

Get started with  
your new

**Readi / Watch™**



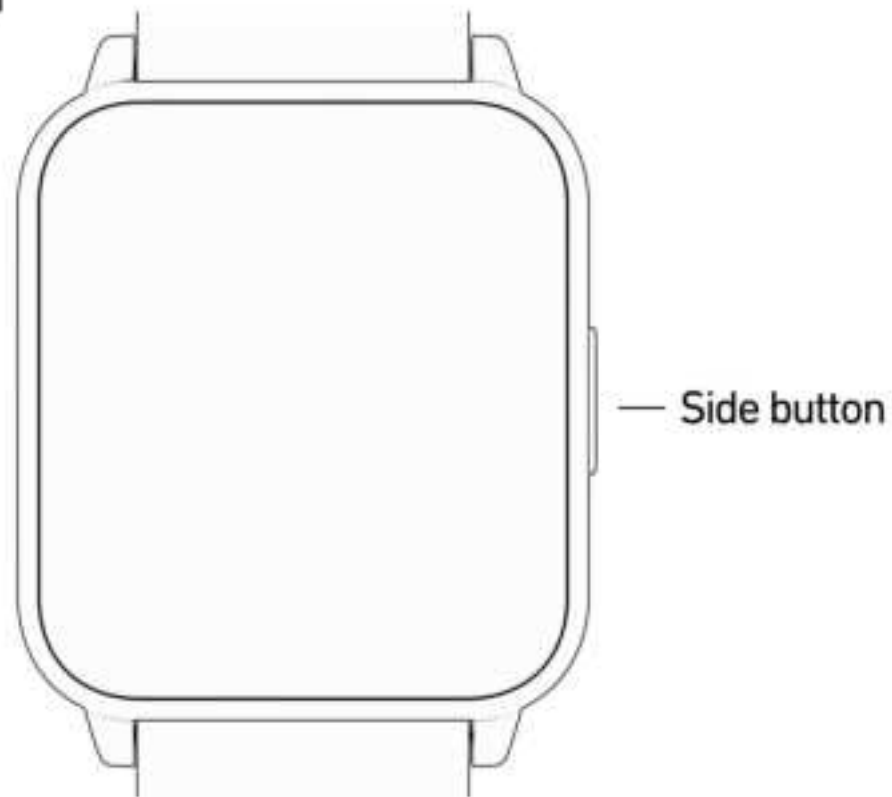
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# Turn On Your RediWatch

**Press and hold** the side button to turn on your RediWatch.

The side button can also generally be used to **go back to the previous screen** when navigating your RediWatch.



# Activate Your ReadiWatch

Download the app **ReadiOne** on your smartphone and follow the instructions to get started.

To download, scan the following QR code, or search for ReadiOne on the App Store or Google Play.

If you don't have a smartphone, ask your Readi program manager for assistance.

Readi / One

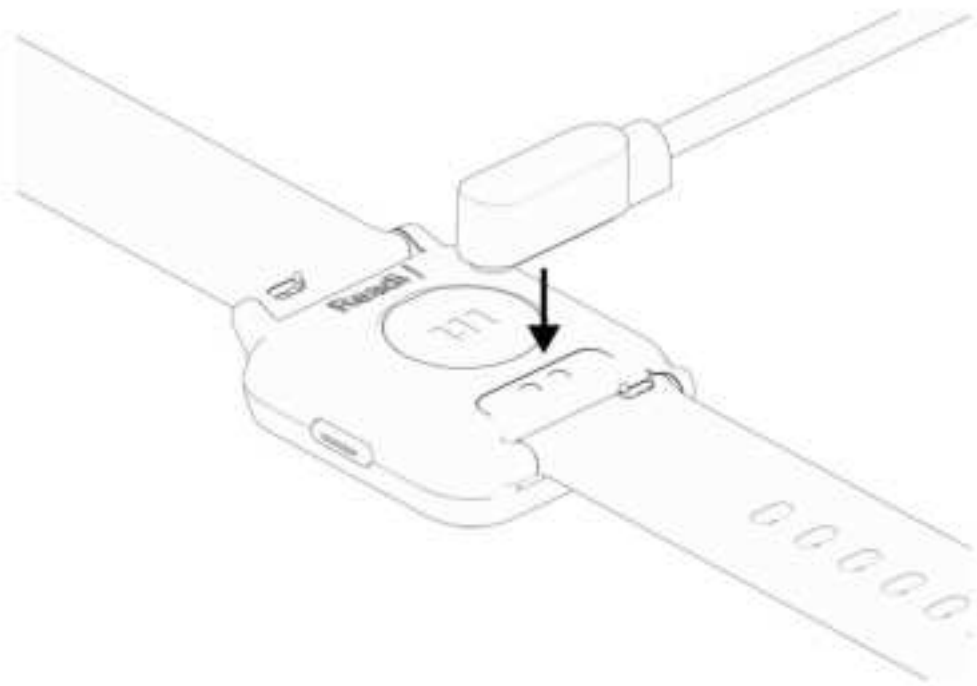


# Charge Your RediWatch

To charge your RediWatch, connect the charger pins to the ports at the bottom of your watch, until they **magnetically connect**.

Plug the other end into to any power-connected USB port.

Battery life is **10+ days** with typical use.  
A full charge typically takes 1 hour.



# Home Screen



# Navigation



# Fatigue Alerts

A key feature of ReadiWatch is to provide you **Fatigue Alerts** to help keep you safe and aware of fatigue while on duty.

Fatigue Alerts will only be sent during **work hours**, as configured by your Readi program manager.



Elevated Fatigue is indicated by a ReadiScore of 80.

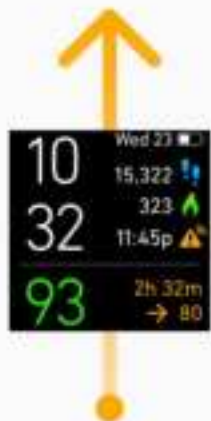


High Fatigue is more severe than Elevated Fatigue, and is indicated by a ReadiScore of 70.



# Quick Settings

Home



**Swipe up**  
from Home screen to  
access apps

## Sleep Mode



- Enables DND
- Disables Raise to Wake
- Lowers brightness

## Raise to Wake



Wakes up screen when you raise your wrist. (If disabled, press side button.)

## Do Not Disturb (DND)



Disables Fatigue Alerts and other notifications.

## Screen Brightness



# Sleep & Fatigue

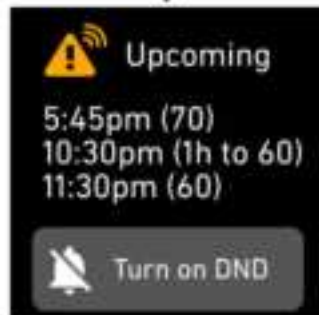


**Swipe down**  
from Home screen to  
access sleep and fatigue

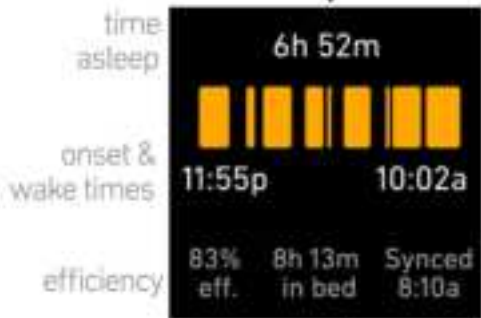
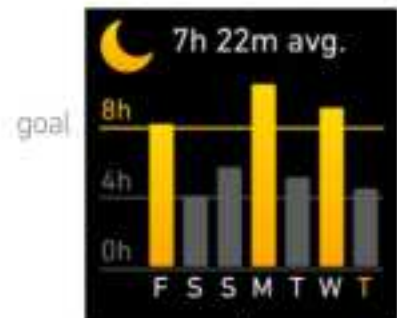
**ReadiScore Forecast**  
your predicted  
fatigue &  
performance



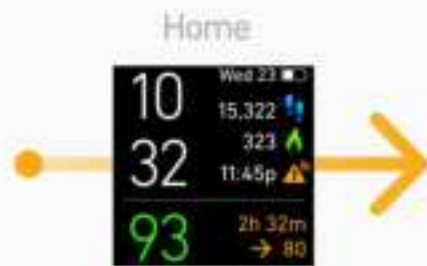
**Upcoming Fatigue Alerts**  
based on your  
ReadiScore  
Forecast



average quantity in past 7 days.



# Fitness



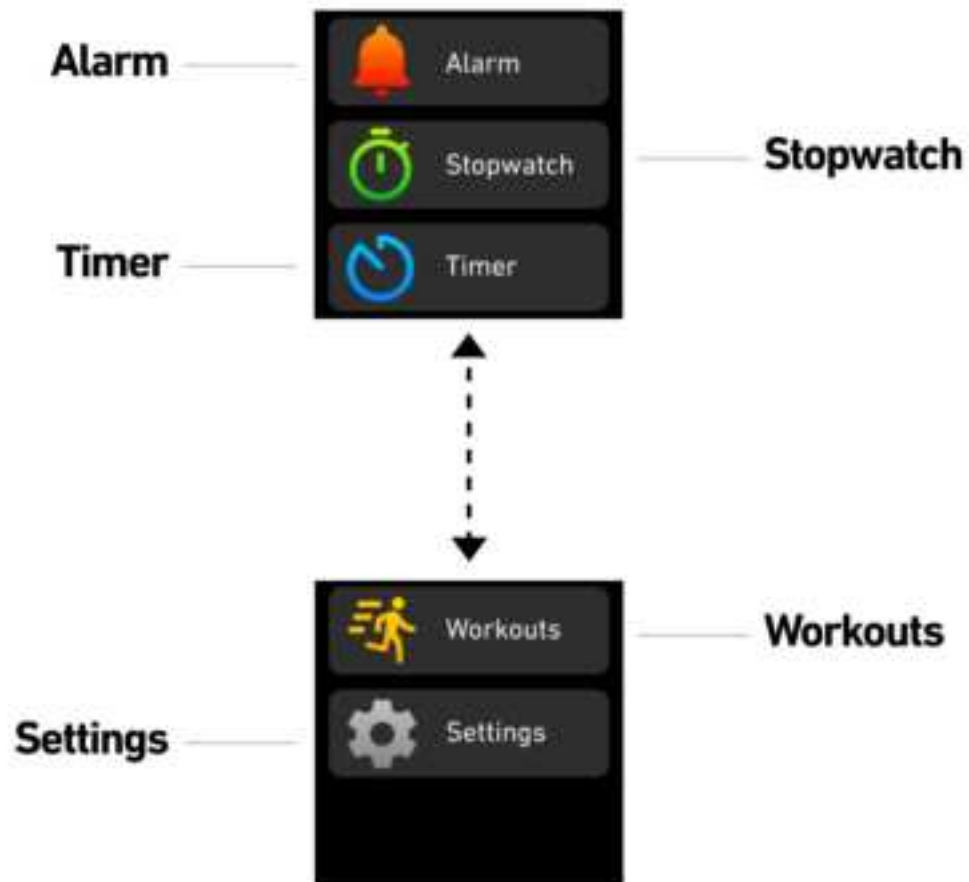
**Swipe right**  
from Home screen to  
access fitness stats



# Apps



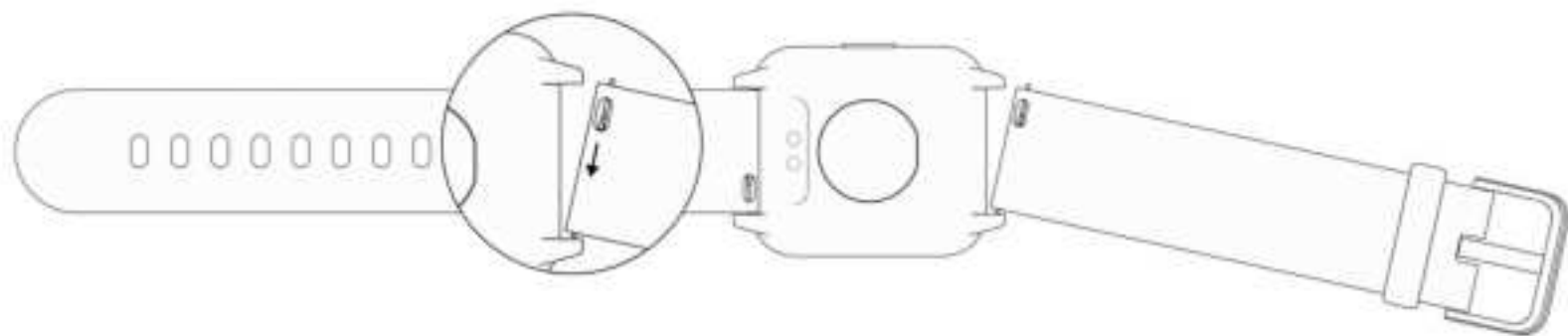
**Swipe left**  
from Home screen to  
access apps



# Replacing the Strap

ReadiWatch uses a **standardized 20mm** watch strap and is generally compatible with 3rd party straps in that size.

If you have an alternate strap or need to replace your strap, press the pogo pins as shown below to detach the strap and attach a new one.

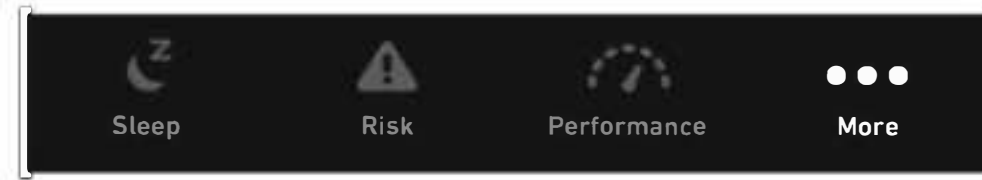


# Help



## Readi / One

Within the companion app **ReadiOne**, tap the **More** tab on the bottom bar, then tap **Help**.



You can also reach out to [help@fatiguescience.com](mailto:help@fatiguescience.com) or speak to your Readi program manager for direct assistance.

# Legal

## **FCC Statement:**

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

## **IFT Statement:**

Nota: La operación de este equipo está sujeta a las siguientes dos condiciones: (1) es posible que este equipo o dispositivo no cause interferencia perjudicial y (2) este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.