



Chapter 1: About Metria IH1

Device Description

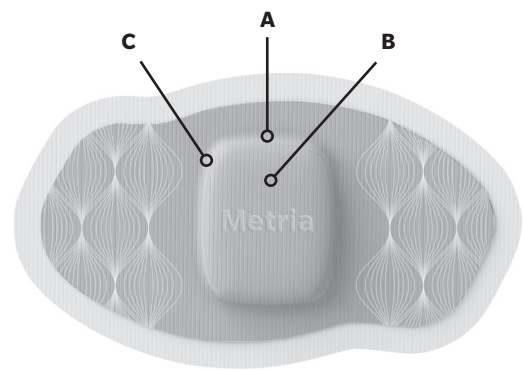
The Metria IH1 enables the collection and reporting of up to seven days of daily lifestyle data used for achieving health and wellness goals.

HEALTH DISCLAIMER

WARNING: Metria IH1 by Vancive is not a medical device. Metria IH1 and its associated applications should not be used to diagnose, treat, or prevent any disease or medical condition. Always seek the advice of a qualified medical professional before making any changes to your lifestyle such as exercise, sleep or nutrition, as doing so may cause severe harm or death.

Chapter 2: Metria IH1 Basics

Metria IH1 at a glance



A. Power button B. LED light C. Micro-USB port

Chapter 3: Wearing Metria IH1

Wear your Metria IH1 on the back of the upper left arm, triceps. To work properly, the Metria logo on the device must read upright and the stainless steel sensors on the underside of the device need to be in contact with your skin. Metria IH1 is designed for use in a HORIZONTAL position across the left upper arm.

1) Prepare the skin



- Locate the back of your upper left arm where you will apply the Metria IH1, as illustrated.
- If applicable, excess hair where Metria IH1 will be applied needs to be removed with hair clippers. It is not recommended to shave the arm area with a razor, as this can promote skin irritation.
- Clean the area on the back of your upper left arm with the provided alcohol wipe.
- Allow the skin to dry for 1 minute.

CAUTIONS

Excess hair on the site you would place the product should be removed with hair clippers. It is not recommended to shave the arm area with a razor, as this can promote skin irritation.

Avoid exposing the product to extreme temperatures, direct sunlight, moisture, sand, dust, or mechanical shock.

Do not incinerate. The product contains a lithium battery.

Check the product for damage before use. Do not use or continue to use if the product or package has been damaged or if the pouch seal is broken.

Avoid abrasive materials and sharp objects near the product, as they may damage the device.

Do not bump or apply excessive pressure to the product during use.

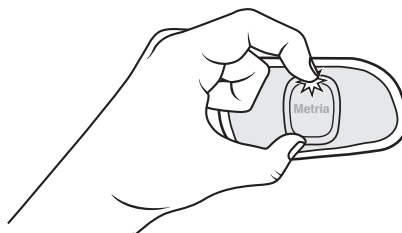
Avoid contact with the product and solvents, corrosives and abrasives.

Once plugged in, the LED light on Metria IH1 will turn on indicating proper connection. If the LED does not turn on, disconnect the cable immediately and contact Customer Service at the phone number or web site listed previously.

Only use the USB cable that came with the package. Do not use unapproved accessories.

Use of accessories and cable other than those specified may result in increased emissions or decreased immunity of the product.

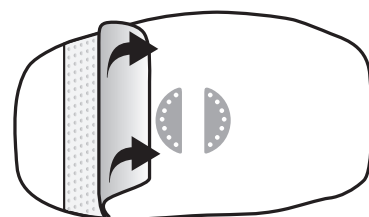
2) Activate the Metria IH1



- Turn on the Metria IH1 indoors, as the LED may not be visible in the direct sunlight.
- Activate the Metria IH1 by holding the top and bottom of the raised center with your finger for at least 3 seconds until a green light turns on, as illustrated. Avoid using fingernail as it may puncture the cover.
- The green light will turn off after 2 seconds.
- Your Metria IH1 is turned on and collecting data.

NOTE: Metria IH1 does not have a power off button. It needs to be activated before the expiration date for complete functionality. You can check its essential performance of the product at any time by pinching the top of the raised center. The LED will flash if the product is activated.

3) Apply the Metria IH1 to the arm



- Flip the Metria IH1 over

Important Safety Information

Always consult a physician before starting any new lifestyle assessment program. This system is not to be used for diagnostic purposes and is not intended to be a substitute for the medical advice or supervision of your personal physician. If you have known metal allergies, consult your physician prior to wearing.

Because everyone's skin is different you may experience irritation. If you experience irritation, redness, pain or swelling while wearing the product, discontinue use and consult your physician.

Do not wear on an open wound, sore, burn, rash or blister. Do not wear if you have experienced adverse skin reactions to adhesives.

Consult your doctor before wearing the product if you are taking medications that increase skin sensitivity. Be sure that skin is completely dry before applying the product.

Metria IH1 is a single use disposable product:

- Do not reuse or sterilize.
- Do not replace or recharge the battery.
- Do not attempt to repair the product.
- Do not attempt to upload data from the product while it is still attached to the body.

- Carefully remove the LARGER of the two backing strips. Avoid touching the sensors and the sticky adhesive on the back of the product.



- While looking in a mirror to ensure correct alignment, orient the product on your arm. Metria IH1 should be worn in the HORIZONTAL position with the Metria logo oriented correctly.
- Gently press the product on to the skin over the uncovered adhesive, while pulling the second backing strip away from underneath. With your fingers, smooth the edges of the product on to the skin to secure it in place.
- Please note that Metria IH1 must not be re-positioned once stuck to the skin.
- To ensure proper adhesion, wait a few hours before starting any active exercise.



MTR-LBL-000086-C

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Chapter 4: Removing the Metria IH1

Metria IH1 should be removed after 7-days of wear. For best result, follow the instruction below.

- Remove the Metria IH1 while in the shower or in running water.
- When removing the product, place your nail under one end of the adhesive to grab the fabric adhesive and then very slowly pull the product off the skin.
- Do not pull rapidly. Always pull slowly. It may help if you stretch the skin during removal, e.g., by forming a biceps curl – bending the lower arm to the upper arm. If there is a small amount of adhesive residue, it will be removed with soap and warm water during normal showering activity. Use of other products to aid adhesive removal such as citrus oil compounds or other solvents is not recommended, as these can irritate the skin.
- Place the product on a paper towel or tissue to avoid unintended adhesion.

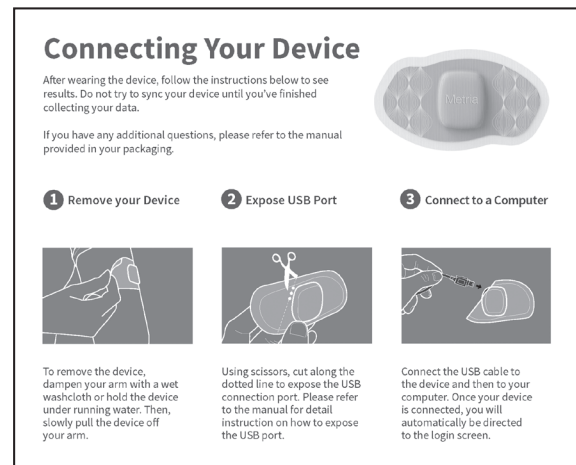
Chapter 5: Syncing Your Data

Data must be uploaded within 2 weeks of removing the device or it may be lost. Any attempted upload of Data that is not uploaded within 2 weeks of removing the device will not be covered by the Limited Warranty.

1) Download and install the Sync software

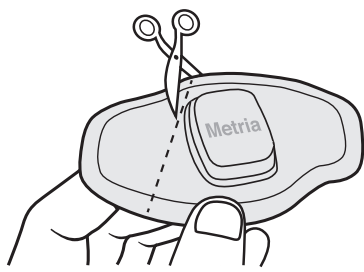
- Visit www.vancive.com/metria to download the Sync software.
- Run the Sync software on your computer.
- Follow the instruction as displayed.

2) Launch the Sync Software



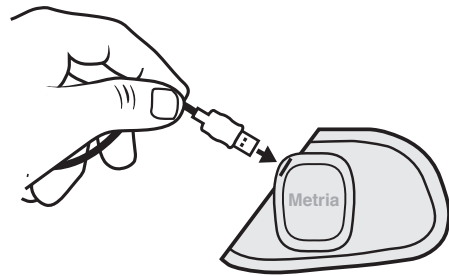
- Follow the instructions on the screen to complete the syncing process

3) Exposing the USB port



- If you have not already done so, lay the used product on a paper towel or tissue to avoid unintended adhesion to other surfaces.
- Use the three dots on the top left of the device as a guide to expose the USB connection port.
- Cut on the side closest to the center of the product. See the USB cutting guide for cutting direction.

4) Connect the Metria IH1 to your computer



- Connect the USB cable to the product and then connect it to your computer.

Chapter 6: Disposal

In the United States: Follow your local regulations for disposal of an electronic device.

Outside of the United States: Please do not dispose of the device as ordinary trash. Visit www.vancive.com/metria or contact your local reseller for further instructions.

Chapter 7: Viewing Your Data

Your Metria IH1 data can be accessed by visiting your profile page as provided by the vendor. Visit the link below to identify the appropriate vendor service and access your profile page. www.vancive.com/metria.

Chapter 8: Frequently Asked Questions

Can I wear the product in the shower or the pool?

Metria IH1 is water resistant and can be worn in the shower. However, we do not recommend that it be worn in the pool or other bodies of water where the device is submerged.

Do I have to wear the product for the full 7 days?

Metria IH1 will record sensor readings for 7 days after it is turned on. You may remove the device after fewer than 7 days, but it will only collect accurate data when it is worn properly.

How can I check to make sure the product is working and can I activate it twice?

If you'd like to double check to make sure that it is working, press the raised center area again for a second. Please refer to the image on Chapter 3, Section 2. If the green light flashed once, the device is working properly. If the green light flashes twice, the device has stopped collecting data and should be removed. Complete the Metria IH1 experience by syncing and viewing your data. It is not possible to activate it twice.

Can I take it off and put it back on?

We don't recommend you remove the product and reapply it. The adhesive will become less sticky and may come off from your skin.

How can I optimize wear time? Can I start exercising right after wearing the product?

It is recommended that you do not exercise for a few hours. It is highly recommended to wear the product right before you to go sleep to enable complete adhesion to your skin.

How to care for the Metria IH1:

- Avoid contacting the product with ancillary equipment such as exercise machine and music player arm bands, as it may increase likelihood of damaging the product.
- Avoid direct contact with soap, shampoo and moisturizer as well as any other similar products, such as wash cloths, poufs, etc.
- When drying off after a shower, gently pat the product in order to dry. Avoid rubbing over the product with a towel.
- After exiting the shower, gently press down the device from the center toward outward direction to assist in drying.
- Avoid applying direct heat to the product, such as with a

hair dryer.

- Be careful when dressing and undressing. Gently lift clothing over the product to avoid unnecessary contact.
- Submerging the product for under water activity (e.g. swimming and bathing) for more than 30 consecutive minutes will reduce its performance. Avoid any submersion in water while product is in use.

Is it normal to have some edges to lift up during wear?

The edges of the product may lift during normal 7-day wear. This is considered normal and will not affect functionality of the product.

Chapter 9: Learning More

Product Specification

SENSOR

- 3-axis accelerometer
- Skin Temperature
- Near Body Temperature
- Galvanic Skin Response (GSR)

MATERIALS

- Battery power: 7 days battery for data collection and 28 days for data retention
- Battery type: Internal lithium coin cell. Not intended to be replaced.
- Memory capacity: About 7 days under steady use
- Device Size: 112 mm x 66 mm (4.40 inch x 2.59 inch)
- Device weight: 13 g (0.4 oz)
- Water resistance: IPX7 classified
- Operating temperature, on skin: +20°C - +40°C (68°F to 104°F)
- Storage temperature/humidity: +4°C - +27°C (39°F to 81°F)
- Humidity: 5% - 95% RH non-condensing

ACCURACY

System (Per day, Adults)

Total calories/METs for free living activities:
mean error < 10%

Total minutes of ambulatory physical activities: mean error < 5%

Total step count: mean error < 9%

Support and Troubleshooting

I turned on the product and nothing happened?

- Hold the top and bottom of the raised center with your finger for at least 3 seconds, until a green light turns on (the light will shut off 2 seconds after activation). Please refer to the image in Chapter 3, Section 2. Avoid using your fingernail. If you have already activated the product the light will flash when you push the button. If you have pressed the button for longer than 5 seconds and the green light has not flashed or turned on, call customer service at the number listed below.

How can I make sure that the product is still working while I am wearing it?

- After you have turned the product on, you can verify that the device is functioning by holding the top and bottom of the raised center with your finger for at least 3 seconds. Please refer to the image on Chapter 3, Section 2.
- If the light flashes once, it is functioning properly.
- If the light flashes twice, the device has stopped collecting data because the battery is low or the memory has reached capacity. Do not attempt to replace the battery.
- If the light does not flash, call customer support.

For additional troubleshooting information and resources, please refer to www.vancive.com/metria.

60-DAY LIMITED WARRANTY (USA Only)

This limited warranty applies solely to the Metria IH1 patch (the "Device"). Provided that: (a) the Device is activated prior to the expiration date specified on the packaging for

such Device; (b) is activated and used in accordance with, and complies with the adhesion parameters specified in, the User Documentation; and (c) is used within the time periods specified in the User Documentation, Avery Dennison Corporation ("Avery") warrants that the Device will: (i) gather the data specified in the User Documentation and (ii) transmit the data collected to the client software made available by Avery for collection of such data. Any claims with respect to the foregoing warranty must be made within 60 days after activation (the "Warranty Period"). Avery requires the original packaging to determine the Warranty Period and the satisfaction of conditions (a) through (c).

During the Warranty Period, Avery will replace any defective Device at no charge to you (except for the cost to return the Device) provided that the Device is returned in accordance with Avery's limited-warranty claims process, available by calling the number or visiting the web address below. Replacement Devices will be warranted for the same Warranty Period as new Devices.

This limited warranty does not apply to cosmetic damage or any defect resulting from accident, negligence, misuse, improper handling, lack of care, failure to follow Device instructions, improper or inadequate maintenance or repair by anyone other than Avery or an Avery-designated party, normal wear and tear, use for commercial purposes, Device alteration, fire, lightning, flood or other external causes. This limited warranty does not apply to any Device that was not activated and used in accordance with conditions (a) through (c) above.

The above limited warranty is in lieu of all other express warranties and representations. All implied warranties are limited to the Warranty Period. Consequential and incidental damages resulting from the use of the Device or arising out of any breach of contract, or breach of warranty, are not recoverable under this limited warranty. Some jurisdictions do not allow exclusion or limitation of consequential damages or limitations on how long an implied warranty lasts, so the above limitations may not apply to you. This limited warranty gives you specific legal rights, and you may also have other rights that vary from jurisdiction to jurisdiction. This limited warranty is only valid in the country of purchase.

To place a claim, contact Avery customer service at 1-888-526-3322 or visit www.vancive.com/metria.

End User License Agreement

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Symbol Definitions

	Follow operating instructions
	Non-Ionizing radiation
	The Waste Electrical and Electrical Equipment Regulations indicates separate collection for electrical and electronic equipment
	Keep away from sunlight
	CE (Conformite Europeenne) mark
	Do not reuse or sterilize
	Do not use if package is damaged
	Humidity limitation
	Use by YYYY-MM
	Catalogue Number
	Batch code
	Serial number
	Temperature limit
	Manufacturer
	CAUTION and WARNINGS
	Federal Communications Commission