
hDrop

hDrop Gen 2 Manual

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Revision History

Title	Date	Revision By	Approval	Description
Initial	20230510			Initial

Getting Started

1. Create your profile

Some personal information must be entered in order to create personalized results:

The image displays three sequential mobile app screens for the hDrop application, showing the account setup process. Each screen has a status bar at the top with the time 10:41 and a 53% battery level.

Screen 1 (Left): Features the hDrop logo (a blue drop shape) and the text "Hydrate. Motivate. Feel great." Below this is the text "Track your hydration status in real-time" in a smaller, teal font. At the bottom is a large blue button labeled "Get Started" and a link "Already have an account? [Login](#)".

Screen 2 (Middle): Titled "Let's set up your account" with the subtitle "hDrop provides a personalized experience for your hydration based on your information." It contains four input fields: "First Name", "Last Name", "Select Birthday", and "Select Gender". Below these is a blue "Next" button and a link "Already have an account? [Login](#)".

Screen 3 (Right): Also titled "Let's set up your account" with the subtitle "Many factors are involved in sweat-testing data. Examples are: exercise intensity, exercise duration, environmental conditions, and more." It contains four input fields: "City", "Select Country", "Select Classification", and "Select Race/Ethnicity". Below these is a blue "Next" button and a link "Already have an account? [Login](#)".

At the bottom of each screen is a navigation bar with three icons: a list icon (three vertical bars), a home icon (a circle), and a back icon (a chevron pointing left).

INTERNAL USE

10:42

53%

←

Why do we ask?

Body mass, body composition, sex, menstrual cycle phase, aging, and more can affect sweat rate and/or sweat electrolytes variability.

IMPERIAL

METRIC

Height in inches

in

Weight in pounds

lb

How often do you workout?

How long are your workouts?

Next

Already have an account? [Login](#)

10:42

53%

←

Almost there

Long term factors that affect your sweat analysis data include: heat acclimation, aerobic training, modifications in dietary sodium, and more!

What is your daily diet like?

How salty do you eat?

How would you rate your diet?

Next

Already have an account? [Login](#)

10:42

52%

←

Let's secure your account

Your password should have uppercase and lowercase letters, symbols and numbers.

Email

Confirm Email

Password

Confirm Password

☐ I have read and agree to the [Terms of Service and Privacy Policy](#)

Create Account

Already have an account? [Login](#)

2. Pairing and initial test

After creating your profile, it is necessary to perform the pairing process with the hDrop and run the first test. The following screens illustrate how to do it.

12:00

42%

←

Quick Guide

Begin by charging your hDrop device. This initiates the device for its first-time use.



Next

Having problems?

12:00

42%

←

Quick Guide

Should your hDrop device's battery level fall below 30%, a red LED indicator will begin to flash as a low battery alert.



Next

Having problems?

12:00

42%

←

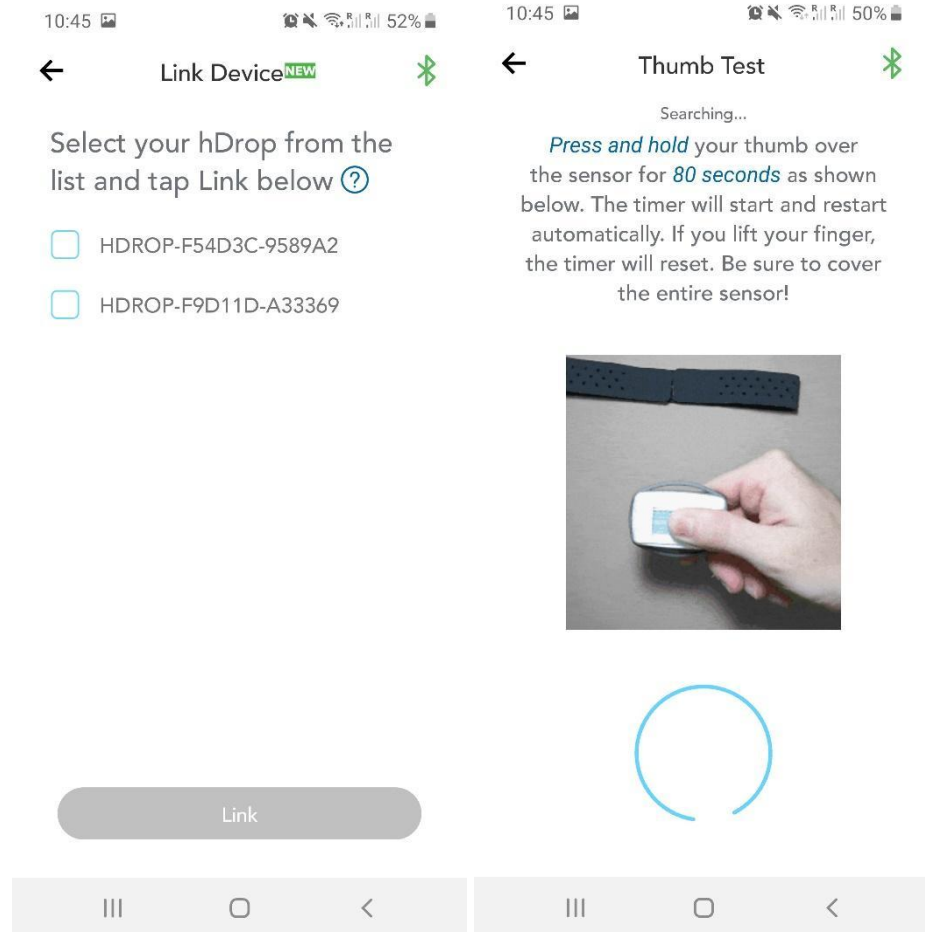
Quick Guide

Upon initiating any activity on your hDrop, you will notice a blue LED indicator flashing.

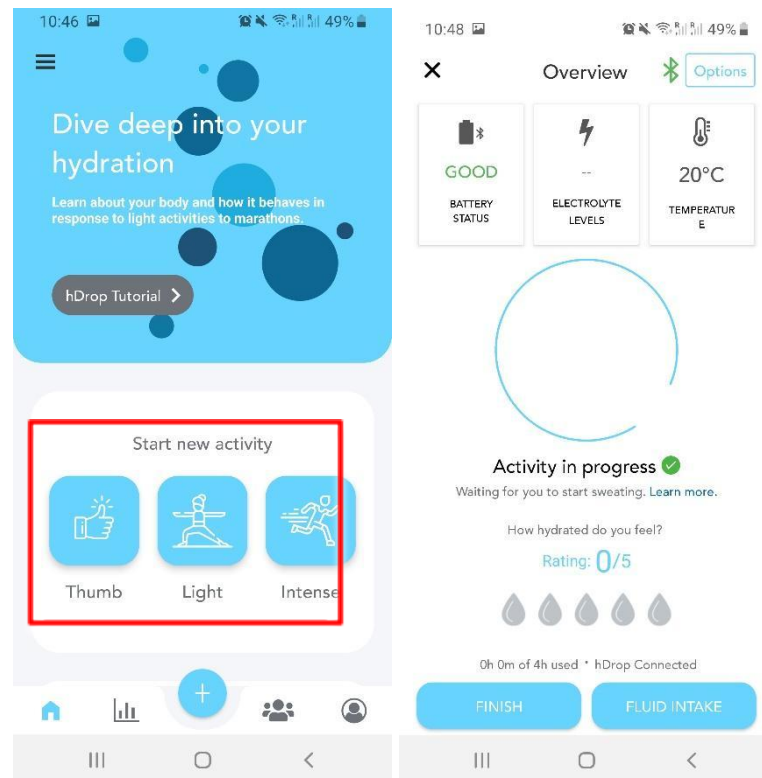


Next

Having problems?

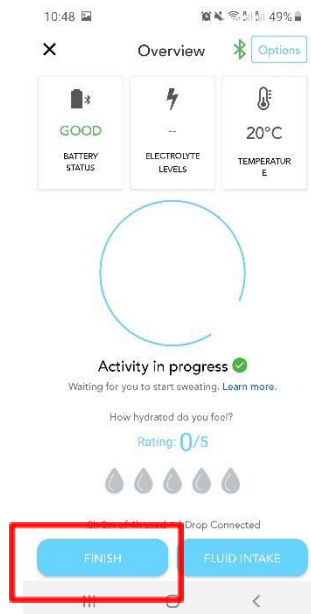


3. Start an activity



4. End the workout

To end a workout, you must press the finish button located at the bottom of the screen.



FCC Compliance 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.

CAUTION: The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

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.

This equipment has been tested and meets applicable limits for radio frequency (RF) exposure.

To locate the FCC regulatory information: Please open the hDrop APP, the FCC ID will be on the bottom of the page. Click on the FCC ID, a page with the FCC regulatory information will be opened.