GIMate®

by Vivante Health

Quick Start Guide

Welcome to GIMate®

Are you ready to breathe your way to a healthy gut?!

GIMate is the personal digestive health monitor from Vivante Health.

This ingenious little device harnesses the same technology used by the top digestive health clinics and gastroenterology departments in the world. We've just made it smaller, non-invasive, portable and affordable.

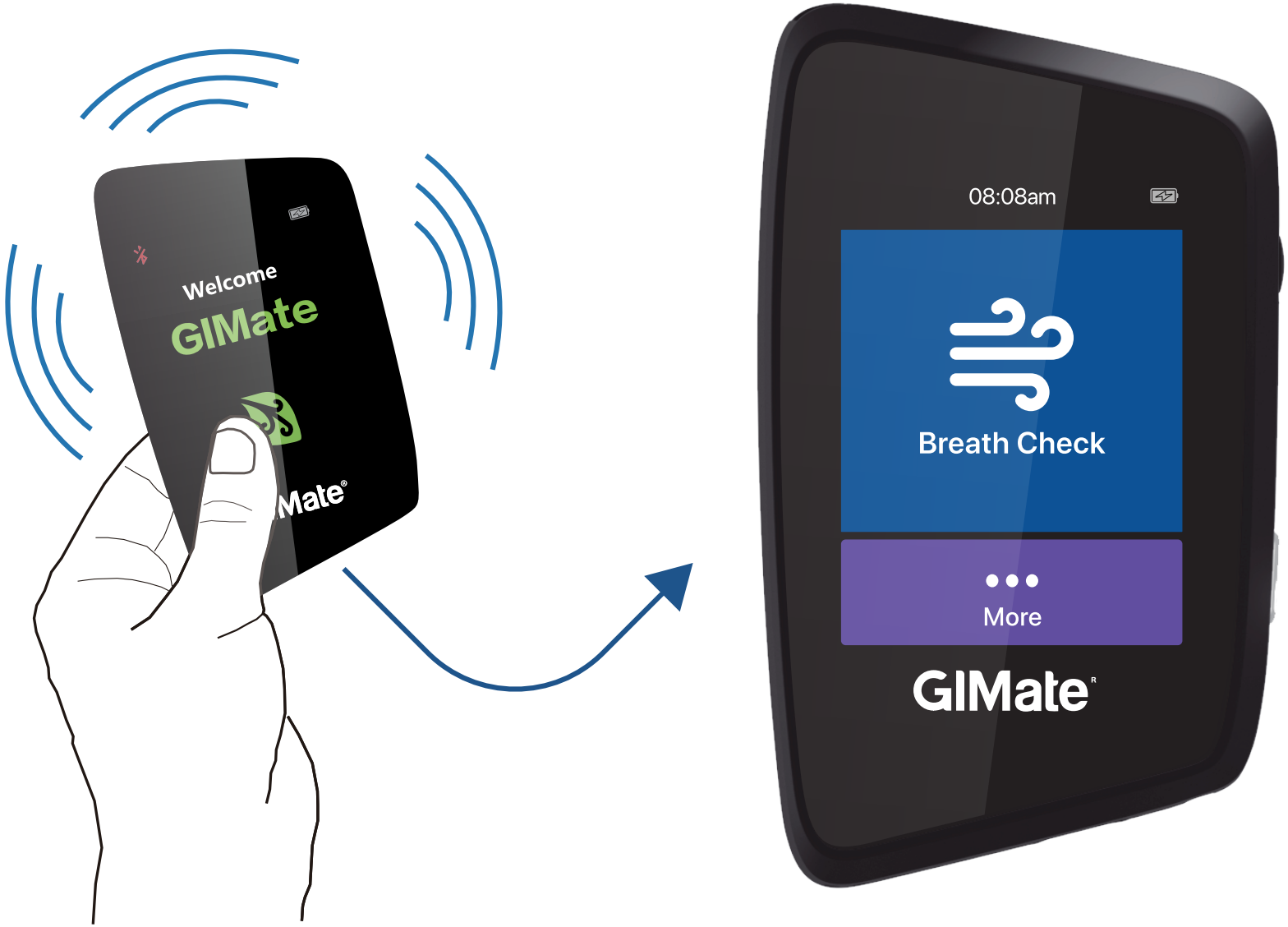
This **Quick Start Guide** tells you how to begin checking and using the key features of your new GIMate.

For more information, visit vivantehealth.com/GIMate/usermanual and vivantehealth.com/GIMate/FAQ or call +1 [888] 200-5492

IMPORTANT: After first use, charge your GIMate for 12 or more hours before using it again.

1. Turn on the GIMate by pressing the power button

To turn on your GIMate, press and hold the On/Off button for a second or so and it will turn on your device.



2. The GIMate will activate and display the home screen

3. Set Date and Time on GIMate

Select “More” from the home screen, and then select “Settings” to set the current “Date” by using the up and down arrows. Press “OK” to return to the “Settings” screen and then select “Time”. Set the current time using the up and down arrows. Press “OK” to finish and return to the “Settings” landing page. Finally, press the back button to return to the home screen.

4. Select “Breath Check” from the home screen

The device will take 65 seconds to warm up to the correct temperature for the breath test.

5. Pop open the breathing nozzle by pressing the upper button on the right side of the device

Prepare to breathe into the device when the warm-up counter reaches 5 seconds. Take a deep breath at this time, then move the nozzle on the device to your mouth, with the screen facing up.

When the counter reaches 0 seconds, the GIMate will display the “Breathe” screen

6. When the device starts to beep, breathe gently into the device and continue breathing until the beeps stop

Exhale your breath into the device slowly in a single, continuous breath until the beeps stop. You will breathe out for 8 seconds. Do not inhale while the nozzle is in your mouth, only exhale into the device.

7. Stop breathing into the device when the “Stop” symbol appears on the screen and the beeps stop

Remove the nozzle from your mouth. The display screen will generate the results and display your breath reading.

8. Press “Done” after viewing the result to complete the process.

The device will automatically turn off after you finish your test and will stay in sleep mode when not in use.

Charge the device regularly.

Understanding Breath Reading Results

Discuss results with your care provider and learn more about breath testing on the **GIThrive app** or **www.vivantehealth.com**

Caring For Your GIMate®

- **Use once every 15 minutes**, allowing the device to cool down and calibrate between use.
- **Keep the body of the GIMate dry.** The mouthpiece nozzle is detachable and can be wiped with a moist cloth or replaced with a new nozzle, included in the GIMate box.
- **Don't rinse** the GIMate with water or other liquids.
- Keep the GIMate breath nozzle **flipped down** to keep the nozzle clean.
- Store your GIMate in a cool, dark place **when not in use.**
- **Do not smoke** cigarettes or e-cigarettes shortly before using the device.
- **Dry your lips before using the GIMate;** remove any lipstick or lip products.
- Charge regularly; we recommend that the GIMate is plugged in to **charge overnight.**

Pair the GIMate to GIThrive®

- Pair your GIMate device **with the GIThrive app** to store your breath readings.
- **Download** the free GIThrive app from the Apple App Store or Google Play Store.
- **Create** an account.
- Please ensure your phone's **Bluetooth®** setting is on.
- Select Pair in the app to connect. Select GIMate when the GIThrive app finds your device.
- The Bluetooth symbol on the homescreen will show up and turn blue to **indicate pairing.**

For More Information

FAQ
vivantehealth.com/GIMate/FAQ

User Manual
vivantehealth.com/GIMate/usermanual

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Regulatory Information
FCC ID: 2AXRI-GIMATE01

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 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 device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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;
(2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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