

elvie
stride

Instructions for Use

**Thank you for choosing Elvie.
We're pumped you're here.**

It's our mission to create products that improve women's lives, so we hope Elvie Stride makes a difference to yours.

Languages

English 1

Additional help and support

The Pump with Elvie app can be downloaded from the Apple App Store (for iPhone) or Google Play Store (for Android). If you need any help with your Elvie Stride, please get in touch with our Customer Care team. Visit elvie.com for their details.

For Customer Care contact details visit elvie.com

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Getting started

1. Charge the Elvie Stride Hub

Plug in the Hub for five minutes to wake it up before first use. Please note, Elvie Stride does not turn on while it is charging. For more details, please read the [Charging](#) section of this booklet.

2. Download the Pump with Elvie app

Download the Pump with Elvie app on your smart phone to make use of your pump's smart features:

- Track sessions
- Control Elvie Stride remotely
- Personalize your pump preference settings

The Pump with Elvie app can be downloaded from the Apple App Store (for iPhone) or Google Play Store (for Android).

For the most up-to-date information on what devices the app can be used with please visit elvie.com.

3. Learn how to set up your Elvie Stride

Read the [Getting ready](#) section of this booklet. It will take you through cleaning, charging and finding your best fit.

4. Find out more

Find out what to expect from your first pumping session by reading the [Using Elvie Stride](#) section of this booklet. It will show you how to express with your Elvie Stride.

5. Get in touch

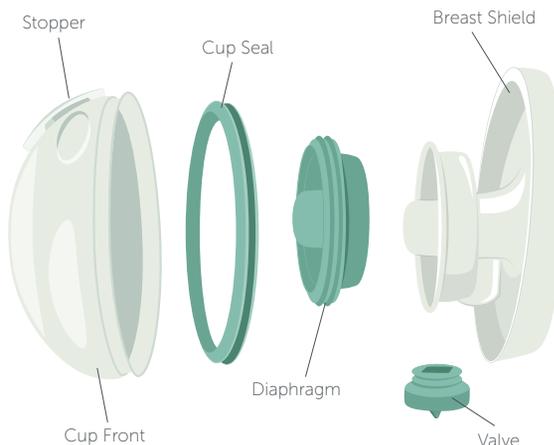
If you have any further questions, contact our Customer Care team at elvie.com.

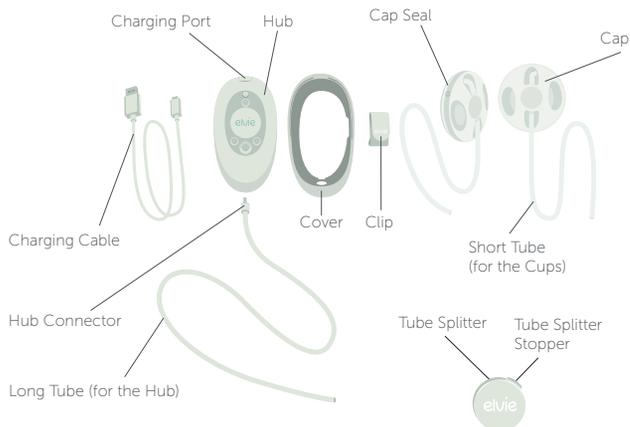
1. Parts

1.1 Product description

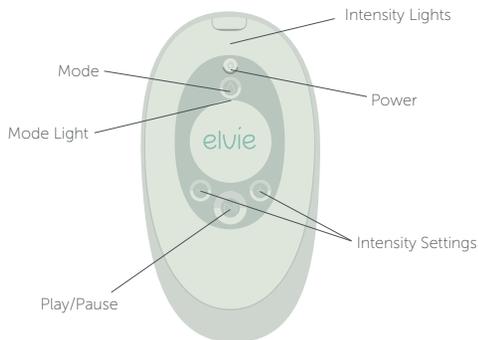
Elvie Stride is comprised of the parts and accessories listed below. They can also be seen below and on page 4:

1 Hub	1 Long Tube (for the Hub)
2 Cup Fronts	1 Clip
2 Cup Seals	1 Cover
2 Breast Shields Δ (24 mm)	2 Valves
2 Caps	2 Diaphragms
1 Tube Splitter	1 Charging Cable
2 Short Tubes (for the Cups)	





1.2 Controls



2. Intended use

Indications for use

The Elvie Stride is a breast pump to be used by lactating women to express and collect milk from their breast. The Elvie Stride is intended for a single user.

Operating life

The expected operating life of the replaceable, washable components is six months. It is recommended that you replace the washable components after long-term storage or before pumping for your next child.

Contraindications

There are no known contraindications for use with this product.

3. Safety

Warnings

Read all instructions before using. Elvie Stride is not provided sterile. It must be cleaned and sanitized before first use (see the [Cleaning](#) section).

It is recommended that you consult with a licensed healthcare professional before using Elvie Stride if you have an active implanted device that would be affected by a magnetic field (e.g. pacemaker, implantable cardioverter defibrillator).

When using electrical products, especially when children are present, basic safety precautions should always be maintained, including the following:

- Never operate an Elvie Stride if it has been damaged, is not working properly, or has been dropped into water. If damage is found, immediately discontinue use. In case of damage or wear, please replace parts
- If the package appears damaged or tampered with before use, do not use and contact our Customer Care team
- Do not submerge the Cap in water. It may be difficult to dry and may risk liquid being sucked into the Hub
- Regularly check that there is no residue or condensation in the Tubes. The Tubes must be completely dry before assembly; residue or condensation can be drawn into the Elvie Stride Hub, which could cause product failure. If there is milk in the Tubes discontinue use, check the Diaphragm for damage and contact Customer Care. If mold develops in the Tubes, discontinue use and replace
- Always inspect all parts before use for damage, liquid and cleanliness. Elvie Stride must not be used if the Diaphragm is damaged. A damaged Diaphragm risks liquid being sucked into the Hub, which could cause permanent damage resulting in no suction. Keep sharp objects away from the Diaphragm
- Do not immerse the Hub, Tubes, Tube Splitter or Cap in water or other liquids. Wipe with a clean, damp cloth
- Do not drop or insert any foreign object into any openings on the Hub and always close the Charging Cap after charging
- Only use Elvie manufactured parts with Elvie Stride, including the Charging Cable; do not substitute. Use of accessories or cables other than those specified could result in irreversible damage to your Hub
- Elvie Stride is best paired with a charging adapter of maximum output 5 V / 2.1 A or 10 W. See our website FAQ for more information about charging Elvie Stride
- During normal use, areas of the Hub may warm up
- It is not necessary to have trained medical professionals present during use/operation of this product
- The Breast Shield is the part that should be applied to the body
- Do not store wet or damp parts, as mold may develop
- Do not use flammable materials while using Elvie Stride or connecting Elvie Stride to a charger
- Elvie Stride should not be used while lying down, engaging in strenuous activities or performing activities with risk of harm such as operating heavy machinery. Do not pump while driving
- Do not pump until after giving birth, as breast pumping can induce labor
- Using a breast pump should not cause pain. Do not try to express with an intensity setting that is too high or uncomfortable. If excessive discomfort or pain is felt during pumping, stop pumping, break the seal around your nipple and discontinue the session
- This product contains small parts, Tubes and a cable that may present a hazard. Keep out of reach of children
- Inspect for damage, clean and sanitize washable components that come into contact with your breast and breast milk prior to first use
- Clean all parts that come into contact with your breast and breast milk, and inspect for damage after every use
- This is a single-user product. Use by more than one person may present a health risk and voids the warranty

- Only use Elvie Stride for its intended use as described in this manual
- Do not use Elvie Stride while sleeping or overly drowsy
- Always break the seal around your nipple before removing Elvie Stride from your breast
- Do not wear Elvie Stride when not pumping
- Elvie Stride and its components are not heat resistant. Keep away from heat sources
- Elvie Stride uses Bluetooth technology. Please follow airline rules for the use of portable electronic devices when flying. Furthermore, high altitudes, including while in a pressurized aircraft cabin, will affect the performance of Elvie Stride
- Portable and mobile frequency communications equipment can affect the Hub
- Please note that the Pump with Elvie app is not required to use Elvie Stride. In the case of disconnection from the app all pump controls are still accessible via the device

Precautions

- Always ensure all parts are completely dry before assembling. Any liquid left on the Diaphragm risks being sucked into the Hub, which could cause product failure
- Do not use harsh chemicals to clean the Breast Shield, Cup Front, Cup Seal, Valve or Diaphragm
- Do not place the Hub in the fridge or freezer

- Do not expose Elvie Stride or its components to direct sunlight
- Wash your hands thoroughly with soap and water before touching Elvie Stride, its components or your breasts. Avoid touching the inside of the Cup Fronts and Breast Shields
- Only use drinking-quality tap water or bottled water for cleaning components that come into contact with milk
- Contact your healthcare professional if you express minimal or no milk, or if expression is painful
- For further assistance with correct Breast Shield sizing and comfort, please see a lactation consultant or breastfeeding specialist
- Elvie Stride will not work when connected to the charger; always disconnect Elvie Stride from the charger and close the Charging Port
- If stored at minimum or maximum storage temperature (see **Product specifications**), when removing from storage, please allow 24 hours for the pump to reach normal operating temperature before use
- Do not attempt to reset the Hub during use
- Take extra care when using Elvie Stride in the vicinity of children

Please visit [elvie.com](https://www.elvie.com) for troubleshooting advice, including alerts, warnings and how to factory reset Elvie Stride.

Please keep a copy of these instructions for future reference.

4. Getting ready

To get the most from your pump, it's really important to set it up properly. This guide will show you how to assemble your pump and how to customize it to fit your body.

4.1 Charging

Plug in the Hub for five minutes to wake it up before first use. The Hub will not turn on while it is charging. It takes approximately two hours to fully charge the Hub, although this can vary depending on your charging set up. A full charge lasts approximately five 30 minute sessions. Only use the Charging Cable provided in the box.



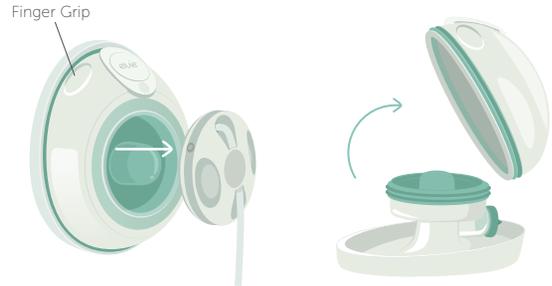
Charge immediately after finishing your pumping session if low battery is indicated.

Tip: Press the Mode button when the Hub is off; the Intensity Lights will show how much battery is left.

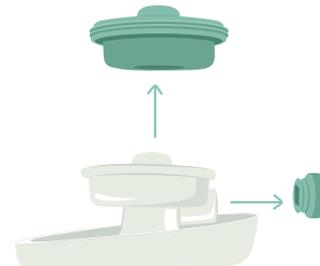
Tip: Close the Charging Port before use to ensure the Hub is as discreet as possible.

4.2 Taking Elvie Stride apart

1. Remove the Cap. The Hub, Tubes and Cap must be placed on a dry surface and kept away from water



2. Using the Finger Grips, pull the Cup Front away from the Breast Shield
3. Pull the Valve out of the Breast Shield. Then remove the Diaphragm



4.3 Cleaning

Before first use

Elvie Stride is not provided sterile. It must be cleaned and sanitized before first use. Always disassemble the components before cleaning or sanitizing. For additional cleaning guidelines see the Center for Disease Control website – <https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html>

1. Before first use, remove the Cup Seal by peeling it out of the groove on the side. During normal cleaning this Cup Seal can stay in place
2. To replace, stretch the Cup Seal over the outer rim of the Cup Front. Make sure it goes on with the ridges facing outwards. Press along the groove, checking that it is snugly in place all the way around

Non-washable components



The Hub, Cap, Tubes, Tube Splitter, Cover and Clip are non-washable components and should be kept dry. They must not be microwaved. They can be wiped clean with a damp cloth, but should not be submerged in water. If the tubes are moldy, discard and replace immediately.

Washable components



Cleaning washable components that come into contact with milk, as soon as possible after pumping, prevents the buildup of dry milk residue. Residue can cause the growth of bacteria that may be harmful to you and your baby.

Cleaning (before first use and after every use)

1. Rinse in cold, clear water. Do not place the parts directly in the kitchen sink for rinsing and washing. Use a dedicated wash basin and brush for infant feeding
2. Wash in warm water using mild dish washing soap
3. Rinse with cold, clear water for 10 to 15 seconds

OR

Place on the top shelf of the dishwasher

Sanitizing (before first use and subsequently once daily)

1. Sanitize parts in boiling water for five minutes
OR

Suitable for microwave, steam or cold water sanitization. We do not recommend microwave or steam sanitizing for more than five minutes.*

*Always refer to the manufacturer's instructions

Drying

Place parts on a clean surface and air dry completely before assembly.

4.4 Breast Shield sizing

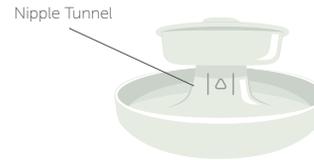
Elvie Stride comes with two \triangle (24 mm) Breast Shields.

If needed \circ (21 mm) or \square (28 mm) Breast Shields are available to purchase separately.

The Breast Shield creates a seal between your nipple and the pump, and it is therefore important it fits well.

To check your size:

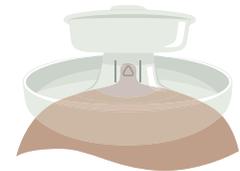
1. Put the Breast Shield on with the sizing symbol facing upwards, and place your nipple in the center of the fit lines
2. The fit lines should align with the outside of your nipple
3. To comfortably pump on both sides, repeat this process for both nipples to ensure you have the correct Breast Shield size for each nipple



Elvie Stride Breast Shield



Too small – buy \square (28 mm)



Too big – buy \circ (21 mm)



Breast Shield correct fit

4.5 Assembling Elvie Stride

Wash hands thoroughly before you begin. Once the parts have been cleaned and sanitized, make sure they are dry and not moldy before putting them together. Pay extra attention to the Diaphragm and ensure it is completely dry.

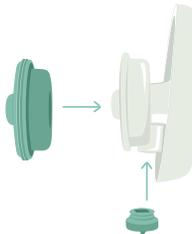
1. Attach the Cover and Clip. Slide the Hub into the Cover, ensuring the hole for the Hub Connector is aligned with the hole on the Cover. Push the short end of the Clip through the slot, and pull through



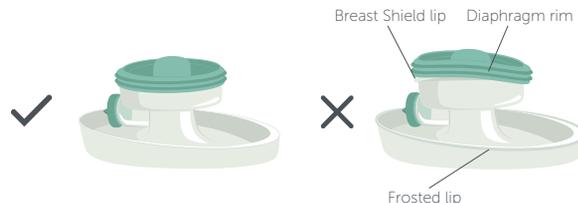
2. Push the Hub Connector firmly into the Hub, ensuring that it is fully inserted



3. Push the Valve and Diaphragm onto the Breast Shield



4. Use your fingers to work the Diaphragm rim over the Breast Shield lip. Take a moment to check the Diaphragm is sitting flush and is on securely



5. Push the Breast Shield and the Cup Front together using the markings as a guide. Ensure that there is a good seal all the way around. Check that there are no gaps and that the Cup Seal is fully covered by the frosted lip of the Breast Shield



6. Check that the Diaphragm is completely dry because moisture can be sucked into the Hub. This will affect performance. Push the Cap into the Cup Front

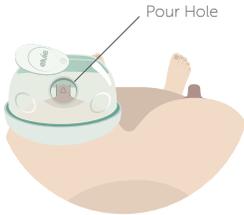
Tip: Take the Cup Front off and check that the Diaphragm is on correctly if:

- You can't get the Cup to push together fully
- You can see the Cup Seal above the frosted lip

7. Rotate the Cap when it's in place for the most discreet fit



8. Check your nipple alignment through the open Pour Hole. Close the Pour Hole using the Stopper



9. Attach the Hub to your clothing using the clip



4.6 Single-side pumping

To pump on one side, you only need one Short Tube that connects to one Cup. Remove the unused Short Tube from the Tube Splitter. Seal the opening with the Tube Splitter Stopper to ensure consistent suction on the one Cup in use.



Tip: Make sure the Tubes are not kinked or pinched flat

5. Using Elvie Stride

To help you to get the best performance from your pump, this section will guide you through a pumping session.

5.1 Turning on Elvie Stride

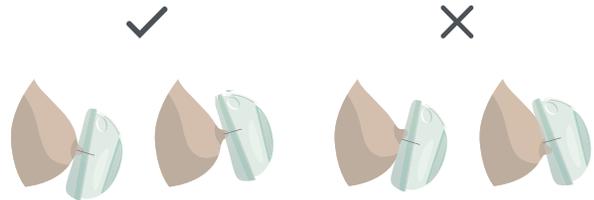
Once fully assembled, press Power to turn the Hub on. The Intensity Lights will begin to flash and will show the intensity setting that Stimulation mode will start on. You can adjust the intensity setting before you start your session.

5.2 Aligning your nipple

We're all different. No two nipples point in the same direction. Correct nipple alignment in the Breast Shield is the key to comfortable and efficient pumping. Align the Breast Shield with the direction of your nipples when you are putting it on.

To avoid discomfort, your nipple must be positioned correctly in the Nipple Tunnel before pumping.

1. Use the markings on the Breast Shield to help align your nipple when putting the Cup on



Breast Shield correctly aligned

Breast Shield incorrectly aligned

2. Bend forwards and hold your breast from underneath. Bring the Cup to your breast, paying attention to the direction of your nipple. You can use the markings on the Breast Shield to help align your nipple



3. Once the Cup is on, you can check your alignment by removing the Stopper and adjusting so that your nipple sits in the middle of the Nipple Tunnel. Replace the Stopper before use

5.3 Finding the right in-bra fit

Elvie Stride is designed to be worn with your standard nursing bra. You can use it in either a sitting or standing position. Elvie Stride needs to be firmly pressed against your breast. There should be no gaps between the Cups and your breasts.

Every bra has a different level of support, so make sure to get the pressure and fit right before each session. This is important because it can have an impact on milk volumes.

5.4 Starting your session

Once the Hub is turned on and the Cups are positioned in your bra, press Play/Pause to start pumping. If you need to pause pumping for any reason, press Play/Pause again.

5.5 Modes and intensity settings

Modes

Elvie Stride has two modes: Stimulation and Expression. Elvie Stride will always start in Stimulation mode. This is a faster pumping rhythm to stimulate milk let-down. Elvie Stride will automatically switch to Expression mode after approximately two minutes. You can also change modes in the app or on the Hub using the Mode button. When the Mode Light is illuminated, the pump is in Expression mode. This is a slower, stronger pumping rhythm for efficient milk expression.



Intensity settings

Elvie Stride has ten intensity settings in Stimulation mode and ten intensity settings in Expression mode. This means you can adjust the pump to find a setting that feels comfortable and works efficiently in both Stimulation and Expression modes. Once you can feel the suction on your nipples, use **+** and **-** to adjust the intensity to find your preferred setting in both modes. The Intensity Lights will illuminate to show your chosen setting.

You can save the intensity settings that you would like your pump to start in for both Stimulation and Expression mode by using the Personalize feature in the Pump with Elvie app. The app is free to download in the Apple App Store or Google Play Store.

Tip: A higher intensity setting does not always mean a higher volume of milk. Putting your nipple under excess stress or pumping if you are in pain can reduce milk production.

Tip: Make sure the Tubes are not kinked or pinched flat.

5.6 Automatic functions

- The Hub will automatically switch from Stimulation mode to Expression mode after two minutes
- When the Hub is pumping, it will automatically pause after 40 minutes. It is recommended that you leave Elvie Stride for 60 minutes before using it again
- When the Hub is paused, it will automatically turn off if a button has not been pressed for five minutes
- The Hub will automatically turn off if the battery is empty
- The Hub will automatically turn off if a technical error occurs

5.7 Ending your session

1. While leaning forward, press Play/Pause to stop pumping. Turn off the pump by pressing and holding Power
2. Unclip your bra and use your finger to break the seal around your nipple to avoid nipple damage
3. Remove the entire Cup from your bra
4. Remove the Cap from the Cup
5. The Cup can be laid flat on a dry surface with the Nipple Tunnel facing up before decanting if required
6. Unplug and rotate the Stopper to decant your milk
7. Pour milk out as shown below, through the side of the Pour Hole
8. Refer to the **Cleaning** section of this booklet for cleaning and sanitizing instructions



Tip: Leaning forward when you pause or stop your session helps the milk drain from the Nipple Tunnel into the Cup.

5.8 Storing your milk

- Do not store your milk in the Cup. Pour your milk into a sealed container of your choice. Before storage, label with date and time, and immediately place in a fridge, freezer, or cooler bag with ice packs
- While you are preparing to pour your milk the Cup can be laid flat on a dry surface with the Nipple Tunnel pointing up
- For information on storing your breast milk, refer to https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

5.9 How to store Elvie Stride

Short-term storage

- Recharge immediately after finishing your pumping session if the Battery Light is on
- Between sessions, please store your Elvie Stride out of direct sunlight and ensure the washable parts are clean and dry. Keep out of reach of children

Tip: It's important that the components are kept dry in storage because mold may develop if moisture is present.

Long-term storage

- The washable parts will require cleaning and drying before long-term storage and should be stored away from direct sunlight to avoid discoloration
- If stored at minimum or maximum storage temperature (see [Product specifications](#)), please allow 24 hours for the pump to reach normal operating temperature before use after removing it from storage

6. Troubleshooting

Alerts and warnings

- Intensity Lights flashing – Elvie Stride is paused
- Battery Light flashes red four times – battery empty
- All Intensity Lights illuminated – maximum intensity level reached
- All lights flash then turn off – technical error (Contact Customer Care)

Factory reset

To perform a factory reset:

1. Turn Elvie Stride on
2. Press and hold both **+** **-** simultaneously for five seconds
3. Play/Pause and Intensity Lights will flash while Elvie Stride is resetting
4. All lights and Elvie Stride will then turn off

Re-attaching the Tube into the Cap

1. Insert the Short Tube into the Cap
2. Push the Short Tube onto the Tube Port
3. Once secure, ensure there are no kinks or bends in tubes



7. Warranty

Elvie Stride Limited Warranty for the United States

At Chiaro Technology Limited ("Chiaro"), we stand behind the Elvie Stride. The Elvie Stride is backed by a limited manufacturer's warranty against any defects in materials and/or workmanship for a period of two (2) years for the Hub and ninety (90) days for all other components. These warranty periods shall run from the date of original purchase. Because Chiaro cannot control the quality of products sold by unauthorized sellers, this limited warranty applies only to original purchasers of the Elvie Stride that were purchased from Chiaro or a Chiaro authorized seller in the United States, unless otherwise prohibited by law. Chiaro reserves the right to reject warranty claims from purchasers for the Elvie Stride purchased from unauthorized sellers, including unauthorized Internet sites. The warranty is also limited to the original, end-user purchaser. This warranty does not cover cosmetic deterioration or damage caused by general wear and tear, physical or natural destruction, accident, misuse, neglect, alteration to the product or other external causes.

Any warranty claims must be supported with reasonable evidence, including proof of date of purchase, alongside these warranty conditions. Chiaro reserves the right to a reasonable period of investigation to establish the cause of the defect. If you wish to make a warranty claim, please contact Chiaro at questions@elvie.com and/or 508 300-9989 and have information available regarding where and when you purchased your Elvie Stride. If your request is approved, we will provide further guidance relating to providing your proof of purchase or any returns. Please note that, if applicable, you are responsible for costs incurred in mailing your product and/or proof of purchase. Chiaro will repair or replace a defective Elvie Stride that is covered by this warranty. In the event that Chiaro decides to provide a replacement, any replacement will not renew or extend the duration of this warranty. There are no warranties which extend beyond those stated herein. Any implied warranties that may be applicable to the Elvie Stride, including implied warranties of merchantability or fitness for a particular purpose, are limited in duration to the duration of this warranty. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Under no circumstances shall Chiaro be liable for any special, incidental, or consequential damages based upon breach of this limited warranty, breach of contract or strict liability. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If you have any questions about whether a seller is authorized, call us at 508 300-9989 or email us at questions@elvie.com

Instructions for return

We will provide you with a Return Merchandise Authorization number, which must be displayed on the outside packaging. Please keep your proof of purchase in the event that you need to contact Elvie Customer Care for warranty services.

8. Product specifications

Technical specifications

	On/Off
	Mode
	Increase intensity
	Decrease intensity
	Do not microwave
	Play/Pause
	Consult instructions for use
	Manufacturer
	Date of manufacture
	Do not dispose the device together with unsorted municipal waste (in accordance with the local regulations)
	Compliance with international requirements for protection from electric shock. (Type BF applied parts)
	Protection against entrance of solid foreign objects and against harmful effects due to the entrance of water
	Manufacturer has taken all necessary measures to ensure that the product complies with applicable safety legislation for distribution within the European Community
	Serial Number
	Lot Number
	Direct Current
Vacuum range	-35 to -300 mmHg
Power	5 v DC, 1.5 A max
Battery capacity and type	2300 mAh Li-ion rechargeable
Bluetooth info	Bluetooth V4.2 (Bluetooth Low Energy) Range up to 10m
Operating temperature	+5 °C to +30 °C/ +41 °F to +86 °F
Operating humidity	15 to 90% RH
Ambient pressure	90 to 106 kPa
Use life	500 hours

Electromagnetic compatibility (EMC) Advice

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.

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:

- i) Reorient or relocate the receiving antenna
- ii) Increase the separation between the equipment and receiver
- iii) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- iv) Consult the dealer or an experienced radio/TV technician for help

FCC Radiation Exposure Statement: This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Guidance and manufacturer's declaration – electromagnetic emissions

Elvie Stride is intended for use in a Home Healthcare Environment. The Elvie Stride breast pump product is suitable for use in a specific electromagnetic environment outlined below. The user of this product should assure that it is used in such an environment.

Emission Tests	Compliance	Electromagnetic environmental guidance
RF Emissions CISPR 11	Group 1	The Elvie Stride uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The Elvie Stride is suitable for use in all establishments, including domestic establishments and those directly connected to the public low voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not Applicable	
Voltage fluctuations / flicker emissions IEC 61000-3-3	Not Applicable	

WARNING: This device should not be used adjacent to or stacked with other equipment. And if adjacent or stacked use is necessary, this device should be observed to verify normal operation in the configuration in which it will be used.

Guidance and manufacturer's declaration – electromagnetic immunity

The Elvie Stride breast pump product is suitable for use in a specific electromagnetic environment outlined below. The user of this product should assure that it is used in such an environment. The Elvie Stride breast pump was tested for immunity to electromagnetic disturbances and passed using the following criteria:

- 1) No noticeable change in the operation of the breast pump signifying maximum vacuum pressure is exceeded (-300 mmHg) or cycle speeds are degraded.
- 2) During charging, the pump did not turn on and start operating.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment guidance
Electrostatic discharge (ESD) IEC 61000-4-2	+/- 2kV, +/- 4kV, +/- 6kV, +/- 8kV contact discharge +/- 2kV, +/- 4kV, +/- 6kV, +/- 8kV, +/- 15 kV air discharge	+/- 2kV, +/- 4kV, +/- 6kV, +/- 8kV contact discharge +/- 2kV, +/- 4kV, +/- 6kV, +/- 8kV, +/- 15 kV air discharge	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m, 50 or 60 Hz	30 A/m, 50 or 60 Hz	It may be necessary to position the breast pump further from sources of power frequency magnetic fields or to install magnetic shielding. The power frequency magnetic field should be measured in the intended installation location to assure that it is sufficiently low.

Guidance and manufacturer's declaration – electromagnetic immunity

Immunity test	IEC 60601 test level	Compliance level
Radiated RF IEC 61000-4-3	10 V/m (minimum) 80 MHz – 2.7 GHz 80 % AM at 1 kHz	10V/m (minimum)

Electromagnetic environment guidance: Portable and mobile RF communications equipment should be used no closer to any part of the breast pump, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommend separation distance:

$$d = 1,2\sqrt{P}$$

$$d = 1,2\sqrt{P} \text{ 80 MHz - 800 MHz}$$

$$d = 2,3\sqrt{P} \text{ 800 MHz - 2.7 GHz}$$

Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol.

Note 1: At 80 MHz and 800 MHz, the higher frequency range applies.
Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected

- A. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the breast pump is used exceeds the applicable RF compliance level above, the breast pump should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the breast pump.
- B. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 10 V/m.

WARNING: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of Elvie Stride including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result

Band (MHz)	Service	Modulation	Max Power (W)	Distance (m)	Immunity Test Level (V/m)
380-390	TETRA 400	Pulse	1.8	0.3	27
430-470	GMRS 560, FRS 460	FM	2	0.3	28
704-787	LTE Band 13, 17	Pulse	0.2	0.3	9
800-900	GSM 800/900; TETRA 800; iDEN 820; CDMA 850; LTE Band 5	Pulse	2	0.3	28
1700-1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1,3,4,25; UMTS	Pulse	2	0.3	28
2400-2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450. LTE Band 7	Pulse	2	0.3	28
5100-5800	WLAN 802.11 a/n	Pulse	0.2	0.3	9

Transport, storage and disposal

Transport

While traveling, use the Charging Cable provided and pair with the appropriate USB power source for your current location. Please check with the airline prior to travel for advice on carrying and using Elvie Stride while flying. Temperature: -20 °C to +60 °C / -4 °F to +140 °F
Relative humidity: 15 to 90%

Storage

Temperature: -20 °C to +60 °C / -4 °F to +140 °F
Relative humidity: 15 to 90%
Ambient pressure: 90 to 106 kPa

Disposal

Elvie Stride contains a Li-ion rechargeable battery. Please dispose of the Hub at a designated collection point for the recycling of waste electrical and electronic equipment. The appropriate disposal of Elvie Stride will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

For more information about where you can drop off your waste for recycling, please contact your local authority or where you purchased your product.

