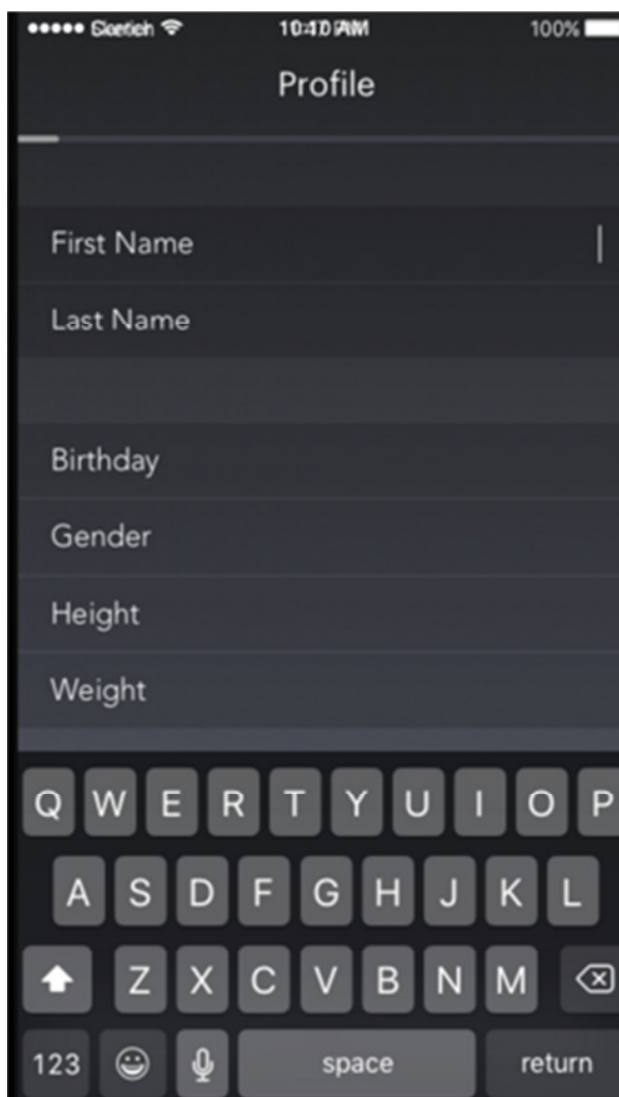


Motiv User Guide

1. In the box:

- *Motiv ring*
- *USB charger with keychain*
- *Extra USB charger*

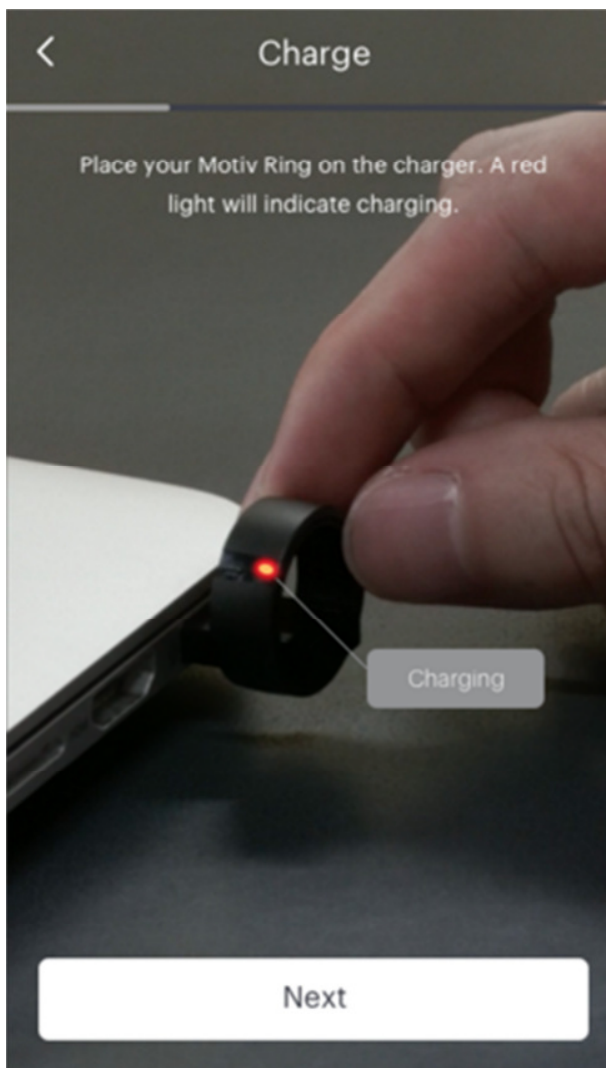
2. Download Motiv app:



- *Create account with email and password*

- Complete profile with: First name, last name, birthday, gender, height, weight

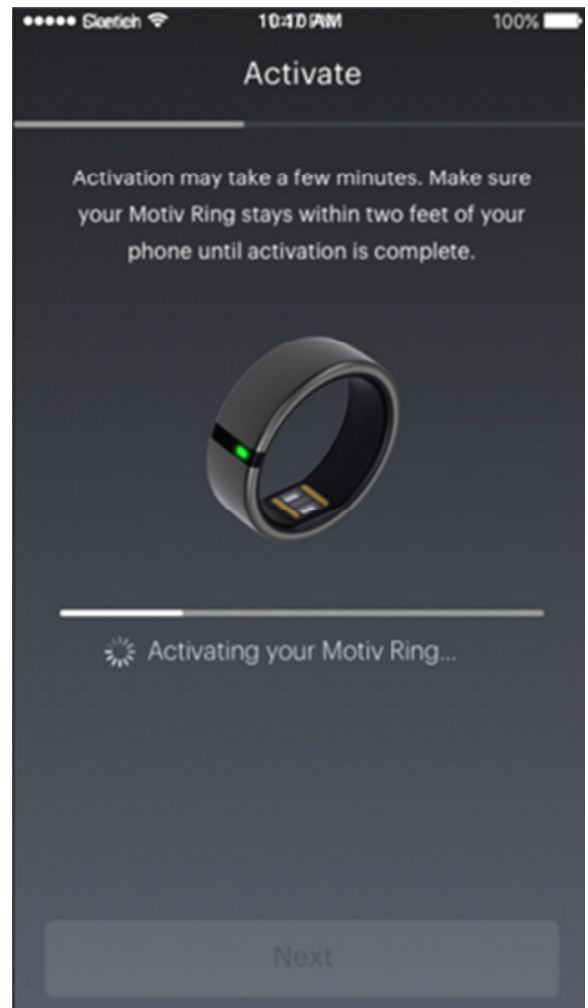
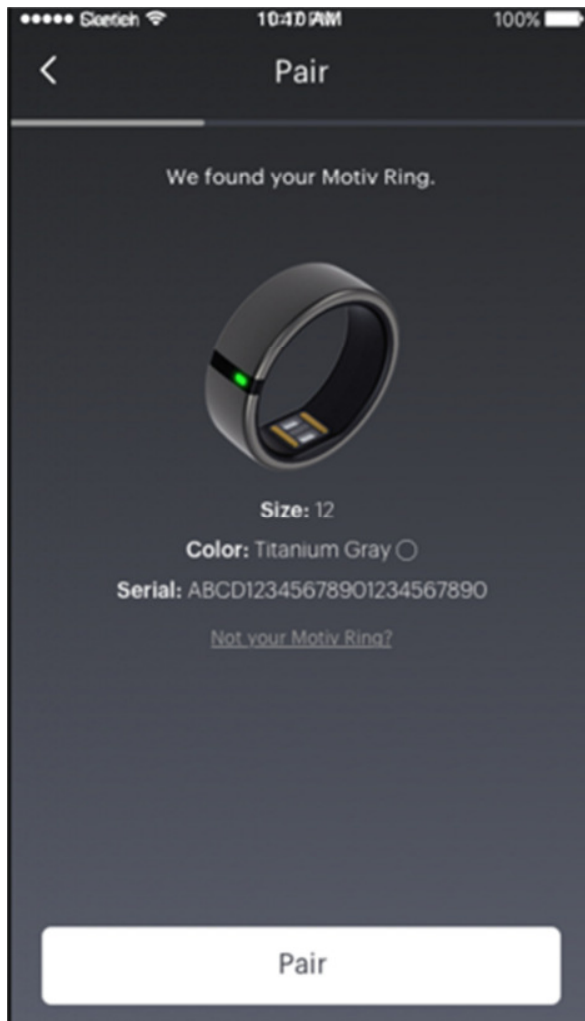
3. Charging:



- Remove charger from key chain

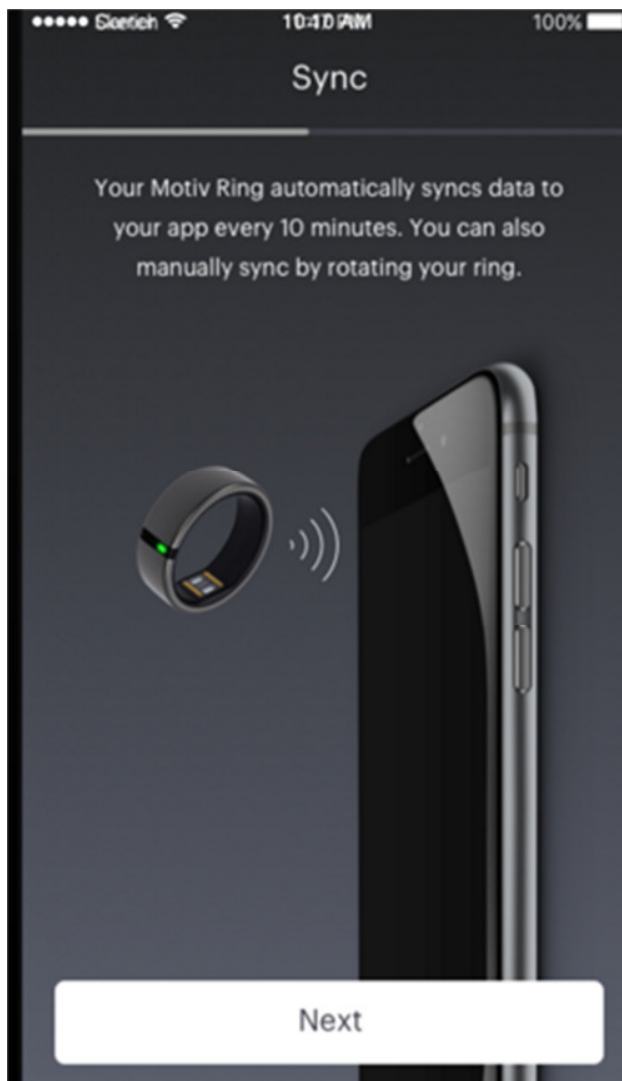
- Insert charger into any USB port
- Attach Motiv ring to the charger, a red light will indicate charging and a green light indicates it is fully charged

4. Activate ring:



- Make sure you have bluetooth enabled on your Motiv device.
- Keep your Motiv ring on the charger during pairing, the app will search for your Motiv ring.
- When it has found your ring, you will see a picture and details of your ring and then hit "Pair"
- Keep your Motiv ring within two feet of your phone during activation, which can take a few minutes

5. Syncing:



- Your Motiv ring automatically syncs data to your app every 10 minutes

- You can also manually sync the ring by rotating your ring around your finger.
- When you sync successfully, either a red or green light will appear on the ring. A green light indicates that the battery level is 20% and higher, and a red light indicates that the battery level is below 20%.

6. Profile:

Motivations

Select motivations to receive tips and articles that matter most to you.

- ☐ Lose Weight
- ☐ Get More Fit
- ☐ Live Healthier
- ☐ Increase Energy
- ☐ Sleep Better
- ☐ Reduce Stress

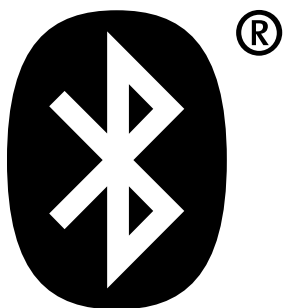
Motivations can be edited later in Settings.

Next

- Select the motivations that appeal to you, in order to receive tips and articles relevant to your interests
- Motiv Score: This number gives you a snapshot of your activity and sleep progress every day. Your Motiv score is comprised of your Step, Sleep, and Active Time targets
- Daily Targets: Rate your current activity level from Light to High to receive recommended daily targets for Sleep, Steps and Active Time. These can be edited in the future.

TUV Certifications

1. Bluetooth logo



2. FCC ID

FCC ID: 2A16HM001.

3. IC statement:

CAN ICES-3 (B)/NMB-3(B)

4. IC ID & Canada company code

IC : 21770-M001

5. HVIN

HVIN M001A

6. IC statement

RSS-Gen & RSS-210 statement:

This device complies with Industry Canada's licence-exempt RSSs. 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 radio exempts 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.

7. FCC statement

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.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.