

MocolMedia Core Command Pulse

Owner's Manual & User Guide

Public edition

MocolMedia LLC

October 2026

<https://mocol.ai>

What it is

MocolMedia Core Command Pulse is a private wellness web page that runs on a small computer in your home. It collects readings from your MocolMedia smart ring and MocolMedia smartwatch. It shows them in one place, next to calming videos, an AI helper that runs on your own computer, and family accounts so each person sees only their own devices.

Each tab chapter below shows the whole tab, then every part of it with a plain explanation. The page has seven tabs across the top. Click a tab to open it. The page remembers the tab in its web address, so a bookmark opens straight to that tab.

Every reading on this page is a wellness estimate, not a medical measurement. **About the screenshots:** they were made from a test copy of the page with no devices connected, so the readings show "--", "No data yet" or "DISCONNECTED". On your page you'll see your real readings in those spots.

Setup and pairing

Device-side steps

Production smartwatch and smart ring models have not been finalized. A simple, one-app Bluetooth pairing step is planned for both devices.

1. Charge the smartwatch and smart ring before first use.
2. Install the MocoMedia app and pair your devices over Bluetooth.

First sign-in on Core Command Pulse

Open the Core Command Pulse page in a web browser on your home network. The first time it opens, it asks you to create the administrator account: enter your name and a 4–8 digit PIN, then enter the PIN again to confirm. After that, everyone signs in with their name and PIN.

How devices appear and get assigned

Each ring and watch reports under its own device name. On the **Family** tab, the administrator gives each person one or more device name patterns. A pattern ending in % matches every device whose name starts that way. Each person then sees only readings from devices that match their patterns. A device that sent data in the last 7 days but matches no one appears under "Devices nobody is assigned to", and only the administrator can see its readings. To create a family member's account, enter a starting PIN and their birth year and month on their card. The birth date is used for the Wellness age tile.

A device counts as connected on the Command Center once it has sent data within the last 3 minutes.

Charging and battery

- Use only the supplied charger.
- Do not charge the devices while they are wet.

Battery levels you can see in Core Command Pulse: the ring battery appears in the Home tab's Daily Vitality Check and on the Command Center, and each watch's battery appears on its Smartwatch card.

Safety and important notice

Core Command Pulse shows wellness estimates for general wellness only. It is not a medical device and does not diagnose, treat, cure or prevent any disease or condition. Readings from the ring, the watch and the page (including blood oxygen, heart rate, HRV, blood pressure estimates, sleep, scores and Wellness age) can be inaccurate. Do not use them to make medical decisions. Consult a doctor or other qualified healthcare professional about any medical concern.

In an emergency, call 911 (or your local emergency number). Do not rely on Core Command Pulse or the AI assistant for emergencies.

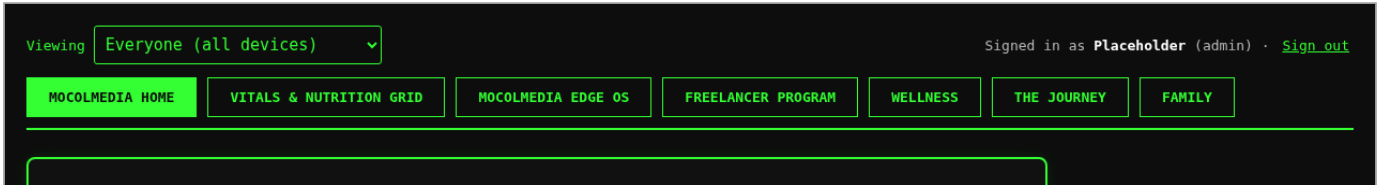
The AI assistant gives general wellness information only and can be wrong. It does not give diagnoses or medication advice.

Stop wearing the ring or watch if skin irritation, redness or discomfort occurs. Keep the devices, chargers and small parts away from small children and pets (choking hazard).

1. Home

Your daily dashboard. Each part is shown below with its explanation.

Page header and tabs



The bar at the top of every page. The "Viewing" menu (admins only) picks whose readings to show: everyone or one person. The right side shows who is signed in and has a Sign out link. Click any of the seven tab buttons to switch tabs.

Title and status



The Home title, the patent line, and a status line about your ring. If the ring hasn't reported for more than 10 minutes, this line says it isn't connected and shows the last reading it has. Here it says "No ring data yet" because the test copy has no data.

Rest activity scores



Rest score compares last night's sleep with 8 hours and Activity score compares today's steps with 6,000 steps. Both are capped at 100%. Example only: 6 hours of sleep would give a Rest score of 75%, and 3,000 steps would give an Activity score of 50%. A third tile, Wellness age, appears here only when the person's birth year and month are set, so it is hidden in this test copy (see the note under Home).

Daily vitality check

DAILY VITALITY CHECK	
HRV (live)	--
Heart rate	--
Stress	--
Breathing	--
Skin temp	--
Steps today	--
Calories today	--
Distance today	--
Sleep last night	--
Blood oxygen	--
Blood pressure watch estimate	--
Glucose no sensor yet	--
Ring battery	--
Last 24 h: heart rate --, HRV --	
Rest score: last night's sleep vs 8 h (480 min), capped at 100%. Activity score: today's steps vs 6,000, capped at 100%. Both are simple wellness estimates from the ring, not medical readings.	

The Daily Vitality Check lists your newest ring readings: HRV, heart rate, stress, breathing, skin temperature, steps, calories, distance, sleep, blood oxygen and ring battery. Blood pressure is marked as the watch's estimate. Glucose says "no sensor yet" because no glucose device is connected. Under the list is a short summary of heart rate and HRV over the last 24 hours, plus a reminder that these are wellness estimates. Home refreshes by itself every 15 seconds.

Daily encouragement

DAILY ENCOURAGEMENT: Take a slow breath and enjoy this moment.

A short kind message that changes each day.

Smartwatches

SMARTWATCHES 🕒 last 24 h, updates every 15 s

No watches seen in the last 24 h.

Watch readings are wellness estimates, not medical readings; blood pressure is the watch's own estimate.

One card for each smartwatch seen in the last 24 hours. Each card shows heart rate, blood oxygen, the watch's blood-pressure estimate with its time, steps, battery and when it was last seen. The cards refresh every 15 seconds. Here no watch is connected.

Weight

WEIGHT manual entry

Name ▾

lb

note (optional)

SAVE

No weights saved yet.

Pick a person, type a weight in pounds (between 50 and 600) and an optional note, then press Save. The card shows the latest weight and how much it changed since the entry before. If you made a typo, you can undo the newest entry right away.

Wellness age (hidden in the test copy)

This tile appears next to the scores once the person's birth year and month are set. It starts from your real age and adds or takes away whole years based on four things: your resting heart rate (taken from your lowest heart-rate readings, during sleep when possible), your 24-hour HRV compared with what is typical for your age, last night's sleep, and today's steps. Better-than-typical results take years away and weaker results add years. Each factor has a limit, and the total change is limited to 10 years either way. At least two of the four must have data, or it shows "need more data".

2. Vitals & Nutrition Grid

The Command Center: device connection and the seasonal stick figure. The full tab is shown first, then each part with its explanation.

Viewing

Everyone (all devices)

Signed in as Placeholder (admin) · [Sign out](#)

MOCOLMEDIA HOME

VITALS & NUTRITION GRID

MOCOLMEDIA EDGE OS

FREELANCER PROGRAM

WELLNESS

THE JOURNEY

FAMILY

MOCOLMEDIA CORE COMMAND CENTER

Vitals Tracking Grid v5.3

U.S. Patent Pending

Smart Ring: DISCONNECTED

Smartwatch: DISCONNECTED

Ring SpO2: -- | HRV: -- | Battery: --
Watch SpO2: -- | BP: -- | Steps: -- | Last seen: never



 SYSTEM HEALTHY - PULSE NORMAL

Header version

MOCOLMEDIA CORE COMMAND CENTER

Vitals Tracking Grid v5.3

U.S. Patent Pending

The Command Center title, with the page version and the patent line.

Connection banners

Smart Ring: DISCONNECTED

Smartwatch: DISCONNECTED

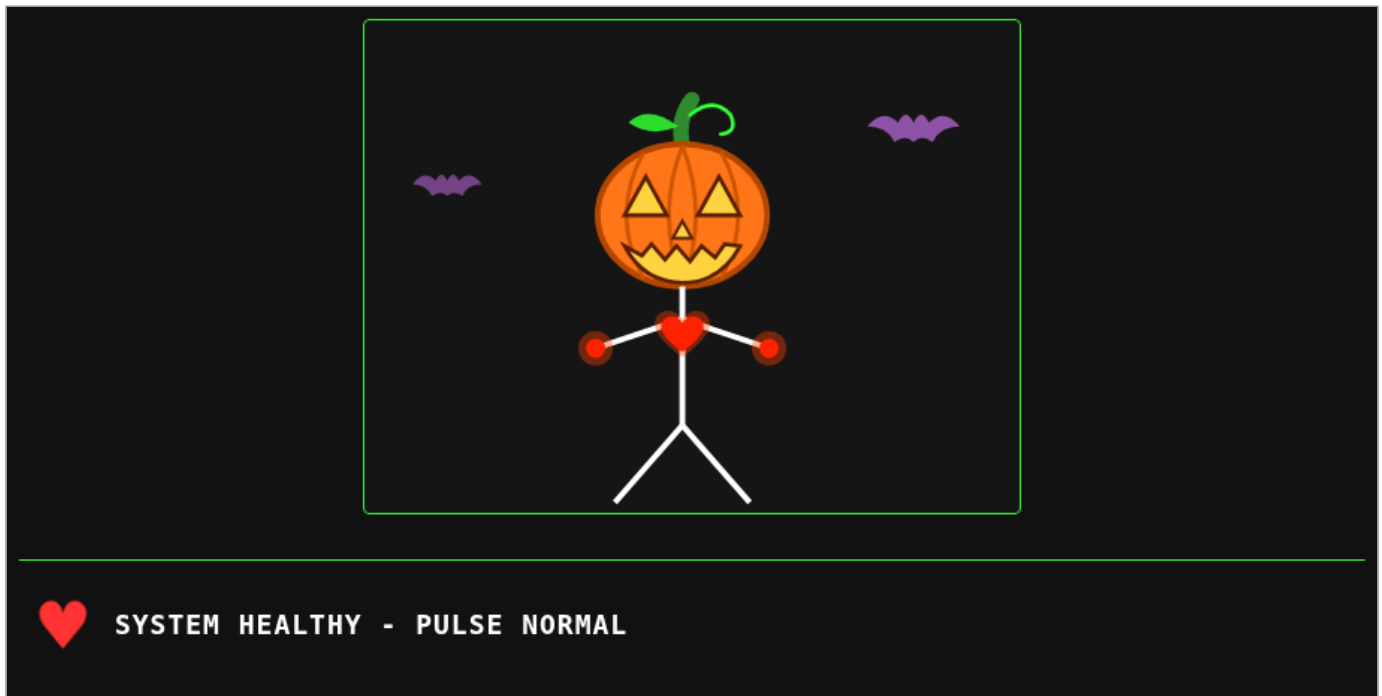
Two banners show whether the Smart Ring and the Smartwatch are CONNECTED or DISCONNECTED. A device counts as connected if it sent data in the last 3 minutes. Both show DISCONNECTED here because nothing is connected to the test copy.

Latest readings

Ring SpO2: -- | HRV: -- | Battery: --
Watch SpO2: -- | BP: -- | Steps: -- | Last seen: never

One line of each device's latest key readings. For the ring that's blood oxygen, heart rate and battery. For the watch it's blood oxygen, heart rate, steps and when it was last seen.

Stick figure and pulse



The stick figure dresses up for the date: New Year (Dec 31-Jan 1), Valentine's Day, St. Patrick's Day, Easter, July 3-5, all of October (Halloween, shown here), the week around Thanksgiving, and December 1-26 (Christmas). Snow falls on the figure when the local weather forecast reports snow, which is checked every 15 minutes. Below it is a "system healthy" pulse line.

3. Edge OS

The "Ask the AI" helper. Each part is shown below with its explanation.

Ask the ai

ASK THE AI
Runs on your own server (phi3). Knows today's local weather and the latest ring/watch readings. Answers can be wrong; not medical advice.

No questions yet. Ask anything below.

Ask the mocolmedia AI anything...

ASK

CLEAR

Ctrl+Enter to send

Type a question and press Ask (or Ctrl+Enter). The answer comes from an AI model running on your own home server, not from an outside AI service. It is given today's date, today's local weather and your newest ring and watch readings. The AI does not learn or train on your data. It only sees the current conversation, and the page sends back your last few questions so it can follow along. Press Clear to start over. It answers one question at a time, can be slow, gives general wellness information only (no diagnoses or medication advice), and its answers can be wrong.

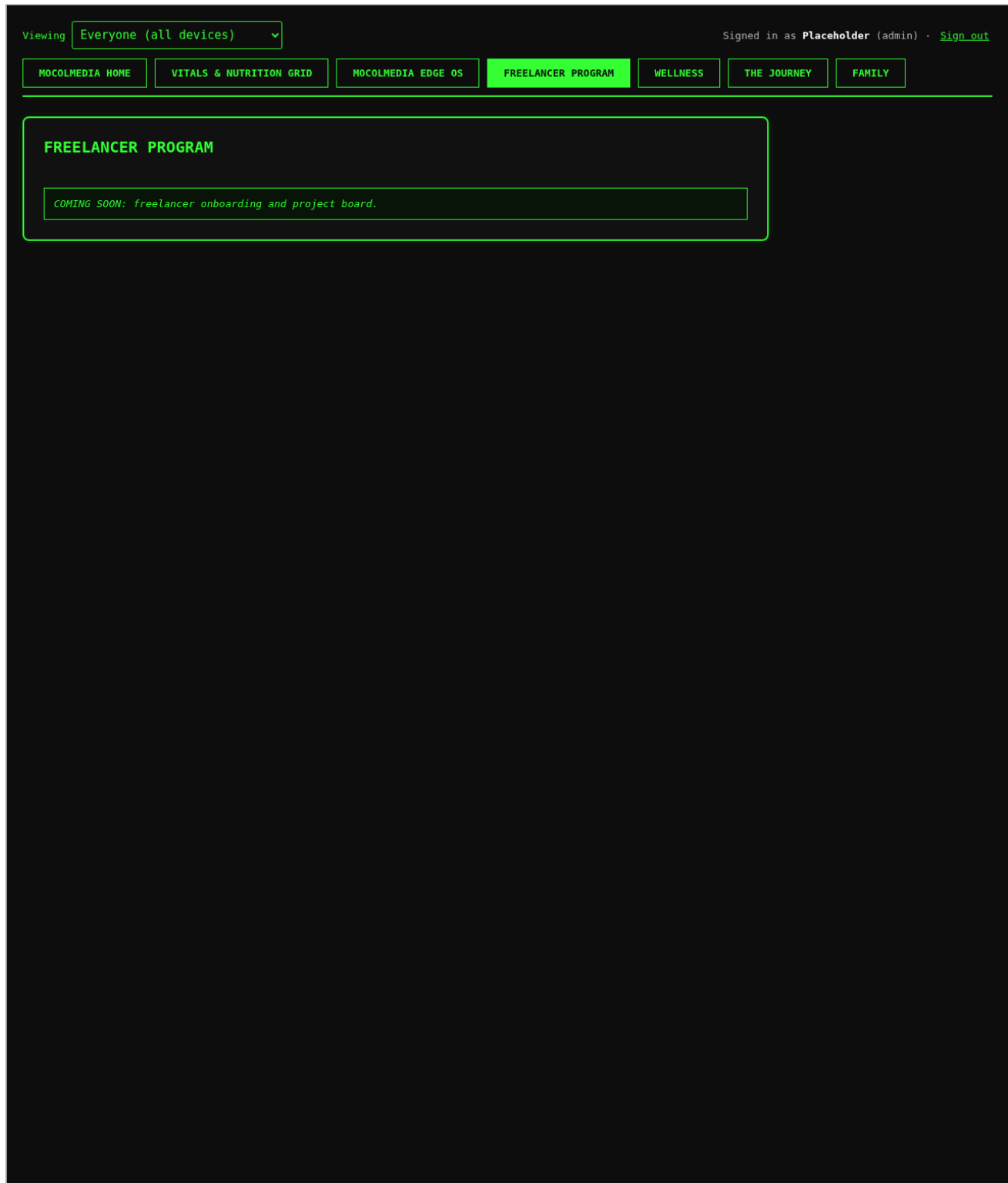
Coming soon

COMING SOON: edge node controls and local AI pipeline status.

Coming soon: edge node controls and local AI pipeline status.

4. Freelancer Program

A placeholder tab for now. The full tab is shown first, then each part with its explanation.



Coming soon

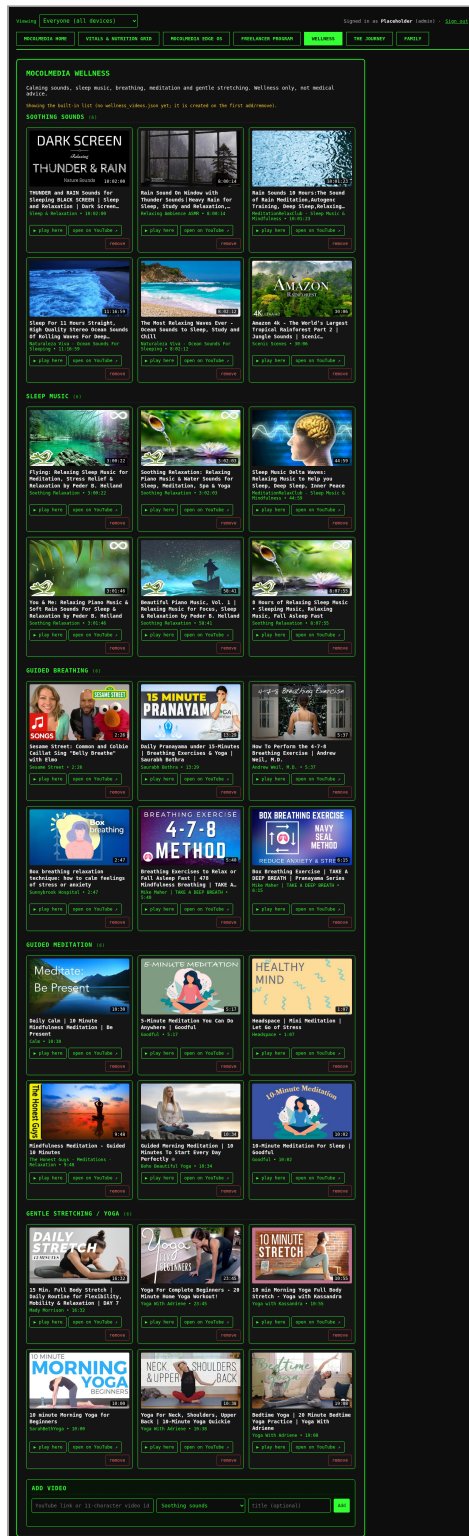
FREELANCER PROGRAM

COMING SOON: freelancer onboarding and project board.

Coming soon: freelancer onboarding and a project board. Right now this tab has only this note.

5. Wellness

A library of calming videos. The full tab is shown first, then each part with its explanation.



Intro

MOCOLMEDIA WELLNESS

Calming sounds, sleep music, breathing, meditation and gentle stretching. Wellness only, not medical advice.

Showing the built-in list (no wellness_videos.json yet; it is created on the first add/remove).

A short introduction to the calming-video library. A note shows whether the built-in list or your own saved list is being used.

Soothing sounds

SOOTHING SOUNDS (6)



DARK SCREEN
Relaxing
THUNDER & RAIN
Nature Sounds 10:02:00

THUNDER and RAIN Sounds for Sleeping BLACK SCREEN | Sleep and Relaxation | Dark Screen...
Sleep & Relaxation • 10:02:00

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



Rain Sound On Window with Thunder Sounds
Heavy Rain for Sleep, Study and Relaxation,...
Relaxing Ambience ASMR • 8:00:14

[▶ play here](#) [open on YouTube ↗](#)

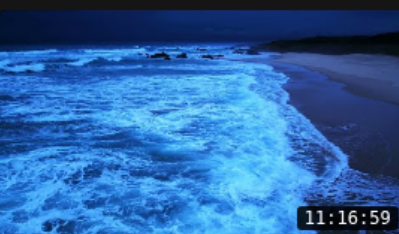
[remove](#)



Rain Sounds 10 Hours: The Sound of Rain Meditation
Autogenic Training, Deep Sleep, Relaxing...
MeditationRelaxClub - Sleep Music & Mindfulness • 10:01:23

[▶ play here](#) [open on YouTube ↗](#)

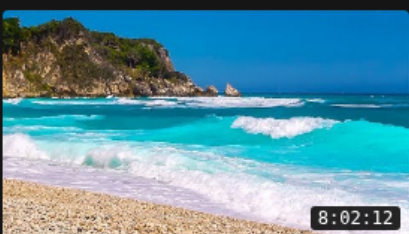
[remove](#)



Sleep For 11 Hours Straight, High Quality Stereo Ocean Sounds
Of Rolling Waves For Deep...
Naturaleza Viva - Ocean Sounds For Sleeping • 11:16:59

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



The Most Relaxing Waves Ever - Ocean Sounds to Sleep, Study and Chill
Naturaleza Viva - Ocean Sounds For Sleeping • 8:02:12

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



AMAZON RAINFOREST
4K ULTRA HD 30:06
Amazon 4k - The World's Largest Tropical Rainforest Part 2 | Jungle Sounds | Scenic...

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

A group of videos shown as cards. Press "play here" to watch on this page, or "open on YouTube". The remove button takes a video out of the list, and you can add one by pasting its YouTube link into the group. Each group holds up to 60 videos.

Sleep music

SLEEP MUSIC (6)



Flying: Relaxing Sleep Music for Meditation, Stress Relief & Relaxation by Peder B. Helland
Soothing Relaxation • 3:00:22

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



Soothing Relaxation: Relaxing Piano Music & Water Sounds for Sleep, Meditation, Spa & Yoga
Soothing Relaxation • 3:02:03

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



Sleep Music Delta Waves: Relaxing Music to Help you Sleep, Deep Sleep, Inner Peace
MeditationRelaxClub - Sleep Music & Mindfulness • 44:59

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



You & Me: Relaxing Piano Music & Soft Rain Sounds For Sleep & Relaxation by Peder B. Helland
Soothing Relaxation • 3:01:46

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



Beautiful Piano Music, Vol. 1 | Relaxing Music for Focus, Sleep & Relaxation by Peder B. Helland
Soothing Relaxation • 58:41

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



8 Hours of Relaxing Sleep Music • Sleeping Music, Relaxing Music, Fall Asleep Fast
Soothing Relaxation • 8:07:55

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

A group of videos shown as cards. Press "play here" to watch on this page, or "open on YouTube". The remove button takes a video out of the list, and you can add one by pasting its YouTube link into the group. Each group holds up to 60 videos.

Guided breathing

GUIDED BREATHING (6)



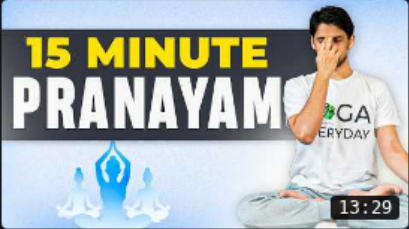
SONGS 2:26

Sesame Street: Common and Colbie Caillat Sing "Belly Breathe" with Elmo

Sesame Street • 2:26

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



15 MINUTE PRANAYAMA 13:29

Daily Pranayama under 15-Minutes | Breathing Exercises & Yoga | Saurabh Bothra

Saurabh Bothra • 13:29

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



4-7-8 Breathing Exercise 5:37

How To Perform the 4-7-8 Breathing Exercise | Andrew Weil, M.D.

Andrew Weil, M.D. • 5:37

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



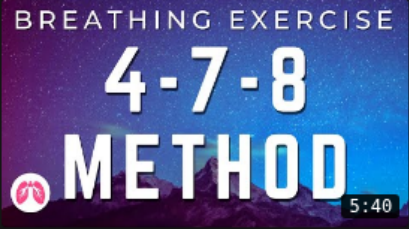
Box breathing 2:47

Box breathing relaxation technique: how to calm feelings of stress or anxiety

Sunnybrook Hospital • 2:47

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



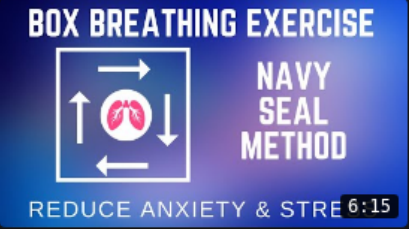
BREATHING EXERCISE 4-7-8 METHOD 5:40

Breathing Exercises to Relax or Fall Asleep Fast | 478 Mindfulness Breathing | TAKE A...

Mike Maher | TAKE A DEEP BREATH • 5:40

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



BOX BREATHING EXERCISE NAVY SEAL METHOD 6:15

Box Breathing Exercise | TAKE A DEEP BREATH | Pranayama Series

Mike Maher | TAKE A DEEP BREATH • 6:15

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

A group of videos shown as cards. Press "play here" to watch on this page, or "open on YouTube". The remove button takes a video out of the list, and you can add one by pasting its YouTube link into the group. Each group holds up to 60 videos.

Guided meditation

GUIDED MEDITATION (6)



Meditate:
Be Present

10:30

Daily Calm | 10 Minute
Mindfulness Meditation | Be
Present
Calm • 10:30

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



5-MINUTE MEDITATION

5:17

5-Minute Meditation You Can Do
Anywhere | Goodful
Goodful • 5:17

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



HEALTHY
MIND

1:07

Headspace | Mini Meditation |
Let Go of Stress
Headspace • 1:07

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



The Honest Guys

9:48

Mindfulness Meditation - Guided
10 Minutes
The Honest Guys - Meditations -
Relaxation • 9:48

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



10:34

Guided Morning Meditation | 10
Minutes To Start Every Day
Perfectly ☺
Boho Beautiful Yoga • 10:34

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



10-Minute Meditation

10:02

10-Minute Meditation For Sleep |
Goodful
Goodful • 10:02

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

A group of videos shown as cards. Press "play here" to watch on this page, or "open on YouTube". The remove button takes a video out of the list, and you can add one by pasting its YouTube link into the group. Each group holds up to 60 videos.

Gentle stretching yoga

GENTLE STRETCHING / YOGA (6)



15 Min. Full Body Stretch | Daily Routine for Flexibility, Mobility & Relaxation | DAY 7
Mady Morrison • 16:32

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



Yoga For Complete Beginners - 20 Minute Home Yoga Workout!
Yoga With Adriene • 23:45

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



10 min Morning Yoga Full Body Stretch - Yoga with Cassandra
Yoga with Cassandra • 10:55

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



10 minute Morning Yoga for Beginners
SarahBethYoga • 10:00

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



Yoga For Neck, Shoulders, Upper Back | 10-Minute Yoga Quickie
Yoga With Adriene • 10:38

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



Bedtime Yoga | 20 Minute Bedtime Yoga Practice | Yoga With Adriene
Yoga With Adriene • 19:08

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

A group of videos shown as cards. Press "play here" to watch on this page, or "open on YouTube". The remove button takes a video out of the list, and you can add one by pasting its YouTube link into the group. Each group holds up to 60 videos.

6. The Journey

Real-life stories and practical videos. The full tab is shown first, then each part with its explanation.

Viewing Everyone (all devices)

Signed in as Placeholder (admin) · [Sign out](#)

MOOCMEDIA HOME

VITALS & NUTRITION GRID

MOOCMEDIA EDGE 05

FREELANCER PROGRAM

WELLNESS

THE JOURNEY

FAMILY

THE JOURNEY

Real stories and gentle, practical videos: cancer, low iron, and blood sugar. Everyone's journey is different. Wellness only, not medical advice.

Showing the built-in list (no cancer_journeys.json yet; it is created on the first add/remove).

TALKS BY SURVIVORS (4)



17:24

What almost dying taught me about living | Suleika Jaouad
TED · 17:24

[▶ play here](#) [open on YouTube ↗](#)

remove



19:18

My survival story -- what I learned from having cancer | Martin Inderbitzin | TEDxZurich
TEDx Talks · 19:18

[▶ play here](#) [open on YouTube ↗](#)

remove



8:35

How Cancer Changed My Life... For The Better | Dylan Buskermolen | TEDxQueensU
TEDx Talks · 8:35

[▶ play here](#) [open on YouTube ↗](#)

remove



13:08

I Met Cancer as a Teenager | Esther Kim | TEDxYouth@Conejo
TEDx Talks · 13:08

[▶ play here](#) [open on YouTube ↗](#)

remove

CHEMO DIARIES & DAY IN THE LIFE (2)

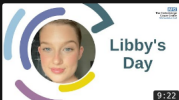


16:19

Chemo round 1 and what happened after
Grace Helbig · 16:19

[▶ play here](#) [open on YouTube ↗](#)

remove



9:22

Libby's Day - A Day in the Life of a Teenage & Young Adult Cancer Patient
The Clatterbridge Cancer Centre · 9:22

[▶ play here](#) [open on YouTube ↗](#)

remove

SURVIVOR STORIES (4)



14:02

ABC News' Will Reeve reveals testicular cancer diagnosis, chemotherapy treatment
Good Morning America · 14:02

[▶ play here](#) [open on YouTube ↗](#)

remove



10:26

Teen Cancer Survivors Talk About Life After Treatment | Tell A Stranger
SoulPancake · 10:26

[▶ play here](#) [open on YouTube ↗](#)

remove



5:51

Hayley's Lifelong St. Jude Story - From Patient to Astronaut
St. Jude Children's Research Hospital · 5:51

[▶ play here](#) [open on YouTube ↗](#)

remove



1:29

Testicular cancer survivor's advice for patients
UT MD Anderson Cancer Center · 1:29

[▶ play here](#) [open on YouTube ↗](#)

remove

ADD VIDEO

YouTube link or 11-character vid

Talks by survivors

title (optional)

add

Intro

THE JOURNEY

Real stories and gentle, practical videos: cancer, low iron, and blood sugar. Everyone's journey is different. Wellness only, not medical advice.

Showing the built-in list (no cancer_journeys.json yet; it is created on the first add/remove).

A short introduction: real stories and practical videos about cancer, low iron and blood sugar. A note shows whether the built-in list or your own saved list is being used.

Talks by survivors

TALKS BY SURVIVORS (4)

17:24

What almost dying taught me about living | Suleika Jaouad
TED • 17:24

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

19:18

My survival story -- what I learned from having cancer | Martin Inderbitzin | TEDxZurich
TEDx Talks • 19:18

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

8:35

How Cancer Changed My Life... For The Better | Dylan Buskermolen | TEDxQueensU
TEDx Talks • 8:35

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

13:08

I Met Cancer as a Teenager | Esther Kim | TEDxYouth@Conejo
TEDx Talks • 13:08

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

A group of videos shown as cards. Press "play here" to watch on this page, or "open on YouTube". The remove button takes a video out of the list, and you can add one by pasting its YouTube link into the group. Each group holds up to 60 videos.

Chemo diaries day in the life

CHEMO DIARIES & DAY IN THE LIFE (2)

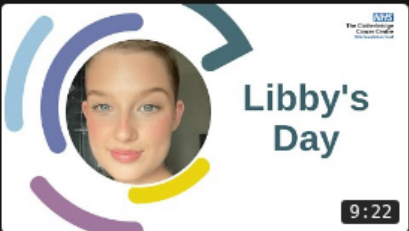


16:19

Chemo round 1 and what happened after
Grace Helbig • 16:19

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



9:22

Libby's Day - A Day in the Life of a Teenage & Young Adult Cancer Patient
The Clatterbridge Cancer Centre • 9:22

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

A group of videos shown as cards. Press "play here" to watch on this page, or "open on YouTube". The remove button takes a video out of the list, and you can add one by pasting its YouTube link into the group. Each group holds up to 60 videos.

Survivor stories

SURVIVOR STORIES (4)



ABC News' Will Reeve reveals testicular cancer diagnosis, chemotherapy treatment
Good Morning America • 14:02

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



Teen Cancer Survivors Talk About Life After Treatment | Tell A Stranger
SoulPancake • 10:26

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



Hayley's Lifelong St. Jude Story - From Patient to Astronaut
St. Jude Children's Research Hospital • 5:51

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)



Cancer
Testicular cancer survivor's advice for patients
UT MD Anderson Cancer Center • 1:29

[▶ play here](#) [open on YouTube ↗](#)

[remove](#)

A group of videos shown as cards. Press "play here" to watch on this page, or "open on YouTube". The remove button takes a video out of the list, and you can add one by pasting its YouTube link into the group. Each group holds up to 60 videos.

7. Family (admin only)

Admin-only page for family accounts. Each part is shown below with its explanation.

Intro

FAMILY (ADMIN ONLY)

Each person sees only the devices that match their patterns. Use % as the wildcard (Ring_Name% = every device name starting with Ring_Name). Devices nobody matches are admin-only. PINs are 4-8 digits; nobody can read a PIN back, only set a new one.

An explanation of how access works. Each person sees only the devices that match their patterns, and a % at the end of a pattern matches every device whose name starts that way. Devices nobody matches can be seen only by the admin. PINs are 4-8 digits, and nobody can read a PIN back, only set a new one.

A family member's card

The form is titled "Name" with the value "no account yet". Below it is a "Devices" field containing "Ring_Name%, Watch_Name%" and a "SAVE DEVICES" button. At the bottom, there is a "Starting PIN" field with "PIN", a "Birth" field with "birth :", and a "month" field. To the right of these fields is a "CREATE ACCOUNT" button.

A family member's card. "Devices" lists the name patterns for that person's ring and watch; change them and press Save devices. To create the account, enter a starting PIN plus birth year and month and press Create account. The birth date is used for the Wellness age tile. Once the account exists, the admin can set a new PIN here.

Add someone new

The form is titled "Add someone new". It contains four input fields: "Name", "PIN", "birth :", and "month". To the right of these fields is an "ADD" button. Below the fields, there is a text label: "Then set their devices above."

Add a new person with a name, PIN and birth year and month, then set their devices on their card.

Devices nobody is assigned to

Devices nobody is assigned to last 7 days, admin-only
none

Devices that sent data in the last 7 days but don't match anyone's patterns. Only the admin can see their readings.

Recent sign in attempts

Recent sign-in attempts lockout: 5 wrong PINs = 5 min wait
none yet

Recent sign-in attempts. After 5 wrong PINs, sign-in is locked for 5 minutes.

Using the page

Where readings come from

Your MocolMedia smart ring and MocolMedia smartwatch send readings to the home computer, and the page shows the newest ones. Every reading is a wellness estimate, not a medical measurement.

Signing in

Each person signs in with their name and a 4–8 digit PIN. After 5 wrong PINs, sign-in is locked for 5 minutes. A sign-in stays active on that device for a long time, so a kitchen screen doesn't keep asking. The first person to set up the page becomes the admin.

Who sees what

Each person sees only readings from their own devices, as set on the Family tab. The admin can view everyone or one person at a time with the "Viewing" menu.

Bookmarks

The page remembers the open tab in its web address, so a bookmark opens straight to that tab.

Coming soon

Freelancer Program: freelancer onboarding and a project board.

Privacy

Core Command Pulse is self-hosted: the page and its database run on a computer in your own home, not in a cloud service run by MocolMedia. Readings, weights, accounts and video lists are stored in a database and files on that computer.

The AI assistant runs on the same home server. It receives only the current question, the last few questions and answers from the page, today's date and weather, and your newest readings. It does not learn or train on your data.

PINs are never stored as plain text, nobody (including the administrator) can read a PIN back, and the sign-in log never records PINs. Each person sees only their assigned devices.

Outside connections the page makes: it checks a public weather forecast (Open-Meteo) for local weather and snow, and the video tabs load thumbnails and videos from YouTube.

Troubleshooting

What you see

Home says the ring is not connected and shows the last reading

Command Center shows DISCONNECTED

"No ring data yet" / readings show "--"

A device is listed under "Devices nobody is assigned to"

Sign-in is refused or locked

Wellness age tile is missing or says "need more data"

Glucose says "no sensor yet"
Ask the AI is slow or says it is busy

Weight won't save

Why, and what to do

The ring hasn't reported for more than 10 minutes. Make sure it is charged and worn, and that it is paired.

The device hasn't sent data in the last 3 minutes. Check the same items above.

No readings have arrived yet for the devices assigned to you. Ask the administrator to check your device patterns on the Family tab.

Its name doesn't match anyone's patterns. The administrator should add a matching pattern to the right person.

After 5 wrong PINs, sign-in is locked for 5 minutes. Wait, then try again. The administrator can set a new PIN on the Family tab.

The tile is hidden until the person's birth year and month are set. It needs at least two of these: resting heart rate, HRV, sleep and steps.

No glucose sensor is connected. This is expected.

It answers one question at a time on the home server.
Wait and try again.

Weights must be between 50 and 600 lb.

Support and contact

MocolMedia LLC

Website: **<https://mocol.ai>**

Support email: **support@mocol.ai**

When you write to support, never send your PIN. Support will never ask for it.