

# H2O-PAL FIRST TIME SETUP AND MANUAL

The following is a quick guide on how to setup your H2O-Pal hydration tracker with the H2O-Pal iPhone app for the very first time.

You will need:

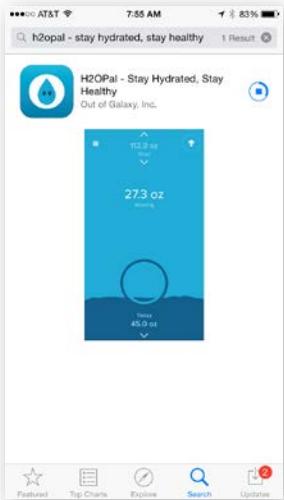
- H2O-Pal tracker and water bottle.
- iPhone with internet connection.
- Drinking water.



The setup process is divided into five steps, which can be completed in 3-5 minutes. If you're already using the app you can skip steps 1 and 2.

## (1) Download the App

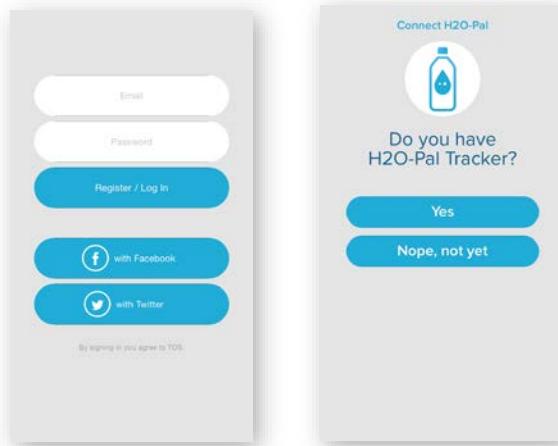
On your iPhone open the “AppStore” application. Navigate to the “Search” tab and type in H2O-Pal. Select the H2O-Pal search result and download the app.



## (2) Creating your Profile

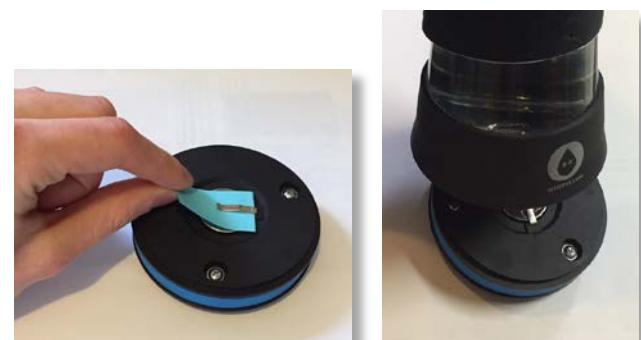
When you first open the app you will need to create your profile. To get started, you need to provide an email address and password or connect to the app using your Facebook or Twitter account. After that you follow the simple steps to provide information, which allows the app to give you a

recommendation for your daily water intake. Finally you will arrive at a screen asking you whether you have the tracker. Tap “Yes”.



## (3) Getting the H2O-Pal Hydration Tracker Ready

Once you reach the screen asking you to connect with the hydration tracker remove the paper protecting the battery on the tracker. Now fill up the bottle and mount the tracker onto the bottle using the simple magnetic connection.



Powering the H2O-Pal tracke and connecting it to the bottle.

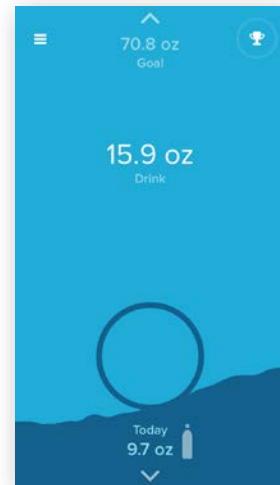
## (4) Connecting the H2O-Pal Hydration Tracker

After you complete the previous step turn the water bottle with the tracker upside down and if Bluetooth is turned off on your iPhone, you need to turn it on at this point.

The app will wirelessly detect the tracker. Tap on the detected tracker and tap “Pair” when asked to pair with H2O-Pal.

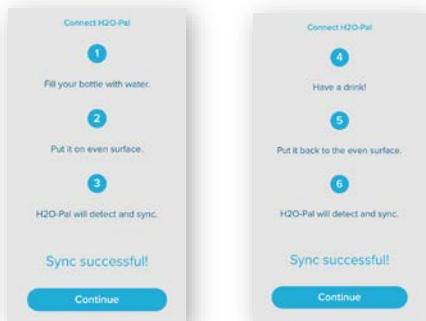


Turning the bottle upside down.



## (5) First Time Test

After pairing you will be guided through a few simple steps that ensure your tracker is working correctly.



First, you just place the filled bottle with the tracker on a table. This is when the tracker makes the first measurement. After the app syncs with the tracker, tap the “Continue” button and take a drink from the bottle and place the bottle back on the table. The tracker will measure how much you drank and sync with the bottle. Tap “Continue” to finish the first time setup.

## You're Done

You've now successfully setup your H2O-Pal tracker with the H2O-Pal app. Congratulations! If you have any issues or questions, feel free to reach out to us at [info@outofgalaxy.com](mailto:info@outofgalaxy.com).

## REPLACING THE BATTERY

When the H2O-Pal tracker's battery is depleted it should be replaced **by a new 3V CR2450 battery**.

**No other battery types are allowed.**

To replace the battery simply lift the positive (+) pin holding the battery and tilt the tracker so that the battery comes out. Insert the new battery with the positive terminal looking upward.

Turn the tracker upside-down and use the H2O-Pal app to reconnect with the tracker.

## SAFETY PRECAUTIONS

- Product should not be placed near or on heated surfaces.
- Risk of explosion if battery is replaced by an incorrect type.
- The battery and its components must be recycled or disposed of properly.
- Do not dispose of in fire.
- Keep the battery and other small components away from children.

# FCC REGULATIONS INFORMATION

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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.

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.

“Le présent appareil numérique n’emet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la class B prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministère des Communications du Canada.”

## Canadian Doc Notice

### For Class B Computing Devices

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the Radio Interference Regulation of the Canadian Department of Communications.