

 **opter**[™] pose[™]

About Opter

Since 2015 we at Opter Life have dedicated ourselves to augmenting well-being through technology. Our mission is to create an ecosystem of devices to measure, interpret, and enhance the behaviors and environmental factors that improve everyday health.

Thank you for purchasing Opter Pose and becoming a member of our family under the Opter Ecosystem. We had the same goal in creating Pose that you had in buying it: to bring awareness to the factors that influence well-being, and to facilitate healthy behavior change through technology. Let's work together to achieve your wellness goals.

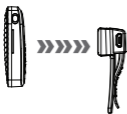
Yours in health,

The Opter Team

Quick Setup

1. To wake up and charge your Opter Pose:

First, insert Opter Pose straight into its charger clip. When the charger clip is attached, the alignment clasp will click into place.



Second, plug the included micro-USB cable into the port on the charger clip, and then plug the cable into a power source. Pose will vibrate when it wakes up, and a green LED will show charging.

If you don't see the green charging light try reinserting your Pose in the charger clip. Pose takes up to three hours to fully charge, but you can use it on a partial charge.

2. Download the **Opter app** on your phone. You can use the URL or the QR code for your phone type. You can also search "Opter" on your phone's app marketplace.

iPhone

bit.ly/opter-ios



Android

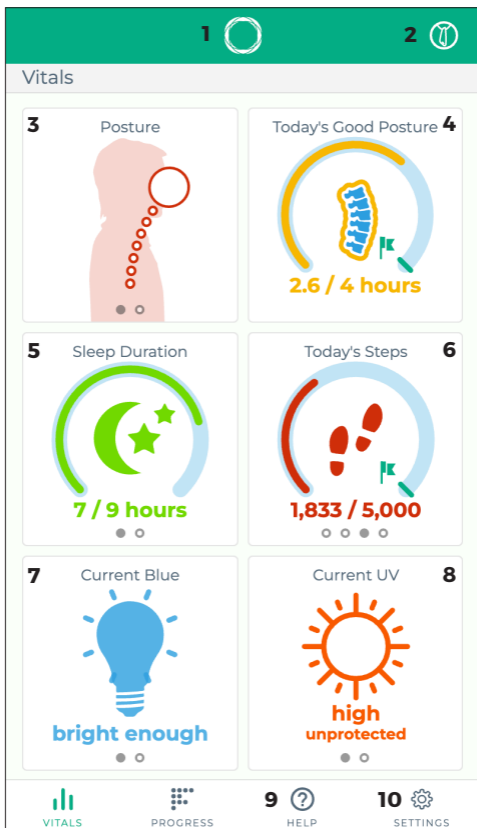
bit.ly/opter-android



3. Open the **Opter app** and follow the instructions there to set up your Opter Pose. Make sure your phone's Bluetooth is switched on.

Opter App

The **Vitals Screen** is the main screen of the app which gives an overview of everything Opter Pose measures. You can swipe many of the tiles on the screen to view more tiles, and you can tap on a tile to view detailed information.



1. APP TOUR

You can enter a comprehensive tour of the Opter app by tapping the Opter logo at the top.

2. POSE ICON

When your Opter Pose is connected to your phone, the Pose icon will appear here. Tap it to view device information.

3. POSTURE VISUALIZATION

This is a 3D visualization of your current posture. Lean forward or to the side and watch the visualization respond in real-time.

4. POSTURE TRACKING

Opter Pose tracks how many hours of good posture you have each day.

5. SLEEP

If you wear Opter Pose to bed, it estimates how many hours you sleep each night.

6. ACTIVITY

Opter Pose tracks your daily steps, minutes of exercise, calories burned, and hours that you were active.

7. BLUE LIGHT

To help you sleep better, Opter Pose tracks blue light exposure. This shows whether your blue light exposure is currently too much, too little, or appropriate for the time of day.

8. ULTRAVIOLET

To help avoid skin damage from prolonged ultraviolet (UV) exposure, this shows how much UV Opter Pose is sensing.

9. HELP

If you have questions or problems, check our help section here first.

10 SETTINGS

You can configure preferences, user information, goals, and connected devices here.

Frequently Asked Questions

What do vibrations mean?

Pose vibrates to indicate that your posture currently needs adjustment.

Two quick vibrations mean your posture needs a small adjustment.

Three quick vibrations mean your posture needs a larger adjustment.

Vibrations only indicate forward slouching, not backward or side-to-side.

When do vibrations occur?

Vibrations happen when you are currently slouching and have been consistently slouching for a while.

The **Posture Alert Delay** slider on the **Posture Screen** sets how much poor posture causes a vibration. For example, if the slider is set to 1 minute, then you must have 1 minute of uninterrupted poor posture before Pose will vibrate.

Does Opter Pose work if it's not connected to my phone?

If your phone is out of range, it is turned off, or its Bluetooth is off, Opter Pose will continue to provide posture alert vibrations and record data. When your Pose reconnects to your phone, it will sync its data to your Opter app.

Most phone notifications from the Opter app will not function if your Pose is not connected.

Please note that Opter Pose has limited storage space for recording data. In order to ensure no data is lost, connect your Pose to your phone at least once a week. For best results, connect your Pose to your phone at least once a day.




Tips and Tricks

Detach the Clip



Pull Opter Pose and the charger clip apart from the bottom, then separate the two halves.

Silence Posture Vibrations with the Silencing Gesture

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1. Turn Pose Upside-Down
- 
2. Hold for 15 - 20 seconds
- 
3. When Pose buzzes once, silencing gesture is completed.

You can silence posture alert vibrations without using your phone. Just use the **Silencing Gesture**. Pose will remain silent for a length of time you can set with the **Silencing Interval** slider on the **Posture Screen**. You can also silence your Pose for a time using the **Silence Now** button on the **Posture Screen**, or indefinitely by turning on the **Do Not Disturb** switch on the **Settings Screen**.

Tips

- Opter Pose is splash resistant, so you can shower with it, but it can't be submerged, so don't take a bath or go swimming with it.
- If you want to track your sleep, be sure to turn on your sleep goal and set your goal bedtime and wake-up time.
- Keep in mind that Blue Light and Ultraviolet Exposure won't work if Pose is covered by clothing, hair or other objects.
- Animations of gestures that Opter Pose understands can be found in the Opter App's **Help -> Gestures** section.

Help and Troubleshooting

App Tour

To learn more about a screen in the **Opter app**, launch the App Tour by tapping the **Opter logo** at the top of the screen. The tour will guide you through the components of the screen you are viewing. You can restart the tour from the beginning by pressing the **<< button** at the top.

Help Screen

If you have any questions or problems using Opter Pose, please visit the Help Screen in the Opter app. You can navigate to it using the **Help button** at the bottom of the screen.

Manual

You can view the full Opter Pose manual on the **Help Screen**.

Troubleshooting

The Opter Pose manual on the **Help Screen** contains a Troubleshooting section listing solutions to the most common problems. There is a shortcut to the Troubleshooting section of the manual directly on the **Help Screen**.

Caution: You will lose your stored data if you uninstall the Opter app. Consider quitting and restarting the Opter App if you are having issues.

Contact Us for Further Help

In the event that the written documentation and in-app help does not answer your question or solve your problem, we encourage you to write to us at **support@opter.life**.

Safety Information and Disclaimers

- Opter Pose is intended to help users build healthy habits. This product is not a medical device. This product is not intended to diagnose, treat, cure, or prevent any disease.
- Advertised battery life is based on typical user settings and usage patterns. Actual battery life may differ based on actual user settings and usage patterns.
- This product is not intended to be submerged in water.
- This product contains a Lithium-Ion Polymer (LiPo) battery. The battery used in this product may present a fire or chemical burn hazard if mistreated. Do not disassemble, heat above 50 °C (122 °F) or incinerate. Do not attempt to open this product to remove or replace the built-in rechargeable battery.
- Never operate this product if it has a damaged cord or charging clip.
- **WARNING: This product contains small parts. Keep away from children under three years old.**

Important Links and Regulatory Information

Website: opterlife.com

iOS app: opterlife.com/ios

Android app: opterlife.com/android

Online Manual: opterlife.com/pose/manual

Regulatory information: opterlife.com/pose/regulatory

Privacy policy: opterlife.com/privacy

Contact Us

20 S. Santa Cruz Ave.

Ste 300

Los Gatos, CA 95030

United States

Support Inquiries:

support@opter.life

Privacy Inquiries:

privacy@opter.life

General Inquiries:

contact@opter.life



FCC ID: 2ARL9-C94E

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.

WARNING: Changes or modifications not approved by Opter can void the user's authority to operate the equipment.

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.



IC ID: 24900-C94E

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.

Avis de conformité aux normes d'Industrie Canada (IC).

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. Son exploitation est autorisée aux deux conditions suivantes:

1. il ne doit pas produire de brouillage; et
2. il ne doit pas produire de brouillage; et d'en compromettre le fonctionnement.

Other Countries

Innovation, Science and Economic Development Canada is signatory of Mutual Recognition Agreements/Arrangement (MRA) in telecommunications equipment with Korea, the European Community, the Asia-Pacific Economic Cooperation (APEC), Switzerland and the Inter-American Commission of Telecommunications (CITEL) member states, Norway, Iceland and Liechtenstein.