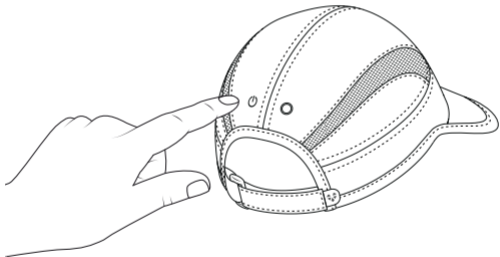

GET
READY
FOR A
RUN

1

Turn on the hat by pressing and holding the power button. The hat beeps three times and the light will pulse blue.



2

Put the hat on your head. Move any hair or fabric accessory away from the sensor contact point to allow direct contact with your forehead.



3

Pair the hat with your fitness device or smartphone, and wait for the heart rate to display. Your device will detect the hat as the 'LifeBEAM Hat'. If your heart rate does not appear, reset the hat by turning it off and then on again. Also reset your smartphone app or fitness device and wait 15 seconds for the heart rate to display.

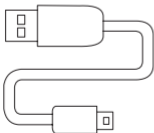
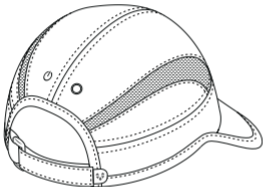


Ready to Run!

For more details, continue reading...

What's in the Box

The hat comes with the following:



**QUICK START
GUIDE**

**INFORMATION
BOOKLET**

What is Special about our Hat?

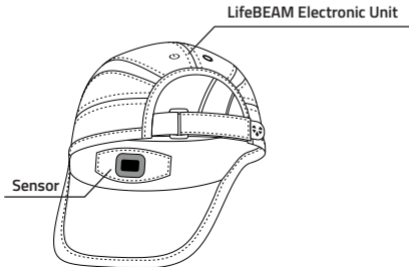
Our hat measures your heart rate, cadence and calories, and eliminates the need to wear a chest strap.

Sensor Area

The optical sensor is integrated into the front of the hat where it gently touches your forehead and monitors your body signals.

LifeBEAM Electronic Unit

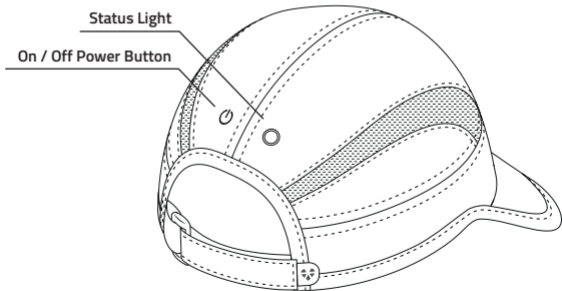
The Electronic Unit is the brain of the hat, and uses information from the sensor to calculate your heart rate, cadence and calories.



Interface Area

The Interface Area is located at the back of the Cap, or the right side of the Visor. It consists of:

- On/Off power button
- A status light for power on/off and battery level

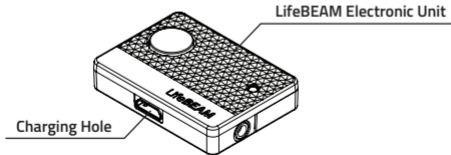


First Run

Charge Battery

Make sure battery is charged **BEFORE** your first run.

1. Find the LifeBEAM Electronic Unit pocket, located on the inner back side of the Cap, or on the inner right side of the Visor.
2. Using the cable, connect the LifeBEAM Electronic Unit to a USB power source. Either insert the cable through the intended hole in the fabric, or disconnect the Electronic Unit from the hat and remove it from the pocket to charge externally. The status light will pulse orange while charging.
3. Disconnect the USB cable when the status light turns green.
Your hat is now charged!



Turn on the Hat

Press and hold the power button. The hat will beep three times and the status light will turn on and begin to pulse blue.

- Put the hat on your head.
- Be careful to establish direct contact between the sensor and the skin of your forehead by moving any hair or fabric accessory away from the sensor contact point.
- Adjust the velcro band at the back until the hat fits comfortably and snugly. Make sure the sensor still touches the skin of your forehead. This is critical to accurately measuring your performance.

Pair with Fitness Devices or Smartphones

The first time you use your hat you must conduct the pairing process. Your smartphone or fitness device will detect the hat as the 'LifeBEAM Hat'.

Note: Make sure to pair your device within 10 minutes from the time you turn on your hat.

- Turn on your fitness device or smartphone app.
- Position the device within 3 meters (9 feet) of the hat.

Please see the wireless connectivity protocol relevant to your device:

Smartphone Users

Each smartphone app pairs a little differently. Make sure Bluetooth is turned on and that you have the latest version of your fitness app. The hat pairs in the app settings, not in the Bluetooth settings of your phone as in classic Bluetooth devices. Follow the pairing instructions of the app you are using.

Note: Each time you change fitness apps on your smartphone you will need to re-pair the hat.

Fitness Device Users

Follow the device-specific instructions for receiving heart rate data from a chest strap.

See FAQs at life-beam.com for the list of supported devices, operating systems, and fitness app examples.

Wait for your Heart Rate to Display

Once the hat is paired with your smartphone or fitness device, wait an additional 7 to 15 seconds to see your heart rate display. Depending on your smartphone and fitness device, there will be differences in loading time and displayed messages before the proper heart rate appears. If your heart rate does not display, please see our section on Troubleshooting.

Note: If you take the hat off your head, your heart rate will stop displaying. Depending on your smartphone app and fitness device there will be differences in displayed messages at this time.

Now you're ready to run!

For future runs, you only need to turn on your hat.

Take Off Your Hat

When your hat is off your head and stationary it will automatically turn off after 10 minutes of inactivity. You can also shut down the hat by pressing and holding the power button. A long beep sounds and the status light turns off.

Note: If you take the hat off your head, your heart rate will stop displaying.

Battery Level Test

To check the hat's battery level, quickly press the power button while the hat is turned on. The hat will beep once and the light will flash. The colour of the light indicates the level of charge remaining in the battery:

Green: The battery is charged (30% - 100% charged).

Orange: The battery has low charge (10% - 30% charged).

Red: The battery needs to be charged (0% - 10% charged).

30 minutes before the battery is fully depleted, the hat will begin to beep every 10 minutes and pulse red.

Operational Signals

OPERATION	AUDIO	VISUAL
Turn ON, Press button and hold	3 quick beeps	Status light on - BLUE
Turn OFF, Press button and hold	1 long beep	Status light off
Auto OFF > 10 min idle	1 long beep	Status light off
System is on and working		Status light pulses - BLUE
Battery Low ~30 min before battery depletion	Beep every 10 min	Status light pulses - RED
Battery Level Test - Battery charged 30% - 100%	1 quick beep	Status light - GREEN
Battery Level Test - Battery charged 10% - 30%	1 quick beep	Status light - ORANGE
Battery Level Test - Battery charged 0% - 10%	1 quick beep	Status light - RED
Battery Charging		Status light pulses - ORANGE
Battery charged		Status light - GREEN

Storage

When storing, do not put objects inside the hat that may scratch or damage the sensor.

Washing

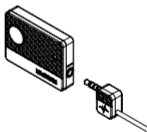
Step 1: Removing the LifeBEAM Electronic Unit

Disconnect the cable connecting the LifeBEAM Electronic Unit to the hat. Remove the Unit from the pocket located on the inner back side of the Cap, or the inner right side of the Visor. Make sure you close the end of the cable back inside the pocket while washing, and store the Electronic Unit in a safe location.

Step 2: Washing the hat

Please hand wash in cold water.

DO NOT: Bleach, tumble dry, iron, soak or dry clean.



Step 3: Replacing the LifeBEAM Electronic Unit

Ensure the hat is completely dry before returning the LifeBEAM Electronic Unit to the pocket and reconnecting the cable that attaches it to the hat.

Troubleshooting

What to do if your Heart Rate does not Display on your Smartphone or Fitness Device:

- Verify the hat is paired to your device.
- Make sure that nothing is blocking the sensor from touching the skin of your forehead (e.g. hair or fabric accessories).
- Make sure the hat is not too tight but fits snugly.
- Make sure the LifeBEAM Electronic Unit is properly connected to the hat by opening the hat pocket and making sure the connector is fully inserted into the Electronic Unit.
- If your heart rate still does not appear, reset the hat by turning it off and then on again. Also reset your smartphone app or fitness device and wait 15 seconds for the heart rate to appear.

What to do if the Status Light is Off:

- Try to turn on the hat by pressing and holding the power button.
- Make sure the LifeBEAM Electronic Unit is properly connected to the hat by opening the hat pocket and making sure the connector is fully inserted into the Electronic Unit.
- Charge the hat, ensuring the cable is properly connected to the LifeBEAM Electronic Unit and USB port. The status light should pulse orange while charging.

What to do if the Heart Rate Display is not Regular:

- Make sure that nothing is blocking the sensor from touching the skin of your forehead (e.g. hair or fabric accessories).
- Readjust the hat on your head so that it is not too tight but fits snugly.
- If the heart rate display is still irregular, restart the hat.

If the problem is not resolved, see the User Guide at life-beam.com for complete troubleshooting information.

Support

For any unresolved issues, contact us at: support@life-beam.com

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