



UPRIGHT GO™



WELCOME

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WELCOME TO THE UPRIGHT COMMUNITY

Now that you've received your UPRIGHT GO, it's time to start improving your posture. Upright is a world leader in connected posture trainers. We hope your experience with UPRIGHT GO will be meaningful. Now let's get started!



QUICK START GUIDE

1. First, download the UPRIGHT GO app. Search for "UPRIGHT GO" in the App Store or in Google Play.*
2. Install the app, open it and sign up.
3. Follow a short tutorial which will teach you everything about how to start using your UPRIGHT GO.**
4. Improve your posture with UPRIGHT GO!

* UPRIGHT GO is compatible with iOS 8.0 & Android 4.4 and later versions.

** Make sure your UPRIGHT GO is fully charged before you start.



WHAT'S IN THE BOX

UPRIGHT GO
TRAVEL CASE
CHARGING CABLE
5 x MULTIPLE-USE ADHESIVES
4 x ALCOHOL PADS
USER MANUAL

OPERATION MODES

As long as the UPRIGHT GO is on, it will continuously monitor your posture data, making the data available in the mobile app.

UPRIGHT GO has two operation modes:

TRAINING - in this mode the device will vibrate every time you slouch.

TRACKING - the device will not vibrate, but will still track your posture.

HOW TO SWITCH BETWEEN THE MODES

You can switch between modes either via the app or via the UPRIGHT GO power button.

USING THE APP

Tap **START TRAINING** to move to **TRAINING** mode - notice the top bar now shows "TRAINING". Tap **PAUSE TRAINING** to

switch to **TRACKING** mode (top bar shows "TRACKING").

USING THE DEVICE

Click the power button one time to switch from **TRAINING** mode to **TRACKING** mode. Remember to calibrate your device first.

HOW TO CHOOSE BETWEEN THE MODES

- **TRAINING** mode works best when you're sitting or standing, and can be attentive to your UPRIGHT's feedback.
- **TRAINING** mode is not recommended while you are busy with activities that regularly require you to bend down (e.g. eating, washing dishes, house cleaning, etc.).
- Switch to **TRACKING** mode when you cannot be engaged in the training, or when you're finished with your trainings for the day.

YOUR TRAINING PLAN

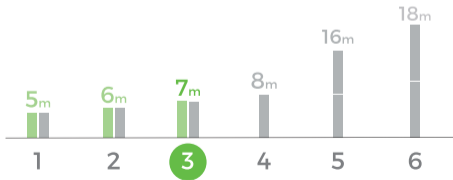
- Your training plan is built based upon your personal profile.
- Each training day has a daily goal that represents your recommended training time. Daily goals gradually increase in difficulty.
- Please note that you can only complete your daily goals in TRAINING mode, while having an upright posture.
- Once you complete your training plan, you will be provided with guidance regarding how to retain your improved posture. 2-4 times a week are recommended for maintaining your posture.

RESTING BREAKS

- To help maintain a healthy balance of training over a specified amount of time, the UPRIGHT GO will notify you with a long vibration. Shortly after, the device will automatically switch to TRACKING mode.
- Make sure to stick with the training plan and not overtrain. If you wish to train more than your daily goal, we recommend not to train more than double your daily goal, especially in the first 5 days. Overtraining may cause sore muscles.

SESSIONS

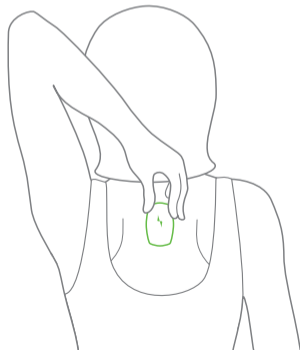
- As you make progress with your training, you will be introduced to the concept of "Training Sessions."
- Clinical studies show that repetition plays a significant role in habit formation. Training sessions were designed to simulate this.
- A daily goal might be divided into 2-3 training sessions. It is recommended that you take a proper break (of about 40 minutes) after finishing a session.



PLACING UPRIGHT GO ON YOUR BACK

You have 5 multiple-use adhesives in your UPRIGHT GO box. One of them is already attached to the back side of the device.

- For best performance, make sure that your skin is dry and clean before placing the UPRIGHT GO on your back. The adhesives will not stick to wet skin.
- Peel off the green patterned covering from the adhesive.
- Next, firmly attach the device to your upper back, directly on your spine.



UPRIGHT GO ADHESIVES

MAINTENANCE

Each multiple-use adhesive can last for several weeks with proper cleaning and maintenance.

When needed, the adhesives should be cleaned with the alcohol pads included in the box, or any standard alcohol pad. You can also clean with a few drops of water and some soap.*

After cleaning, make sure to let the adhesive dry off before attaching it to your skin.

To ensure the cleanliness of the adhesive in use, we recommend placing your device in the travel case whenever you are not using it.

* The UPRIGHT GO is not water proof, so make sure water does not enter the USB port.

REPLACEMENT INSTRUCTIONS

1. Remove the old adhesive from the UPRIGHT GO and take a new adhesive.
2. Peel off only the blank side and attach to the device.
3. Once you are ready to train, peel off the green "SKIN" side and attach the device to your upper back, directly on the spine.



You can always order more adhesives on our website:
www.uprightpose.com

CALIBRATION

The calibration process serves to teach your UPRIGHT GO what your upright (i.e. straight) posture is.

It is important to calibrate your UPRIGHT GO every time you put it on your back.

If you're about to spend the majority of your day sitting, you should calibrate while sitting. Otherwise, calibrate while standing.

You can repeat this step whenever you feel that your slouch position is not properly identified.

HOW TO CALIBRATE

Calibrating your device is very simple and only takes 2 seconds. It can be done either from the app or from the UPRIGHT GO itself, as follows:

- Move into your upright posture and stay still for calibration.
- Double click the power button, or tap CALIBRATION on the app's main screen.
- UPRIGHT GO will immediately respond with two short vibrations.



Go to the next page for more tips on how to perfect your upright posture during calibration.

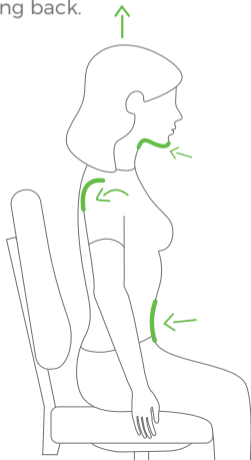
HOW TO PERFECT YOUR UPRIGHT POSTURE

To be upright, during calibration or in general, make sure to pay attention to the following instructions:

SITTING

- The first step is to find your neutral spine, meaning your natural upright position.
- The common mistake is to hyperextend with the thought that you are straight. Always remember that your neutral spine should feel comfortable and natural.
- Pull your belly button towards your spine to find support from your core. Remember to breath deeply and stay relaxed.
- Roll your shoulders back and drop them straight down.
- Lengthen your neck and slightly tuck your chin in.

- Imagine there is a string pulling you up from your crown.
- As long as you're upright, you may choose to lean against your chair or not. However, your core muscles are more engaged while not leaning back.



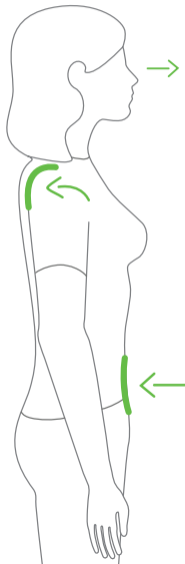
HOW TO PERFECT YOUR UPRIGHT POSTURE

STANDING

To maintain a good posture while standing up or walking about, keep these tips in mind:


- Stand tall, take a deep breath, and relax your shoulders back.
- Keep your head level with your body, pull in your abdomen and don't lock your knees.



Be sure to not stare down at your phone - if you need to use your phone, lift it up, rather than staring down.




OPERATING YOUR UPRIGHT GO FROM BOTH THE APP & THE DEVICE ITSELF


CALIBRATION

 When device is turned on and on your back, double click the power button.


 When the device is on your back, turned on and connected to the app, tap the CALIBRATION button 

SWITCHING BETWEEN TRACKING & TRAINING MODES

 After the device is calibrated, click the power button once.

 Use the "PAUSE TRAINING" or "START TRAINING" buttons on the main screen.

TURNING UPRIGHT GO ON/OFF

 To turn on, click the power button once.
To turn off, hold down the power button for a few seconds.

YOU CAN USE YOUR UPRIGHT GO WITHOUT EVEN OPENING THE APP

Whenever you are on the go, and feeling like training and tracking your posture without dealing with your phone, simply follow these steps:




1. Turn UPRIGHT GO on.
2. Place it on your back and hold an upright position.
3. Calibrate it by double clicking the power button. UPRIGHT GO will respond with 2 vibrations.
4. You are ready to GO!

Your posture data will be saved on the device. Make sure to connect and sync your device to the app in order to view your progress. (We recommend at least on a weekly basis).

LED INDICATORS



IN USE





	BLINKING BLUE	Searching for mobile app connection
	BLINKING GREEN	Successfully connected to the app
	BLINKING RED	Low battery

The LED will stop blinking 30 seconds after any click. That way, you can rest assured that it's not blinking on your back.

DURING CHARGING

	SOLID RED	Charging correctly
	SOLID GREEN	Fully charged

DURING FIRMWARE UPDATE

	SOLID BLUE	Firmware update required
	BLINKING RED	Deleting old firmware
	SOLID GREEN	Updating firmware
	SOLID RED	Battery level too low to start the update

VIBRATION FEEDBACK

Calibrating now	2 SHORT VIBRATIONS
UPRIGHT GO is now turned ON/OFF	1 SHORT VIBRATION
No battery. Device is turning off	2 SHORT VIBRATIONS
Resting break. Device switched to tracking mode.	1 LONG VIBRATION
Change between TRACKING\TRAINING modes	1 SHORT VIBRATION



VIBRATION SETTINGS

You can easily press the **Vibration** button in the main screen of the app to customize your UPRIGHT GO vibration features.



There are three different **Vibration Patterns** you can choose from:



This allows you to balance between shorter and longer vibrations for your convenience.

The **Sensitivity** slider allows you to choose how strict (high sensitivity) or lenient (low sensitivity) you want your GO to be. If you move the slider to a lower value, you will need to slouch more in order for the GO to vibrate.



We wouldn't like the UPRIGHT GO to vibrate whenever you just bend over to pick something up from the floor. In **Delay** setting you can choose the gap in time between slouching to vibration. The recommended time is 2 sec and will allow UPRIGHT GO to ignore necessary and short slouches.



FIRMWARE UPDATE

As we keep working on making the UPRIGHT GO better, every once in a while we release a new device software version. Each version update includes improvements and new features.

Whenever there's a new firmware available, we strongly recommend you to update.

To update your firmware, connect your UPRIGHT GO to the app.

Next, go to **SETTINGS > FIRMWARE UPDATE**.

Before you start, check out the following tips:

- Firmware update takes a few minutes, in which we recommend to use your phone as minimally as possible.
- Make sure that both your UPRIGHT GO and your phone are fully charged, and that there is an internet connection.
- Keep the UPRIGHT GO and your phone close together.

SPECS

UPRIGHT GO

Dimensions	55.25 x 33.16 x 11.62 mm
Weight	12gr
Bluetooth	Bluetooth Low Energy 4.0, RF Power - 0 dBm
Battery	Lithium-Ion, 3.7V, 115mAh,0.425Wh
Battery Life	Up to 2 days of usage (depending on operation mode)

MOBILE COMPATIBILITY

iOS 8.0 & Android 4.4 or later versions.

ADHESIVES

Made from medical grade silicone. For more info and usage precautions, see pages 14 & 39.

WARRANTY

2-year warranty.

REGULATORY INFORMATION

Safety

This equipment has been tested to comply with IEC standard IEC60950-1.

Wear and Care:

UPRIGHT very effectively measures and trains your posture, though it is not a medical device.


When caring for your UPRIGHT, keep the following tips in mind:


- Do not use abrasive cleaners to clean your UPRIGHT, such as bleach.
- Do not expose your UPRIGHT to any chemicals such as flammable liquid, etc.
- If you experience any kind of discomfort or notice signs of skin irritation where UPRIGHT touches your back, please discontinue its use and contact our support team.
- Do not attempt to disassemble or service your UPRIGHT.
- Protect your UPRIGHT from impact shocks.
- Do not expose your UPRIGHT to extremely high temperatures above 40°C or low temperatures below -20°C.
- Do not expose your UPRIGHT to direct sunlight for extended periods of time.
- Do not leave your UPRIGHT near open flames.

SAFETY NOTICES

Take the time to read, understand, and follow all safety

information that is contained in this user manual before using your UPRIGHT. Please save these instructions for future reference.

 **WARNING:** Indicates a potentially hazardous situation, which could result in death or serious injury and/or property damage if not avoided.

 **CAUTION:** Indicates a potentially hazardous situation, which could result in minor or moderate injury and/or property damage if not avoided.

 **CAUTION:**

- Contains small parts. Keep out of reach of children.
- Use this appliance only for its intended use as described in this manual. Do not operate this appliance if it has a damaged cord, plug, cable or housing.
- Only set on dry surfaces. Do not place on a surface that is wet from water or cleaning solvents.
- Do not enter areas where the use of transmitters is prohibited.

 **WARNING: Hazardous Voltage**

To reduce the risk of electric shock and to avoid possible risks associated with hazardous voltage, which if not avoided could result in death or serious injuries, read, understand and follow the following safety instructions:

- UPRIGHT requires a USB connector for charging.
- Make sure that you are using certified USB power supply.

- Power supply should be Limited Power Supply (LPS).
- Do not attempt to charge the device using an outdoor outlet. Only use indoor AC/DC adapters.
- Do not expose the AC/DC adapter to rain, steam or wet conditions.
- Handle the AC/DC adapter by the plug, not the cord.
- Keep the device away from liquid, heat sources, and steam.
- Do not connect the AC/DC USB power connector to the device while in or near water.
- Do not submerge the device under running water during charging.
- Do not place or store an appliance where it can fall or be pulled into a tub or sink.
- Do not place or drop into water or other liquid.

Built-in Battery Precautions

⚠ CAUTION:

This product contains a lithium-ion rechargeable battery. There is a risk of explosion if batteries are not handled appropriately.

- The batteries are not designed to be replaced.
- Do not expose the device to temperatures exceeding 55°C when the device is in use.
- Damage inflicted on the battery could cause an explosion and/or fire.
- Do not dismantle, open or shred the battery.

- Do not expose the battery to heat or fire. Avoid storage in direct sunlight.
- Do not short-circuit the battery.

Disposal and Recycling Information

For disposal and recycling of UPRIGHT, please contact your local recycling authority, and if you have any questions on the matter, please contact our support team at: hello@uprightpose.com.



FCC ID:2AWF3-UR01

USA: 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."

FCC Caution:

"Changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment."

FCC Statement:

"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."

CEC



This device have been tested for compliance with California Code Of Regulations Title 20, Sections 1601-1608.

10 CFR Section 430.23(aa)(Appendix Y to Subpart B of Part 430)

CANADA: INDUSTRY CANADA (IC) STATEMENT

IC ID:20607-UR01

"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."

RSS-102 Statement:

"This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme à l'exposition aux rayonnements Industry Canada limites établies pour un environnement non contrôlé."

EU (EUROPEAN UNION)



This product has been confirmed to comply with European Radio Equipment Directive (RED), 2014/53/EU



The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life.

Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local electrical and electronic equipment waste management authority or the retailer where you bought the product.

Le symbole sur le produit ou sur son emballage signifie que ce produit à la fin de sa vie doit être recyclé séparément des déchets ménagers ordinaires. Notez que ceci est votre responsabilité d'éliminer les équipements électroniques à des centres de recyclage afin d'aider à préserver les ressources naturelles. Chaque pays de l'Union européenne a ses centres de collecte et de recyclage pour le recyclage des équipements électriques et électroniques. Pour plus d'informations ou trouver un centre de recyclage, contactez votre commune ou le magasin où vous avez acheté le produit.

SILICONE ADHESIVES

UPRIGHT GO's adhesives are made from medical grade silicone. Avoid use if you have any known allergy to silicone. The adhesives have been thoroughly tested and should not cause skin irritation. However, if skin irritation develops, or any other symptoms occur, discontinue use and contact us. In case of irritation, wash skin thoroughly with soap and water. Seek medical attention if symptoms persist. The adhesives should not be used on wounded skin.

If eye contact occurs, hold the eye open and immediately wash with plenty of water for at least 15 minutes. Obtain medical attention if soreness or redness persist.

WE'VE GOT YOUR BACK

uprightpose.com/support
hello@uprightpose.com

uprightpose.com