

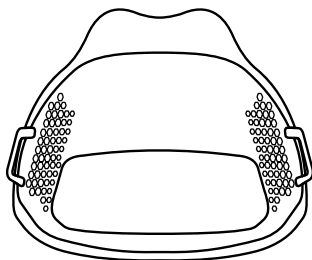


User Guide

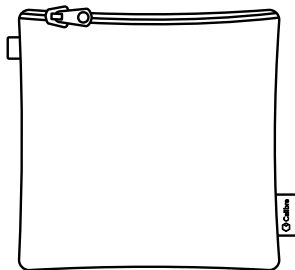
Part I: Getting Started

Step 1: Locate components

Inside you will find the facepiece (1), module (2), carry bag (3), charging cable (4) and “Style A” strap assembly (5). You may also have an alternative “Style B” strap (6) included with your Calibre. If you have received more than one facepiece or strap, put them aside for now.



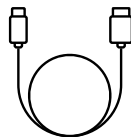
(1)



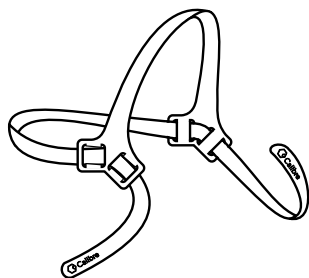
(3)



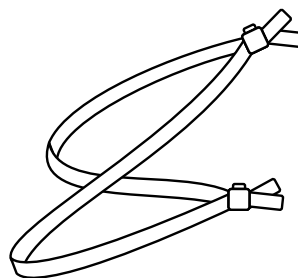
(2)



(4)



(5)



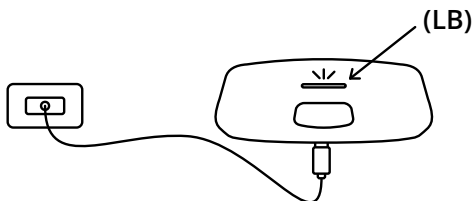
(6)

Step 2: Plug it in

Connect the larger end (USB-A) of the charging cable (4) to a standard USB-A socket (not included) and plug the small end (USB-C) it into the Calibre™ module as shown.

The light bar (LB) on the module will pulsate while charging and turn solid when fully charged.

Note: the initial charging also serves to “unlock” your Calibre from its locked shipping-safe mode.



Tip: You can turn off the light bar at any time by triple-clicking (3 clicks) on the button on the front of the module. This only deactivates the light itself. It will not prevent charging or any other operation. Double-click again to re-enable the light.

Step 3: Download the App

The Calibre™ App is available in both the App Store and Google Play, simply scan the QR Code with your phone to download the Calibre App. Then follow the downloading instructions on your screen.



Tip: You can also go to calibrebio.com/download using your phone's browser or search for Calibre Biometrics app in the App Store / Google Play.

Step 4: Onboarding and Connecting to the Device

With your e-unit fully charged, unplug the unit from the charging cable. You will now need to push the button once so the unit is ready to connect. The light will be flashing when ready.

Launch the Calibre™ App on your phone and follow the onboarding sequence. It will guide you through 2 simple steps (after which you are ready to use it).

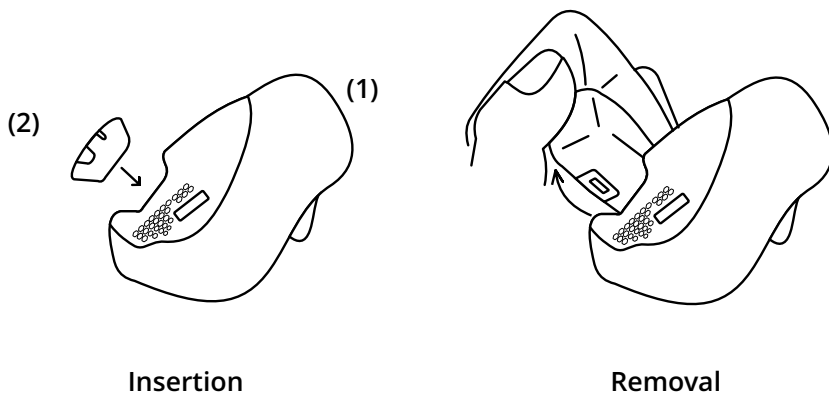
- A. Creating an account/profile
- B. Making a wireless connection to your own Calibre (this can only be done from your app when the Calibre light bar is flashing).

Did you know:

- You will only have to do this the first time you connect your Calibre to your App. Afterwards, the app will re-connect with your Calibre with a single click on the button.
- After first connection, no other phone can connect to your Calibre (unless you choose to “forget” your phone with a 10 second button press). That means nobody can “eavesdrop” on your Calibre.

Step 5: Attach module to the facepiece

Just push it in - You will hear a “click” when module is in place.



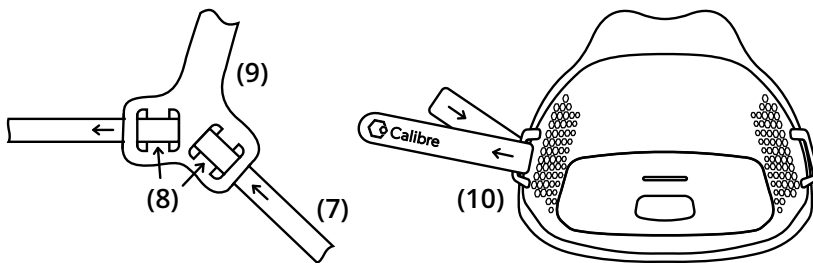
Tip: To separate module from facepiece hold facepiece firmly in one hand and pull out the module with your thumb on one of its edges. No tools or special tricks required!

Step 6: Attach the straps

You can use Strap assembly “Style A” or “Style B”, but not both at the same time. There is no performance difference, only personal comfort preference.

For “Style A”, the strap may already be attached to the headband (and facepiece), but if needed, thread the strap (7) through the slots (8) on the head band (9).

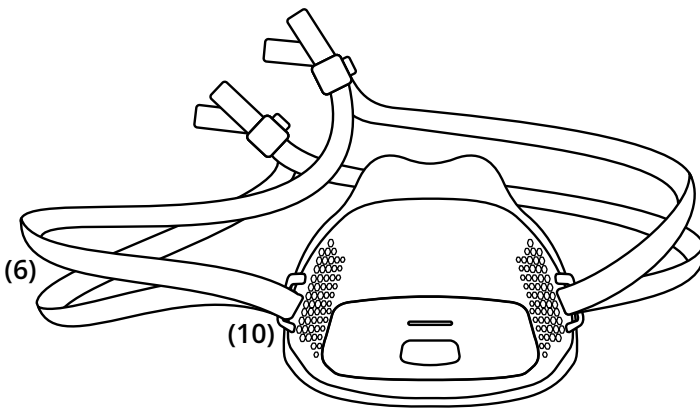
Loop each of the two strap tips through the anchors (10) on the facepiece, and fold each of the threaded tips back on itself, securing with the Velcro pad.



Tip: Adjust strap in headband to get same length of strap on both sides!

For Style B assembly (6), strap may already be attached to the facepiece, but if not, simply feed one strap about half-way through the right facepiece anchor (10). Attach the other strap half-way through the left facepiece anchor and attach one tip of each strap to the corresponding tip of the other strap using the two connector clamps provided.

Both strap connectors go behind the head, with one branch above the ear while and the other below the ear. You can slide the strap in the anchor to get some more length on the upper branch as needed (see picture).

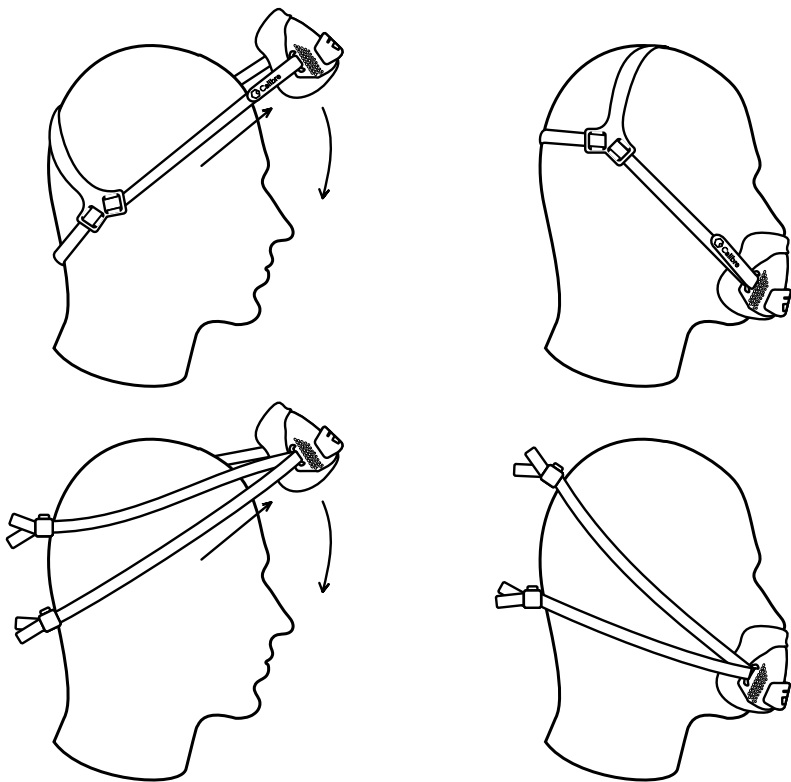


Step 7: Adjust For Seal & Comfort

With either style strap attached, pull the assembly down over your head with facepiece in front and the strap behind your head (think of pulling down Ski Goggles, but lower – under your nose). Make sure it covers your mouth while cradling the bottom your nose.

Adjust the strap length for comfort and fit. The facepiece should be comfortable (no need to make it tight) while sealing securely but gently so that all breath flows through the hexagonal holes in the transparent facepiece.

Once adjusted, you can take it off and put it back on anytime without additional adjustments.



Tips:

- You do not need to undo the straps to take it off – just pull it up over your head.
- Check out the FAQ for further guidance on sealing and comfort

Part II: Understanding Calibre

The Basics: Dashboard, Recording, Sessions and Activity

Calibre starts measuring and analyzing your breath as soon as you put it on, and after a few breaths it starts generating real time readings that are displayed on the App's **Dashboard**, for you to see. These include metabolic (calorie burn, fat burn, keto gauge, etc.) and respiratory (breathing rate, VO2, anaerobic gauge, etc.) metrics.

The Dashboard only shows live data, in real time, updated every second, but values are not “accumulated” until you tell Calibre to start **Recording**. Once you **Start** a Recording, it continues to collect, store and calculate cumulative results and will do so until you press Finish.

The recorded period of time from Start to **Finish** is a **Session**, and at the end of the Session you can have it saved - or discarded, as you wish.

You can **Pause** a recording and then continue. While paused the data is not collected, but at any time you can **Resume** after which more data becomes part of the same session.

You can assign an **Activity** to each recording. This is just a label you can use to keep track and organize your recorded sessions. The choice of Activity has no effect on the measurement and the calculations, so it means whatever you want it to mean. You can make up your own activity names (Note: this feature may not be available on early versions of the app).

Tip: You can change the Activity assigned to a session any time after it is saved

Data in Real Time

While recording is on, you can view the cumulative data as it comes in, on the Recording screen, which you can always access by tapping the Recording icon on the bottom of the screen.

You can also view the Dashboard during a recording and see the same real time values, whether or not they are being recorded (tap Dashboard at the bottom of screen).

Calibre has a lot of metrics it can show. When looking at Recording data you get the Headliner View which shows sever Respiratory, Metabolic and Ambient metrics. But you can get many more by clicking on the sub-headlines “Respiratory” or “Metabolic”, each of which opens its own detailed screen with more data from this same session.

Recorded data

You can look at data recorded in the past by clicking the Sessions icon at the bottom of your screen. Each session is identified by its start date & time, as well as the Activity you assigned to it: click on it and it takes you to the Headliner View for that session.

The Headliner View for these recorded Sessions is similar to the **Headliner** of Live Recording, but if you click into one of the sub-headlines you (Respiratory, Metabolic) you will see graphic displays showing how values changed over the course of the session, in addition to the summary numeric values. There are quite a few of these graphs and you can easily switch from one to another.

Tip: Scroll down (swipe up) on recorded data screens to see the numerical metrics that did not fit into the screen.

Part III: Using Calibre

Once it has made the initial connection to your phone, almost all the operation is from the app. The physical device itself has only a few simple operations: it can be turned on or off, and when it is on it can be connected (to your phone app) or disconnected.

On / Off

To turn it on or off press and hold the button for three seconds.

- When you turn it on, light bar gradually illuminates brighter.
- When you turn it off, the light bar fades gradually. Release the button after the light goes off.

Connecting / Disconnecting

When Calibre is disconnected, a short click on the button begins signaling to the app that your Calibre is available, and the light bar flashes (white). It continues to signal until it finds your phone and they connect (Make sure the app is on). If it does not find your phone, it will time out after a while; but another short click will start a new attempt.

While Calibre is flashing and searching for your phone, if you click again, will stop looking for it and remain disconnected.

The device & phone will disconnect when one is turned off or they are out of each other's range.

New Phone

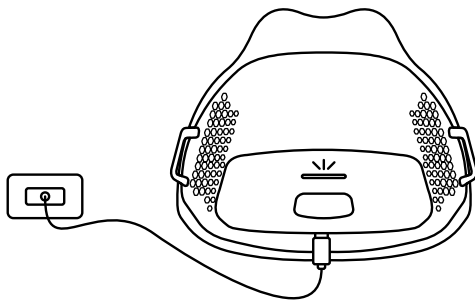
If you press and continue to hold the button for 10 seconds (another 7 seconds after the light has faded), Calibre will “forget your phone” and become available to connect with a new phone. You can tell by the quick flash of light after the extra 7 seconds. If this happens unintentionally, no worries: Simply connect your Calibre to the (same) phone again as you did the first time.

Charging

To charge the battery, simply plug in the USB-C charging cable. It may take a few hours to fully charge.

White light will pulsate gently while charging continues. When charging is complete, light becomes solid for a short time, then fades off. To stop the light from showing during charging, just double click the button. Double click again to bring it back on.

You do not need to separate the module from the facepiece while charging, but it is a good opportunity to clean the face piece and let it dry (see “Cleaning Your Calibre” below).



Calibration

One of Calibre's many remarkable features is how it performs calibration.

Calibration runs automatically when charging, but you can also run a "manual" calibration any time from the app, for extra precision, especially when taking it into a new environment. Just be sure to put it on a stable surface, protected from any wind, and leave it alone while it runs its quick internal calibration.

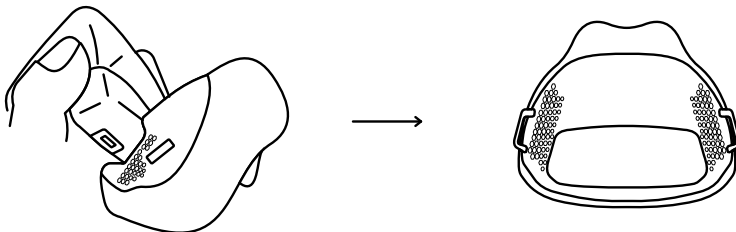
While calibrating, a yellow light pulsates on the device. Calibration is the only time the light is yellow.



Part IV: Cleaning Your Calibre

Calibre is easy to clean. Just never skip Step 1.

1. ⚠️ Separate the module from the facepiece before cleaning.



2. Wash the facepiece with water – we recommend using antibacterial liquid soap or detergent if available. Make sure to rinse & dry.
3. To clean the module just wipe it with a moist cloth, paper towel or disposable wipe.

Tips:

- Do not use an abrasive scrubber on facepiece as it might degrade the antifog coating.
- Cleaning the inside of the module is possible, but it is not routinely necessary or recommended. Contact us with any questions about cleaning.

ISED and FCC Compliance Statements:

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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;
- (2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

28719-CALIBRE1 RF output power is 1 mW – with the potential to configure up to 4 mW – which falls below the ISED SAR exemption limits for a device with a separation distance of 20 mm from the human body. These exemption limits are in accordance with ISED RSS-102, Section 2.5.1.

La puissance de sortie RF 28719-CALIBRE1 est de 1 mW – avec la possibilité de configurer jusqu'à 4 mW – ce qui est en dessous de limites d'exemption ISED SAR pour un appareil avec une distance de séparation de 20 mm du corps humain. Ces limites d'exemption sont conformes à ISED RSS-102, section 2.5.1.

FCC Compliance Statements

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.

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. Please note that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

RF output power is 1 mW – with the potential to configure up to 4 mW – which falls below the FCC SAR exemption limits for a device with a separation distance of 20 mm from the human body. These exemption limits are in accordance with FCC CFR 47 §2.1093.