self by ZENSORIUM

User Manual

Version 4.0

Model: ZSWW

Contents

1 Self by Zensorium at a Glance

1.1. What Self by Zensorium is

Self by Zensorium is an advanced wearable that provides insights into your wellness for better mindful living. Self by Zensorium includes a device, USB Charge Dock and an interchangeable strap for ease of fitting.

1.2. What's in the box?

Device

USB
charge dock

Strap for
L size

1.3. At a Glance

LED Indicator

Touch Screen

Button

LED Sensor

Optical Sensor

Charging Pins
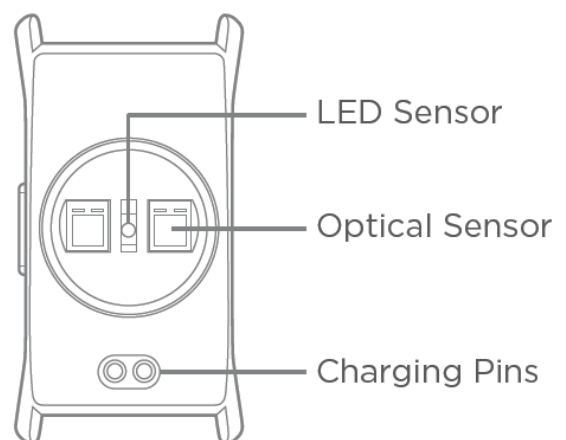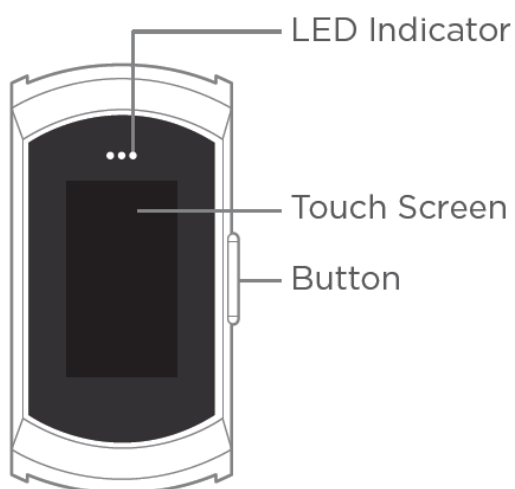
1.4. Navigation command

ON   OFF   TAP
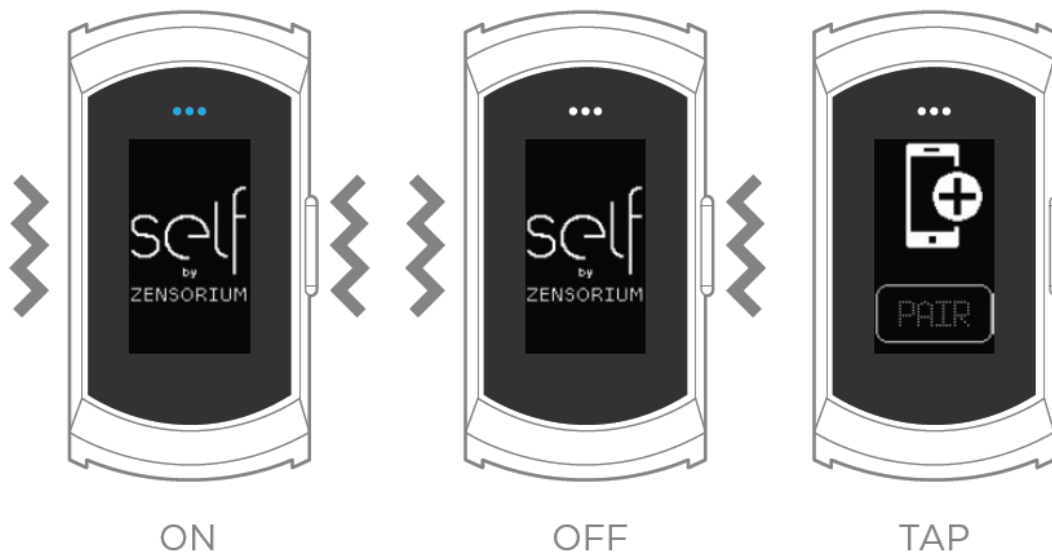
Turn ON: Press button and "Self By Zensorium" logo appears together with Blue LED and a single vibration.

Turn OFF: Press and hold button for 3-5 seconds until "Self By Zensorium" logo appears and phases off with a single vibration.

Screen On: Press button or lift your wrist towards your face

Screen OFF: Press button or wait for 5 seconds

Switch mode view: Swipe the screen
- Up/Down – viewing a different mode
- Right/Left – change view within the mode

Make selection: Tap screen button

1.5.   Charging

1. Plug the USB cable into the USB port of your computer or mobile phone adapter then connect the 2 charging pins on the USB charge dock to the 2 charging pins on the back of your device.
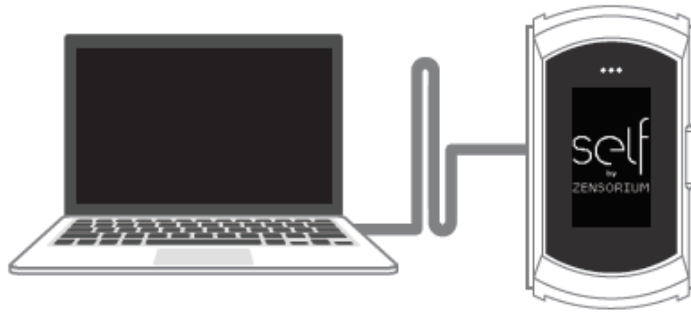
Note: Please do not place your device to charge dock if your device is wet. Ensure device is dry before charging.

2. You will know your device is charging when the charging animation and the LED indicator in orange appears on the screen together. The battery bar will fill up and the LED indicator turns OFF when charging is completed in 2 hours.
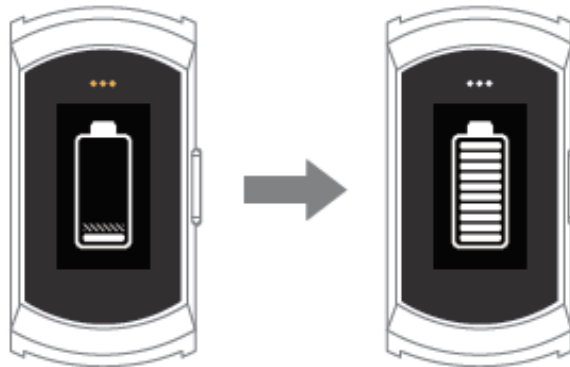
Note: Each full charge will provide 2-3 days of use depending on your usage.

2 Setup App and Device

2.1 Mobile Application compatibility

Zensorium Connect is compatible with smartphones that support Bluetooth Low Energy technology running on iOS 11.0 or later, or Android 6.0 or later.

2.2 App installation

1. Before using your device, please install "Zensorium Connect" on your smartphone for setup

2. Search "Zensorium Connect" either on the Apple store or Google Play Store.

Or scan below.

Note: Account setup is required separately before use of the App.

2.3 Setup - Pairing

1. Turn ON device and press "PAIR"

2. On APP, find your device by checking the serial number under "Self by Zensorium". You can compare the serial number shown on your device.

Note: Turn on the Bluetooth and Internet feature on your smartphone.

3. When your device is selected, Bluetooth pairing request appears. Input the 6 digits shown on your device to the App to complete the pairing process.
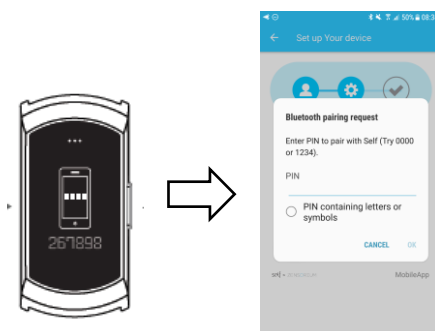
4. Once paired, the application displays the Home screen and your device will automatically update to the correct date/time.
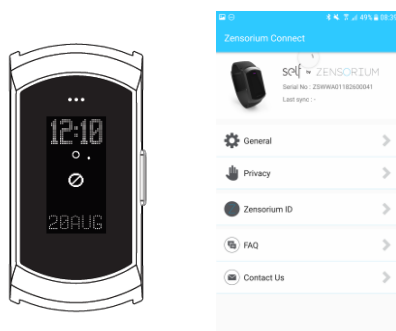
2.4 Wearing Self by Zensorium

1. Self by Zensorium should be worn on wrist to accurately monitor your mood, heart rate, activity and sleep.

2. Fasten the device snugly on your lower arm, about a finger's width above your wrist bone. Make sure the Zensorium logo is upright and the optical sensor on the back is in contact with your skin.
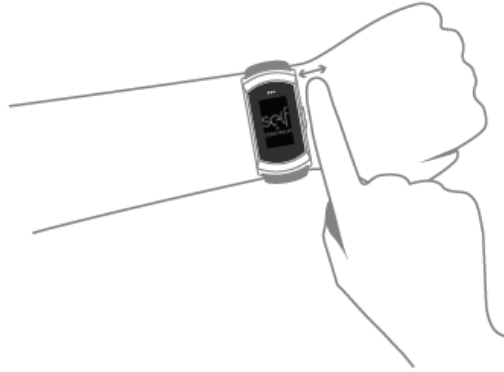
Note: For optimal accuracy, do not wear your device too tight as it may restrict blood flow, which may potentially affect the signal.

3   Important notice and safety information

- Clean and dry your device regularly, particularly under the strap.

- Do not use your device if you have skin problems in the wrist area.

- Do not leave your device under direct sunlight for extended period of time.

- Do not leave your device in conditions of extremely high or low temperatures.

- Do not tamper your device. The sensor unit cannot be removed from the module.

- Do not attempt to repair or modify your device under any circumstances.

- The use of unauthorized parts or accessories may cause injury or damage to your device.

- Device is rated IP65, dust tight and splash resistance but is not suitable for water immersion activities.

- Should you feel hot or warm on your wrist where your device is in contact, please remove your device and do not place to charge dock for charging.

- Charge your device when the battery is running low. Unplug your device from the charge dock when the battery bar is full.

- Do not attempt to replace your device battery. It is built-in and not changeable.

- Always switch off your device when you are not using it for an extended period.

- Use device in the temperature range of $0^{o}C$ to $35^{o}C$.

- Store device in the temperature range of $-20^{o}C$ to $45^{o}C$.

4 Compliance

4.1 Regulatory Compliance

Self by Zensorium has been tested and deemed in conformance with the relevant requirement standards:

Electromagnetic Compatibility
- FCC Part 15B
- ETSI EN 301 489-1/-17

Radio Frequency
- ETSI EN 300 328
- FCC Part 15C

RF Exposure
- FCC Part 2
- EN 62479

Safety
- IEC/EN 62368-1

Ingress Protection
- IP65

Biocompatibility (Device main body)
- ISO 10993-5 Cytotoxicity
- ISO 10993-10 Primary Skin Irritation

4.2 Federal Communications Commission (FCC) 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 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.

Caution: Any changes or modifications not expressly approved by the party responsible for compliance to this equipment would void the user's authority to operate this device.

4.3 Federal Communications Commission (FCC) RF Exposure:

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

The FCC ID can also be viewed on your device. To view the content, go to Settings mode and scroll through to Regulatory page and then FCC page (as shown below):

This device contains Transmitter Module FCC ID: 2ASICZS

4.4 Simplified EU Declaration of Conformity

Hereby, Nitto Asia Technical Centre Pte Ltd. declares that the radio equipment type: ZSWW is in compliance with Radio Equipment Directive 2014/53/EU and RoHS Directive 2011/65/EU. The full text of the EU declaration of conformity is available at the following Internet address:
https://www.zensorium.com/product-self.html

4.5 Disposal and Recycling Information

Your device and/or battery should not be disposed of with household waste. Dispose of your device/and or battery in accordance with local environmental laws and guidelines.

European Union – Disposal Information

The symbol above means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. The separate collection and recycling of your product and/or its battery at the time of disposal will help conserve natural resources and ensure it is recycled in a manner that protects human health and the environment.

4.6 Symbols used on device or package labelling

FC	Federal Communications Commission of United States Mark. This product is compliant with part 15 of the FCC Rules. It confirms that the electromagnetic interference from this product is lower than the limits approved by the FCC.
CE	European Conformity Mark. This product is compliant with Directive 2014/53/EU and 2011/65/EU. The relevant Declaration of Conformity is available at https://www.zensorium.com/product-self.html.
	Refer to the user manual. Read the user manual before you use this product.
IP65	This product is dust tight and splash resistance but is not suitable for water immersion activities
	Caution symbol is intended to alert the user to the presence of important operating and maintenance instructions to avoid personal injury or damage to the product.
	This product is compliant with Directives 2012/19/EU. Separate disposal for battery and electronics. Do not dispose with household waste.
Bluetooth®	The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Nitto Denko Asia Technical Centre Pte Ltd is under license. Other trademarks and trade names are those of their respective owners.

5 Technical Specification

Bezel material	Stainless Steel
Strap material	Silicone
Strap compatibility	Interchangeable with 20mm standard band with interlock mechanism
Physical Size (device body)	48.3x24.5x13.5mm
Weight (including straps)	65g
Ingress protection rating	IP65 Water resistance
Display type	OLED monochrome
Display size	0.89 in
Display resolution	128 x 72 pixel
Sensors	Tri-axis Accelerometer Optical Sensor
Connectivity	Wireless via Bluetooth 5.0 Bluetooth Low Energy
Memory	On board memory to track up to 7 days of data
Power & Battery	- Up to 3 days of battery life - Rechargeable Lithium-Ion Polymer, 120 mAh Battery - Charges in approximately 120 minutes via USB charger dock
Smartphone Compatibility	**iOS:** iOS 11 or later **Android:** Android 6 or later
Data transfer	Auto sync with App
Operating condition	Temperature 0°C to 35°C, Relative humidity 10% RH to 93% RH
Storage condition	Temperature -20°C to 60°C

6 General Disclaimer

Self by Zensorium is meant for external use only, Nitto Denko Asia Technical Centre Pte Ltd (NAT) or its assigned subsidiaries have made every effort to provide hypoallergenic device (main body). Some people may experience reactions to certain materials especially after prolonged contact with their skin. If you are prone to sensitive skin or allergies, please discontinue use if symptoms such as redness, rash or irritation appear. You should consult your physician before resuming use of Self by Zensorium. We cannot guarantee that non-sensitive skin will break out or develop a rash even when use of hypoallergenic device. NAT or its assigned subsidiaries assumes no liability arising from the use of Self by Zensorium.

7 Health Disclaimer

WARNING: Self by Zensorium including its applications is not a medical device and not intended to replace a medical device. The device and application(s) are not designed or intended for use in the diagnosis of diseases nor treat, cure, mitigate or prevent any other medical condition. No parts retrieved through the device and application(s) shall form any treatment in any manner. NAT or its assigned subsidiaries assumes no duty to correct, nor to resolve or clarify any inconsistent information retrieved through the device and application(s). Always seek the advice of a qualified and licensed physician or other medical care provider before making any changes to your daily routine as doing so may cause severe harm or death.

8 Product Disclaimer

Self by Zensorium is not a medical device and it is not intended to be a medical device to diagnose, treat, cure or prevent any disease. In relation to accuracy, NAT or its assigned subsidiaries has developed hardware and algorithms to acquire information meant to calculate the measured information as accurately as possible. The accuracy of Self by Zensorium is not intended to replace and/or match medical devices including measurement devices for scientific use, but is intended to provide the user as best an information available through Self by Zensorium. NAT or its assigned subsidiaries shall not be liable for any incidental or consequential damage resulting from the performance or use of Self by Zensorium.

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