



Federal Communications Commission (FCC) 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.

Part 15.105 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 user's manual or instruction manual for an intentional or unintentional radiator shall caution the user that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. In cases where the manual is provided only in a form other than paper, such as on a computer disk or over the Internet, the information required by this section may be included in the manual in that alternative form, provided the user can reasonably be expected to have the capability to access information in that form.

Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. To maintain compliance with FCC exposure compliance requirement, please follow operation instruction as documented in this manual.

FCC FCC ID: 2AYNX-SOLOS1

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Changing the Battery

1. Use screwdriver to remove the screw. Do not lose the small screw.
2. Open the back cover.
3. Remove the battery and replace with a new CR2032.
4. Use the screwdriver to reattach the cover.



Battery Safety and Potential Risks

This product contains a CR2032 Lithium battery. In rare instances, batteries may leak a fluid that can cause a chemical injury or damage to the product.

To avoid battery leakage:

- Insert batteries properly in the battery compartment
- Only use the battery type recommended
- Dispose of batteries safely

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Frequently Asked Questions

Please view our FAQ document at feverguard.com/support to help answer your questions about FeverGuard.

- Q. Is my FeverGuard waterproof?**
- A.** The FeverGuard is water resistant, not waterproof. Please remove when bathing or swimming.
- Q. How do I charge my FeverGuard?**
- A.** FeverGuard does not need to be charged and runs on a battery similar to a watch.
- Q. How can I tell if the FeverGuard is on?**
- A.** On the face of the wearable is a light that blinks every five seconds indicating it is on.
- Q. Are there any risks to wearing a FeverGuard?**
- A.** The only possible risk is discomfort on your skin from the strap. If you develop a rash while wearing FeverGuard, please remove.

Privacy

Solos Health Analytics cares about your privacy, for our full policy learn more at feverguard.com/privacy-policy.

Warranty

Your FeverGuard is under warranty for six months. To extend your warranty to one year, please register it on the app. For a defective FeverGuard, please open a ticket at feverguard.com/support.

Support and Contact Information

If you have questions about your FeverGuard please feel free to reach out to Solos Health Analytics.

- support@solosanalytics.com
- 888.SOLOS.HA
- www.feverguard.com/support



FeverGuard

User Guide



1.888.SOLOS.HA
info@solosanalytics.com
solosanalytics.com
[UserGuide_012021](#)



Solos Health Analytics mission is to leverage individualized machine learning and predictive analytics to develop wellness products that promote and enhance a healthy lifestyle.

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Welcome

Congratulations and thank you for purchasing a FeverGuard. There's no single biomarker that tells the whole story about how our bodies are functioning and when our health is at risk. However, body temperature is an especially important one that we now have the technology to track and analyze continuously. Because as biomarkers go, temperature is a rich source of information about how our bodies are functioning.

FeverGuard's continuous monitoring is the most effective way possible to first, understand your temperature pattern, and then receive an alert when changes occur.

Here are some easy ways to get the most out of your FeverGuard:

In the Basic app:

- Monitor yourself or your family members at the first sign of, and through the duration of, an illness.
- If you think you or a family member may be getting sick, wear FeverGuard to monitor changes in body temperature.

In the Advanced app:

- Learn and understand your own temperature pattern.
- Set up notifications to alert you or a family member, healthcare professional, or caregiver if body temperature rises above the normal range.
- Monitor and track your temperature during a virus or infection (or the seasonal flu).
- Monitor and track your temperature during the period after a vaccination.

We thank you for your purchase of FeverGuard. If you have any questions, please reach out to us at support@solosanalytics.com.

Your friends at Solos Health Analytics

What's included in the box?

- 1 Sensor with Battery Included
- 1 Armband
- 1 Screwdriver
- 1 User Guide



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What is FeverGuard?

FeverGuard is a wearable health aid that fits on the upper arm and monitors your temperature continuously. It uses machine learning to analyze the data and alert at the first sign of a potential rise in body temperature above the normal range, so immediate action can be taken.

How does it work?

FeverGuard's machine learning software understands the difference between core and near-axillary temperature readings and learns your personal "normal." Using this constant data flow, FeverGuard continually searches for deviations, rapidly detecting a potential fever without the need for manual core temperature readings. The Advanced version of FeverGuard's app lets you see your temperature data, trends, and alerts.

- **IMPORTANT:** There will be a 1.5 -3 °F variance between your FeverGuard and a traditional oral thermometer - this is normal. If you notice a larger variance than 4 °F, please try adjusting the FeverGuard closer to your armpit.
- The FeverGuard does not have an on/off button. Once the FeverGuard is in place on your upper arm it will automatically turn on at 86 °F or higher. (It will turn off at anything lower than 84 °F).

Anatomy of a FeverGuard



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How to download the FeverGuard app and connect your wearable

Install the **FeverGuard by Solos** app via Google Play or Apple App Store.



How to wear a FeverGuard

IMPORTANT: When using FeverGuard for the first time, please remove the plastic tab from the battery area by pulling on the exposed tab. The battery cover does not need to be opened. This tab may be discarded.

- Choose the left or right arm to wear FeverGuard. Try to use the same arm whenever wearing.
- Place the FeverGuard high up on your upper arm, with the metal sensor toward your skin.
- The arm band should be snug, but not tight.
- Wait 30 seconds. The FeverGuard wearable is activated by your body temperature and will begin flashing a light every few seconds.
- You are free to wear your FeverGuard around the clock (except when bathing or swimming).



Basic Users

Perfect for instant and continuous temperature monitoring for the whole family, including children. Quick and easy setup without any data collection. Simply download the app and select "Basic" during setup. Secure your wearable and begin temperature monitoring.

- Accurate temperature displays in seconds
- Temperature stored locally on the phone for 72 hours
- No account setup required
- Ideal for monitoring temperature for children and families

Advanced Users

Instant and continuous temperature monitoring with temperature data stored securely in the Cloud. Simply download the app and select "Advanced" and continue through the setup process. Secure your wearable and begin temperature monitoring. The Advanced app provides the following features:

- Accurate temperature displays in seconds
- Personalized temperature alerts based on your unique individual temperature pattern
- Monitors, tracks, and stores temperature data
- Ability to notify others via text and email (up to 10 people)
- Includes symptom tagging
- Account setup required
- Note: The Advanced app learns your temperature pattern by capturing, analyzing and storing data in the Cloud. For that reason users must be over the age of 18.



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FeverGuard Temperature vs. Traditional Thermometer

IMPORTANT: There will be a 1.5 -3 °F variance between your FeverGuard and a traditional oral thermometer - this is normal. If you notice a larger variance than 4 °F, please try adjusting the FeverGuard closer to your armpit.

FeverGuard has developed and tested several ways of taking temperature measurements as close to the ideal core body locations as possible, while still facilitating the comfortable wearing of a temperature sensor. The axillary location (upper arm) was chosen because it is a medically accepted location and offers good correlation to core body temperature. While axillary measurements can be 1 -2 °F below actual core body temperature, FeverGuard compensates for this variable.



Care and Cleaning

The temperature sensor is the most crucial part of the thermometer and should be kept clean and intact to acquire accurate readings.

Use the following method to clean:

1. Gently swab the surface of the metal thermometer sensor using a cotton bud soaked in rubbing alcohol.
2. Use a piece of soft, dry cloth to clean the display screen and band of the thermometer. If the FeverGuard is very dirty, the cloth can be moistened with some rubbing alcohol to clean the wearable.
3. The FeverGuard is water resistant, not waterproof. Do not clean with detergents. Do not soak the thermometer in water or other liquids.

Cautions

- FeverGuard is not intended for the diagnosis, cure, mitigation, treatment or prevention of disease.
- The body temperature measured is to be used as a reference only.
- For high or continuous fever, please seek medical advice.
- Stop using FeverGuard if it has been damaged or if any allergic reaction occurs.
- Keep FeverGuard away from high humidity, extreme heat, or fire.

