“Owner’s Manual”

UPRIGHT

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1. Getting Started

a. What's included?

- UPRIGHT device
- Charging dock
- USB cable
- 60 adhesives
- Collateral Cards
- Alcohol Pads

b. Your UPRIGHT

UPRIGHT is a wearable device that utilizes its multi-sensors and unique learning algorithm to sense your back and track your posture. Every time you slouch, UPRIGHT gently vibrates, reminding you to correct your posture.

c. Quick Start Guide

** Make sure that your device is Bluetooth smart (Bluetooth version 4.0). This means Android version 4.3 and above or iPhone version 5 and above. Older versions may not be supported.

i. Download the“UPRIGHT” App

Available on the App Store

Get it on Google play

ii. Power Up

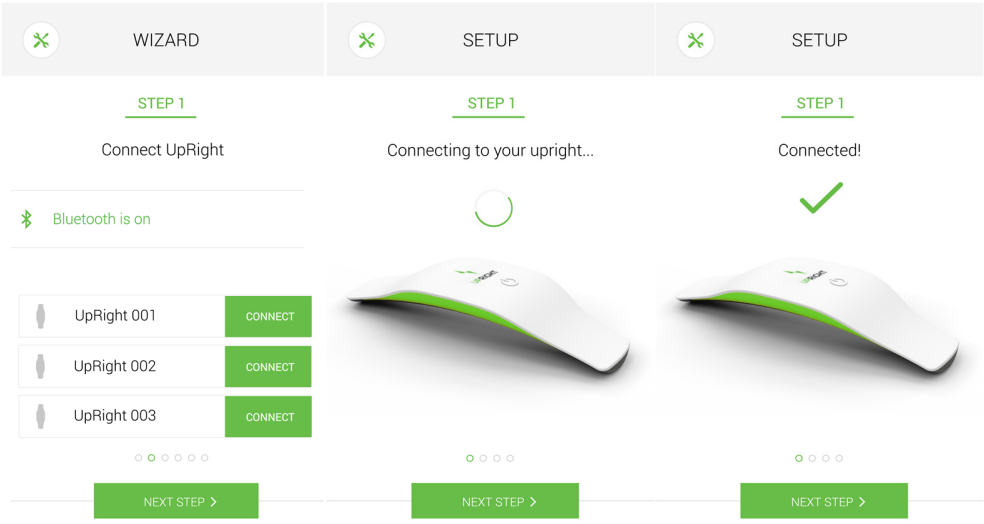
Press on the power button and wait for a blue flashing light

iii. Connect

Follow the instructions in the app on how to

Connect your UPRIGHT to your phone.

Here is what the screens should look like:



iv. GETTING STARTED:

TUTORIAL 1: Where to attach UPRIGHT

1. Place both hands on your waist, below your lowest rib and above your hipbone.
2. Trace your thumbs backwards along the line until they meet in the center of your spine.
3. If you're not too sure, it's better to place UPRIGHT higher rather than lower on your back
4. It's important that your back will be dry and clean while using UPRIGHT. If needed, grab an alcohol pad from the package and wipe around the area to clean off, it will dry in seconds.

TUTORIAL 2: Adhesive

UPRIGHT attaches to your back with a single-use adhesive. You have 60 in your package.

1. Grab an adhesive from the UPRIGHT package, but DO NOT remove the liner yet.
2. The adhesive is composed of a soft scotch side and a sticky side covered with a liner.
3. Attach the soft scotch side of the adhesive to the black hooks on the back of UPRIGHT
4. Press firmly to ensure its attached well.

TUTORIAL 3: Attach UPRIGHT

1. Remove the liner from the adhesive without touching the sticky part.
2. With the logo facing up, vertically position URIGHT along your spine over the point you found earlier.
3. Secure UPRIGHT in place by pressing firmly.
4. Make sure your pant line does not interfere with UPRIGHT.

TUTORIAL 4: What is an UPRIGHT posture?

Finding your neutral spine

1. Fully arch your back, and then slouch forward. Arch once more, and release to find your neutral upright posture.
2. Pull your belly button towards your spine to find support from your core.
3. Roll your shoulders back, and drop.
4. Lengthen you neck and slightly tuck your chin in.
5. Imagine there is a string pulling you up from your crown, lengthening your spine.
6. Stay relaxed and comfortable. Loosen your shoulders and breath deep.

TUTORIAL 5: UPRIGHT needs to learn your back...

UPRIGHT needs to learn your back before you can begin training. This is calibration. To do so, UPRIGHT needs to detect your straight position, followed by your slouched position.

1. Make sure you are sitting on the edge of your seat so nothing interferes with UPRIGHT.
2. Make sure both feet are planted on the ground.

NEXT, USE THE UPRIGHT APP TO BEGIN CALIBRATION.

For more information on setting up and training with UPRIGHT, visit: uprightpose.com/support

2. Setting up UPRIGHT on a Mobile Device

a. Mobile device requirements

UPRIGHT can be set up and synced with Android and iOS mobile devices that are equipped with Bluetooth 4.0 and above. You can check if your mobile is compatible with UPRIGHT by visiting http://www.uprightpose.com/support.

i. Before you begin

Make sure your UPRIGHT is charged before setting it up on your mobile device. See page 8 to learn how to charge your UPRIGHT.

ii. Installing the UPRIGHT app

To install the UPRIGHT app, search for "UPRIGHT" in the iOS App store or Google Play store. If you've already installed the UPRIGHT app on your phone, make sure you have the latest version by checking for available updates.

b. iOS

i. iOS pairing

Download the UPRIGHT app from the app store and follow the app's instructions on pairing.

ii. iOS syncing

As long as Bluetooth is enabled in the iOS settings app, syncing will occur automatically each time you open the UPRIGHT app.

i. Android pairing

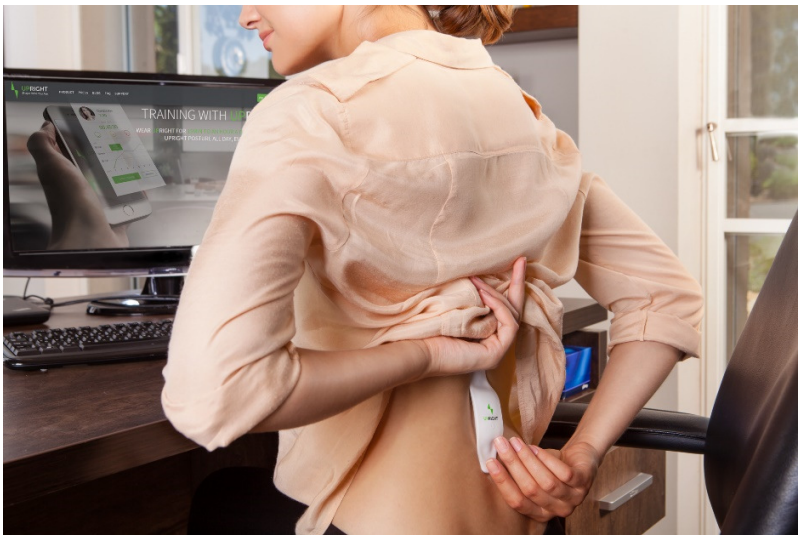
Download the UPRIGHT app from the Google Play store, and follow the app's instructions on pairing.

ii. Android syncing

As long as Bluetooth is enabled in the Android device settings, syncing will occur automatically each time you open the UPRIGHT app.

3. Using your UPRIGHT

a. Wearing your UPRIGHT



i. Adhesives

UPRIGHT provides 60 single use adhesives. It is very important to know how to use the adhesive. Please see the tutorial video through this link:
https://www.youtube.com/watch?v=30W3eyOky-s

b. LED Indicator lights

UPRIGHT has a number of different LED light sequences which indicate different actions:

- When the device is charging correctly on the dock, you will see a red LED light. When UPRIGHT is fully charges, a solid LED light will appear.
- When UPRIGHT is trying to connect to the mobile app, UPRIGHT will show a flashing blue LED. Once the device successfully connects to the app, a flashing green LED appears.

c. Battery life and power

i. Charging UPRIGHT:

To charge your UPRIGHT, make sure the dock is connected to the USB cable, and plug the USB cable into your computer or an AC/DC adapter. Then, magnetically secure UPRIGHT to the dock.

ii. Battery indicator:

While charging, the LED light on the front of the device will be red. If the LED does not turn red, this could mean that UPRIGHT is not sitting properly on the doc. Once the battery is full, the light will turn green.

iii. Battery life:

Your UPRIGHT comes with a rechargeable lithium-ion battery. With normal use, your UPRIGHT should last approximately 10 days before needing to be charged. You can check the battery level by connecting UPRIGHT to the mobile app and clicking on the menu icon on the main screen.

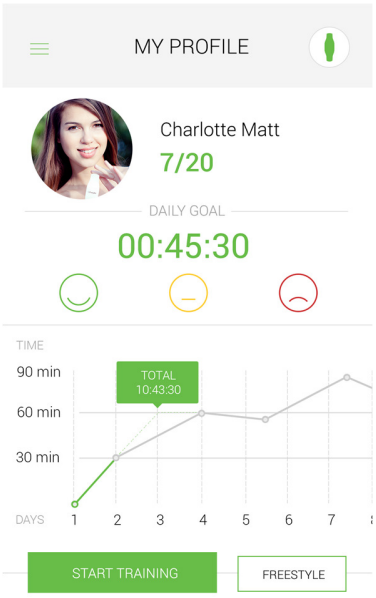
iv. Battery care guidelines:

In order to extend battery life, the battery must be charged at least every two months, less is preferred.

4. UPRIGHT mobile app

A few important screens explained:

a. Main screen:



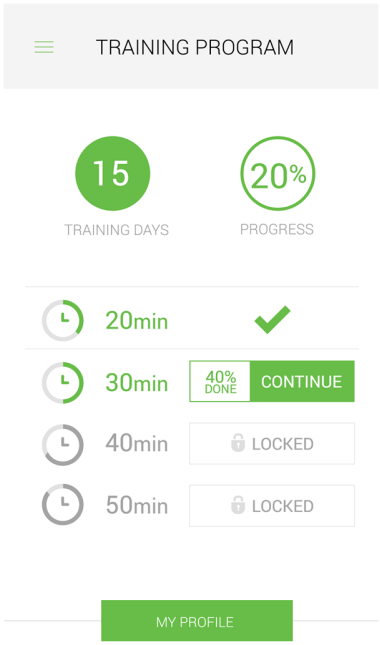
← This is your personal profile. This will be the first screen you see once you have already begun training with UPRIGHT. Here you can see your daily goals and your overall progress. To start your daily session, you press 'start training,' you may also use UPRGHT in freestyle mode to train outside your training program.

b. Calibration

← This is the calibration screen. Sit straight and once you are upright, press "I'M UPRIGHT."

Now, sit slouched and wait for the buzz. Once you feel the vibration, sit back Upright. You can now begin your training!

c. Reviewing your training session



← This is a training program screen. Here you can see your progress by percentage or by simply viewing your past, current, and future daily goals.

d. Updating UPRIGHT on an iOS device

Your UPRIGHT can be updated using the UPRIGHT app for iOS by doing the following:

1. Open the UPRIGHT app
2. Connect your UPRIGHT to the app (make sure your Bluetooth is on for this step).
3. If a device update is available, a pop up notification will direct you to the app store, to install the most updated version.
4. During the update, you will receive instructions on how to continue.

If you are experiencing any problems updating your UPRIGHT through the iOS the UPRIGHT app, please visit http://uprightpose.com/support for more information.

e. Updating UPRIGHT on an Android device

Your UPRIGHT can be updated using the UPRIGHT app for Android by doing the following:

1. Open the UPRIGHT app
2. Connect your UPRIGH to the app (make sure your Bluetooth is on for this step).
3. If a device update is available, a pop up notification will direct you to the Google Play store, to install the most updated version.
4. During the update, you will receive instructions on how to continue.

If you are experiencing any problems updating your UPRIGHT through the Andriod UPRIGHT app, please visit http://uprightpose.com/support for more information.

5. UpRight General Info & Specifications

a. Physical Characteristics

Dimensions :	108x37.1x22.92mm
Weight:	Approximately 25gr

b. RF characteristics

RF Frequency	2.4Ghz
RF Range	10 M
RF Power	0dBM
RF Protocol	BLE-Bluetooth Low Energy 4.0

c. Electrical characteristics

Input Voltage	5V(Via USB)
Input current	150mA(max)
Battery	Lithium-Ion, 3.7V, 120mAh,0.44Wh
Battery Life	Up to 240 hours(depend on operation mode)

d. Environmental Conditions

Storage	Storage temperature: -20˚C-60˚C Humidity: 90%
Operational	Temperature: 0˚C-40˚C Humidity: 0%-90%
Water Resistant	Resistance against sweat and moisture only
Durability	Stands from free fall from 1 meter on concrete

e. Help

Make sure to take a look at our product support pages to find online help, FAQs, and videos for your UPRIGHT. For assistance with UPRIGHT, please contact our support at: www.uprightpose.com/suport

f. Return policy, warranty & disclaimer

The uprightpose.com 30 Day Money-Back Guarantee Return Policy can be found online at http://www.uprightpose.com/faq/

The 90 Day Consumer Limited Warranty & Disclaimer can be found online at: http://www.uprightpose.com/warranty/.

g. Privacy policy:

UpRight's website and app privacy policy can be found here: http://www.uprightpose.com/privacy-policy/

6. Regulatory and safety notices

FCC ID:2AWF3-UR01

a.USA: Federal Communications Commission (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."

FCC Caution:

"Changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment."

FCC Statement:

“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."

b. Canada: Industry Canada (IC) Statement

IC ID:20607-UR01

"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.

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."

RSS-102 Statement:

"This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme à l'exposition aux rayonnements Industry Canada limites établies pour un environnement non contrôlé."

c. EU (European Union)

This product has been confirmed to comply with R&TTE directive 1999/5/EC.

CE

EMC: EN301-489

Radio: EN300-328

The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local electrical and electronic equipment waste management authority or the retailer where you bought the product.

Le symbole sur le produit ou sur son emballage signifie que ce produit à la fin de sa vie doit être recyclé séparément des déchets ménagers ordinaires. Notez que ceci est votre responsabilité d'éliminer les équipements électroniques à des centres de recyclage afin d'aider à préserver les ressources naturelles. Chaque pays de l'Union européenne a ses centres de collecte et de recyclage pour le recyclage des équipements électriques et électroniques. Pour plus d'informations ou trouver un centre de recyclage, contactez votre commune ou le magasin où vous avez acheté le produit.

d. Safety

This equipment has been tested to comply with safety certification in accordance with the specifications of IEC Standard: IEC60950-1.

e. CEC

This device have been tested for compliance with California Code Of Regulations Title 20, Sections 1601-1608.

10 CFR Section 430.23(aa)(Appendix Y to Subpart B of Part 430)

f. Copyright and Trademarks:

UpRight Technologies Ltd. (c) 2014. All rights reserved. UpRight™ and related trademarks, names and logos are the property of UpRight Technologies Ltd. And are registered and or used in the US and countries around the world.

g. Important safety instructions

Take the time to read, understand, and follow all safety information that is contained in this user manual before using UPRIGHT. Please save these instructions for future reference.

⚠ **WARNING:** Indicates a potentially hazardous situation, which could result in death or serious injury and/or property damage if not avoided.

To reduce the risk of electric shock:

- Do not reach for an appliance that has fallen into water
- Do not place or store an appliance where it can fall or be pulled into a tub or sink.
- Do not place or drop into water or other liquid

⚠ **CAUTION:** Indicates a potentially hazardous situation, which could result in minor or moderate injury and/or property damage if not avoided.

- Contains small parts. Keep out of reach of children.
- Close supervision is necessary when this appliance is used by or near children, invalid or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not operate this appliance if it has a damaged cord, plug, cable or housing.
- Only set on dry surfaces. Do not place on a surface that is wet from water or cleaning solvents.

Hazardous voltage & transmitter/cellular phones

Do not enter areas where the use of cellular receivers/transmitters is prohibited.

Hazardous Voltage

To avoid possible risks associated with hazardous voltage, which if not avoided could result in death or serious injuries, read, understand and follow the following safety instructions:

- UPRIGHT requires a USB connector for charging.
- Make sure that you are using the certified USB power supply.
- Power supply should be Limited Power Supply (LPS).
- Do not attempt to charge the device using an outdoor outlet. Only use indoor AC/DC adapters.
- Do not expose the AC/DC adapter to rain, steam or wet conditions.
- Handle the AC/DC adapter by the plug, not the cord.
- Keep the device away from liquid, heat sources, and steam.
- Do not connect the AC/DC USB power connector to the device while in or near water.
- Do not submerge the device under running water during charging.

h. Built-in battery precautions

⚠ Caution:

This product contains a lithium-ion rechargeable battery. There is a risk of explosion if batteries are not handled appropriately.

- The batteries are not designed to be replaced.
- Do not expose the batteries to temperatures exceeding 55˚C when the device is in use.
- Damage inflicted on the battery could cause an explosion and/or fire.
- Do not dismantle, open or shred the battery.
- Do not expose the battery to heat or fire. Avoid storage in direct sunlight.
- Do not short-circuit the battery.

i. Wear and care:

UPRIGHT very effectively measures and trains your posture, though it is not a medical device.

When caring for your UPRIGHT, keep the following tips in mind:

- Do not use abrasive cleaners to clean your UPRIGHT, such as bleach.
- Do not expose your UPRIGHT to strong chemicals such as flammable liquid, cleaning solvents, acetone, alcohol, or insect repellents, etc. that can damage the device.
- Do not put your UPRIGHT in a dishwasher, washing machine, or dryer.
- Use skin care products sparingly on the areas where UPRIGHT attaches to your back
- If you experience any kind of discomfort or notice signs of skin irritation where UPRIGHT touches your back, please discontinue use and contact our support team.
- Keep UPRIGHT out of contact with water.
- Do not attempt to disassemble or service your UPRIGHT; it does not contain serviceable components. Furthermore, substances contained in this device and/or its battery may cause damage to the environment and/or human health if handled and disposed of improperly.
- Do not tamper with your UPRIGHT.
- Protect your UPRIGHT from impact shocks.
- Do not expose your UPRIGHT to extremely high temperatures above 40°C or low temperatures below -20°C.
- Do not use your UPRIGHT in a sauna or steam room.
- Do not expose your UPRIGHT to direct sunlight for extended periods of time.
- Do not leave your UPRIGHT near open flames.
- Do not dispose of your UPRIGHT in a fire; the battery could explode.
- Never allow children to play with UPRIGHT; the small components could be a choking hazard!

j. Disposal and recycling information

For disposal and recycling of UPRIGHT, please contact your local recycling authority, and if you have any questions on the matter, please contact our support team at www.uprightpose.com/support.

Thank you