

keen²[®]

by  HABITWARE

Product Manual

v1.1 March 2021



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Keen2 is your own personal habit reversal trainer.

If you are ready to change, Keen2 provides awareness to help YOU take control of subconscious behaviors, such as:



Hair Pulling
(trichotillomania)



Skin Picking
(dermatillomania)



Nail Biting
(onychophagia)

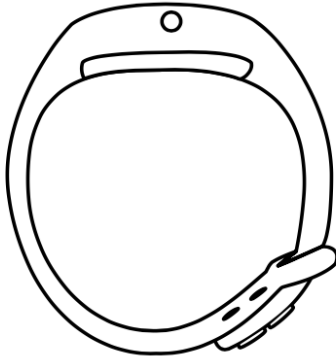
When Keen2 senses your behavior,
it sends a gentle vibration, helping you
develop awareness and choose healthier
soothing mechanisms.

We hope using Keen2 will help you
jumpstart positive behavior change.

Unboxing Keen2

Your Keen2 smart bracelet box includes:

Keen2 Smart Bracelet



USB Charger Base



Charging Keen2

Connect the Keen2 base to a power source, like your computer or a wall adapter.

Make sure the three dots on the inside of Keen2 line up with the three dots on the USB Charger Base. There will be a slight magnetic pull to align them.

Keen2's screen will light up to inform you that it is charging. Keen2 should fully charge in two to three hours. The battery icon on the top corner of Keen2 will be full to let you know when it's ready.

Keen2's battery life is approximately one day, with active use. We recommend charging Keen2 each night so it's ready to help you become aware each day.

For safety reasons, Keen2 has built in electronics to limit how fast it can be charged.

Once the battery is fully charged, our electronics turn off the charging circuits as an added measure of safety.



Get Keen2's App

You can set up and sync Keen2 with select mobile devices that support Bluetooth 4.2 or above technology. Here are the compatibility requirements:



Apple / iOS devices require running a minimum of iOS version 13.0.



Android devices require models running, at minimum, Android version 6.0 (Marshmallow).

There are two ways to download Keen2's app.

1. You can find Keen2's app on the Apple App Store or Google Play store by searching for "HabitAware".
2. Alternatively, you can visit www.habitaware.com/app from your device to access direct links to install the app from either the iOS (Apple AppStore) or Android (Google Play).

Wearing Keen2

To ensure accurate gesture detection, please wear Keen2 snugly and in the same orientation as trained.

Keen2 has a screen! Make sure when you first train it, you're wearing Keen2 right-side up for you, depending on what hand you are training for.

Slide the strap through the buckle and secure.

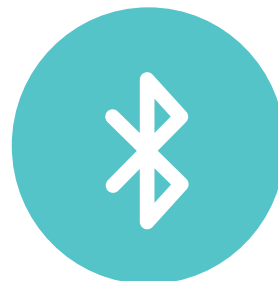
Make sure your bracelet fits snugly to ensure accurate behavior detection.

Here are some tips:

Keen2 is splash proof, but not waterproof. So please don't shower or swim with Keen2.



Make sure your phone's Bluetooth is enabled in settings to allow the app to find and connect to Keen.



Training Keen2

Use the app to train Keen2. It will take just a minute, but it's important to get right! Be sure to watch the in-app video demonstration and keep these important tips in mind:



Get comfortable and train Keen2 in the same position you normally do the behavior. This could be sitting, slouching or lying down.



Start the training process with your hand at a localized area. Perform your specific micro motion repeatedly for 15 seconds.



Train one gesture and get familiar with Keen2 for a few days before adding other gestures.



Once trained, Keen2 helps you become aware of where your hands are. Keen2 does this on its own, without needing constant access to the phone.

Tracking Keen2

You can't change what you don't acknowledge.

Forgive yourself when you do your behavior, then push Keen2's button to track it. Then, sync with the app to analyze your progress.

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.

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

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.

FCC ID: 2AKCN-KEEN2

ISED Compliance Statement

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-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.

IC: 22168-KEEN2

Radiation Exposure Statement

This equipment complies with FCC/IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux radiations FCC/IC CNR-102 établies pour un environnement non contrôlé.

Disposal & Recycling Information



Caution: Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.

This product should not be disposed of together with ordinary household waste, but instead needs to be disposed of separately. Disposal at your local recycling centers is free. Please be aware that it is your responsibility to dispose of this product to your recycling center. With this little personal effort, you can contribute to the recycling of valuable raw materials and the treatment of toxic substances.

Legal Notice

THE PRODUCT HAS NOT BEEN EVALUATED BY THE FDA. THE PRODUCT IS NOT A MEDICAL DEVICE NOR DOES IT CLAIM TO DIAGNOSE ANY CONDITION. IT IS DESIGNED TO PROVIDE INFORMATION ABOUT A PERSON'S HABITS FOR THE INDIVIDUAL'S OWN USE. THE PRODUCT MUST BE FITTED AND WORN ACCORDING TO THE INFORMATION PROVIDED WITH THE PRODUCT IN ORDER FOR IT TO OPERATE PROPERLY. ALL PRODUCT FUNCTIONS MAY NOT WORK OR WORK ACCURATELY ON EVERY PERSON.

HabitAware warrants that the Product will be free from defects in materials and/or workmanship for a period of one hundred-eighty (180) days from the date of delivery of Product ("Warranty Period").

TO THE EXTENT PERMITTED BY APPLICABLE LAW, HABITAWARE DISCLAIMS ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

Additional information about the Product, the Warranty, limitation of liability and other important matters can be found at www.habitaware.com/legal and use of this Product constitutes acknowledgment and agreement to those terms and conditions.

We're Here to Help



Thanks for purchasing Keen2. We are excited to join you on the journey to awareness and positive behavior change.

It will take some hard work, but we are rooting for you!

We are here to help and want to ensure your success with Keen2.

If you ever have problems, please email us at support@habitaware.com.

with love & awareness,

Aneela & the  team