

Awareness is now in style



PRODUCT MANUAL

v1.0 January 2017



TABLE OF CONTENTS

Let's Get Started	2
Unboxing Keen	3
Charging Keen	4
Get Keen's App	5
Wear Keen	6
Train Keen	7
Track Behavior	7
Adjust Keen	8
Retrain Brain	9
Safety & Handling	10
FCC Regulatory Statement	10
Canadian Regulatory Statement	11
Disposal & Recycling Information	11
Legal Notice	12
Here to Help	13

Let's Get Started

Keen is your guide to awareness.

If you are ready to change, Keen provides awareness to help YOU take control of subconscious behaviors, such as:



hair pulling



thumb sucking



nail biting

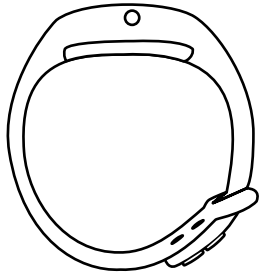


skin picking

When Keen senses your behavior, it sends a gentle vibration, helping you develop awareness and make a new choice. We hope using Keen will help you jumpstart positive behavior change.

Unboxing Keen

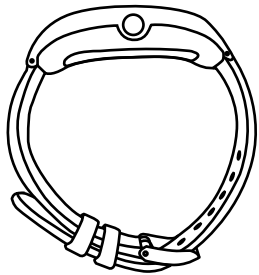
Your Keen smart bracelet box includes:



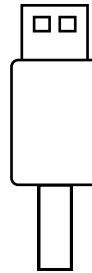
sporty bracelet,
with module



three pegs
(sporty only)



stylish bracelet,
with module



usb charger



Here's how to charge Keen:

Use the enclosed USB to power up Keen.

Bend the bracelet's protective covering back to access the charging port & insert the USB. Connect the other end to a power source like your computer or a wall adapter.

The light bar blinks to indicate charging is in process. Keen should fully charge in two-three hours. At this time the light will be solid.

Keen's battery life is approximately one day, with active use. We recommend charging Keen each night so it's ready to help you become aware each day.

For safety reasons, Keen has built in electronics to limit how fast it can be charged. Once the battery is fully charged, our electronics turn off the charging circuits as an added measure of safety.



Mobile device requirements:

Keen is capable of setting up and syncing with select mobile devices that support Bluetooth 4.0 technology. here are the requirements to be aware of when confirming compatibility.



Apple / iOS devices require a minimum of iPad 4, iPod Touch 5th generation, or iPhone 5, running a minimum of iOS 9.3.



Android devices require models supporting Bluetooth 4.0 and running, at minimum, KitKat 4.4.

We are continually updating our list of compatible devices. To see if your mobile device is compatible with your Keen visit **habitaware.com/devices**


There are two ways to download Keen's app:


(1) You can find Keen's app on the Apple AppStore or Google Play store by searching for "HabitAware".

(2) Alternatively, you can visit **habitaware.com/app** from your device to access direct links to install the app from either the iOS (Apple AppStore) or Android (Google Play).

Wear Keen

To ensure accurate gesture detection, please wear Keen snugly and in the same orientation as trained:

 The sporty security pegs or stylish bracelet markings remind you which hand your Keen is trained for. Use a blank peg and either a left or right peg for the sporty bracelet. These pegs will also keep the bracelet fastened snugly.

 Use a permanent marker to mark left or right on the inside of the stylish bracelet's strap.

Always wear each Keen on the same hand you trained it for (it won't work otherwise!).



When wearing Keen, face the button towards your fingers. This is for better water resistance when washing hands, as well as to maintain orientation. Always wear Keen in this same orientation that you trained it, otherwise gesture detection will not work properly.



Slide the peg side through the safety loop. Make sure your bracelet fits snugly to ensure accurate behavior detection.



Here are some other tips:



Keen is splash proof, but not waterproof. So please don't shower or swim with Keen.



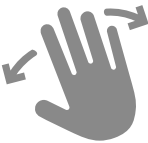
Make sure your phone's Bluetooth is enabled to allow the app to find and connect to Keen.

Train Keen

Use the app to train Keen. It will take just a minute, but it's important to get right! Be sure to watch the in-app video demonstration and keep these important tips in mind:



Get comfortable and train Keen in the same position you normally do the behavior. This could be sitting, slouching or lying down.



Start the training process with your hand at a localized area. Perform your specific micro motion repeatedly for 15 seconds.

1

Train one gesture and get familiar with Keen for a few days before adding other gestures.



Once trained, Keen helps you become aware of where your hands are. Keen does this on its own, without needing constant access to the phone.

Track Behavior

You can't change what you don't acknowledge.



Don't get upset. If you do the behavior, push Keen's button to track it. Then, sync with the app to analyze your progress and...

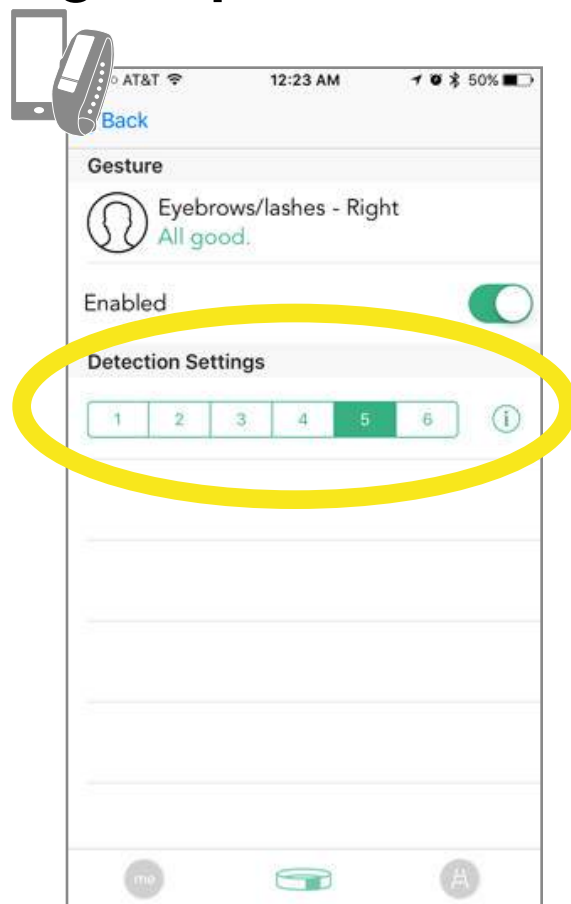
Adjust Keen

Use the app to adjust Keen to your preference:

After you have trained Keen, if you find it is vibrating too often, or not enough, visit the Gesture settings screen by tapping Manage and then tapping the area you have trained. If you are getting too many false alarms / vibrations, reduce the Detection Setting to a lower number. If you aren't getting enough detections, increase the setting. Change the setting and try it out for a day to decide if you need to adjust it further.

Remember, we won't be able to eliminate all false alarms, but most people should be able to find an acceptable balance between false alarms and correct detections by changing this setting.

If you trained Keen in one position (e.g. while sitting up), and you are not getting a vibration regardless of the setting, it may be because you are now in a different body position (e.g. slouching, leaning back, or laying down). You can solve this by training another gesture in this other body position if you need to.



Change how sensitive Keen is to your movements by tapping a trained gesture and accessing Detection Settings. A lower setting vibrates less often and a higher setting vibrates more often.

Here are some other tips:



Make Keen's alert softer or stronger by tapping "manage" to access Vibration Settings.



Snooze gesture detection by setting the duration in-app and pressing Keen's button for two vibrations to activate.

Change is gradual. Focus the first few weeks on building your Keen sense of awareness. After that, begin to replace your subconscious behavior with healthier ones.



Keen's charging light doubles as a deep breathing guide. Hold down Keen's button for three vibrations (~10 seconds) to initiate. The charging light will "breathe" in and out with you for one minute to help calm your body and mind.



Even false alarms play a role in helping you become aware of where your hands are. Over time you may notice your hand movements BEFORE Keen...this means it's working!

Once aware that you are doing the behavior, ask yourself:

- > Where am I?
- > What am I doing?
- > How am I feeling?

This understanding helps you identify your triggers and choose the best replacement strategy for that moment. Some examples are:

At school, sitting at desk, bored

- > Go for a quick walk
- > Take 3 deep breaths

At home, watching tv, tired

- > Sleep!

At home, doing hw, stressed

- > Walk to get a glass of water
- > Stretch
- > Jumping jacks

EXPERIMENT TO FIND WHAT YOU LIKE!

FCC Regulatory 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.

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

FCC ID: 2AKCN-KEEN

Canadian Regulatory Statement

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.

IC: 22168-KEEN

Disposal & Recycling Information

Caution: Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.



This product should not be disposed of together with ordinary household waste, but instead needs to be disposed of separately. Disposal at your local recycling centers is free. Please be aware that it is your responsibility to dispose of this product to your recycling center. With this little personal effort, you can contribute to the recycling of valuable raw materials and the treatment of toxic substances.

Legal Notice

THE PRODUCT HAS NOT BEEN EVALUATED BY THE FDA. THE PRODUCT IS NOT A MEDICAL DEVICE NOR DOES IT CLAIM TO DIAGNOSE ANY CONDITION. IT IS DESIGNED TO PROVIDE INFORMATION ABOUT A PERSON'S HABITS FOR THE INDIVIDUAL'S OWN USE. THE PRODUCT MUST BE FITTED AND WORN ACCORDING TO THE INFORMATION PROVIDED WITH THE PRODUCT IN ORDER FOR IT TO OPERATE PROPERLY. ALL PRODUCT FUNCTIONS MAY NOT WORK OR WORK ACCURATELY ON EVERY PERSON.

HabitAware warrants that the Product will be free from defects in materials and/or workmanship for a period of one hundred-eighty (180) days from the date of delivery of Product ("Warranty Period").

TO THE EXTENT PERMITTED BY APPLICABLE LAW, HABITAWARE DISCLAIMS ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

Additional information about the Product, the Warranty, limitation of liability and other important matters can be found at www.habitaware.com/legal and use of this Product constitutes acknowledgment and agreement to those terms and conditions.

We're Here to Help



Made with ♥ and 🛠️

Thanks for purchasing Keen. We are excited to join you on the journey to awareness and positive behavior change.

It will take some hard work, but we are rooting for you!
We are here to help and want to ensure your success with Keen.

If you ever have problems, please email us at
support@habitaware.com.

with love & awareness,

Aneela & the  team