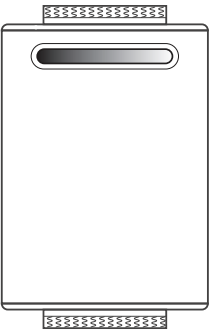
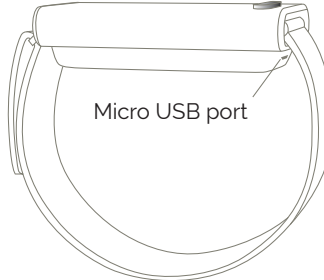


8. CHARGING	9. MOBILE APP	10. MOBILE APP	11. CHARGING BEFORE USE	12. IMPORTANT SAFETY INSTRUCTIONS	13. IMPORTANT SAFETY INSTRUCTIONS	14. REGULATORY INFORMATION
When the Light Bar blinks orange, Embr Wave is running low on battery.  To recharge Embr Wave, plug the included micro USB cable into the underside of the device. The device takes approximately 1.5 hours to reach full charge. 	Download the app To get the mobile app, search for Embr Wave in the App Store or Android Play Store. What do I use the app for? - The companion mobile app gives you an overview of your recent usage of warming and cooling so that you can better understand your comfort trends. You'll be able to view your daily usage, as well as compare weekly usage with your personal baseline. - Based on your usage, the app also shares short comfort tips. - The app also keeps your device updated by alerting you of any available software upgrades. We recommend having the app so that you can stay up-to-date on Embr Wave!	Connecting your device to the app - Follow the instructions prompted by the app to set up your account. - To pair, first ensure that your iOS device has Bluetooth turned on. Then navigate to the Device screen and press the PAIR button located on the lower right corner. - Press down on the middle of the Light Bar for 4 seconds, then release. You should see a green light pattern. - Press 'Confirm' on the app, and press Pair if a dialog box appears. - After a brief moment, your Embr Wave should be successfully paired! You can now name your device and begin reviewing your usage.	Before first use, you should charge Embr Wave. Allow up to 1.5 hours for a full charge. Use the supplied USB cable to connect Embr Wave to a powered USB port on your computer or an agency-approved wall charger (not supplied). When fully charged, Embr Wave will have a battery life of 25-50 cooling or warming sessions. Each session lasts 3-5 minutes. Note: Before charging, be sure the product is at room temperature, between 41°F [5°C] and 104°F [40°C].	Embr Wave is designed to provide thermal comfort, not to regulate body temperature. It is intended for use in moderate environments, and it is not designed as a replacement for clothing, air conditioning, or other traditional temperature solutions. Embr Wave is a consumer product and not a medical device intended to diagnose, treat, or cure any disease. If you have any medical condition that you believe could be affected by Embr Wave, consult with your physician prior to using the product. If you experience adverse reactions, immediately remove the system, stop using it, and consult with your physician. Embr Wave is designed to be worn on the wrist only. Different parts of the body have different thermal sensitivities. Use Embr Wave on other body locations at your own risk. The product's warming feature should be used with care and common sense. DO NOT use Embr Wave in temperature settings that feel painful or uncomfortable. Exposure to hot surfaces may cause pain or skin damage. DO NOT use Embr Wave continuously for more than 4 hours. Using the heating mode continuously for long periods may result in the skin turning red due to prolonged heat exposure.  This product contains magnetic material. Consult your physician on whether this might affect your implantable medical device. DO NOT submerge or expose for extended periods to water or wear while participating in water sports, i.e. swimming, waterskiing, surfing, etc.	Do NOT use Embr Wave if you have open wounds, sores, rashes, infection, or inflamed skin in or around the area of contact. Consult with your doctor before using Embr Wave if you are pregnant. Keep this system out of the reach of children. The Embr Wave band contains some nickel. Nickel exposure from these materials is unlikely, but customers with known nickel allergies should be attentive when wearing the product until they can determine they are not experiencing an allergic reaction. To reduce the risk of fire or electric shock, DO NOT expose the product to rain or moisture. DO NOT subject the product to mechanical shock. DO NOT expose products containing batteries to excessive heat (e.g. from storage in direct sunlight, fire or the like). DO NOT expose this apparatus to dripping or splashing, and do not place objects filled with liquids such as vases, on or near the apparatus. As with any electronic products, use care not to spill liquids into any part of the system. Liquids can cause failure and/or a fire hazard. Charging temperature range: 0-45°C. Discharging temperature range: 0-60°C. Use this product only with an agency approved power supply which meets local regulatory requirements (e.g. UL, CSA, VDE, CCC). DO NOT leave the product on prolonged charge when not in use. The product must not be discarded as household waste, and should be delivered to an appropriate collection facility for recycling. Proper disposal and recycling helps protect natural resources, human health and the environment. For more information on disposal and recycling of this product, contact your local municipality or disposal service.	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. 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 Caution: Changes or modifications not expressly approved by Embr Labs could void the user's authority to operate the equipment. This device complies with Industry Canada's licence-exempt RSSs. 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. This product conforms to all applicable EU directive requirements.



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288 Norfolk St Suite 4A, Cambridge MA 02139, USA
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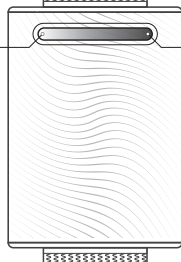
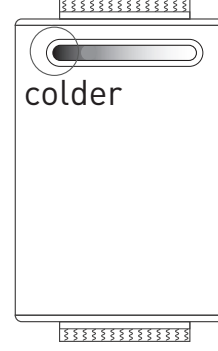
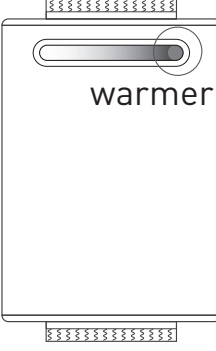
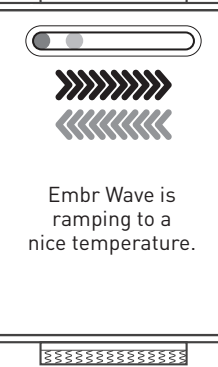
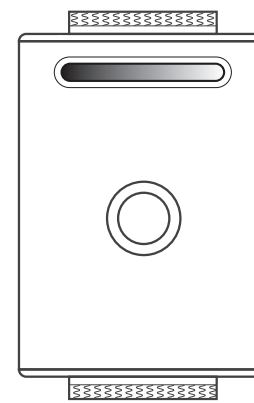
Need help?

Contact our support team: hello@embrlabs.com
We'd love to hear from you!

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WELCOME!	2. ACTIVATING EMBR WAVE	3. ADJUSTING THE TEMPERATURE	4. UNDERSTANDING THE LIGHT BAR	5. UNDERSTANDING THE LIGHT BAR	6. TIPS FOR COOLING	7. TIPS FOR WARMING
 embr wave  USER MANUAL VERSION 1.3 BC Please read and keep this User Manual and take the time to carefully read and follow the Important Safety Instructions. Welcome to Embr Wave! Embr Wave is a thermal wristband that provides thermal relief at the touch of a button. Whenever you're feeling uncomfortably warm or cold, simply hold down the tight bar for a session of cool or warmth. Experience localized temperature that comes in waves designed to maximize your thermal comfort. Use this sensation to take the edge off and warm up or cool down — anytime, anywhere. What's in the box? Your Embr Wave box includes: • Embr Wave thermal wristband • Micro USB charging cable • Storage pouch • Quickstart guide	 Want cool? Hold here.   Want warmth? Hold here. Turning on and off - Click anywhere on the Light Bar to wake up the device. The Light Bar will turn on. - Hold down the left side of the Light Bar to start cooling, or the right side to start warming. Release when the device has reached a pleasant temperature. - Each cooling session lasts 3 minutes. Each warming session lasts 5 minutes. - To turn off, press the middle of the light bar until you feel both sides click. You can reactivate at any time. PRO TIP: If your session has ended in the last 5 minutes, you can reactivate it by double-tapping the aluminum body.	There are multiple levels of temperature. During operation, you can hold down the left side of the Light Bar to lower the temperature, or the right side to raise it.  colder  warmer When in Warming Mode, Embr Wave will glow red. When in Cooling Mode, it will glow blue. The Light Bar will blink if you can't increase or decrease further!	 Embr Wave is ramping to a nice temperature. Initialization When you hold down the left (or right) side of the Light Bar, Embr Wave will ramp up to increasingly strong cooling (or warming). The Light Bar will blink to show that Embr Wave is ramping up. Temperature waves Because the human body is more sensitive to changing temperatures than to static ones, Embr Wave cools and warms in rhythmic waves. If you pay close attention, you'll notice that the Light Bar gets brighter and dimmer to show you the rhythm.	Occasionally, Embr Wave will not be able to fulfill a temperature request. Too cold to start If the device is too cold, the Light Bar will alternate slowly between blue and orange to indicate that it needs to warm up — wear it against your skin for a few seconds, and you should be all set! Too warm to start If Embr Wave is too hot to start, the Light Bar will alternate slowly between orange and red. Let it rest 3-5 minutes, or until the Light Bar turns back off. Overheated If your device gets really hot for some reason, the entire Light Bar will flash orange and red. If this happens, wait to use your Embr Wave until it has cooled down.	Finite cooling The metal top will get warm as Embr Wave pulls heat away from your skin (just like an air conditioner). In order to avoid overheating, Embr Wave needs to recuperate from time to time. For best results: - Avoid touching the metal during Cooling Mode. - If Embr Wave gets uncomfortably warm, loosen the wristband or take it off for a few minutes for a few minutes to let it cool down. - Leave the metal body uncovered to facilitate heat dissipation.  The skin gets cold, the metal warms up.	In Warming Mode, you want to keep as much heat as possible! - For best results, insulate the device when in Warming Mode (such as by covering the device with your sleeve). - Knocking the metal twice will switch back and forth between two different warming rhythms.  Double-knock the metal to switch rhythms.

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