



Quick start guide

Downloading the app

Some more advanced features of the Shock Clock MAX are controlled through the Pavlok App. You can download the Pavlok app by searching for it the App Store (iPhone) or Play Store (Android). Or simply tap on the following logos:





Charging

When you first receive your Shock Clock MAX, we recommend you connect the provided USB-C cable to your device and plug the other end into any USB charging source (either a charger or a computer).





Bluetooth pairing

We recommend you pair your Shock Clock MAX through the Pavlok app. Alternatively, you can pair it through the Settings screen on your smartphone or tablet.

Please accept the pairing and notification requests to enable full app functionality.

Try this if you have issues pairing your device:

1. Delete the existing Bluetooth connection in iOS / Android Settings and reconnect
2. Delete the Pavlok app, redownload it, and reconnect
3. Restart your Shock Clock MAX by going into Settings > Other > Shut down (press any button to turn it on again)
4. Restart your phone and try connecting again



Turning on the device

Your device will remain on whenever it is charged. If it runs out of battery, it'll turn on once you plug it in to charge.



Updating firmware

Firmware is the internal operating software of the Shock Clock MAX. It can be updated through the Pavlok app, meaning you will have to install it on your tablet or a phone first and pair it with your Shock Clock MAX.

If a firmware update is available, you will be prompted to update your firmware when you log into the app for the first time.

If a firmware update becomes available at a later time, you will see a firmware update banner in the app - simply tap it to update the firmware.

You can also see if an update is available in app settings found in the main menu (tap the three horizontal bars on the home screen of the app). From there, tap "Device Status" > "Device Info" >

"Diagnostics" > "Update Firmware".

Please note that a firmware update may take up to 3 minutes.



Setting an alarm

1. Go to Alarms screen and select Add Alarm
2. Set the Time, Name (optional), Repeat Days, Stimulus, and Wake options. You can also leave all these options on their default setting.
3. Make sure there's a check mark marking the alarm as enabled. You can also deselect this if you want to suspend the alarm without deleting it.
4. Press Back button and the alarm is all set!

Home screen button shortcuts



Having issues?

We'll be happy to assist you at pavlok.com/support

You can display the QR code that leads to these instructions and regulatory info at any time by accessing Settings > About > Regulatory>QR Code on your device

Proper care of your device

Water resistance

Shock Clock MAX received an IP67 rating, designating it as "protected against the events of temporary submersion (10 minutes) in lukewarm water up to 1 meter / 3 feet". Which means that, while

Shock Clock MAX will survive a shower, don't take it for a swim. Don't worry, Shock Clock MAX is fully safe to use even if wet.

Cleaning

Clean with mild soap and water. Cleaning with isopropyl alcohol is fine too.

Regulatory Information

USA

FCC ID: 2AMX804

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.

FCC warning:

Any 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.

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

Behavioral Technology Group, Inc. DBA Pavlok
539 W. Commerce St. #3141
Dallas, TX 75208
USA

Canada

IC: 23029-4
HVIN: SCMAX

CAN ICES-4 (B)/NMB-4(B)

IC warning

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(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'Innovation, Sciences et Développement économique 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.

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

L'appareil a été évalué pour répondre aux exigences générales d'exposition aux RF. Le dispositif peut être utilisé dans des conditions d'exposition portatives sans restriction.

Pavlok Canada
152 William St.
Victoria Harbour, ON L0K 2A0
Canada