

Getting Started

Step 1

Download the Spire Health Tag app from the App Store. www.spire.io/app



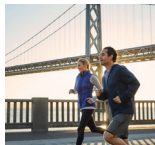
Step 2

Follow the step-by-step videos in the app to attach Health Tags to your clothes.



Step 3

Get dressed and go!



Frequently Asked Questions

What clothes do I attach my Health Tags to?

For women, we recommend attaching Health Tags to the wing of your bra. For men, we recommend attaching Health Tags to the waistband of your underwear.

You can attach your Health Tags to any clothing that meets all of the following criteria:

- Is firm against your skin
- Provides your Health Tag with skin contact (to track heart rate)
- Presses your Health Tag against your abdomen or the side of your chest (to measure your breathing)

Can I attach Health Tags to my skin?

No. Adhering Health Tags to your skin can cause injury. Health Tags are

designed to be attached to your clothing, facing your body.

How do I attach my Health Tags?

The Spire app includes instructions that cover how to attach Health Tags to your clothing.

If you've already completed setup and would like to access instructions, launch the app, go to *Settings* ► *Support*.

Attaching Health Tags to bras:

- Place your Health Tag on the "wing" of your bra, so that when you wear the bra, the device will be pressed against the side of your chest
- Press on the device for 5 seconds
- Flip over the bra and press on the back of the device for 5 seconds

Attaching to clothing with a waistband:

- Place Health Tag on the waistband of your garment, so the device will be pressed against the front-side of your abdomen when worn
- Press on the device for 5 seconds
- Flip the garment and press on the back of the device for 5 seconds

What if I attached my Health Tags incorrectly or want to move them onto different clothes?

If your Health Tag has been on your clothes for less than five minutes, you can peel it off slowly and re-apply in the correct location or on your preferred garment.

If you notice incorrect attachment later, you will need to remove your Health Tags from your clothes, and then replace the

adhesive strip on the Health Tag. Your Health Tag pack comes with extra adhesive strips.

When and how should I use the replacement adhesive?

Use a replacement adhesive if you need to remove your Health Tag more than five minutes after attaching it.

To use a replacement adhesive strip, first peel the used adhesive strip off of the Health Tag. Then, take a replacement adhesive strip and remove one side of the backing. Both sides are identical, so either side is OK.

Attach the replacement adhesive to the Health Tag and press on it for 5 seconds with your thumbs. The pressure and heat from your fingers allow for stronger adhesion.

Frequently Asked Questions

Finally, when you're ready to apply the Health Tag, remove the second backing to expose the adhesive and attach the Health Tag to your garment.

Do I need to attach Health Tags to clean clothes?

Yes. Skin oils found on unwashed clothes can obstruct adhesion.

Can I use my Health Tags immediately after attaching to clothes?

No. For best adhesion, we recommend letting your clothes sit ~12 hours before wearing.

Can I share a pack of Health Tags?

Health Tags are designed to work together as an integrated system. Each pack is associated with an individual user so it's not possible to split a pack among multiple people.

Regulatory

Spire Health Tag

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 and 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 to 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.

Important: Changes or modifications to this product not authorized by Spire could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product. This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, televisions, and other electronics devices. FCC ID: 2ACF552

Canada - Industry Canada compliance statement

This equipment complies with IC RSS-102 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.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

Déclaration réglementaire de l'IC (Industrie Canada)

Ce matériel est conforme aux limites de dose d'exposition aux rayonnements ic rss-102 énoncées pour un autre environnement. Cet émetteur ne doit pas être situé ou opérant conjointement avec toute autre antenne ou l'émetteur.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

For Australian Consumers: Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods prepared or replaced if the goods fail to be acceptable quality and failure does not amount to a major failure.

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