

Reference Guide



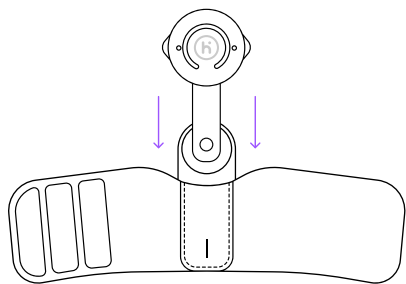
Hälsa Baby All-In-One Wellness Monitor

Hälsa Baby Features

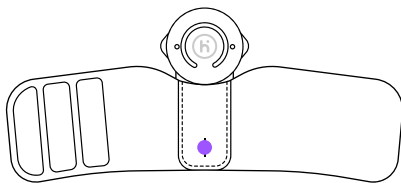
Smart Sensor & Ankle Band Heart Rate Sleep Patterns Washable Bands (3 Sizes) Oxygen Levels Skin Temperature Variation 15+ Hours Battery Life		Hälsa Hub Nightlight Two-Way Voice Communication Charging Dock Sound & LED Light Alarm System Room Temperature Room Humidity Sound Machine & Lullabies	
Hälsa App Camera View (Optional) Travel Mode Baby Live Advice Access Log Diaper Changes Log Feedings Log Baby Measurements Grant Access to Caregivers		Customize Notifications Vitals Dashboard Smart Sensor Battery Life	Vitals History Track Sleep & Wellness Trends Control Center for Nightlight & Sound

Smart Sensor & Ankle Band

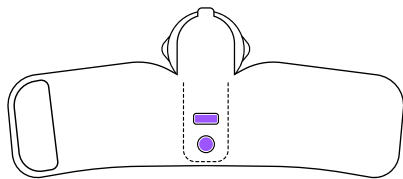
The Hälsa Baby All-In-One Wellness Monitor uses a smart sensor to track your baby’s readings.



Slide the Smart Sensor all the way into the exterior fabric pocket.



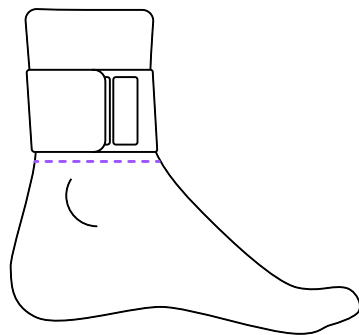
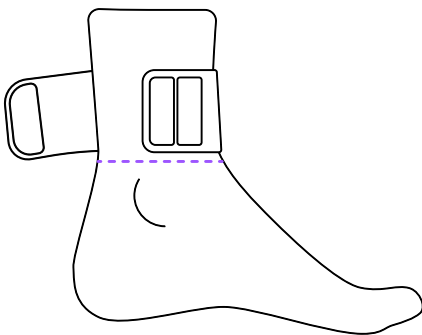
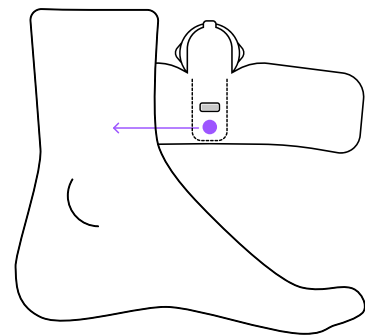
Pull the knob on the Smart Sensor through the slit on the fabric pocket.



Both metal circle and plastic piece should be visible through the fabric.

INSTRUCTIONS

The Smart Sensor and Ankle Band can be worn on either the right or left ankle. For proper placement, position the smart sensor, with the logo side out, on the outside of the ankle just above the ankle bone.

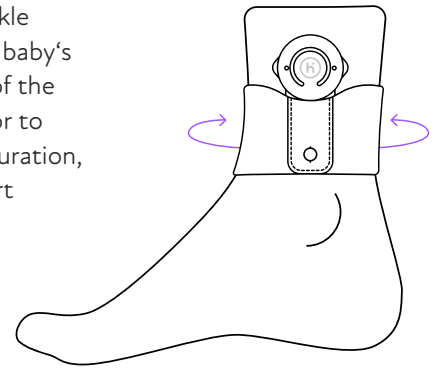


Silver metal circle must make direct contact with skin. Position the Smart Sensor on the skin of the upper ankle, just above the bone.

BAND FIT

Place the ankle band with the smart sensor on the fleshy part of the skin above the ankle bone. The ankle band should fit snug enough that it doesn't slide or rotate around the baby's ankle but not too tight that it is uncomfortable. You should be able to slide in the tip of the pinky finger and not feel too much resistance from the ankle band. For the smart sensor to function properly and provide the best readings for features like heart rate, oxygen saturation, and skin temperature variation, the silver metal contact point on the inside of the smart sensor towards the bottom of the ankle band must make direct skin contact.

Red areas can sometimes occur due to moisture, and/or having the ankle band too tight, etc... This can usually be avoided by alternating between the left and right ankles. Please discontinue use if redness continues to occur or your baby is experiencing an allergic reaction. Please consult your physician before using it again. For further assistance, contact customer service.



HÄLSA BABY SKIN TEMPERATURE READINGS

The Smart Sensor, will estimate your baby's skin temperature to measure any variation from your baby's personal baseline.

Your baby's personal baseline for skin temperature will be determined approximately in the first 2 minutes of each usage session. If the skin temperature (Optimal/Non-Optimal) does not appear on the dashboard within the Hälsa app, within approximately 3 minutes, readjust the placement of the smart sensor and ankle band to confirm proper placement. Once the personal baseline is established, you'll be able to see your baby's skin temperature variation. Optimal or non-optimal temperature displayed in the app is the variation value from the baby's personal baseline skin temperature.

Please note that proper placement of the smart sensor and ankle band is essential for the best readings. While it is normal for skin temperature to have some variation throughout the day. However, you should check your baby's core temperature using an FDA-cleared thermometer to see if the reading continues to fluctuate consistently between optimal and non-optimal.

Hälsa Hub

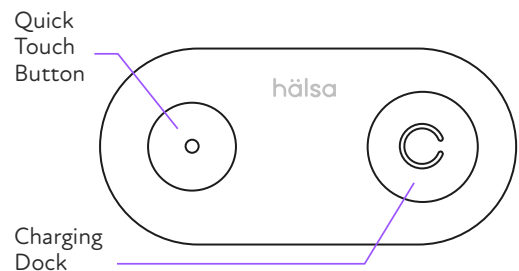
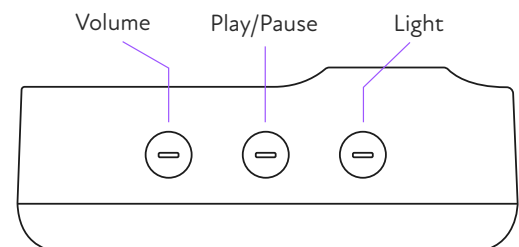
The Hälsa Hub manages the nursery environment through temperature and humidity tracking, two-way communication, and customizable nightlights, lullabies, and sound features.

INSTRUCTIONS

Use the buttons on the back of the Hälsa Hub, to adjust the volume, play/pause music and to turn the nightlight on and off. More functions and settings for these features are also available within the Hälsa app.

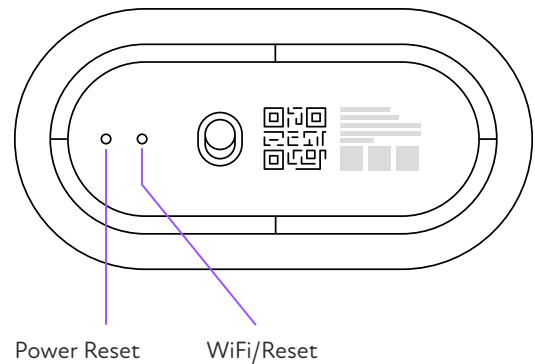
On the top of the Hub, the upraised circle on the left is the Quick Touch Button which controls the lights and sounds preset within the Hälsa app. A single tap on the Quick Touch Button can mute a triggered alarm.

The silver ring on the right acts as a charging dock for the Smart Sensor. To charge, place the smart sensor logo side down, so it is touching the charging ring. When charging starts, a green LED light from the Hub will blink, and in a setup completed device, the user can also see a battery icon displayed on the Hälsa App.



On the bottom of the Hub, there are 2 pinhole-accessible buttons and a toggle button. The power reset pinhole button will force reset the power to the Hälsa Hub. The Wi-Fi/Reset pinhole button has 2 actions, A single press will force enable Hubs hotspot, while a 5-second-long press of the Wi-Fi/Reset pinhole button will reset the Hälsa Hub to factory default.

Warning: If the user accidentally resets the hub from the Wi-Fi/Reset pinhole button, the User needs to remove the device from the app and go to the "add device" in the dashboard of the infant profile, and repeat the setup procedure.



Easy To Use Touch Controls

QUICK TOUCH

Each single tap will rotate through the presets. *A single tap on the Touch button can also be used to mute a triggered alarm.*

Touch and Hold: Turn off preset, light or sound.

Note: Presets are predefined combinations of nightlight and sound that the user can change via the Hälsa App

VOLUME

Each press of the button will rotate through the predefined volume levels - low, medium, and high.

PLAY/ PAUSE

Each press of the button will rotate through only the audio feature of the presets.

1st Press: Plays preset audio

2nd Press: Pauses preset audio

Touch and Hold: Skips to the next preset audio

LIGHT

Each Press of the button will rotate through only the nightlight feature of the presets

1st Press: Turn on preset nightlight

2nd Press: Turn off preset nightlight

Understanding Hälsa Baby Alerts & Notifications

The Hälsa app allows you to set customize ranges for vital signs and see room environment conditions based upon your own baby's needs, and you will be alerted when something is out of range.

HOW THEY WORK

Hälsa has two different alert types:

- 1 Audible alert and visual alert red LED lights emitted from the Hälsa Hub.
- 2 Push notifications sent to your mobile phone Via Hälsa app.

The Hälsa app will alert you with a push notification to your mobile phone if readings fall outside of the customized ranges. In order to view the alerts within the push notifications, you must have text previews enabled on your mobile device.

The Hälsa Hub is also designed to sound an alert and display red lights. If your baby's heart rate or oxygen level falls outside the customized ranges, audible and visual alerts.

emitted from the Hälsa Hub can be silenced by a single touch on the Quick Touch Button on top of the Hälsa Hub or via the button in the in-app alert. However, the audible alerts will continue to sound until manually silenced.

A muted alert will snooze every 30 minutes if the vitals remain outside the customized ranges.

All alerts can be disabled completely or selectively via the Hälsa app. The user will not receive any alert until the alert is enabled again via the Hälsa app.

Note: All alerts and events are recorded in the timeline and can be viewed via the Hälsa app.

HÄLSA APP PUSH NOTIFICATIONS & IN-APP ALERTS

- Baby is Awake
- Weak Signal
- Wi-Fi Disconnected
- Low or High Heart Rate (with current measurement)
- Low Oxygen Level (with current measurement)
- Room temperature and humidity
- Battery Low or Charge Now
- Bluetooth Disconnected

HÄLSA HUB ALARMS

- Low or High Heart rate
- Low Oxygen Level

Travel Mode

Support your baby's well-being and comfort even when you're away from home.

Activating Travel Mode will connect the Smart Sensor directly to your mobile phone via Bluetooth without using the Hub, so you can still monitor your baby's wellness away from home. The same functionality available in Home Mode is accessible in Travel Mode. However, you will not be able to view any environmental data.

Switching between Home and Travel Mode is simple, just tap the "connected" icon on the top right of the dashboard within the Hälsa Baby app and follow the prompts.

You can review just like you would in home mode. The same functionality available in Home Mode is accessible in Travel Mode. However, you will not be able to view any environmental data.

While in travel mode, you will have a range up to 30 feet between your baby, with the smart sensor, and your mobile phone. The range will depend on the Bluetooth signal strength and any obstacles that it may have, such as walls, glass, etc.

Similarly, you can switch between travel mode and home mode within the Hälsa Baby app by touching travel mode on the right side of the homepage dashboard and selecting home mode. To complete the process, you'll need to keep the smart sensor in close proximity to the Hälsa Hub.

Warnings & Important Safety Instructions

The Hälsa Baby All-In-One Wellness Monitor is not a medical device and is not intended to diagnose, treat, cure, monitor, or prevent any medical conditions or illnesses.

- Our products are meant for use with healthy children up to 18 months of age.
- Do not attempt to use our products as a diagnostic tool or to rely upon them for diagnosis.
- Do not use our products if your doctor recommends the use of hospital-grade monitors/equipment.
- Do not use our products as a replacement for or in lieu of adult and/or medical care or professional medical advice.
- Do not use our products as a reason to practice unsafe sleep. Our products are intended to be used in conjunction with safe sleep practices.



WARNING: OUR PRODUCTS ARE NOT MEDICAL DEVICES. They do not provide notifications that assess your baby's health, and should not be relied upon for any type of clinical monitoring. Our products are only intended to assist you in tracking your child's general wellness and are not intended to replace you as a caregiver. You are responsible for the health and well-being of you and your child, and following safe sleep, health, and care guidelines. The absence or occurrence of a notification is not an indication of your baby's health status.




CAUTION: SAFETY: For INDOOR use only. DO NOT use HUB/Sensor near water (such as bathtub, sink, etc.) or submerge in water. To reduce the risk of fire or electrical shock, DO NOT expose this product to water or moisture. NEVER attempt to disassemble the product. This is dangerous and will void the warranty.




CAUTION: SOUND: Sound levels of the device may reach up to 85-90 Decibels at Maximum Volume in some instances. Your baby's hearing is sensitive and can be easily damaged by noises. To ensure the safety and well-being of your child, please be mindful of the volume levels on your Hälsa Baby All-In-One Wellness Monitor.




CAUTION: POWER CORD PROTECTION: NEVER attempt to use cord without the protective covering. Check protective covering before each use to ensure that the cord is not exposed to your child. Immediately discontinue use if the protective covering is damaged or broken.

 **CAUTION: VENTILATION:** DO NOT block ventilation openings. DO NOT place on a bed, sofa, rug or similar surface. DO NOT place in a bookcase or cabinet that may restrict airflow. Avoid exposing the product to excessive dust or debris. Keep the product in a clean and dust-free environment whenever possible.

 **CAUTION: HEAT:** Monitor should be situated away from heat sources, such as radiators, heat registers, stoves or other appliances that produce heat. Keep these components out of direct sunlight.

 **CAUTION: OPTIMAL OPERATING TEMPERATURE & HUMIDITY RANGE:** 0°C to 33°C & humidity 10% to 95% relative humidity, non-condensing.

 **CAUTION: STORAGE TEMPERATURE & HUMIDITY RANGE:** (-10) °C to 45 °C & humidity 5% to 90%, relative humidity, non-condensing.

The environmental measurement range of the product is 5°C– 60°C and is not suitable for use in harsh environments below 5°C or above 60°C. The humidity measurement range of this product is 0–99% RH, keep away from extreme humidity. This product is only intended for use as a healthy lifestyle tool and cannot be used as a measuring tool."



STRANGULATION HAZARD: Children have STRANGLED in cords. This device is designed to be used behind a standard crib and against the wall only. Adult assembly is required. Keep small parts away from children when assembling. This product cannot replace adult supervision. Ensure your child's health by checking on him/her regularly. This product is not a toy. Do not allow children to play with it.

FCC 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.

Changes or modifications to this product not authorized by party responsible for compliance could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

Please **ONLY** use the supplied power adapter. Failure to do so may void our limited warranty.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

FCC ID: 2BCMF-HALSA (Hälsa Hub)

Contains FCC ID: 2AAQS-ISP1807 (Smart Sensor)



Industry
Canada

Industrie
Canada

This device complies with Industry Canada license-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.

IC: 32365-HALSA (Hälsa Hub)

Contains IC: 11306A-ISP1807 (Hälsa Smart Sensor)

INPUT :100-240V ~ 50/60Hz 0.5A Max

OUTPUT: DC = 5.0V/3A

For more information, visit **HälsaBaby.com**

The Hälsa Baby All-In-One Wellness Monitor is not a medical device and is not intended to diagnose, treat, cure, monitor, or prevent any medical conditions or illnesses.

