or may be immobile.
- ✓ [Unburned Gas Alert](#) - Alerts you to a dangerous build-up of unburned gas.
- ✓ [Emergency Button Pressed](#) - Someone may be in distress and has pressed the Emergency button to shut off the stove.
- ✓ [Room Temperature Alerts](#) - Either of the high/low temperature extremes has been reached.
- ✓ [Loss of Communication](#) - The server can no longer see the device to send out Alerts. Attention is required.

Here are some examples of the **Insights** reporting:

DAILY EVENTS:

The Daily Events display can show you how and when the stove is being used as well as showing you movement in the kitchen.

The bottom event on this report named “First Activity Seen During the Day” also arrives on your smart device letting you know that someone is up and mobile and has entered the kitchen.

Events for Saturday Jun 19, 2021:	
Event	Time
 Activity Seen	10:01 PM
 Activity Seen	8:43 PM
 Stove Turned Off	4:44 PM
 Stove Turned On	4:28 PM
 Stove Turned Off	10:28 AM
 Stove Turned On	10:17 AM
 Stove Turned Off	8:23 AM
 Stove Turned On	8:16 AM
 First Activity Seen During the Day	6:14 AM

CALENDAR:

This Calendar display shows you a whole month of activities at a glance. You can then click on a particular day to get more information on an event that is of concern to you.

The one on the left shows normal use but the other display suggests that there is a lot of confusion happening that should be looked into.

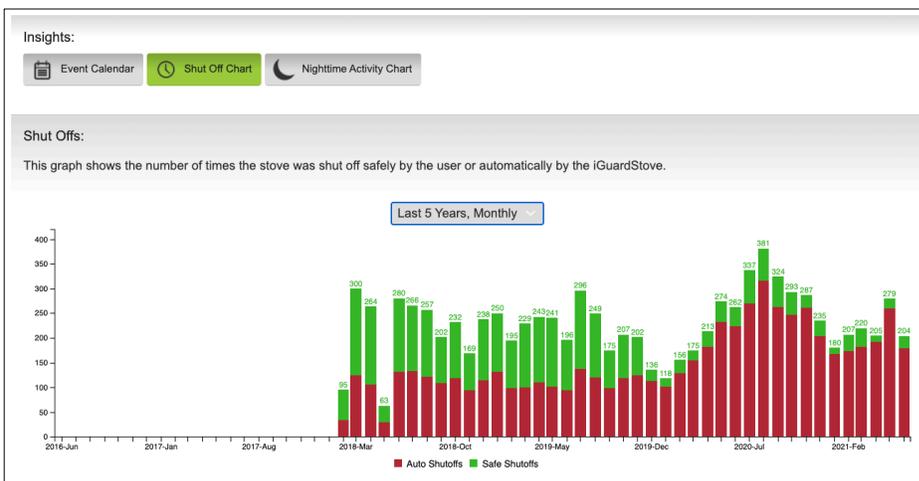


Here are some examples of the **Insights** graphs:

MEMORY:

In this example, the Memory report highlights that over the last 12 months there has been an increase in the number of times the iGuard has had to step in and automatically shut off the stove.

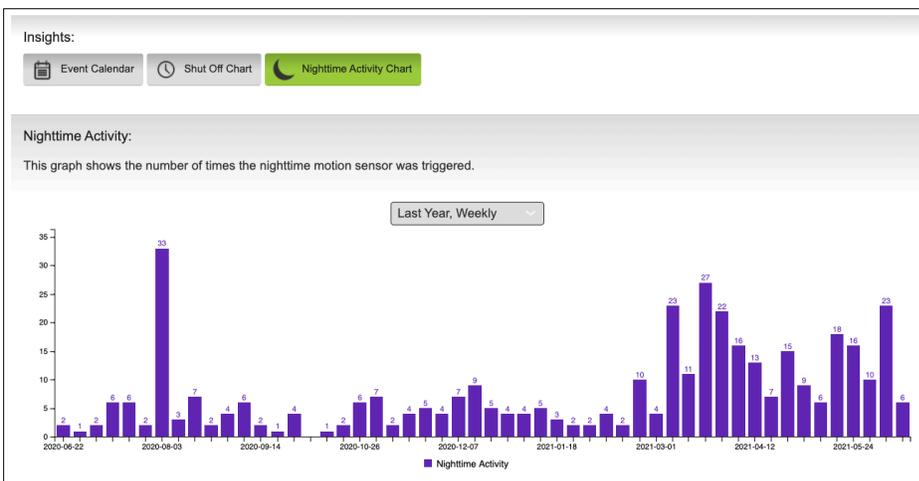
This could be an indication that their memory is deteriorating which could suggest the onset of Dementia.



SLEEP:

This example of a Sleep report shows that over the last 3 months there has been an increase in the number of times the iGuard's motion sensor has seen someone walk through the kitchen late at night.

This could be an indication that sleeping habits have changed and it could be an indication of a possible sleep disorder.



Insights is available on your online account. Just go to your home page and click on "**Insights**" on the right hand side. The **Insights** page will show you the types of reports that are available to you and then all you do is choose the timeframe you want to see.

If you have any questions you are always welcome to reach out to us. We are here to help.