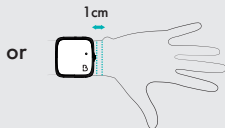
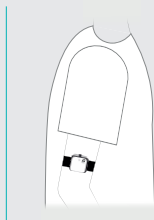
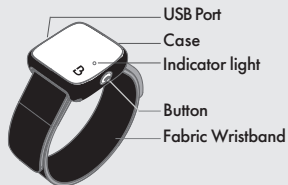


QUICK USER GUIDE

Description and positioning of the Bora band® on the arm or wrist




The Bora band® BB100 should fit snugly and apply light pressure to your skin, without causing any discomfort. This will ensure measurement accuracy.


Good practice

- Wear your Bora band® **as often as possible**, including at night.
- Take advantage of your washing/shower time to **recharge the Bora band® daily**.
- The Bora band® is only resistant to water splashes from all directions (IP64), so it is recommended **to remove it during bathing** or water activities such as **swimming**.


With the mobile application, check daily that **your device has successfully connected** to upload your data.

To start or check the operation of the Bora band®





Press the button quickly : the indicator light flashes green while  Bora band® is switching on.

When the button is pressed quickly after switching on, a solid green light  indicates that Bora band® is in operation.

Stopping the Bora band®

Press the button until the orange indicator light appears  indicating that Bora band® BB100 is switching off.

Other light signs

	Flashing orange : the battery is low, recharge your Bora band® BB100 using the charger provided.
	Flashing white: the battery is charging. The indicator light will turn off once the battery is fully charged.
	Solid blue : Bora band® is installing a software update, or sending or receiving data. Please do not switch off during these operations.
	Fixed red : your Bora band® BB100 is faulty. ▶ Try to turn it off and then switch it on again. ▶ If still faulty: contact the organisation that provided you with the Bora band® BB100.

Manufacturer :



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For more information, please refer to the Bora band® user manual.



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