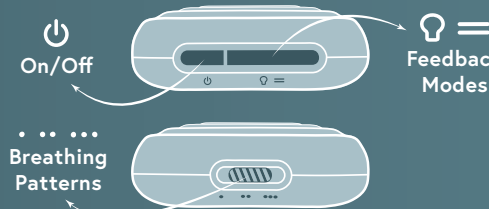


This is Melo. A small, portable, and easy to use tool for mindfulness that guides you through breathing exercises and allows you to take a breath and relax when you need it most.

With no app or other connected distractions, Melo is all about being in your own space and switching off from sources of stress.

Getting started



To aid your journey to a restful state, Melo uses both light and haptic feedback to guide you through the breathing patterns. These feedback methods can be changed once a breathing exercise has started, and the default of both light and vibrations will reset when Melo is turned off.



Soothing light



Calming haptic feedback

1

Power On



On/Off

Press and hold the shorter power button for two seconds to turn Melo on and off. Melo will stay in standby until a mode is selected.



2

Breathing Patterns



Beginner

4-4

A basic breathing exercise for beginners to start with.

Intermediate

4-4-4-4

'Box breathing' is a technique used when taking slow, deep breaths.

Advanced

4-7-8

Also known as 'relaxing breath', this technique aims to reduce anxiety and help with sleep.



inhale/exhale = yellow light



hold breath = peach light

3

Play/Pause



Play/Pause

To play and pause the breathing exercises, press and hold the longer mode button for two seconds.



4

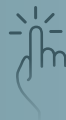
Feedback Modes



Feedback Modes

Short press the longer mode button to cycle between the feedback modes.

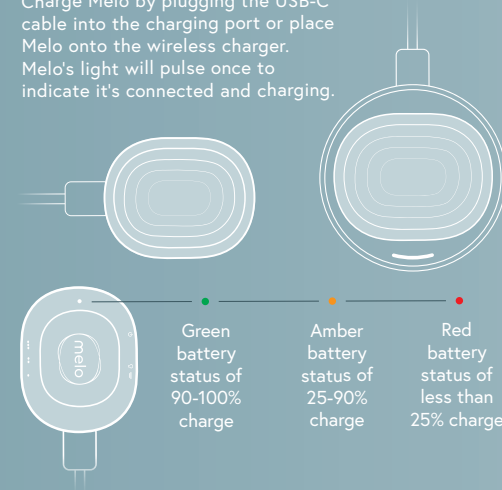
1st press = light on and vibrations off.
2nd press = light off and vibrations on.
3rd press = both light and vibrations on.



5

Charging

Charge Melo by plugging the USB-C cable into the charging port or place Melo onto the wireless charger. Melo's light will pulse once to indicate it's connected and charging.



6

Accessories

Melo comes with a range of interchangeable accessories so you can carry Melo, in the way that works best for you.



Silicone pouch



Pendant attachment



Accessory tool



Keyfob tag



Keyfob loop

To find out how to change your Melo accessories, visit theawellbeing.com/melo-help



SCAN ME

Need help?

Learn more about how to use your Melo at,
www.theawellbeing.com/melo-help

Get in touch with the TheaWellbeing team.
www.theawellbeing.com/contact

For more information about TheaWellbeing, visit,
www.theawellbeing.com



Advanced

4 - 7 - 8

- inhale
nose  4 s
- hold  7 s
- exhale
mouth  8 s

Intermediate

4 - 4 - 4 - 4

- inhale
nose  4 s
- hold  4 s
- exhale
mouth  4 s
- hold  4 s

Beginner

4 - 4

- inhale
nose  4 s
- exhale
mouth  4 s

Quick Start Guide

FCC WARNING

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.

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.

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance between 20cm the radiator your body: Use only the supplied antenna.