OXY Strap®

THE ULTIMATE FITNESS TRACKER

INSTRUCTION BOOKLET

PLEASE READ THIS BOOKLET CAREFULLY BEFORE USE

INDEX

See Video Instructions at OxyStrap.com (In footer section under “Resources”)

HANDLING

PLEASE HANDLE THE OXYSTRAP® HEADBAND WITH CARE.

BENDING

Only allow natural bending between the dotted lines located on the inside of the headband. (No extreme or force bending)

SPORTS CASE

How to properly place the OxyStrap® headband and components into the Sports Case

When placing the headband into the case, be sure the "Light Barrier Band" is on the top

1. Undo the rear Velcro® strap & re-attach the end of the strap to the end of the smooth Velcro® near the charger pocket.
2. Fold the headband at the dotted line near the charger pocket & gently push the rear of the headband against the inside front of the headband.
3. Gently place the headband into the curved cut-out foam area. Insert the charger pocket end first & then the other end.

SPORTS CASE

Be sure to follow these instructions carefully to avoid damage to the OxyStrap® headband.

4. Place the charger components (USB cable, charging disc and wall plug) into the other foam cut-out compartment. The Microfiber lens cloth and the Instruction Booklet should be placed into the Sports Case pocket.

CHARGING

How to Properly Charge your OxyStrap®

1. Attach the USB cable to the charger disc & an energy source. Then push the charger disc into the approximate center of the Charger Pocket which is located on the inside of the headband. The red light should change to a consistently blinking green light. If a consistently blinking green light does not appear, move the charger disc a little at a time in one direction or the other from the approximate center until it does.
2. When the LED light turns solid green, the OxyStrap® is fully charged. A completely depleted battery recharges in approximately 90 minutes.
3. When finished charging, push the Charger Disc out from the Charger Pocket.

CHARGING

NOTES:

1. Push directly on the Charger Disc (not the USB cable) when inserting or removing the disc from the Charger Pocket to avoid damage to the cable.
2. For charging in remote areas, use an energy source such as a backup battery or solar charger.
3. If used continuously, a fully charged battery will last approximately 6 hours.
4. The OxyStrap® is always “on” even when it is not paired & in use. However, it goes into a sleep mode. Nevertheless, the battery charge will deplete some each day during periods of non-use.
5. Charge the OxyStrap® battery completely before initial use.
6. The battery has approximately 500 full recharge cycles after which a fully recharged battery will have some reduced operating time.

How to pair the OxyStrap® to your electronic device

PAIRING

1. Download the free app and enable Bluetooth® on your electronic device.
2. Open the app & select the pairing option from the app Splash Screen.
3. Attach the USB cable to the Charger Disc & an energy source.
4. Place the Charger Disc into the approximate center of the Charger Pocket. The red light should change to a consistently solid or blinking green light. If a consistently blinking or solid green light does not appear, then move the charger disc a little at a time in one direction or the other from the approximate center of the Charger Pocket until it does.
5. When you hear the audio announcement, “OxyStrap® Connected,” remove the charger from the OxyStrap® and you will see a red light at the optical window on the inside of the headband.

NOTES:

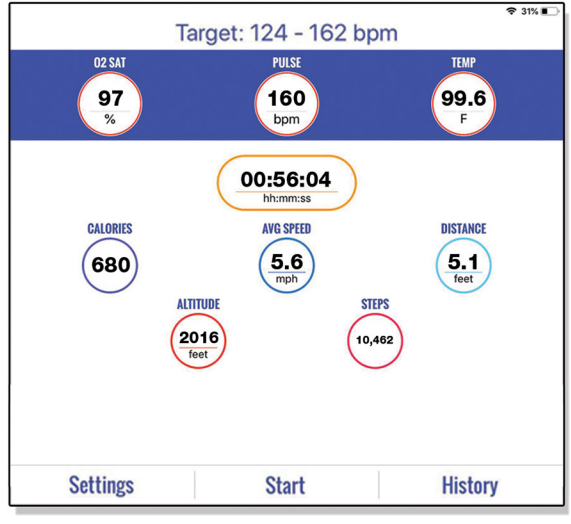
1. The OxyStrap® must be used with a Bluetooth® 4.0 compatible IOS or Android smart electronic device.
2. The user only needs to pair the OxyStrap® once to an electronic device. Afterwards it will “Auto Pair” with subsequent usage unless the user switches to a different electronic device. Then the OxyStrap® would have to be paired to the new electronic device.

APP

To load or update the OxyStrap® App

1. Connect to the internet on your mobile device.
2. Download the FREE OxyStrap® app from the App Store or Google Play.

NOTE: Updates may occur, so periodically check to see if there is a new updated app.



USAGE

And More...

USAGE

STEPS FOR USAGE

1. **CHARGE**
   - ✓ Electronic device
   - ✓ OxyStrap®
   - ✓ Bluetooth® headset (if used)
2. **BLUETOOTH®** from settings on your electronic device:
   - ✓ Activate Bluetooth®
   - ✓ Connect to Bluetooth® headset (if used)
   - *Enable GPS location services for altitude (if needed)
   - *Enable motion services for steps, speed and distance
3. **APP**
   - ✓ Select the OxyStrap® app
4. **PAIR**
   - ✓ OxyStrap® to electronic device
   - ✓ Bluetooth® headset to electronic device (if used)
5. **SETTINGS** - From the OxyStrap® app settings screen:
   - ✓ Select audio announcement intervals
   - ✓ Select US or Metric units
   - ✓ Enter personal data and resting pulse

Download the FREE OxyStrap® app from Google Play for Android devices or the App Store for IOS devices. The electronic devices must be Bluetooth® 4.0 compatible (Smart Phones or Smart Watches).

USAGE

6. HEAD PLACEMENT

Properly position on head as follows

✓ **LONG HAIR**

- Place the hair in a ponytail
- Loosen the headband at the rear Velcro® strap
- Place the headband on the head below the ponytail
- Tighten the strap so that the headband stays on the forehead

✓ **SHORT HAIR**

- Loosen the headband at the rear Velcro® strap
- Place the headband on the head
- Tighten the strap so that the headband stays on the forehead.

THEN:

✓ Remove all hair from Forehead.

✓ Place the lower edge of the headband slightly above the eyebrows

✓ Place the “O” front logo above the nose at the mid-forehead

✓ Place the headband between the head and the ears

✓ Adjust the Velcro® strap so that the headband is securely snug on the head but not uncomfortable.

USAGE

If the OxyStrap® is not in proper position or is too loose on the head, it will not report accurate body vital signs.

7. **MUSIC** - Select music app if desired
8. **START** - Select start on workout display screen

USAGE

Quick Guide for Usage

1. Charge
2. Bluetooth
3. App
4. Pair
5. Settings
6. Head Placement
7. Music
8. Start

USAGE

STOP ACTIVITY

- ✓ **If the temperature is >102° F (39° C)** - promptly drink fluids, remove excess clothing, move to a cooler environmental temperature & **seek medical attention if the condition persists.**
- ✓ **If O_2 saturation drops below 90%** & **seek medical attention if the condition persists.** If you are in a low oxygen environment, remove yourself as quickly as possible from the location (i.e. if you are at a high altitude, descend as quickly as possible to a lower altitude).
- ✓ **If sudden & extreme pulse changes occur** & **seek medical attention if the condition persists.**
- ✓ **If significant physical symptoms occur**, such as chest pain, shortness of breath, extreme thirst, exhaustion etc, & **seek medical attention if symptoms persist.**

Be sure the OxyStrap® is being worn properly to ensure that you are receiving accurate vital signs data.

USAGE

NOTES

1. **PHONE CALLS** - If you have cellular connectivity, you may also make and receive phone calls while using the OxyStrap®.
2. **BLUETOOTH® RANGE** - If you are moving during your activity, (e.g. walking, running, biking, climbing, etc.), the electronic device must be on your body. If stationary, (e.g. treadmill, stationary bike, aerobics, etc), the electronic device must be within an unobstructed Bluetooth® range of approximately 50 feet.
3. **COMFORT** - If after wearing the OxyStrap® headband it becomes uncomfortable, loosen the headband slightly but ensure that it remains snug on the head.
4. **DATA** - Recorded data is available for viewing on the app history screen.
5. **VOLUME** - Adjust the volume on the electronic device to the desired level.
6. **IMPORTANT** - When you are finished using the OxyStrap®, close the app and place the OxyStrap® on the charger to recharge for next usage.

O_2 SATURATION

The OxyStrap® can enhance safety and performance by accurately tracking O_2 Saturation levels.

A normal O_2 Saturation (Oxygen blood level) should be in the mid to high 90's up to 100%. There are both medical & environmental conditions which can cause low levels of oxygen in the body.
For example:

1. Low atmospheric oxygen such as high altitude.
2. Poor oxygen exchange in the lungs such as lung disease.
3. Interruption of blood flow in the body such as low blood pressure and shock.
4. Interference of oxygen carrying capacity in the blood stream.

Ensuring adequate oxygen levels to your body during activity is not only a safety factor, it also enhances athletic performance.

O_2 SATURATION

ALTITUDE SICKNESS:
The symptoms of altitude sickness (low body oxygen levels) include: nausea, vomiting, dizziness, headache, confusion, shortness of breath, cough, weakness or exhaustion, etc. Your body's ability to acclimate to high altitudes without adverse symptoms and a significant drop in O_2 saturation depends on a wide variety of factors, such as altitude level, rate of ascent to high altitudes, genetic factors, fitness level, etc.

If you ascend rapidly to higher altitudes your O_2 saturation will drop but if you ascend slowly, your body will acclimate to the higher elevation so you can tolerate the higher altitude with no significantly reduced O_2 saturation and symptoms of altitude sickness. However, at very high altitudes, the body may not be able to acclimate and would require administration of oxygen. The body's initial response to low oxygen levels at high altitudes is to increase the heart and respiratory rate. Later, the body will increase the hemoglobin for increased oxygen carrying capacity of the blood and also it will increase oxygen exchange in the lungs.

The best way to avoid altitude sickness is frequent and accurate monitoring of O_2 Saturation.

HEART RATE

The OxyStrap® can enhance safety and performance by accurately tracking heart rate
Normally at rest, the pulse ranges between 60-100 bpm (beats per minute) except in certain situations such as a decreased oxygen environment, severe stress, certain medical conditions, etc. An extremely fit athletic individual may normally have a very low pulse rate due to a very strong heart which is more capable of pumping blood. With physical activity, the user's pulse will rise. The pulse should rise gradually with exercise and fall gradually when exercise is stopped. As long as the user is not having any adverse symptoms and the pulse rate does not show any sudden & extreme changes, the goal with physical activity should be to keep the pulse in the user's "TARGET HEART RATE ZONE" and near the user's "HIGH TARGET HEART RATE" during aerobic or cardio exercise to obtain the best possible results from physical activity, which include:

1. Building and Maintaining a Strong Heart
2. Building and Maintaining Body Muscle & Bones
3. Burning Calories to Lose Weight
4. Maintaining a Normal Healthy Weight
5. Achieving Optimal Athletic Performance
6. Maintaining Good Body and Joint Flexibility

HEART RATE

Below is a formula for Maximum Heart Rate and Target Heart Rate:
(These numbers are estimates.)

Maximum Heart Rate = 220 - Age.
Low Target Heart Rate = 220 - Age x .65
High Target Heart Rate = 220 - age x .85

> **Target Heart Rate Zone**

The OxyStrap automatically calculates your target heart rate zone and displays it on the app workout screen after you enter your personal data and resting pulse on the OxyStrap® app settings screen.

If you are not accustomed to performing regular physical activity, you should initially maintain your pulse rate near your low target heart rate and gradually build up as tolerated to your high target heart rate. If you have a medical condition, always consult with your doctor before beginning an exercise routine.

BODY TEMPERATURE

The OxyStrap® can enhance safety & performance by accurately tracking the skin surface body temperature

Normally core body temperature, as typically measured by an oral thermometer, is approximately 98° Fahrenheit. The OxyStrap® measures skin surface body temperature, not internal core body temperature.

Monitoring body temperature is especially important when performing physical activity in warmer environmental temperature conditions. Those conditions will cause both core body temperature and skin surface body temperature to rise.

The body will then induce sweating to lower body temperature. Body fluid loss from sweating will cause varying degrees of dehydration. High body temperatures with significant and prolonged sweating may cause severe dehydration (Heat Exhaustion and Heat Stroke). Heat stroke may be fatal due to shock and organ failure.

CLEANING

The optical sensor window area on the inside front of the OxyStrap® headband and the silicone bands on the inner sides and rear of the headband should be frequently wiped clean with baby wipes. Then let the silicone bands air dry but wipe the optical window dry with the microfiber lens cloth. Avoid scratching or placing chemicals or anything abrasive on the optical sensor window.

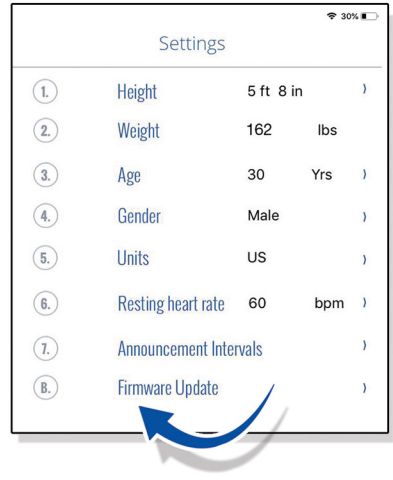
The OxyStrap® headband is stain and odor resistant and should not need frequent washing. **It should only be hand-washed** by gently wiping with a clean sponge and a small amount of a mild detergent, such as Woolite®, in warm or cold water. Do not wring out, twist or sharply bend the OxyStrap® and do not scrub or rub excessively. Then rinse by gently wiping with a clean sponge and clean water. Do not use bleach or fabric softener. After hand-washing and rinsing, allow the OxyStrap® to air dry. Do not place in a dryer. Do not iron and do not dry clean.

During hand washing do not immerse the OxyStrap® in water and do not excessively saturate the cleaning sponges or the OxyStrap®.

FIRMWARE

TO UPDATE FIRMWARE:

1. Enable Bluetooth® on the electronic device and then select the OxyStrap® app.
2. If the OxyStrap® is not yet paired, select the pairing screen and follow the prompts. Then remove the wireless charger after pairing.
3. Select firmware update from the OxyStrap® app setting screen.
4. If new firmware is available, select “YES” to update firmware.
5. When screen says “waiting”, push the Charger Disc (attached to the USB cable & energy source) into the approximate center of the Charger Pocket on the OxyStrap® headband. The red light should change to green. If it does not, move the Charger Disc a little at a time in one direction or the other from the approximate center until it does. Then wait for the erasing of old firmware and uploading of new firmware. DO NOT interrupt the process until “success” appears on the screen. Then remove the Charger Disc.



Firmware updates may occur, so periodically check to see if there is a new update by selecting the firmware update option on the settings screen of the app.

WARRANTY

The warranty is void if the OxyStrap® is improperly handled, misused or abused.

1. The OxyStrap® has a one year warranty. (If it is not misused and is used correctly according to instructions, it should last for many years).
2. During the warranty period if the OxyStrap® is found to be defective, it will be replaced at no charge.
3. The OxyStrap®, with the original receipt, can be returned for a full refund within 30 days of purchase. It must be returned in the original packaging, undamaged and in like new condition for a full refund.

TIPS & NOTES

* To reset all data parameters to zero: select “Stop” on the workout screen and then select “Start”.

* The headband may leave a temporary visible imprint on the forehead which will disappear shortly after the headband is removed.

* The OxyStrap® should be used during both aerobic (cardio) & resistance muscle strengthening exercise (e.g. weight lifting) to help achieve & maintain good physical fitness. Aerobic (cardio) exercise can be performed daily but resistance exercise (muscle strengthening) should only be done every other day.

* On the history app time screen, swipe to remove recorded history, as desired.

* The body burns calories during periods of relative inactivity when you’re not exercising or working out. The OxyStrap® gives an estimation of extra calories burned during exercise. It’s a useful approximation which is based on several factors, such as, heart rate and time duration of physical activity.

* The OxyStrap® is water resistant to moisture environments, such as, rain, snow or sweat. However, do not immerse in water.

* The OxyStrap® is made with special sweat-wicking material which effectively keeps sweat out of the eyes to keep you comfortable during physical activity.

TIPS & NOTES

* The following accessories are recommended:
  A. A water resistant sports Bluetooth® headset.
  B. A water resistant electronic device or water resistant case.
  C. If using a smart phone and you are “on the move” during your activity, a sports pouch positioned on the front side of the body, a sports armband or athletic attire with a front pocket is recommended to hold the smart phone.

* The OxyStrap® is not a medical device. However, it does give vital signs data results comparable to the accuracy of medical devices if used correctly, even under adverse conditions (e.g. dehydration, low blood pressure and low environmental temperatures.)

* OxyStrap’s® audio announcements of accurate Heart Rate data, during physical activity, will help the user safely achieve and maintain the ideal heart rate and workout intensity for the best possible performance results.

* Oxygen Saturation data (along with heart rate & body temperature) can **enhance safety** while performing your activity of choice by providing an alert to adverse medical conditions such as heart malfunctions, heat stroke, altitude sickness, etc.

TIPS & NOTES

* The Gold Standard for an effective Fitness Tracker is accurate and real time audio announcements of body vital signs (O_2 saturation, heart rate and body temperature).

Without real time audio announcements of accurate vital signs, the user can't achieve the best possible physical activity results and performance with enhanced safety.

* It is recommended that the user "announce" body vital signs frequently during usage for continuous real-time feedback of data. That will result in the greatest safety & performance results.

* Once the OxyStrap® is started, it may take up to approximately one minute to start reporting accurate pulse and O_2 Saturation data and it may take approximately up to 5 minutes to start reporting accurate skin surface body temperature.

* To obtain your resting pulse simply use the OxyStrap® while at rest and enter the resting pulse data on the settings screen of the app.

* The OxyStrap® is **made in the USA** from US and Foreign components.

Made in USA

TIPS & NOTES

* Announcements of data and music will stop during phone calls and immediately return when the phone call is completed.

* Bluetooth® disconnections may occur if:
    A. The electronic device is too far away from the OxyStrap®.
    B. There is not line of sight between the OxyStrap® and the electronic deice.
    C. There is some external environmental electronic interference.

* On your electronic device enable GPS location services for altitude data and motion services for speed, distance and steps data

* Extreme light changes and continuous, extreme shock type movements may cause temporary inaccuracy of the pulse and O_2 Saturation data.

* The OxyStrap® fitness tracker is not designed to be worn **24\7 day & night.** It is specifically designed to be worn during your activity to enhance safety & performance.

TIPS & NOTES

* The OxyStrap® enhances safety and it can potentially save lives. It can also enhance the likelihood of achieving a great fitness level with better health & appearance, a longer life and a more active lifestyle.

* There's no radiation hazard with the OxyStrap®. The Bluetooth® module is FCC approved.

* Due to OxyStrap's® unique design and also due to the fact that the OxyStrap® is head-based, rather than wrist (extremity based), it is the only fitness tracker that provides all the essential features for accuracy of body vital signs (pulse and O2 Saturation) while "on the move" & under a wide variety of conditions (e.g. outdoor sunlight, dehydration, low blood pressure and low environmental temperatures). These essential features include:

- ✓ **A light barrier**
- ✓ **Water resistance**
- ✓ **An elasticized, adjustable and slip resistant band**
- ✓ **A central core body location**
- ✓ **A plentiful and superficial blood supply**
- ✓ **Reliable reflective oximetry**

✓ **Adequate Fitness Tracker immobilization**

TIPS & NOTES

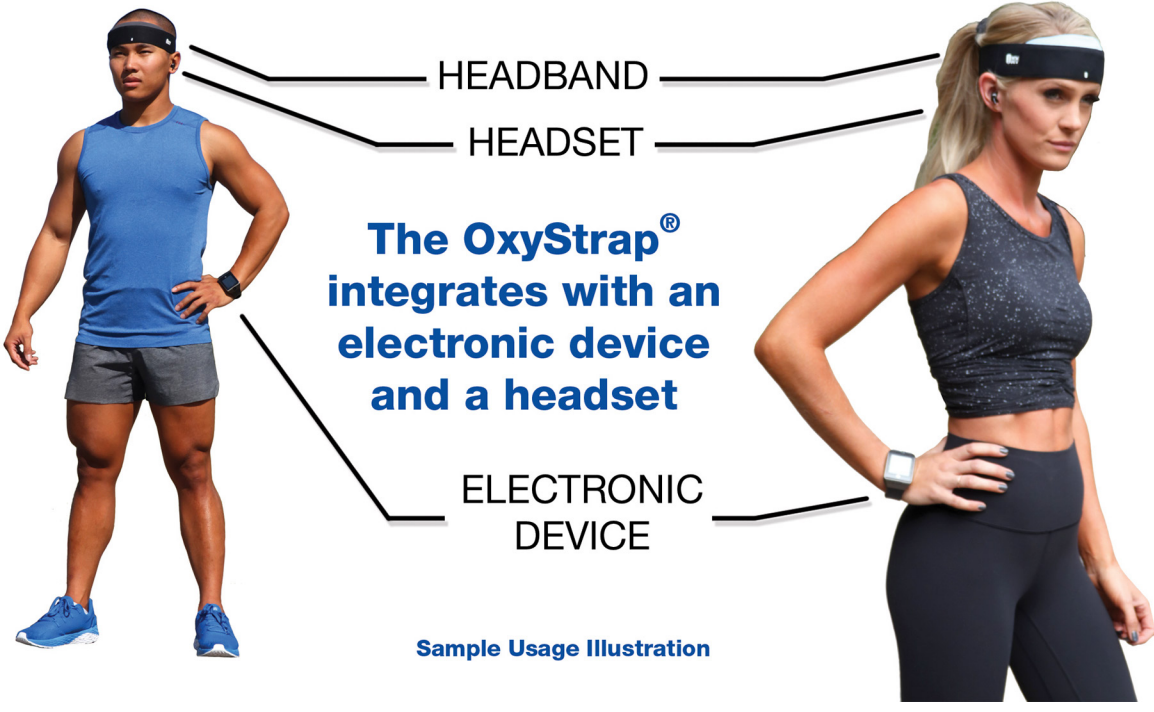
Reasons why the OxyStrap® is the Ultimate Fitness Tracker

- ✓ It syncs to both IOS & Android mobile devices.
- ✓ It provides accurate body vital signs during activity
- ✓ It provides comprehensive fitness data:
  - O2 Saturation - Pulse - Body Temperature
  - Speed - Distance - Steps
  - Time - Altitude - Calories Burned
- ✓ It provides effective sweat-wicking comfort.
- ✓ It provides a light barrier feature for vital signs accuracy in outdoor sunlight.
- ✓ It provides real time audio announcements of fitness data at user selected intervals.
- ✓ It has a wireless inductive charger.
- ✓ It is water-resistant.
- ✓ It is a quality product made in the USA.

TIPS & NOTES

Reasons why the OxyStrap® is the Ultimate Fitness Tracker cont'd

- ✓ It can be worn under an adjustable hat, visor, helmet or simply on it's own.
- ✓ It's an affordably priced premium product.
- ✓ It provides a simple, user-friendly free app.
- ✓ It is aesthetically attractive.
- ✓ It has antimicrobial odor control & is stain resistant.
- ✓ It has easy & simple quick guide instructions.
- ✓ It's comfortable to wear.
- ✓ It's a head based fitness tracker.
- ✓ It's user-friendly.
- ✓ It has an adjustable fit, elasticized & slip resistant headband.
- ✓ It's reliable even under adverse conditions, such as, dehydration and low environmental temperatures.


HEADBAND
HEADSET
The OxyStrap®
integrates with an
electronic device
and a headset
ELECTRONIC
DEVICE
Sample Usage Illustration


STANDARD
ACCURACY
AUDIO
PERFORMANCE
SAFETY

THE ULTIMATE FITNESS TRACKER

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