

# SPIRE

## More Active. More Focused. More You.

### Steps, Exercise & Calories

Track daily activity and calorie burn wherever you are – at home, at work, or at the gym.

### Insights Into State of Mind

Spire helps you recognize and respond to your state of mind to help you be more productive and balanced all day.

### Targeted Boosts

Guided activities provide extra boosts of focus, activity, or calm.

## See What Moves You

### Focus

Attention is our most precious resource. When and where do you focus and for how long?

### Calm

Everyone needs some downtime. Do you make time to relax, reflect, and reset?

### Tension

Some situations really push our buttons. What triggers you and how often?

### Activity

It's not all about your mind! Do you get enough physical activity in your day?

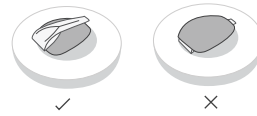
## Install the App

On your phone, open <http://spire.io/app>

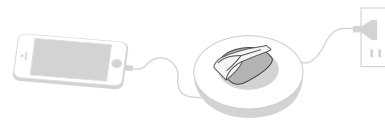
## Pair your Spire

1. Make sure your Spire is charged.
2. Turn your phone's Bluetooth on.
3. Open the app and follow the prompts on-screen.

## Charge your Spire



1. Place Spire on the charging pad. The clip faces up.
2. Plug your charging pad's cable into your power outlet.
3. Plug your phone's charging cable into the charging pad.



## Learn the Science

Spire tracks the way you move and breathe.

Physical activity is an important component to health.

Breathing is the only behavior that reflects your state of mind while also letting you influence it.

## Choose How to Wear

Wear Spire in different ways according to your outfit.



## Find Out More

Want to learn more about Spire or need a little help?

<http://spire.io/troubleshoot>

## Regulatory Information

### United States



#### **Spire Model S1**

##### **FCC compliance statement**

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.

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 to 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.

Important: Changes or modifications to this product not authorized by Spire could void the electromagnetic compatibility (EMC) and wireless 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.

FCC ID: 2ACF5S1

#### **Spire Charger Model C1**

This device complies with Part 18 of the FCC Rules. To contact the responsible party for the wireless charging device, please write to:  
Spire, Inc.  
2225 3rd Street  
San Francisco CA 94107  
hello@spire.io

### Canada

#### **Industry Canada compliance statement**

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

CAN ICES-3 (B)/NMB-3(B)

IC: 12129A-S1