



UPRIGHT GO™



USER MANUAL

TABLE OF CONTENTS

WELCOME TO THE UPRIGHT COMMUNITY	4
QUICK START GUIDE	5
WHAT'S IN THE BOX	6
OPERATION MODES	8
YOUR TRAINING PLAN	10
PLACING UPRIGHT GO ON YOUR BACK	13
UPRIGHT GO ADHESIVES	14
CALIBRATION	16
HOW TO PERFECT YOUR UPRIGHT POSTURE ...	18
OPERATING YOUR UPRIGHT GO FROM BOTH THE APP & THE DEVICE ITSELF	22

USING YOUR UPRIGHT GO WITHOUT THE APP	23
LED INDICATORS & MEANING	24
AIRPLANE MODE	26
VIBRATION FEEDBACK	27
VIBRATION SETTINGS	28
FIRMWARE UPDATE	30
SPECS	31
REGULATORY INFORMATION	32

WELCOME TO THE UPRIGHT COMMUNITY

Now that you've got your UPRIGHT GO, it's time to start improving your posture. Upright is the world leader in connected posture trainers, and we hope you'll have a truly meaningful experience with UPRIGHT GO. 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 the prompts to learn everything you need to know to start your journey with UPRIGHT GO.**
4. Use your UPRIGHT GO daily and start improving your posture!

* 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

1. UPRIGHT GO
2. TRAVEL CASE
3. CHARGING CABLE
4. MULTIPLE-USE ADHESIVES
5. ADHESIVE REMOVAL TOOL
6. ALCOHOL PADS
7. USER MANUAL

OPERATION MODES

As long as the UPRIGHT GO is on, it will continuously monitor your posture data, syncing it to the mobile app.

UPRIGHT GO has two operation modes:

TRAINING - the device will vibrate every time it detects you slouching.

TRACKING - the device won't vibrate, but will still be tracking 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 SWITCH TO TRAINING to move to TRAINING mode - notice the top bar now shows "TRAINING". Tap SWITCH TO

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

USING THE DEVICE

Click the power button once to switch from TRAINING mode to TRACKING mode.

HOW TO CHOOSE BETWEEN THE MODES

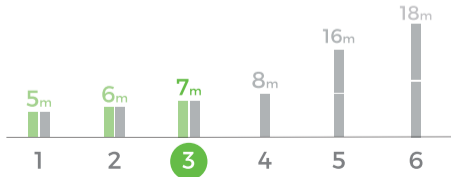
- TRAINING mode works best when you're sitting or standing, and can engage with your UPRIGHT's feedback.
- TRAINING mode isn't recommended for use while you're doing activities requiring a lot of bending (e.g. eating, washing dishes, house cleaning, etc.).
- Switch to TRACKING mode when you feel you've trained enough for the day, or when TRAINING mode is less convenient.

YOUR TRAINING PLAN

- Your training plan is built around your personal profile.
 - Each day of training sets a daily goal, configured with your recommended training time. Daily goals gradually increase in difficulty over time.
 - Please note that you can only complete your daily goals in TRAINING mode, and only when you have an upright posture.
 - Once you complete your training plan, you'll be given tips and guidance on how to keep up your improved posture.
- Training 2-4 times a week is recommended to maintain your improved posture.

SESSIONS

- As you make progress with your training, you'll be introduced to the concept of "Training Sessions."
- Clinical studies prove how repetition plays a significant role in habit formation, and UPRIGHT's training sessions were designed to simulate this.
- A daily goal could be divided into 2-3 training sessions. It's recommended that you take a proper break (we recommend 40 minutes) after finishing each session.



RESTING BREAKS

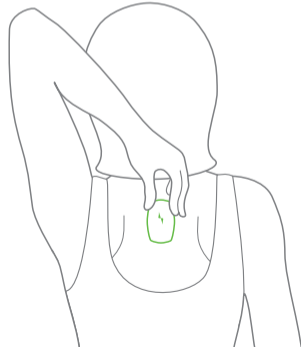
- When this function is activated, your UPRIGHT GO will notify you with a long vibration after you've trained for the recommended amount of time. Shortly after, the device will automatically switch to TRACKING mode.*
- Make sure to stick with the training plan and not overtrain yourself. If you wish to train more than your daily goal, we recommend to do no more than double your daily training goal, especially in the first 5 days. Overtraining can result in sore muscles.

* This setting can be activated from the "Settings" screen.

PLACING UPRIGHT GO ON YOUR BACK

The first adhesive is already attached to the back side of your device.

- For best use, make sure your skin is dry and clean before placing the UPRIGHT GO on your back. The adhesives won't stick to wet skin.
- Peel off the patterned green cover from the adhesive.
- Next, firmly attach the device to your upper back, directly onto your spine.



UPRIGHT GO ADHESIVES

MAINTENANCE

Each multiple use adhesive can last for up to 10 uses, when maintained properly.

When needed, the adhesives should be cleaned with the alcohol pads included in the box, or any standard alcohol pad. You can also clean the adhesive area 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 keep your current adhesive clean, we recommend placing your device in the travel case whenever you aren't using your UPRIGHT GO.

* The UPRIGHT GO isn't water proof, so make sure water doesn't enter the USB port.

REPLACEMENT INSTRUCTIONS

1. Remove the old adhesive by placing the adhesive removal tool through the ridge and underneath the adhesive.
2. Take a new adhesive, peel off its clear cover and attach to the underside of your GO. Make sure that the adhesive points towards the ridge and away from the charging port.
3. Once you're 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 teaches your UPRIGHT GO what your personal upright (i.e. straight) posture is.

It's important to calibrate your UPRIGHT GO every time you place it on your back.

If you're about to spend most of your day sitting, you should calibrate your device while sitting. Otherwise, calibrate it while you're standing.

You can repeat this step whenever you feel that your slouch position isn't being identified properly.

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, in this way:

- Move into your upright posture.
- Double click the power button, or tap CALIBRATION on the app's main screen.
- Your UPRIGHT GO will immediately respond with two short vibrations. Keep still for 2 more seconds.



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

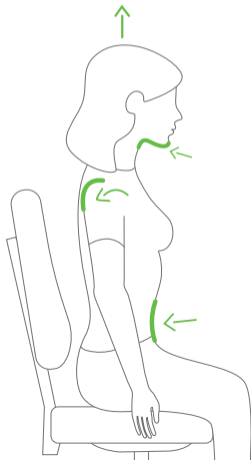
HOW TO PERFECT YOUR UPRIGHT POSTURE

To be upright - during calibration or generally - look at the following instructions:

SITTING

- The first step is to find your neutral spine, i.e. your natural upright position.
- One common mistake is to overstretch - and thinking this is your upright posture. with the thought that you are straight. Always remember that your neutral spine should feel comfortable and natural.
- Suck in your belly button towards your spine to establish support from your core. Keep breathing deeply and stay relaxed.
- Roll your shoulders back and drop them straight down.
- Lengthen your neck and slightly tuck in your chin.

- Imagine there's a string pulling you up from the top of your head.
- Note that your core muscles will be more engaged when you're not leaning against the chair.



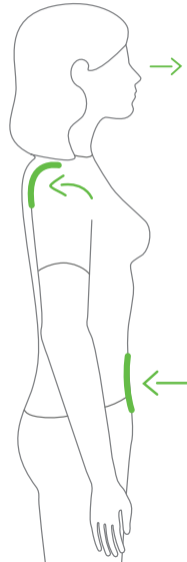
HOW TO PERFECT YOUR UPRIGHT POSTURE

STANDING

To maintain a good posture while standing up or walking about, here are a few tips:

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

Don't look downwards at your phone - if you need to use your phone, lift it up to your face, rather than bending your neck.



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

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.

CALIBRATION



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



When the device is on your back, is 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 "SWITCH TO TRACKING" or "SWITCH TO TRAINING" buttons on the main screen.

USING YOUR UPRIGHT GO WITHOUT THE APP




Whenever you're on the go, and want to train and track your posture without using the app, do the following:

1. Turn UPRIGHT GO on.
2. Place it on your back and keep an upright position.
3. Calibrate it by double clicking the power button. UPRIGHT GO will respond with 2 vibrations. Keep still for 2 seconds.
4. You're ready to GO!

Your posture data will be saved on the device. Make sure to connect and sync your device to the app daily in order to view and track your progress.

LED INDICATORS & MEANING

ACTIVE





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

- When the GO is calibrated, you won't see it blinking on your back - only when you press the power button, when it'll blink for 1 second only.
- Before the GO is calibrated, the LED will blink for 30 seconds and then stop. You can adjust this behavior in the app settings. Don't worry, the device is on even if the LED isn't blinking.

WHILE CHARGING

	SOLID RED	Plugged in and charging
	SOLID GREEN	Fully charged

WHILE UPDATING YOUR FIRMWARE VERSION

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

AIRPLANE MODE

- In this mode, your UPRIGHT GO will stop transmitting and syncing with the app.
- Airplane mode can be activated from the Settings screen in the app*.
- Once activated, the app will appear as disconnected.
- You'll be able to see your data once you disable this mode.
- In order to disable this mode, turn your GO off and on again or connect your GO to the charger.

* Device version B 0.5.3 and up.

VIBRATION FEEDBACK

Calibrating	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 five different **Vibration Patterns** to choose from:



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

* Device version B 1.0.3 and up.

The **Sensitivity** slider allows you to choose how sensitive (high sensitivity value) or insensitive (low sensitivity value) you want your GO to be. If you move the slider to a lower value, you'll need to slouch more to make the GO vibrate.



Because you don't want the UPRIGHT GO to vibrate whenever you're just bending over to pick something up from the floor, in the **Delay** setting, you can choose the amount of delay to set between you slouching and sensing a vibration. The recommended time is 2 seconds, which conveniently allows UPRIGHT GO to ignore those necessary, short slouches.



UPDATING YOUR FIRMWARE VERSION

As we keep working on making the UPRIGHT GO the best it can be, every once in a while, we release a new firmware version. Each version update includes improvements and new features. Whenever there's a new device software version available, we strongly recommend you update.

To update your device software version, connect your UPRIGHT GO to the app. Next, go to **SETTINGS > Firmware Version - UPDATE**.

Before you start, here are a few tips:

- Firmware update takes a few minutes, and during that time, we recommend you use your phone as minimally as possible.
- Make sure that both your UPRIGHT GO and your phone are fully charged (or connected to the charger), and that you have an internet connection.
- Keep the UPRIGHT GO and your phone close together.

SPECS

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	10 hours 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.

Australian customers, for Australian Consumer Law & warranty information, please visit www.uprightpose.com/pages/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, follow these tips:

- Do not use abrasive cleaners, such as bleach, to clean your UPRIGHT.
- 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 your UPRIGHT touches your back, please discontinue use and contact our support team.
- Do not attempt to disassemble or service your UPRIGHT yourself.
- Protect your UPRIGHT from any shocks or impacts.
- 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 an open flame.

SAFETY NOTICES

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

information 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 place on dry surfaces. Do not place on a surface 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 in the correct way.

- 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.

AUSTRALIA & NEW ZEALAND



This UPRIGHT GO complies with the requirements of the relevant ACMA Standards made under the Radio

communications Act 1992 and the Telecommunications Act 1997.

KOREA

This product is KCC approved.  MSIP-CRM-UPR-UR01

JAPAN

This product is JRF Approved.  R005-101247

SOUTH AFRICA

This product is ICASA Approved.  TA-2017/1547
APPROVED

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