

## Placing Device on Body

Place the ADAMM-RSM™ wearable anywhere on the upper torso (the area below the base of the neck and above the stomach on the front, side, or back).

*Tip: Do not slouch when sticking on the ADAMM-RSM.*


*Tip: Figure out a few comfortable positions to wear the ADAMM-RSM and alternate wearing it in those positions from day to day.*

## Charging





- Remove any adhesive from the back of the wearable.
- Place the wearable in the charging cradle with the gold points lined up as shown. Close the cradle and secure it with the strap.
- Make sure the cradle is connected to the wall adapter and the wall adapter is plugged into the electrical outlet.

**NOTE: Only use the provided USB Adapter.**

- The indicator light  will light on the wearable (it may take a few seconds). If the lights do not show, power ON the wearable. Reset if required.
  - **Flashing RED** - indicates the wearable is charging
  - **Steady RED** - indicates the wearable is fully charged
- The device should **NEVER** be worn while charging.

## Wi-Fi Syncing

- Press the wi-fi sync button  to enable Wi-Fi Sync feature on the ADAMM-RSM™ device. During this time the indicator light  will flash BLUE in color.

**NOTE: Use Wi-Fi to upload data to cloud nightly or at least a few times a week.**



## Quick Start Guide

### How to Use ADAMM-RSM



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## You should have:



**ADAMM-RSM**



**Adhesive Pack**



**Charging Cradle**



**USB Wall Adapter**

## Quick Reference for using ADAMM-RSM

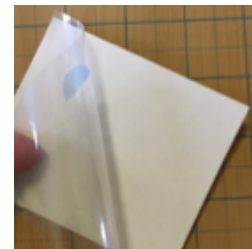


## Turning ON and Turning OFF ADAMM-RSM

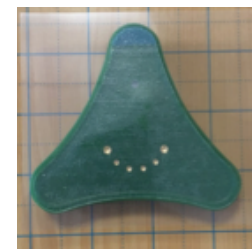
1. **Turning ON:** Press and hold **2** for 4 seconds and then release. **5** blinks blue and then green as it powers UP.
2. **Turning OFF:** Press and hold **2** until the device vibrates (approximately 10 seconds) and release as soon as the device starts to vibrate. If **5** lights up during this time, stop and repeat in one minute.
3. **Reset If Not Turning ON:** Press and hold **2** for 20 seconds. If **5** lights up during this time, stop the reset, as the light means the device is now turning ON.

*Tip: A vibration will occur when you press **1** if the device is ON.*

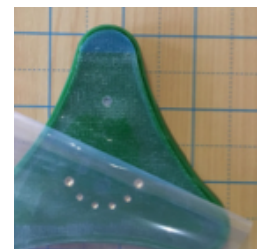
## Applying the Adhesives



1. Hold the clear liner and peel the white liner away from the adhesive pad.



2. Hold the clear liner and match the adhesive shape with the device.



4. Peel the clear liner off without lifting the adhesive off the device.

3. Press the adhesive pad onto the device as shown.