

USER GUIDE

Getting Started

We'll take you through the process of activating and pairing your ring to your phone. Make sure you have your USB ring charger and a device to plug into. For faster onboarding, check out our "Getting Started" video.

Activity Detail

Tap on Activity Cards in your Daily Feed to see detailed step and heart rate data for your activity. For minute-level data, press and hold on the Activity Detail card. These cards automatically appear in your Daily Feed when you've earned 10 or more Active Minutes. You can now learn more by clicking on the "i" button throughout the app, starting with additional information about sleep, activity, resting heart rate and goals.

Download the Motiv App on iOS

The Motiv app is currently only fully available to download for iOS devices. For more information about Motiv on Android, [go here](#).

Before you can start using your Motiv Ring, you need to download the Motiv app and create your account. Motiv Ring is compatible with iOS 9 or later on iPhone 5s or later.

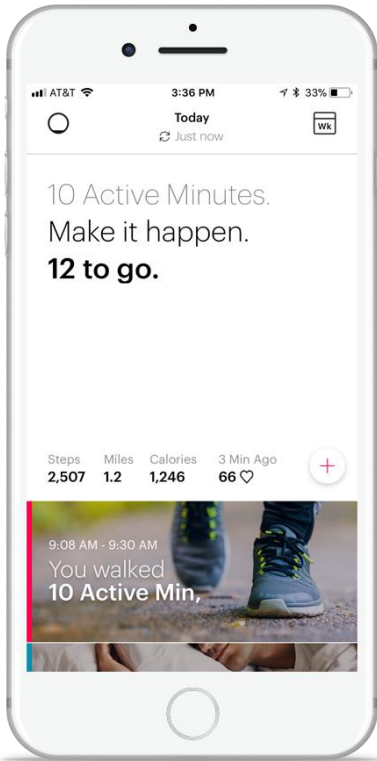
Visit the Apple App Store from your iPhone or download the [**Motiv app here**](#).

Once you download the Motiv App, you can create an account but will need to pair a [Motiv Ring](#) to begin using the features.

Earning your First Cards on IOS

Welcome to the Motiv App! The Daily Feed in your Motiv App will begin to fill up with Activity, Sleep and Resting Heart Rate Cards as you use Motiv Ring. If you are moderately active for 10 or more minutes, you should see an Activity Card appear in your feed. Wear Motiv Ring while sleeping and you'll earn a Sleep Card - even for naps over 35 minutes! We'll also measure Resting Heart Rate while you sleep at night.

Go earn your first card! Take a walk, go for a jog - just make sure you're out there for ten or more minutes and we'll take it from there. Check your Motiv App when you get back to see your activity data. You can now learn more by clicking on the "i" button throughout the app, starting with additional information about sleep, activity, resting heart rate and goals.



This Feature is not yet available on the Android Beta version of the Motiv App.

Sleep Tracking on iOS

We designed Motiv Ring to track your sleep seamlessly and consistently. Our app was designed to give you information that's meaningful and actionable, not just a bunch of data points you don't know what to do with. By looking at your movement patterns during your sleep, Motiv is able to give you an easy-to-interpret snapshot of what's happening to you when your head hits the pillow.

The Sleep Detail screen is where you can see your last night's sleep as well as the past 7 days of sleep, which we use to show you your average sleep and wake times. The white bar means you were sleeping. Gaps in your sleep are when you were awake. You can also see how restless your sleep was. Periods when you move and change your position while sleeping will now be displayed as restlessness within your Sleep Detail Card. The thicker the red line, the longer the period of restlessness, and the darker the shade of red, the more intense the movement. You can also edit your sleep cards - take control of your sleep history and have a higher confidence in your sleep trends

Sleep matters! The science is pretty clear: getting enough quality sleep has positive effects on our health. Sleeping right can prevent illness, increase energy levels and productivity, and improve brain function.

The closer your bedtime and wakeup times are to your Sleep Trend, the more likely you are to get restful sleep. National health organizations and fitness groups recommend adults should sleep 7-8 hours per night on a regular basis to promote optimal health.

Health research for further reading:

[CDC](#)

[NHIBI](#)

For more info on Sleep, you can read our *Motiv Blog Post: [Motiv Ring is good in bed](#)*

You can also edit your sleep starting in iOS app version 1.3. For more information on that, visit [this article](#).

[Adding an activity- iOS only](#)

To ensure you always get credit for your efforts, like for activities like yoga or a gym workout, that are difficult to detect, adding and editing activities is easy. We auto-detect step-based activities like running and walking, and we look to identify other times in your day when you're earning Active Minutes. For activities that aren't as easy to detect, you might see a "Were you active?" card that will automatically be filled with duration and intensity based on data collected, which you can edit, confirm or dismiss. To add an activity that wasn't auto-detected, use the (+) button. Use the visual editor to drag the start and end times, or double-tap to move the selector to a different time. To help you log accurately you'll see any heart rate and step data collected throughout the day. The 'Effort' slider is set to 100% by default, and influences the number of Active Minutes earned and calories burned. You can now learn more by clicking on the "i" button throughout the app, starting with additional information about sleep, activity, resting heart rate and goals.

[Active Minutes - For Proven Health Benefits](#)

Motiv measures the work you put in towards your cardiovascular fitness. We track Active Minutes through a combination of elevated heart rate and movement. Any time you are moderately active for greater than 10 minutes, you start to accumulate active minutes. Taking a brisk walk, cruising around on a bike, and dancing can qualify as moderately active.

When you are at 40% or above of your heart rate reserve (the difference between your resting heart rate and your maximum heart rate), or taking 100 steps or more per minute – it counts as moderate activity.

Monitoring your heart rate day and night helps us customize your Active Minute threshold to your fitness level. To personalize your active minutes threshold to you, Motiv Ring measures your resting heart rate each night. For example, a 40-year-old with a resting heart rate of 65 bpm

will have to get their heart rate above 111 bpms for 10 minutes or more to start earning Active Minutes.

National health and fitness groups and government departments all recommend 150 minutes of moderate-intensity activity per week to maintain good health and be at lower risk of chronic disease and cardiovascular events.

Want to learn more about Active Minutes? You can now learn more by clicking on the “i” button throughout the app, starting with additional information about sleep, activity, resting heart rate and goals.

Motiv Blog Post: [Why 10,000 daily steps doesn't cut it](#)

[CDC](#)

[Health.gov](#)

[American Heart Association](#)



Please be sure you are using an iOS device and have updated to the latest app. Android Open Beta will be adding additional features currently included in the iOS app version.

Syncing your ring

Your Motiv Ring will automatically sync every few minutes as long as the app is open and your Bluetooth is on, and your ring is charged. You can also manually sync to see the most recent activity data in the Motiv app.

To manually sync your ring, hold your finger horizontally and twist the ring around your finger a few times. Slow and smooth works best. Make sure your phone is nearby so the data can sync via Bluetooth. The LED will flash with a blue light to indicate your data is being transmitted.

Navigating the Motiv App

When you open the Motiv App, you will see your current day's view. In the morning you'll see your Sleep Card and Resting Heart Rate Card, and Activity Cards will appear throughout your day as you earn them. Tapping on the date at the top of the screen will always return you to the current day. You can navigate to past days by swiping left and can navigate forward by swiping right.

Tap on the icon on the top right hand corner to see all your Active Minutes for that week. You can swipe left or right to see different weeks or tap any day to jump to that day's Daily Feed.

You can now learn more by clicking on the "i" button throughout the app, starting with additional information about sleep, activity, resting heart rate and goals.

Motiv Ring checks your heart rate periodically throughout the day and checks it continuously when a sustained elevated heart rate or step count is detected. The app also displays the last HR value that was recorded prior to your most recent sync and the time that recording took place. To see if a more recent HR value has been captured, simply sync.

At the top of your Daily Feed under the day or date you'll see a sync icon with a time statement such as "3 minutes ago." This tells you the last time your ring completely synced. Your ring will sync in the background, but as a reminder, you can also manually sync your data by holding your finger horizontally and twisting the ring slowly.

Editing and Adding Activities

To ensure you always get credit for your efforts, like for activities such as yoga or a gym workout that are difficult to detect, adding and editing activities is easy.

We auto-detect step-based activities like running and walking, and we look to identify other times in your day when you're earning Active Minutes. For activities that aren't as easy to detect, you might see a "Were you active?" card that will automatically be filled with duration

and intensity based on data collected, which you can edit, confirm or dismiss.

To add an activity that wasn't auto-detected, use the (+) button. Use the visual editor to drag the start and end times, or double-tap to move the selector to a different time. To help you log accurately you'll see any heart rate and step data collected throughout the day. The 'Effort' slider impacts the amount of Active Minutes you get credit for, as well as the calorie count, and defaults to 100%. You can adjust based on your overall effort and intensity and the Active Minute credit and calorie counts will adjust accordingly.

You can also learn more by clicking on the “i” button throughout the app, starting with additional information about sleep, activity, resting heart rate and goals.

Activate Motiv Ring

To activate your Motiv Ring, you'll need a charger and a powered USB port. Any powered USB port will work, with the exception of some battery packs.

Keep the ring on the charger until the activation process reaches 100%

Please turn on Wifi before trying to pair your Motiv Ring, if possible. This will ensure that the process goes quickly and smoothly. Also please be sure that Location Services are on for the Motiv App.

If you have trouble activating your Motiv Ring, the following steps should fix any issues you have:

Please try each of these steps separately, then give it a few minutes to work. If each step doesn't work after a few minutes, try the next one.

1. Put the ring on the charger
2. Make sure you are connected via WiFi (cellular networks may be too slow)
3. Make sure your bluetooth is on and working correctly
4. With the app open, take the ring off the charger, then put it on again
5. Force quit and reopen the Motiv app while the Motiv Ring is on the charge.
6. Reboot your phone (you may need to do this a few times)
7. If that fails, delete your Motiv app and reinstall the Motiv App [here](#).

Updating your ring

When it's time to update your Motiv Ring, a card notification will appear in your app Daily Feed

1. Before you start, place your ring on the charger.
2. Tap the Update Your Ring card when you are ready to update. Typically the process takes a

minute or two.

3. Be sure to keep your phone close to your Motiv Ring during update.

If you have any trouble updating your ring, reach out to us in [Support](#) and we'll help take care of you.

Resting Heart Rate

Your resting heart rate (RHR) is the number of times your heart beats per minute while at rest. It's an important metric to monitor, because it's both a strong indicator of your overall health and fitness level as well as highly correlated to disease and mortality. Motiv Ring measures your heart rate every night while you're asleep in order to get the most reliable and least confounded measurements. This makes it easy to consistently measure data the same way, with the same conditions, every night. We use your heart rate data from when you're asleep to calculate your resting heart rate.

Monitor how your RHR changes over time. If you see your RHR go down over time as a result of exercise, that is more important to track than how your RHR compares to other people's and can indicate improvements in your fitness. By tracking changes in your RHR over time, you can see what lifestyle choices - good or bad - have an impact on your overall health.

You can now learn more by clicking on the "i" button throughout the app, starting with additional information about sleep, activity, resting heart rate and goals. For information on your resting heart rate, here are some good resources to read:

[Harvard Health 1](#)

[Harvard Health 2](#)

[Heart Organization](#)

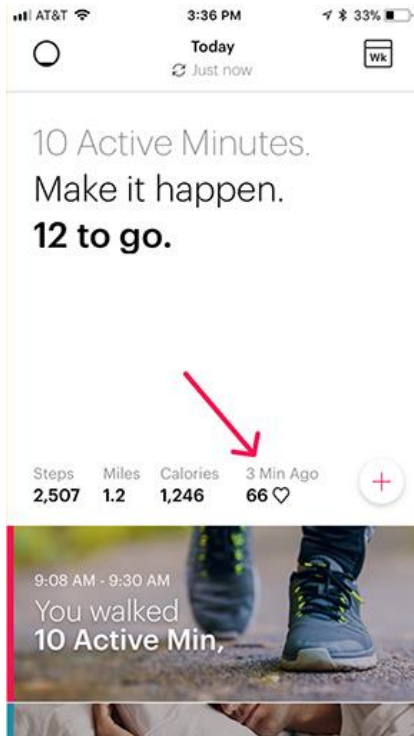
[Mayo Clinic](#)



Last Heart Rate

Beginning in app version 1.1, you can see your last recorded heart rate value as well as the time it was captured. Last Heart Rate can be identified by a heart icon in the daily feed. Above the heart is a time that indicates the last time the heart rate was captured.

Motiv Ring checks your heart rate periodically throughout the day and checks it continuously when a sustained elevated heart rate or step count is detected. The app now displays the last HR value that was recorded prior to your most recent sync and the time that recording took place. To see if a more recent HR value has been captured, simply sync.



Create account

After you download the Motiv app, create an account and complete your profile to begin using the app.

When you first place your order, your email account is required for shipping notifications. When you have found your Motiv size using your sizing set and are ready to redeem your ring, you will visit the Motiv site or app and create an account by reentering your email address and creating a password. Your order information will be attached to your account. Once your account is created you can sign in to redeem your ring using the redemption code in your sizing set. Reach out to support with any questions along the way, we're here to help