

M-Band

Quick Start Guide

Meet M-Band

This isn't just a device. It's your day-to-day partner designed to gently nudge you toward healthier habits every day.

Let's get you started in just a few steps.

This guide is designed to help you get familiar with your M-Band quickly and start using it comfortably.

Inside, you'll find easy-to-follow instructions, helpful tips, and everything you need to charge, pair, wear, and care for your device, so it can support you to build and sustain healthier mental habits, day after day.



“

The M-Band picks up on my sleep and activity, so the support from Mind always fits what I need each day.

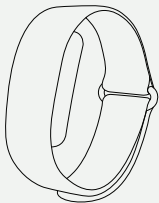
Mind Member

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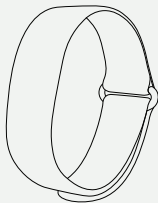
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1 What's in the box?

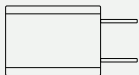
1 M-Band



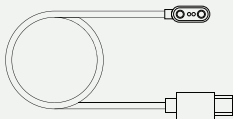
1 Additional fabric strap



1 USB-C Wall Charger



1 Magnetic Charging Cable

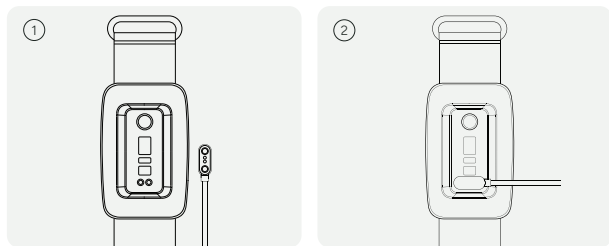


2 Before You Start

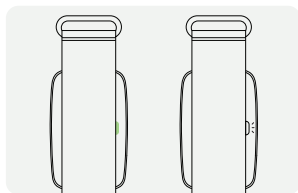
Charging your M-Band for the first time

To charge your M-Band, use the provided magnetic cable.

Align the two metal points on the charger with the underside of the device and the built-in magnets will help them snap into place.



Make sure the cable is connected to the charger.



While charging → Light pulses white

Fully charged → Solid green light

You can check your battery level anytime on the Sword App.

3 Download the App

If you haven't, make sure to download the Sword App from the App Store or Google Play and log-in to your account.



4 Pairing Your M-Band

Before pairing:

On your phone: Make sure Bluetooth is turned on

On the M-Band: Charge your M-Band — this enters pairing mode

Pairing steps:

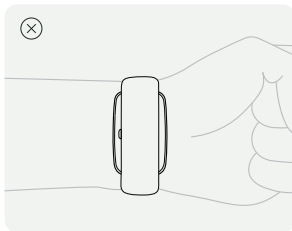
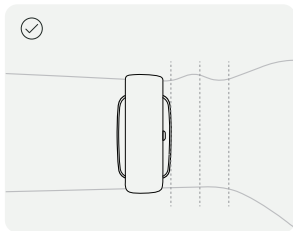
1. Open the Sword App
2. Follow the on-screen instructions

Once paired, the M-Band will begin tracking your activity.

5 How to Wear M-Band

Wear the M-Band about **one finger-width above your wrist**

Ensure the side with the sensors sits **on top of your wrist**, not underneath



Tips for comfort and accuracy:

- Avoid wearing it too tightly (it should feel comfortable)
- Don't wear it too loose (the device shouldn't move during exercise)
- For the most accurate data and to get the most out of the program, try wearing the M-Band throughout the entire day

6

What M-Band Tracks

The M-Band tracks your:

- Physical activity
- Steps
- Heart rate
- Sleep
- Ambient light exposure

It's most effective when worn **consistently**, during your Mind sessions, but also throughout your everyday routines.

Wearing it regularly gives us the insights we need to better understand your habits and personalize your plan over time.

***Note:** M-Band is not a medical device. It is not intended to diagnose or monitor any disease or medical condition.*

7 A More Immersive Experience

The M-Band includes **haptic feedback** — subtle vibrations that help guide your sessions or notify you of activity.

There's no need to check your phone constantly, the M-Band keeps you in the loop, discreetly.

8 Build Healthy Habits

Progress doesn't require perfection. Just keep showing up.

- Wear the M-Band consistently throughout your day
- Charge it regularly (before battery drops below 10%)
- Open the app for insights and encouragement
- **Consistency beats intensity**

9 Need Help?

If your M-Band isn't syncing or pairing:

- Ensure Bluetooth is turned on
- Check that the Sword App is updated
- Retry the pairing steps from this guide
- Contact support via the Sword App (Settings > Contact support)
- Or contact us via email at: help@swordhealth.com

10 Safety & Care

Not a Medical Device

M-Band is not a diagnostic or therapeutic device.

Always consult a healthcare professional for medical concerns.

Cleaning & Handling

- Wipe with a soft, damp cloth
- Do not use soap or abrasive cleaners
- Dry completely before wearing again
- Do not crush, drop, or open the device

Battery Safety

- Only use the included magnetic charging cable and wall charger
- Avoid overcharging (disconnect once full)
- Never replace the battery yourself
- Recycle or dispose through proper e-waste channels

Storage & Operating Conditions

- Use: 0°C to 45°C (32°F to 113°F)
- Storage: -20°C to 45°C (-4°F to 113°F)
- Avoid sudden humidity or temperature changes

Skin Sensitivity

- Fasten snugly but not tightly
- Let skin breathe between wears
- Remove if redness or irritation occurs

Regulatory & Disposal

- **Model:** MB1
- **FCC ID:** 2AQ4A-MB1
- **IP Rating:** IP68
- **Bluetooth:** BLE 5.2
- **Battery:** 120mAh
- **Size:** 42.5 × 27.5 × 10.5 mm
- **Memory:** 256 Mbit

Proper disposal:

Do not throw your M-Band in household waste.

Contact your local e-waste service for recycling or disposal.

Certification markings:

FCC ID found on the M-Band device.



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.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

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 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 manufacturer or an experienced radio/TV technician for help.

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

Additional Info

For more information on the M-Band scan this QR Code:



Liability

By using this device, you acknowledge and agree to the following:

Health and Fitness Information: The device is intended to provide general health, fitness, and wellness information. It is not intended to diagnose, treat, or prevent any medical conditions. Always consult with a healthcare provider before making any changes to your diet, exercise, or lifestyle.

Accuracy of Data: While the device is designed to collect and analyze data, we do not guarantee the accuracy, completeness, or reliability of the information provided. Data collected may be subject to errors, inaccuracies, or limitations.

Use at Your Own Risk: You use the wearable device at your own risk. Sword and its suppliers are not responsible for any injuries, health complications, or damages resulting from the use or misuse of the device.

Data Privacy: Your personal data, including health information, will be handled in accordance with our Privacy Statement. By using the device, you consent to the collection, processing, and storage of your data as outlined in the Privacy Statement.

Third-Party Services: The device may sync with third-party apps or services. We are not responsible for the privacy practices or functionality of these external services.

Limitation of Liability: In no event will Sword Health S.A., or any of its affiliates, be liable regarding misuse of the M-Band, including negligence or uses not described in this document. Use of the M-Band does not automatically guarantee improvement. Every member using the M-Band must interact with a Sword Specialist to assist with the program.

By continuing to use this device, you accept and agree to this disclaimer.

Distributed in the US by

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Sword Mind
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