

## Kairos

Clinical-grade biometrics to monitor your recovery, activity levels, and deliver insights on your sleep.



Measures include: Heart Rate Variability (HRV) Heart Rate Respiratory Rate Sleep Analysis Activity metrics

- GETTING STARTED GUIDE Visit http://biostrap.link/kairos
- 2 INSTALL "VITAL SCIENCE" APP





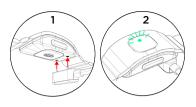
Download the **Vital Science by Biostrap** Mobile App and follow
instructions in app to pair your
biosensor.

3 NEED HELP?

Contact supply

Contact support at support@biostrap.com or visit help.biostrap.com

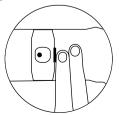
### Charging your Kairos



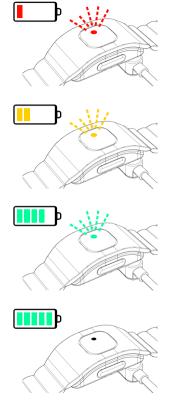
# Download "Vital Science" app on Google Play and Apple App Store



Wear your device two fingers above your wrist bone for the best data quality.



## Charging LED Status



Once fully charged, the LED will stop blinking.