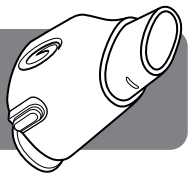
POWERbreathe®

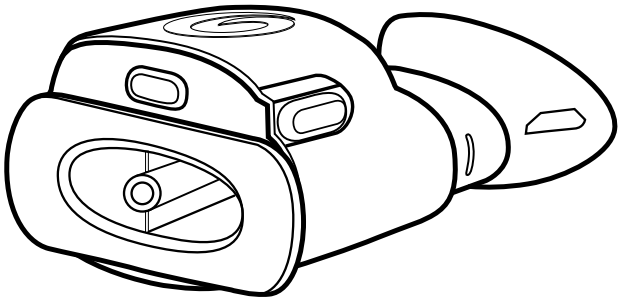
Smart Adaptor



Compatible with the ActiBreathe® App

User Guide





www.powerbreathe.com

1. Introduction

Dear Customer,

Thank you for choosing the POWERbreathe Smart Adaptor. Our team worked diligently to ensure the highest quality, and we trust you'll find it meets your expectations.

1.1. Disclaimer

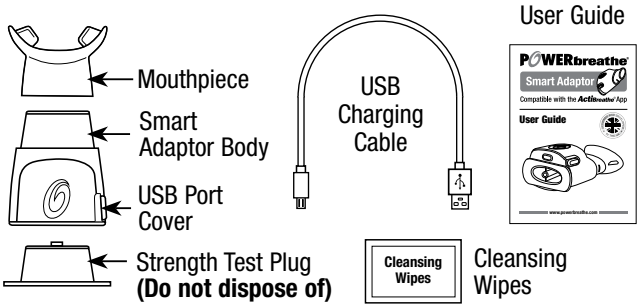
The POWERbreathe Smart Adaptor device is not a toy. This product is designed to be used with compatible devices for breathing exercise only. Any other use is not recommended. Always seek the advice of your doctor or other health provider with any questions you may have regarding a medical condition. This product is not intended to diagnose, cure or prevent any disease. Individual results may vary. Do not make changes to any prescribed medication or prescribed treatment programme without consulting your doctor. To prevent the potential transmission of infections, we recommend that you do not share your POWERbreathe Smart Adaptor with other users, including family members. No claims are made or implied in the use or results by the use of the equipment herein.

1.2 POWERbreathe Smart Adaptor

The POWERbreathe Smart Adaptor evaluates breathing strength so you can monitor the improvements in your breathing training. It also links some of our breathing trainers (sold separately) to the ActiBreathe® App that supports and guides your breathing training, helping you train more efficiently with real time feedback.

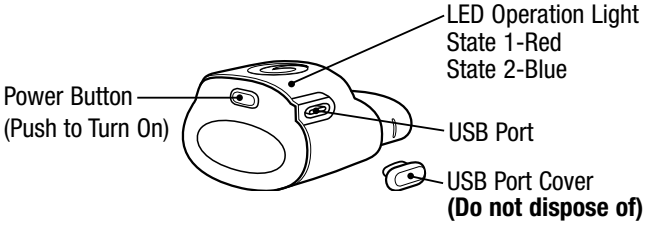
2. Product Description

2.1 What's in the box.



Tip: The POWERbreathe Smart Adaptor 'Strength Test Plug' will be pre-attached to the POWERbreathe Smart Adaptor during manufacturing, remember to remove and keep safe when not performing a breathing strength test.

2.2. Functional Parts



2.3 LED Operation Light functions.

Blue light flashing once every 2 seconds:	Searching for device
Blue light flashing twice every second:	Connected

2.4 USB Micro charging indicator light (red).

Continuously red:	Charging
When red light turns off:	Charged

3. Device Set-up and User Instructions

3.1 Installing ActiBreathe® App.

For Android devices:

On your Android device, select the Play Store App. In the search bar type in ActiBreathe® App and install.

For iOS devices:

On your iOS device, select the Apple Store app. In the search bar type in ActiBreathe® App and install.

Alternatively scan QR code on packaging to download App.

3.2 Charging the POWERbreathe Smart Adaptor.

To charge the device take off the USB Port Cover and place somewhere safe. Using the supplied USB Charging Cable, charge the device from a wall charger, laptop or other low energy charging device that complies with the IEC 62368 1 standard. The LED will illuminate red to indicate it is in charging mode, when fully charged the red LED light will switch off. Unplug the USB charging cable and remember to cover the USB Port with the USB Port Cover.

3.3. Turning off the device.

The POWERbreathe Smart Adaptor will switch off automatically after 3 minutes of not being used.

Tip: There is no way to manually switch off the device, after 3 minutes of no activity the device will automatically switch itself off.

3.4. Checking the remaining battery charge.

You can check the remaining battery charge of the rechargeable battery via the ActiBreathe® App.

It is recommended that the POWERbreathe Smart Adaptor should be put on charge if the battery is below 25%.

3.5. How to Bluetooth® pair the POWERbreathe Smart Adaptor to a mobile device.

Before attempting to connect the POWERbreathe Smart Adaptor to a mobile device make sure the Smart Adaptor is switched On and Bluetooth is activated on the mobile device. Ensure both devices are less than 1m apart.

To pair

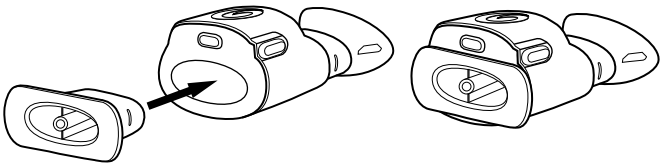
When signing up for the first time one will be guided through making a wireless connection between the POWERbreathe Smart Adaptor and ones mobile device.

- From the ActiBreathe® App **Home** tab, click on **My Device**
- In the **My Device** tab click on **Edit** button
- You will be presented with a **POWERbreathe Survey** form. Fill in the form and click **Continue**
- In the **Device Setup** tab select your breathing trainer and click **Next**
- Follow the instructions and click on the **Pair** button to pair the POWERbreathe Smart Adaptor with the ActiBreathe® App. Wait until the **Connected** message appears to confirm pairing.

Tip: You should only need to pair your POWERbreathe Smart Adaptor once.

3.6. Connecting the POWERbreathe Smart Adaptor Strength Test Plug to the device.

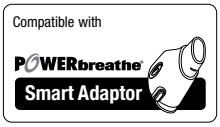
You can use your POWERbreathe Smart Adaptor with the Strength Test Plug to do a Breathing Strength Test. This will evaluate the strength of your breathing muscles.



Push and clip into place

Check Strength Test Plug is secure

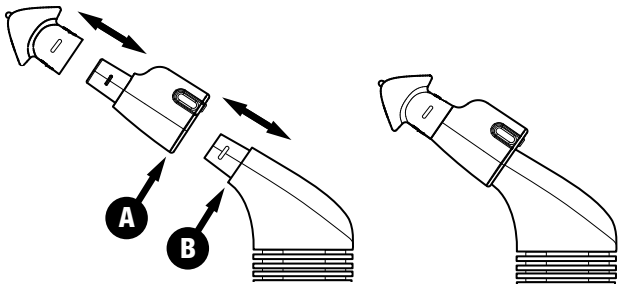
3.7. Connecting the POWERbreathe Smart Adaptor to a POWERbreathe compatible breathing device.



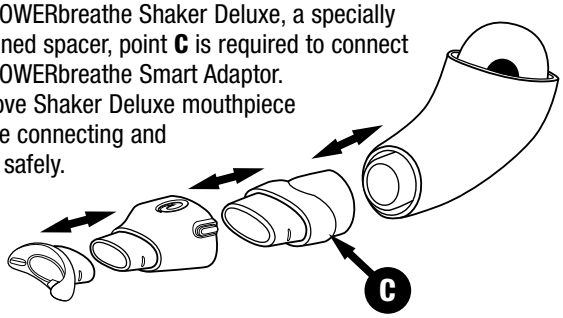
The POWERbreathe Smart Adaptor has been designed to attach to a variety of compatible POWERbreathe products:
POWERbreathe Plus (all levels)
POWERbreathe EX1 (all levels)
POWERbreathe Shaker Deluxe (all variants)

Ensuring that there is no obstruction in the POWERbreathe Smart Adaptor airway and the POWERbreathe compatible device has no mouthpiece attached, firmly push the POWERbreathe Smart Adaptor point **A** to POWERbreathe compatible device point **B**. Firmly attach mouthpiece to POWERbreathe Smart Adaptor.

Tip: Ensure the POWERbreathe Smart Adaptor is the right way round, with the POWERbreathe 'Swirl' facing upwards.



For POWERbreathe Shaker Deluxe, a specially designed spacer, point **C** is required to connect the POWERbreathe Smart Adaptor. Remove Shaker Deluxe mouthpiece before connecting and store safely.



4. Care and Maintenance

4.1. Cleaning

Warning! Never use scouring pads, abrasive cleaning agents or aggressive liquids such as petrol or acetone to clean the appliance. POWERbreathe Smart Adaptor is not suitable for dishwasher or autoclave use or any cleaning process using high temperatures (including very hot water). Do not submerge the main body of the Smart Adaptor in water.

The Smart Adaptor is not designed to be, nor supplied as, sterile.

- Make sure the USB Port Cover is plugged into the USB Port and the device is switched off before cleaning the device
- Firstly, remove the mouthpiece from the main body of the Smart Adaptor. Using the wipes provided or other suitable cleansing wipes, the mouthpiece and main body of the Smart Adaptor should be wiped down, removing any visible soiling and pay special attention to the mouthpiece area and airway
- A cleansing solution (suitable for cleansing baby bottles) can be used to clean the mouthpiece only. Remove from the Smart Adaptor before submerging the mouthpiece.
- Once the device has been wiped, dry with a clean cloth. Pay particular attention to drying hard to reach places such as the airway opening. Place the device with the POWERbreathe Swirl facing upwards, in a place where air can circulate until completely dry
- When not in use, place your POWERbreathe Smart Adaptor in the supplied protective case
- Wipe clean after each use

4.2. Battery Care

If the device is not used for long periods, we recommend charging the device every 2 months to ensure battery performance remains optimal. The battery is not replaceable.

5. Product Specifications

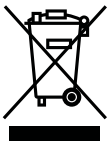
5.1. Basics

Model	POWERbreathe Smart Adaptor
Dimensions (not including mouthpiece)	L50mm x H28mm x W42mm
Weight	22g
Operating time	Up to 7 hours
Charge time	Approximately 2 hours
Battery	Rated Capacity 28mAh Lithium-ion
Wireless connection	Bluetooth v4.2
Bluetooth profile	APTX, A2DP, AVRCP
Contains FCC ID	A8TBM71S2

5.2. Material

Main body	ABS / TPE
O-Ring	Nitrile rubber
Mouthpiece	TPE
Strength Test Plug	ABS
USB port cover	TPE
Case	EVA

6. Disposal



This symbol means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste.

7. Declaration of Conformity

POWERbreathe International Limited declares that the “POWERbreathe Smart Adaptor” is in compliance with Directive 2014/53 EU.
The full text of the EU declaration of conformity is available at the following internet address:
https://www.powerbreathe.com/qr-smartadaptor-declaration-of-conformity/

8. Customer Service Contact

Please do not send goods back to us without requesting an RMA number first, as we need an RMA number to be able to track your return. Any products returned without an RMA number may be rejected upon arrival.

Please note that issuing an RMA number is an acknowledgement of your request and does not imply acceptance of a warranty claim.

It is recommended that you speak to our friendly staff first at support@powerbreathe.com to see if any issue can be resolved before sending any goods to us. Once a ticket is raised our team will be able to help you further. Please use the RMA number at all times when referring to the item.

9. Troubleshooting

The POWERbreathe Smart Adaptor will not switch on.

If your POWERbreathe Smart Adaptor will not switch on, the battery may be completely flat. Follow procedures in section 3.2 to recharge the device.

Unable to pair mobile device with the POWERbreathe Smart Adaptor:

- Make sure the device is fully charged
- When pairing, make sure the mobile device is within 1m of the POWERbreathe Smart Adaptor
- Enable Bluetooth® pairing on the mobile device
- Wait for the POWERbreathe Smart Adaptor to turn off, leave for 15 seconds and turn back on. Restart your phone. Repeat pairing process

Why does the POWERbreathe Smart Adaptor disconnect?

- Smart Adaptor has very low battery, follow procedures in section 3.2 to recharge the device.
- Interference from other devices within 2.4Ghz or 5GHz bands
- Too many apps open within your device, causing interruptions to service. Close unused apps.
- The distance between the mobile device and POWERbreathe Smart Adaptor may be over 1 meter, try moving closer
- Low battery power on your mobile device causing the connection to be unstable
- Try restarting your device to clear memory cache built up

10. Precautions and Contraindications

POWERbreathe - Respiratory muscle training (RMT) is suitable for almost anyone and should cause no harmful side effects when used properly.

For a full list of precautions and contraindications please go to powerbreathe.com

PRECAUTIONS:

- Do not make changes to any prescribed medication or treatment programme without consulting your doctor
- To prevent the potential transmission of infections, we recommend that you do not share your Smart Adaptor with other users, including family members
- Anyone under the age of 16 should only use POWERbreathe products with supervision from an adult. POWERbreathe products contain small parts that are not suitable for children under 7 years
- Whilst training you should not feel any pain. If you do, stop immediately and consult your doctor

CONTRAINDICATIONS:

- A history of spontaneous pneumothorax (a collapsed lung that was not due to traumatic injury e.g. broken rib). Following a traumatic pneumothorax and/or broken rib, the Smart Adaptor can be used after to full recovery
- Pulmonary hypertension
- Marked osteoporosis with history of rib fractures
- Do not use if you are suffering from a ruptured eardrum or any other condition of the ear
- Do not use if you have suffered from or a likely to suffer from Costochondritis
- Do not use with pre-existing conditions that worsen when using the Smart Adaptor

11. FCC Compliance 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.

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

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

12. Limited One Year Manufacturer's Warranty

This warranty gives the purchaser specific legal rights. The purchaser may also have other statutory rights. We will provide a comprehensive warranty service according to local laws and regulations. No statement or claim about the product by an employee, dealer or distributor of POWERbreathe International Ltd shall constitute a warranty by POWERbreathe International Ltd. or give rise to any liability or obligation of POWERbreathe International Ltd.

POWERbreathe International Ltd. hereby warrants to the original purchaser, whose name shall be duly registered with it, that the product sold is free of defects on the material and workmanship. The obligations of POWERbreathe International Ltd. under this warranty are limited to the repair and replacement of such part or parts of the unit as shall be found upon inspection to be defective in material or workmanship. Misuse, abuse or accidents, negligence of the precautions, improper maintenance or commercial use, cracked or broken cases, fading or discoloration due to age, are not covered under this warranty. Warranty does not apply to the battery, mouthpiece or software.

The product will be either repaired or replaced during the one year warranty period (at our option without charge). Warranty period begins from the date of purchase. Warranty does not cover damage or consequential damage caused by service not authorised by POWERbreathe International Ltd.

This warranty is expressly in lieu of any other warranties including implied warranty of merchantability and / or fit for purpose.

Please note: Warranty specifications may change without notice due to the manufacturer's continuous programme of development. Customers outside of the United Kingdom who need warranty service need to contact their distributor if one is available for their country. International customers who send their POWERbreathe model to our headquarters in the United Kingdom for warranty service, are responsible for shipping charges to return the serviced model. Any POWERbreathe models received that are not registered with POWERbreathe International Ltd. or are outside their warranty date and/or coverage will be repaired for a fee and returned to customer after payment for repair services is received.

Contact Information

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www.powerbreathe.com

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Designed and Developed with pride in the United Kingdom

ENG

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