

nudge.

QUICK GUIDE

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WHAT IS INCLUDED?



Four LED lights

A touch button.
This should always
be pointing towards you.

The Nudge wristband



The charging cable



The enclosure

NUDGE AND HOW IT WORKS

Welcome to your new Nudge, and get ready to Say Hello to Healthy Habits.

While you are wearing Nudge, it recognises gestures, like moving your hand towards your face. As you raise your hand to your face, Nudge vibrates. Nudge is a training device that makes you more aware each time you touch your face, and over time, we find that as we become more aware, we touch our face less and less.

The LED lights tell you the status of the device and also count your face touches.

Nudge is not a fitness tracker or a smart watch.

If you have questions about how Nudge works, try the FAQ at www.nudgeband.co.uk or send us a message at support@nudgeband.co.uk

HOW TO GUIDE

How to charge the battery

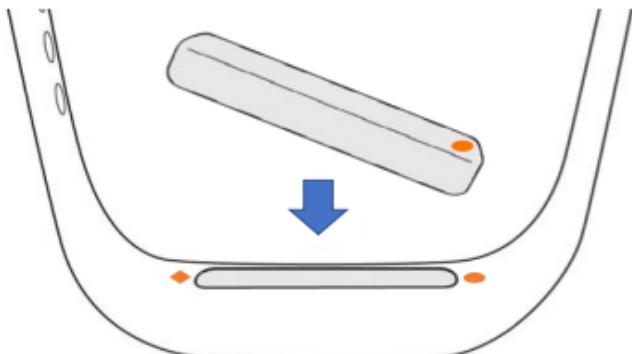
Make sure the battery is fully charged before using Nudge for the first time.

Take the enclosure out and insert the USB cable. Plug the USB cable into a suitable USB charging socket.



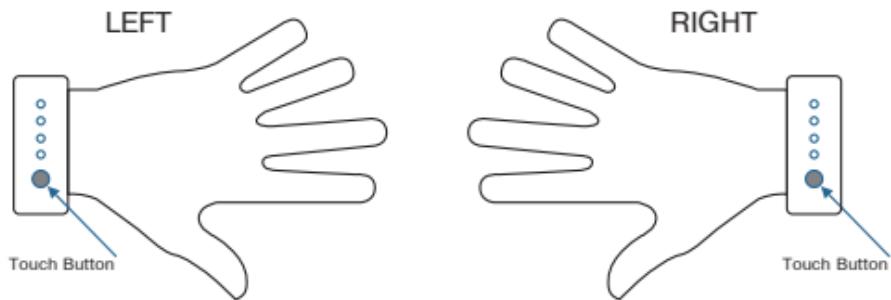
How to reinsert the enclosure

The LEDs should face inside the wristband. Insert the dot on the back of the enclosure towards the circle marked on the back of the wristband. The other side has a diamond marking.



Which hand?

Research shows people touch their face more often with their non-dominant hand, but you can wear Nudge on the hand that is most comfortable for you. Just make sure that Nudge is configured to the correct hand (left or right) and that the touch button points towards you, see below.



How to switch Nudge on / off

Press and hold the touch button for 3 seconds until it vibrates then let go.

- If Nudge has switched on:

- White LEDs flash to indicate the battery level.

- Four coloured lights then flash to indicate hand mode. Green lights flash for left-hand mode and red lights for right-hand mode.
- If Nudge has switched off:
 - A single red dot indicates the device has been turned off.

How to configure / change hand mode

To change hands, hold the touch button until it vibrates the second time, after approximately 6 seconds, and let go.
Either:

- Four green lights flash to show the device is configured for the left-hand mode. Remember: Lime for Left
- Four red lights light up to show that the device is configured for the right hand. Remember: Red for Right

How to check the status and battery level

Tap the Touch Button once.

- One red light indicates Nudge is off.
- If Nudge is on, white LED lights indicate the battery level, followed by coloured lights (red or green) to indicate hand mode:

One white light; less than 25% battery

Two white lights; 25-50% battery

Three white lights; 50-75% battery

Four white lights; more than 75% battery.

Followed by four red lights (Red for Right) OR four lime green lights (Lime for Left).

Counting your face touches

Did you know, research shows that on average people touch their faces more than 20 times per hour?

The LEDs count your face touches. At the milestones of 5, 10, 15 and

20 face touches, you will feel additional vibrations to alert you to these milestones:

- 5 face touches: vibrates four times and one light flashes.
- 10 face touches: vibrates four times and two lights flash.
- 15 face touches: vibrates four times and three lights flash.
- 20 face touches: vibrates four times and all four lights flash.

After 20 face touches the counter resets. See if you can extend the time before Nudge tells you there has been 20 Face Touches again.

Water Resistance

The enclosure insert is splashproof, but is not waterproof. It should not be submerged in water, do not take a shower or go swimming wearing Nudge. The wristband can be washed with soapless detergent and water.

Safety Information

This device contains electrical equipment that may cause injury if not used correctly.

- Do not charge Nudge when it is wet.
- Nudge is not a toy, never allow children to play with Nudge. Small parts may be a choking hazard.
- Do not expose Nudge to extremely high or cold temperatures.
- Nudge contains a 90mAh Lithium Polymer rechargeable battery. The battery is not user-replaceable.
- Do not expose the battery to fire, explosion, or other hazards.
- Do not attempt to open, repair, crush or disassemble this device. Internal components and its battery could cause harm if handled improperly.
- Dispose of this device in accordance with local regulations.
- The wristband may cause irritation to sensitive skin. Remove if irritation persists.

FCC Regulatory Compliance Statements

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.

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.

WARNING: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. Where shielded interface cables or accessories have been provided with the product or specified additional components or accessories elsewhere defined to be used with the installation of the product, they must be used in order to ensure compliance with FCC regulations.

Basic Specifications

Model No: Nudge 1.0

Battery Type: Lithium Polymer Rechargeable Battery

Battery Capacity: 90mAh

Weight: 5g

Water Ingress: Device is splashproof, not waterproof

Battery Standby: 7 days

ROHS

Declaration of toxic and hazardous substances in electronic information products. The device meets the EU ROHS criterion. Please refer to IEC 62321, EU ROHS Directive 2015/863 and revised directive.

Warranty

We offer a 30 day warranty on this product. After 30 days, if it develops a fault, we will repair or replace the product in accordance with the Consumer Rights Act 2015. For further information about the warranty and conditions, please see the website www.nudgeband.co.uk.

DISCLAIMER: Nudge is not a medical device. Nudge cannot prevent users from being infected by any bacteria or virus. Nudge cannot physically stop users from touching their face. Nudge is a training aid designed to help users touch their face less often. Users should continue to follow a safe hand hygiene regime, wear a mask where required and follow local health guidelines.