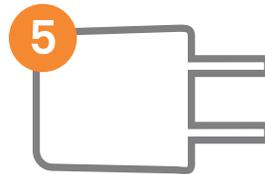
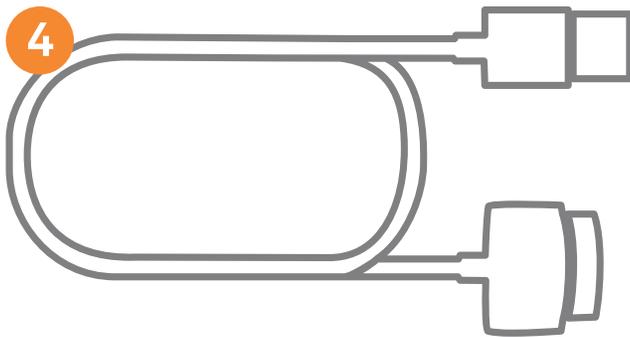
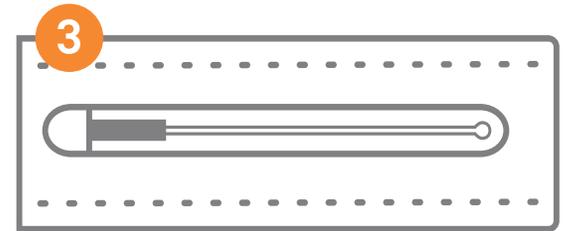
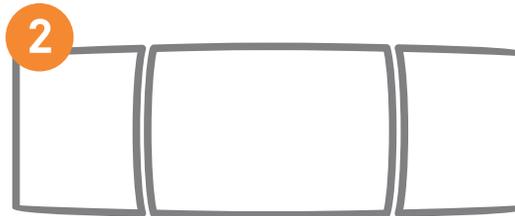
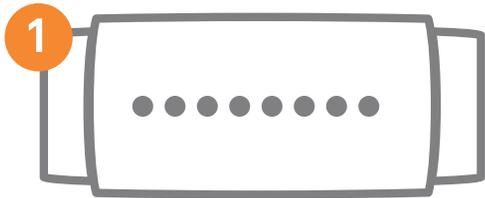


# larklife

## User Manual

larklife is a dual band and mobile app system that helps you get more out of everyday. It automatically tracks your daily activity patterns and coaches you on how to improve your health, energy and focus, one small win at a time.

# What's Inside the Box



1 Smart Core

2 Day Band

3 Night Band

4 Charging Cable

5 Wall Charger

# Getting Started

## Just got a larklife and not sure what to do?

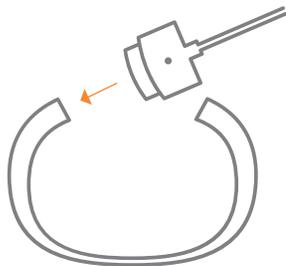
### Charge

Start by making sure your wristbands are charged. To charge your **larklife** band:

1. Plug the charging cable into the band; an orange light on the cable indicates it is charging.
2. When your light turns green, your band is fully charged.
3. Insert the core into a charged wristband.

#### User tip

**larklife** includes a day band and a night band; each band has its own battery so you can charge one band while you wear the other.



### Connect

Once your bands are charged, connect your system to your iPhone or iPod touch. To connect your **larklife** band to your mobile device:

1. Press down the wristband button until the blue light turns on (about 2 seconds). When the blue light flashes, the wristband is ready to pair.
2. Open the Settings app on your mobile device and go to the Bluetooth page.
3. Turn Bluetooth On.
4. Select “**larklife**” from the list of devices.
5. Once it says “Connected,” you have successfully paired the two together.

#### User tip

If at any point you want to unpair **larklife** from your device, simply go back to the Bluetooth menu in your Settings app, select “**larklife**,” and click “Forget this Device”.



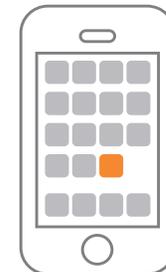
### Download

The free **larklife** app is required to use the **larklife** system. To download the **larklife** app:

1. Open the App Store app
2. Search for “**larklife**.”
3. Download the free **larklife** app by tapping on the button that says “Free.” You will be prompted to enter your Apple ID and Password.
4. Once installed, launch the **larklife** app to begin.

#### User tip

The **larklife** app runs on iOS 6.0 and above. You can update your iOS for free simply through iTunes.



# Getting Started (continued)

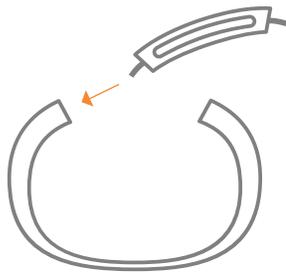
## Wear

Once your system is all set up, it is time to start using **larklife**.

1. Plug the smart core into the band and wait for it to start up. An LED light pattern will display to indicate that the start up has been completed.
2. Wear **larklife** on your wrist.

### User tip

**larklife** will track your activities during the day and your sleep quality at night while syncing your data automatically with your mobile device. During the day, **larklife** alerts you when you've achieved small wins - the little things in your day that make a positive impact on your health, energy and focus. Remember to check back in to your **larklife** app throughout the day to see what you did!



## Setup

To get started, you will need to setup a **larklife** account:

1. Launch the **larklife** app and follow instructions to create a new account.
2. Complete all the fields in your profile to continue.
3. Press and hold the wristband button until the blue light turns on to sync your wristband. You will need to sync this information to your **larklife** wristband to calibrate your wristband and ensure accurate data.

### User tip

If you are already a lark.com user, you should use your existing lark.com email and password to login directly and your data will automatically be copied to your new **larklife** account.

## Important Notice

**larklife** is not waterproof and should not be worn in the shower, be worn while swimming or be submerged in water.



# Daily Use

## Sync Data

**larklife** syncs automatically throughout the day through Bluetooth®. If you want to sync manually:

1. Press down on the wristband button until the blue light turns on.
2. Wait for a couple minutes while **larklife** processes your data.

### User Tip

Check the Bluetooth® indicator on the top bar of your device to see when you are connecting over Bluetooth®. View your data by turning your device sideways.

## Record Your Meals

**larklife** enables you to quickly log when and what you eat. To add a meal:

On the wristband:

1. Press the wristband button twice.
2. **larklife** will light up and vibrate to confirm your action.
3. The meal will appear in your timeline the next time a sync occurs.

Or

In the app:

1. Launch the **larklife** app on your device
2. Click on the Plus symbol (+) in the upper right of the screen
3. Select “Meal.”
4. The meal will appear on your timeline.

### User Tip

Logging meals helps you be more aware of when and what you’re eating, and **larklife** makes it easy to reap the benefits of a food diary without all the hassle. Once you have a logged a meal you can always go back later to select exactly which categories of food you ate.

## Track Sleep and Set a Silent Alarm

**larklife** includes a soft, comfortable wristband for night time that tracks how well you sleep and wakes you up silently with a vibrating alarm. To track sleep and set the silent alarm clock:

1. Remove the smart core from the day band and secure it to the night band.
2. Launch the **larklife** app on your device.
3. Click on the Plus symbol (+) in the upper right of the screen.
4. Tap on the alarm time to set your alarm.
5. Click on “Done” when you have finished setting your alarm.
6. Select “Sleep”.
7. Hold down the wristband button until it vibrates to start tracking sleep and activate your silent alarm.

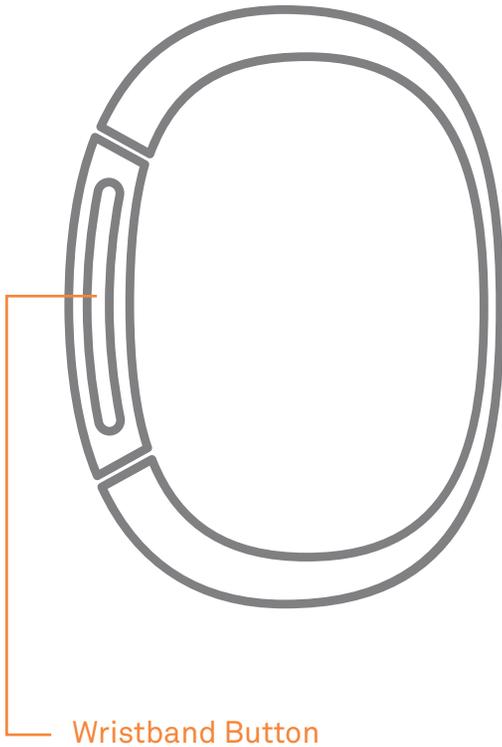
In the morning:

1. Snooze your alarm for 5 minutes by pressing the wristband button once.

Or

1. Press and hold the wristband button to turn off the alarm and get your sleep data.

# Quick Guide to Wristband Functions



## Day Time

### Check recent activity level

Press button once

### Manually sync data

Press button until blue light turns on

### Log a meal quickly

Press button twice

## Night Time

### Track sleep and set alarm

Press and hold button until it vibrates

### Stop sleep tracking and disable alarm

Press and hold button until it vibrates

### Snooze alarm

Press button once

Visit [lark.com/setup](https://lark.com/setup) for more information

# Safety Information

lark products can (as is possible with any electronic product) fail without warning. For this reason, lark can not recommend, condone or warrant any application of our products that could cause harm or injury, in any manner, to any person, equipment, or facility upon such failure of the product. For your safety and to protect the equipment from damage in the event of failure, it is important to follow all directions and suggestions related to the products, including (without limitation) only using the power cord that comes with the original packaging and unit. Product is not waterproof and is not intended to be used near water.

## Federal Communications Commission (FCC) Statement

Contains Transmitter Module FCC ID: QCFLARKLIFE

Model No: 10020

You are cautioned that changes or modifications not expressly approved by the part 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.

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 of the device.

## FCC RF Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

## Industry Canada (IC) Statement

Model No: 10020

Contains transmitter module IC: 10654A-LARKLIFE

You are cautioned that changes or modifications not expressly approved by the part 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 IC 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.
- 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.

## IC RF Radiation Exposure Statement

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

## Rapport Industry Canada (IC)

N° modèle : 10020

Contient un module émetteur IC : 10654A-LARKLIFE

Attention, toute modification ou tout changement non expressément approuvé(e) par la partie responsable de la conformité peut annuler le droit de l'utilisateur à utiliser l'équipement.

Cet équipement a été testé et déclaré conforme aux limites pour appareils numériques de classe B, selon la section 15 de la réglementation IC. Ces restrictions visent à garantir une protection suffisante contre les interférences nuisibles dans une installation à domicile. Cet équipement produit, utilise et peut émettre de l'énergie radio électrique et, s'il n'est pas installé et utilisé conformément

aux instructions, peut causer des interférences nuisibles aux communications radio. Toutefois, rien ne garantit l'absence d'interférences dans une installation particulière. Si cet équipement produit des interférences perturbant la réception de la radio ou de la télévision, que vous pouvez déterminer en éteignant et en allumant l'équipement, nous vous recommandons d'essayer d'éliminer ces interférences par l'une des mesures suivantes:

- Réorienter ou déplacer l'antenne de réception.
- Augmenter la distance séparant l'équipement et le récepteur.
- Connecter l'équipement à une prise utilisant un circuit différent de celui sur lequel est branché le récepteur.
- Consulter le revendeur ou un technicien radio/TV expérimenté pour obtenir de l'aide.
- Le fonctionnement est soumis aux conditions suivantes :

1. cet appareil ne doit pas causer d'interférences nuisibles, et
2. cet appareil doit accepter toutes interférences, y compris celles qui pourraient provoquer un fonctionnement non désiré de l'appareil.

## Rapport IC d'exposition aux radiations:

Cet appareil répond aux limites de l'IC sur l'exposition aux rayonnements établies pour un environnement non contrôlé. Les utilisateurs doivent se conformer aux instructions spécifiques d'utilisation pour satisfaire à la norme d'exposition aux radiofréquences. Cet émetteur ne doit pas être situé ou utilisé conjointement avec une antenne ou un émetteur.

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