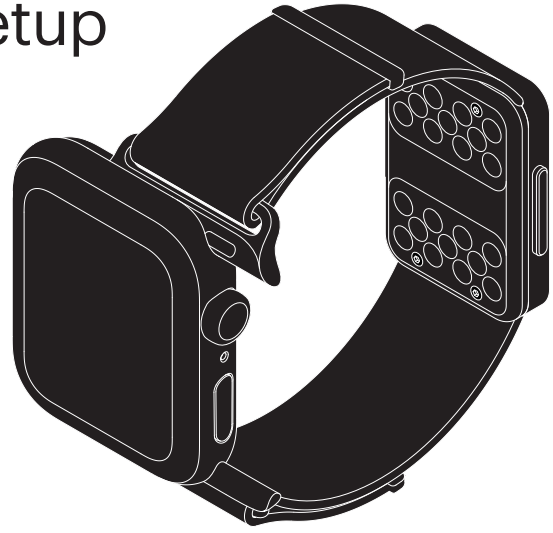


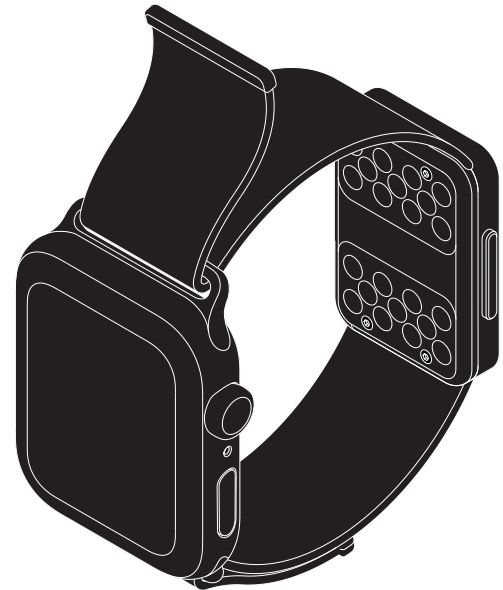
# How to setup



To attach Strap, slide in until you hear a click

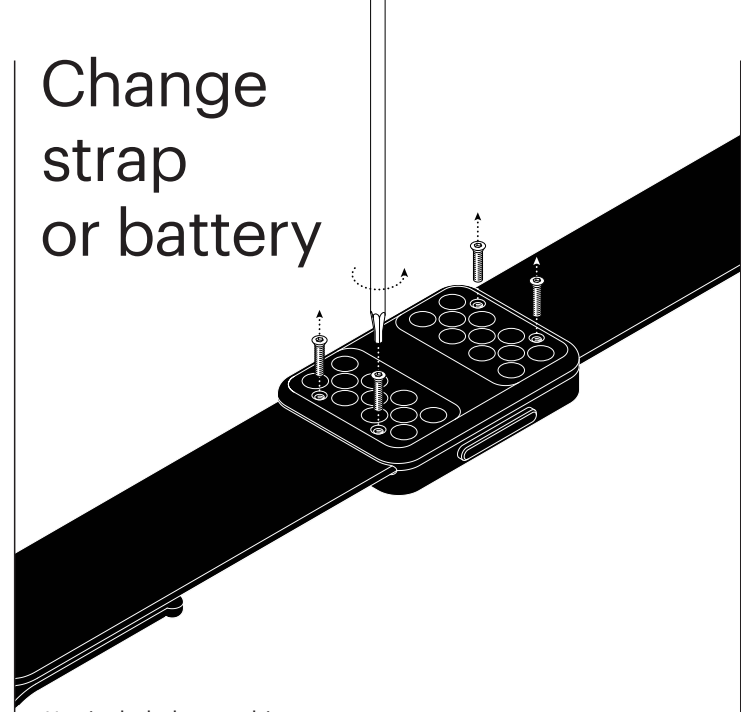
1

Adjust Strap from both sides to fit close to your wrist



2

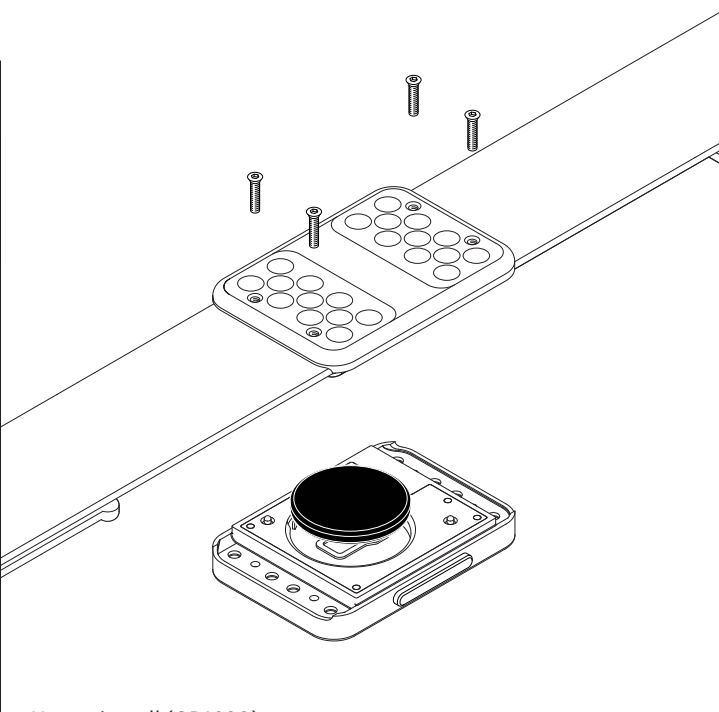
# Change strap or battery



Use included screwdriver to remove the cover

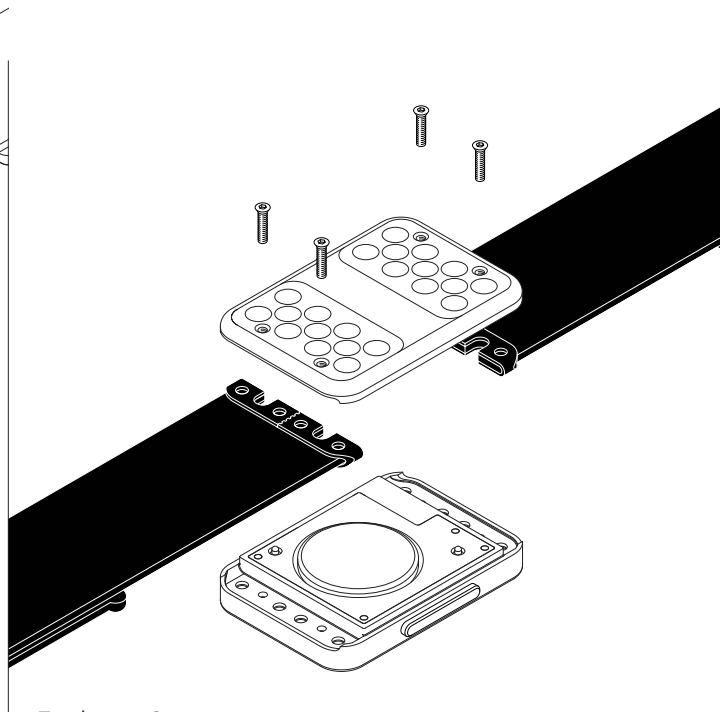
1

Use coin cell (CR1620) to power your Strap



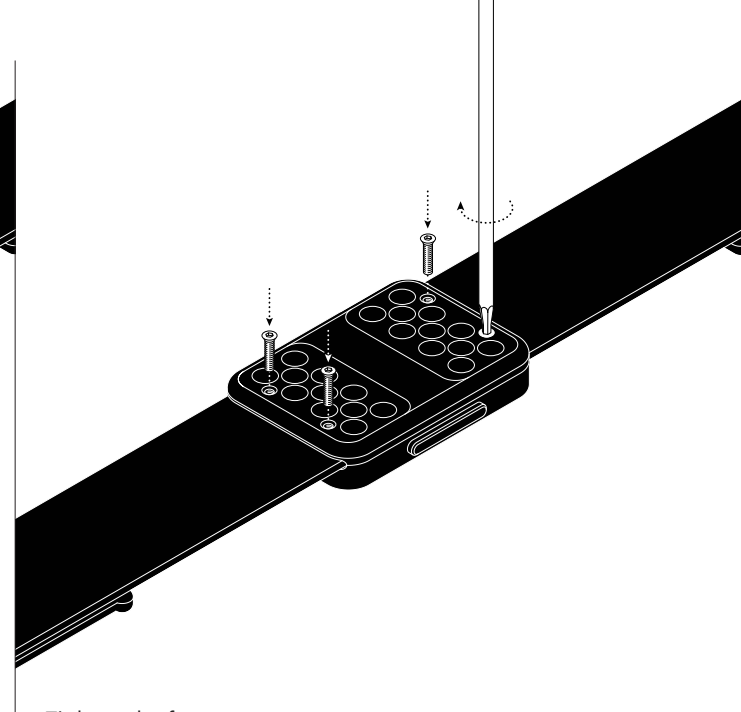
2

To change Strap segments pull off/on pegs on the cover



3

Tighten the four screws on the cover



4

# How to measuring



Download on the App Store



Use AURA App for your iPhone and Apple Watch

1

Push Measure button once to start



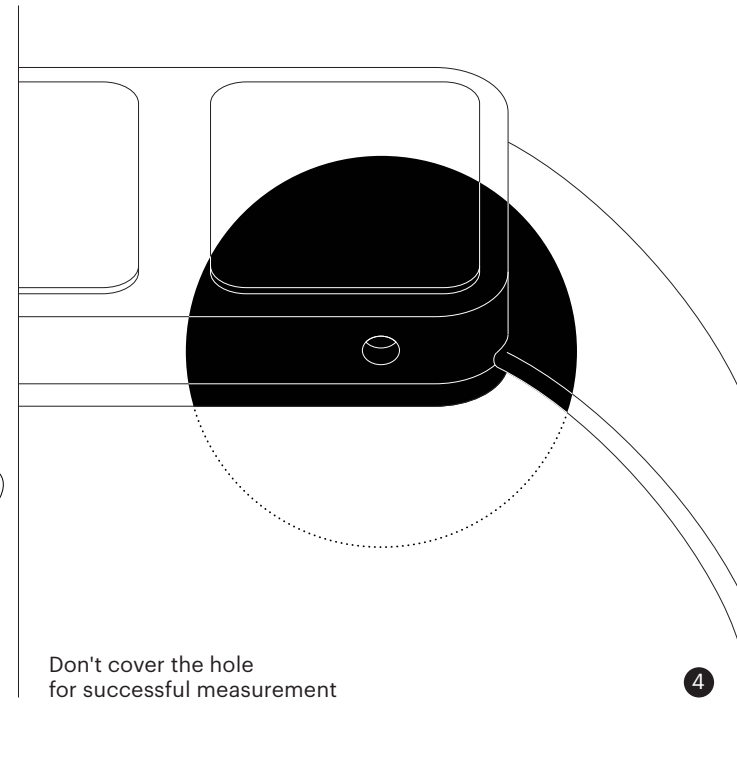
2

Put your free hand on the electrodes according to the picture and watch for loading bar on your Watch



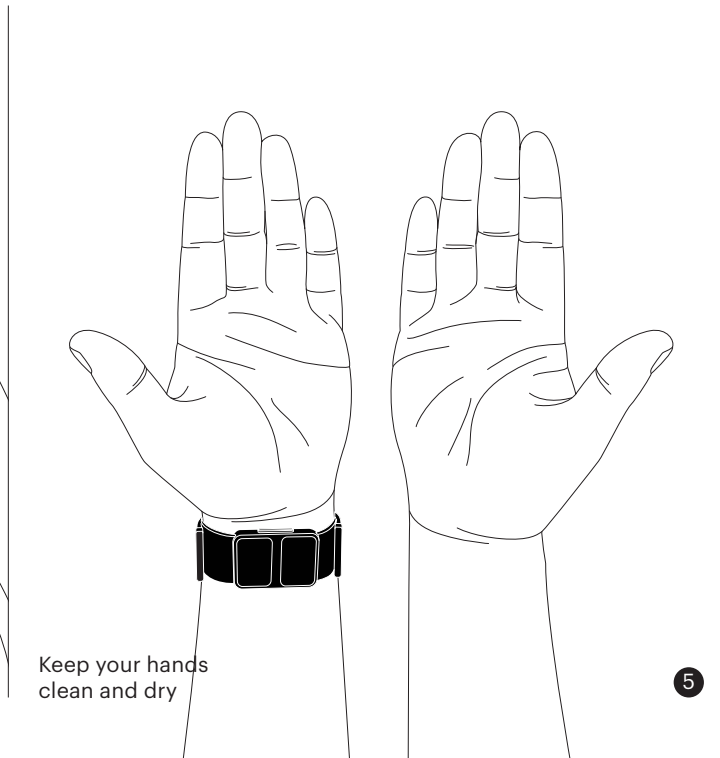
3

Don't cover the hole for successful measurement



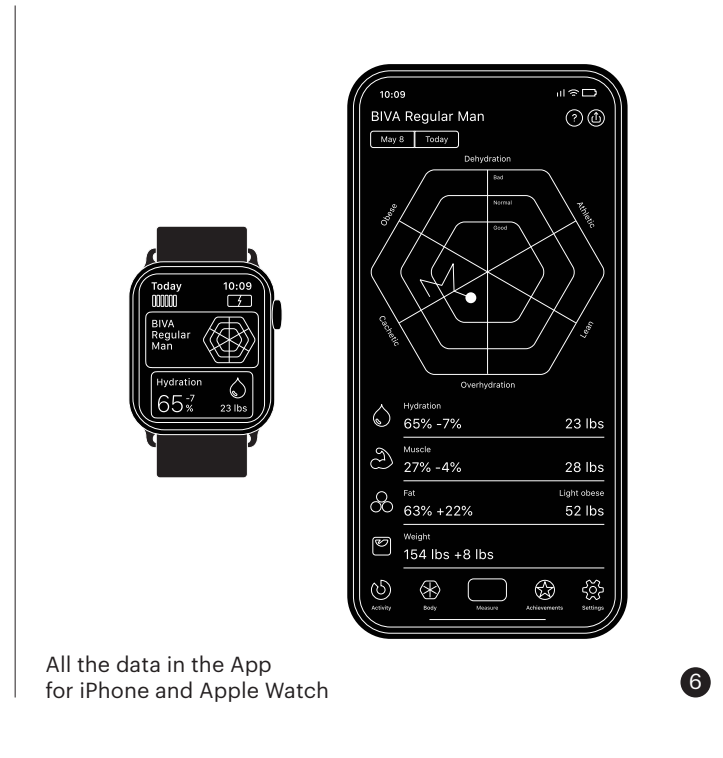
4

Keep your hands clean and dry



5

All the data in the App for iPhone and Apple Watch



6