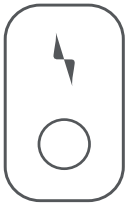
NEED MORE INFO?

Visit our help center at
intercom.help/upright-go
or through our app

Contact us via app chat or at:
hello@uprightpose.com

UPRIGHT GO 2™



WELCOME

GOOD POSTURE STARTS HERE

HOW TO GET STARTED

Download the **UPRIGHT GO app** and follow the tutorial. Everything you need to know can be found there.

WHAT TO EXPECT IN THE APP TUTORIAL

- Setting up your GO 2
- Your personal training plan
- How to find your upright posture
- How to train with your GO 2

And more...

WHAT'S IN THE BOX

UPRIGHT GO 2

Your personal posture trainer, measures your posture 100 times a second

CASE

Store your GO 2 in the case while charging it on your desk or when you're on the go

ADHESIVES

Reusable silicone adhesives for attaching the GO 2 to your upper back

CHARGING CABLE

A USB-C cable for charging your GO 2

ALCOHOL PADS

Use the alcohol pads to clean the adhesives and/or your skin before use

SECURITY MAGNET

An extra security solution, which allows you to fasten the GO 2 to your shirt

ADHESIVE REMOVAL TOOL

Use it to peel off your old adhesive when replacing it with a new one

MORE ABOUT YOUR UPRIGHT GO 2

LED INDICATORS

GREEN

Connected to the app

BLUE

Not connected

RED

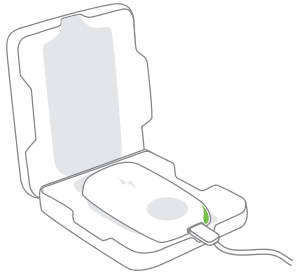
Battery needs charging

CHARGING YOUR GO 2

Charging your battery regularly will allow you to use your GO 2 as often as you choose.

HOW TO CHARGE

- Simply place your GO 2 in its case for safekeeping and plug the charging cable into the USB port.
- A full charge takes about 3 hours.
- Once your battery is fully charged, the LED light will turn green.



ABOUT THE ADHESIVES

CARE & MAINTENANCE

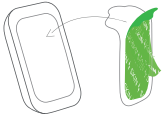
- With proper maintenance, each adhesive can be used about **3-10 times**, depending on skin type.
- Make sure your skin is **clean and dry** before using the GO 2. Use the provided alcohol pads to clean skin.
- The adhesive doesn't attach well to sweaty skin. Therefore, we recommend **training indoors.**
- When you're not using your GO 2, **place it back into the case** to keep the adhesive clean.

WHEN REMOVING A USED ADHESIVE

Make sure you remove the gel & the plastic tab.

WHEN PLACING A NEW ADHESIVE

1. The white covered side attaches to the GO 2.

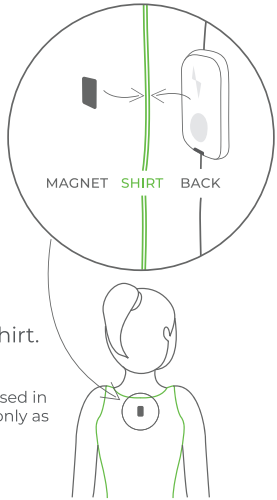


2. The green covered side attaches to your skin.

RUNNING LOW ON ADHESIVES?
Order more on our website or via the app

HOW TO USE THE SECURITY MAGNET

1. Start by attaching the GO 2 to your upper back.
2. Take the magnet and place it over your shirt where the GO 2 is located.
3. You'll feel the magnetic pull once the magnet meets the surface of the GO 2 through the shirt.



* The magnet shouldn't be used in place of the adhesive, but only as an extra security measure.

PRODUCT SPECS

Dimensions	48x28x8.6mm
Weight	~11gr
Bluetooth	BLE-Bluetooth Low Energy 4.2
Battery	Single Cell, Lithium-Polymer, 3.7V, 150mAh, 0.55Wh
Battery Life	~30 hours
Charging cable	USB Type C
Input voltage Input current	5V 100mA(max)
Mobile compatability	iOS 11 & up Android 6 & up

UPRIGHT GO 2™

M/N:UR-02A-02B

REGULATORY INFORMATION

Safety

This equipment has been tested to comply with IEC standard IEC62368-1.

Wear and Care:

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

When caring for your UPRIGHT, follow these tips:

- Do not use abrasive cleaners, such as bleach, to clean your UPRIGHT.
- Do not expose your UPRIGHT to any chemicals such as flammable liquids, etc.
- If you experience any kind of discomfort or notice signs of skin irritation where your UPRIGHT touches your back, please discontinue use and contact our support team.
- Do not attempt to disassemble or service your UPRIGHT yourself.
- Protect your UPRIGHT from any shocks or impacts.
- Do not expose your UPRIGHT to extremely high temperatures above 40°C/104°F or low temperatures below -20°C/-4°F.
- Do not expose your UPRIGHT to direct sunlight for extended periods of time.
- Do not leave your UPRIGHT near an open flame.

SAFETY NOTICES

Take the time to read, understand and follow all safety information contained in this user manual before using your 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.

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

⚠ CAUTION:

- Contains small parts. Keep out of reach of children.
- 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 place on dry surfaces. Do not place on a surface wet from water or cleaning solvents.
- Do not enter areas where the use of transmitters is prohibited.

⚠ WARNING: Hazardous Voltage

To reduce the risk of electric shock and 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 a 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 water during charging.
- 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.

Built-in Battery Precautions

⚠ CAUTION:

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

- The batteries are not designed to be replaced.
- Do not expose the device to temperatures exceeding 55°C/131°F when the device is in use.
- Charging the battery below 0°C/32°F degrees is strictly prohibited and may cause severe damage to the battery and to the device.
- Recommended charging temperature is: 10°C to 30°C/50°F to 86°F.
- 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.

Disposal and Recycling Information

For disposal and recycling of UPRIGHT, please contact your local recycling authority. If you have any questions on the matter, please contact our support team at: hello@uprightpose.com.

FC FCC ID:2AFW3-UR02

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."

CEC

BC 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)

CANADA: INDUSTRY CANADA (IC) STATEMENT

IC: 20607-UR02
This device contains licence-exempt transmitter(s)/ receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.
L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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;
(2) L' appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d' en compromettre le fonctionnement.

EU (EUROPEAN UNION)

CE This product has been confirmed to comply with European Radio Equipment Directive (RED), 2014/53/EU

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.

AUSTRALIA & NEW ZEALAND

This UPRIGHT GO 2 complies with the requirements of the relevant ACMA Standards made under the Radio Communications Act 1992 and the Telecommunications Act 1997.

SILICONE ADHESIVES

UPRIGHT GO 2's adhesives are made from medical grade silicone. Avoid use if you have any known allergy to silicone. The adhesives have been thoroughly tested and should not cause skin irritation. However, if skin irritation develops or any other symptoms occur, discontinue use and contact us. In case of irritation, wash skin thoroughly with soap and water. Seek medical attention if symptoms persist.
The adhesives should not be used on wounded skin.
If eye contact occurs, hold the eye open and immediately rinse with water for at least 15 minutes. Obtain medical attention if soreness or redness persist.