The WellBe Bracelet User Guide

For use with the WellBe Mobile App

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Safety Precautions

This product is not waterproof – avoid using it under water. There is a risk of malfunction if product is used in places where sudden or extreme temperature changes occur. Applying excessive force or impact to this product may result in product damage, and will void warranty. Never attempt to disassemble or service this product yourself. Doing so can result in electrical shock and void warranty. This is a green photo diode based product. For your safety, do not stare directly into the green light source. Doing so could damage your eyes.

FCC Compliance Information

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.

FCC Class Notice

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.

FCC Caution

Any changes or modifications in construction of this device which are not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC RF Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.

Certifications

FCC ID: 2AKWK-WB01

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1. About this document

1.1. Intended audience

This document is intended to be used by The WellBe customers who purchased the WellBe bracelet and download The WellBe mobile app.

1.2. Operation requirements

In order to operate the WellBe bracelet it is required to own an IOS 7.0 (or higher) operating system on your Apple iPhone or Android Version 16 (or higher) if you are using Android based mobile phones. The mobile app is available for download in the Apple App Store or the Google Play Store.

2. Overview

2.1. Hardware overview

The WellBe bracelet consists of an electronic circuit that includes the following hardware components:

- PPG sensor - a photoplethysmographic sensor that monitors the blood flow on a person's wrist
- Accelerometer - a sensor that determines the user's movement
- CPU unit - for converting the PPG data to raw data
- Bluetooth transmitter - for sending to the raw data to the mobile app
- Li-ion battery

2.2. Software overview

The software is a mobile app intended for any mobile phones with IOS and Android operating systems.

3. Package Contents

The package contains the following:

- The WellBe bracelet
- 2 Straps (with and without the flow symbol)
- Charging dock
- USB charging cable

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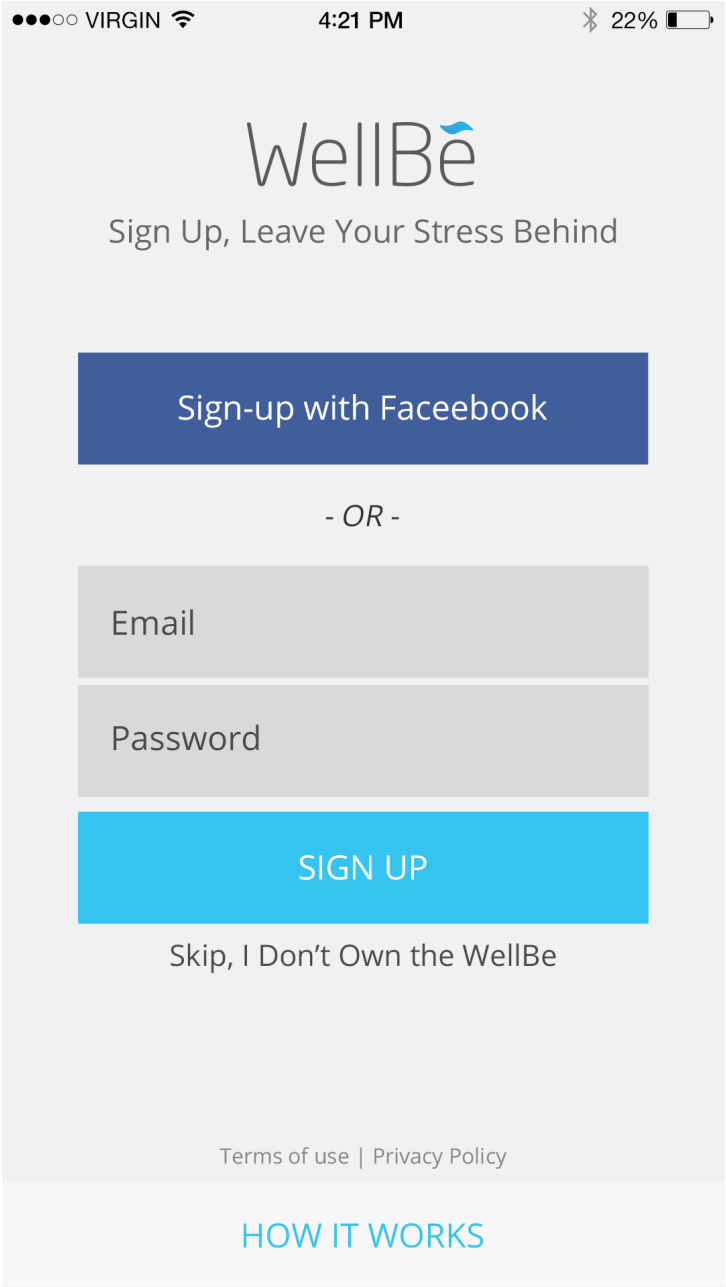
4. Using the WellBe bracelet and mobile app

4.1. Download the app

In order to start using the WellBe bracelet please download the WellBe mobile app at the App Store (for Apple users) or Google Play (for Android users)

4.2. Registration

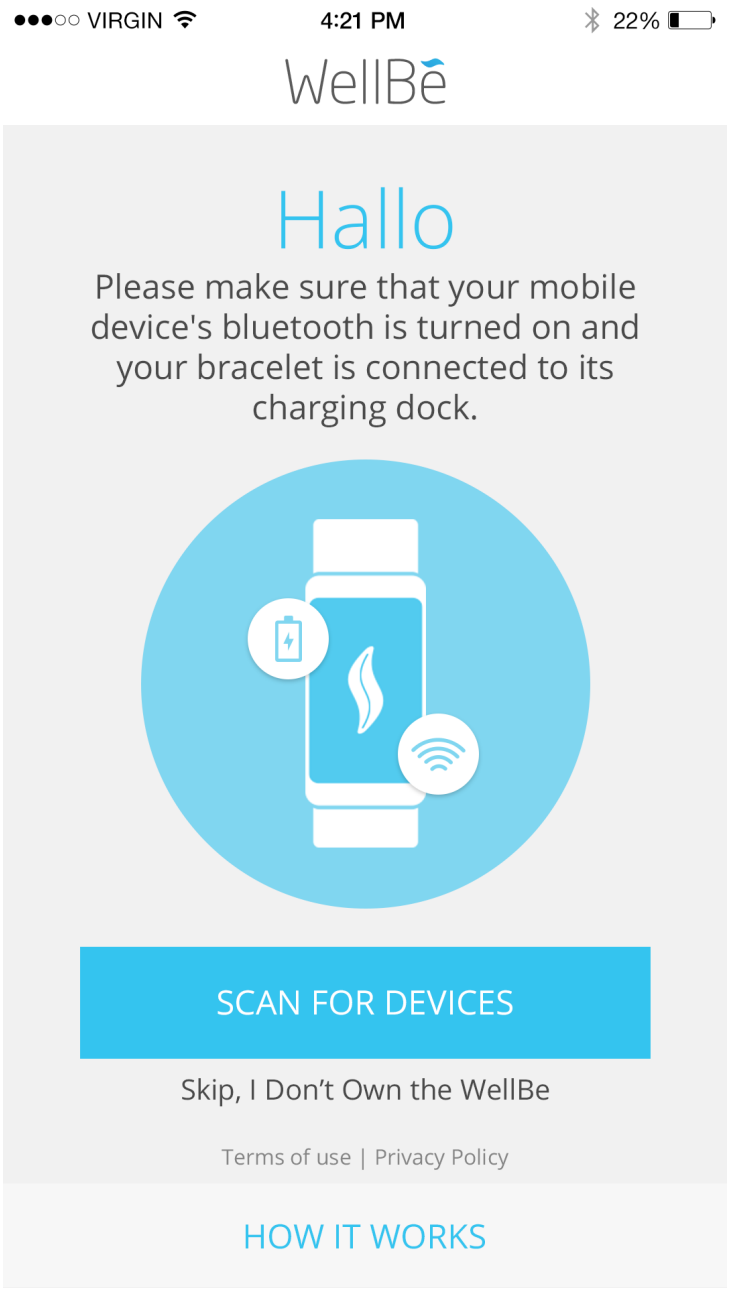


Registration is required in order to sync your email with the purchased WellBe bracelet. In order to register simply fill in your email and password and click the “SIGN UP” button or just click the “Sign up with Facebook” button for instant registration.
It is also possible to use the app without the bracelet, however, in this case you will not be able to receive feedback regarding your emotional state. You will be only able to enjoy some of the complimentary content included in the app.

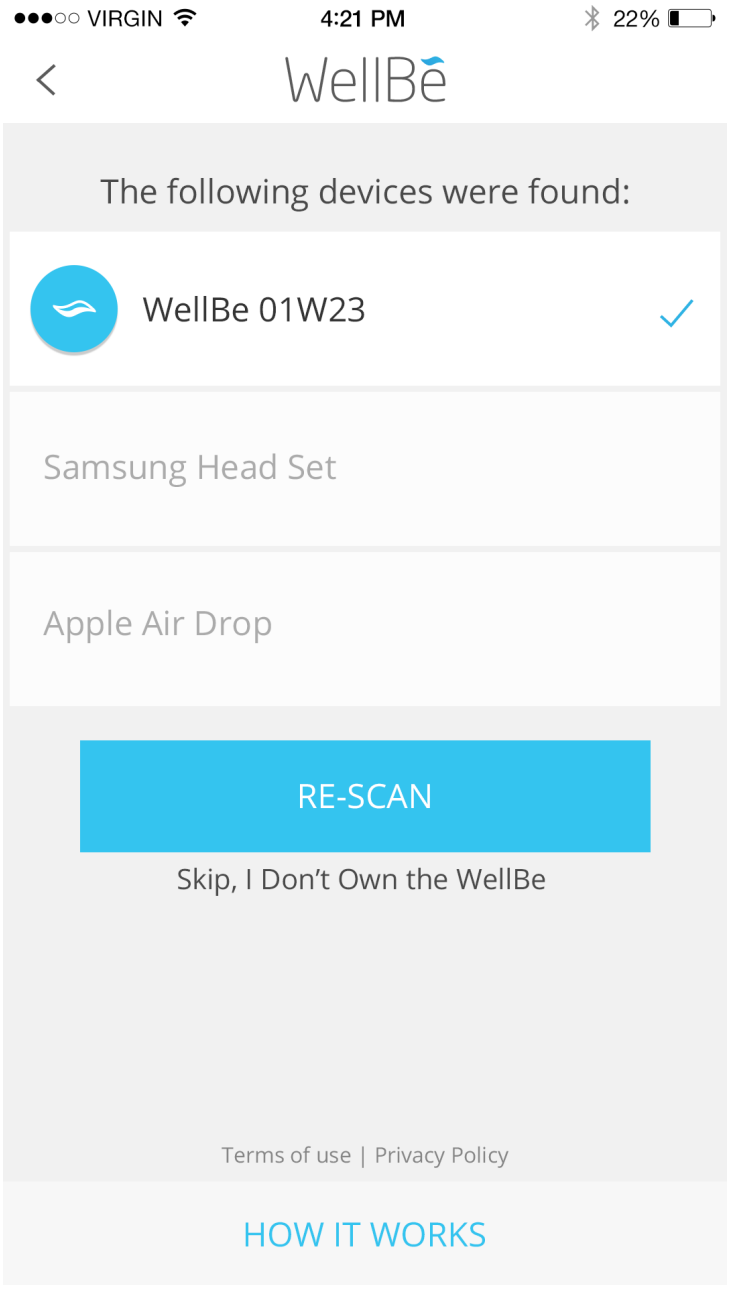
4.3. Bluetooth connection

The WellBe app communicates with the WellBe bracelet via the Bluetooth protocol. Therefore it is required to sync between your mobile device and the WellBe bracelet. Please make sure to turn on your mobile’s phone Bluetooth connection before you proceed to the next step.

4.4. Pairing



You should reach the pairing step automatically, right after the registration process. Please make sure that the WellBe bracelet is placed in the charging dock. Now click the SCAN FOR DEVICES button n order to start the pairing process. The app will start scanning for your WellBe bracelet. Once found, it should be displayed as follows:



Click on your device in order to sync it with your mobile phone. You should receive a confirmation message upon successful connection. You will be prompted with a message in case the connection could not be established. For detailed explanation about this scenario please refer to the Troubleshooting section in this document.

4.5. Calibration

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The calibration process will be performed upon the first use of the WellBe bracelet. This step is required to make sure that the WellBe bracelet is functioning correctly, monitoring your stress levels and communicates with the mobile app. Start by wearing the WellBe bracelet snuggly on your hand and stay in a calm sitting position. Once ready click the CONFIRM button.

Please continue to sit comfortably during the following 5 minutes while we are calibrating the WellBe bracelet. Once the operation is complete you should receive a congratulations message which confirms that the calibration process has been successfully completed. You will be prompted with a message in case the calibration process had failed. For detailed explanation about this scenario please refer to the Troubleshooting section in this document.

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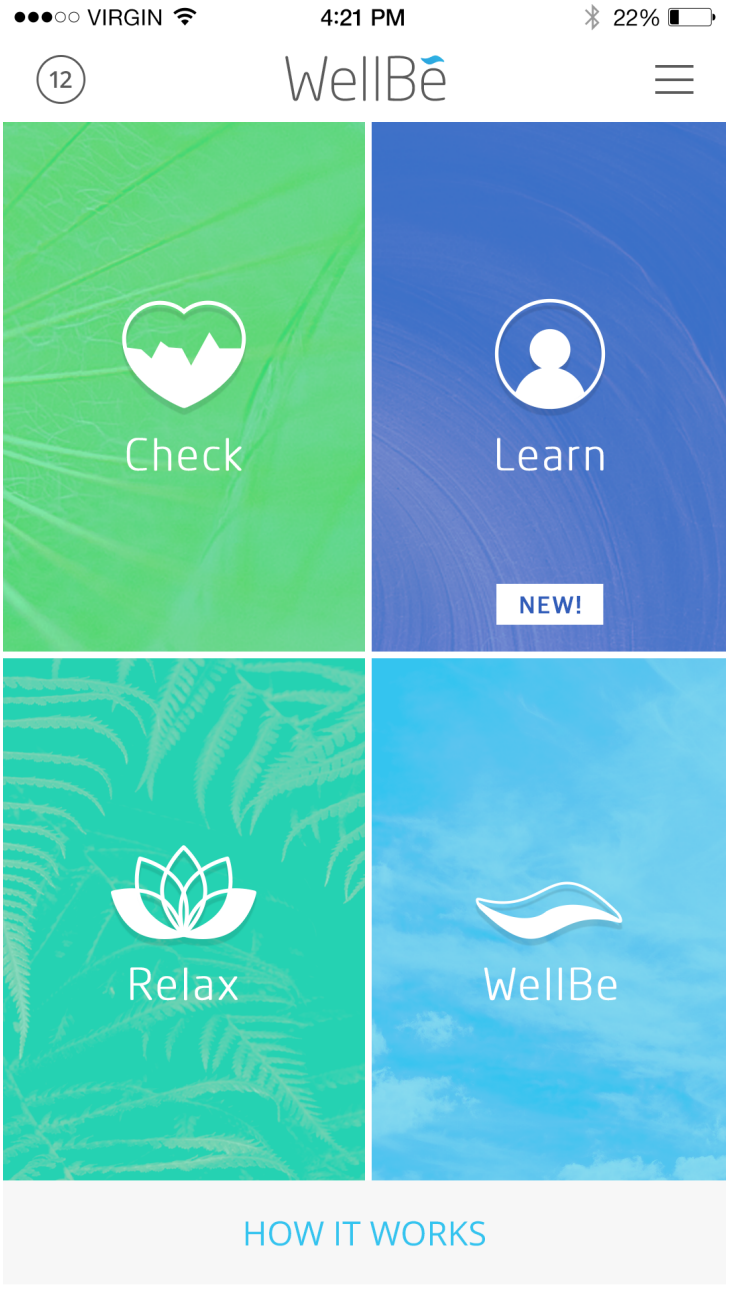
4.6. Startup notifications

Upon the first of the mobile app you will be prompted with several notifications which will ask your permission for using the following features

- Location Access - this is required in order to let you know which places triggered your stress levels.
- Calendar Access - this is required in order to let you know which people and certain meetings triggered your stress levels.
- Push notifications - this is required so we could send you notifications regarding your stress levels

4.7. Navigation

This is the home screen from which you will be able to navigate thought the app



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4.7.1. Check

perform and on demand stress check. Make sure to wear the bracelet snuggly on your hand and click the START button to begin. Please hold still during the stress check for several minutes for more accurate results.

4.7.2. Learn

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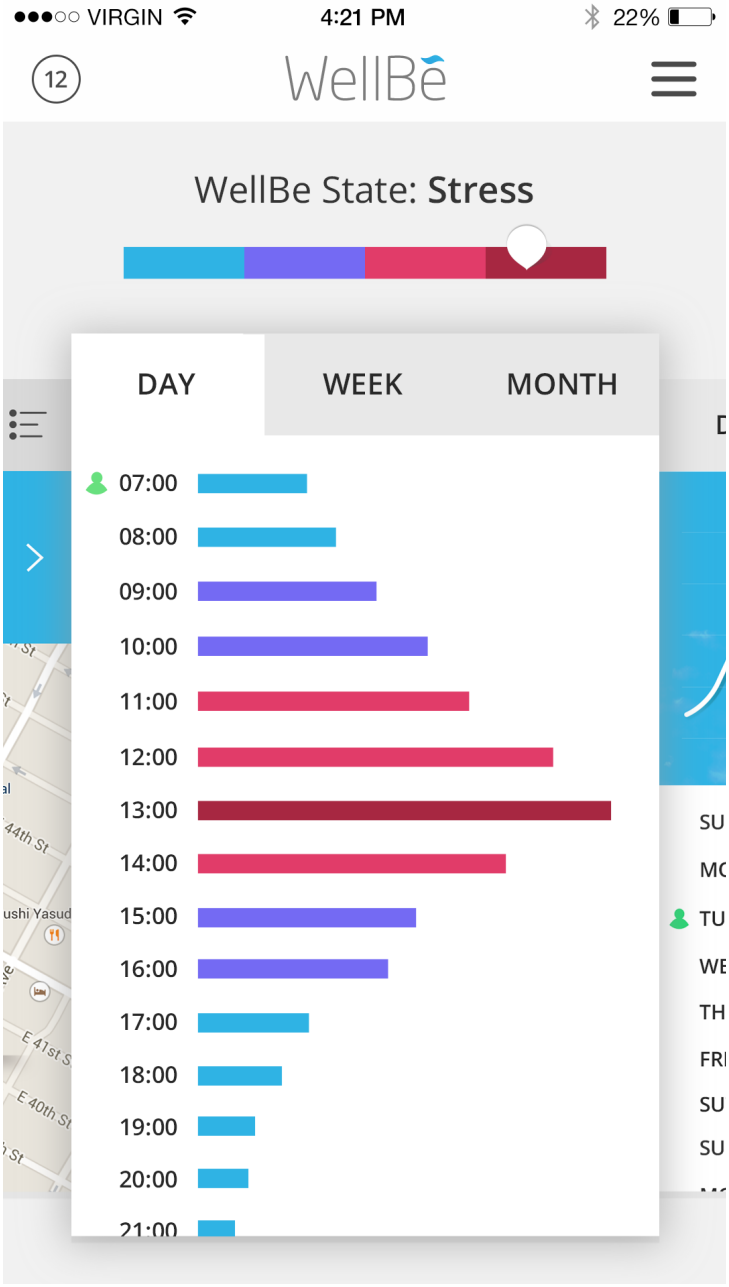
this section displays your stress levels based on your recent activities.



Swipe right or left to view the following:

4.7.2.1. Recent places

review your stress levels based on the locations you have previously visited.

4.7.2.2. Stress levels

review your stress levels during the day, week or month. Your WellBe state will be measured by the following stress levels: Calm, Alert, Stressed, Highly Stressed

4.7.2.3. Recorded meetings

review your stress levels based on the meetings you took part in.

4.7.3. Relax

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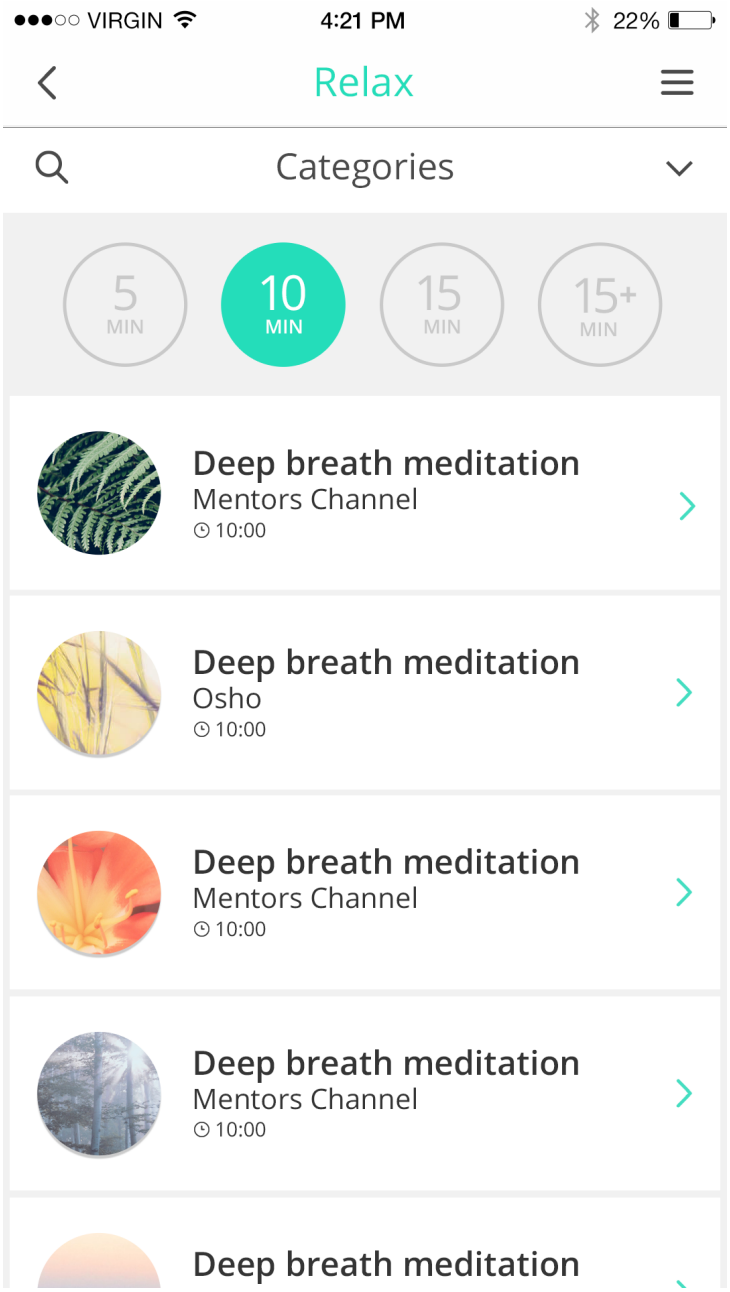
this section contains a large selection of various stress relieving exercises, such as guided breathing, visualisations and meditations. Scroll down to view the exercises in a random order.



4.7.3.1. Categories

browse various categories to find your preferred exercise. Tap the drop down arrow to open the categories list.

4.7.3.2. Filtering

filter the exercises by the audio length. You can choose between 5, 10 and 15 minutes. Tap on one of the options to filter the exercises.

4.7.3.3. Search

use this option to search for a specific exercise. Tap the search icon and type in some search keywords.

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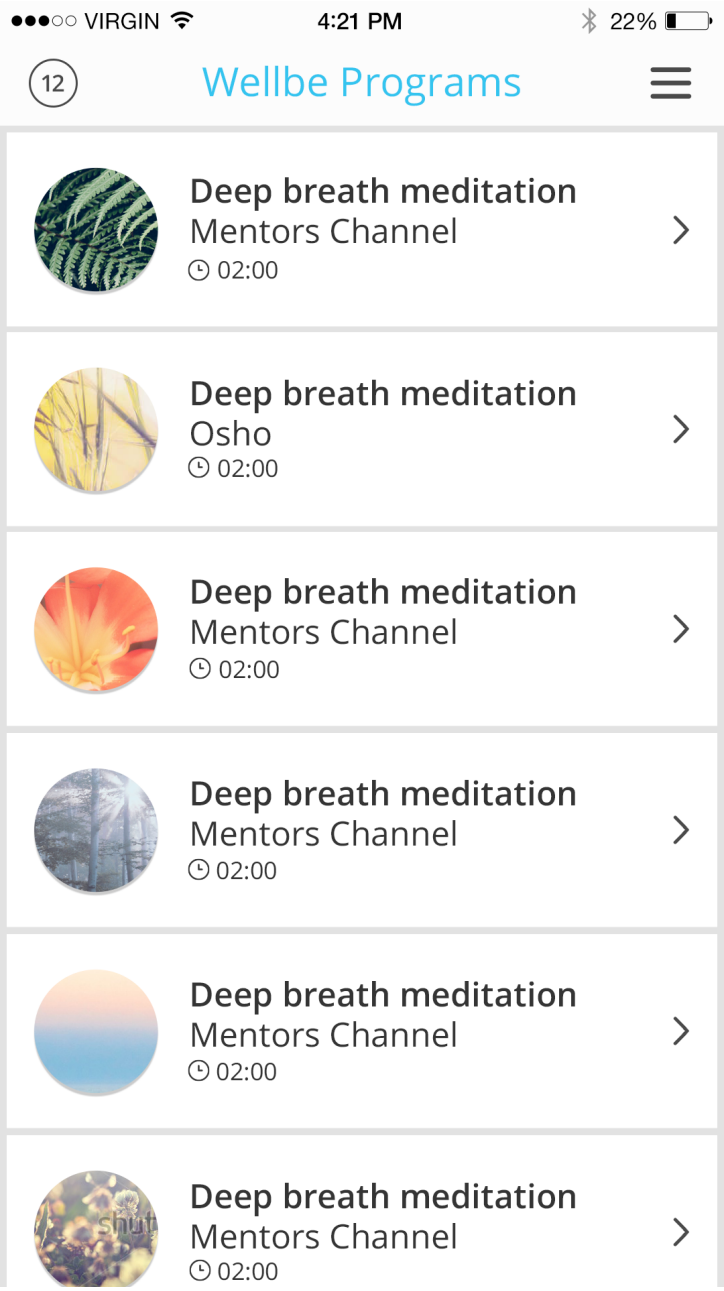
4.7.4. WellBe



browse a selection of the 21 Day Mediations programs provided by Mentors Channel. Scroll down to view all available programs. Tap a program to view it's daily meditations. Please note that the first 2 meditations are available for free while the rest will be open for premium membership owners.

4.8. Notifications

Please note that you will be receiving ongoing notifications regarding your stress levels. The app will notify you when your stress levels are high. Please make sure you enabled the push notifications (please refer section 4.10.8 Menu —> Settings —> Enable notifications)

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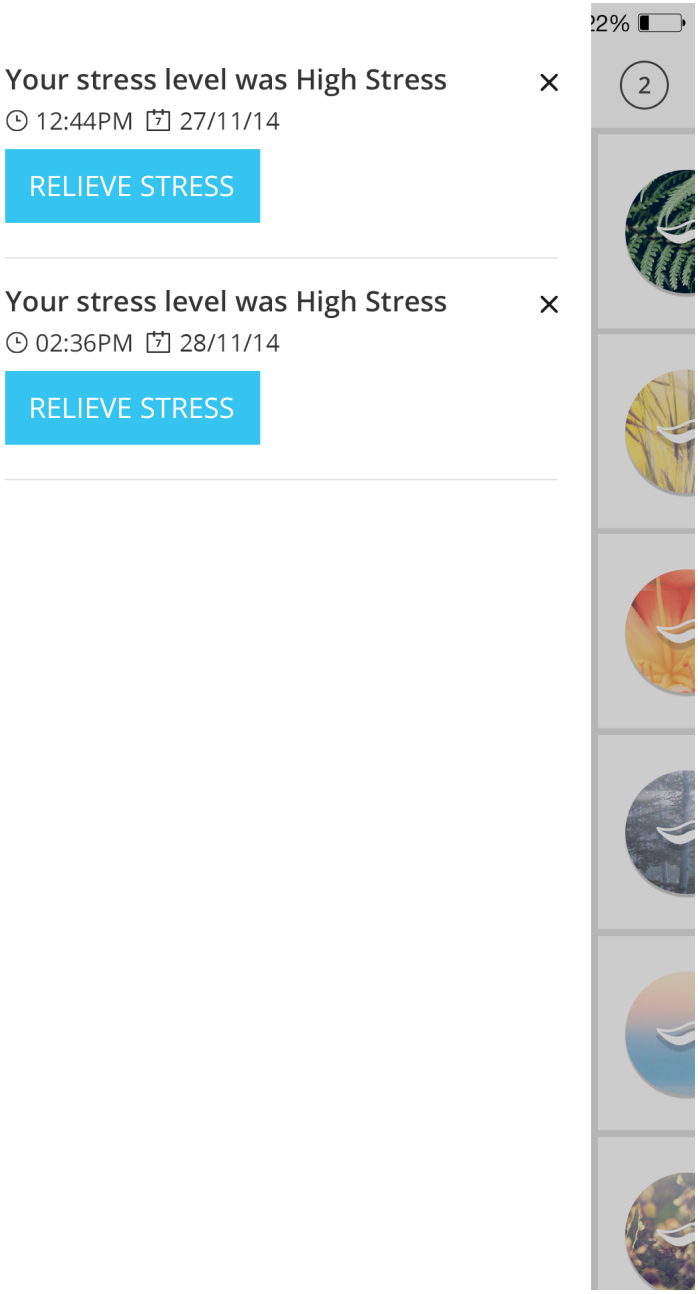

4.9. Menu

4.9.1. Home

click the home button to go to the home navigation screen

4.9.2. Pairing

click the pairing button to pair between your mobile phone and the WellBe bracelet.

4.9.3. Favourites

explore your previously saved exercises

4.9.4. History

explore your previously viewed exercises.

4.9.5. Check

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perform an on demand stress check

4.9.6. Learn

perform and on demand stress check. Make sure to wear the bracelet snuggly on your hand and click the START button to begin. Please hold still during the stress check for several minutes for more accurate results.

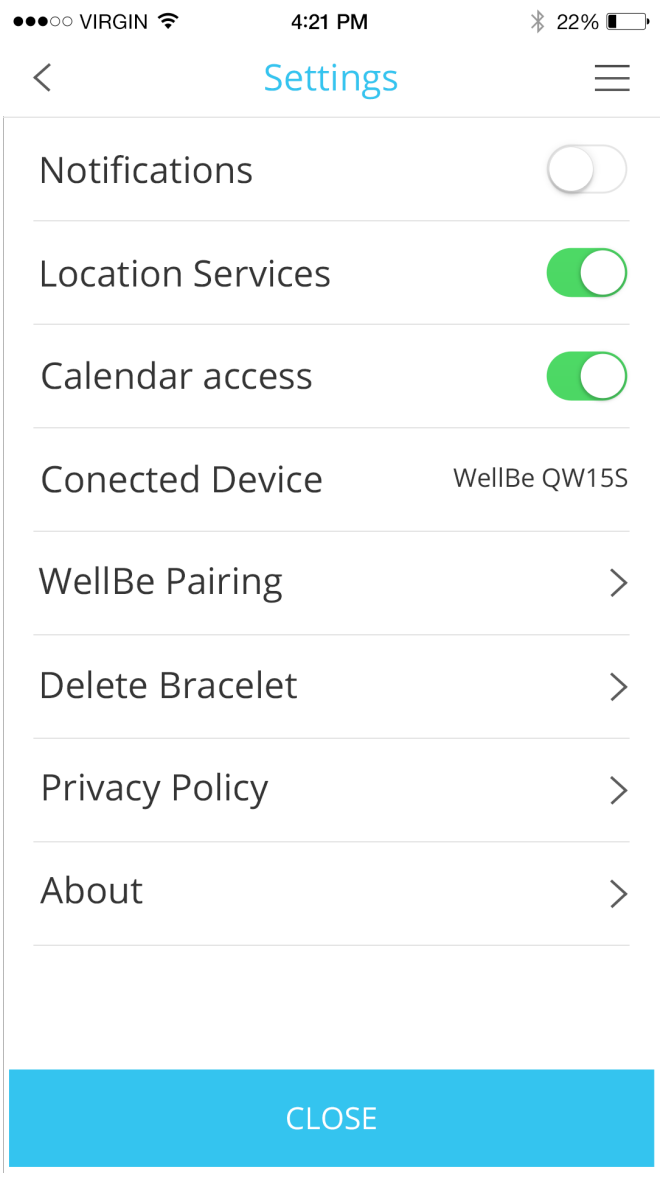
4.9.7. Relax

this section contains a large selection of various stress relieving exercises, such as guided breathing, visualisations and meditations.

4.9.8. WellBe

browse a selection of the 21 Day Mediations programs provided by Mentors Channel. Scroll down to view all available programs. Tap a program to view it's daily meditations. Please note that the first 2 meditations are available for free while the rest will be open for premium membership owners.

4.9.9. Settings



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4.9.9.1. Notifications

swipe to enable/disable push notifications

4.9.9.2. Location services

swipe to enable/disable location services

4.9.9.3. Calendar access

swipe to enable/disable calendar access

4.9.9.4. Connected device

view the currently connected bracelet

4.9.9.5. WellBe pairing

tap restart the pairing process

4.9.9.6. Delete bracelet

delete previously paired or currently connected WellBe bracelet. Apply this option if you would like to connect your bracelet to another mobile device

4.9.9.7. Privacy policy

review the privacy policy document

4.9.9.8. About

check the current version of your app

4.9.9.9. Support

visit our support center

5. Alerts

5.1. Low battery

you will receive an alert once your bracelet's battery level reaches 20%

5.2. Turn off

you will receive an alert once your bracelet's battery level reaches 5% and that it is about to turn of

6. Charging

In order to start charging the WellBe bracelet it is required to place the bracelet on the charging dock first. Now connect the USB cable to a computer or a standard 1V USB charger while the other side of the cable is connected to the charging dock. A red light will appear on the USB cable during the charging process. Once the bracelet batter is charged a blue light will be displayed.

7. Troubleshooting

7.1. Pairing unsuccessful

You will receive an alert upon unsuccessful pairing of your WellBe bracelet. In this case please make sure your phone's Bluetooth is turned on and try again.

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7.2. Calibration failed

You will receive an alert including an error code upon unsuccessful calibration of your WellBe bracelet. Please refer to the following error codes and review it's solution:

7.3. Device not found

This error will appear during the on demand stress check initiated by the user from. It indicates that the app could not connect to your WellBe bracelet. In this case please make sure your phone's Bluetooth is turned on and try again.

7.4. Measurement error

This error will appear during the on demand stress check initiated by the user. It indicates that the app could not read the stress check results from the WellBe bracelet. Please refer to the following error codes and review it's solution

8. Cork Treatment

8.1. General

Unlike leather, cork does not need to be conditioned. It is easily cleaned by soap. Simply wipe the dirty spot with a clean cloth and a little liquid soap and water. Remove any excess soap with a damp cloth and Allow the item to dry naturally

8.2. Durability

8.2.1. General durability

Cork products are as durable as medium quality leathers. While perhaps not as durable as top cowhide, it has equivalent durability as eel skin, snakeskin and yes-even lambskin.

8.2.2. Water resistance

Cork is also waterproof and weather proof to rain, snow or even a very hot climate

8.2.3. Fire resistance

Cork is fire resistant but not fire proof. It will burn if heated for long enough

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