



# STRACK



## Starter Guide

## QUICK START

1. Download the Strack App from iOS App Store or Google Play Store.
2. Install the App, sign up with email or login with facebook account.
3. Fully charge your Strack before first use.
4. Turn On your Strack by pressing the button.
5. Connect the Strack to your App.
6. Follow the instructions on the App that will help you how to use the Strack.

# **TURN ON/OFF STRACK**

## **Turn ON Strack**

Press the button once to Turn on the Strack



## **Turn OFF Strack**

Press and Hold the button till the Strack vibrates and then release the button to Turn Off

## **WEAR STRACK**

Strack can be worn in two ways based on user preference

- 1. Using Adhesive**
- 2. Using Magnetic Clasp**

### **Using Adhesive**

- Peel off the sticker on one side of the adhesive and stick it to the back of the Strack
- Now peel the other end of the adhesive and stick the Strack firmly to your upper back, directly on your spine

- Please make sure that your skin is dry and clean before attaching the Strack.

## **Using Magnetic Clasp**

- Place the Strack beneath your clothing just above your chest facing the top of the Strack
- Attach the Magnetic Clasp from top of your clothing
- Please make sure that the Strack and Magnetic Clasp are attached firmly.

## GOOD/STRAIGHT POSTURE

To set the Good/Straight Posture during calibration process, please follow the tips below

- Sit/Stand Straight and pull your belly button towards your spine
- Take a deep breath and stay relaxed
- Roll your shoulders back and drop them straight down
- Straighten your neck and tuck your chin in.

## **CALIBRATE STRACK**

Calibration process helps your Strack to decide your Good/Straight Posture.

It is recommended to calibrate your Strack every time you start your posture detection sessions.

You can calibrate your Strack whenever you feel your slouch posture is not properly identified.

Calibration of the Strack can be done in two ways

1. On Mobile App
2. On Strack

## On Mobile App

- Put the Strack on back or on Chest as suggested above
- To calibrate from the Mobile App, connect your Strack to the Mobile App.
- Go to **Side Menu > Calibrate**
- Get in to your best(straight) posture
- Press Calibrate button on the App Stay Still for few seconds till your Strack vibrates

## **On Strack**

- Put the Strack on back or on Chest as suggested above
- Get in to your best(straight) posture
- Double click the button on the Strack
- Stay Still for few seconds till your Strack vibrates

# STRACK SPECIFICATIONS

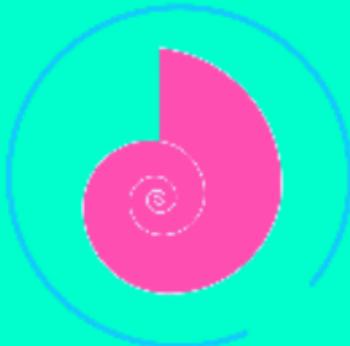
<b>Dimensions</b>	46.5Length x 31Width x 10Height
<b>Weight</b>	12 grams approx..
<b>Connectivity</b>	BLE – 4.2
<b>Battery</b>	Lithium-ion 3.7V, 120 mAh, 0.45 Wh
<b>Battery Life</b>	up to 2 days based on the Operational Modes
<b>Mobile Compatibility</b>	iOS8.0 and above, Android 4.4 and above
<b>Adhesives</b>	Medical Grade Silicon
<b>Magnetic Clasp</b>	To be filled

## **REGULATORY INFORMATION**

- FCC
- CE

## **WARRANTY INFORMATION**

Strack comes with Six Months Limited Manufacturer Warranty



**[www.dipitr.com](http://www.dipitr.com)**

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

**Warning:** 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.

**RF warning statement:**

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