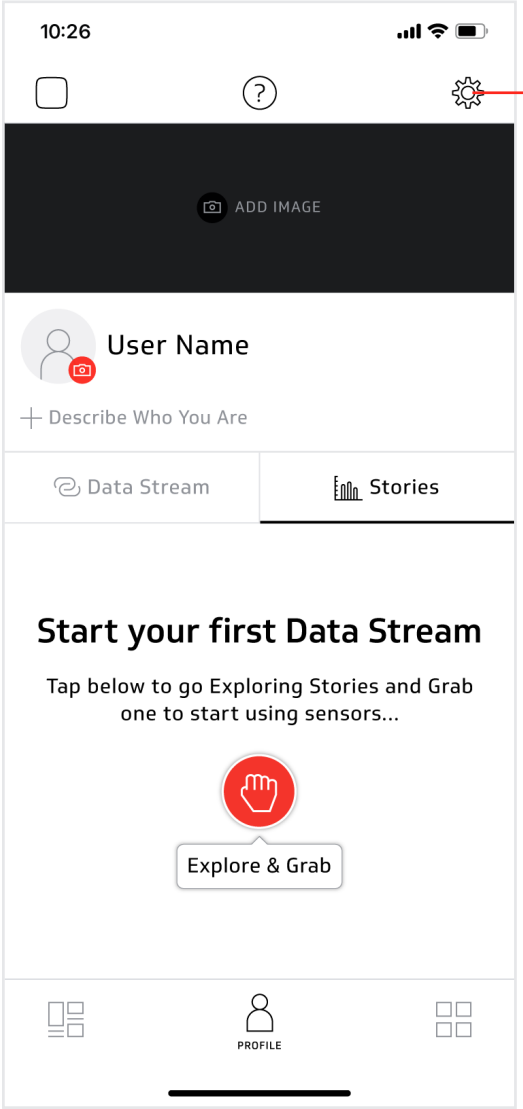
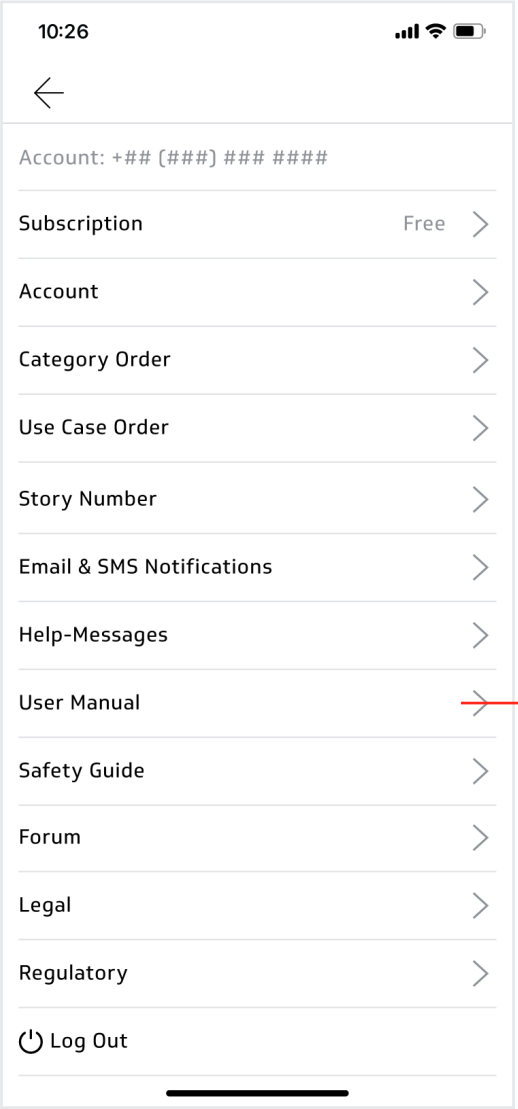
ZEN -ME

Step 1



Step 2



Go to User Manual (see pages 2-12)

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ZEN -ME

User Manual

(Contents as in Zen-Me in-App version and www.zenme.io/manual)

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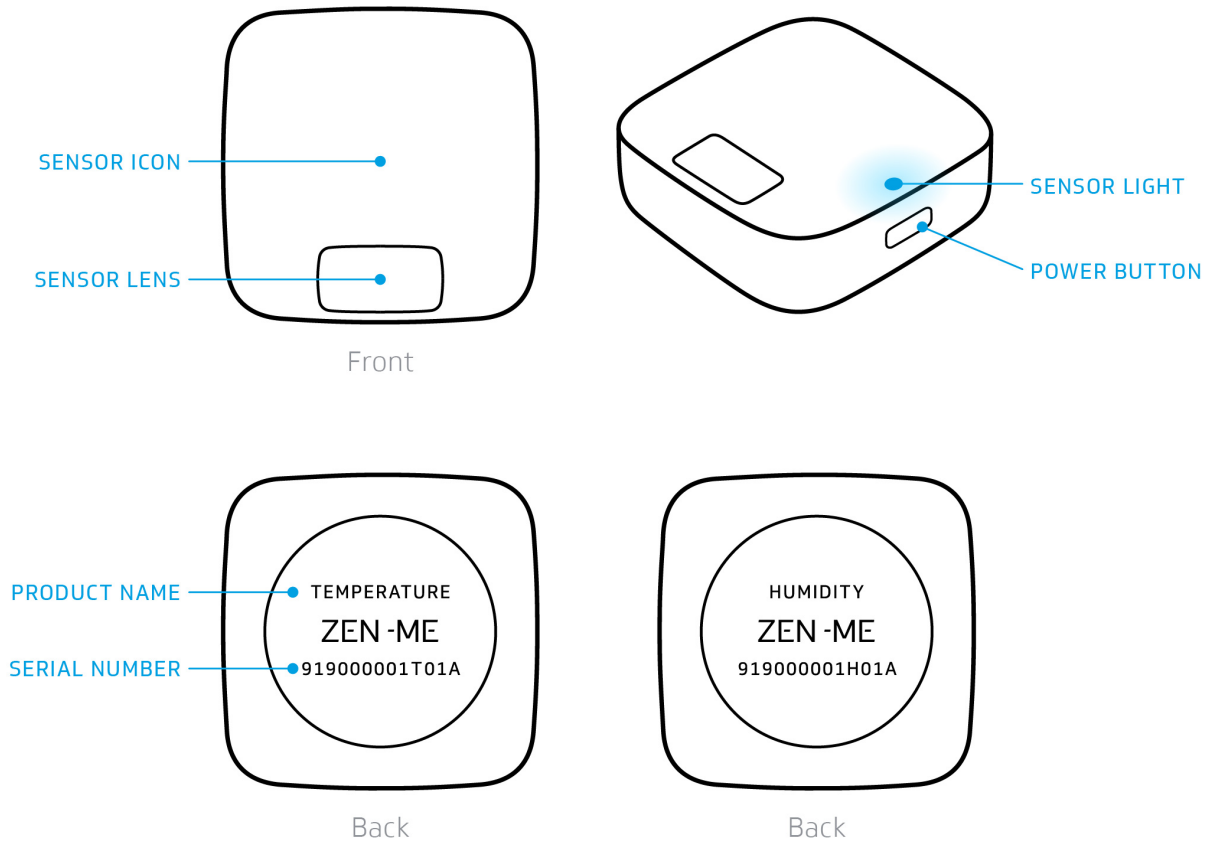
WARNING

For product warnings and other important safety information, read the **Zen-Me Safety Guide** (zenme.io/safetyguide).

Device Overview



Charging and Battery

The Zen-Me Sensor contains a rechargeable, built-in Lithium-Polymer (LiPo) battery. The battery charge lasts for up to 12 months and is recharged using the Zen-Me wireless charger.

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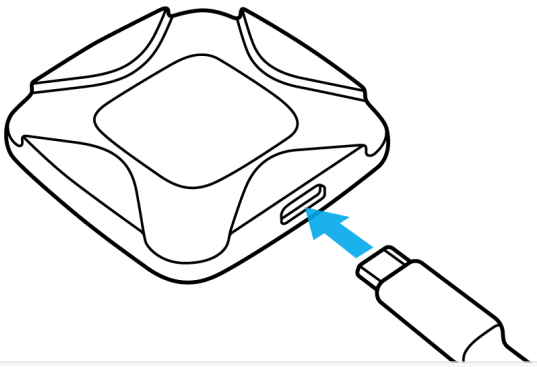
Battery Charging

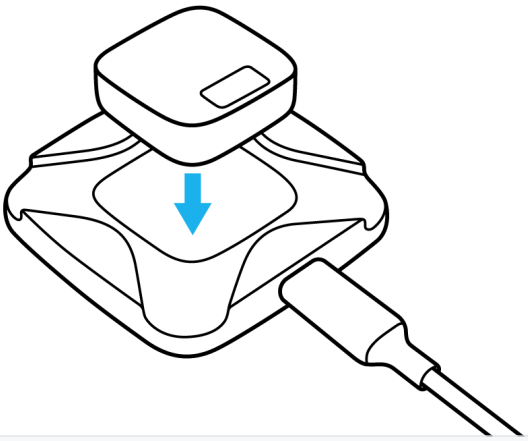
Allow 2.5 hours to charge the battery from zero to full capacity at the optimal charging temperature of 21°C (70°F). At other temperatures, the battery may take longer to charge or fail to reach 100% charge. The sensor will not charge at temperatures outside the approved range of 0°C to 45°C (32-113°F). Placing the sensor or charger in direct sunlight will heat the devices and affect charging capability.

1



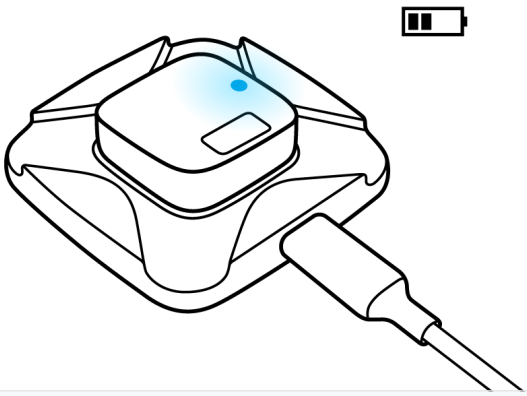
Plug the USB-cable into the Zen-Me charger. Connect the other end of the USB-cable into any standard AC adapter or USB computer port.

2



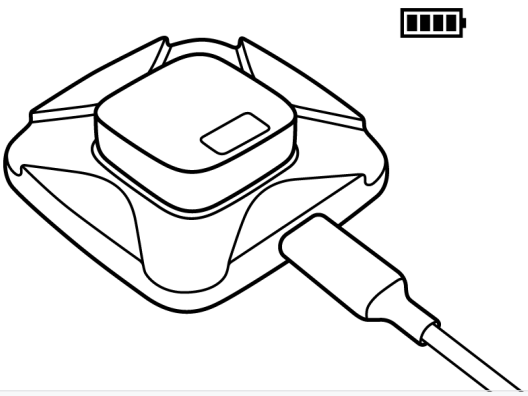
Place the sensor onto the charger so the sensor lens is facing upwards. Charging will not take place if the back of the sensor is not in contact with the charger.

3



The sensor is charging when the sensor light flashes. The sensor will not operate while charging is taking place.

4



When charging is completed the light turns off.

CHARGE TIME (0-100%)
2.5 hours (21°C / 70°F)

CHARGING TEMPERATURE RANGE
0-45°C / 32-113°F

CHARGER OPERATING TEMPERATURE
0-45°C / 32-113°F

OPTIMAL OPERATING TEMPERATURE
21°C / 70°F

NOTICE

If battery temperature is not optimal, the battery may take longer to charge or fail to reach its full charge capacity.

WARNING

Exposing the sensor or charger to direct sunlight will heat the devices and affect charging performance.

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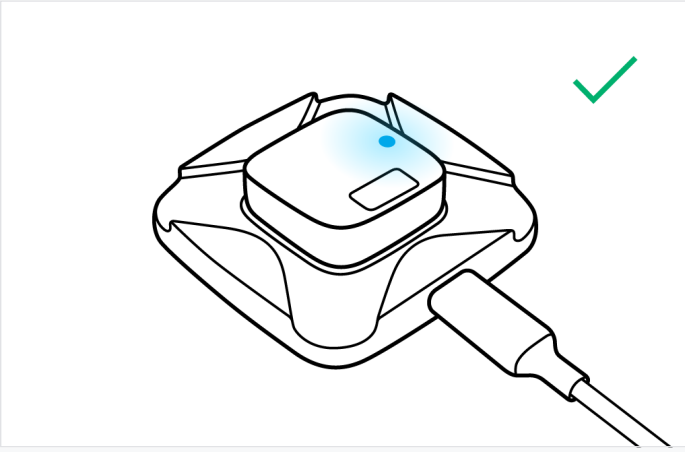
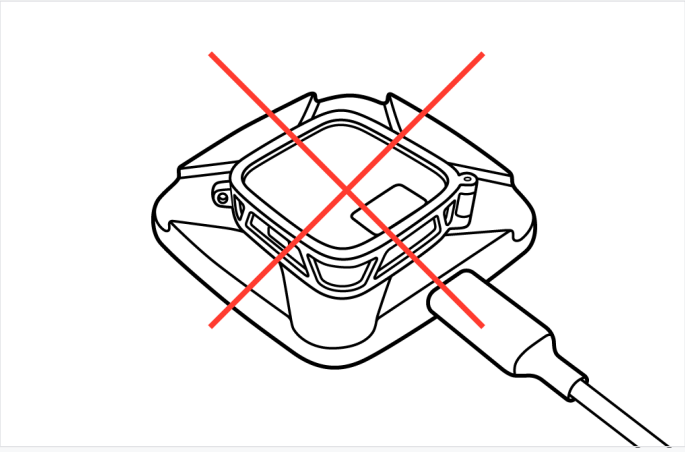
NOTICE

The sensor will not charge when the ambient temperature is outside the approved charging temperature range of 0°C to 45°C (32-113°F).



Do not place any object other than the sensor onto the wireless charger as this could damage the device.



Do not try to charge the sensor with accessories attached. This will damage the charger and sensor.

Battery Level

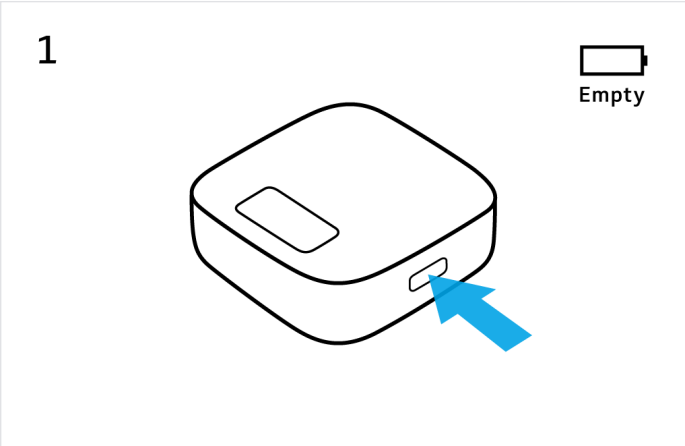
NOTICE

The sensor monitors the battery level and provides status information when connected to the Zen-Me App. Monitor battery status on the Sensor page of the Zen-Me App. If the status shows a “battery critical” warning, charge the sensor immediately.

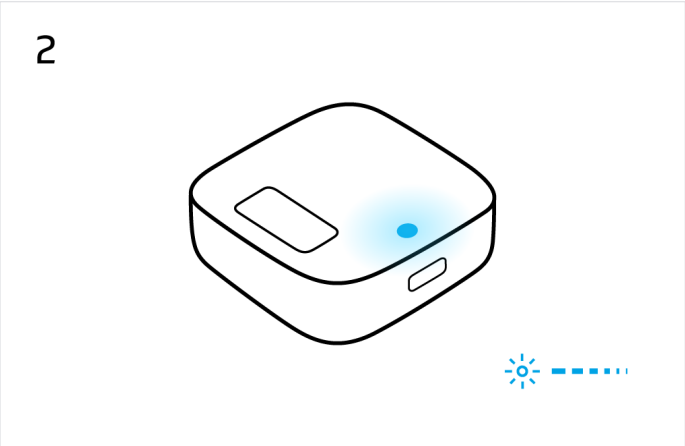
WARNING

The sensor will not send “battery critical” status information if outside wireless range or unable to connect to the Zen-Me App. This could result in the sensor battery discharging fully without warning. If this happens the sensor will send notification when it recharges and reconnects to the Zen-Me App.

If the sensor does not respond, the most common cause is that the battery has run out. Check the battery charge by pressing the sensor Power Button. If the sensor light fades or fails to flash, the battery has discharged completely and must be recharged.



To find out if the battery charge is low, press the sensor Power Button.



If the sensor light fades or fails to flash, the battery charge is very low and must be recharged.

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Battery Life

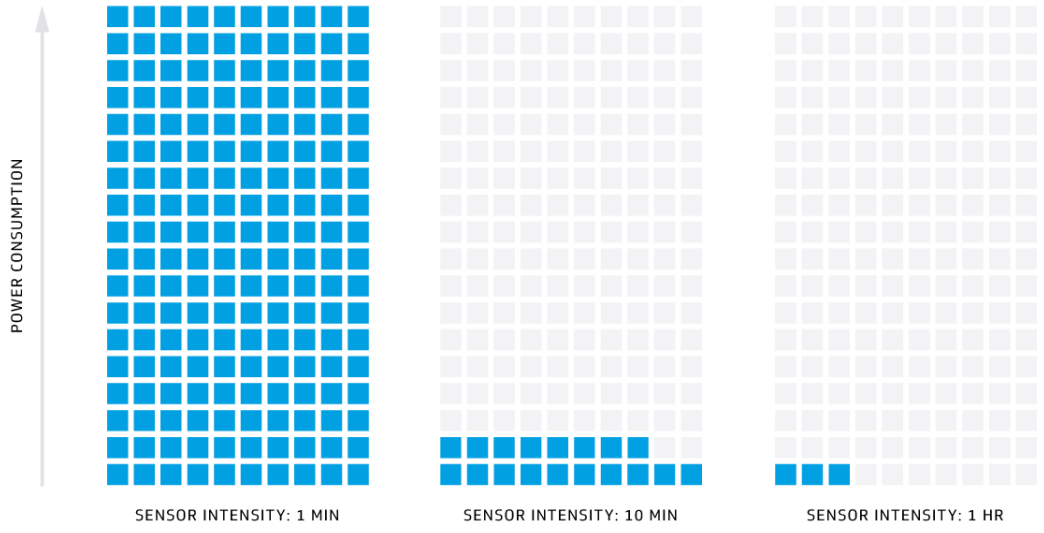
NOTICE

Battery life and the rate of power consumption are affected by a number of factors:

STYLE OF USE
Depending on how the sensor is used, it has more or fewer features enabled. The more features activated, the greater the power demand.

INTENSITY OF MEASUREMENT
The frequency settings selected for data acquisition and transmission influence the rate of power usage (see table below).

WIRELESS ENVIRONMENT
High levels of wireless traffic or having numerous devices share the same space will increase the sensor's power consumption.



(This is simplified illustration on the effect on intensity vs. battery consumption. The relative consumption is also affected by the frequency of reading data from the sensor, and radio interference on the usage environment).

WARNING

Battery life varies by use, wireless coverage, configuration, and many other factors; actual results will vary.

BATTERY TYPE
Rechargeable, built-in Lithium-Polymer (LiPo) battery

BATTERY LIFE
Up to 6 months per charge

Maximizing Battery Life

Some simple tips to extend the life of your sensor battery:

- Use your sensor within the optimal temperature range. The best temperature is around 21°C.
- Avoid exposing the sensor to direct sunlight if possible.
- Some use cases are less data-intensive and have lower power requirements. Select a use case that optimizes sensor workload and battery life.

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Getting Started

Use the Zen-Me App on your iPhone to control the sensor, monitor your data and experience Zen-Me's functionality.
The App includes a detailed user-manual to help you get the most from Zen-Me. Follow the instructions below to install the Zen-Me App in 4 easy steps.

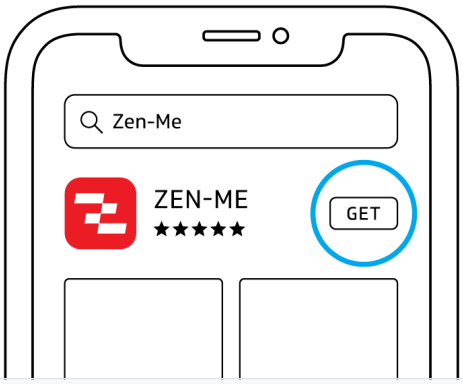
NOTICE

The Zen-Me sensor will not work unless it is paired to a mobile device with the Zen-Me App installed and set up. The Zen-Me App is compatible with devices running iOS 10.1 and later.

1

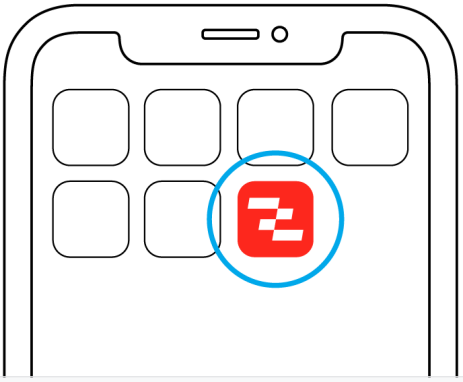
Go to the Apple App Store on your iPhone.

2



Use the App Store's search function to find and select the Zen-Me App.

3



Follow the App Store prompts and download the Zen-Me App.

4

Once installed, open the Zen-Me App and follow the instructions to get started.

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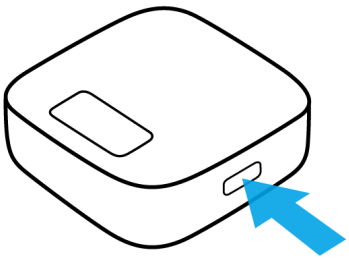
Pairing the Sensor

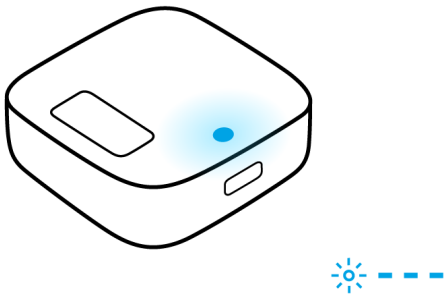
When prompted by the Zen-Me App, turn on the sensor to start pairing. Follow the instructions on the App.

1



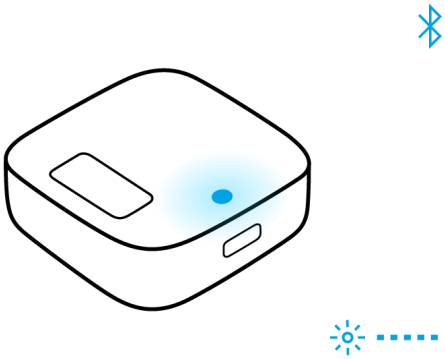
Turn on the sensor by pressing the Power Button.

2



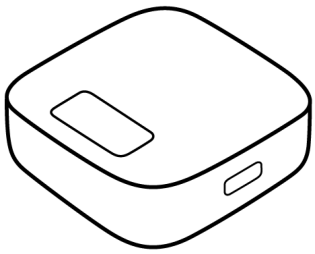
3 flashes indicate the sensor is turned on.

3



Repeated flashes at one second intervals indicate the sensor is ready for pairing.

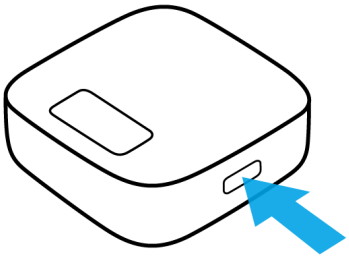
4



If the sensor has not paired after 60 seconds, it turns off automatically.

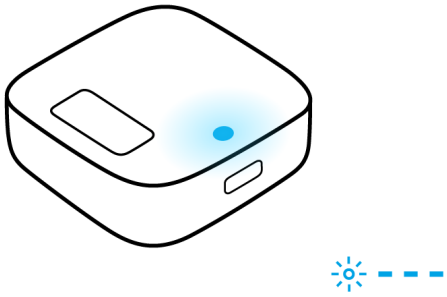
Turning on the Sensor

1



Press the Power Button.

2



3 flashes indicate power is turned on.

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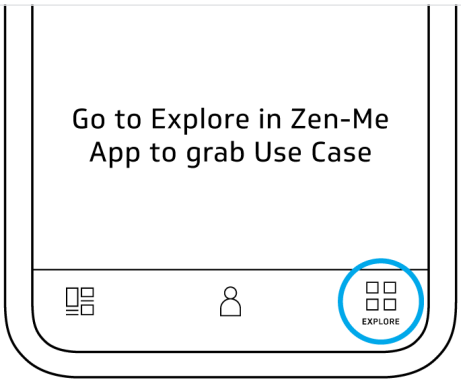
Placing the Sensor



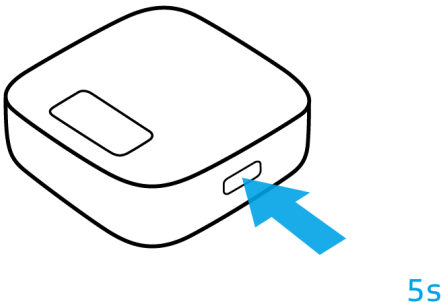
Zen-Me sensors give you endless possibilities. They are small, versatile and can be placed almost anywhere to support a limitless choice of uses and activities.

Discover a range of Use Cases in the Explore section of the Zen-Me App. Grab your favorite Use Case and access helpful advice on the best way to locate and use your sensor(s). You can even create your own Use Case from scratch if you prefer.

The Explore section of the Zen-Me App tells you all you need to know about getting the most from your sensor(s). Check out the **Zen-Me Forum** (https://forum.zenme.io) for extra tips from the Zen-Me community.

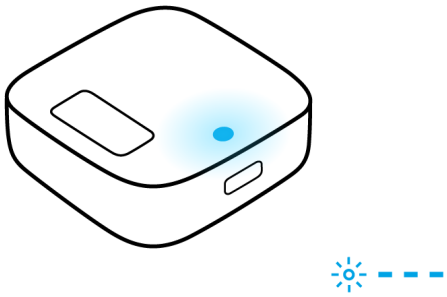
Turning off the Sensor

1



To turn off the sensor, press and hold the Power Button for 5 seconds.

2



3 flashes indicate the sensor is turned off.

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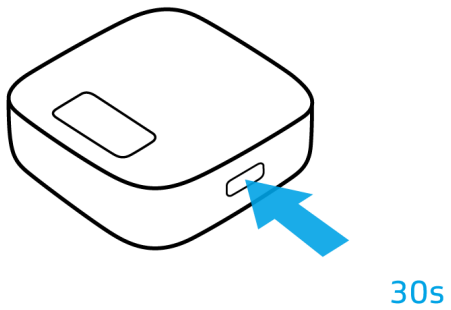
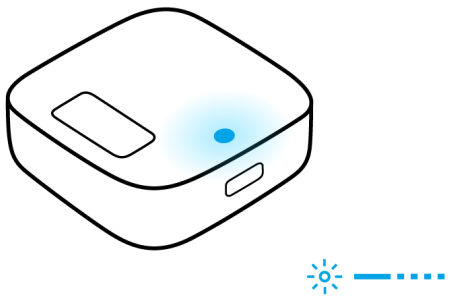
Resetting the Sensor

1



To reset the sensor, press and hold the Power Button for 30 seconds.

2



One long flash followed by short, repeated flashes indicates the sensor is reset and ready for pairing.

Sensor Flight Mode

During Flight Mode your sensor continues to gather data, but does not connect or stream data to your mobile device.
When flying, this ensures your sensor does not interfere with aircraft communications systems.
Flight Mode can also be used to save battery power if you are not connecting to your sensor for long periods of time.

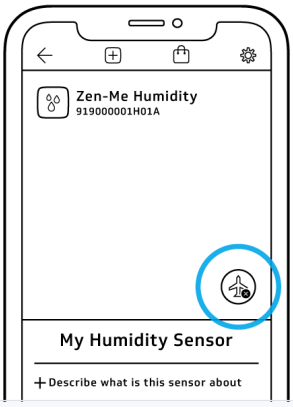
NOTICE

Turning on Flight Mode reduces power consumption by shutting down the sensor's Bluetooth radio functionality. This is automatically reactivated and connection restored when Flight Mode is turned off.

Turning on Flight Mode

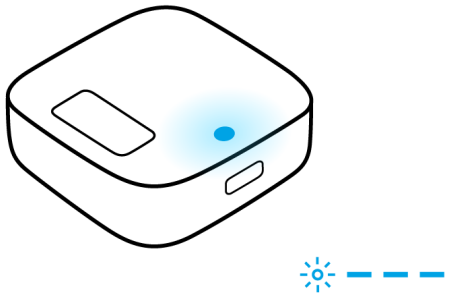
Go to the Sensor Page at your Profile Page on the Zen-Me App and choose the sensor you want to activate in Flight Mode. Tap the Flight Mode button on the Sensor Page and follow the sensor lights.

1



Turn on Flight Mode by tapping the Flight Mode button on the Sensor Page of the Zen-Me App. Ensure the sensor is within range.

2



3 long (2 second) flashes indicate that Flight Mode is turned on.

Your sensor will monitor and gather data normally while in Flight Mode. However, you will not be able to connect and stream data from your sensor before turning Flight Mode off.

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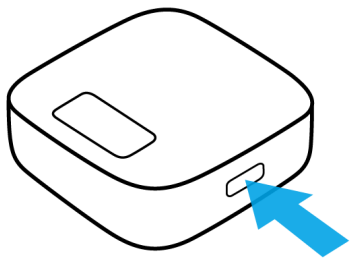
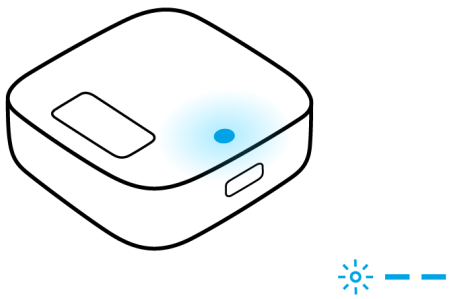
Turning off Flight Mode

1



Press power button once to deactivate Flight Mode.

2



2 long (2 second) flashes indicate that Flight Mode is turning off.

Once flight Mode is switched off you can connect the app with sensor again.

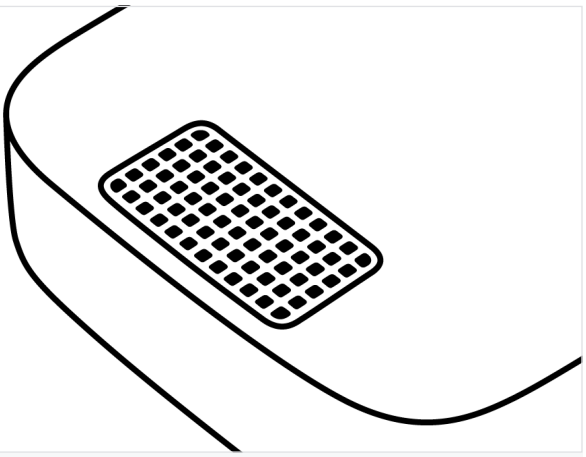
NOTICE

You can use Flight Mode to save battery on your sensor, if you will not connect your sensor for long time. This will shut down the Bluetooth Radio but keeps the sensor operating. Once you return you can activate the radio by turning the flight mode off and connect to your sensor again.

Keeping the Sensor Lens Clean

NOTICE

The sensor lens takes measurements from the sensor's surroundings and continually provides internal instruments with information. The sensor lens must always be kept free from water, liquids, dust or other particles. Blocked holes in the sensor lens could affect the performance of your sensor.



Ensure the sensor lens is always clean and free from blockages.

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Requirements

Zen-Me requires a compatible iPhone 6 or above with iOS 10.1 or above, and installation of the free Zen-Me App. Use requires registration of a Zen-Me account and acceptance of **Zen-Me Terms of Service** (zenme.io/terms).

Disclaimers

- All information within this Safety Guide is subject to change without notice or warning.
- Zen-Me Inc. cannot be held liable for any losses resulting from the use of Zen-Me devices or the Zen-Me App.
- Measurements or data featured in this Safety Guide are based on Zen-Me testing standards.
- Reproduction of this Safety Guide in full or part is prohibited unless authorized by Zen-Me Inc.

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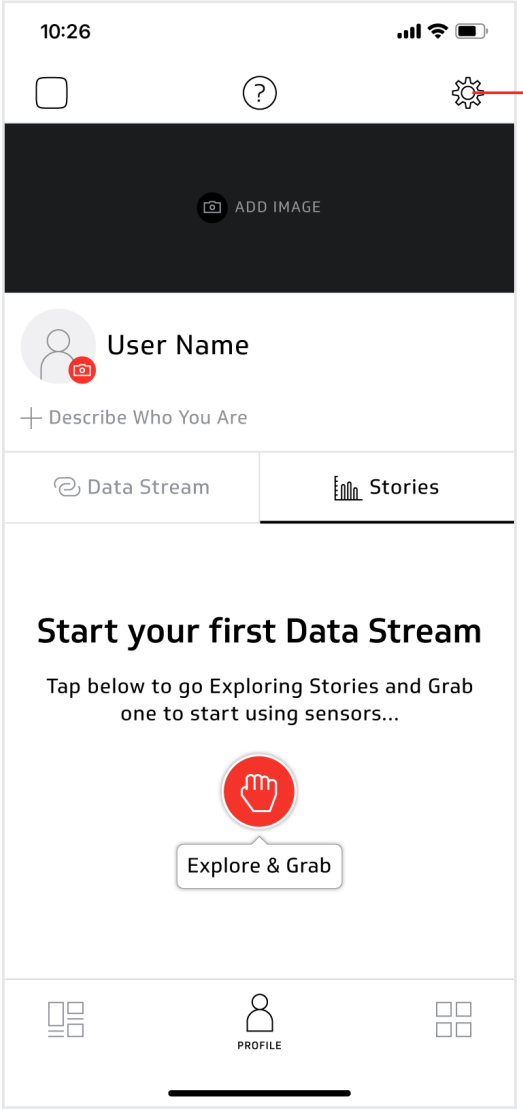
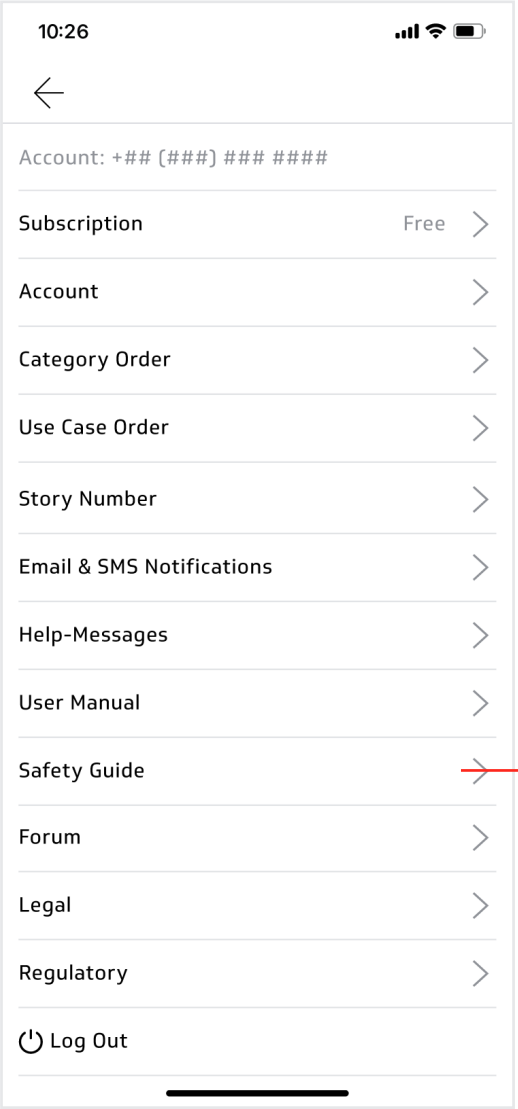
Step 1



Step 2



Go to Safety Guide (see pages 2-6)

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ZEN -ME

Safety Guide

(Contents as in Zen-Me in-App version and www.zenme.io/safetyguide)

Important Safety Information for your Zen-Me devices.

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Disclaimers	5
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For user manual and other important information about Zen-Me products maintenance, read the **Zen-Me User Manual** (zenme.io/manual).

Responsible Use

CAUTION

Zen-Me devices include sensitive electronic components (including batteries).
These components can be damaged, lose functionality or cause injury if dropped, burned, crushed, taken apart or subjected to excessively high temperatures, immersion in liquids or exposed to industrial chemicals or substances in high concentrations, including near evaporated gases such as helium.

CAUTION

Never use damaged Zen-Me Sensors, Zen-Me Chargers or Zen-Me Pendants. Always operate, transport and store your Zen-Me Sensor, Zen-Me Charger and Zen-Me Pendant according to the instructions in the Zen-Me product manual at **Zen-Me User Manual** (zenme.io/manual).

CAUTION

Zen-Me Sensors and the Zen-Me App are NOT intended for medical use or the diagnosis, cure or prevention of any medical condition. Zen-Me data has no scientific or medical purpose.

CAUTION

Although the data captured and recorded by Zen-Me can aid decision making, it must NOT be relied on in high-risk situations which could result in damage to property or the environment or cause personal injury or death.

Care and Maintenance

CAUTION

Zen-Me devices contain no user-serviceable components and do not need any routine servicing or maintenance. Do not try to open or take apart any Zen-Me Sensor or Zen-Me Charger as this could lead to injury or an allergic reaction to materials contained within internal components.

CAUTION

Any attempt to open or dismantle a Zen-Me device could result in permanent damage and invalidate your product warranties or guarantees. Unauthorized repairs may also cancel authority to operate your Zen-Me device under Part 15 of FCC regulations.

If you experience problems with the performance of your Zen-Me device, contact **Zen-Me Support** (zenme.io/support).

- DO NOT expose your Zen-Me devices to excessively high or low temperatures
- DO NOT use abrasive materials, products or chemicals to clean your Zen-Me devices
- DO NOT use your Zen-Me devices in a sauna or steam room
- DO NOT dispose of your Zen-Me device in a fire as this could result in an explosion
- DO NOT charge your Zen-Me Sensor when wet or immersed in water or other liquids
- DO NOT charge your Zen-Me Sensor without following the instructions supplied
- DO NOT use any power source (computer, charging device or adapter) to charge your Zen-Me Sensor unless it is certified by a recognized testing laboratory

For full information on product care, go to the **Zen-Me User Manual** (zenme.io/manual).

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Changes and Modifications

CAUTION

Making changes or modifications to Zen-Me devices could expose the user and others to injury and may invalidate your authority to operate the devices in compliance with local regulations.

Batteries

Zen-Me Sensors contain built-in wireless re-chargeable Lithium Polymer (Li-Po) batteries.

CAUTION

Batteries are a potential health hazard and may cause serious injury or death.

CAUTION

Do not attempt to open the sensor case to replace the battery yourself. You could damage the sensor and cause injury or an allergic reaction to yourself or others.

If you experience problems with battery charging or function, visit **Zen-Me Support** (zenme.io/support).

Charging

Only charge your Zen-Me Sensor using the approved Zen-Me Charger. Only charge using an adapter that is compliant with applicable country regulations and international and regional safety standards, including the international Standard for Safety of Information Technology Equipment (IEC 60950-1).

CAUTION

Other adapters may not meet applicable safety standards. Charging with non-compliant adapters may pose a risk of death or serious injury.

CAUTION

Using damaged cables or chargers or charging with water or moisture present can cause fire, electric shock or other serious injury.

CAUTION

Using damaged cables or chargers or charging with water or moisture present may result in damage to the charger, sensor or other equipment.

CAUTION

When using the Zen-Me Charger DO NOT place metal objects on the charger (such as keys, coins, batteries or metal jewellery) as these objects may heat-up or interfere with charging.

CAUTION

Charging the Zen-Me Sensor in a potentially explosive atmosphere (e.g. environments with high levels of flammable substances or vapour) may cause injury or death.

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Prolonged Heat Exposure

CAUTION

Prolonged physical contact with a Zen-Me Sensor, Zen-Me Charger, power adapter or charging cable when plugged into a power source may cause heat exposure, discomfort or injury. Avoid sitting, resting or sleeping on the Zen-Me Sensor or Zen-Me Charger when connected to a power source or charging is taking place, either in direct contact or if the devices are under clothing, blankets or pillows. Take special care if you have a physical condition that affects your ability to detect heat against your body.

Choking Hazard

CAUTION

Zen-Me Sensors, Zen-Me Chargers and Zen-Me Pendants are not toys and must always be kept out of the reach of small children, people with reduced physical or mental ability and pets.

CAUTION

Zen-Me Sensors and Zen-Me Pendants contain small parts which may present a choking hazard or cause other injury to small children, people with reduced physical or mental ability and pets.

CAUTION

Zen-Me Sensors may become accessible and pose a hazard without warning if accidentally released from holders, clips or pendants.

CAUTION

Close supervision is recommended if the Zen-Me Sensor, Zen-Me Charger or Zen-Me Pendant are used by, on or near children or people with reduced physical or mental ability.

CAUTION

Never put a Zen-Me Sensor, Zen-Me Pendant (including Charm, Chain or Clasp), batteries or other components in the mouth. Swallowing can lead to serious injury, illness or death.

Radio Frequency Radiation Exposure

The Zen-Me Sensor is a mobile transmitter and receiver that uses an internal antenna for sending and receiving low-level radio frequency (RF) energy for data communications. When operating in maximum power output mode, the sensor emits RF energy below the published limits. To conform with RF exposure compliance requirements, the Zen-Me Sensor should only be used as described in the Zen-Me User Manual (zenme.io/manual). DO NOT use the sensor in any other configuration or co-locate or operate with other transmitters or antennae.

PRODUCT	FREQUENCY BAND (MHz)	MAX RADIO FREQUENCY POWER (dBm)
Zen-Me Temperature	2402-2480	0
Zen-Me Humidity	2402-2480	0

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Regulatory Information

This device complies with part 15 of FCC rules and with ISED license-exempt RSS(s).
Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

Federal Communications Commission (FCC) Compliance

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 interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged 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 dealer or an experienced radio/TV technician for help.

Industry Canada (IC) Information

This Class B digital apparatus complies with CAN ICES-3 (B)/NMB-3(B).

For other regional compliance information, download the Zen-Me App and go to Settings/Regulatory.

Disposal and Recycling

The symbol on your Zen-Me device or its packaging shows that this is an electronic device and contains a battery. At the end of its life, your Zen-Me device and battery must be disposed of separately from other household waste. Materials and chemicals in your Zen-Me device and battery could be harmful to the environment, or cause injury if handled, processed or disposed of irresponsibly. Dispose of your Zen-Me products and packaging at a recycling centre in compliance with local laws and regulations. To find out where to recycle your Zen-Me product, contact your local waste management provider or the retailer where you purchased the product.

Information about product recycling, RoHS, REACH and other environmental compliance programs can be found on the Zen-Me App (Settings/Disposal).

Disclaimers

- All information within this Safety Guide is subject to change without notice or warning.
- Zen-Me Inc. cannot be held liable for any losses resulting from the use of Zen-Me devices or the Zen-Me App.
- Measurements or data featured in this Safety Guide are based on Zen-Me testing standards.
- Reproduction of this Safety Guide in full or part is prohibited unless authorized by Zen-Me Inc.

Support

For support, trouble-shooting information, Frequently Asked Questions, go to **Zen-Me Support** (zenme.io/support).
Access discussion boards and tips from the **Zen-Me Forum** (zenme.io/forum).

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Zen-Me Sales Package User Manual Design

ZEN -ME

Booklet for ZMH01A and ZMT01A

WARNING

READ BEFORE USE

For product warnings and important safety information, read the **Zen-Me Safety Guide**

GO TO

Zen-Me App Settings → Safety Guide

or www.zenme.io/safetyguide

For user manual and important information about products maintenance, read the **Zen-Me User Manual**

GO TO

Zen-Me App Settings → User Manual

or www.zenme.io/manual

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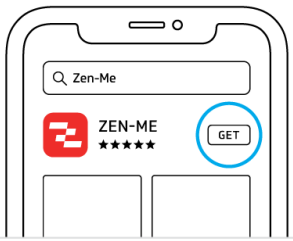

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