Download the Spire App at:
https://spire.io/app

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Quick Start Guide
Model S1.1

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Quick Start Guide
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Welcome to your new Spire. Let us show you around.

Your Spire is based on years of scientific research and product design. We are proud to bring it to you. To get started, have your Spire and smartphone handy. When you wear your Spire, it senses how you move and breathe to offer notifications, insights, and guidance through the Spire app. If you have questions or want guidance, please view http://support.spire.io or contact hello@spire.io or +1-800-501-CALM.

Vibrates when sensing tension

Spire's algorithms analyze your breathing patterns to notify you of useful changes in your state of mind.

Measures your breathing

Senses respiration to provide actionable feedback to improve mindfulness and health in mind and body.

Works with your smartphone

Integrates your phone's location and calendar to show when and where your tension occurred and what you were doing.

Tracks your whole day

Spire also tracks your physical activity and calorie burn wherever you are — at home, at work, or at the gym.

Trains you to improve

Guided activities in the Spire smartphone app train you to shift from tension to calm and how to build mindfulness and focus into your day.

What your Spire tracks

Calm

When you are breathing slower than you usually do for a sustained duration, Spire classifies that moment as calm. *Are you taking time to relax, re-center, and reset?*

Tension

Studies show that when we feel anxious or stressed, our breathing becomes faster and erratic. Spire's algorithms classify these moments as tense. *What triggers your tension and when?*

Focus

Moments of steady concentration result in consistent, regular breathing that isn't necessarily slow. This is classified as focus in the Spire app. *What helps you find your flow?*

Activity

Spire counts your steps when you are active and changes in your breathing when you are not. It also measures how long you've been not moving (sedentary). *Have you been sitting too long?*

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Let's get started

Charge your Spire by placing it on the charging pad, clip facing up. Plug the small side of the white USB cable included in your box into to the charging pad. Plug the large side into a USB power adapter like the one included with your phone or computer. While your stone is charging, the small blue light on it will slowly pulse. You'll know it is fully charged when the light stops flashing. A full charge takes about 2 hours.

You can also charge your phone with the charging pad by plugging your phone into the extra port on the back of the charger. This can help you reduce clutter in your room.

You can always check to see your stone's current battery level by tapping the stone twice with your finger. The light will flash — 4 flashes indicates a full charge; 1 flash means it needs to charge.
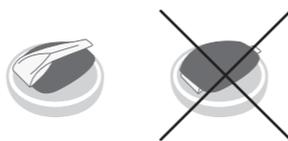
Using the app

The Spire smartphone app is where you can view your data and patterns over a day or week, adjust settings to customize your Spire, and get guidance to learn how to use your breathing better.

Install the Spire smartphone app by visiting http://www.spire.io/app on the web browser on your smartphone. After making sure your Spire is charged, open the app and follow the prompts on the screen. The app will show you how to wear your Spire and use the app.

App updates

The Spire app is being updated regularly. To make sure you benefit from this stream of improvements, ensure that you keep your smartphone up-to-date and keep automatic app updates enabled. We'll tell you when particularly exciting updates are released.

FAQs

How do I charge my Spire? How long does it take to fully charge? As you've probably discovered, Spire features wireless charging technology. To watch the charging pad and its features in action, checkout this video walk-through:
http://bit.ly/spirecharging. Spire takes about 2 hours to fully charge.

Does Spire need to be against my skin to sense breathing? No. However, the stone side of the Spire tracker must be positioned against your body in a way such it can detect your torso's expansion and contraction as you breathe.

We recommend you clip the stone to the waistband of your pants (around the first belt loop or where the belt loop would be) or, for women, your bra. If the fit isn't correct, your Spire app will notify you. Experiment to find the most comfortable and effective place for you. Most people forget that it's even there once they've found their preferred spot.

How do I troubleshoot app issues? First, visit http://support.spire.io and type your question in. If you have trouble with the app maintaining a connection to the Spire stone, please ensure:

• The Spire stone's battery is charged.
• Your smartphone's operating system is up-to-date.

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The Spire app is running and updated to the latest version.

If you're still experiencing issues: Try the bullet below then check your app again. If you are experiencing issues, try the bullet below it and repeat.

 Quit and relaunch the Spire app by double tapping your phone's home button then swiping the Spire app thumbnail up.
 Turn Bluetooth off and on *via* your smartphone's settings menu.
 Power your phone off then back on.
 Turn airplane mode off then on again on your smartphone.
 If you are still having trouble, delete the Spire app then reinstall it.

Why is the step or calorie count in the app different from what I expect? Spire's step-tracking algorithm may provide results that diverge from what you would expect or from what complementary products indicate. Many variables affect the number of steps Spire detects. For one, wearing a device on your wrist compared to your waist/torso will result in different levels of measurement error. Waist-based measurements are generally more accurate because there is less spurious movement compared to a wrist-worn device.

For more on the technology underlying all wearable devices' step tracking from The New York Times, please see http://bit.ly/steptrack.

How do I let the Spire app know that I've changed where I wear the Spire stone? You don't need to! After you wear your stone, the smartphone app will detect when it has been moved and will recalibrate itself to its new worn location.

If it cannot find a good baseline signal, it will prompt you to re-position the device.

Do I have to have my smartphone next to me for Spire to work? No. When not within Bluetooth broadcast range of your smartphone, Spire will store the most recent 6 hours of data. When the stone comes back in range of your smartphone device, it will upload the data it's saved to your phone for processing. Spire notifications will only work when you are near your smartphone.

Will Spire work with my tablet? If it supports Bluetooth 4.0 or above, then yes. However, Spire notifications will only work when you are near your tablet.

An important note

Though Spire is based on scientific principles and research on human physiology and cognition, it is not a medical device. Please consult your physician when considering integrating Spire's feedback into your health activities.

Learn more

Spire is based on years of scientific research and indirectly leverages the work of countless labs, researchers, and physicians. Please visit http://www.spire.io to learn more and join the Spire community. You can also find Spire on social media including Facebook (http://facebook.com/spire.inc) and Twitter (@spire_inc).

Help & support

You can find answers to your questions at support.spire.io. Still stumped? Please contact us at hello@spire.io or call us at +1-800-501-CALM.

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