



PAVLOK INSTRUCTIONS

"If you have a bad habit, [Pavlok] will cure it, I guarantee it"
Dr. Jim Spears, The Doctors, CBS

Waiver and Release of Liability

By using this device, I have agreed to purchase the Pavlok device(s) (the "Products") provided by Behavioral Technology Group Inc. (the "Company") which is intended to change behavioral habits of mine. I understand the Products may be subject to modifications and improvements after my use. I am aware that the Products apply levels of electric stimulation or current to the body, and I understand that electric stimulation presents certain inherent risks of bodily and indirect injury, that may arise regardless of precautions and prior testing undertaken by the Company. BY USING THE PRODUCTS, I AGREE TO BE BOUND BY THE TERMS OF THIS WAIVER AND RELEASE OF LIABILITY.

In consideration for the Company's provision of the Products, and in addition to my payment for the Products, I hereby voluntarily release and forever discharge the Company and each of its agents, employees, officers, shareholders, members, managers, and directors, from any and all liabilities, claims, debts, demands, suits, actions, causes of action, or rights of action, which I or my heirs, assigns, successors, legal or personal representatives, estate or any other person claiming by or through me can, shall, or may ever have, now or in the future, for, by reason of, or based upon any injury, death, illness, disease, or damage to or loss of property arising out of, directly or indirectly, or in any way connected with or related to my use of the Products, including but not limited to based upon negligence, breach of express or implied warranties, misrepresentations, strict liability, unfair or deceptive practices or any other legal or equitable theories.

- **Check with your health care provider before using Pavlok if you have a previously diagnosed medical condition.**
- **Do not use Pavlok if you are pregnant.**
- **Pavlok is not intended to be used by or on persons under the age of 18 years old.**
- **Avoid water and wet locations. Do not expose Pavlok to water or rain, or handle near wet locations.**

I understand that this is the entire agreement between myself and the Company related to this subject matter and that it cannot be modified or changed in any way by any oral or written representations or statements by any employee or agent of the Company or by me. I understand and agree that this Waiver and Release of Liability shall be governed by the laws of The Commonwealth of Massachusetts, without regard to its conflicts of law principles, and that if any court should find any part of this document to be invalid, the rest of this document shall, notwithstanding, remain in full force and effect. I agree that any claims or disputes must be resolved by a court in The Commonwealth of Massachusetts, and I agree to submit to the personal jurisdiction of the courts of The Commonwealth of Massachusetts for the purpose of litigating all such claims or disputes.

BY USING THE PRODUCT, I CERTIFY THAT I HAVE CAREFULLY READ THIS DOCUMENT AND FULLY UNDERSTAND ITS CONTENTS. I CERTIFY THAT I AM AT LEAST EIGHTEEN (18) YEARS OF AGE, CAPABLE OF PROVIDING INFORMED CONSENT, AND AM NOT AWARE OF ANY MEDICAL CONDITIONS THAT WOULD RENDER MY USE OF THE PRODUCTS TO BE DANGEROUS TO MY HEALTH. I UNDERSTAND THAT THIS IS A WAIVER OF LIABILITY AND THAT I AGREE TO ALL TERMS BY USING THE PRODUCT.

Welcome To The Pavlok Family!

Thank you for joining us. This booklet is an instructional guide for Pavlok's Module. The Pavlok App, while not mandatory to take advantage of Pavlok, provides a more comprehensive experience for helping you break bad habits.

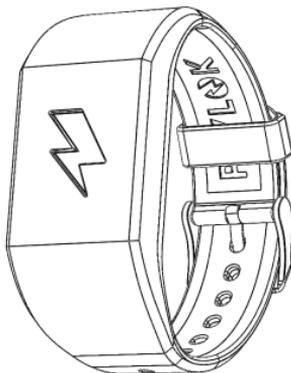
What's in the Box?

QTY	Item:
1	Quick Start Guide
1	Pavlok Module
1	Wristband
1	USB Charging Cable
1	Instructions Manual
1	How To Guide

Downloading our App is simple and easy. Please search for "Pavlok" in your mobile device's Appstore.



What is Pavlok?



Pavlok is a wearable device that helps users break bad habits. Using classical conditioning techniques, Pavlok administers a slight negative stimulus when a user does an undesired action. Many users notice results and increased awareness in their first few days.

Pavlok has already helped users quit habits such as: nail-biting, unhealthy eating, procrastinating, sleeping in, and many more.

Pavlok can vibrate, beep, zap, and flash LEDs. Without a smartphone, Pavlok's zap can be self-administered. Download the app to unlock advanced features, integrations, and remote control ability.

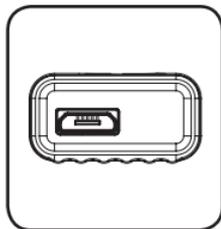
"Finally, there is a smart tech device
that can jolt Americans into action"

Stephen Colbert

Getting Started

Charging:

Charge the module through the Micro-USB port on the side of the module using the included USB cord. Plug one end into the Pavlok, and the other into a computer's USB port or wall USB charger. Pavlok will pulse red for about 2 hours when charging and turn solid yellow when fully charged.



Inserting / Removing The Module:

To insert the module into the wristband, make sure that the lightning bolt lines up with the lightning bolt in the band, and press firmly into the band until the module fits securely. To remove the module, push down on the edges of the wristband face.



Initiating The Zap:

To manually activate the zap, firmly press and release on the lightning bolt until you feel a brief vibration. You will see yellow LEDs as Pavlok preps the zap followed by red LEDs as you feel the zap.



Quickstart Process

(Note: see the [How To Guide] booklet for guidance on how to use Pavlok to it's full potential)

Day 1: Zap yourself when you're doing a bad habit. Use the Pavlok app to send yourself a vibration when you're doing a good habit. After your first day you should see a change.

Days 2-6: For 5 minutes each day force yourself to do the bad habit or undesired actions. Zap yourself at each step of the habit. Force yourself to complete the full 5 minutes for at least 5 days, even if you think the habit is already broken.

Throughout the week, try to be more aware of your habit!

Day 7: After a week you should start feeling an aversion to your bad habit. You should be more aware and feel the urge to do it less and less. Even though you have cut down or even stopped your habit, keep building up your aversion to make sure it sticks!

Advanced Features

Pavlok includes optional features that may be enabled with our App:

Hand Detection: This feature allows the Pavlok to sense when you bring your hand near your face and send you a vibration to make you aware of your behavior!

Double Tap: Allows you to adjust Pavlok's zap strength without needing to use the App when enabled.

These features and more await in the App.

Intergrations:



The Pavlok App – Break Bad Habits and Alarm Clock
[**pavlok.com/apps**](https://pavlok.com/apps)



Productivity Extension (for web browsers)
[**pavlok.com/productivity**](https://pavlok.com/productivity)



IFTTT (If This Then That)
[**pavlok.com/ifttt**](https://pavlok.com/ifttt)



Facebook User Group (Accountability)
[**pavlok.com/fb**](https://pavlok.com/fb)

Which Bad Habits Can I Break With Pavlok?

Pavlok has helped thousands of users break many habits.

Here is a list of some of the most common habits that Pavlok users have reported successfully breaking.

Nail Biting	Swearing
All Work No Play	Lack Of Productivity
Overeating	Hair Picking
Hitting Snooze	Skin Picking
Snacking	Procrastinating

Pavlok users have reported breaking many more than this list!

Good Habits Customers Have Established Using Pavlok

Pavlok is designed to help break your bad habits, but also can be used to create good habits as well!

Pavlok also helps users establish new good habits such as:

Drinking Water Every Hour	Exercising Regularly
Being On Time To Work/ Appointments	Eating Healthy Snacks Throughout The Day
Waking Up Early	Finishing Projects/Tasks

What will YOU do with your Pavlok?

Troubleshooting

No Zap:

Press down firmly, and then immediately release the top of the Pavlok module. If there is no zap, no LED's, and no short vibration, you typically need to charge it. Remove the Pavlok module from the wristband, and charge it with the supplied Micro-USB cable. If you get no zap but do see lights and feel a short vibration, try changing the zap strength through the app. If your Pavlok is completely unresponsive, leave off the charger for 12 hours and plug in again, repeating the steps above.

Zap Strength:

If you don't think the zap is very strong, there are a few things you can try: 1) Make sure your Pavlok is charged. When it is low on battery, the zap strength is reduced. 2) Change the zap strength through the app. 3) Increase the number of zaps with Multi-Zap. 4) Ensure the wristband is secure so that the Pavlok touches your skin. 5) Move the Pavlok to the other side so that it touches the inside of your arm.

Device Not Connecting to App:

If you are trying to connect the Pavlok to the app but are having issues pairing or getting the buttons on the Remote to work, attempt the following, then try to reconnect.

1. Forget Device from Phone: Go to your phone's Bluetooth® settings. If your Pavlok is listed under "My Devices"/"Paired Devices", then tap on it and choose to Forget Device/Unpair.
2. Turn your phone's Bluetooth® off and then on.
3. Hard Reset the Pavlok: Remove the module from the wristband. Place on flat surface. Press and hold the button for about 10 seconds until you see red blink followed by faint yellow flicker. **Attempt to re-pair in App**

Troubleshooting Continued

Your Pavlok Went Swimming:

Although your Pavlok was designed to be a powerful tool to transform your life. ***Pavlok is not waterproof and you should not wear it near water, including showers.*** If you do happen to get it wet, it might not survive. Our team is actively working to bring water protection to the future Pavlok.

Warranty:

We offer a one year manufacturer's warranty. Just let us know and we will quickly replace your defective device. If there was accidental damage, e.g., you spilled coffee on your Pavlok or took it scuba diving, we do not cover that. Pavlok is **NOT** waterproof.

For more information about our warranty visit Pavlok.com/warranty

Our 6-Month, 100% Money Back Guarantee:

If you are not completely satisfied with your Pavlok, we will refund you. First, we ask that you try the system to break your bad habit(s) for at least one week. If you are having trouble with the device or aren't seeing results you can reach out to us any time for suggestions. After that, if you still want a refund, just let us know and we will be glad to refund within six months of purchase

Other Questions?

If you've tried all troubleshooting options and you still can't get your Pavlok up and running, you may contact our support team at...

support@pavlok.com

Technical Specifications

Wristband Sizing (length)	5.9" - 8.6" (14.9cm-21.8cm)
Wristband Width	1.1" (27mm)
Module Dimensions (LxWxH)	0.9" x 1.5" x 0.4" (22.1mm x 39.1mm x 10.6mm)
Weight (Module + Wristband)	23.0g
Battery Life	3-6 days depending on use
Radio Transceiver	Bluetooth® Low Energy
Sensors and Motors	Vibration Motor 3-axis Accelerometer
Output Voltage	150v-450v

App Requirements

iOS	8.2+
Android	4.3+

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.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Pavlok is under license. Other trademarks and trade names are those of their respective owners.



® 209-J00171

当該機器には電波法に基づく、
技術基準適合証明等を受けた特
定無線設備を装着している。