WME2 user guide

General user instruction

Safety warning

Get started- Confirm WME2 package contents
- WME2 wristband x1
  (picture inserted)
- Replaceable belt x1
   (picture inserted)

Activate your WME2
- **Download the WME2 connected App.**
   For iOS users, search for the WME2 App on the App store. Compatible with iOS device below with Bluetooth 4.0.
   iPhone 6
   iPhone 5
   iPhone 4S
   iPad mini
   iPad with Retina display
   iPod touch 5th Generation
  Please check phyode.com for the latest compatibility list.

- **Connecting WME2 to your mobile device (pairing)**
- Press and hold the button on wristband for 3 seconds to power on WME2.
- Press the button to scroll through the modes until you have reached the bluetooth connecting mode. Make sure it is on so your phone or tablet can detect it in pairing mode.
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- Follow the instruction to set up WME2 during the first log in.
  1. Build your profile. You can modify your profile and manage your WME2 device later in setting menu.
  2. Connect your wristband to your phone or tablet via Bluetooth pairing. The App will search for your wristband, select WME2 from the list of devices**.**

Customize your WME2 notification services

WME2 is not only a health tracker, it also notifier. It alerts you via a non-intrusive light and vibration to keep you in touch with life's busy schedule.

- Email setting

Our App provides Google mail, Yahoo mail, iCloud and AOL sync for personal notifier. Switching this feature "on" in the app, will enable WME2 to alert you of incoming emails.

- Alarm
You can set multiple alarms.

- Facebook check in
Switching this "on" in the app, enables WME2 to check you in on Facebook with a push of the mode button from your wrist
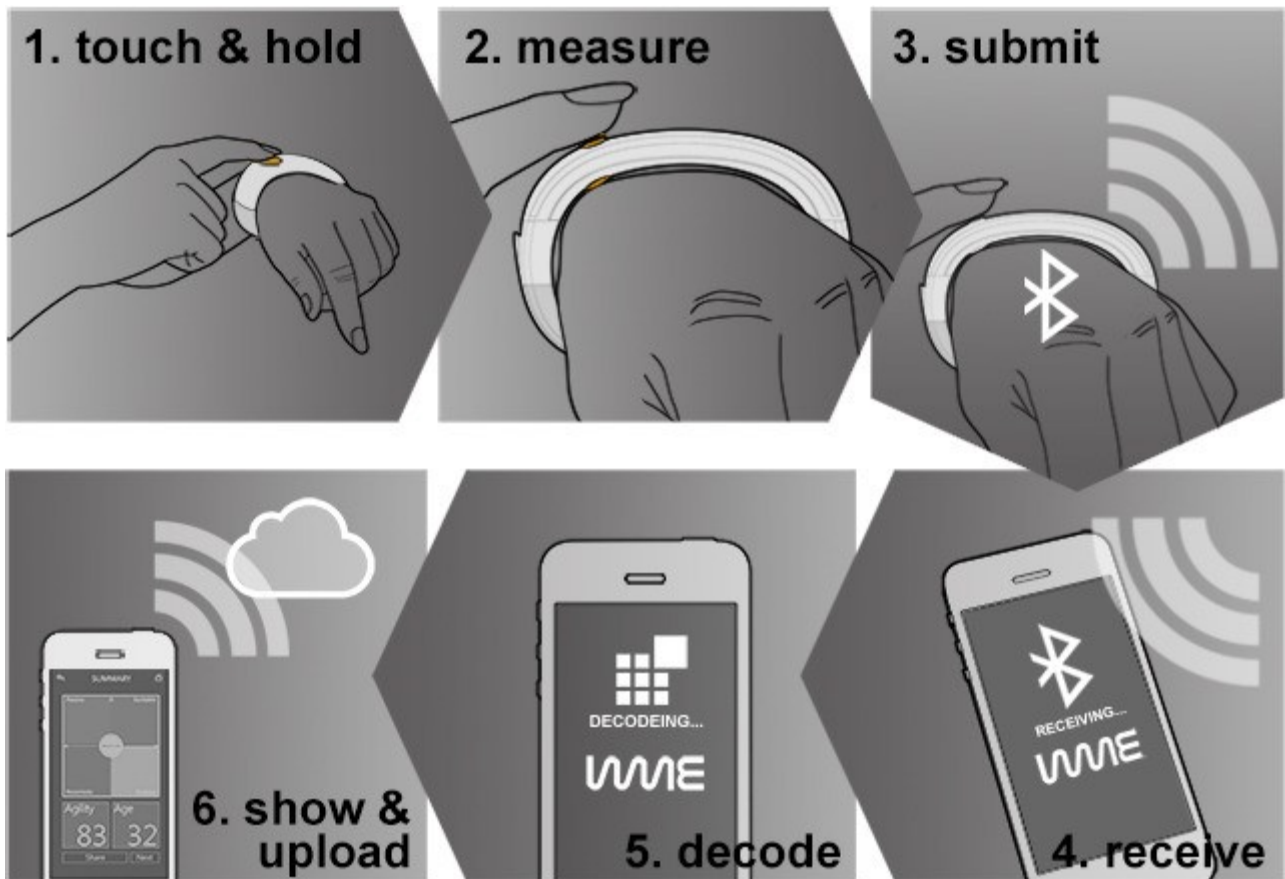
- Incoming call

- Switching this feature "on" in the app, will enable WME2 to notify you via a non-intrusive vibration and lighting sequence to let you know when you have an incoming call

- Find my phone

Switching this feature "on" in the app, enables WME2 to locate your phone. Scroll through the modes on WME2 to activate the device locator function.

How to start measurement?

- **Touch the LSA and start biometric analysis**
- The core of WME2 resides in the special sensor we developed called the life spectrum analyzer (LSA). With a touch of the LSA, you can easily analyze your mental state, agility score and autonomic nervous system (ANS) age.

1. touch & hold **2. measure** **3. submit**

6. show & upload **5. decode** **4. receive**

Follow the simple steps, WME2 will share with you information about how you are doing:

- MENTAL STATE

Our app uses the LSA to detect your body's harmonics and maps out your subconscious mental state, whether it be passive, excitable, pessimistic, or anxious.

- AGILITY SCORE

The agility score indicates how capable your body is able to adjust to environmental changes. The lower your score, the less likely you are able to adapt to the changing environment which can result in higher levels of stress.

- ANS AGE

Working with researchers in the medical field, we have collected years of data and can infer the age of your ANS. Don't worry - if it's not where you hope, it can improve over time with the right lifestyle decisions and breathing practices.

==How to begin rhythmic breathing exercises.==

Backed by years of medical research, we developed a coaching platform with five progressive levels. Just like any type of exercise, form is very important. Our "fitness whale" will interactively guide and encourage you. The whale will help you control your breathing process. Coupled with our advanced sensor, the virtual breathing coach will help improve your ANS agility. There's also a customizable level you can program to help fine-tune your coaching.

How to check the history.

We make it easy to keep track of your trends. With the history portion of our app, you can easily see your improvement over time.

How to charge WME2.

WME2 will display a battery level indicator when the battery is low. To charge the device, plug WME2 charger cable on your computer to begin charging. WME2 will display the battery level while charging, once charging is complete, simply unplug WME2 from the USB port. It generally takes 3-4 hours to charge a WME2 for a full charge.

If the battery is completed depleted, only charge WME2 through your computer's USB port in order to reset the WME2 clock. Please note that you can also charge WME2 with standard USB wall chargers and car chargers when the battery is not completely depleted. Make sure to pay attention to the power output ratings of the chargers.

We spent a lot of effort to improve the efficiency of WME2, under normal use, the battery should last 7 days on a full charge.

Adjustable wristband

- Width: 0.95 inch (24 mm)

- Weight: 1.38 oz (39 grams)

- Communication: Bluetooth 4.0

- Display: OLCM

- Battery Life: 7 days (average use)

- Charging: Charger cable

- Operating Ambient Temperature: 32° - 95° F (0° - 35° C)

- Non-Operating Temperature: -4° - 113° F (20° - 45° C)

- Compatibility
  - iOS device with Bluetooth 4.0
    - iPhone 6
    - iPhone 5
    - iPhone 4S
    - iPad mini
    - iPad with Retina display
    - iPod touch 5th Generation
  - Android device with Bluetooth 4.0 (coming soon)

Still have questions? Please refer to our FAQ

FCC Regulations:

§ 15.19 (a)(3)
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.

§ 15.21
Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

§ 15.105 (b)
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.

RF Exposure Information
This device is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission for an uncontrolled environment.

CE RF Exposure Compliance

This device meets the EU requirements (1999/519/EC) and the International Commission on Non-Ionizing Radiation Protection (ICNIRP) on the limitation of exposure of the general public to electromagnetic fields by way of health protection.

European Union Regulatory Conformance

This equipment meets the following conformance standards: EN62311, EN 62479, EN 60950-1, EN 301 489-1, -17, EN55022, EN55024, EN 300328, EN 50581.

The conformity assessment procedure has been followed with the involvement of the following Notified Body:

CETECOM TESTLAB

Identification mark: CE0682 (Notified Body) CE $C \epsilon$ 0682

Changes or modifications to this product not authorized by the manufacturer could void the EMC compliance and negate your authority to operate the product. This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, televisions, and other electronic devices.

We, hereby, declare that this cellular, Wi-Fi, & Bluetooth radio is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.