

Instruction

Device parameters

CPU: REALTEK8762D Series

Screen type: AMOLED 0.95 inch

Working temperature: 23°F–113°F
(-5°C–45°C)

Water resistance: IP68

Operate way: Full touch

Charging method: Magnetic

Battery type: Polymer lithium ion battery

Data transfer: Bluetooth 5.1 sync

Device requirement: Android 9.0/above; iOS 15.0/above

Main features

This device detects and measures the following:

Daily steps and walking distance

Sleep

Heart rate

Heart Rate Variability

How to use

- Tap the screen to wake the band.
- Swipe the screen left or right to switch among features.
- Tap the touch button to go to a previous screen.
- Long press the touch button on the main screen to change the band face.

Turning ON/OFF

- Turn ON: long press the touch button.
- Turn OFF: In Settings, tap Power Off, then confirm turning off the band.

Charging

1. Remove the band from your wrist.
2. Plug the charging cable into the USB C port on your computer, a USB C wall charger, or another charging device.
3. Align the pins on the charging cable with the golden pins on the back of the BetterMe Band, and the cable will attach magnetically.

4. When the band vibrates gently and displays the charging indicator, you'll know it's charging.

⚠ WARNING: Use a charger with a rated output voltage of 5V, a rated output current of 1A or above, or a computer USB C port. Do not use a charging cable that is not approved or supplied by BetterMe. Using damaged cables or chargers, or charging when moisture is present, can cause fire, electric shock, injury, or damage to the BetterMe Band or other property. Do not wear the BetterMe Band while charging it. Do not charge the device while it is wet.

Connecting to a phone

Pair your BetterMe Band with a phone in just a few minutes:

1. Download the BetterMe app by scanning the QR code on its box (iOS 15.0/above, Android 9.0/above).
2. Create or log in to your account.
3. Turn on Bluetooth on your phone.
4. Bring your band close to the phone and follow the onscreen instructions to connect.
5. Once connected, the band will start tracking your daily activities and sleep quality.

Basic functions

1. The device is equipped with a variety of sensors that monitor your condition during workouts, rest, and sleep. You can measure heart rate and record data for further analysis.
2. The device automatically monitors the number of steps and walking distance. Find the data by swiping to the activity page.
3. There's a detector monitoring your sleep at night. You can swipe to the sleep analysis page to see the data. Temporarily, the device doesn't support daytime naps and abnormal nighttime behavior monitoring (work shifts, etc.).

4. The band can measure your heart rate. Swipe to it on your band to start automatic measurement.

5. HRV, or heart rate variability, is a way to measure how your body adapts to life's challenges. Changing time intervals between your heartbeats help us understand your body's responses to stress.

BetterMe Band automatically tracks your HRV throughout the day. Head to the BetterMe app to view your data.

6. On the device display, you can see the basic data and measurements. Make sure to connect to the app every day to see the detailed statistics and progress. The metrics dashboard is available only with a paid subscription in the BetterMe app.

When measuring heart rate and Heart Rate Variability, make sure the photoelectric sensor on the back of the device touches your wrist neatly. If it's too tight or too loose, you may get false readings.

Heart Rate measurement works best when you're relaxed. The band will automatically monitor your heart rate at set intervals.

NOTES

- When measuring heart rate, make sure the photoelectric sensor on the back of the device touches your wrist neatly. If it's too tight or too loose, you may get false readings.
- Heart Rate Indicator works best when you're relaxed. The band will automatically monitor your heart rate at set intervals.
- The band is not a medical device. The condition measurement data is given for reference.
- The sleep detection technology is based on your movement. The data is presented only for reference and may be inconclusive. Quiet lying down may be detected as sleeping.

- The device is made from PC+ABS and the straps are made from liquid silicon similar to that used in many sports watches.

Water Resistance

1. BetterMe Band is rated with IP68 Water Resistance, which means that it is splash-resistant and resistant to submersion up to a maximum depth of 1.5m underwater for up to 30 minutes in freshwater. We do not recommend using the band in salt or chlorinated water. Don't use the band while taking a hot shower/bath, sauna, diving, surfing, swimming in the pool, or during any other activities that involve interaction with high-temperature/moisture environments.

2. The water resistance capabilities may get worse over time.

Important safety information:

read before use to reduce the risk of injury, discomfort, property damage, including damage to BetterMe Band, any connected devices, and other potential hazards.

Skin irritations: Prolonged contact may cause skin irritation or allergies in some users. To reduce irritation, follow 4 simple wear and care tips:

1. Keep it clean.
2. Keep it dry.
3. Don't wear it too tight.
4. Give your wrist a rest by removing the band for an hour after extended wear. If you notice any skin irritation, remove your device.

Medical conditions: Consult your doctor before use if you have any preexisting conditions that might be affected by your use of the device. A small percentage of users may experience headaches, seizures, blackouts, eye strain, fatigue or dry eyes that are triggered by visual stimuli, such as flashing lights or bright patterns, or the use of electronics with displays. Those

symptoms can be experienced by people who have never previously experienced such issues. If you have a history of seizures, blackouts, epilepsy, a medical condition, or experience discomfort that you believe could be affected by the BetterMe Band, consult with a doctor before using your device.

Stop using your BetterMe Band immediately and contact a doctor if you experience any symptoms that you believe could be caused or affected by your device (for example, headaches, blackouts, or seizures). If you feel soreness, tingling, numbness, burning or stiffness in your hands or wrists while or after wearing the device, please immediately discontinue use.

Interference with medical devices: BetterMe Band and some charging accessories contain magnets as well as components and/or radios that emit electromagnetic fields. These magnets and electromagnetic fields might interfere with medical devices. In case you have a pacemaker, implantable cardioverter defibrillator, or other implanted device, consult your healthcare provider or a manufacturer of the implanted device before using the BetterMe Band. Utilizing the band together with the implanted device may have an adverse effect on the last and as a consequence - your health.

Not a medical device: BetterMe Band is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease. The accuracy of the products and services offered by BetterMe and its affiliates is not intended to be equivalent to medical devices or scientific measurement devices.

Choking hazard: BetterMe Band is not a toy. The device with accessories attaches some small parts, please keep the device away from the children to avoid children swallowing small parts which may cause an injury or create a choking hazard.

Distractions: Do not check calls or other notifications, GPS, or other applications on the BetterMe Band display while driving or in other situations where distractions could be hazardous. Always be aware of your surroundings when using BetterMe products and services.

Musculoskeletal disorders: Repetitive activities, such as tapping, or swiping on the screen of your BetterMe Band, may cause discomfort in your fingers, hands, wrists, arms, shoulders, or other parts of your body and may worsen preexisting conditions, such as carpal tunnel syndrome. If you experience any discomfort from such activities, stop using your BetterMe Band and consult with your doctor.

Radio frequency interference: Observe signs and notices that prohibit or restrict the use of electronic devices or wireless technology such as Bluetooth. BetterMe Band is designed, tested, and manufactured to comply with regulations governing radio frequency emissions, such emissions from the BetterMe Band can negatively affect the operation of other electronic equipment, causing them to malfunction. Turn off the band when use is prohibited, such as while traveling in aircraft, or when asked to do so by authorities.

Battery and repairing: Polymer lithium ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage

to the device, fire, chemical burn, electrolyte leak, or injury.

Do not disassemble, modify, remanufacture, puncture or damage the device or batteries. Do not remove or attempt to remove the non-user-replaceable battery. Doing so will void the warranty and can result in a safety hazard. Do not use the BetterMe Band with a damaged enclosure, a cracked display or some other form of physical damage.

Heat exposure and explosive conditions: Do not expose the device or its battery to fire, explosion, extremely high or low temperatures or other hazards. In particular do not use or store the device or its accessories in dusty, smoky, damp, or dirty environments, or near magnetic fields. Keep it away from heat sources and out of direct sunlight.

Do not leave your BetterMe Band inside a vehicle, on a car dashboard, window sill, near a heating vent, or behind glass exposed to direct sunlight or strong ultraviolet light for extended periods. Remove your BetterMe Band immediately if it feels warm or hot.

Environmental hazard: Substances in the BetterMe Band and its battery may harm the environment or cause injury if handled and disposed improperly. For proper disposal and recycling see the Disposal and Recycling Information section.

CLEANING AND CARE

Keep the BetterMe Band clean and dry. Regularly clean your band and wrist — especially after working out, sweating or washing your hands. Dry your BetterMe Band thoroughly if it is exposed to fresh water.

Clean the band if it comes in contact with anything that may cause stains or other damage, such as dirt or sand, makeup, ink, soap, detergent, acids or acidic foods, or comes in contact with liquids other than freshwater, including those that may lead to skin irritation such as sweat, salt water, soapy water, pool water, perfume, insect repellent, lotions, sunscreen, oil, adhesive remover, hair dye, or solvents. The BetterMe Band colors may vary or fade over time.

How to clean BetterMe Band:

1. Remove the BetterMe Band and turn it off before cleaning.

2. Wipe the band clean with a nonabrasive, lint-free cloth. If necessary, you can also lightly dampen the cloth with fresh water. Do not use hand soap, body soap, dish soap, hand sanitizers, cleaning wipes, household cleaners or other similar cleaning products to clean the band or device, as those are difficult to remove and could get trapped beneath the band and irritate your skin. Instead, only use fresh water and a soap-free cleanser to clean the band. Furthermore, to minimize the potential for damage to your device and the chance for skin irritation, avoid any direct contact with sunscreen or insect repellent sprays. Always remove your device while applying these types of creams or sprays.

3. Dry BetterMe Band with a nonabrasive, lint-free cloth.

To avoid safety hazards or damage to the BetterMe Band, follow these guidelines:

- Do not clean BetterMe Band while it's charging.
- Do not dry BetterMe Band using any external heat source (for example, a hair dryer).

- Do not use cleaning products, ultrasonic cleaners, or compressed air when cleaning your BetterMe Band.

DISPOSAL AND RECYCLING INFORMATION

The symbol on the BetterMe Band or its packaging signifies that this device must be disposed separately from ordinary household wastes at its end of life because it contains a battery and is electronic equipment.

For information about where to recycle your device, please contact your local waste management authority.

Do not dispose of your BetterMe Band with household waste. Disposal of the packaging and the BetterMe Band should be done in accordance with local regulations. Batteries are not to be disposed of in municipal waste streams and require separate collection.

FCC STATEMENT

1. 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.

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

Note: This device 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 device 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 device does cause harmful interference to radio or television reception, which can be determined by turning the device 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 device and receiver.
- Connect the device 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.

Note: The Grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. such modifications could void the user's authority to operate the device.

The device has been evaluated to meet general RF exposure requirements.

This device complies with FCC's RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna(s) must not be co-located or conjunction with any other antenna or transmitter.

LIMITED WARRANTY

For information on terms and period of the BetterMe Band limited warranty and other information related to the limited warranty, please visit <https://store.betterme.world/band-limited-warranty>

Model: BetterMe Band 2

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