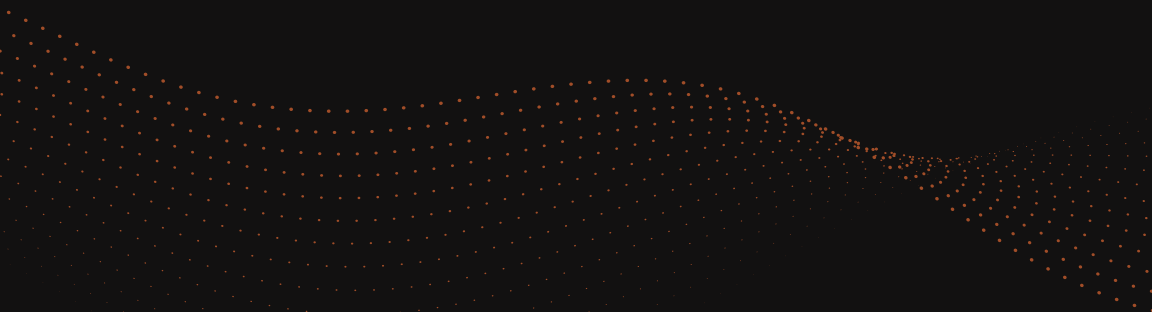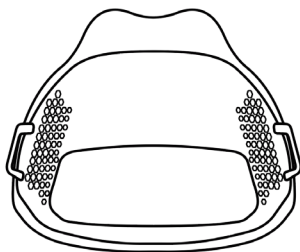Calibre

USER MANUAL

Get to know your Calibre!

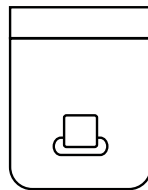# Part I: Getting Started

Step 1: Locate components

Inside you will find the facepiece (1), module (2), spare silicone plug (3), charging cable (4), carry bag (5), "Style A" strap assembly (6), and an alternative "Style B" strap (7).
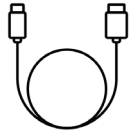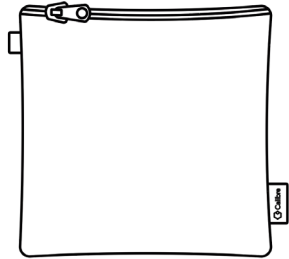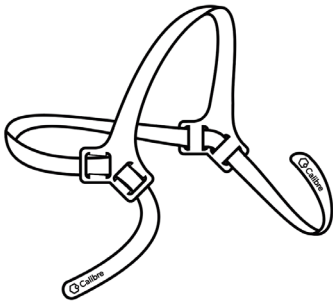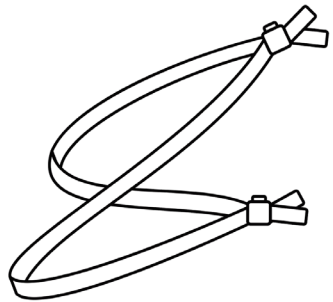

(1)   (2)   (3)

（4）

（5）

Style A
(6)

Style B
(7)

Step 2: Plug it in

Connect the larger end (USB-A) of the charging cable (4) to a standard USBA socket (not included), remove the silicone plug from the module (set aside for later), and plug the small end (USB-C) of the charging cable into the Calibre module as shown.

The light bar (LB) on the module will pulsate while charging and turn solid when fully charged. It is important to initially fully charge the module to optimize the battery life.

To ensure proper battery maintenance and longevity, it is imperative to use the charging cable provided along with a standard (non-accelerated) charging block and plug it directly into a wall socket, avoiding accessories such as laptops or external charging devices.

(LB)
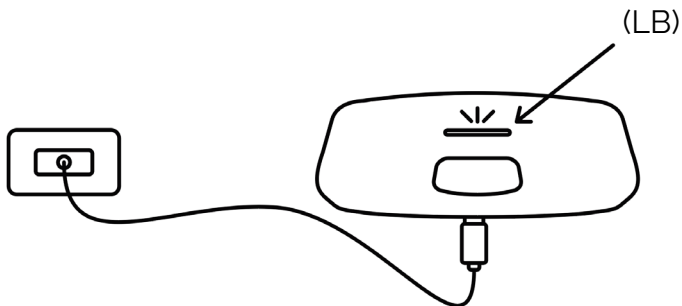
Step 3: Download the App and Create Your Account

The Calibre™ App is available in both the App Store and Google Play, simply scan the QR Code with your phone to download the Calibre App.

Once downloaded, launch the Calibre App on your phone and follow the onboarding sequence to create an account.
Then immediately move on to Step 4.
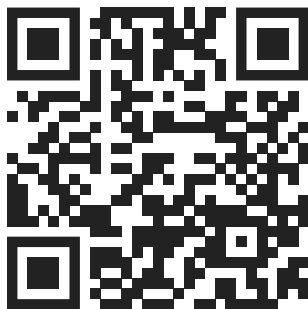
Tip: You can also go to calibrebio.com/download using your phone's browser or search for Calibre Biometrics app in the App Store / Google Play.

Step 4: Attach the straps

You can use Strap assembly "Style A" or "Style B" , but not both at the same time. There is no performance difference, only personal comfort preference.

For "Style A", thread the strap (8) through the slots (9) on the head band (10).

Loop each of the two strap tips through the anchors (11) on the facepiece, and fold each of the threaded tips back on itself, securing with the Velcro pad.
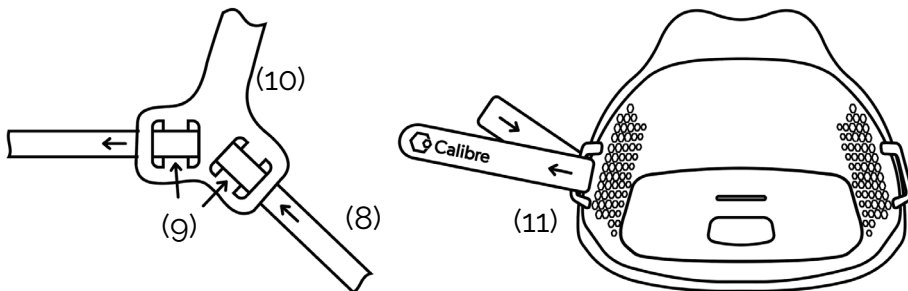
Tip: Adjust strap in headband to get same length of strap on both sides!

For "Style B" assembly (7), strap may already be attached to the facepiece, but if not, simply feed one strap about half-way through the right facepiece anchor (11). Attach the other strap half-way through the left facepiece anchor and attach one tip of each strap to the corresponding tip of the other strap using the two connector clamps provided.

Both strap connectors go behind the head, with one branch above the ear while and the other below the ear. You can slide the strap in the anchor to get some more length on the upper branch as needed (see picture).
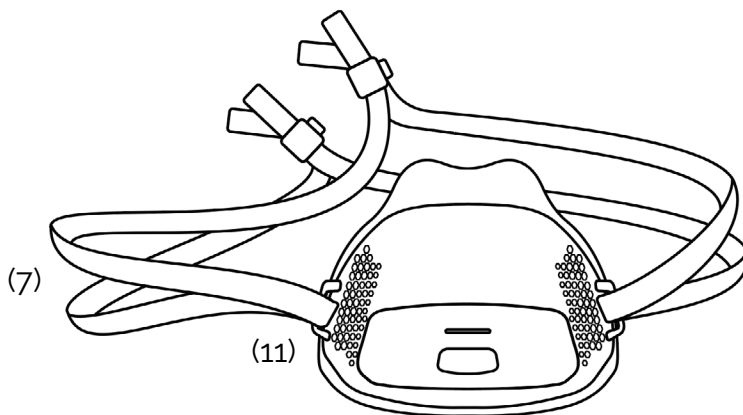
Step 5: Insert the Silicone Plug

Once your module is fully charged, unplug the unit from the charging cable. Insert one of the protective silicone plugs into the charging port on the bottom of the module.

Tip: To keep your device functioning properly, always ensure the silicone plug is inserted into the USB-C port when in use.

Step 6: Attach module to the facepiece

Just push it in - You will hear a "click" when module is in place.

Tip: To separate module from facepiece hold facepiece firmly in one hand and pull out the module with your thumb on one of its edges.
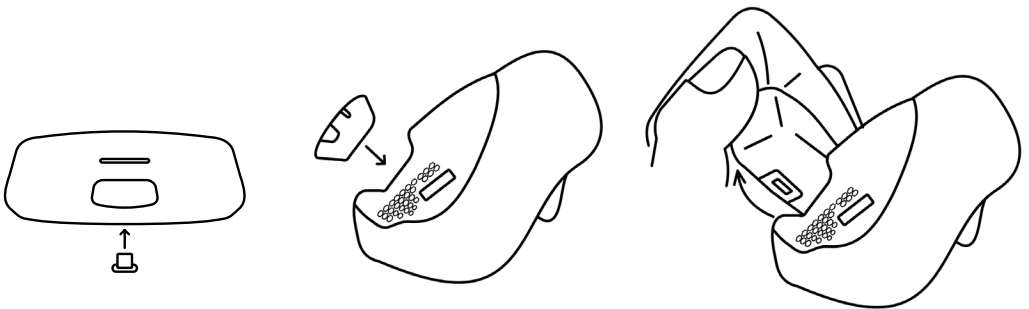
Step 7: Onboarding and Connecting to the Device

To connect your device to the app, please ensure your Bluetooth is turned on in your phone's settings. Next you will need to push the button on your module once so the unit is ready to connect. The light bar will flash when ready.

Launch the Calibre App on your phone, login, and select your device to connect.

Step 8: Adjust for Seal & Comfort

With either style strap attached, pull the assembly down over your head with facepiece in front and the strap behind your head (think of pulling down Ski Goggles, but lower – under your nose). Make sure it covers your mouth while cradling the bottom of your nose.

Adjust the strap length for comfort and fit. The facepiece should be comfortable and not too tight. You should avoid over-compressing the facepiece, as the design requires a sufficient area to exchange and measure your breath properly.

Once adjusted, you can take it off and put it back on anytime without additional adjustments.
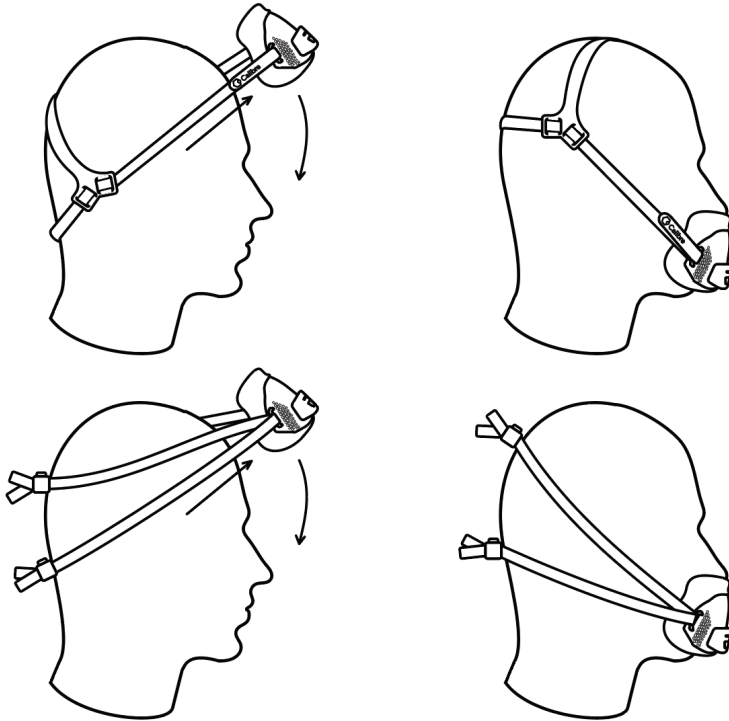
Tips:
- You do not need to undo the straps to take it off – just pull it up over your head.
- Check out the FAQ for further guidance on sealing and comfort

Part II: Understanding Calibre

The Basics: Dashboard, Recording, Sessions and Activity

Calibre starts measuring and analyzing your breath as soon as you put it on, and after a few breaths it starts generating real time readings that are displayed on the App's **Dashboard**, for you to see. These include respiratory and metabolic metrics.

The Dashboard only shows live data, in real time, updated every second. Once you **Start** a Recording it continues to collect, store, and calculate cumulative results and will do so until you press **Stop**.

The recording period of time from **Start** to **Stop** is a **Session**, and at the end of the Session it will automatically be saved.

You can assign an **Activity Type** from the drop-down to each recording. This is just a label used to keep track and organize your recorded sessions. The choice of Activity has no effect on the measurement and the calculations. For greater organization, you also have the option to customize the **Activity Name** section once the session has saved.

Tip: You can change the Activity assigned to a session any time after it is saved

Data in Real Time

While recording is on, you can view the cumulative data as it comes in, on the Recording screen, which you can always access by tapping the Recording icon on the bottom of the screen.

You can also view the Dashboard during a recording and see the same real time values, whether or not they are being recorded (tap Dashboard at the bottom of screen).

Calibre has a lot of metrics it can show. When looking at Recording data you get several respiratory and metabolic metrics, each of which opens its own detailed description when you tap on the box.

Recorded data

You can look at data recorded in the past by clicking the Sessions icon at the bottom of your screen. Each session is identified by its start date & time, as well as the Activity you assigned to it: click on it and it takes you to the data recorded for that session.

The data view for previously recorded sessions is similar to the live recording, but you can see the summary numeric values and there are several graph options that you can easily switch from one to another.

Using Calibre Anytime, Anywhere?

The compact design of Calibre enables you to comfortably wear it at your convenience, regardless of the activity or setting in which you want to use it.

However, please be aware that Calibre is engineered for optimal performance in indoor or controlled settings. Outdoor environments introduce factors that are more challenging to control, which could potentially interfere with some of the measurements.

It is completely safe to use outdoors but please keep this in mind.

Part III: Using Calibre

Once it has made the initial connection to your phone, almost all the operation is within the app. The physical device itself has only a few simple operations: it can be turned on, paired, or put into sleep mode.

On / Off

To put it into sleep mode, press and hold the button for three seconds.
- The light bar will fade gradually. Release the button after the light goes off.

To turn it on, a simple button press will wake it up.
- When you turn it on, the light bar will blink for one minute indicating the device is ready to connect to your phone.

Connecting / Disconnecting

If Calibre is disconnected, a short click on the button begins signaling to the app that your Calibre is available, and the light bar flashes (white). It continues to advertise until a connection is made. If it does not connect to your phone, it will time out after a while; but another short click will start a new attempt.

While Calibre is flashing and attempting to connect, if you click again, it will stop advertising and remain disconnected.

The device & phone will disconnect when one is turned off or they are out of each other's range.

Charging

To charge the battery, simply plug in the USB-C charging cable. It may take a few hours to fully charge.

Upon initial plug in, a white blinking light will appear as it prepares for charging mode. The light will then turn into a slow pulsating white light which indicates that it is charging. When charging is complete, the light will become solid.

You do not need to separate the module from the facepiece while charging, but it is a good opportunity to clean the face piece and let it dry (see "Cleaning Your Calibre").
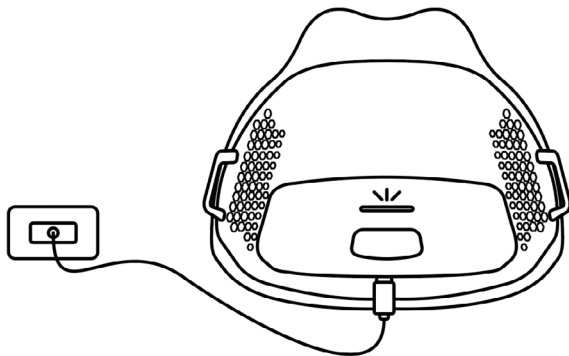
Calibration

One of Calibre's many remarkable features is how it performs calibration.

To maximize the results for your session it is important to always calibrate the device prior to measuring, especially when taking it into a new environment. The app will prompt you to calibrate automatically, or you can choose to do it manually within your app's device settings. Just be sure that you have not breathed into the Calibre for at least 30 minutes and that it's on a stable surface, avoiding any nearby breath or movement.
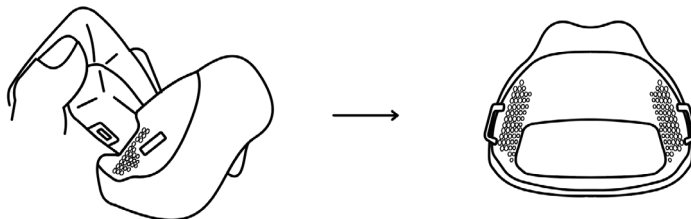
While calibrating, a yellow light pulsates on the device. Calibration is the only time the light is yellow.
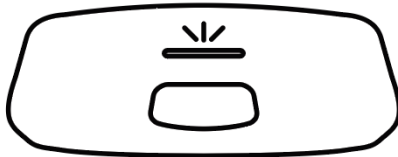
Part IV: Cleaning Your Calibre

Calibre is easy to clean. Just never skip Step 1.
1. **(!)** Separate the module from the facepiece before cleaning.

2. Wash the facepiece with water – we recommend using antibacterial liquid soap or detergent if available. Make sure to rinse & dry.

3. To clean the module just wipe it with a moist cloth, paper towel or disposable wipe.

Tips:
• Do not use an abrasive scrubber on facepiece as it might degrade the antifog coating.

Caution:

Please be advised that during use the module may get wet. To reduce the risk of moisture reaching the internal electronics, please insert the enclosed silicone plug into the charging port when using your Calibre and wipe any excess moisture from the outside of the module prior to charging. Before charging, please make sure the module has been allowed to dry.