RyseUp Wearable
User Manual

RYSEUP
A New State of Being

Transform with Trust.

Disclaimer*

The RyseUp devices and programs create a “PEMF+” (Pulsed Electromagnetic Field plus Sound) transmission, a technology developed and registered by RyseUp. The RyseUp pulsed electromagnetic programs operate as a feature of the emerging field of “frequency science.” Frequency science has long been recognized by Traditional Chinese Medicine (TCM) and our new understanding of the homeodynamics, an example of which is the recent study of the “biofield.” The biofield has been reported by the U.S. NIH (National Institutes of Health) as an electromagnetic field emanating from all living organisms: humans, animals, and plants. This emerging field of study intends to provide a scientific foundation for understanding the complex homeodynamic relationship of living systems. Currently, the U.S. National Institutes of Health posts more than 400 academic papers investigating the biofields of living organisms, focusing on the human biofield. RyseUp frequencies and devices have been designed as wellness devices and programs to provide a low-level energetics experience of the interaction between the RyseUp devices and programs as they resonate with the biofield. Although many have enjoyed a wellness experience with RyseUp—promoting rest and relaxation, meditation, and other moderating energetic experiences—it must be stressed that this area of energetics still is theoretical and should not be relied upon to replace consultation with your physician or other wellness practitioner. RyseUp devices are not intended to diagnose, treat, or prevent disease, disease-like or other medical conditions. If you are under the care of a doctor or other healthcare practitioner, you should consult your doctor or wellness advisor before using RyseUp. There are no reports of contraindications when using the RyseUp PEMF+ technology, but because this is an electromagnetic device, it should not be used by anyone with a metal implant (other than titanium, which is non-magnetic) or anyone with a pacemaker, an implantable cardioverter defibrillator (ICD), a cochlear implant, intrathecal pump, insulin pump, spinal cord stimulator, or similar medical device . Further, and out of an abundance of caution, we do not recommend the use of RyseUp devices by pregnant or lactating women or anyone under the age of 18 (except by parental permission and/or the permission of a consulting physician). When using RyseUp devices and programs, hydrate for maximum effectiveness. Be advised that not all frequencies work for all people. Your body will tell you what works for you!

The RyseUp Wearable is a Pulsed Electromagnetic Field (PEMF) wave emitter with a single copper coil. Designed to encourage and maintain a healthy lifestyle, the RyseUp Wearable is focused by proprietary PEMF+ technology projecting a sinusoidal single or serial electromagnetic frequency. As a wellness support device, the RyseUp Wearable is aligned with the philosophies and practices of Traditional Chinese Medicine (TCM) and is not intended to diagnosis, cure, mitigate, prevent, or treat a disease or diseaselike condition. Customers of the RyseUp Wearable who suffer an illness are encouraged to seek the attention of their medical or other healthcare professional.

* The following statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Scope of this document

Operating and installation instructions:

Manufacturer:
RyseUp Sales B.V.
Faas Eliaslaan 13
3742 AR Baarn | The Netherlands

Contact: info@ryseup.com

This User Manual is created by the manufacturer, RyseUp Sales B.V. It supplies the basic information and operation of the RyseUp software and device interface. This manual does NOT provide medical interpretation or medical advice in any way. This manual provides general information. The information and other content provided in this manual, or in any linked materials, are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment.
The opinions and views expressed in this manual or the RyseUp website have no relation to those of any academic, hospital, health practice or other institution.

Note: To avoid injury, read the safety information for RyseUp before use.

The distribution and duplication of this document, as well as the use and disclosure of its contents are prohibited unless expressly authorised.

These operating and installation instructions have been drawn up with the greatest of care. But it cannot be ruled out that subsequent technical modifications may in the future be incorporated or that relevant content has not yet been adapted. An updated version can be requested from RyseUp Support.

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1. The RyseUp System

RyseUp is for those who wish to have greater quality of life and want to be energetically supported in their daily activities. Choose a RyseUp program that can support you and your personal needs. Relaxation, better sleep, more creativity, better concentration,increased focus, support during yoga or sports, or while learning to play a musical instrument.

Because RyseUp's benefits are not limited by cables or applicators, it is perfectly suited for families, teams, or groups. Opt for programs that can contribute to more focus during yoga classes, create a relaxing atmosphere in your home, or supercharge focus at the office.
Our experience has shown that animals, regardless of the species can also benefit from RyseUp's field of harmonious frequencies.

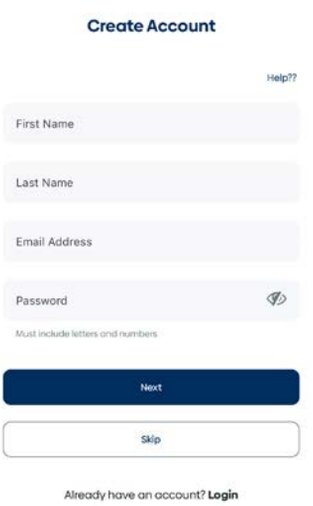
Take control of your well-being.

2. Getting Started

Before using your Wearable for the first time, charge it with the included charging cable. The device is compatible for charging via laptop or any adaptable power supply charging adapter. During charge the red LED light is on (see image 1). Once charging is complete, the red LED switches off and your Wearable is ready to use.

To operate the RyseUp Wearable, download the RyseUp App from the Appstore or Google Play Store.

When first opening the RyseUp App you are asked to choose your preferred language. Afterwards, fill in your credentials to create a RyseUp user account (see image 2) and confirm your email address via the confirmation email we send you.



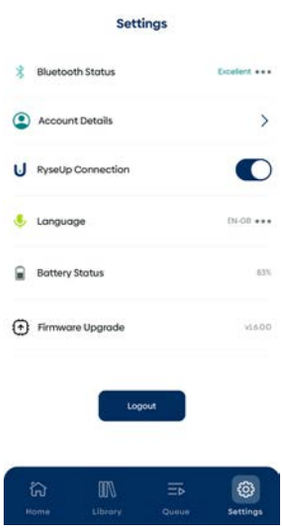
1 Before using the wearable, charge it fully with the included charging cable. During charging the red LED is on. The red LED switches off when the wearable us fully charged.

2 Enter your credentials to create a RyseUp user account. The password must contain a minimum of 12 characters with upper- and lowercase letters as well as numbers and symbols. You can skip this step to preview the app content without using it's functions.

2. Getting Started

After your have created your account, log in and connect your RyseUp Wearable to your device. You can choose to either enter the Wearable's serial number manually or scan the QR Code. You will find both on the backside of the RyseUp Wearable.

Now switch on your wearable by holding the power button for 2 seconds. The LED ring will turn green and the Bluethooth icon is blue. If the bluetooth icon is blinking, the Wearable is not connected yet. In that case go to the settings section of the app and manually trigger the connection by using the "RyseUp Connection" switch. Your app and Wearable are connected and you are ready to use the RyseUp frequency programs.



When you activate a program, the LED ring turns from GREEN to BLUE until the program completes the number of minutes you selected for the program to run.

The RyseUp Programs

3. Play Programs

Choosing a Program

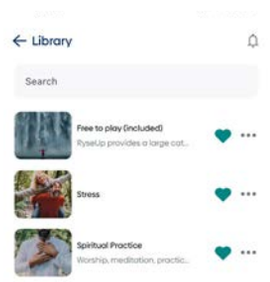
In this section we explore the RyseUp frequency catalog and will we learn how to play programs, save favorites, create playlists, and build queues.

On the Home Screen the RyseUp App organizes the frequency catalog on three levels: Upgrades, Categories and Programs. You can play, save, or add any of these.

To play an entire Upgrade, a Category, or a single Program, simply select and press “Play Now“.

Adding programs to Favorites

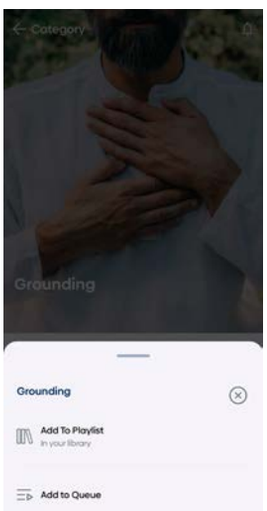
In order to add an Upgrade, Category or Program to your Favorites, simply click the heart icon and your selection is saved. You find your collected favorites in the Library section of the app.



3. Play Programs

Creating Playlists

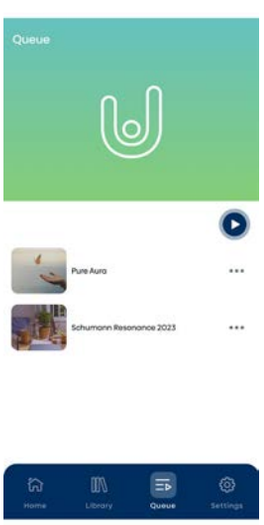
You can also add an Upgrade, Category or Program to a Playlist. Simply click the “+“ symbol and select “Add to Playlist“.



You can choose between creating a new playlist or to adding it to multiple existing playlists. In order to create a new playlist, give it a name, add a short description (optional) and pick a color for easy future reference. After you click “Finished“, your new playlist is available to be selected.

Just as your Favorites, your Playlists can be found in the Library section of the app. When viewing a playlist, you can remove existing programs or add the entire playlist to your Favorites as well.

Adding programs to the Queue



A Queue lets your create a custom list of programs to be played once. You can add Programs, Categories or even whole Upgrades to a Queue. In order to add something, click the „+“ symbol and choose „Add to Queue“. The Queue contains everything you added in the order you added it. If you like to make changes to your selection, you can remove items from the Queue by pressing the dots next to a program.

When ready choose the playing length of your selection. The minimum time needed to play the frequencies can be selected by moving the selector all the way to the left. By moving it to the right you can choose any time up to 720 minutes, which results in more repetitions of the frequencies played.

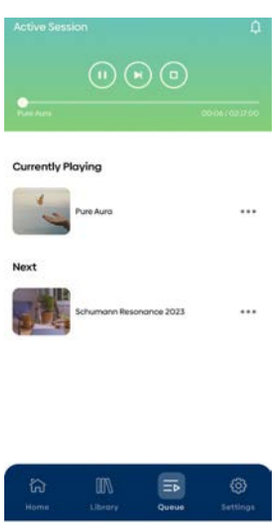
4. Overviews & Settings

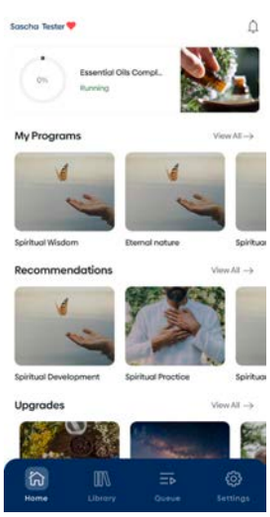
After confirming the time, your RyseUp programs are now playing. In the Queue you see what is currently playing and what will be next. Already played programs can be found in the „Recently Played“ section of the Library. If you wish to stop your Queue or play another Program, Playlist, or create a new Queue, please click the Stop button and confirm.

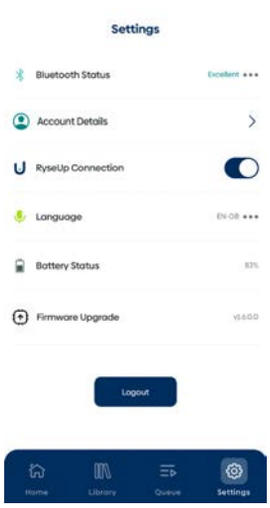
The currently playing program can always be found in the mini-player on the Home screen. When clicking on the mini-player you open the player window from where you can Pause, Stop or Skip to the next program (if you selected a Category or Upgrade to play). When any selection is finished playing, the app will display the Home Screen again.

In the Settings view you can check the quality of the Bluetooth connection, manually connect and disconnect your Wearable or change your Language. You also find the battery status of the Wearable. Once the battery goes below 30% charge the LED ring on the wearabel will turn red. You can continue using the Wearable while charging.

In case a firmware update needs to be performed, you will be prompted to enter the name of your WiFi network and the WiFi password. The Wearabel will then connect directly connect via your WiFi network to the RyseUp server to download and install the firmware update. During the update. remove the device from your body and keep it at a distance of at least 50 cm / 20 inches.







Additional Information

5. Tips & Tricks

Tip 1: The RyseUp Wearable can funtcion independently of the App once the selected programs are transferred. The more programs you select or the longer a queue or playlist is, the longer it can take for all the required information to be transferred to the Wearable. Depending on amount the transferral can take up to 120 seconds. After the data is transferred you can close the app.

If the Bluetooth connection gets disconnected the App will not display the current run-time and status of the RyseUp programs playing. To get a status update, simply reconnect the Wearable to the App in the Settings menu.

Tip 2: You can search for Upgrades, Categories, Programs, Favorites, and Playlists, simply by using the search bar at the top of the respective screen.

Tip 3: If you have further questions about PEMF, Resonance, TCM, Biofield, programs, or other academic studies, you may wish to consult ChatGPT.
Here is a link to a FREE version: https://chat.openai.com/auth/login.
But be aware that not all information provided by ChatGPT is scientifically valid and that occasionally the much-talked-about Artificial Intelligence tool has hallucinations—information it appears to invent. Therefore, we recommend any research you complete on ChatGPT be verified through other reputable sources, such as your own internet research or by consulting a professional in the field.

Tip 4: We recommend to drink a glass of pure water before and after a RyseUp session. Sufficient hydration is an important aspect in supporting the body's natural functions.

Tip 5: RyseUp works with Bluetooth Low Energy (BLE) technology, which for some mobile phones and tablets can cause an automatic disconnection of the Wearable. The selected RyseUp programs will continue running nonetheless. When you open the app, you may be prompted to manually reconnect the Bluetooth connection in the Settings screen. Once done the RyseUp app will update the status of your current program selection. This may take several seconds.

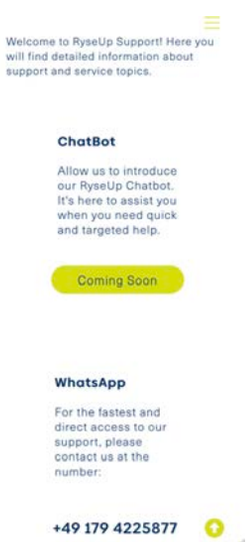
Tip 6: The RyseUp Wearable is waterproof to a limited extend. Therefor do not swim or dive with the RyseUp. Showering with the RyseUp is possible for a time period of up to 10 minutes with the UCB connector pointed downwards when the shower jet comes from above or with the USB connector averted from the shower jet. Prevent the shower jet from pointing directly at the connector opening.

6. Support

If you need assistance with your Wearable or the RyseUp App, visit **ryseup.com/support**. You can also contact the RyseUp Support Team directly via Whatsapp at **+49 179 4225877** or send us an email at **support@ryseup.com**.

Additionally you find Frequently Asked Questions in regards to the technical aspects of your products and PEMF+ in our support section.

Support



7. International Product Certifications

FCC Compliance Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
This device may not cause harmful interference and This device must accept any interference, including interference that may cause undesired operation of the device.
This device must accept any interference, including interference that may cause undesired operation of the device.

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.

Section 15.21 of the FCC regulations specifies that your authority to operate the equipment may be void if changes or modifications, not explicitly approved by RyseUp, are made.

Certifications (USA):
Contains FCC ID: 2AC7Z-ESP32WROOM23E
Contains IC ID: 21098-ESPWROOM32E

Certifications (Europe):

Ready to be amazed?

EVERYTHING IS POSSIBLE
WITH FREQUENCIES.

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