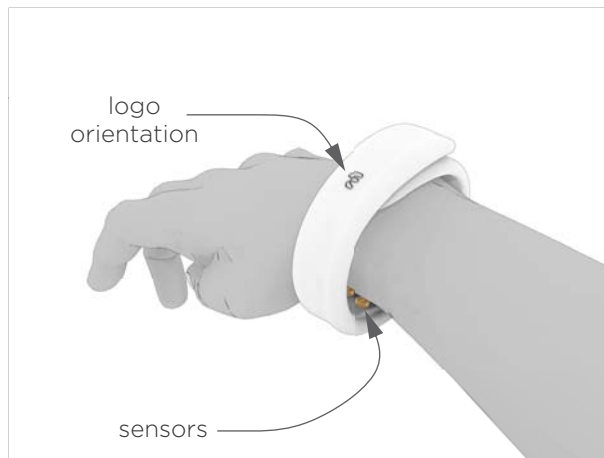


## **Product Manual**

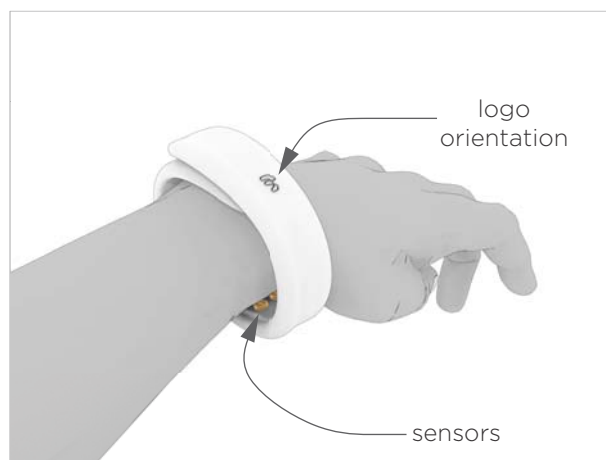
## 1. How to wear your wristband / Important

Follow the below instructions to ensure that your wristband is worn correctly, in order to ensure best accuracy in emotion sensing.

- a. Place your wristband on the wrist of your dominant hand so that the sensors are at the bottom and the Feel Logo is facing your way

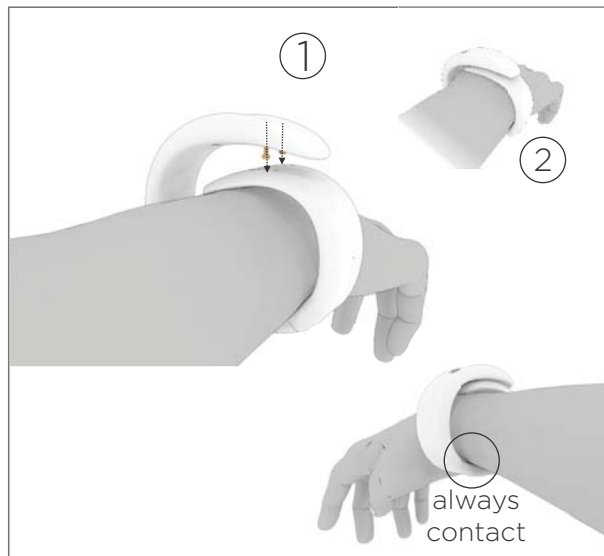


Right-handed  
wear on your right hand



Left-handed  
wear on your left hand

b. Secure the pins in place. The wristband should fit tightly around your wrist so much that it is comfortable, but it doesn't move around and the sensors are always in contact with your skin.



## 2. Get started / first use

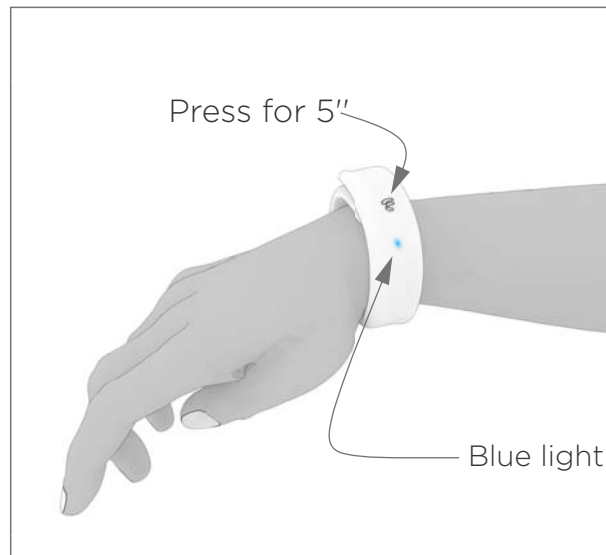
Your Feel wristband comes fully charged so you are ready to get started right away!  
Follow the below steps to get started:

a. Install the Feel app on your phone

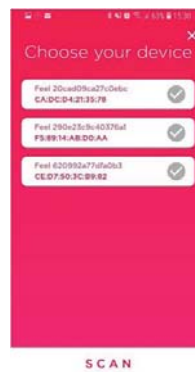


b. Sign up on the app to create a Feel account.  
If you have a token for the Feel Augmented Mental Health Program from your provider, don't forget to enter it on the sign-up screen.

c. Wear your wristband. To turn it on for the first time, press the button for 5 seconds until the blue light flashes

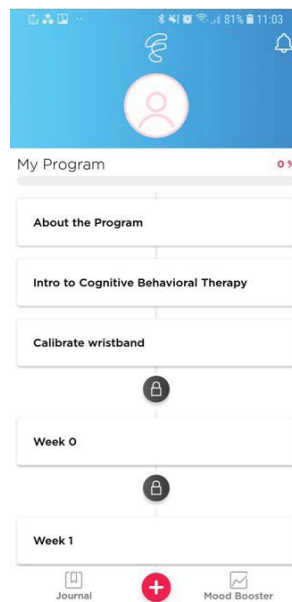


d. Follow the on-screen instructions to connect your wristband to the app. Use the serial number of the wristband (on the box) to correctly identify it.



application  
instructions

e. All done! You can now get started with using the Feel app and wristband. You'll find all the information you need in the app



### 3. More about the Feel wristband

#### A. Sensors

Your wristband is equipped with 5 sensors that monitor a variety of physiological and environmental signals throughout the day. In addition to that, it includes a LED indicator and a button.

1. Skin conductivity (Galvanic skin response)



2. Heart Rate and heart rate variability



3. Skin Temperature



4. Environmental Temperature & Relative Humidity

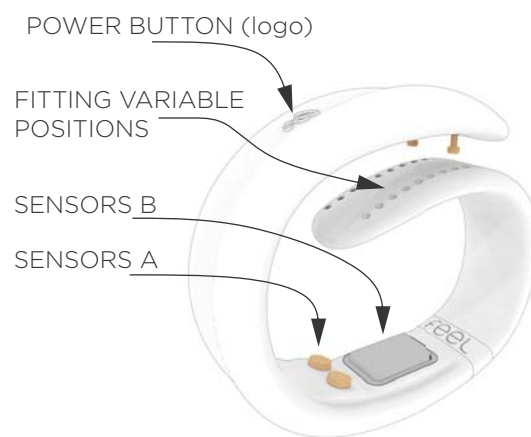
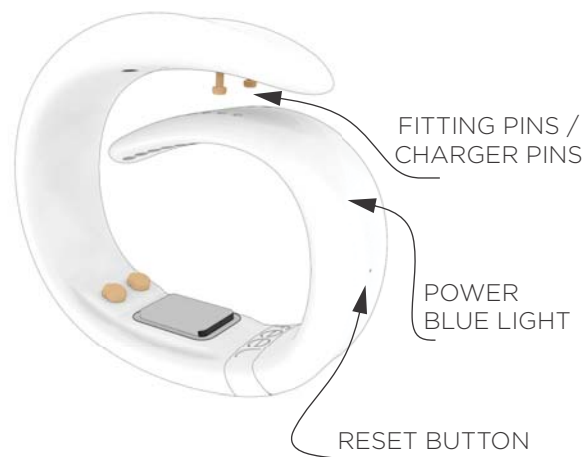


5. Acceleration, orientation, and angular velocity



I. LED indicator

II. Button



## **B. How to charge it**

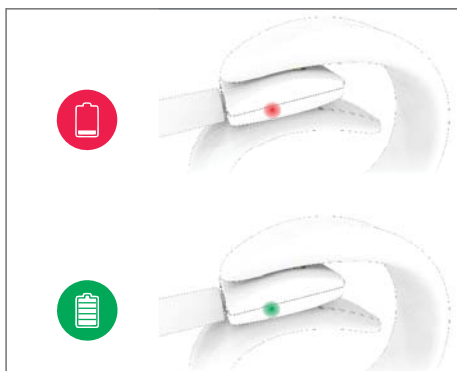
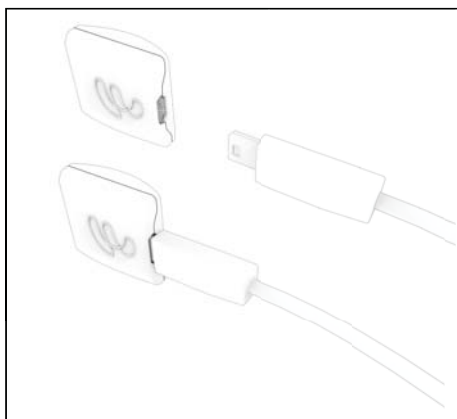
Your Feel wristband should last roughly 1 day when fully charged. It is recommended to charge it overnight so that you can use it uninterrupted during the day

a. Connect the usb adapter to the locking pins on your wristband.

b. Connect the usb cable to the adapter and to a computer (or to a wall socket using a power adapter)

c. LED will be steady red while charging. LED will turn steady green once fully charged.

NOTE: If your wristband had turned off because of critically low battery before charging, do not worry. It will turn back on automatically after it has been charged and you wear it again.



C. Wristband interactions

Your wristband communicates important information to you through short vibrating patterns and the LED indicator.

| Pattern                                 |                                                                                     | Message                       | Details                                                                                                                                                                      | Additional info                        |
|-----------------------------------------|-------------------------------------------------------------------------------------|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| 3 double vibrations                     |   | Wristband not worn correctly! | The sensors in the wristband are not in good contact with your skin. You need to reposition it or tighten it a bit.                                                          | The Feel app also sends a notification |
| 3 single vibrations                     |  | Wristband is worn correctly   | After repositioning your wristband it will give you this pattern to indicate that all is OK now.                                                                             | -                                      |
| One vibration + LED blinks RED 3 times  |  | Battery is low                | The battery level is below 20%. You need to recharge your wristband soon.                                                                                                    | The Feel app also sends a notification |
| One vibration + LED blinks RED 10 times |  | Battery is critically low     | The battery level is below 10%. You need to recharge your wristband as soon as possible otherwise it will shut down soon.                                                    | The Feel app also sends a notification |
| constant GREEN LED                      |  | The wristband is updating     | The firmware on the wristband is being updated. Please wait for the green LED to go off and then wear your wristband and press the button for 5 seconds to turn it on again. |                                        |

#### **D. Data syncing and Bluetooth connection**

Once connected to the Feel app via Bluetooth, your wristband constantly syncs data to Feel so that you can continuously monitor your emotional states.

If disconnected, the wristband will continue storing data in its internal memory and sync it once it gets a chance. The memory can hold several hours' worth of data, but it's important that you don't stay disconnected for too long, so that you don't risk running out of memory. If you had disconnected via the app settings (pressed the Disconnect button), then you need to connect again from the app. If the wristband disconnected because of it was too far from your phone, then it will automatically reconnect once it's within range again.

#### **E. Updating your Feel Wristband**

From time to time, feature enhancements and new features will be made available for your wristband with a firmware update through the Feel app. When this happens, you will receive a notification on the Feel app installed on your phone. It's advised to install firmware updates to ensure you have the latest functionality and product enhancements. To install the update, tap on the notification or go to App Settings on the app and press the "Update" button. Follow the instructions on

screen to go through the update process and to ensure your wristband reconnects with the app when finished.

#### **F. Specifications**

Battery: li-ion batteries of 60 mAh  
Operating temperature: 32-104F (0-40C)"  
Water resistant: Splash proof - Do not shower or swim with the device.  
Surface: hypoallergenic silicone

#### **G. Troubleshooting and Support**

If you are experiencing issues with your wristband, please contact support <link>. You can contact support from inside the Feel app as well. To do that, go to app settings > Support.

#### **D. Caring tips**

It's advised to clean your Feel wristband regularly. Use a clean damp cloth to clean it and dry it carefully with a dry cloth.

## **E. Important Safety Instructions**

**Please read these instructions, keep them and follow them:**

- Do not tamper with your Feel wristband
- Do not attempt to disassemble or open your Feel wristband. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed improperly.
- Regardless of what reasons cause unit damage please contact support and do not attempt to repair yourself.
- Do not expose your Feel wristband to extremely low or high temperatures
- Do not leave your Feel wristband in direct sunlight for an extended period of time.
- Do not leave your Feel wristband near open flames.
- Do not dispose of your Feel wristband in a fire. The battery could explode.
- Do not use abrasive cleaners to clean your Feel.
- Do not place your Feel wristband in a dishwasher, washing machine or dryer.
- Do not use your Feel wristband in a sauna or steam room.
- Do not wear your Feel wristband while charging it.

- Your Feel wristband is splash and rain proof. Do not immerse it in water or wear it in the shower.
- Do not charge your Feel wristband while it is wet.
- Remove your Feel wristband if it feels warm or hot.
- Your Feel wristband is not a toy. Do not allow children or pets to play with it.
- The surface of your Feel wristband wristband is made of hypoallergenic silicone. However, if you notice any signs of skin redness, itchiness or other irritation, please stop using it. If symptoms persist, consult with your doctor.
- You should take your Feel wristband off from time to time to clean it and allow for your skin to be uncovered.
- This product is not a medical device. It is not intended to diagnose, treat, prevent or cure any disease.
- Your wristband has a heart rate tracking feature that may pose risks to users with certain health conditions. Consult your doctor prior to use if you:
  - o Have a medical or heart condition.
  - o Are taking any photosensitive medicine.
  - o Have epilepsy or are sensitive to flashing lights.
  - o Have reduced circulation or bruise easily.
- Built-in battery precautions

- Your Feel wristband features a built-in battery, which is not user replaceable. Tampering with your product or attempting to open it will void the warranty and can result in a safety hazard.
- Use only the charger cable that shipped with your product to charge the battery
- Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory
- Charge the battery in accordance with the instructions supplied with this guide.
- Your product uses a California Energy Commission battery charger.

## FCC Warning

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.

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

**Note:** 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.