upmood WATCH

Upmood Watch is the first-of-its-kind emotion tracking wearable that uses your body's signals and bio-patterns to enhance emotional awareness.
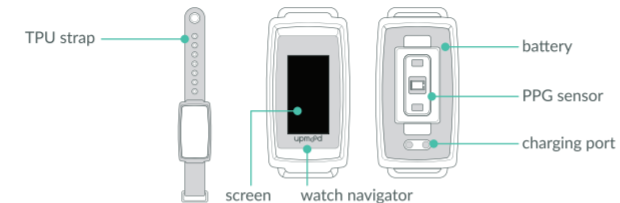
It tracks heart rate variability (HRV) to reveal micro-patterns in your behaviors and emotions with unparalleled accuracy.

Upmood app then analyzes your in-depth biodata to reveal how you're feeling and gives personalized and actionable insights for elevating your mental well-being and happiness.

Getting Started

Inclusions

x1 Upmood Watch

x1 Magnetic Charging Cable

x1 TPU strap

x1 User Manual

Parts of the Watch

TPU strap

battery

PPG sensor

charging port

screen   watch navigator

Navigating the Watch

Navigating the Screens
To navigate, tap the Upmood logo located on the bottom part of the Upmood watch screen.

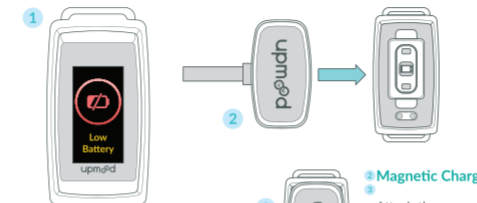**Starting, Stopping and Restarting the Timer**
Double tap the Upmood logo to start timer. Double tap again to stop timer. To restart the timer, hold 3 seconds.

Turning On and Off the Upmood Watch
Hold the Upmood logo for 3 seconds to turn on. To turn off, tap the Upmood logo until the Turn Off page is reached. Hold 3 seconds to Turn Off.

Charging the Battery

① **Low Battery**
The battery indicator is displayed on the home screen of the device. When the screen displays "Low Battery", ready the magnetic charger that came with the Upmood watch. Plug in the magnetic charger into a USB outlet, then plug into an electrical outlet.

②

③ **Magnetic Charger**
Attach the magnetic charger properly onto the charging port of the Upmood Watch device from the left to charge.

④ **Charging**
Once the magnetic charger is correctly affixed onto the charging port, the screen will light up and display a similar graphic on the left to tell that it is currently charging.

Note: Do not force the magnetic charger onto the conductive points. Charger would attach magnetically with the correct orientation.

Downloading the App

Go to Apple's App Store or Google's Google Play, then search for "Upmood" to download our Upmood app. Another option is to use the QR code below.
Bluetooth should be enabled on your smart phone when using the Upmood app.

Important: Please ensure that your Android OS is version 5 or above and iOS version is 12 or above and the device has Bluetooth 4.0

GET IT ON Google Play

Download on the App Store

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.

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

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

Product Name: Upmood Watch
Brand Name: Upmood
Model # UP - A03
FCC ID: 2AX6U-UP-A03

R 210-150236

Watch Functions

Time and Date
Upmood Watch exhibits the time and date in a readable font and color. Time and date display is blue in the morning and yellow in the afternoon.

Emotion Tracking
Emotions are classified into 11 categories – anxious, calm, challenged, confused, excited, happy, tensed, pleasant, sad, unpleasant, and zen. The user's current emotion is reflected in the watch.

Stress Level
This feature presents the current Stress Level of the user in an easy-to-understand indicator — Low (blue), Mild (green), Normal (yellow) and High (red).

BPM
Through the PPG sensor, data is collected and reflected in the watch, and also the Upmood app, when paired with the watch using Bluetooth. BPM turns red on watch if the BPM is high.

Pedometer
Upmood Watch's Pedometer provides an accurate counting of the user's steps.

Calorie Burn
A useful feature, the Calorie Burn counter helps users to keep an eye on the calories burned every day.

Timer
Another definite handy feature, Upmood Watch could also be used as a stopwatch timer.

Lover's Mode
Explanation on page 7

Note: Some functions are available without mobile phones, some functions are required to have it. A mobile phone icon ( ) is placed near functions that need to have this device to operate.

Sleep Mode

Sleep Mode activates naturally when the user is asleep. It allows users to identify their sleep condition including sleep time and sleep ratio, amongst others.

☀ To access Sleep Mode, go to "Mood" in the navigation bar.
☀ Scroll down and click "Sleep Mode".
☀ Tap "Daily" or "Weekly" for more information about sleep conditions.

Lover's Mode feature lets users express their feelings and stay connected to their loved ones anytime of the day with its preset connection setting that enables users to send sweet messages through animation.

● **To set Lover** to whom the animated message will be sent, go to Account.
● Click Watch Settings.
● Click Lover's Mode.
● Input lover's name. The user can only choose one.
● Wait for your contact to accept the Lover's Mode invitation by clicking the "Add" button.
● **To remove lover,** click "Remove" button.
● **To send animated message** to the chosen lover's Upmood Watch, go to Lover's mode screen on the Upmood watch, then hold the watch navigator for 3 seconds.
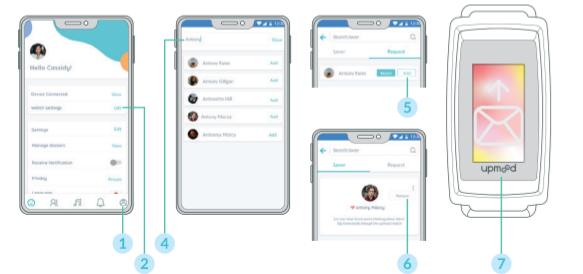
Note: Lover must be added as a "Friend" first before setting as "Lover".

● Tap "tap to connect device" located on Mood in Navigation bar.
● Choose Upmood Watch.
● Scan to find device.
● Select Watch, then press "Connect" to pair.
● Turn on Sensor.
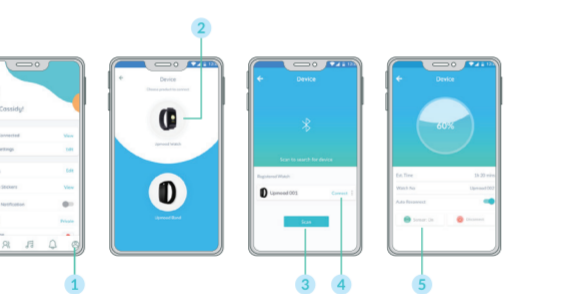
Note: Upmood Watch must be turned on to connect.

Upmood App Account page allows users to customize watch display.

Users can also view their personal details, change the app language and sticker, and find help and support whenever needed.

● To activate Wrist Sense, go to Account in navigation bar.
● Choose Watch Settings.
● Toggle Wrist Sense to turn on.
● Simply raise your wrist to use Wrist Sense to display automatically.
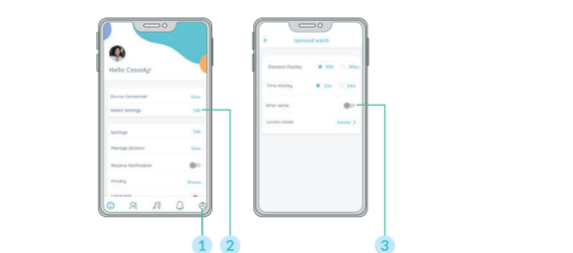
Note: If disconnect is not responding, please restart the app.
The Upmood app is free and available on Google Play and App Store!

The Upmood App uses an advanced, scientifically-designed formula to accurately evaluate the HRV data, interpreting it as emotions.

Level 1
Level 2

Negative
Positive
High
Low
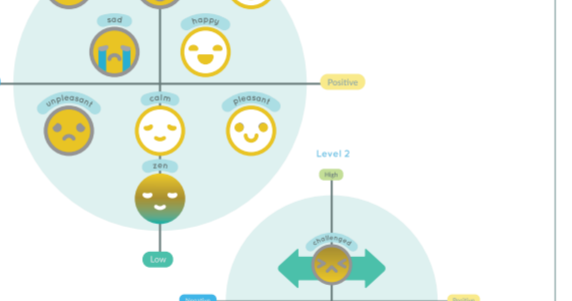
Upmood App doesn't just look at this data in isolation. Your emotional result is categorized and calculated based on previous emotions, current emotion data, past stress and current stress levels and heart rate.

Upmood uses the parameter of emotional arousal, duration and stress level to result in 11 different states, however, these states do not represent scientific and diagnostic definition.

calm — norm and comfort

tensed — stressful, bothered and worried

pleasant — joy, interest and smooth

happy — enjoyment, satisfaction and passionate

excited — motivated, surprised and enthusiastic

unpleasant — discomfort, bored and annoyed

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sad — tired, gloomy and down

anxious — exhausted, nervous and fearful

confused — mixed, conflicted and unclear

challenged — strained, complicated and drained

zen — peaceful

Appearance
Main Body Dimensions: L50mm x W22mm x H19mm
With Strap Length: 225mm
Main Body Materials: ABS and PC Casing
Strap: TPU

Connectivity and Power
Bluetooth BLE
Android 5 and iOS 12 and above
Upmood App
160mAh Rechargeable Lithium Polymer Battery
Always on 24 hours with motion tracking

Others
Water Resistant IP67
Dust Resistant
Magnetic Charging

Warning: ● Product is intended for wellness purposes only. It is more effective on people age 16 or above with healthy heart and respiratory conditions. ● Upmood is not a medical device. It is simply a tracker to detect your emotions. ● If you are experiencing any allergic reaction or skin irritation from wearing the watch, stop using it and consult a doctor. ● Do not use the watch while it is charging. ● Do not disassemble, or attempt to repair the watch yourself. ● Do not wash Upmood with soap or any chemical. To clean the strap, remove it from the Upmood device.

Warranty: Upmood provides a one (1) year warranty for its products, valid from the date of purchase. Warranty is rendered invalid and void upon the following: ● Damage on the battery or external parts subject to normal customer use. ● Damage resulting from misuse, alteration, tampering or non-compliance with the precautions outlined in Upmood's user manual. ● Damage, losses or defects directly or indirectly related to the product. ● Products purchased, repaired, or replaced from/by any unauthorized third party, unless otherwise stipulated by local law. ● Products with its serial number been altered, removed or tampered. The warranty will only be provided for products purchased from authorized retailers.

Troubleshooting: When you are experiencing technical difficulties with your Upmood product, try these troubleshooting techniques: ● If you are unable to pair Upmood with your device, check if your bluetooth connection is enabled. ● If the watch is unable to detect your emotion, check if any body hair and/or tattoo is blocking the sensor. ● If the watch still doesn't work, try wearing it on your other wrist.