Owlet Band

Basics of product use

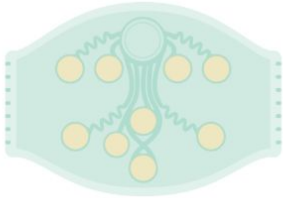**Requirements to use the product**
24+ weeks gestation
Must own iOS device and download the Owlet Pregnancy App
For use while relaxing

What comes in the box

Band

Size Panels

Medallion

Charging Station

Power Adapter

How do I use the product?
1. Make sure the Band is fitting tightly with all sensors laying flat against your skin
2. Select your session type* and put your phone down within arm's reach
3. During the session lay down on your side, rest your eyes and try not to move or look at your phone
4. Depending on your session type your session will end in 1 of 2 ways...
   a. For 10-minute sessions a push notification will inform you when the session is complete
   b. For overnight sessions you will have to press "end session" in the app to complete your session

*What types of sessions are offered?
The Owlet Band offers 2 types of sessions where you can track your baby

Short sessions (10 minutes)
● The purpose of a short session is to capture a sample of baby's heartbeat during a short rest. It's a quick way to check on baby.

Long sessions (1+ hour recommended, usually overnight)
● The purpose of a long session is to collect as many readings as possible during a long nap or night's sleep. It's how we can begin to establish trends.

How does the product work?

The ultra-thin gold sensors on the backside of the Band should be placed directly on the skin. These sensors passively track bioelectrical signals inside the womb.

The medallion collects information from the sensors and sends that information via Bluetooth to the Owlet Pregnancy App. Through state-of-the-art algorithms, the Band uses these signals to deliver insights about mom and baby's wellbeing.

Bluetooth range of the Medallion?
The Medallion sends data to the phone via Bluetooth (range of 10 feet unobstructed). The Medallion will keep monitoring if not in range of phone and can store up to 4 days of historical data. Once it is in range it will take ~30 minutes to upload data. The Band does not require WiFi.

Battery life of the Medallion?
The Medallion battery lasts 8 hours and takes 1 hour to recharge.

Steps to use the product

1. Create an account
2. Pair your medallion with your app
3. Update your medallion (if needed)
4. Create a pregnancy profile
5. Wear the Band
6. Start a session

Create an account

Hi there! Let's make you an account.

Email

Password (6+ characters long)

Show password

By tapping "Create Account" you agree to our Terms and Conditions, and Privacy Policy

Terms and Conditions

Privacy Policy

Create Account >

'Hoo' are you?

First Name*

Last Name

Phone #*

Birth Date

Next >

A confirmation email has been sent to…

email@gmail.com

Follow the directions in the email to confirm your account.

Resend Email

3:57

Inbox

From: noreply@owletcare-prod.fire...
To: @gmail.com Hide

Verify your email for Owlet Baby Care
Today at 3:50 PM

Hello,

Follow this link to verify your email address.

https://firebase-auth.owletdata.com/action?
mode=verifyEmail&oobCode=ofDI04UCsDEl
yA3SGcSAeMTfd7LLMQMITEv_6uBoDq0AA
AFpEkChxQ&apiKey=AIzaSyCBJ_5TRcPz_cQ
A4Xdqpcuo9PE5lR8Cc7k&lang=en

If you didn't ask to verify this address, you can ignore this email.

Thanks,

Your Owlet Baby Care team

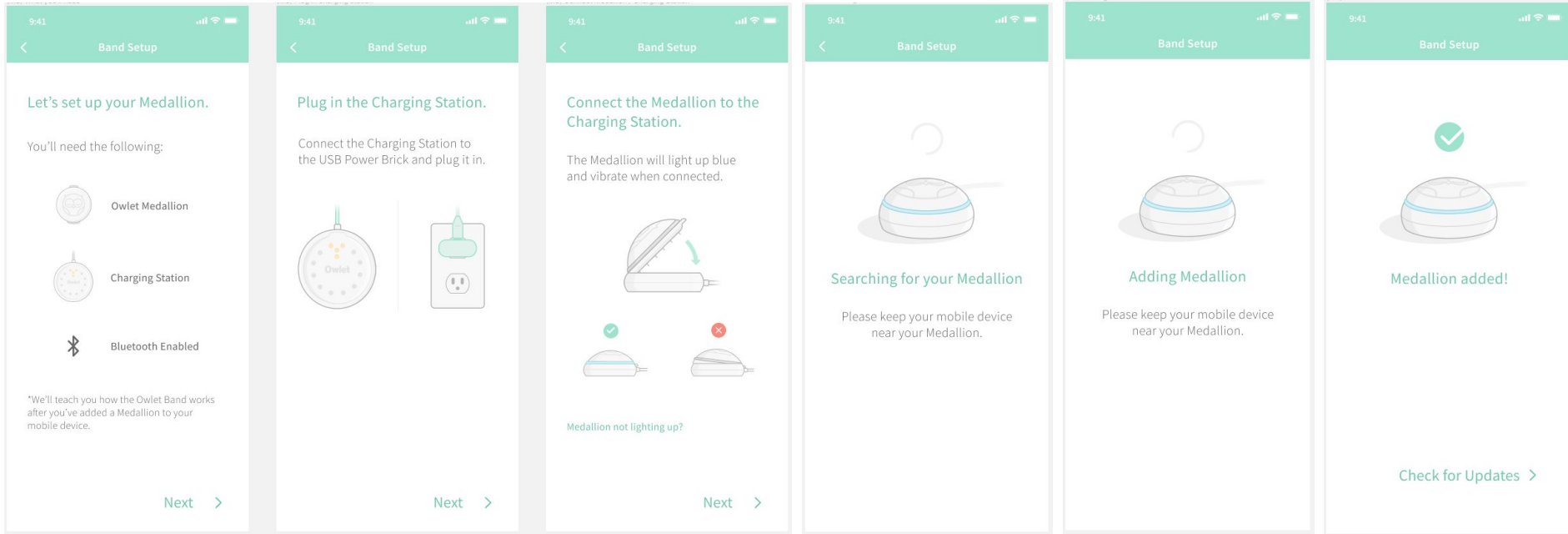Your account has been confirmed. Welcome to the Owlet family!

Next >

Pair your medallion with your app

Band Setup

Let's set up your Medallion.

You'll need the following:

Owlet Medallion

Charging Station

Bluetooth Enabled

*We'll teach you how the Owlet Band works after you've added a Medallion to your mobile device.

Next >

Band Setup

Plug in the Charging Station.

Connect the Charging Station to the USB Power Brick and plug it in.

Next >

Band Setup

Connect the Medallion to the Charging Station.

The Medallion will light up blue and vibrate when connected.

Medallion not lighting up?

Next >

Band Setup

Searching for your Medallion

Please keep your mobile device near your Medallion.

Band Setup

Adding Medallion

Please keep your mobile device near your Medallion.

Band Setup

Medallion added!

Check for Updates >

Pro tips:
You need to have an internet connection for the medallion to pair.
Whenever the medallion is not being used for a session, we recommend keeping it on the charging station as it will slowly lose battery life

Pair your medallion with your app
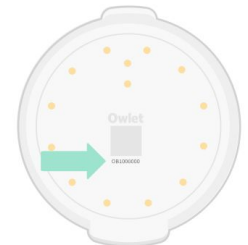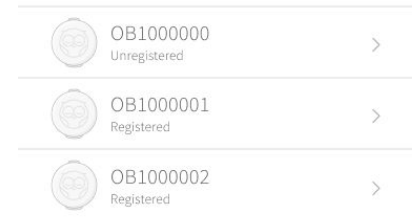
Troubleshooting:
- What should I do if my medallion has a firmware error? Note: you will know you have a medallion issue if it lights up red
    - Place the medallion in the charging station, press and hold the reset button (small circle on the back of the charging station) for approx. 10 seconds. The red will change to a white flash and then turn off.
- What should I do if my medallion is already registered to a different app? Note: see top right image and how some medallions say "Registered" underneath your Medallion's DSN #.
    - Place the medallion in the charging station, press and hold the reset button 6 times within 10 seconds. As you press the button the medallion will flash orange, then reboot.
- If multiple medallions are found, how do I know which medallion is mine so I can pair it to the app?
    - You can find your medallion DSN # on the back of your Medallion underneath the QR code. See bottom right image.
- How long should I charge the medallion for?
    - The medallion takes ~1 hour for a full charge. The battery life is unlikely right now to last throughout the entire night.
- How do I know during a session that my medallion is still working (including that the battery has not died)?
    - Tap hard 2 times. The purple light will appear if the Band still has battery.
- What if my medallion dies during a session?
    - Simply connect your medallion to the charging station, then you will be able to end the session in the app. Data that was collected during the session will populate.
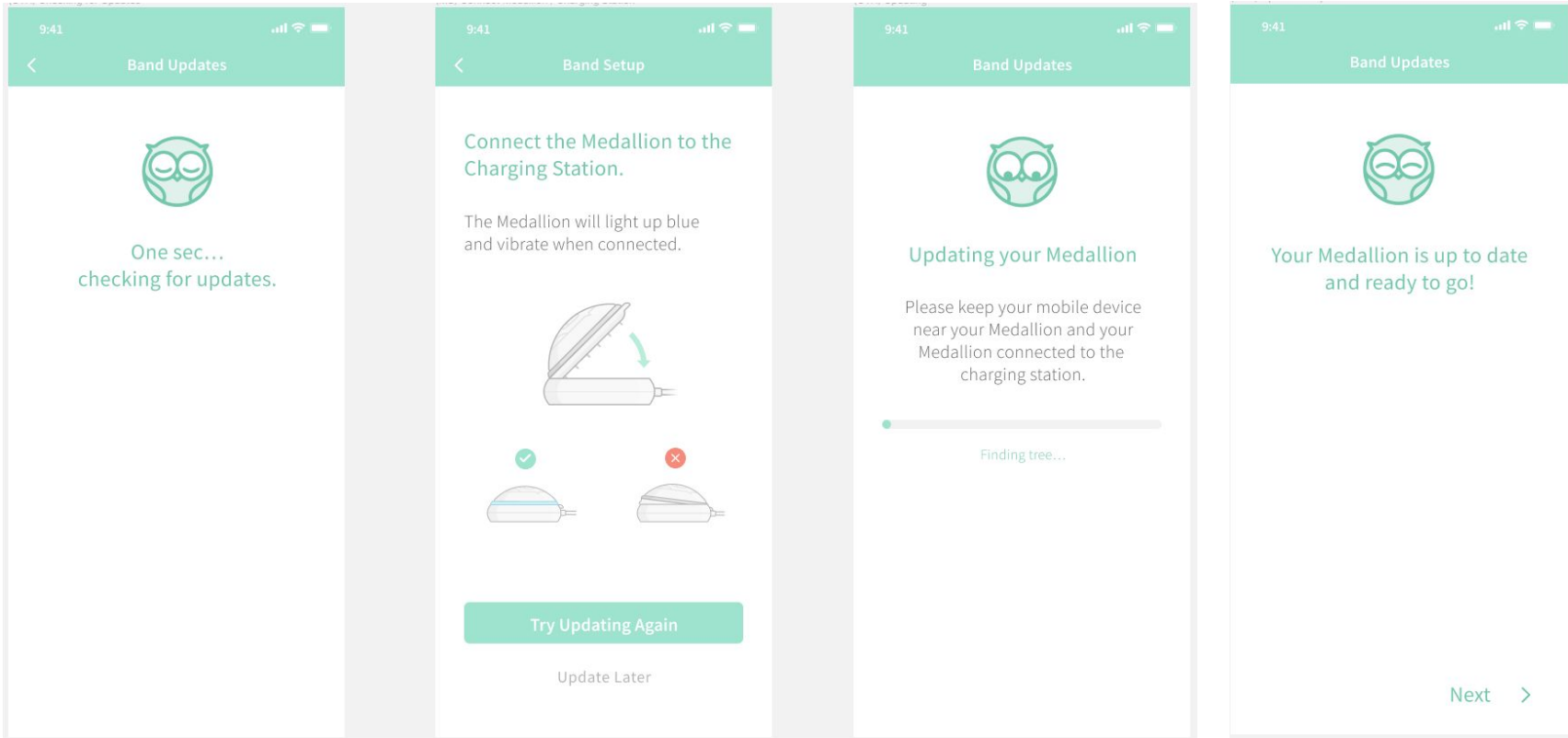
9:41

Band Setup
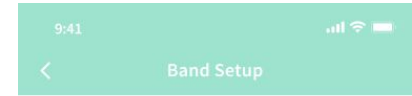
We found the following Owlet Medallions.

Select one to add

How do I know which Medallion is mine?

OB1000000
Unregistered

OB1000001
Registered

OB1000002
Registered

Owlet

Update your medallion (if needed)

Screen 1 — Band Updates
One sec...
checking for updates.

Screen 2 — Band Setup
Connect the Medallion to the Charging Station.

The Medallion will light up blue and vibrate when connected.

Try Updating Again

Update Later

Screen 3 — Band Updates
Updating your Medallion

Please keep your mobile device near your Medallion and your Medallion connected to the charging station.

Finding tree...

Screen 4 — Band Updates
Your Medallion is up to date and ready to go!

Next

Pro tip:
Medallion updates can take up to 10 minutes, during the update do not move your medallion off of the charging station or force quit the app

Create a pregnancy profile

Screen 1

9:41

Pregnancy Profile

Let's set up a pregnancy profile.

A pregnancy profile will help you follow your pregnancy week by week, as well as store any readings collected by an Owlet Band.

Next >

Screen 2

9:41

Pregnancy Profile

Tell us a little bit about mom.

Providing accurate information allows us to provide relevant content and smarter insights.

Auto-fill from Owlet Account

First Name*

Last Name

Birthdate*

How many prior pregnancies have you had? (Including miscarriages and stillbirths)

Select a number

Next >

Screen 3

9:41

Pregnancy Profile

Tell us a little bit about this pregnancy.

Providing accurate information allows us to provide relevant content and smarter insights.

Let's give your baby a cute nickname.

My Baby

What is your estimated due date?

Select a date*

☐ Due date confirmed by ultrasound?

Have you been determined to be high risk by your doctor during this pregnancy?

Select a response

Next >

Screen 4

9:41

Pregnancy Profile

Add a picture of mom.

Or do it later. Pregnancy profile details can always be edited in the account tab.

Skip >

Screen 5

9:41

Pregnancy Profile

Great! Nice picture.

Pregnancy Profile details can always be edited in the account tab.

Next >

Screen 6

9:41

Pregnancy Profile

You're 'Owl' set!

Done >

How to wear the Band

1. Select a Size

Size can be found on the back of each panel. When worn correctly the logo and size indicator will face inward.

Size 1
XS-M

Size 2
M-XL

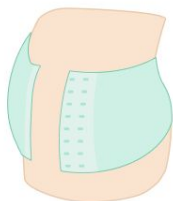| Band Size	Pant size (Belly Size*)
XS	0/2 (32 - 35.25")
S	4/6 (35.25 - 39")
M	8/10 (39 - 43.75")
L	12/14 (43.75 - 49")
XL	14/16 (49 - 51")

Belly size refers to the widest circumference of your belly.

2. Connect either side of the panel to your Band.

3. Place the Band on your belly and connect the other side.

The gold sensors should be directly on your skin.

4. Check fit

The band should fit snuggly against your skin with all sensors laying flat. If the sensors are not laying flat against your skin, try sizing down

The Band should be positioned so that your belly button is between the medallion and the central sensor.

Be sure that your belly button is never directly underneath the central sensor.
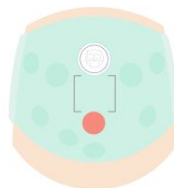
5. Lay down and relax

In order for the Band to get readings, make sure to lay down on your side and completely relax. Take a power nap - you deserve it!

Please note: Even the slightest movement or muscle tension will decrease the quality of our readings.

Pro tip:
The Band should be worn very tight as the fabric is very stretchy. The Band should not shift or bunch as you moves or lay on your side. The sensors should always remain flat against your skin.

Start a session

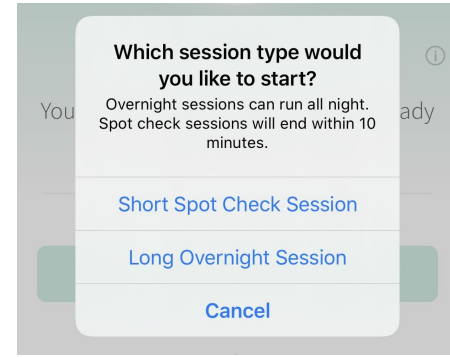**Before starting a session**

Make sure the Band fits tightly and all sensors are laying flat

When the session is in progress, set your phone down in arm's reach--this is so that the Bluetooth does not lose connection

Lay on your side and rest your eyes. **Do not look at your phone**---we've noticed that moms are unable to relax properly if they are on their phone

Select which session type you want to do

To end your session
- For short sessions (10 minutes) a push notification will tell you when the session is complete
- For overnight sessions you will have to press "end session" in the app to complete your session

Troubleshooting:
- Do NOT force quit your app during the session, if you do data will stop being collected; you will need to end the current session and start a new session.
- If your medallion dies during the session, you will need to connect the medallion to the charging station then go back into the app. Once the medallion is charging the app should allow you to press "end session."

Tips and Tricks

1. Low quality readings
2. Medallion status lights
3. How to wash & store the Band
4. Warnings and safety

What if I only see "low quality readings" after completing a session?

0:00

Low quality readings

But don't worry! Here are some ways to impove the quality of readings...

- Make sure you are laying down on your side.

- Even the slightest muscle tension causes noise in the data. Try to hold still.

- Make sure the sensors are flat against your skin.

End session

Low Quality Readings
We want all of your readings to be the best quality. Here are some ways to improve the quality of readings…

Sensor placement
Make sure the Band is on tight enough and all sensors are laying flat. If the sensors do not have optimal skin contact, your readings will not be the best quality. The Band should not shift or bunch up or bunch together as you move.

Relaxation
Lay on your side and rest your eyes. Muscle tension adds noise to the data, so try to avoid movement that flexes your abdomen or back muscles. Taking a nap is the best form of relaxation.

Do not look at your phone---not surprisingly, we've noticed that moms are unable to relax properly if they are looking at their phone.

Vernix
We are working on improving our algorithm's ability to pick up high quality signals when your baby has vernix caseosa, also known as vernix. Vernix is the waxy or cheese-like white substance found coating the skin of newborn human babies. The vernix develops around 27 weeks gestation and is usually shed by 35 weeks. When your baby is covered in vernix, it will dampen electrical signals from the baby, making their readings more difficult to obtain

Kick counting
The best way to track your baby is through daily kick counting sessions. Owlet strongly recommends that all Band users conduct daily kick counting sessions to document trends in their baby's activity. You should check with your doctor for more specific recommendations on how many kicks you should feel within a given time period, but literature suggests* if you have not felt 10 kicks in 2 hours, you should contact your provider. If you ever feel as though something is not quite right or have questions or concerns regarding your pregnancy, you should contact your doctor.

*https://americanpregnancy.org/while-pregnant/kick-counts/

Medallion lights

Not in band or charging station

When your medallion is not in a band or charging station it will flash green.

Charging

When your medallion is connected to a charging station and is charging, the light will circle blue.

Charging complete

When your medallion is connected to a charging station and is fully charged, the light will be solid green.

Medallion in band (collecting readings)

When you connect your medallion to a band and it's ready to collect readings, the light will pulse purple for a few moments and then fade off. The light will turn off so that it's not on while you're sleeping.

You can tap the medallion to check its status at any time. The purple light should reappear indicating it is still collecting readings.

Medallion Firmware Error

Because the Owlet Band is still in a development phase your medallion may encounter some errors. If your medallion encounters an error it will light up red. The red light does not indicate a problem with mom or baby.

Usually an error with the medallion can be corrected by connecting it to the charging station. If you continue to see a red light, you can reset your medallion by holding the reset button until you no longer see any lights on the Medallion. (The red will change to a white flash and then turn off.)

*The medallion must be connected to the charging station when you hold down the reset button.

How to wash & store the Band

How to wash the Band

Recommended to wash once every 3 weeks or as needed

1. Remove your medallion from the band. If your medallion is connected to your band, remove it before you begin washing your band.
2. Do not submerge the medallion dock in water. The medallion dock should be able to handle splashes of water from washing the band, but do not completely submerge it in water.
3. Gently hand wash your band using warm water and mild detergent. Use your fingers to gently scrub the band, avoiding sensors and the medallion dock.
4. Make sure to rinse your band well enough so that all the detergent is removed.
5. Lay or hang your band to out to dry. You can lay your band out to dry or you can hang it up using clothes pins.

How to store the Band

Store in a climate-controlled environment. Recharge the battery to prevent from completely losing charge. Lay the sensors flat to prevent cracking.

Warnings & Important Safety Information

WARNING: The Owlet Band is not a medical device. It is not intended for use as a medical device or to replace a medical device. It does not and is not intended to diagnose, cure, treat, alleviate or prevent any disease or health condition or investigate, replace or modify anatomy or any physiological process.

The Owlet Band is meant for healthy, pregnant women who are at least 20 weeks pregnant. It is not intended for use with high risk pregnancies.

• Do not use the Owlet Band as a diagnostic tool.
• Do not use the Owlet Band if your medical professional recommends the use of a medical device
• Do not use the Owlet Band as an excuse for unsafe pregnancy habits.
• Do not use the Owlet Band as a replacement for or in lieu of medical care.

THE OWLET BAND IS AN AID. IT IS NOT A SUBSTITUTE FOR MEDICAL SUPERVISION.

Remember: This product is only intended to assist you in tracking your wellbeing during your pregnancy and is not intended to replace you as a caregiver. You are responsible for your own and your baby's health and wellbeing and following safe pregnancy practices, health and care guidelines.

Warranty
Owlet proudly stands behind its products. Our warranties are found at:
https://owletcare.com/pages/terms.

Terms and Conditions
The use of Owlet's products is subject to the terms and conditions found at:
https://owletcare.com/pages/terms.

By using an Owlet product, you agree to those terms. For contact information specific to your region, please visit https://support.owletcare.com

Safety
Your safety and the safety of others are very important to us. There are many important safety messages in this manual and in the Owlet Baby Care App. Always read and obey all safety messages.

FCC: 2AIEP-OBB1A
Medallion Model #: OBB 1.0
Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. Please ONLY use the supplied power adapter. Failure to do so may void our limited warranty. 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 manufacturer's instructions, may cause interference harmful to radio communications.

IC : 21386-OBB1A 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 interferences, and (2) this device must accept interferences, including interferences that may cause undesired operation of the device.

CAN ICES-3 (B)/NMB-3(B)

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.*

800433
Conforms to UL 62368-1 and CAN/CSA-C22.2 No. 62368-1

Battery
Input: 100-240V ~ 0.2A 50-60Hz
Output: 5V-1A

Need Help?
If you have questions about the Owlet Band, visit our Help Center at support.owletcare.com