



USER GUIDE

TABLE OF CONTENTS

1. Introduction	3
2. HydraCoach Description of Parts	4
3. Disassembling and Reassembling the HydraCoach	5
4. Battery Information and Installation	7
5. HydraCoach Button/Display Description	9
6. HydraCoach Initial Setup Mode	10
7. HydraCoach Functions	12
8. HydraCoach Screen Display Sequence	14
9. HydraCoach Operation	15
10. HydraCoach Reset	16
11. Maintaining Taste & Odor Freshness.....	18
12. Helpful Tips	18
13. Warnings and Cautions	19
14. Proper Care and Cleaning	20
15. Troubleshooting	21
16. HydraCoach Disclaimer	22
17. Warranty and Service	22
18. Battery Safety Information	23

For an online version of the HydraCoach User Guide go to:
www.hydracoach.com

Designed and Engineered by HydraCoach, LLC.

Made in China.

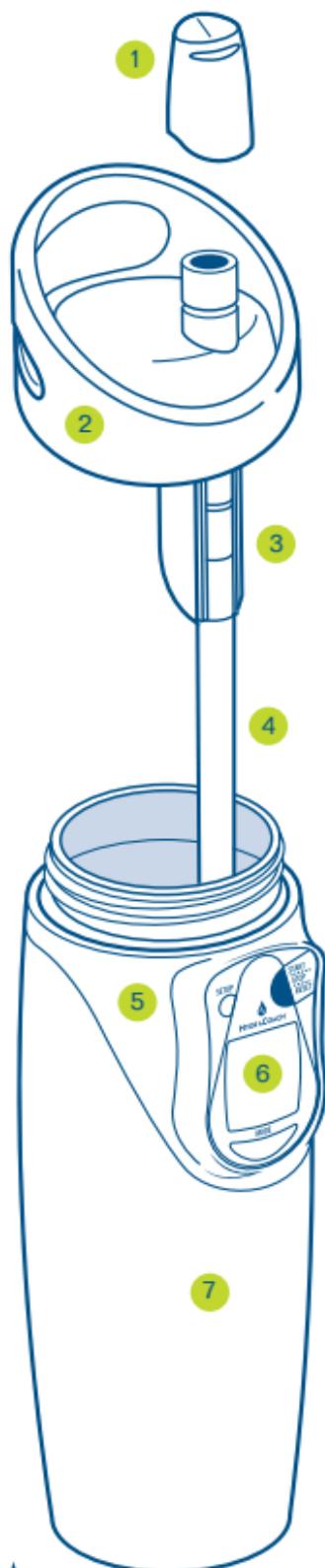
HydraCoach™ is a registered trademark of

HydraCoach, LLC, Irvine, CA 92619

All Rights Reserved. ©2017

HYDRACOACH DESCRIPTION OF PARTS

Please read instructions thoroughly before using the HydraCoach.



1. Mouthpiece
2. Upper Cap with Finger Ring
3. Impeller Assembly
4. Tubing
5. Bezel
6. Computer
7. Bottle

IMPELLER ASSEMBLY

Short Connector Tube



Impeller Housing



Draw Tube

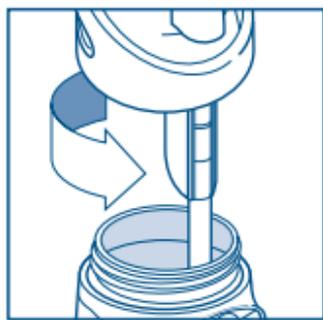


Disassembling and Reassembling the HydraCoach

The HydraCoach can be easily disassembled, and reassembled, to change the battery, refill the bottle, replace a part, or to clean. There are seven main components to the HydraCoach. The exploded view illustration shows where each of these parts locate in relation to one another, and explains how they all fit together. To ensure that the system works properly, it is important that these components join to one another properly.

UPPER CAP ASSEMBLY AND BOTTLE

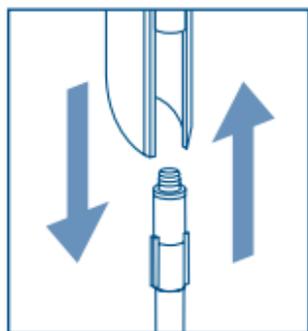
To remove the Upper Cap from the Bottle, simply twist the outer threaded Finger Ring in a counter-clockwise direction. When the Finger Ring has been unscrewed completely, you will be able to lift the Upper Cap, along with the attached Impeller/Tube Assembly, up and off of the Bottle.



To replace the Upper Cap, position the Mouthpiece at the front of the Bottle. The tabs on the Plug will automatically align with the slots in the Bottle. Gently press the cap downward to ensure that the tabs engage the slots, and then twist the Finger Ring in a clockwise direction until the Upper Cap is fully screwed down onto the Bottle for a snug and watertight fit.

UPPER CAP AND IMPELLER ASSEMBLY WITH TUBING

To remove the Impeller Assembly with Tubing, simply grasp the hard plastic housing of the Impeller Assembly and pull it down and away from the Upper Cap. The tabs in the rail of the Impeller Assembly will disengage from the notches on the rails of the Upper Cap.



At the same time, the Impeller Assembly will also disengage from the short Connector Tube and the Upper Cap.

To replace the Impeller Assembly with Tubing, simply reverse this process. Make sure that both of the rails are aligned properly so that the Impeller Assembly's locking tabs engage the notches in the Upper Cap. Gently push the Impeller Assembly up and into the short Connector Tube and the Upper Cap making sure that the barbed fitting is securely inserted within. At this point, you should hear an audible "click" indicating that the Impeller Assembly with Tubing is properly attached to the Upper Cap.



IMPELLER ASSEMBLY AND TUBING

Both the Short Connector Tube and the Longer Draw Tube that attach to either end of the Impeller Housing may be removed and then reattached by simply pulling them off and pushing them back on to the barbed fittings.

Note: The Impeller Housing and Tubes can only fit together in one orientation or the system will not work. Please make sure that the Short Connector Tube is at the top of the Impeller Housing (defined by the check valve inside) and the Longer Draw Tube is at the bottom.

MOUTHPIECE AND UPPER CAP ASSEMBLY

To remove the Mouthpiece, grasp it firmly and pull until it comes free of the Upper Cap.

To replace the Mouthpiece, simply press it over and down on to the stem of the Upper Cap until it is properly seated.



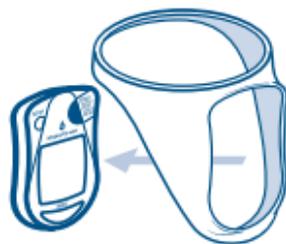
BEZEL WITH COMPUTER AND BPA-FREE BOTTLE

With the Upper Cap removed from the Bottle, the Bezel with attached Computer may be lifted up and off the Bottle as a single piece. To replace, simply reverse the process and press the Bezel with Computer back down and onto the Bottle.



COMPUTER AND BEZEL

The Computer detaches from the Bezel by means of a tab and notch system. Simply pinch both sides of the Bezel inward while gently pressing on the Computer's face, and the Computer will come free from the Bezel.



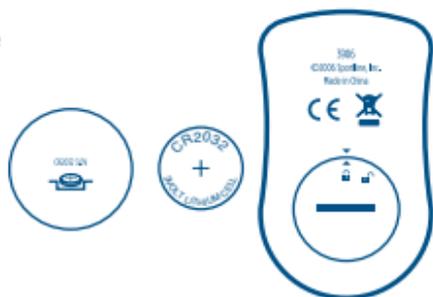
Note: The Computer only fits within the Bezel from the rear and in one orientation. To replace the Computer, simply place it into the back of the Bezel and press until you feel the locking tabs of the Bezel engage the notches in the Computer.

Battery Information and Installation

The HydraCoach computer comes with a CR2032 3V Lithium Battery installed. To activate for the first time, rotate the battery door counter-clockwise on the back of the computer and remove the battery tab/film.

Ensure the battery remains in place (+ Side Up). Replace the battery door, and rotate clockwise to tighten.

The computer should now be activated and ready for Setup.



IMPORTANT NOTE

- See User Guide to locate battery case.
- Peel off protective LCD sticker and discard.
- Make sure the HydraCoach is "ON" by pressing the Start/Stop/Reset button.
- This product uses non-rechargeable batteries.
- Do Not dispose of battery in fire; battery may explode and leak.
- Exhausted batteries need to be removed - the display will be very weak when batteries need replacing.
- Do Not use old batteries.

Under normal circumstances the battery should last approximately 6 months.

Note: Always recycle or dispose of dead batteries properly, and in accordance with your local laws.



PROCEDURE FOR REMOVING AND REINSTALLING THE BATTERY IS AS FOLLOWS:

STEP 1: Insert the edge of a coin in the horizontal slot on the door and rotate counterclockwise until the unlock icon aligns with the arrow icon.

STEP 2: Gently lift the battery door open and remove the battery from the battery compartment.

STEP 3: To reinstall the battery, simply place it down into the battery compartment with the positive (+) side facing out. Note: Be careful not to touch or bend any of the battery contacts within the battery compartment during installation.

STEP 4: Replace the battery door making sure that the o-ring seal does not get pinched or distorted.

STEP 5: Reinsert the edge of a coin in the horizontal slot on the door and rotate clockwise until the lock icon aligns with the arrow icon.



HydraCoach

Button/Display Description

SETUP BUTTON



**START/STOP/
RESET BUTTON**

MODE BUTTON

After installing a new battery, you will need to reprogram the HydraCoach. Please follow initial set-up mode instructions.

HydraCoach

Initial Setup Mode

Initial Setup Mode may be accessed in two ways: 1) Installing a new battery 2) When both the Setup and Start/Stop/Reset buttons are pressed and held simultaneously for 2 seconds (the program will display user preset settings).

The Initial Setup Mode allows you to select operational units and enter personal data in order to customize the HydraCoach Hydration Program to meet your needs.

SETUP MODE BUTTON OPERATIONS

Mode Button – Toggles through units and advances digits. Hold down for fast advance.

Setup Button – Sets units or digits and advances to the next item or screen.

Start/Stop/Reset Button – Has no function in Setup Mode.

INITIAL SETUP MODE PROGRAM

Units of Fluid Measure

Select OZ (Ounces) or L (Liters) as the program's default unit of fluid measure. Note: The default setting for Units of Fluid Measure is Ounces (OZ).



Units of Weight

Select LB (Pounds) or KG (Kilograms) as the program's default unit of weight. Note: The default setting for Units of Weight is Pounds (LB).



Current Weight

Enter your current weight into the computer one digit at a time.



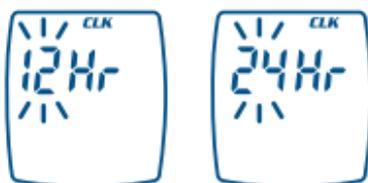
Personal Hydration Goal (PHG)

Based on your previously programmed weight, the computer will automatically calculate your recommended daily Personal Hydration Goal (PHG) value and display it on the screen. This value may be accepted or adjusted up or down to meet your personal daily fluid requirements.



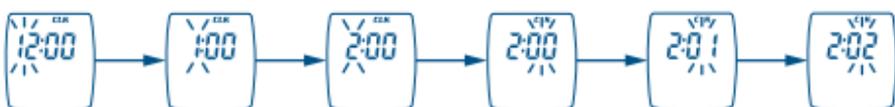
Clock Format

Select 12 or 24 Hour clock format. Note: The default setting for Clock Format is 12 Hour.



Current Time

Enter the current time into the computer in hours and minutes. Note: There is only a PM time designation in 12 Hour format; there is no AM time designation.



Current Date

Enter the current month, day and year into the computer.



1.

HydraCoach Functions

ABBREVIATION AND ICON DEFINITIONS

TAC Total Amount Consumed

TET Total Elapsed Time

PHG Personal Hydration Goal

%DG Percent of Daily Goal

CLK Clock

DAY Date

AVG Average Consumption

L/HR Liters Per Hour

OZ/HR Ounces Per Hour

PM PM Time Designation

LB Pounds

KG Kilograms

L Liters

OZ Ounces

Stop Watch Icon



TOTAL AMOUNT CONSUMED (TAC)

This function displays the total amount of fluid that has been consumed since the HydraCoach was started. Value resolution for Ounces is in whole numbers, and in Liters to tenths.



TOTAL ELAPSED TIME (TET)

This function is a count-up timer that displays the total elapsed time since the HydraCoach was started.



AVERAGE CONSUMPTION (AVG)

This function displays the average hourly rate of fluid consumption. Data displays after one minute of total elapsed time.

Note: Values that are out of the program's operating range will display as dashes on the screen. Real-time values will replace these dashes as soon as they fall within the program's operating range.



PERSONAL HYDRATION GOAL (PHG)

This function displays your Personal Hydration Goal for the day. The PHG value is defined as the amount of fluid that an individual should consume over the course of a 24-hour day to maintain optimal hydration. Based on your current weight, this value is automatically generated by the HydraCoach program in the Setup Mode. The PHG value should be adjusted up or down to meet your specific needs.



PERCENT OF DAILY GOAL (%DG)

This function displays, in real-time, the total amount of fluid consumed, expressed as a percentage of your daily PHG.



CLOCK (CLK)

This function displays, in 12 or 24-Hour format, the current time.



DATE (DAY)

This function displays, in Month/Day/Year format, the current calendar date.

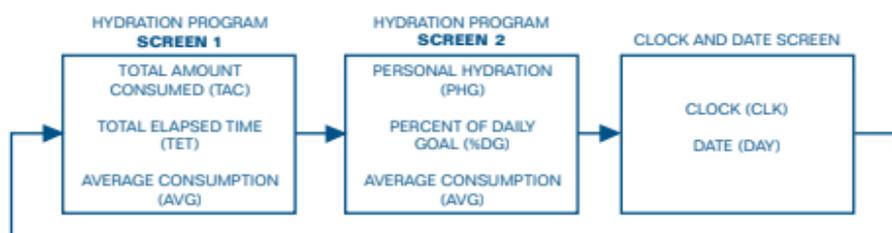


HydraCoach

Screen Display Sequence

When you have completed the Initial Setup Mode, the computer will automatically enter into the Normal Operating Mode (NOM). There are three NOM function screens. The first two are specific to the Hydration Program, while the third displays the time and date.

Normal Operating Mode (NOM) Function Screens



Press the Mode button to cycle through the NORMAL OPERATING MODE (NOM) function screens.

HydraCoach Operation

- To drink, gently bite down on mouthpiece and sip
- To ensure accuracy take deliberate, pronounced sips.
Low intensity sips may not register with hydration monitor.

Starting and Stopping the Hydration Program

All Hydration Program operations are executed by means of the Start/Stop/Reset button and may only be performed from within either of the two Hydration Program screens (TAC/TET/AVG or PHG/%DG/AVG). Note: The Hydration Program may never be started or stopped, or a NOM reset performed, from the Clock and Date screen (CLK/DAY).

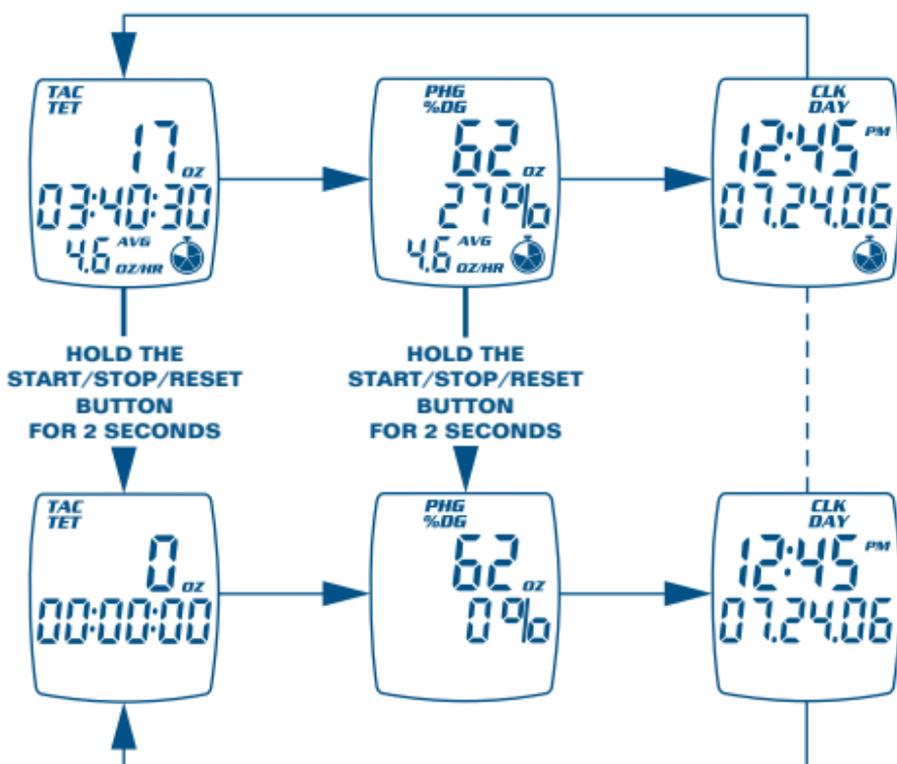
To start the HydraCoach, make sure that you are in either the TAC/TET/AVG or PHG/%DG/AVG screen, and press the Start/Stop/Reset button. A Stopwatch icon  will begin running in the lower right hand corner of the display. This indicates that the Hydration Program is active, and that you may begin drinking at any time.

To stop the HydraCoach, make sure that you are in either the TAC/TET/AVG or PHG/%DG/AVG screen, and press the Start/Stop/Reset button. The Stopwatch icon will pause, and all Hydration Program functions will cease updating. The HydraCoach will display the information that was last recorded before the computer was stopped. To resume the Hydration Program, press the Start/Stop/Reset button again in either the TAC/TET/AVG or PHG/%DG/AVG screen, and all functions will pick up where they last left off.



HydraCoach **Reset**

Press the Mode Button to cycle through the NORMAL OPERATING MODE function screens.



RESET

The HydraCoach may be reset at any time. To do this, the HydraCoach must first be stopped as described in the previous section. From either the TAC/TET/AVG or PHG/%DG/AVG screen, press and hold the Start/Stop/Reset button for 2 seconds. All Hydration Program functions will reset to zero or their last set default values. The computer is now ready to start a new Hydration Program.

24-HOUR LIMIT RESET

The HydraCoach monitors the amount of fluid that an individual consumes over the course of a 24-hour day. When the Total Elapsed Time (TET) function reaches 24 hours, the HydraCoach will stop automatically. All NOM function screens will begin flashing to notify you that the 24-hour time limit has been reached. At this point, you may either toggle through the NOM function screens to review your end-of-day data by means of the Mode button, or you may reset the computer and begin a new Hydration Program.

To reset the Hydration Program after the 24-hour time limit has been reached, simply press and hold the Start/Stop/Reset button for 2 seconds in any of the flashing NOM function screens. Note: This is the only case in which the Hydration Program may be reset from the Clock and Date screen (CLK/DAY). All Hydration Program functions will reset to zero or their last set default values. The computer is now ready to start a new Hydration Program.

Maintaining Taste & Odor Freshness

Please be aware that, under many conditions, water bottles occasionally develop unpleasant odors and/or tastes.

Oftentimes it may be due to incorrect storage, not properly cleaning the product, or when the bottle is used to store liquids other than water.

We suggest that you follow some simple steps to maintain the freshness of your HydraCoach:

1. Before first use: Fill your HydraCoach with cold water and add a squeeze of fresh lemon juice, or a level teaspoon of baking soda, shake well and leave to stand for 10 minutes. Empty out and rinse thoroughly with fresh cold water. Refill with drinking water when you are ready to use the HydraCoach.
2. After each use: Do not leave water in the HydraCoach. Rinse and empty the bottle/straw and then allow the various components to air dry completely.
3. Periodically, or when the HydraCoach seems to take on an unpleasant odor and/or taste: Repeat the rinsing instructions (in 1 above) as needed.
4. Please remember that hot conditions will accelerate any water taste or smell issues.

Additional Tip: Some tastes and odors can be removed from plastic water bottles simply by rinsing them with anti-bacterial mouthwash.

Helpful Tips

- Drinking from the HydraCoach using the Mouthpiece is a two-step process. With your lips around the mouthpiece, locate your teeth on the indents at the tip and bite down to open the slit. **To ensure accuracy take a good strong sip just like you would with a straw, to draw the fluid from the bottle up in to your mouth.** When finished, simply remove your mouth from the Mouthpiece and the slit will automatically seal itself to protect against accidental spillage.
- The PHG value may be adjusted throughout the day to accommodate your personal hydration needs.
- The Bottle should be refilled when the water line reaches

the ----REFILL---- mark on the lower back portion of the bottle. This ensures that no air is sucked through the system resulting in erroneous readings.

- Do not tip the bottle too far forward while you drink. Keep the bottle oriented in a vertical position for it to work most effectively.
- It is perfectly all right to put ice in the bottle to keep your drink cold.
- When adding water to the bottle, **DO NOT** fill to the very top.
- When transporting a filled HydraCoach, make sure that the Mouthpiece does not become compressed or deformed in any way, or water will be released from the system.

Warnings and Cautions

Important things to be aware of when using your HydraCoach...

- **WARNING:** Only the HydraCoach bottle is dishwasher safe.
- **DO NOT** place boiling or very hot liquid into the HydraCoach bottle as it could potentially damage or compromise some of the seals and/or components located within the system.
- The use of fluids other than water within the HydraCoach could potentially damage or compromise some of the seals and/or components located within the system, especially if left to sit and dry.
- **DO NOT** allow air to be sucked up into the system, as this will produce erroneous readings.
- The Computer is water-resistant and sealed to withstand wet conditions. However, **DO NOT** deliberately place or submerge the HydraCoach into water.
- Avoid leaving the HydraCoach exposed to extremely hot or cold conditions.
- **WARNING:** The HydraCoach is **NOT** microwave safe.
- Although designed and manufactured for durability and performance, the HydraCoach contains sensitive electronic and magnetic components. Care should be taken when handling to minimize any risks, due to extreme impacts or shock, which might damage the unit.

Proper Care and Cleaning

The HydraCoach disassembles into seven main components. This allows you to clean the system easily and thoroughly. The best methods for cleaning the individual components are as follows:

Bottle – Bottle – The bottle is made up of BPA-Free material. Wash bottle by hand in warm soapy water only after separation from the rest of the HydraCoach components. The bottle can also be placed in dishwasher (Bottle Only); Do not place any other piece of HydraCoach in dishwasher.

Computer – The Computer may be polished with a soft cloth in most cases. However, a slightly damp cloth may be used if necessary. Note: Be careful not to scratch the lens area. Never use solvents, abrasives, or harsh chemicals or materials to clean the Computer. Never submerge the Computer in water or other liquid medium. **DO NOT** place in the dishwasher.

Impeller Assembly and Straw Tubing – To thoroughly clean the Impeller Assembly and Tubing, they should first be soaked in warm soapy water, making sure that no air is trapped within the components. Next, flush the system with a stream of warm running water through the bottom end, or the end that the longer Draw Tube attaches. Once flushed thoroughly, it is now ready for use. To dry, the Tubing should be disconnected from the Impeller Assembly, air blown through the components to rid the system of excess water, and then left to air dry. **DO NOT** put in dishwasher.

Mouthpiece, Upper Cap and Bezel – These components are best washed by hand in warm soapy water and then rinsed clean. However, they may be placed in a dishwasher's upper rack and away from heating elements if absolutely necessary. They may then be wiped dry with a soft cloth or left to air dry. **DO NOT** put in dishwasher.

When not in use, the HydraCoach should be allowed to dry completely and then stored away for safe keeping until you want to use it again.

Troubleshooting

The HydraCoach seems to be reading low.

You may be sucking too lightly. Try sucking a little harder through the Mouthpiece. (See the Helpful Tips section in this manual for more details)

The HydraCoach seems to be reading high.

Make sure that you are not sucking any air through the system. Ensure that there is always water contained within the Impeller Assembly and Tubing while in use. (See the Helpful Tips section in this manual for more details)

The Computer does not register my fluid intake after I drink from the HydraCoach.

The Hydration Program has not been started, or is paused. (See the HydraCoach Operation section in this manual for more details)

The HydraCoach is assembled improperly. (See the Disassembling and Reassembling the HydraCoach section in this manual for more details)

The Impeller may be bound or seized. Check to make sure that the Impeller spins freely within its housing.

The Computer behaves erratically, experiences "lock-ups" or the display is weak or fades in and out.

The Battery may be weak and/or dying.

The Computer's LCD and other sensitive components do not operate well in extremely hot or cold conditions. Return the HydraCoach to a less extreme environment.

Check the components for cracks or breaks, and the fit of all assemblies to ensure that the system is air and water tight. A system that is compromised by air or water leaks will cause the HydraCoach to malfunction. Tighten any loose fittings.

The Computer's display is blank or does not light up.

The Battery is completely dead, not installed or the factory installed Insulation Tab may still be inside the battery compartment. (See the Battery Information and Installation section in this manual for more details)

It is difficult to suck water through the tubing and mouthpiece.

The Mouthpiece and/or Air Check Valve may not be fully cut through. Try pinching and rolling the Mouthpiece between your thumb and index finger to open the slit completely. Run a fingernail across the Air Check Valve to separate the four triangular shaped flaps from one another to allow air to more easily pass through.

HydraCoach Disclaimer

The HydraCoach is not a medical tool and should not be used as one. The Personal Hydration Goal calculation offers only a general guideline for daily fluid consumption and may not be an appropriate recommendation for many. HydraCoach does not make any medical claims or instruction with respect to individual hydration requirements. Please consult your doctor on all issues related to your own hydration requirements.

Warranty and Service

For purchases made in the U.S. If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to:

HydraCoach, LLC, P.O. Box 51701, Irvine, CA 92619-51701

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product. **(PLEASE PRINT CLEARLY)**

NAME _____ TEL _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____

STORE PURCHASED FROM _____

DATE OF PURCHASE _____ PURCHASE PRICE _____

PROBLEM WITH PRODUCT _____

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

For purchases made outside the U.S.:

If at any time within one (1) year from the purchase date should you experience problems with this item, complete this Guarantee Certificate and return it with the product and your receipt to the point of purchase.

Guarantee does not cover crystal or battery.

www.hydracoach.com

Battery Safety Information

⚠ CAUTION – Battery Safety Information

- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries must be removed before recharging.
- Rechargeable batteries should only be recharged under adult supervision.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries.
- Exhausted batteries are to be removed.
- Do not mix old and new batteries.
- Do not dispose of batteries in fire; batteries may explode or leak.
- If this product will not be used for an extended period of time, remove the batteries from the product.
- The supply terminals are not to be short-circuited.
- Batteries are to be inserted with correct polarity.
- Clean the battery contacts and also those of the product prior to battery installation.
- As always, dispose of batteries in an eco-friendly manner.



The purpose of the crossed-out wheellie bin symbol is to remind us that most electrical products, and batteries, contain trace elements (including Mercury – Hg, Cadmium – Cd and Lead – Pb) which could be harmful to our environment and therefore our health. We must all be careful to dispose of them responsibly in a specifically designated way – either using a collection scheme or into the correctly labeled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.



Designed and Engineered by HydraCoach, LLC.

Made in China.

HydraCoach™ is a registered trademark of

HydraCoach, LLC, Irvine, CA 92619

All Rights Reserved. ©2017