



Welcome!

Your Lief was created with one simple purpose: to help improve your wellbeing from the inside out.

Over the next 8 weeks, we'll focus together on your body and mind, learning what triggers stress in your life and how to respond optimally.

Your Lief is designed to understand you better over time; the more you wear it, the better it will be at making personalized recommendations for you. Follow the directions in this manual and we'll get started.

Thank you for taking this step towards greater wellbeing, and trusting us to be a part of your journey.

Clinician Invitation

If you have been invited by a clinician or employer, you should have received an email link to a special sign-up page. Please create an account and use those login credentials to stay connected to the expert. If you have additional questions or need another invite link, please contact your clinician or employer.

Kickstarter Supporter

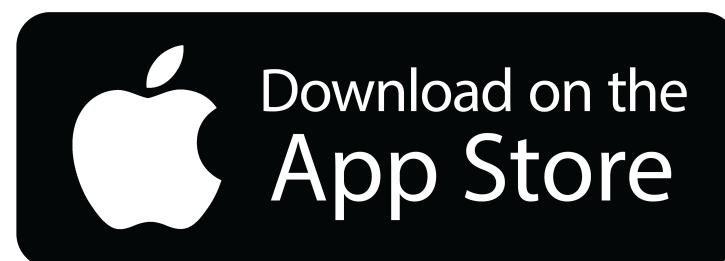
If you are receiving this device as a reward for supporting our Kickstarter (Thank you!!!), an account has been created for you with the email associated with your Kickstarter account. This is how we activate your Pro account or Smart account. Please use that email to complete your sign-up process.

Other

If you're a first-time user, and have not been invited by another party to create an account, please download the app, and select "Create an Account" from the login screen.

To download the smartphone app, simply visit <http://www.getlief.com/app> on your device, or search “Lief App” in your appropriate app store.

<http://www.getlief.com/app>



Snapping in Stickers to Lief

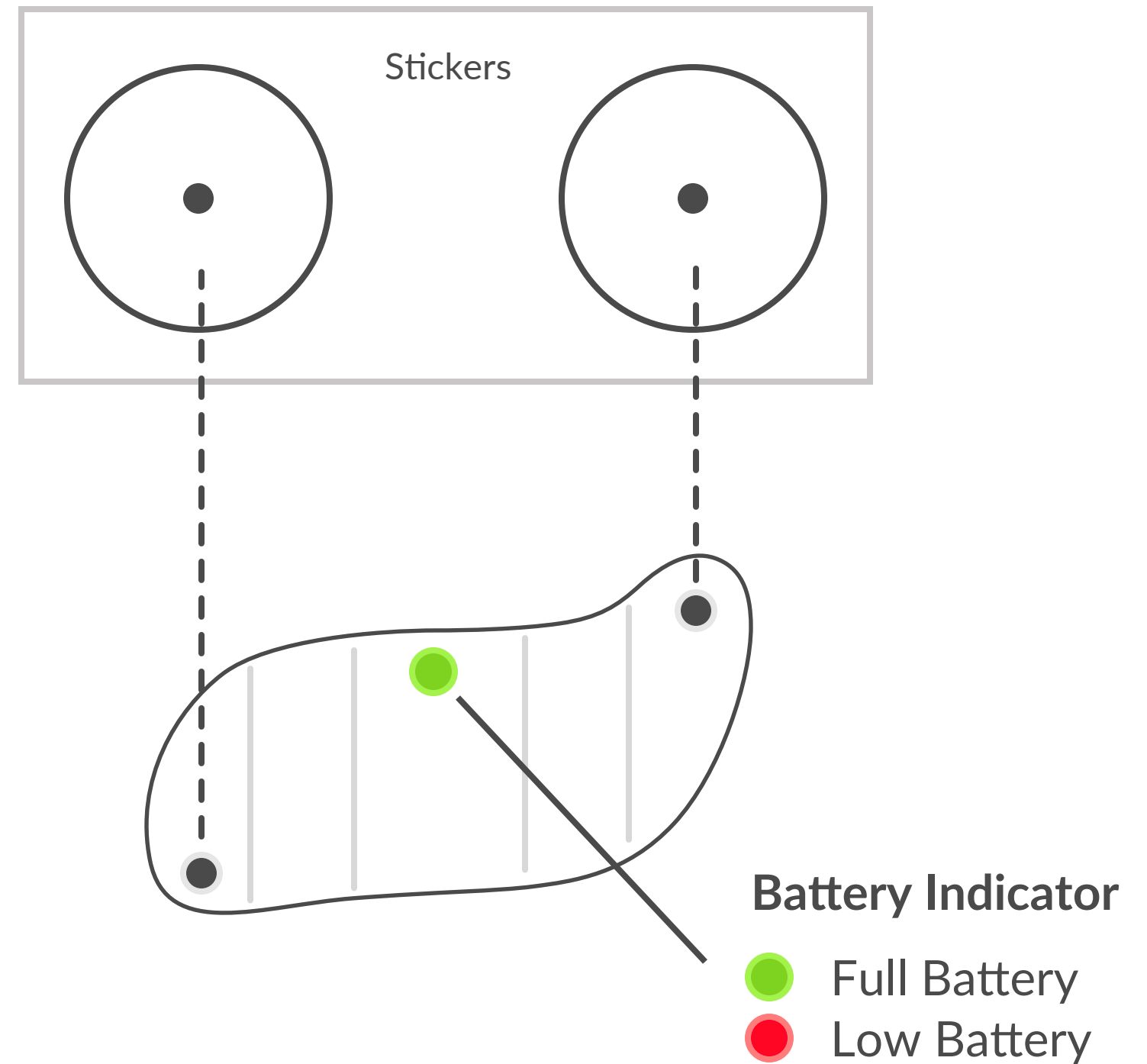
Snapping in

Lay Lief on top of sticker pair, and snap into stickers.

Once snapped in, gently peel stickers off of the plastic backing one at a time.

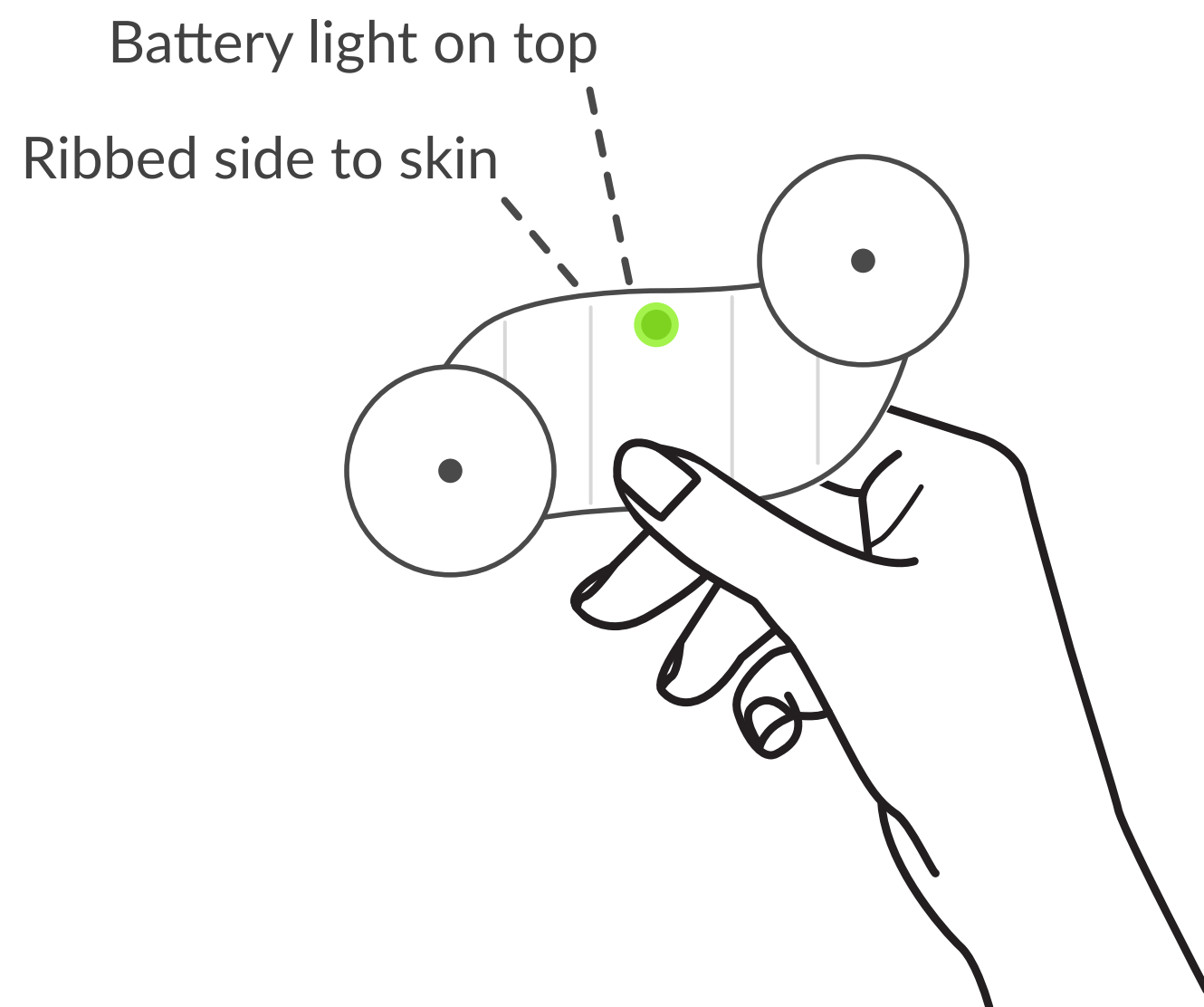
Checking Battery Level

When your Lief patch is off your body, a single tap will cause the LED to shine according to the current battery charge level. It is important to wear a charged Lief to make sure its available to you throughout your day.

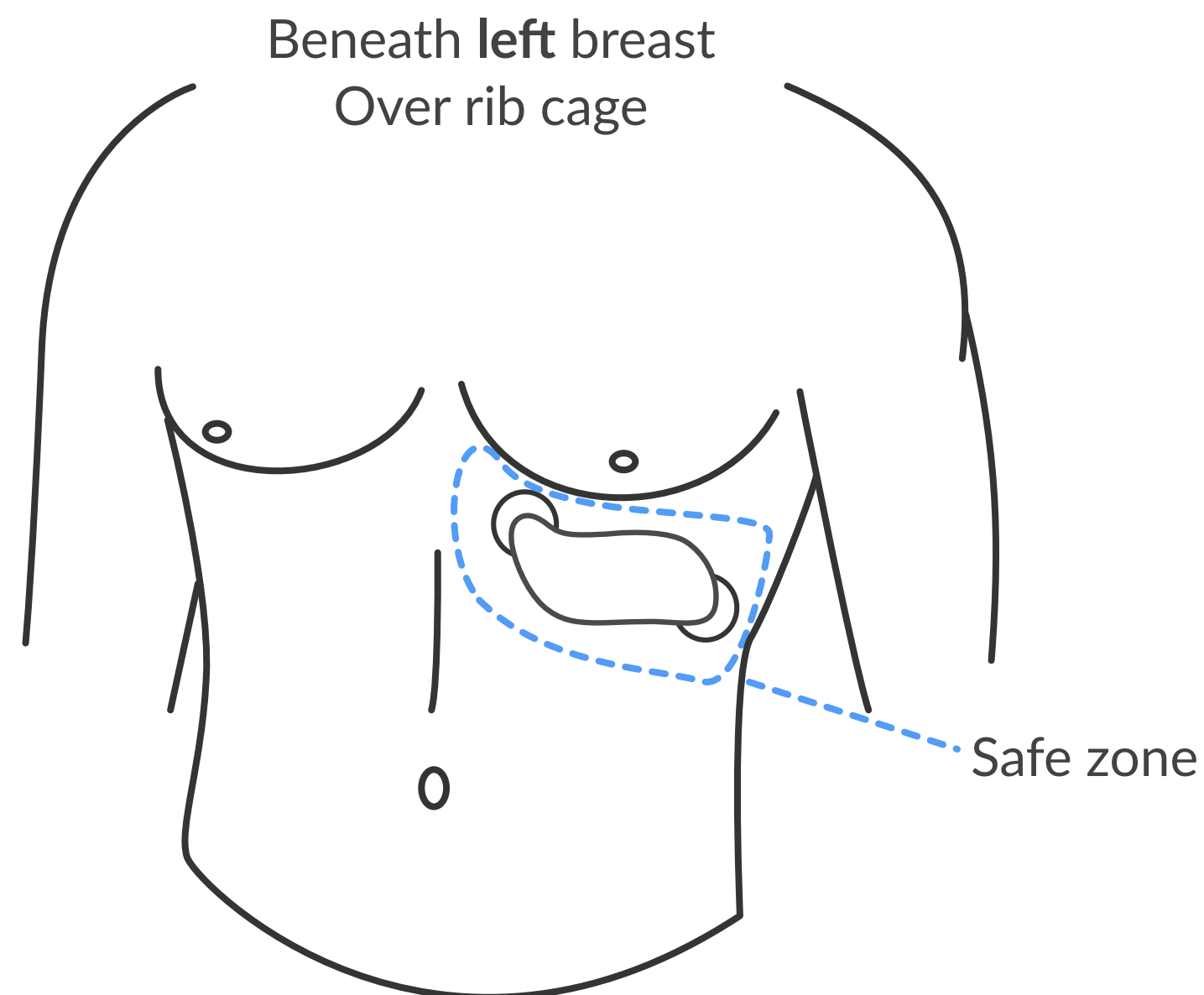


With stickers snapped into Lief, and placement area on body dry and unlotioned, firmly place the Lief on the body in the orientation shown below.

Orientation



Placement



Removing the Lief from body

Normal Removal

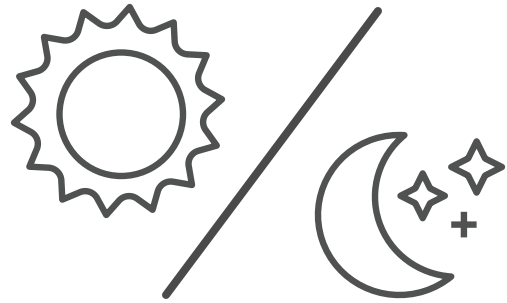
Unsnap the Lief while stickers are still attached, gently peeling back one sticker at a time while using your other hand to hold down skin. Place the Lief (with stickers attached) on sticker backing to preserve sticker life. If stickers are wet from sweat and you wish to let them dry, then replace to sticker backing.

Tip for Hairy or Sensitive Skin

If your body is hairy, or skin is sensitive, you may wish to choose to unsnap the Lief from the stickers while still on your body, then gently and slowly remove sticker while holding down skin with other hand.

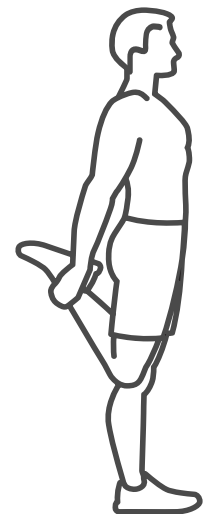
Battery Check

Once the Lief is removed from your body, the LED will momentarily shine according to the current battery charge level: Green = High, Red = Low. You may also **single-tap** the Lief to see battery level. If battery is low, please place your Lief in the middle of the charger. The LED will shine blue continuously to indicate it is charging.



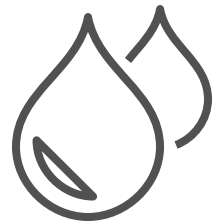
Wear Day & Night

The Lief can be worn during the day, and while you sleep. The more you wear your Lief, the better it will understand your body and the more helpful it will become. We recommend giving the skin beneath the stickers some time to breath while your Lief is charging every day or two.



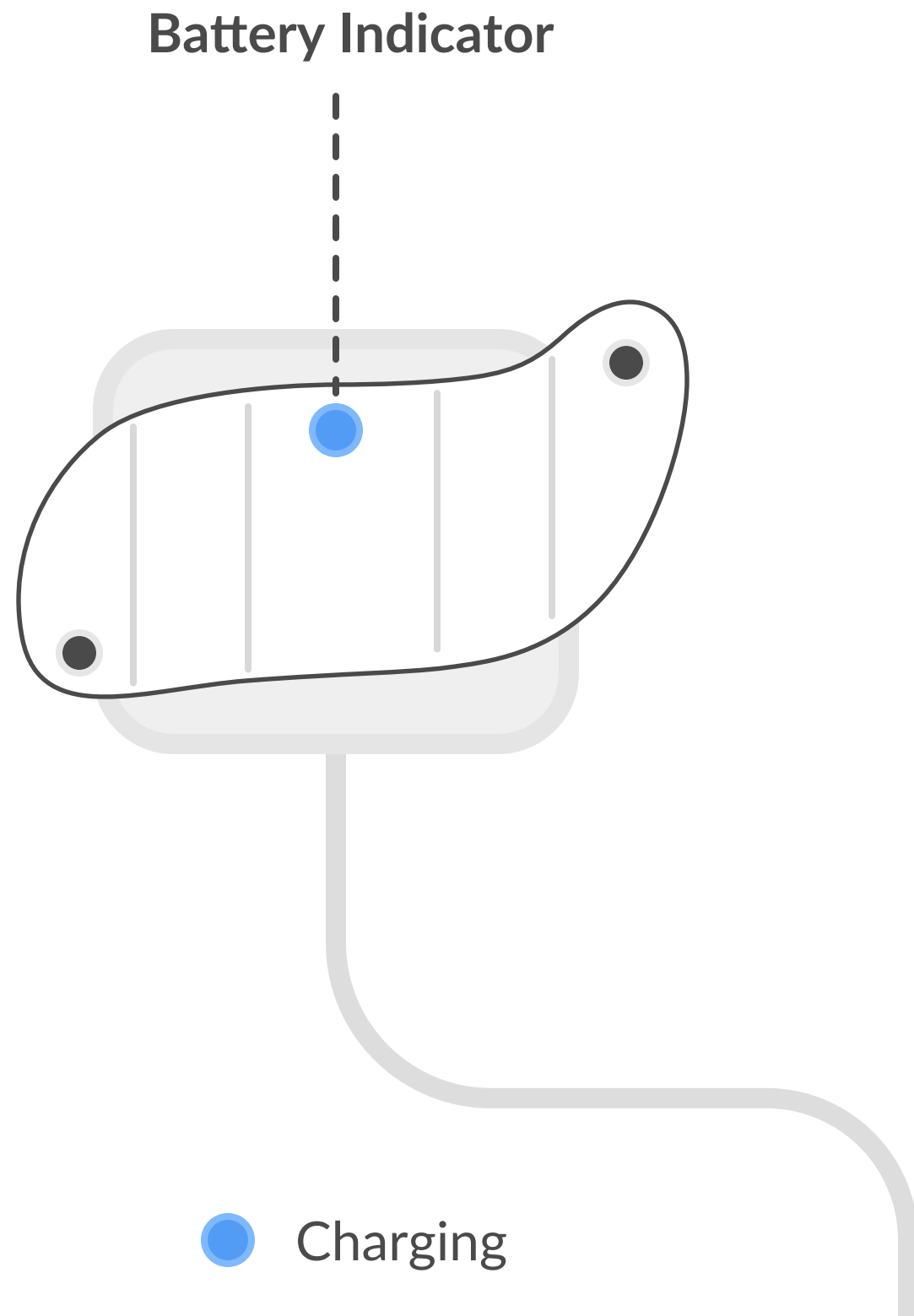
Light Exercise

The Lief stickers can handle light exercise, but as your body sweats, the Lief stickers will lose their stickiness and eventually fall off. Each body is different, so use your discretion.



Water Resistant

The Lief is sealed to protect against sweat, light wetness, and damp environments, but is not built for submersion in water. Sorry swimmers :(



Checking Battery Level

When your Lief patch is off your body, a single tap will cause the LED to shine according to the current battery charge level:

- Full Battery
- Low Battery

Charging

If battery is low, place your Lief on the wireless charging accessory with ribbed side and battery light facing up. With charger plugged in, the Lief battery indicator light should turn on.

To indicate charging, the LED on the Lief will shine blue. When the Lief is completely charged, the LED on the Lief will turn off.

It is normal for the center of the Lief and the charger surfaces to become warm during charging. This warmth can persist for some time after removing from the charger accessory. If it feels warm, please wait until it cools down before putting on your body.

Wear

The Lief stickers are reusable with an expected 2 to 5 day use, but this will vary based skin type and environmental conditions. We recommend replacing stickers anytime they begin to lose their stickiness to the body, or if you have worn the same pair for more than 5 days.

Storage

Your Lief stickers come in a sealed pouch with a shelf life of 6 months. Please keep these bags sealed, and store in a cool, dark place to prevent early degradation.

More Stickers

You can purchase more stickers within the app by typing “stickers” in the chat window and following the prompts.

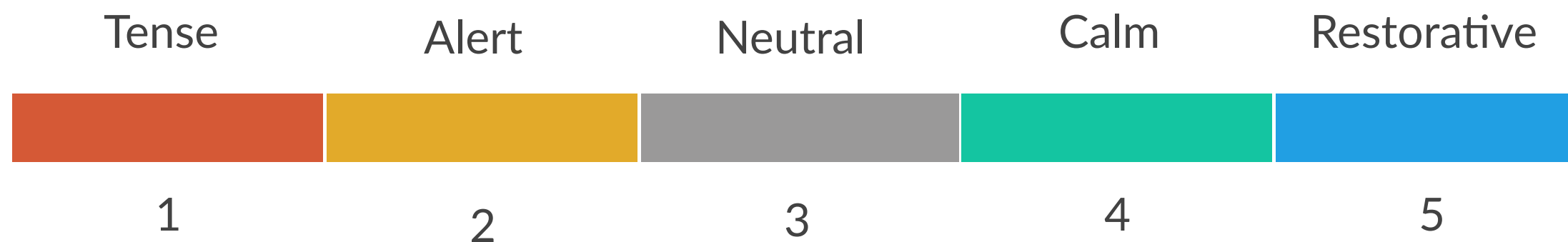
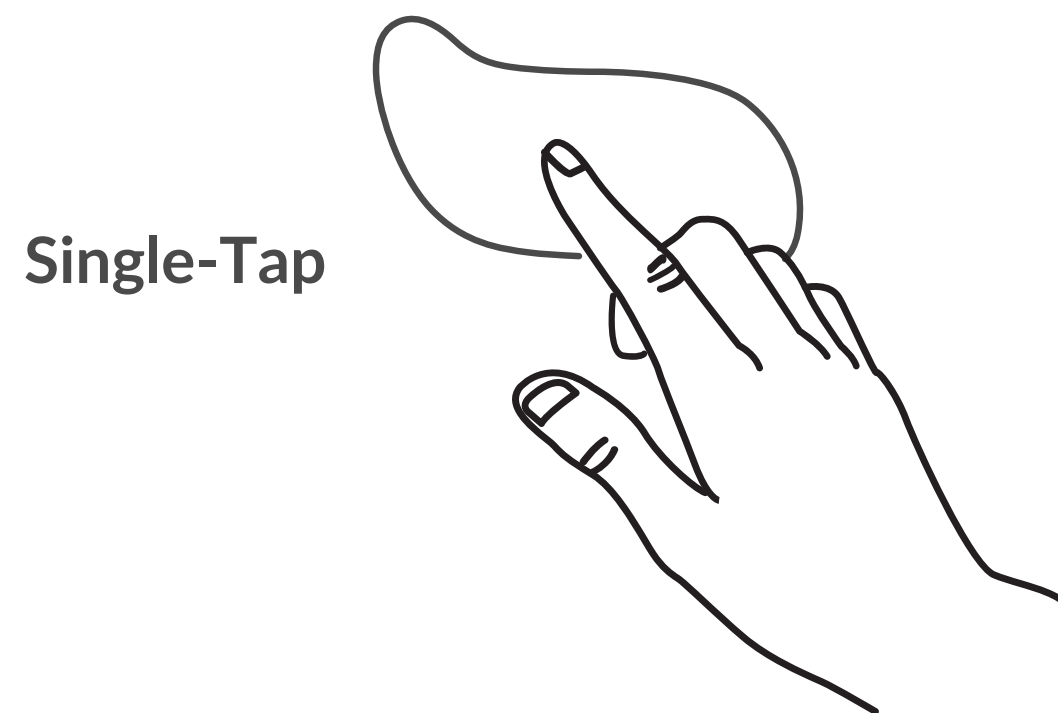
WARNING

Please note that while our stickers are extremely friendly for long-term use, some skin types may find them irritating after prolonged use, or under certain conditions. If you begin to notice skin irritation or discomfort, remove the Lief immediately and consult your doctor. If you’ve been wearing stickers for several consecutive days, consider taking a day off or moving the Lief to a different part of your torso. If you notice irritation immediately you may consider a different sticker type.

Using Zones to Understand the State of your Body

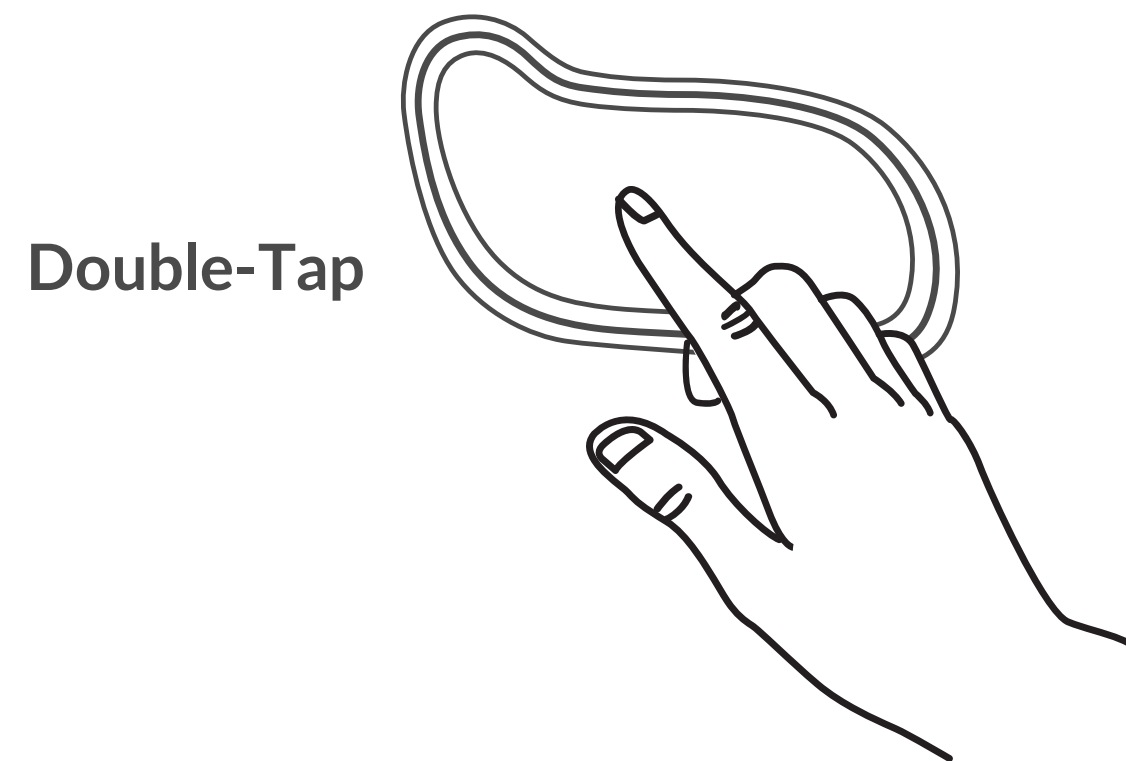
Zone

While you are wearing the Lief Patch, it is monitoring the level of stress in your body. A **single-tap** will cause the patch to buzz between 1-5 times to indicate your current Stress Zone, with 1 being the most tense, and 5 being the most restorative.



Training with Biofeedback

When the Lief senses your body's stress level is high, it will automatically begin a 3-minute "dose" of biofeedback. You can double tap to skip the dose.



At any time, you can **double-tap** Lief to begin or end a biofeedback dose. If you have a training schedule set up in Preferences, the Lief will begin a dose at regularly scheduled times. To learn more about biofeedback techniques, please download the Lief app for guided exercises at getlief.com/app.

Syncing Lief Data

Once your Lief device is connected to the Lief app, it will send data over a Bluetooth Low Energy connection in the background. In some cases, if the Lief app is terminated by iOS or Android OS, for example, you will need to re-open the Lief App to regain the wireless connection and start the data stream again.

Updating your Lief and Lief App

Free feature enhancements and product improvements may be made available for your Lief through firmware updates, and Lief App through iOS App Store and Google Play Store updates. For Lief device updates, if one is available, you will be notified in the Lief App. For Lief App updates, please make sure you have automatic app updates available so that you can receive them as soon as they are released.

United States

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End user must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC ID: 2ANNN-01

Canada

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.

IC: 23163-01

Europe

Lief Therapeutics
2443 Fillmore St #380-6060
San Francisco, CA 94115



- Do not attempt to open the Lief patch. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly.
- Charge your Lief using a certified WPC 1.1+ wireless charger powered by a certified USB power supply that can provide ample power.
- Do not tamper with your Lief.
- Do not use abrasive cleaners to clean your Lief.
- Do not place your Lief in a dishwasher, washing machine, or dryer.
- Do not expose your Lief to high (more than 45 Celsius) or low (less than 0 Celsius) temperatures.
- Do not use your Lief in a sauna or steam room.
- Do not leave your Lief in direct sunlight for an extended period of time.
- Do not leave your Lief near open flames.
- Do not dispose of your Lief in a fire. The battery could explode.
- Do not attempt to disassemble your Lief. It does not contain serviceable components.

Skin Irritation

Lief stickers can lead to skin irritation in a small number of users. Replace Lief stickers every 2-5 days, and clean the Lief regularly with a soft lint-free cloth and ethanol. Be careful not to get moisture in any openings, or use aerosol sprays, solvents, or abrasives. If a skin problem develops, discontinue use. If you notice a problem, contact Lief. If the problem persists, consult a physician.

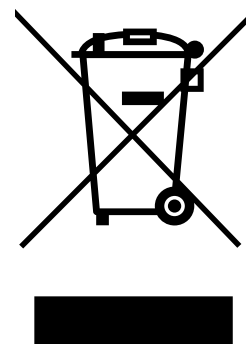
Electrostatic Shock

To minimize the risk of electrostatic discharge, avoid using the Lief in extremely dry environments, or touch a grounded unpainted metal object before attaching Lief to your body.

Disposal and Recycling

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.

- Do not dispose of the Lief with household waste.
- Batteries are not to be disposed of in municipal waste stream and require separate collection.
- Disposal of the packaging and your Lief should be done in accordance with local regulations.



Still have questions?

If you have questions that are unanswered in this quickstart guide, or in the app, please visit: getlief.com/support to access our help desk where we can further assist.

If you are using this device with an expert, coach, or clinician, please consult them for advice, tips, and troubleshooting regarding the plan they recommend for you.

www.getlief.com/support

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