

Get started with
your new

Readi / Watch™



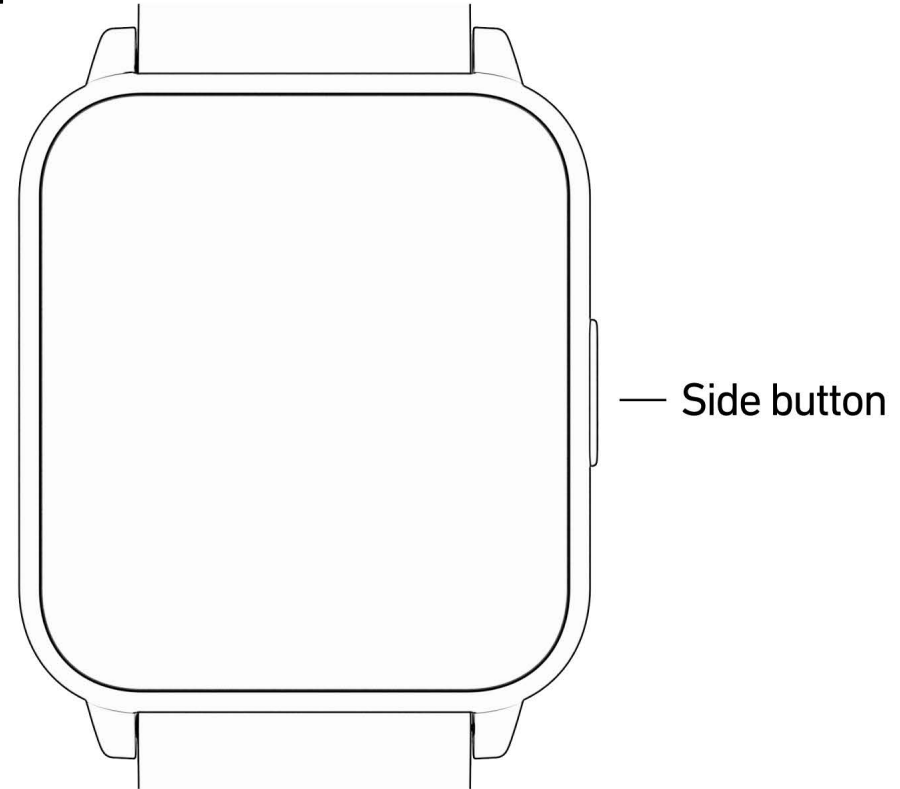
↶
Español

• Turn On.....	2
• Activate.....	3
• Charge	4
• Basic Functions.....	5
• Replace Strap.....	12
• Help	13
• Legal.....	14

Turn On Your RediWatch

Press and hold the side button to turn on your RediWatch.

The side button can also generally be used to **go back to the previous screen** when navigating your RediWatch.



Activate Your ReadWatch

Download the app **ReadiOne** on your smartphone and follow the instructions to get started.

To download, scan the following QR code, or search for ReadiOne on the App Store or Google Play.

If you don't have a smartphone, ask your Readi program manager for assistance.

Readi / One

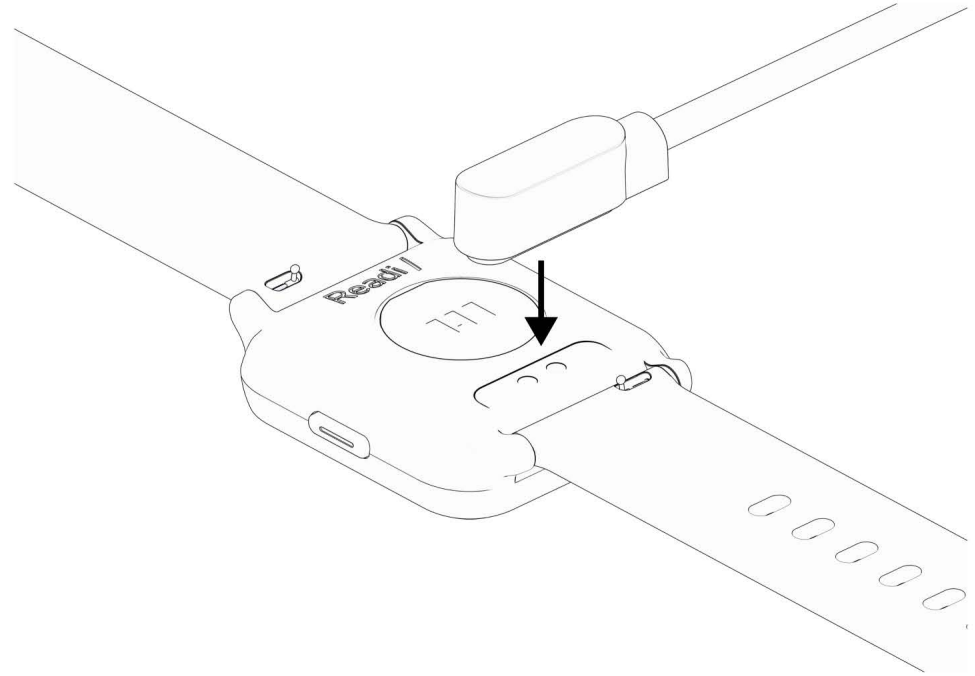


Charge Your RediWatch

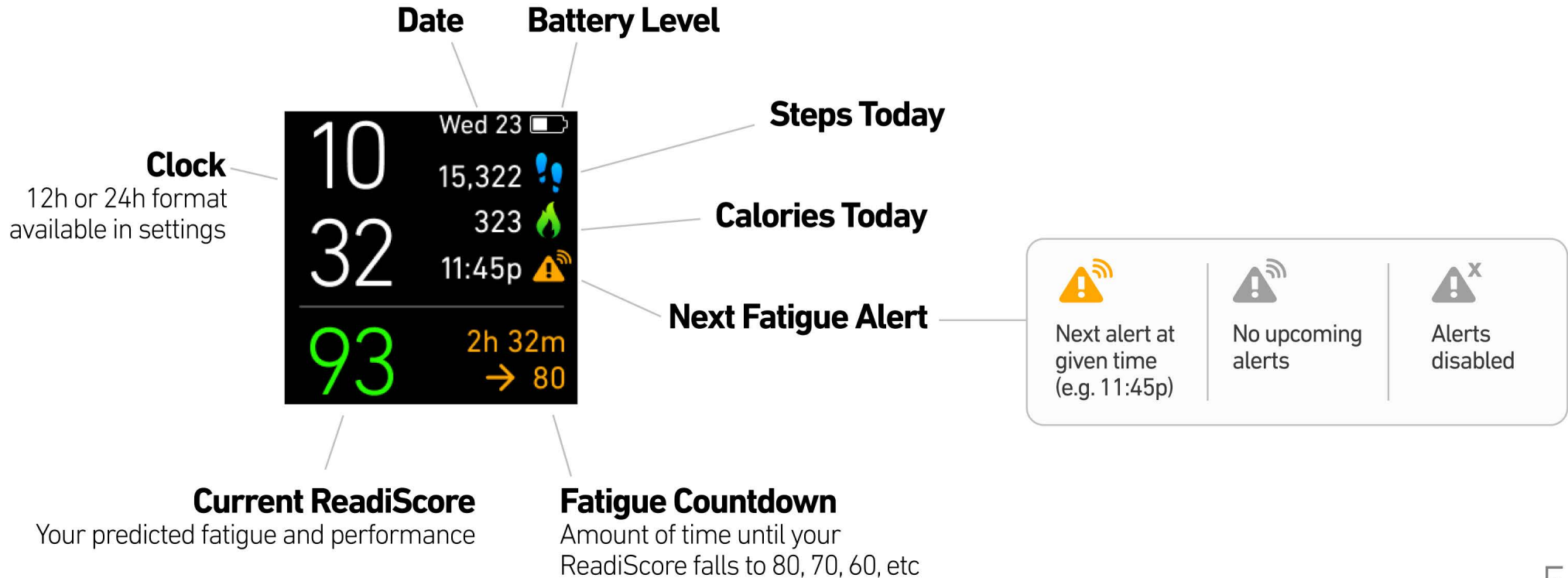
To charge your RediWatch, connect the charger pins to the ports at the bottom of your watch, until they **magnetically connect**.

Plug the other end into to any power-connected USB port.

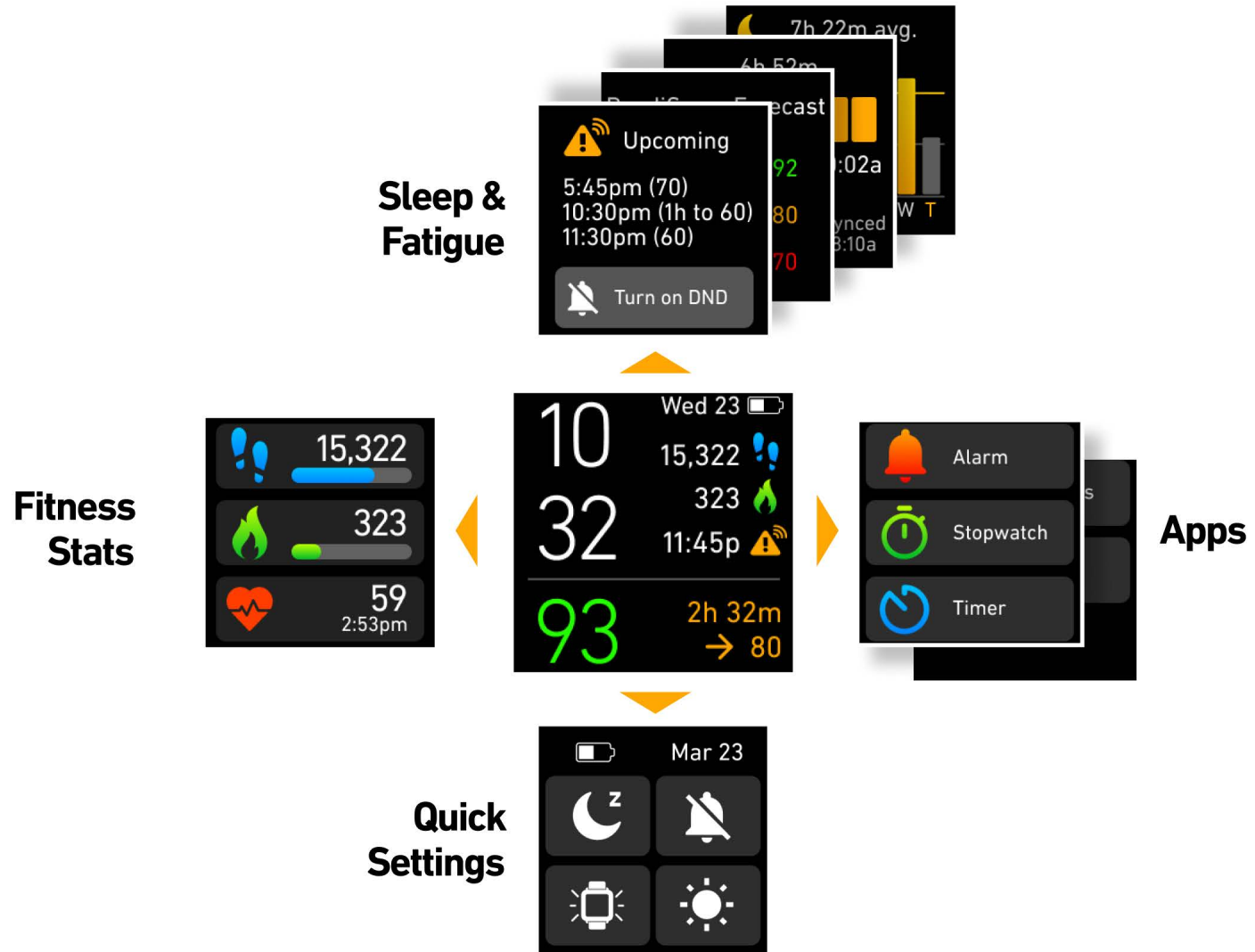
Battery life is **10+ days** with typical use.
A full charge typically takes 1 hour.



Home Screen



Navigation



Fatigue Alerts

A key feature of RediWatch is to provide you **Fatigue Alerts** to help keep you safe and aware of fatigue while on duty.

Fatigue Alerts will only be sent during **work hours**, as configured by your Redi program manager.

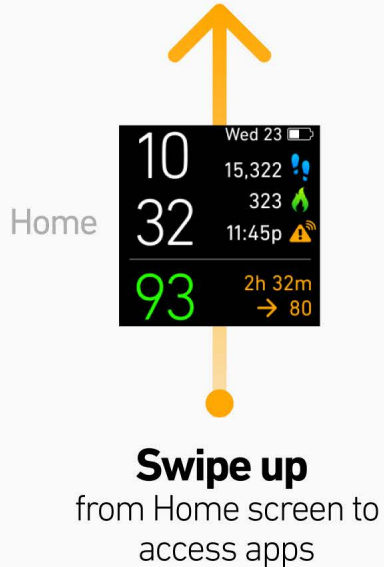


Elevated Fatigue is indicated by a RediScore of 80.



High Fatigue is more severe than Elevated Fatigue, and is indicated by a RediScore of 70.

Quick Settings



Sleep Mode



- Enables DND
- Disables Raise to Wake
- Lowers brightness

Raise to Wake



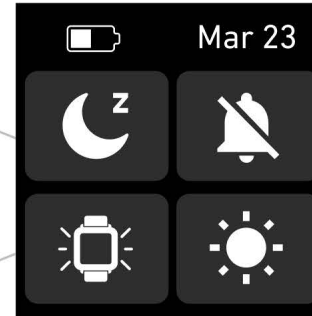
Wakes up screen when you raise your wrist. (If disabled, press side button.)

Do Not Disturb (DND)



Disables Fatigue Alerts and other notifications.

Screen Brightness



Sleep & Fatigue

Home

103293

Wed 23
15,322
323
11:45p
2h 32m
→ 80

Swipe down
from Home screen to
access sleep and fatigue

ReadiScore Forecast
your predicted
fatigue &
performance

ReadiScore Forecast

Now

92

10:35pm

80

1:40am

70

Upcoming Fatigue Alerts
based on your
ReadiScore
Forecast

!

Upcoming

5:45pm (70)

10:30pm (1h to 60)

11:30pm (60)

Turn on DND

average quantity in past 7 days

7h 22m avg.

goal 8h

4h

0h

F S S M T W T

Sleep History

Last 7 days

time asleep

6h 52m

onset & wake times

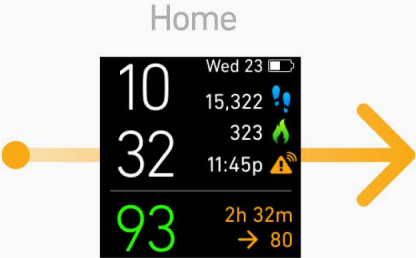
11:55p 10:02a

efficiency

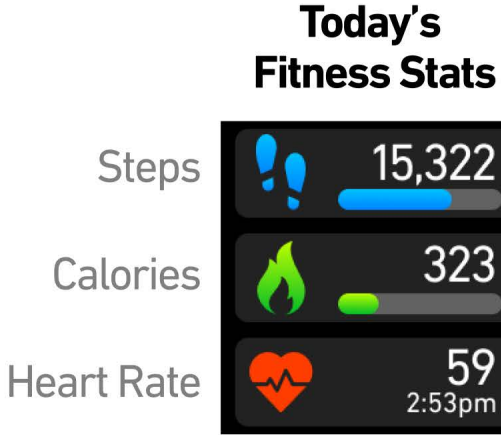
83% eff. 8h 13m in bed Synced 8:10a

Most Recent Sleep

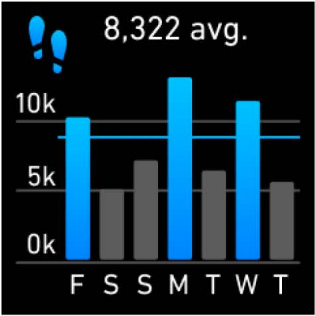
Fitness



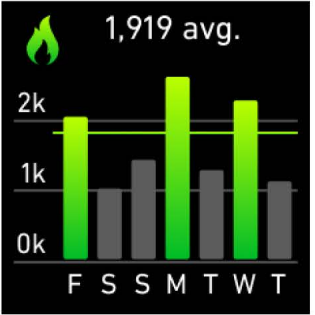
Swipe right
from Home screen to
access fitness stats



most recent
reading



Steps Summary
Last 7 days

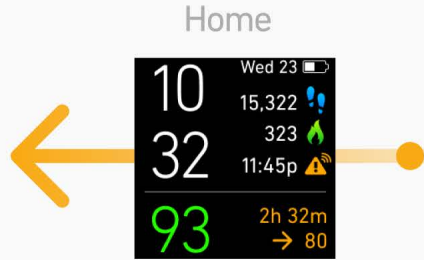


Calories History
Last 7 days



**Real-Time
Heart Rate**

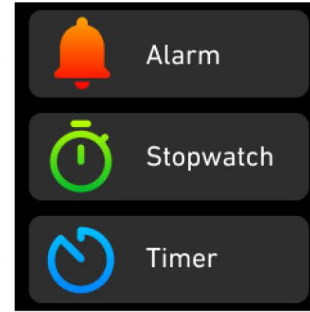
Apps



Swipe left
from Home screen to
access apps

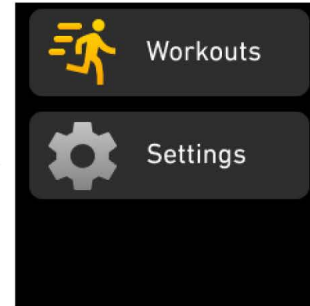
Alarm

Timer



Stopwatch

Settings

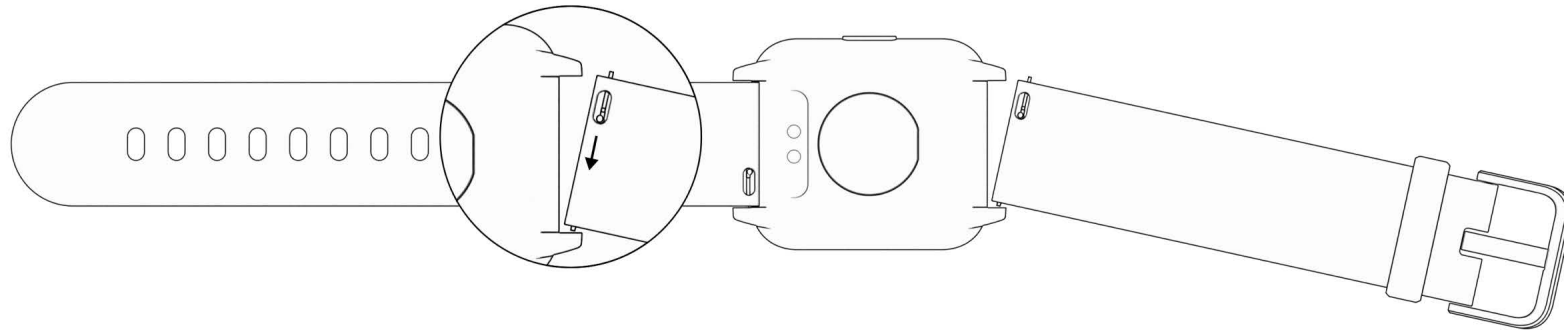


Workouts

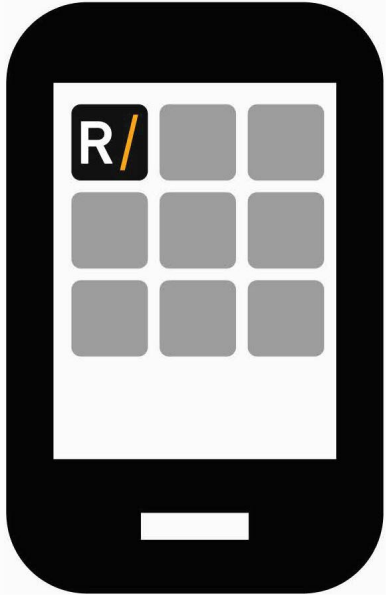
Replacing the Strap

ReadiWatch uses a **standardized 20mm** watch strap and is generally compatible with 3rd party straps in that size.

If you have an alternate strap or need to replace your strap, press the pogo pins as shown below to detach the strap and attach a new one.

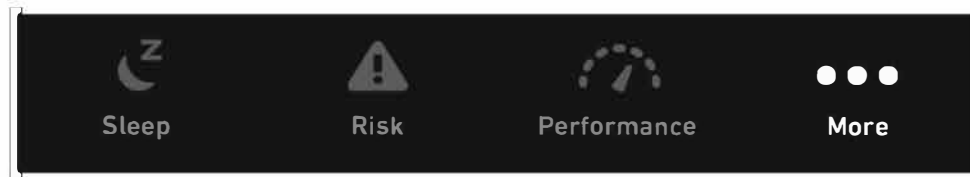


Help



Readi / One

Within the companion app **ReadiOne**, tap the **More** tab on the bottom bar, then tap **Help**.



You can also reach out to help@fatiguescience.com or speak to your Readi program manager for direct assistance.

Legal

FCC Statement:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

IFT Statement:

Nota: La operación de este equipo está sujeta a las siguientes dos condiciones: (1) es posible que este equipo o dispositivo no cause interferencia perjudicial y (2) este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.