

# Posture Alert Trainer Instructions

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Please read this instruction manual carefully before using. Keep the instruction manual for future reference.

## TECHNICAL SPECIFICATIONS:

CHARGING VOLTAGE: 5V

BATTERY: 150mAh/3.7V

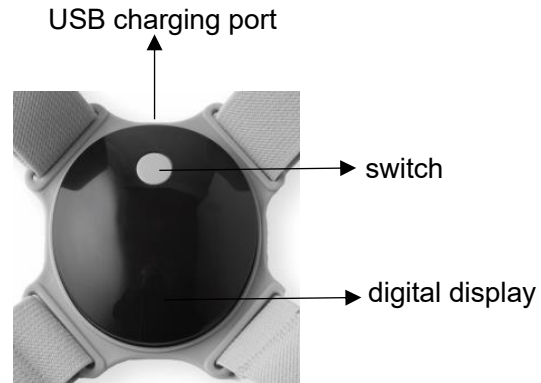
CHARGING TIME: around 2 hours

## PACKING LIST:

PRODUCT \* 1

USB CHARGING CABLE \*1

MANUAL \*1



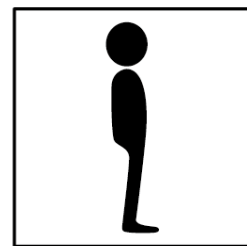
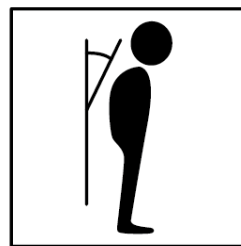
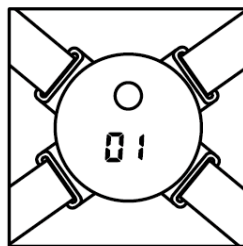
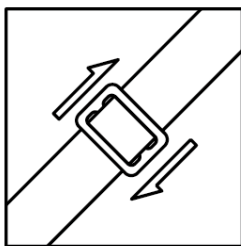
## INDICATOR LIGHT DESCRIPTION:

working status	light status
normal work	display shows numbers
normal charge	display blue light is always on
fully charged	display blue light is off

**NOTE: During the charging process, the product cannot be turned on to work.**

**Charging time is around 2 hours. After charging is complete, disconnect the power supply.**

## USAGE STEPS (HOST CHARGING PORT FACING UP)



Step 1: Adjust the strap to the appropriate length.

Step 2: After wearing it, straighten your back, keep your head up and your chest up, then press the switch for over 1 second, the display is on, and it works normally.

Step 3: When you have a hump, the orthosis will automatically sense vibration to remind you of your posture.

Step 4: The aligner reminds you to keep your chest up by vibrating.

## VIBRATION DESCRIPTION

1. If the aligner is not sensitive, you can adjust the strap properly. At the same time, when the machine is turned on, the back should be straight and the chest should be expanded as much as possible.
2. If the aligner is too sensitive, you can adjust the strap properly, if it is because the vibration is frequent when correcting the sitting posture, you can sit upright, and the product will stop the vibration prompt.

## CLEANING AND PRESERVATION

Please use a clean soft cloth to clean the product (please turn off the power when cleaning, do not use corrosive cleaning agents such as benzene or thinner, otherwise it will cause discoloration, surface aging, structural damage, etc.)

Please put the product in a well-ventilated and dry room. Please cover it with a protective cover when it is not used for a long time.

## PRECAUTIONS

1. Do not use this product while resting and sleeping.
2. Please start from 1-2 hours when using this product for the first time, and gradually extend the wearing time after getting used to it.
3. If the product is too tight during use, and when worn for a long time, breathing will be affected to a certain extent. Please adjust the tightness appropriately.
4. It is not advisable to use the product in direct contact with the body when wearing it, please stop using it if any discomfort or adverse reaction occurs on the skin.
5. Pay more attention to posture and body position when using this product, and remind it often.
6. The correction process is not easy. It needs to be used consistently to be effective. Those with serious circumstances should go to a regular specialist hospital for treatment.
7. Do not use this product when your hands are wet. Do not drop or step on this product.
8. Please charge the product every 1-2 months.

## COMMON PROBLEMS AND SOLUTIONS

problems encountered	possible reason	approach
automatic shutdown after startup	low battery	please charge
cannot start	low battery	please charge
not enough vibration	low battery	please charge
the charging light does not light up	poor USB socket contact/poor power contact	unplug the USB charging/power cable

**MADE IN CHINA**

## CUSTOMER SERVICE

**KMART AU:** 1800 124 125

**KMART NZ:** 0800 945 995

**TARGET AU:** 1300 753 567