

HOW TO GUIDE!

Waiver and Release of Liability

By using this device, I have agreed to purchase the Pavlok device(s) (the "Products") provided by Behavioral Technology Group Inc. (the "Company") which is intended to change behavioral habits of mine. I understand the Products may be subject to modifications and improvements after my use. I am aware that the Products apply levels of electric stimulation or current to the body, and I understand that electric stimulation presents certain inherent risks of bodily and indirect injury, that may arise regardless of precautions and prior testing undertaken by the Company. BY USING THE PRODUCTS, I AGREE TO BE BOUND BY THE TERMS OF THIS WAIVER AND RELEASE OF LIABILITY.

In consideration for the Company's provision of the Products, and in addition to my payment for the Products, I hereby voluntarily release and forever discharge the Company and each of its agents, employees, officers, shareholders, members, managers, and directors, from any and all liabilities, claims, debts, demands, suits, actions, causes of action, or rights of action, which I or my heirs, assigns, successors, legal or personal representatives, estate or any other person claiming by or through me can, shall, or may ever have, now or in the future, for, by reason of, or based upon any injury, death, illness, disease, or damage to or loss of property arising out of, directly or indirectly, or in any way connected with or related to my use of the Products, including but not limited to based upon negligence, breach of express or implied warranties, misrepresentations, strict liability, unfair or deceptive practices or any other legal or equitable theories.

- **Check with your health care provider before using Pavlok if you have a previously diagnosed medical condition.**
- **Do not use Pavlok if you are pregnant.**
- **Do not use Pavlok if you are using a pacemaker or similar device.**
- **Pavlok is not intended to be used by or on persons under the age of 18 years old.**
- **Avoid water and wet locations. Do not expose Pavlok to water or rain, or handle near wet locations.**

I understand that this is the entire agreement between myself and the Company related to this subject matter and that it cannot be modified or changed in any way by any oral or written representations or statements by any employee or agent of the Company or by me. I understand and agree that this Waiver and Release of Liability shall be governed by the laws of The Commonwealth of Massachusetts, without regard to its conflicts of law principles, and that if any court should find any part of this document to be invalid, the rest of this document shall, notwithstanding, remain in full force and effect. I agree that any claims or disputes must be resolved by a court in The Commonwealth of Massachusetts, and I agree to submit to the personal jurisdiction of the courts of The Commonwealth of Massachusetts for the purpose of litigating all such claims or disputes.

BY USING THE PRODUCT, I CERTIFY THAT I HAVE CAREFULLY READ THIS DOCUMENT AND FULLY UNDERSTAND ITS CONTENTS. I CERTIFY THAT I AM AT LEAST EIGHTEEN (18) YEARS OF AGE, CAPABLE OF PROVIDING INFORMED CONSENT, AND AM NOT AWARE OF ANY MEDICAL CONDITIONS THAT WOULD RENDER MY USE OF THE PRODUCTS TO BE DANGEROUS TO MY HEALTH. I UNDERSTAND THAT THIS IS A WAIVER OF LIABILITY AND THAT I AGREE TO ALL TERMS BY USING THE PRODUCT.



PAVLOK

Frequently Asked Questions

How does the Pavlok know when I'm doing my habit?

For many use cases, zapping yourself manually is a better way to quit a habit. However, we do have integrations that can make the Pavlok automated. See the “Other Behaviors” page in this booklet for details.

Why is the Pavlok better than using a rubber band?

Using a rubber band can leave bruises. The Pavlok doesn't. Studies show that an electrical stimulus is more effective than a rubber band. We performed a course with 1200 people who tried to quit a habit. About 25% who used a rubber band succeeded and about 55-60% who used Pavlok succeeded.

Is it safe? How uncomfortable is the zap?

The zap is designed so that it is enough to be uncomfortable but not so strong that it hurts (and nowhere near dangerous). The Pavlok is CE certified and over 10,000 Pavlok users have proven it safe and effective.

How long does the battery last?

The battery life ranges from 3-5 days and charges through USB.

What is the band made out of?

The standard wristband is silicone. The body of the Pavlok module is ABS plastic, and the electrodes are white bronze-plated zinc.

Can I take it through airport security?

Yes.

No Zap:

Press, and then immediately release the middle button. If there is no zap, no LED's, and no short vibration, you typically need to charge it with the supplied USB-C cable. If you get no zap but do see lights and feel a short vibration, try changing the zap strength through the app. If your Pavlok is completely unresponsive, leave off the charger for 12 hours and plug in again, repeating the steps above.

Zap Strength:

If you don't think the zap is very strong, there are a few things you can try: 1) Make sure your Pavlok is charged. When it is low on battery, the zap strength is reduced. 2) Change the zap strength through the app. 3) Increase the number of zaps with Multi-Zap. 4) Ensure the wristband is secure so that the Pavlok touches your skin. 5) Move the Pavlok to the other side so that it touches the inside of your arm.

Device Not Connecting to App:

If you are trying to connect the Pavlok to the app but are having issues pairing or getting the buttons on the Remote to work, attempt the following, then try to reconnect.

1. Forget Device from Phone: Go to your phone's Bluetooth® settings. If your Pavlok is listed under "My Devices"/"Paired Devices," then tap on it and choose to Forget Device/Unpair.
2. Turn your phone's Bluetooth® off and then on.
3. Hard Reset the Pavlok: Press and hold the middle button for about 10 seconds until you see red blink followed by faint yellow flicker.
4. ***Attempt to re-pair in App***

Troubleshooting Continued

Your Pavlok Went Swimming:

Although your Pavlok was designed to be a powerful tool to transform your life. ***Pavlok is not waterproof and you should not wear it near water, including showers.*** If you do happen to get it wet, it might not survive.

Warranty:

We offer a one year manufacturer's warranty. Just let us know and we will quickly replace your defective device. If there was accidental damage, e.g., you spilled coffee on your Pavlok or took it scuba diving, we do not cover that. Pavlok is ***NOT*** waterproof.

For more information about our warranty visit Pavlok.com/warranty

Our 6-Month, 100% Money Back Guarantee:

If you are not completely satisfied with your Pavlok, we will refund you. First, we ask that you try the system to break your bad habit(s) for at least one week. If you are having trouble with the device or aren't seeing results you can reach out to us any time for suggestions. After that, if you still want a refund, just let us know and we will be glad to refund within six months of purchase.

Not seeing you question here?

Search our full FAQ at Pavlok.com/help

Other Questions?

If you've tried all troubleshooting options and you still can't get your Pavlok up and running, you may contact our support team at...

support@pavlok.com

While this guide covered the manual use of Pavlok, we encourage you to download the Pavlok apps for your iOS or Android device at [**http://pavlok.com/app**](http://pavlok.com/app)

Read case studies, science, and more on our blog at [**http://pavlok.com**](http://pavlok.com)

Technical Specifications

| | |
|------------------------------------|---|
| Model Number | PAVLOK3 |
| Silicone Wristband Sizing (length) | 5.9"- 8.6" (14.9cm-21.8cm) |
| Silicone Wristband Width | 3/4" (18mm) |
| Module Dimensions (LxWxH) | 1.9" x 1.1" x 0.5" (49mm x 28mm x 15mm) |
| Weight (Module + Wristband) | 23.0g |
| Battery Life | 3-5 days depending on use |
| Radio Transceiver | Bluetooth® Low Energy |
| Sensors and Motors | Vibration Motor 3-axis Accelerometer |
| Voltage | 3.7V |
| Measured Transmit Power | 2.22 dBm |
| Frequency Range | 2402 MHz to 2480 MHz (40 channels) |

App Requirements

| | |
|---------|------|
| iOS | 8.2+ |
| Android | 4.3+ |

IC: 23029-3
FCC ID: 2AMX803

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.

Any changes/modifications to this equipment not approved by Behavioral Technology Group, Inc. 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.

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

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.

The device has been evaluated to meet general RF exposure requirements.
The device can be used in portable exposure conditions without restriction.

Le dispositif a été évalué à satisfaire l'exigence générale de l'exposition aux rf.
L'appareil peut être utilisé dans des conditions d'exposition portatif sans restriction.

Hereby, Behavioral Technology Group, Inc. declares that this wearable device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.

MANUFACTURER CONTACT INFORMATION:

Behavioral Technology Group, Inc.
539 W. Commerce St. #3141
Dallas, TX, 75208

support@pavlok.com
pavlok.com/support/

PAVLOK