

An abstract graphic in the top right corner consisting of a network of black dots of varying sizes connected by thin black lines, forming a complex, web-like structure that resembles a molecular or neural network.

Evolv28

A Mindfulness Companion





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1. INTRODUCTION

Evolv28 is a state-of-the-art innovative wearable device that helps us to cope with issues related to Mental Well-being like work stress, anxiety, restlessness, lack of focus, irregular sleeping patterns, and a slew of other day-to-day problems associated with a restless brain. Evolv28 is a safe and environment-friendly supportive device, aiming to bring harmony to your mind and body. Please take your time to read this user manual carefully, even if you are familiar with a similar product. To ensure your safety and that of others, please read this user manual before using Evolv28. Please do not disassemble the device. It can be unsafe and will invalidate the manufacturer's warranty.

This device can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the device in a safe way and understand the hazards involved. Children shall not play with the device. Cleaning and user maintenance shall not be made by children without supervision. This device contains batteries that are non-replaceable. Must only be supplied at safety extra low voltage corresponding to the marking on the device.

2. DEVICE DESCRIPTION

Evolv28 is the state-of-art mental well being device with a multi-coil structure and a sleek design with intuitive mobile app, which makes it one of the most user-friendly neurostimulation devices on the market. It helps you get into the desired state of mind by emitting scientifically supported frequencies through magnetoelectric fields. The brain synchronizes with these frequencies to help you relax, enhance focus, energize body and mind, fall asleep quicker and meditate better. With appropriate positioning of the coils inside the device that generate magnetoelectric fields, we precisely target specific regions of the brain close to the neck to get the desired effect. To find out more, please visit www.evolv28.com/how-it-works/

3. INCLUDED IN THE PACKAGE

- i.Evolv28 Device
- ii.Charging – Type C USB cable
- iii.User Manual
- iv.Evolv28 Case

4. Who CAN and CAN'T Use Evolv28?

CAN: Evolv28 has been developed for the general public to safely and effectively induce many different brainwave states. The key benefit of using Evolv28 is expected to be better living. When brainwave entrainment is regularly and properly applied, the expected results are a better quality of sleep and easier reaching of specific awake states, as well as improved emotional and logical intelligence.

CAN'T: The use of Evolv28 device is contraindicated in people with pacemakers or other electronic implants, non-MRI-safe IUD's, cochlear implants, or mechanical heart valves because the magnetic field can shut the device off or otherwise interfere with its functioning. You also shouldn't use Evolv28 if you have epilepsy, Graves' disease, or in the case of active bleeding.

This device is also contraindicated in organ transplant patients due to a possible risk of affecting the immune suppression/rejection process. There is a chance that magnetoelectric fields may stimulate or activate a more aggressive rejection process by stimulating the immune system.

The safety of magnetoelectric fields has not been established in pregnancy, although there is no evidence of harm. We advise against using Evolv28 during pregnancy.

Patients should consult their doctors when thinking about using Evolv28 with conventional medical treatment. This information is not a substitute for professional medical advice.

5. AGE RESTRICTIONS

Evolv28 should only be used by individuals aged 18 years and above ("Permitted Age" 8 and above). If the user is of the Permitted Age but under the age of majority in the jurisdiction in which the user is domiciled, the user should review this manual and should consult with their parent or guardian to make sure that the parent or guardian understands this manual and the applicable terms of use.

6. POSSIBLE SIDE EFFECTS AND GENERAL PRECAUTIONS

Evolv28 emits variable magnetoelectric fields based on the concerned problem. There is no valid scientific reason to believe that Evolv28's variable magnetoelectric field is harmful, but if you have concerns about exposure to these emissions, you should not use this device. Variable magnetoelectric field side effects are usually non-existent or minor and temporary, but they may be observed in users who are hypersensitive to magnetoelectric fields.

7. Evolv28 SET-UP

1. Make sure your neckband is fully charged (atleast 7Hrs for the first use).
2. Search your app store for Evolv28 on your mobile device .
3. Download & Install the Evolv28 App on your mobile
4. Create your Evolv28 account.
5. Follow the in-app tutorial. It will guide you through connecting your neckband to your mobile device and completing your first Evolv28 session.
6. How to connect both devices using Bluetooth® is also described in Chapter 8. "How to Pair Evolv28 with Your Mobile Device".

8. HOW TO PAIR Evolv28 WITH YOUR MOBILE DEVICE

Evolv28 uses Bluetooth® to connect to your mobile device. The connection is managed through the App.

How to pair?

1. Check if Bluetooth® is activated on your mobile device.
2. Switch on the Evolv28 (Indicated by blue light on side panel)
3. Go to Evolv28 App and your mobile device will automatically search for Evolv28.
4. When connected, you should see the programs that are already available in the Evolv28 Device

9. Evolv28's Bluetooth® Settings

When Evolv28 is switched on and your Mobile Bluetooth is enabled , its Bluetooth® is automatically enabled and ready to pair up with your mobile device, you can browse through the various screens in the Mobile App provided if you are signed up and logged in with your email ID.

You can browser through the specific goal which you want to experience the Evolv28 change. By Default, Evolv28 device shall consist of all programs available in the device for you to play and experience. However , if any new program is available in future, you can download the files as mentioned below, but note that Evolv28's WIFI is always in OFF modes until it is triggered for initiating the download.

1. Select the goal in which file is required to be downloaded
2. Tap/Click on the download icon appearing next to the program name
3. WIFI module in Evolv28 shall be switched ON
4. App shall prompt you to connect your nearest WIFI
5. Provide internet modem/WIFI SSID and password (Username and Password of WIFI modem)
6. Once WIFI is connected upon successful login, Program downloading shall be started and percentage of downloading shall be prompted on the app screen
7. Once download is completed , WIFI module in Evolv28 will be automatically turned off
8. Note 1: While downloading the program (i.e. when WIFI Module is Evolv28 device is turned ON), you are restricted to use the other features of the Evolv28 device (i.e. Play, Goal Screen etc), which means you will not be accessible to perform any other operations other than program download.
9. Note 2: It is mandatory to charge your Evolv28 device while downloading and you should not wear the device while charging for ensure the proper power while initiating the program download. Note that while charging also device shall not play the program similar to point mentioned above.
10. Note 3: As mentioned in the Note 1 and Note 2 , it is recommended to NOT to wear the Evolv28 device around your neck it is not in intended use mode while program downloading or Charging mode (i.e. either case Device shall not play any program). Better to keep the device nearer to WIFI modem and plug the charging cable for early completion of the program download.

ADVANTAGES:

- It's easier to change program using Evolv28 mobile app. Simply select a new program to start.
- The radiations emitted by the mobile device shouldn't interfere with frequencies emitted by Evolv28.

DISADVANTAGES:

- Battery consumption is more when user choose to download the program files from cloud.

10. Controls



Buttons

- 1 Power ON and OFF
- 2 Reset
- 3 Bluetooth
- 4 USB

10.1. USING EVOLV28 FOR THE FIRST TIME

For the first use you need to charge your Evolv28 device via the Type C-USB port on the device (number 4) and sign in to the account in your downloaded mobile application. After this, connect the device with the Mobile application, choose the desired program and its duration, then press "Play" button. You are almost ready to go. All you need to do now is to wear the device around your neck and experience the Evolv28. The start of the program is confirmed by "White LED light" blinking on the display panel. Follow the "Blue LED light" indicator to check the status of the device. Blinking White LED light means that the program is running and "Blue LED light ON" means Device Bluetooth is on .

10.2. RESTARTING THE MOST RECENTLY USED PROGRAM

For example, if the last time you used Evolv28 to fall asleep, the device is still set on the 'Better Sleep' program. If you want to re-run the same program again this evening to fall asleep, you need to open the mobile app and run the existing program on the display.

Note: It is not necessary to maintain the connection between Evolv28 device and the Mobile App. Once you start the program, device starts executing the program independently of the mobile app. To know the status of the current running program, connect to the mobile app and know the progress.

10.3. USING A DIFFERENT PROGRAM

To start a different program from the current running program, open the mobile app, connect to the device and switch over to the other program from the playlist. Follow the White LED light indicator to check the status of the device. Blinking white LED means that the program is running.

10.4. STOPPING THE RUNNING PROGRAM

To stop the running program, all you need to do is open the mobile app and tap on STOP button. When device is not in use, it is recommended to switch off the device.

10.5. USING THE HARD RESET TOOL

If you encounter a problem and Evolv28 stops functioning, you can use the hard reset feature (Button number 2).

When should you use hard reset?

- No response when charging the device or connecting to the Mobile App,
- Wrong LED light color when charging/stop charging/starting a new program (compare with correct light signals in the next chapter),

Always check if the battery is full. When resetting the device, push the hard reset button gently to restart the device

To keep you updated on the current state of the device, Evolv28 has integrated white, orange, red, green and Blue LED lights. Read more about them in the next chapter.

11. LIGHT INDICATORS

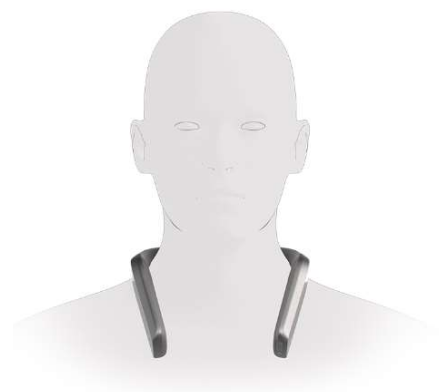
The working state of Evolv28 is indicated by the LED lights on the top side of the device where the device ON/OFF button is located. Evolv28 has integrated Blue, White, Orange, red, and green lights for the following situations.

- a) Blue LED Light: Device is Switched on and device Bluetooth is ON which is ready for connection with the mobile App
- b) Blinking White LED Light: The chosen program is being run / while downloading the program from cloud
- c) Orange LED Light : The battery is low, and you have to recharge the device.
- d) Red LED Light on: Evolv28 device is being charged when Type C USB is plugged in.
- e) Green LED Light : When Evolv28 is fully charged.

12. NECKBAND POSITION

Evolv28 has specially designed coils that generate electromagnetic fields and are powered by a pulse generator also located in the neckband. Evolv28 sits easily on the neck as shown in the image. You can wear it like normal headphones around your neck.

Note: The positions shown below can be slightly adjusted to better fit your individual needs and make wearing Evolv28 comfortable in any situation.



13. MAINTENANCE AND CLEANING

Do not use Evolv28 near water and when you are wet. Evolv28 is not water-resistant but may be wiped down with a damp cloth for cleaning.

Avoid excessive physical impact to the device, and do not stretch or bend it as this can damage the coils and the hardware. The manufacturer does not take responsibility for devices damaged by improper use.

14. TROUBLESHOOTING GUIDE

Remember: The device is very simple to use and only a few things can go wrong.

It is important to know that we are always here for you. If you have any questions, please contact us through our social media (FB) or by email that can be found on our website.

The LED indicator is not working. Recharge the battery. Check the USB cable.

The device has been exposed to excessive amounts of water.

Evolv28 is not designed to be waterproof, although exposure to water for a very short period of time may not permanently damage the device. If Evolv28 has been exposed to water, recovery may be possible by placing the unit in a sealed bag or a container with dry uncooked rice for 2 to 3 days. The rice will act as a desiccant and slowly remove the moisture.

Evolv28 fails to help the problem for which it was purchased.

First, verify that Evolv28 is functioning. Make sure that the battery is fully functional for the whole duration of program, each time it is used. Make sure the LED lights are functioning and that the white light is blinking during program play. Contact us through our social media (FB) accounts or by email about using Evolv28. It is possible that the neckband has been placed incorrectly.

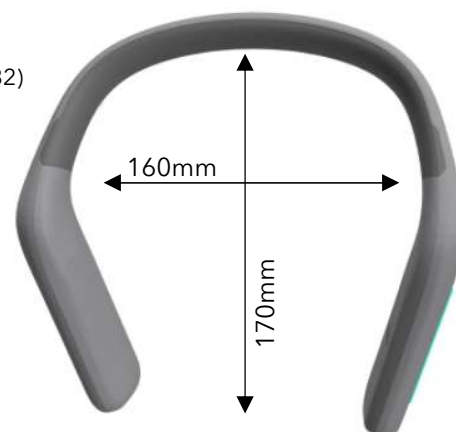
It is also possible that the period of use has not been long enough for the desired effect to be seen. Consider using Evolv28 regularly for 2 to 3 weeks. Beneficial effects are usually seen within the first few days.

Evolv28 seems to help, but then the problem eventually comes back.

If the problem is recurrent when used for short durations, try using Evolv28 for longer periods to sustain the beneficial effects.

15. TECHNICAL AND SYSTEM SPECIFICATION

Product Name	: Evolv28
Technology	: Variable Complex Weak Magnetic Fields(VCMF's)
Peak Energy	: 0.1 to 10 milli Gauss (0.01 μ Tesla to 1 μ Tesla)
Frequency range	: 5 - 240 MHz
Operating Frequency	: 2402 - 2480 MHz (Bluetooth), 2412 - 2472 MHz(WIFI)
Output Power	: -1.5 dBm (Bluetooth), 19.9 dBm (WIFI : ESP WROOM32)
Power supply	: 3.7 V Battery / 5V USB Type C
Battery Type	: Lithium-Polymer (LiPo) cell (3.6 V)
Battery capacity	: 2500mAh
Battery Backup	: 45 hours
Dimensions	: 160mm (6.3") x 170mm (6.7") x 28mm (1.1")
Weight	: 185 g
Wearable Position	: Neck
Mode of Operation	: Using Mobile application
Warranty	: 1 Year
Relative Humidity	: 50% to 60%
Storage	: At Room Temperature



16. CLASSIFICATION

Evolv28 is classified as a General health and mental well being device .

CE regulatory information:

Safety: EN IEC 62368-1:2020
 EMC EN 301 489-1 V2.2.3 / 489-17 V3.2.4
 ETSI EN 300 328 V2.2.2
 EN 50566: 2017, EN 62479:2010, EN 50663: 2017



FCC ID:
2BAPE-EVOLV28

CANDA

IC: 30412-EVOLV28

EU Declaration of Conformity

Aether Mindtech, hereby declares that the radio equipment type Evolv28 V9 is in compliance with Directive 2014/53/EU.

17. SAFETY WARNINGS

- Do not dispose of Evolv28 into fire or a hot oven, or mechanically crush or cut the device or its battery, as this may result in an explosion.
- Do not expose Evolv28 to extremely high temperatures, as this may result in an explosion or leakage of flammable liquid or gas.
- Do not expose Evolv28 to extremely low air pressure, as this may result in an explosion or leakage of flammable liquid or gas.
- Don't attempt to replace Evolv28's battery yourself - you may damage the battery, which could cause overheating and/or injuries.

18. MANUFACTURER AND WARRANTY SERVICE

There is one year warranty for Evolv28 device starting on the day of purchase. However, it is not valid in the following cases:

- Failure or damage due to improper usage
- Damage and contamination of the device caused by improper protection
- If the device has been opened during the warranty period

19. DISCLAIMER

Aether Mindtech Solutions Private Limited and its distributors offer low risk, general wellness products intended usage is for general health and does not refer to a disease or medical condition, which may help to maintain or encourage general wellbeing. As per FDA General Health and wellness policy this Device is intended "for maintaining or encouraging a healthy lifestyle and is unrelated to the diagnosis, cure, mitigation, prevention, or treatment of a disease or condition". The Ultra low frequency Magneto-electric fields generated are in harmony to brain waves. Please consult your certified medical practitioner in case of people with electronic pacemakers, other electronic implants, hearing aid, mechanical heart valves. Content generated or found through Aether Mindtech's services or products is for informational purposes only and is not intended to replace the relationship between you and your physician or other healthcare providers. Aether Mindtech Solutions Private Limited is not health-care provider and do not claim to have expertise in diagnosing, examining, or treating medical conditions of any kind.

20. FCC Part 15 Information and Notes:

Pursuant to part 15.21 of the FCC Rules, you (User) are cautioned that changes or modifications not expressly approved by Aether Mindtech Solutions Private Limited could void your authority to operate the device

- a) This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
- b) (1) This device may not cause harmful interference, and
- c) (2) this device must accept any interference received, including interference that may cause undesired operation.
- d) 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.
- e) 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.
- f) The device may cause TV or radio interference if used in close proximity to receiving equipment. The FCC can require you to stop using the mobile device if such interference cannot be eliminated.

21. Industry Canada Information and Notes:

This device complies with Industry Canada licence-exempt RSS standard(s). 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 radioexempts 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.