

# cling<sup>®</sup>aura

Know yourself · Change yourself



• **Quick Installation Guide** •

# Cling Aura Instructions

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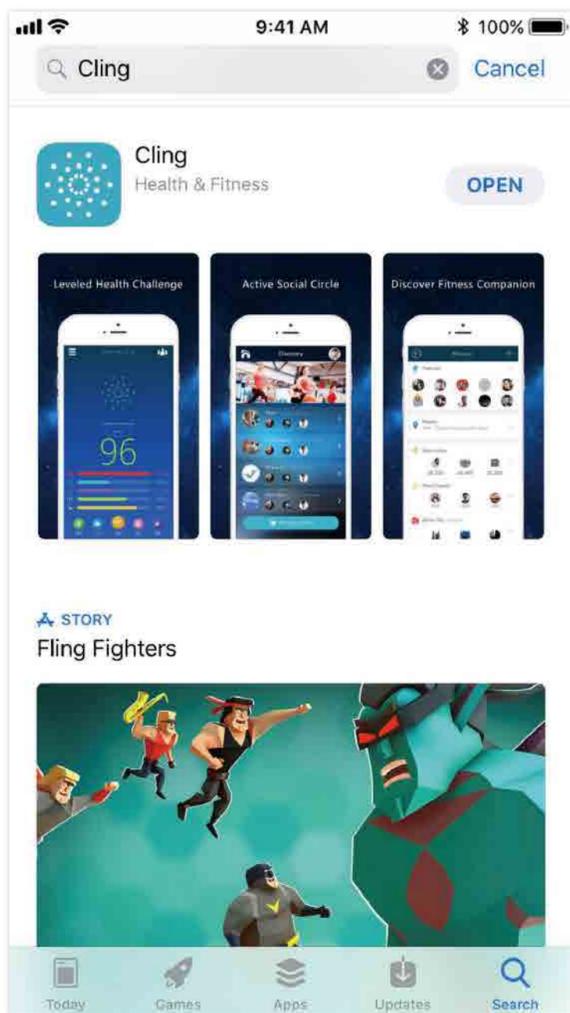
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(The pictures in this article are for reference only.)

# PART I: Download the Cling APP

## 1. Download for IOS



① Search Cling in APP store or ② Scan QR code to download.

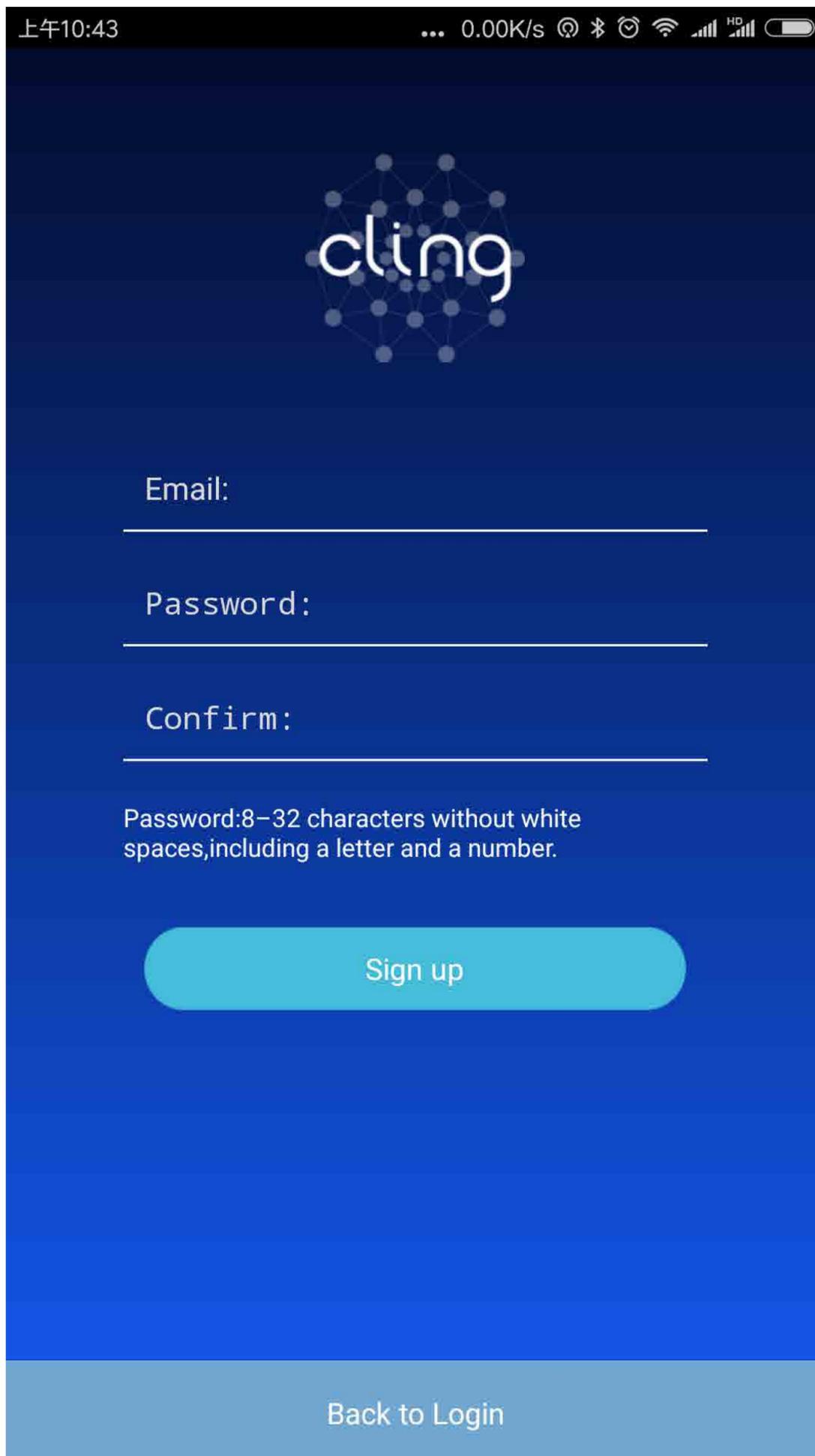
## 2. Download for Android



① Scan QR code to download  
You can try Cling downloads in your own mobile APP market. If you can't find it, follow the first rule.

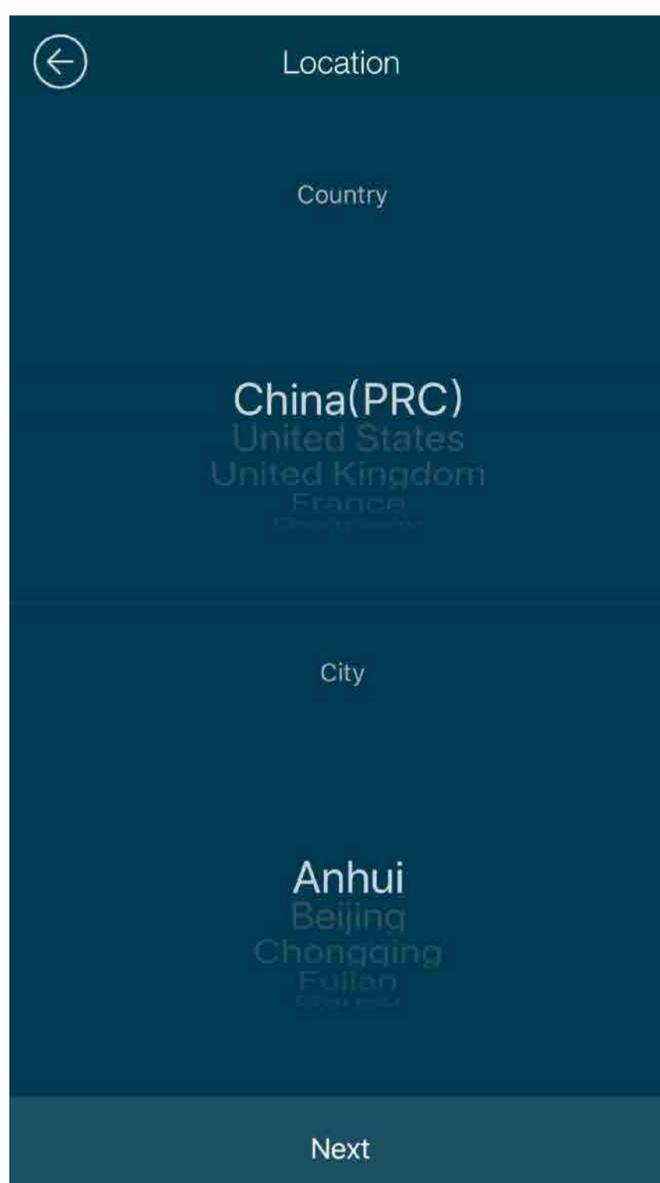
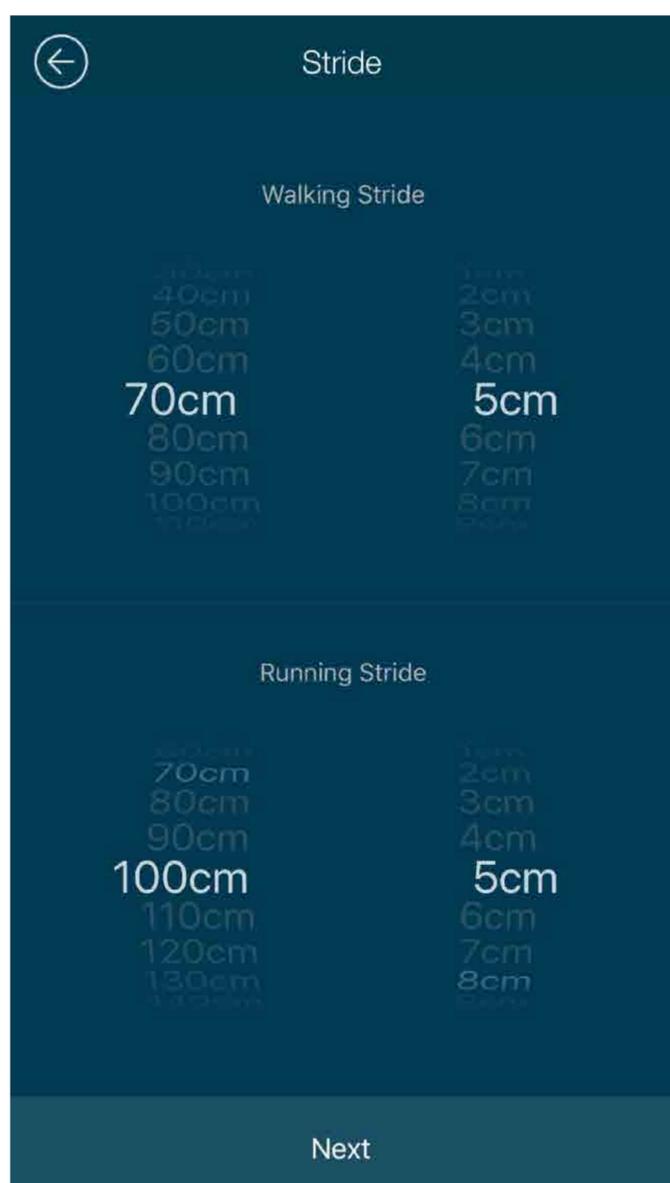
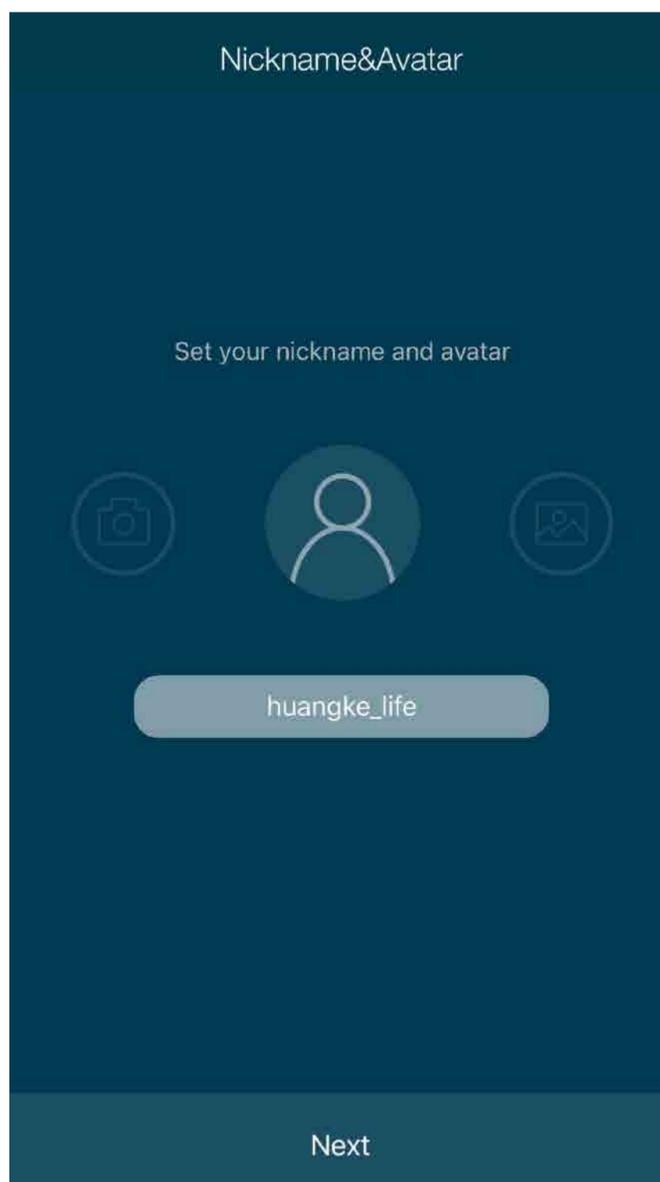
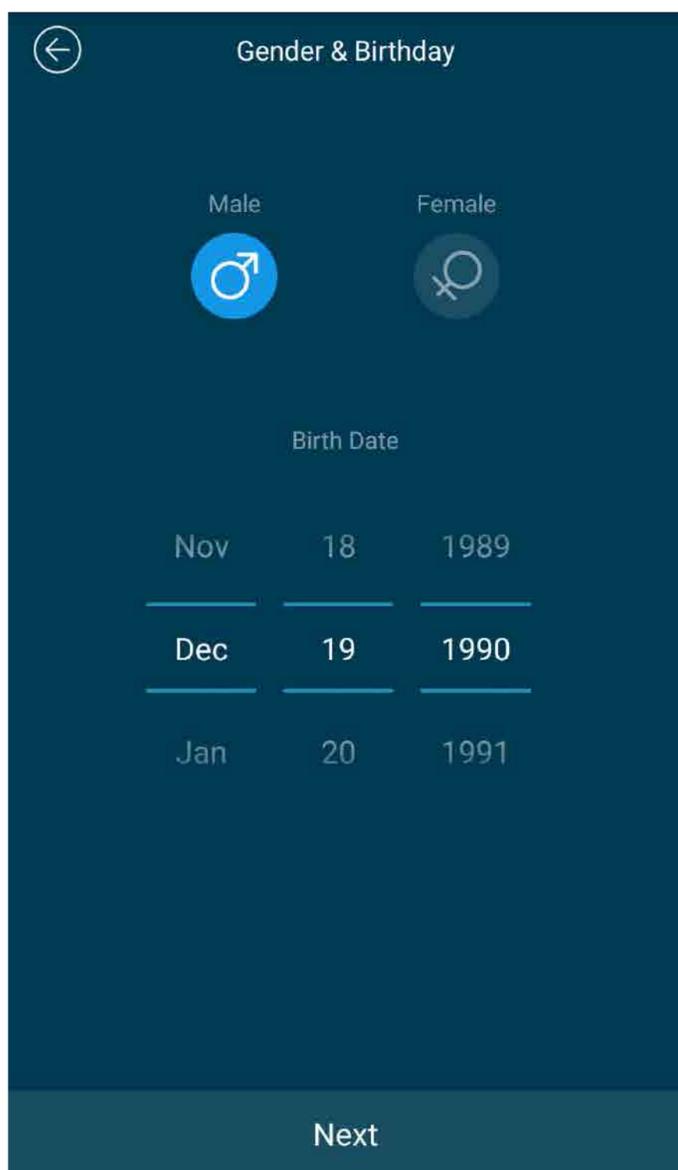
# PART II: Register the Cling APP

1. North American users are currently only supported through email registration.



The screenshot shows the registration interface of the Cling app. At the top, the status bar displays the time as 10:43 AM, network speed as 0.00K/s, and various system icons. The app's logo, 'cling', is centered at the top. Below it are three input fields for 'Email:', 'Password:', and 'Confirm:'. A password requirement note states: 'Password:8-32 characters without white spaces,incluing a letter and a number.' A teal 'Sign up' button is positioned below the fields. At the bottom, a light blue bar contains the text 'Back to Login'.

2. After a successful registration, please fill in the basic personal information such as your height, birth date and so on following the prompts. This provides the basis for the “Health Assessment” section you can opt into later on. If you decide instead to “Skip” you can modify your Health Assessment later.



# Part III: Direction for using the Aura

## 1. Know your Aura



You can pull the strap off the Aura to access the built-in USB re-charger.

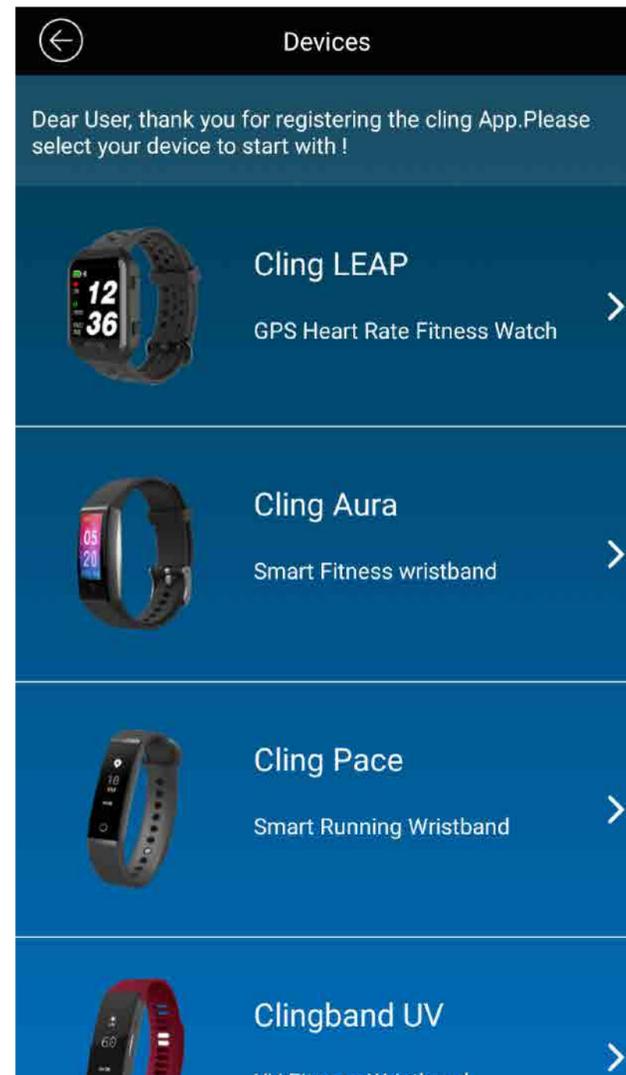
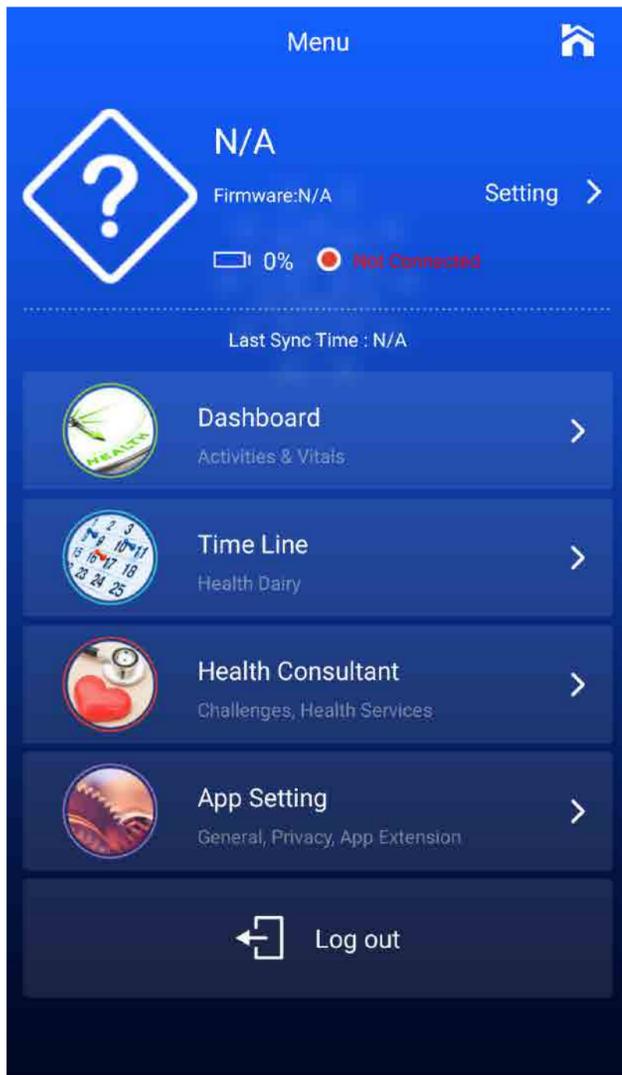
## 2. How to activate your Aura

(1) Hold the Home Key for 3 seconds and the screen will display four digits (this is your unique Aura Bluetooth ID number) when the device starts. (If the ID number fails to appear on the screen, please insert the Aura into a USB port to initiate charging.)

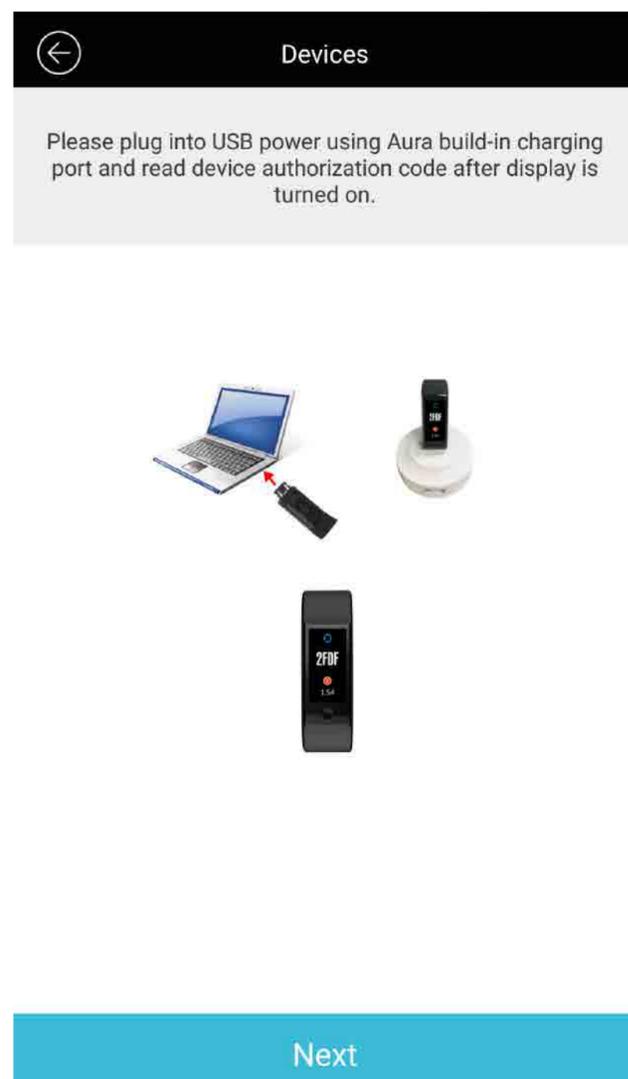
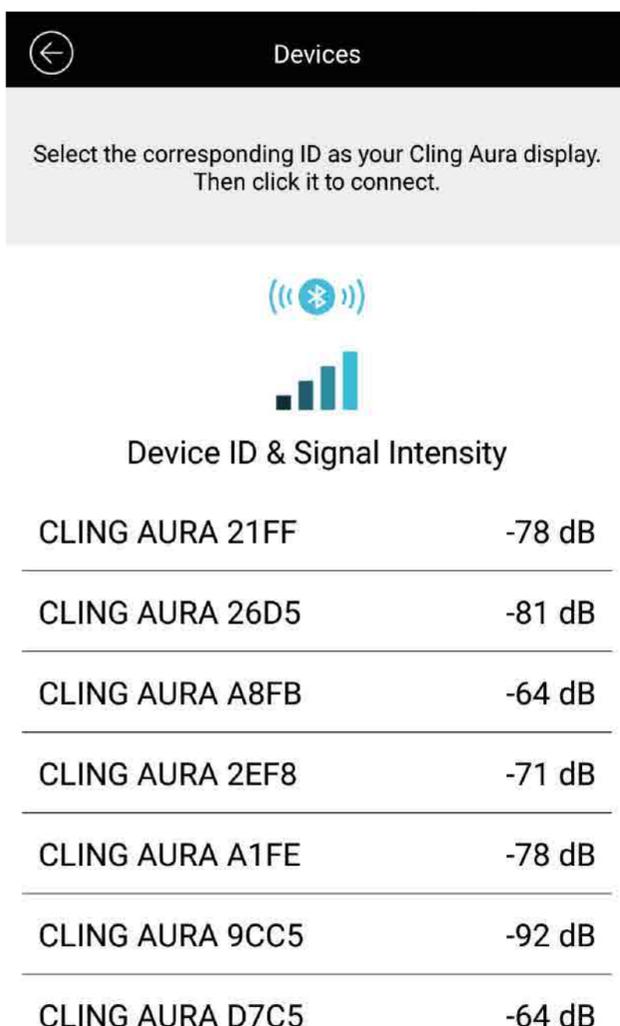


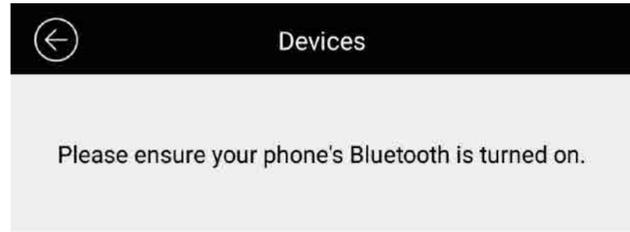
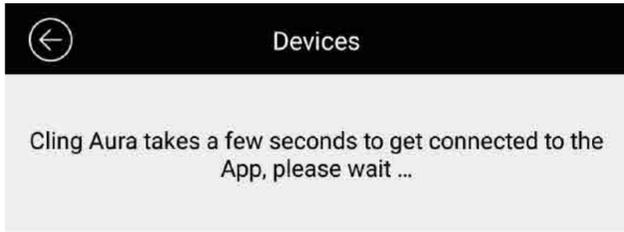
Hold 3 seconds

(2) Please ensure that your cell phone Bluetooth is turned on. Then turn on the Cling APP to find the activation to choose your device.



(3) Find the Aura device with your personal Bluetooth ID. Click on the link and then click next on the following screen.





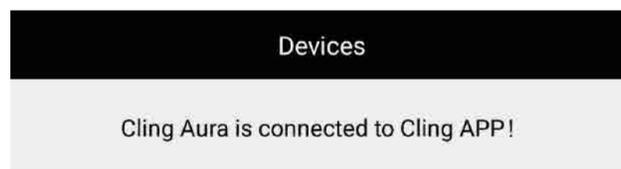
\*This interface appears because your Bluetooth phone is turn off.



\*If you are using an Apple mobile phone, please allow the Aura to request Bluetooth pairing.

\*If you are using an Android mobile phone, please do not allow Bluetooth pairing.

③ Now you can use your Aura to start your health and sports journey.



# Part IV: Aura Functions

## 1. Time and motion data display

① If you don't synchronize your Aura with the Cling mobile phone APP for a period of time, the time displayed on your Aura time may be incorrect.

② You can choose different theme interfaces for your Aura screen in your Cling APP to display various data.



## 2. Workout data display



## 3. Weather and Air Quality display

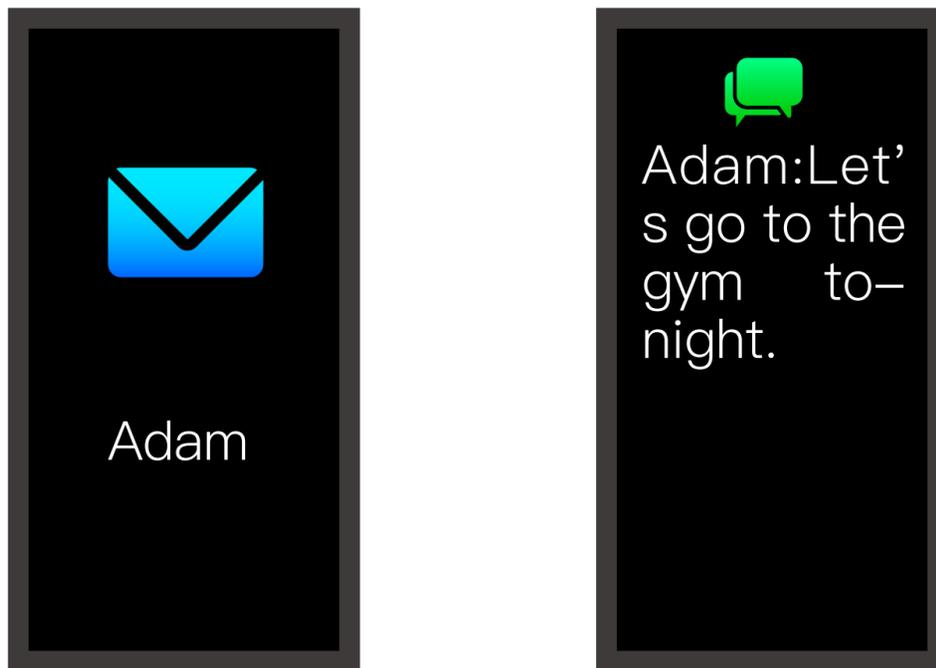


① The weather data on your Aura comes from Google. This is the data of a certain area within two hours. The Aura itself is not calculating the weather in your location.

② Air quality readings come from the data of your network. If there is no such data available in your area, it will not be displayed.

## 4. Message Alert

- ① When there is new information, the Aura will vibrate to alert you.
- ② You can touch the Home key for about 3 seconds to view the message content.

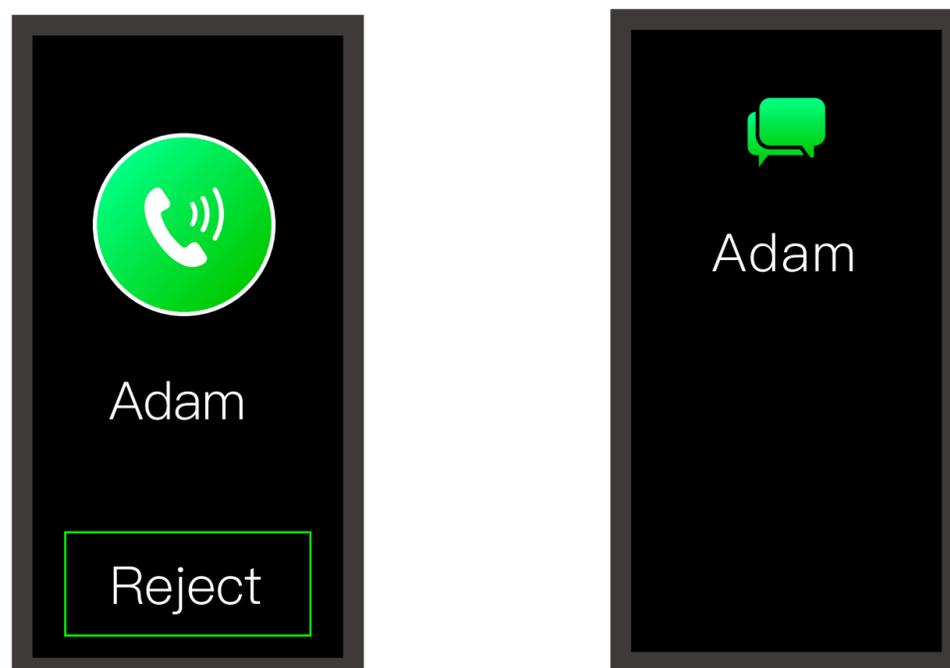


\* Please make sure that the Cling APP's permission is turned on in your cell phone notification center.

## 5. Caller Rejection

- ① When the wearer receives a phone call, the Aura's screen will display the incoming call number or contact. If you want to reject the call, you can hold the home key for about 3 seconds.
- ② At the same time, the Aura will receive a message that you can view by pressing the home key for 3 seconds.

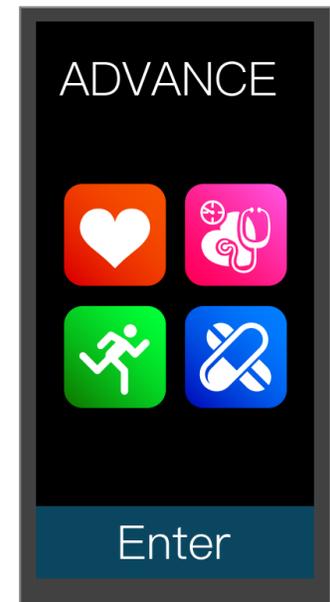
★ Note: Android mobile systems higher than 8.0 do not support this function. The program is still being developed.



## 6. Advanced Mode

Hold and press the home key for 3 seconds to enter the “Advance Mode”. Advance Mode includes: (1) Blood Pressure (2) Outdoor Running/ Cycling (3) Gym Mode (4) Medication Reminder

★ Note: If there is no medication reminder entered in the Cling APP, no medication reminder will be displayed in the advanced mode of the Aura.



### (1) Blood Pressure Manual/Automatic

① Manual Detection: Before using the blood pressure fluctuation detection feature it is essential that the wearer calibrates the Cling APP using a sphygmomanometer. Enter the sphygmomanometer reading into the Cling APP as your baseline. The Cling APP will go directly to the “Measuring” mode and calibrate itself. The screen display is a  $\_/\_$ . Once the calibration is completed the blood pressure reading will be shown on the Aura screen until the next detection. Hold the start key for approximately 20 seconds to complete a manual blood pressure fluctuation reading.

★ Method: The wearer is asked in order to achieve the best possible reading to keep their body still and relaxed during the blood pressure fluctuation test while holding the Aura higher than their heart.



Blood pressure display after calibration



Hold and press “Measuring”



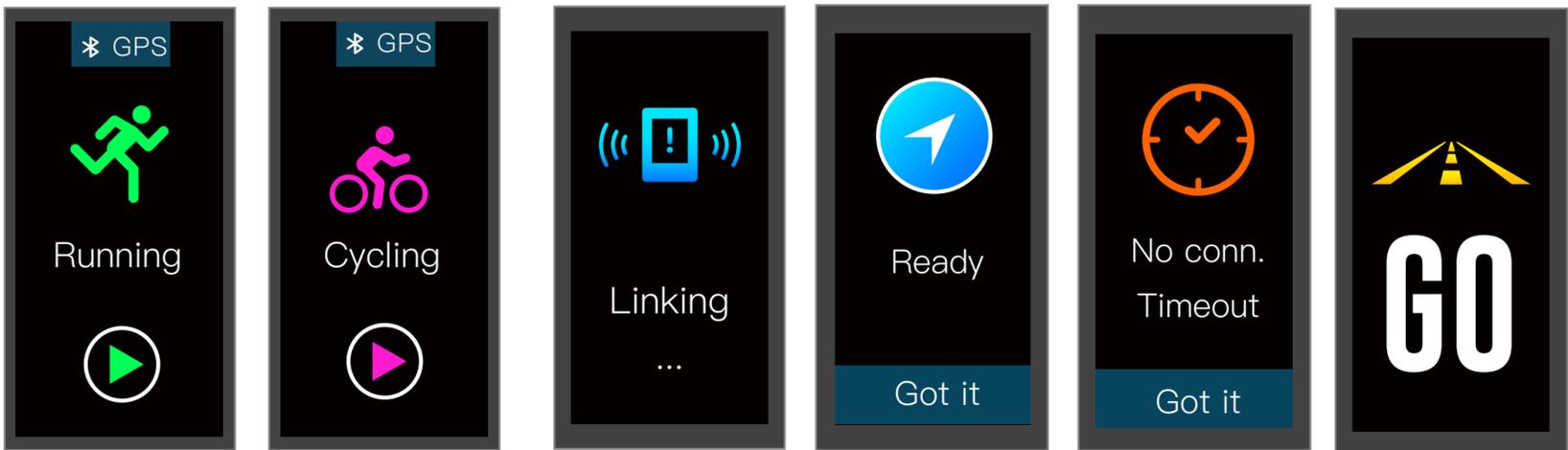
After 20 seconds, Cling Aura will show the test results

② Automatic blood pressure fluctuation detection: Cling Aura automatically detects blood pressure fluctuation 3 times per day. The default detection times are 8:00 AM, 14:00 PM and 20:00 PM. Auto-detection only happens under quiet human behavior. This means that before detection is enacted the number of steps made by the Aura wearer must be zero for 30 minutes before the detection will be activated.

★ Note: This product is not a medical device and its accompanying data should only be used as a guide. Only a medically acceptable device (like a sphygmomanometer) should be used for exacting blood pressure readings.

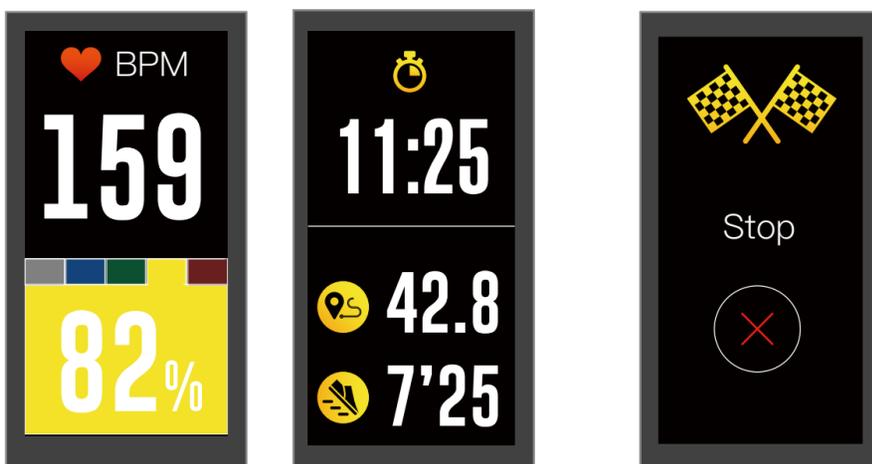
## (2) Outdoor Running/Cycling

Cling Aura supports the following two types of outdoor sports motion trajectory: Outdoor running and outdoor cycling. In order to track these two workouts, activate the Aura screen, from the advanced page touch and hold the home key button for 3 seconds to go to the menu page. Switch to outdoors by clicking the home key for Running or Outdoor Cycling.

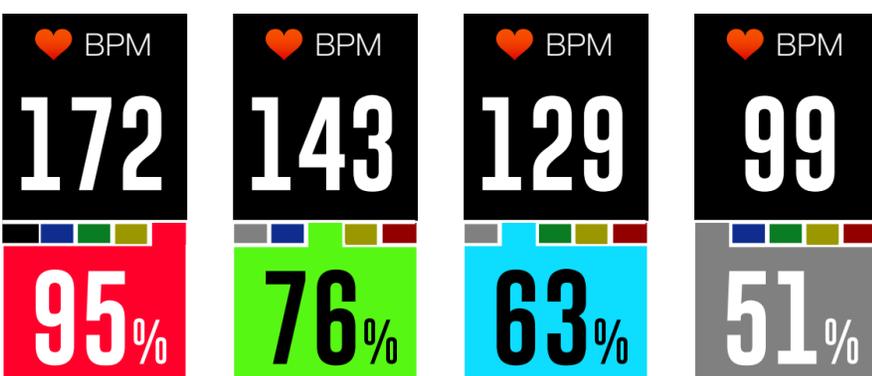


When a proper bluetooth connection is achieved the GPS connection shows successful. Touch the screen “Got it” button to turn on movement. If both bluetooth and GPS show a failure to connect, you can still touch the screen “Got it” button placing the Aura into running mode. Touch the home key to switch between the following pages.

☆ Note: When both bluetooth and GPS show as failing to connect, the wearer can also touch the screen “Got it” button into running/–cycling mode, however under these conditions the Cling APP does not record or map the motion trajectory.



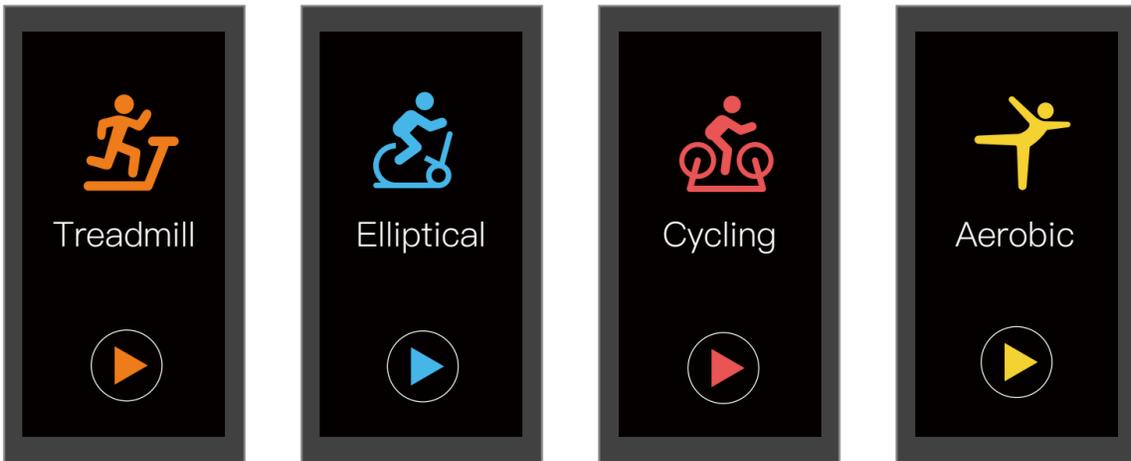
Press the “Home Key” for 3 seconds and the data will upload to Cling APP. You can check it in the “Motion Record” of the home page. If positioning failed the date will not be recorded.



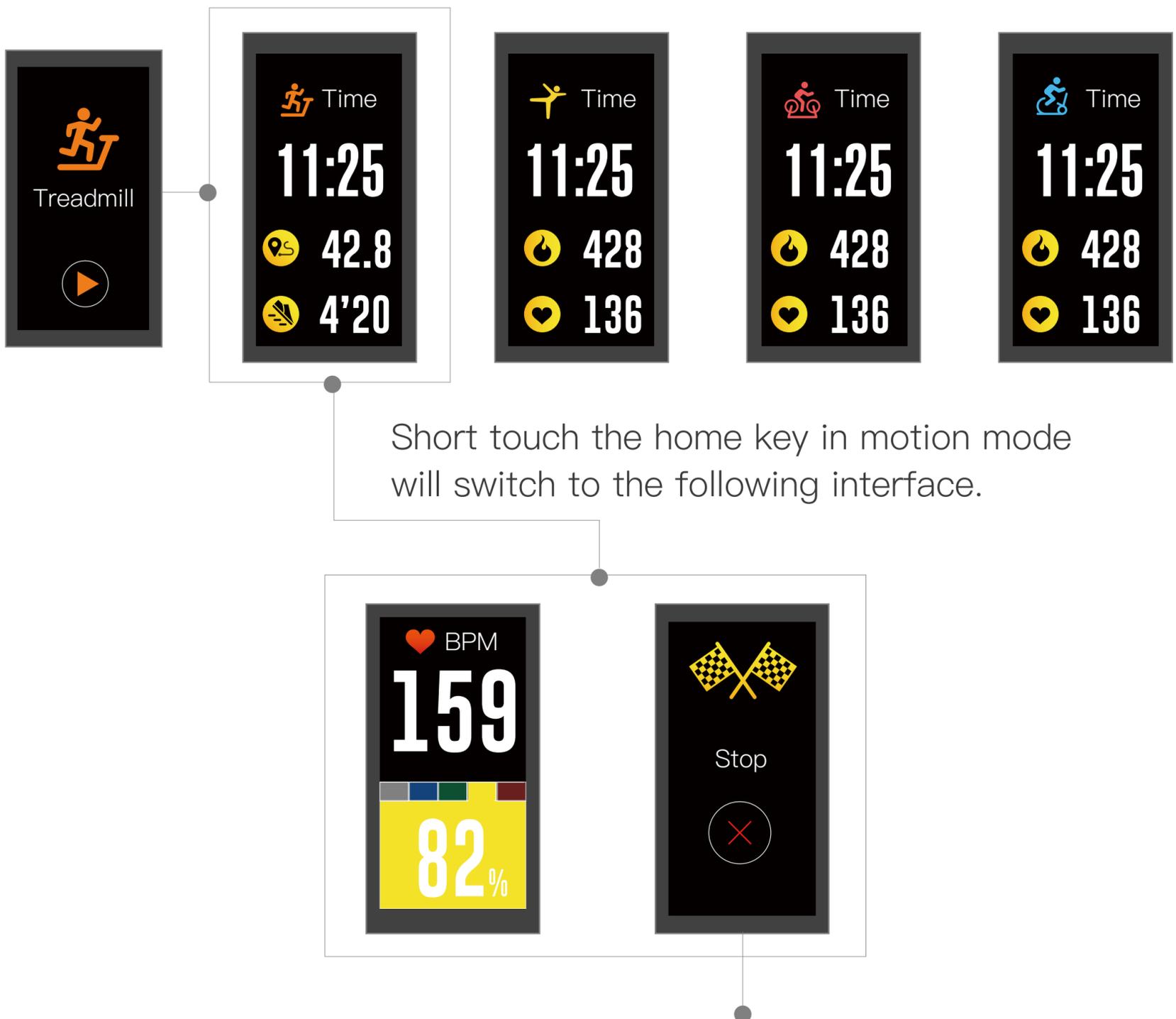
\*Note: Heart rate efficiency intervals are distinguished by five colors. Proper exercise according to professional instruction is helpful to your health.

### (3) GYM Mode:

The GYM Mode includes four sports modes: Treadmill, Elliptical, Stationary Bicycle and Aerobics. Sport screens can be switched between the following interfaces. The wearer can press the desired GYM Mode for 3 seconds to selecting one of them as the wearers chosen workout.



The workout flowchart is as follows:  
Other workout modes are similar to this process.



Hold and press the home key for 3 seconds in order to quit the movement.

## (4) Medication Reminder

① Please add your medication/s to the Cling APP including the name of the various prescriptions, a picture of the medication is optional, the inventory of your medication/s, the day/s of the week that you are required to take your various meds and your daily prescribed dosage.

② Press the home key for 3 seconds to enter the advanced menu. Select the “Med Alerts” as shown and press long to enter. Then you can see the specific medication time.



③ When it's time to take your medication, the Aura will vibrate on your wrist and the screen image will remind you that it is time to take your medication. If you've taken it, press “Confirm”.

④ After the medication reminder is completed, your medication inventory will be recorded accordingly in the Cling APP after synchronization with the Aura. In the APP you can view and edit your medications, alerts, Pharmacies and Guardians.

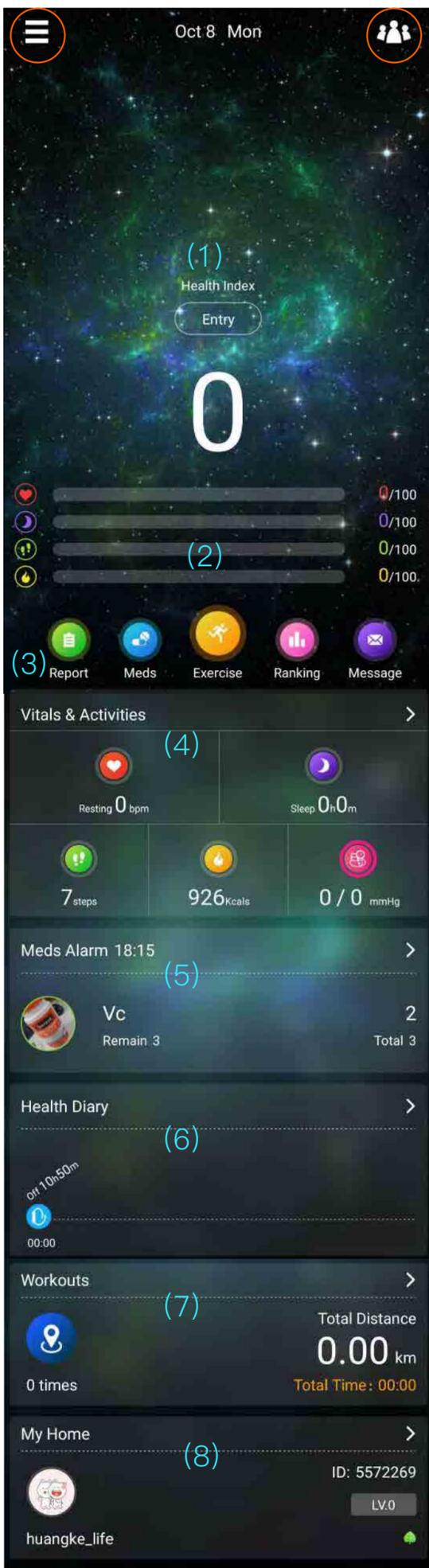
## 7.High Heart Rate alarm, Step and Calorie Reminder

From the Cling APP home page navigate to – device details – heart rate and activity. Open the maximum heart rate alarm alert, and set the heart rate alarm upper limit. When the Aura detects that your heart rate is equal to or higher than the value entered into the APP, the Aura will vibrate giving the wearer as early warning, reminding users to pay attention to their health safety. Aura also integrates the ten thousand–step challenge and calorie attainment plan. When the wearer reaches the preset number of steps and calories, the Aura will prompt the wearer to meet the target, stimulating your challenge enthusiasm.



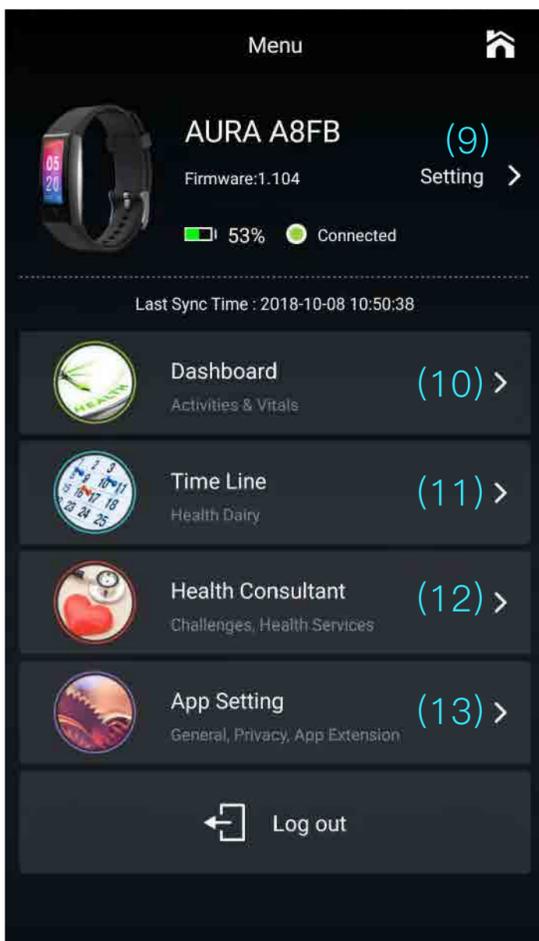
# Part V: Cling App Functions

## 1. Recognize the role of each page.



Home page

- (1) Health Index.
- (2) Your score:  
Heart rate/sleep/steps/kcals.
- (3) Navigation:  
Report/Meds/Exercise/Ranking/Message.
- (4) Vitals & Activities:
  - 1) Last synchronized heart rate;
  - 2) Sleep data last night;
  - 3) Number of steps on that day;
  - 4) Calories Burned today;
  - 5) The latest blood pressure measurement.
- (5) Meds Alarm:  
Show the latest medication reminder.
- (6) Health Diary:  
Records your activities in each time period.  
For example: 5 minutes' activity/work time/  
off/active etc.
- (7) Exercise:  
The total kilometers, times and total time  
of exercise.
- (8) My Home:  
You can modify your personal information  
access your Album/Friends/Followers/Points.



## Menu

### (9) Setting your Aura:

You can view the APP firmware version you are currently running, view your device info, Set various device settings and language.

### (10) Dashboard:

Display your daily health data. You can also edit the “Vitals & Activities” of the home page.

### (11) Time Line:

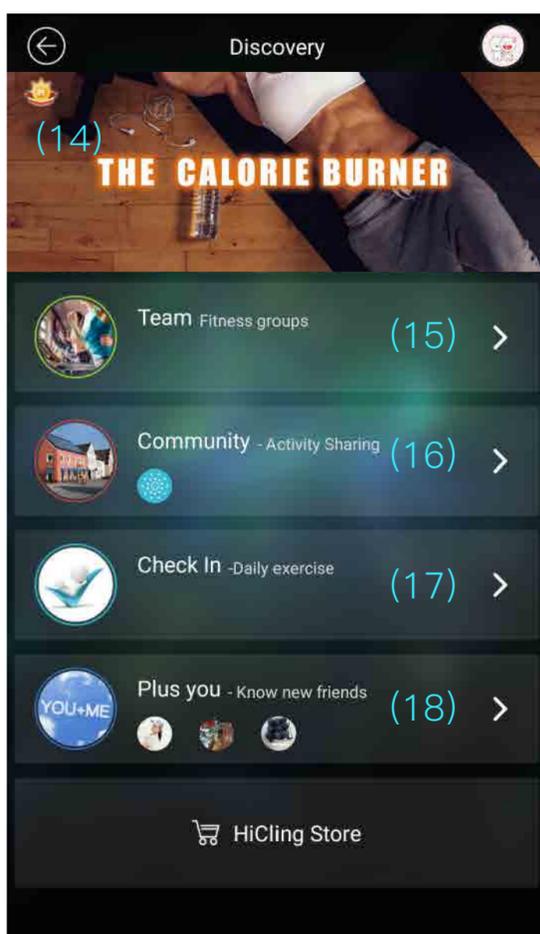
Displays your health data according to the calendar allowing you to view all the data of a specific day.

### (12) Health Consultant:

Make a comprehensive assessment of your health.

### (13) APP Setting:

You can set up the common functions of Cling APP.



## Discovery

### (14) Hot Topic:

Choose the topic you want to mark, and everyone on the same topic can see it.

### (15) Team:

Check the group you have joined or created.

### (16) Community:

Browse the Cling community and their friends' state of motion.

### (17) Check In:

Check your topic or add new topics.

### (18) Plus You:

Add friends according to area, motion status, etc.

## 2. Set the basic parameters of Aura

① Setting screen auto-lock time.

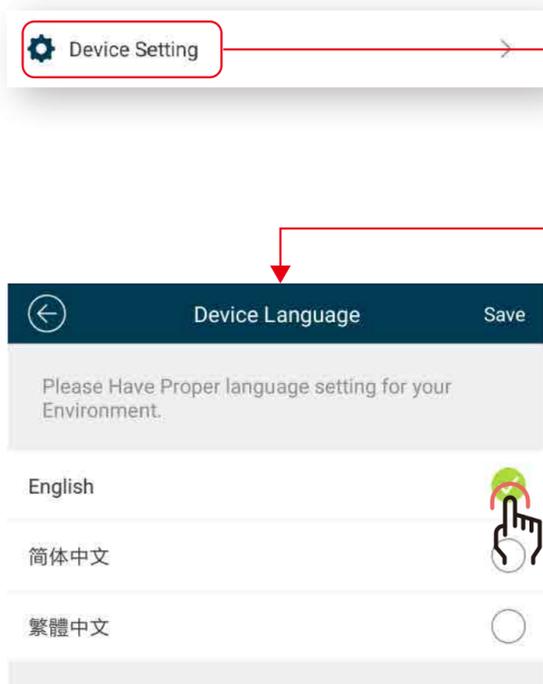
② Name your Aura.

③ Choose your favorite interface.

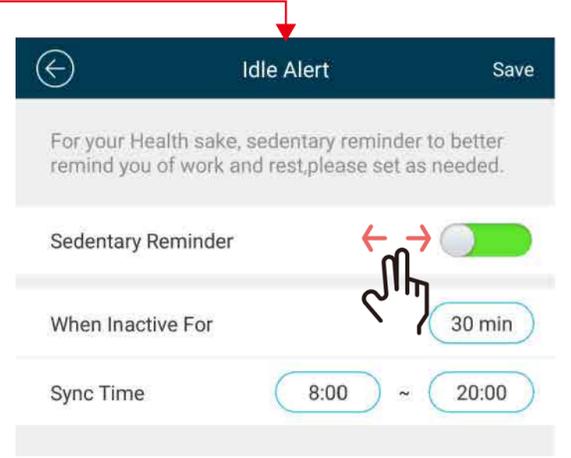
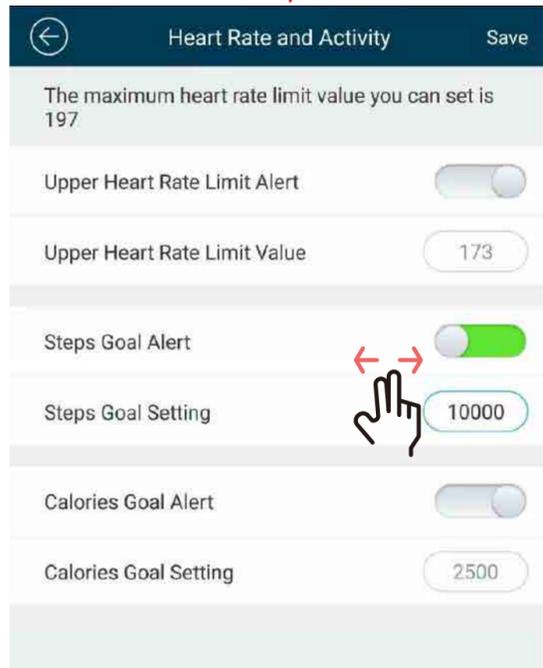
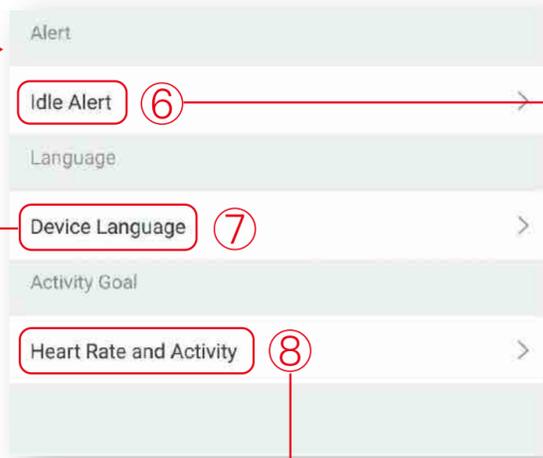
④ Setting the heart rate broadcasting function

⑤ Calibrate your initial Blood Pressure.

★ Note: ① All APP settings must ensure that the Aura is connected to your phone. ② After heart rate broadcasting is turned on, your real-time heart rate will be broadcast over Bluetooth (for example, using a Bluetooth gateway to display data transmission on to an LCD screen).



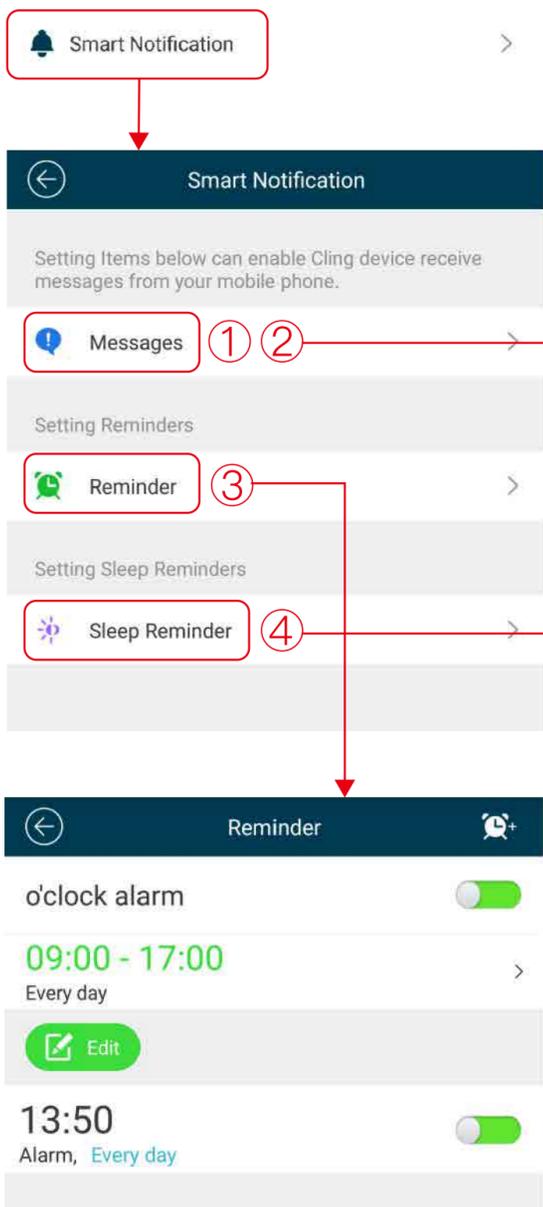
⑦ Choose your device language. The Aura offers three languages: English, simplified Chinese and traditional Chinese.



⑥ Set your Sedentary Alert: When you work from a chair for too long, the Aura will be vibrated to remind you to become physically active.

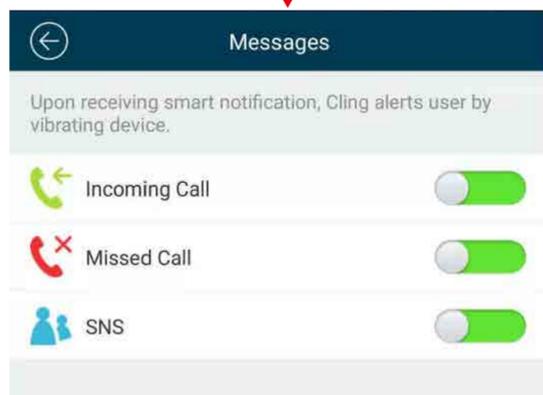
⑧ Set your maximum heart rate, number of steps, and calories burned goals, and when you reach that goal, the Aura will be alert you by vibrating.

### 3. Set message reminder

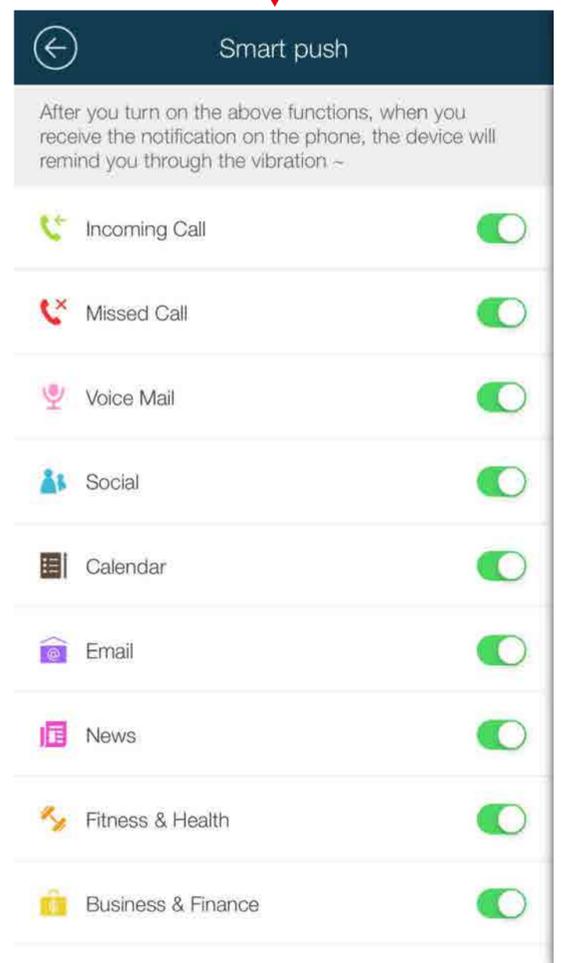


③ Set alarm clock timer and personal timer alarm.

④ Set up sleep alarm

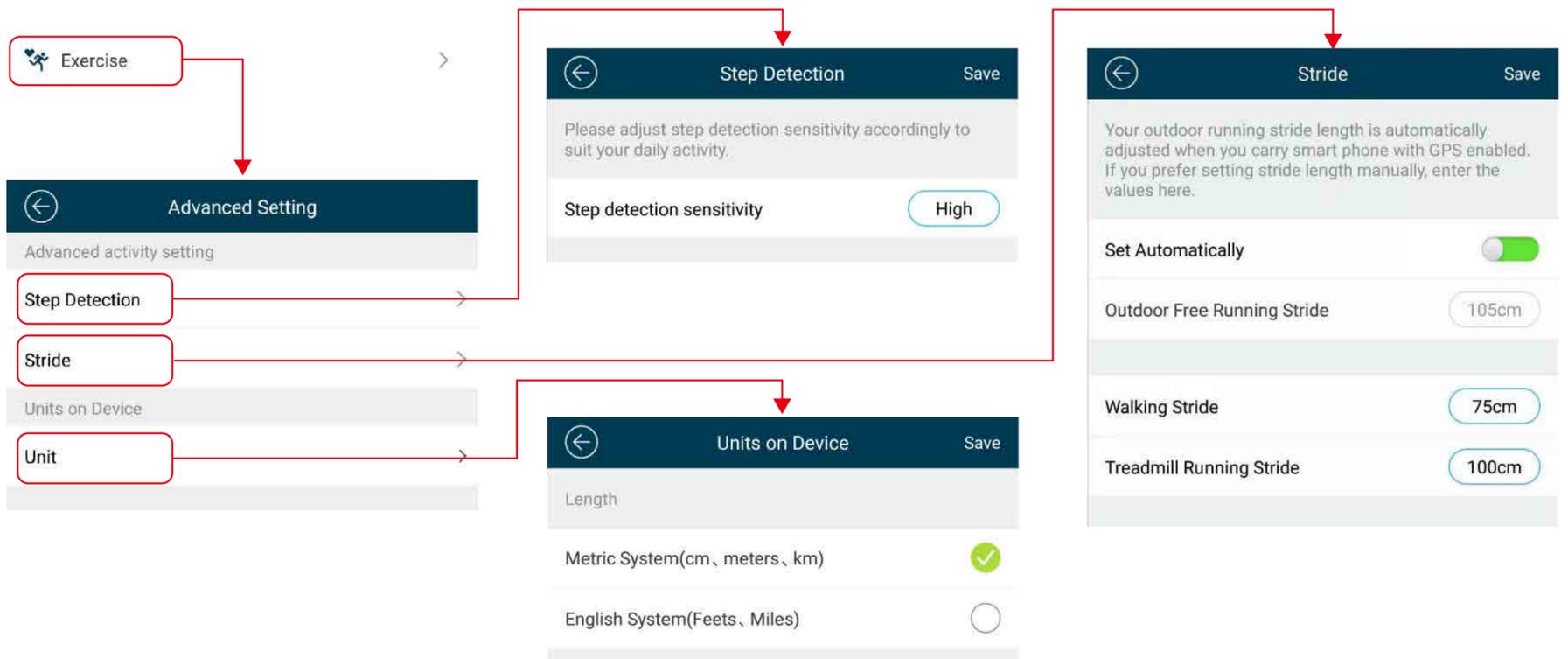


① With the Android system the Cling APP can only set these three types of information because of the Android's permission settings. Notification reminders of other apps need to be set in the notification center of your mobile phone.



② In an IOS system, each APP is categorized according to the notification of the Apple phone. If the notification you need is not alerted, please open all the notification categories.

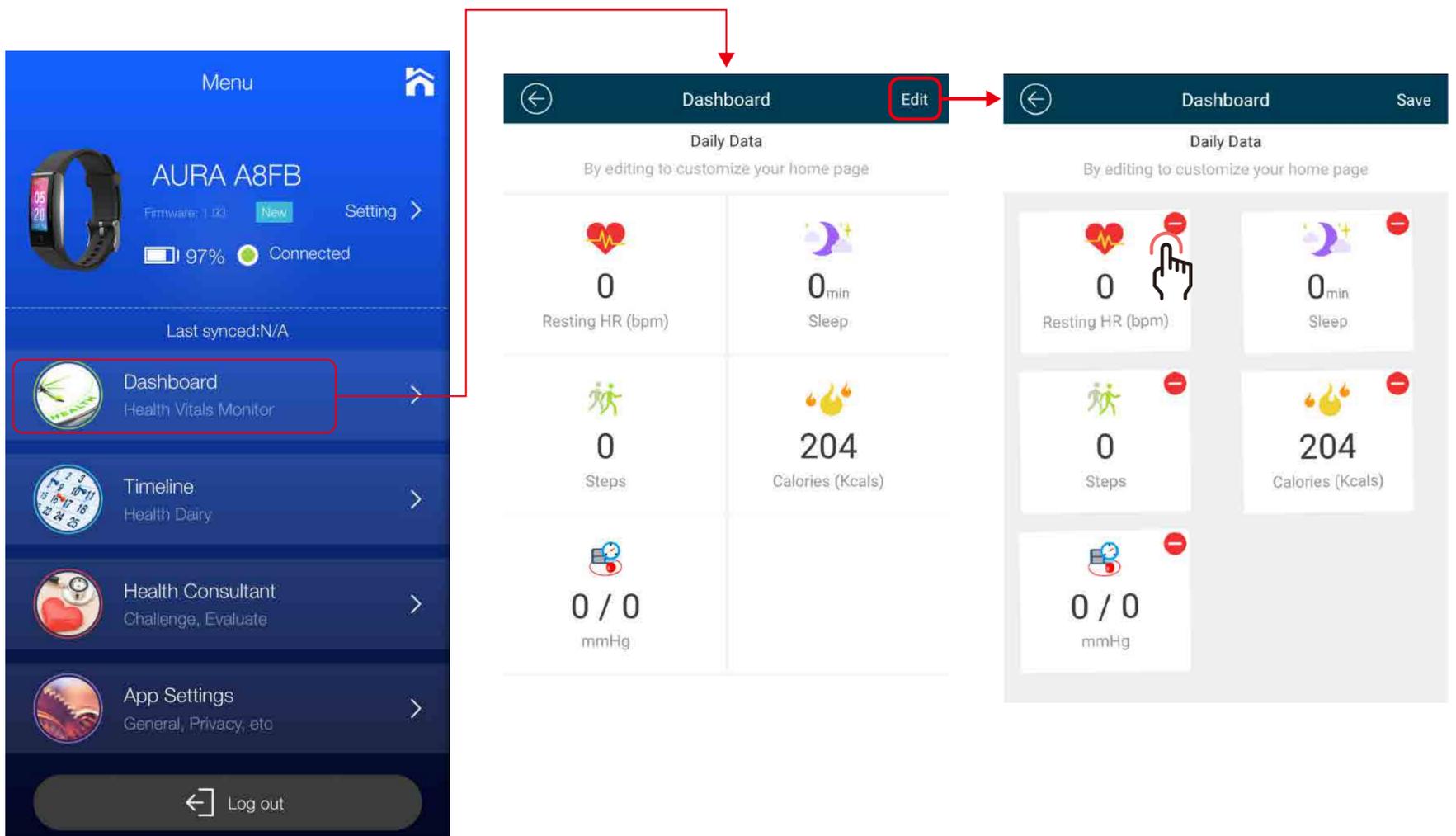
## 4. Set the basic parameters of your Aura



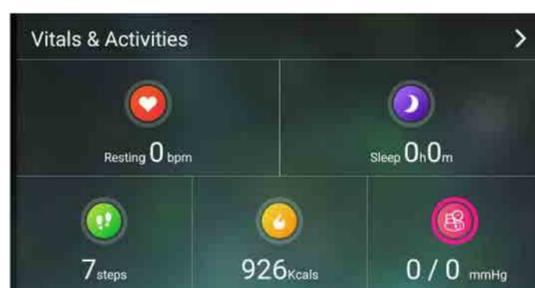
This setting is mainly used to set basic parameters such as your personal step size, sensitivity and display units of the Aura while you are in the process of motion.

## 5. Modification of the Health Dashboard

The data in the health dashboard is closely related to the data in the home page “Vitals & Activity” when the data in the dial is deleted, the home display will change accordingly.

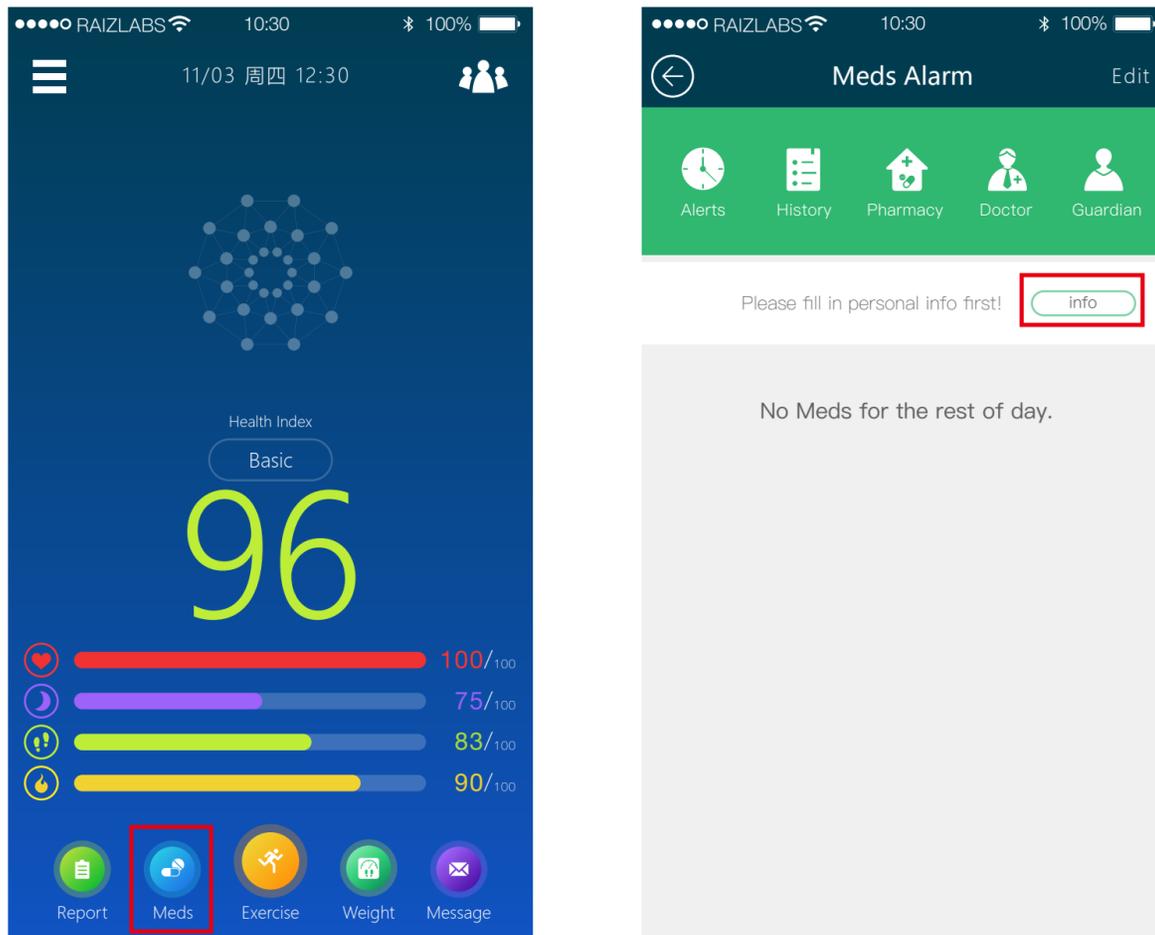


Home page “Vitals&Activity”



## 6. Medication Reminder

Click the “Meds” button on the homepage to enter the medication reminder main page.



If you want to maintain real-time contact with an appointed Guardian or a number of Guardians (healthcare providers or family members) or with a pharmacy or pharmacies you can do so, allowing them to view your medication compliance, prescription inventory and health stats. If you don't require it, you can Skip the following steps.

To set remote access to your information by a Guardian or a Pharmacy you are required to fill in their respective contact information. You are not required to enter their personal name etc. However if you want them to have the ability to receive medication noncompliance alerts and for pharmacies to receive automated prescription refill requests you will need to supply their email address.

To begin you are asked to enter your personal information on the prescription application page. Again it is not mandatory that you enter personal information. You can create a profile by using an customized Username etc. instead. Once you have created your profile click "Save".

Click "Add New Pharmacy" to enter the "Pharmacy Info" settings page:

My Information

In order to ensure effective contact with doctors and pharmacies, please fill in your information correctly.

Full Name: Eg: Taylor Swift

Phone No.: Eg: (021) 111-1111

DOB: Eg: 2019-1-1

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Country: Eg: Canada

State/Province/Region: Eg: BC

City: Eg: Vancouver

Address: Eg: 453 W 12th Ave

Postcode: 200030

Save

Meds Alarm

Alerts History Pharmacy Doctor Guardian

Dear , please take medications on time, and wish you good health!

08: 30 Everday >

Amoxicillin x3  
ZX34567800 Hicling Pharmacy Remain 6

Pharmacy

Hicling Pharmacy  
Lane 2777, Jinxiu East Road >

+ Add New Pharmacy

Pharmacy Info

Hicling Pharmacy

Phone Number: 02184545450

Fax: Eg: (021) 111-1111

Medication Refill alert:

Alert Email: test@hicling.com

Medication noncompliance alert:

Alert Email: test@hicling.com

When the wearer is out of medication compliance for more than 24 hours, the system will send a alert email to the pharmacy. Additionally, when the remaining medicine inventory is less than the required number of doses, the system will also send a alert email to the pharmacy.

Country: China

State/Province: Shanghai

City: Shanghai

Address: Lane 2777, Jinxiu East Road

Postcode: 200030

Pharmacist: Tony >

+ Add New Pharmacist

Save

Pharmacy Info

Alert Email: Eg: test@hicling.com

When the wearer is out of medication compliance for more than 24 hours, the system will send a alert email to the pharmacy. Additionally, when the remaining medicine inventory is less than the required number of doses, the system will also send a alert email to the pharmacy.

Pharmacist: Tony

ID No.: 24688

Save

Address: Eg: 453 W 12th Ave

Postcode: 200030

Pharmacist: Tony >

+ Add New Pharmacist

Save

On this Pharmacy page you can fill in your pharmacy information. If you use several pharmacies you can enter each one individually.

If you want a specific pharmacy or number of pharmacies to be alerted if you are medication noncompliant for over 24 hours or to receive auto-email prescription refill requests when your medications inventories run low, there are two important options to open: “Medication Refill Alert” and “Medication Noncompliance Alert”.

If you want a specific pharmacy or number of pharmacies to be alerted once you require a prescription refill, the “Medication Refill Alert” option should be turned on in the APP. Once you run low on a specific medication an automatic refill request email is sent to your pharmacy. To activate this option you need to turn it on by clicking the button to the right. The pharmacy email address must be entered in order for the respective Alerts to be sent.

If you want a specific pharmacy or number of pharmacies to be alerted if you are medication noncompliant for over 24 hours you can turn on the “Medication Noncompliance Alert” to be sent to your pharmacy. To activate this option you need to turn it on by clicking the button to the right. The pharmacy email address must be entered in order for the respective Alerts to be sent.

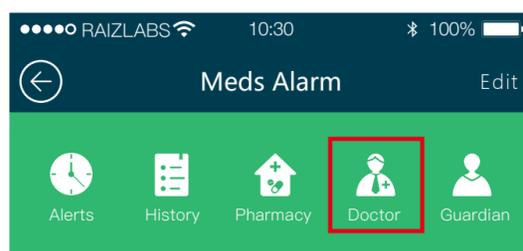
Follow the same procedure to add Guardians and to allow them to receive similar Alerts.

The process of adding a guardian and the process of adding a pharmacy are the same. With the Guardian option activated they can keep abreast of your medication situation. For this to function fully two important options need to be opened:

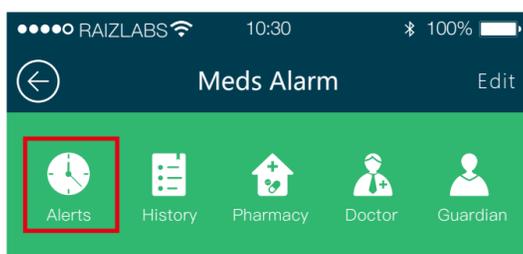
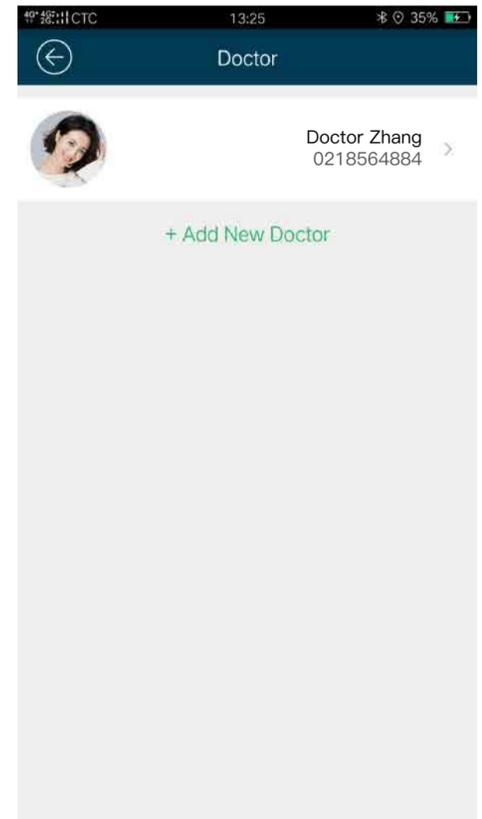


Go to “Guardian”  
Interface

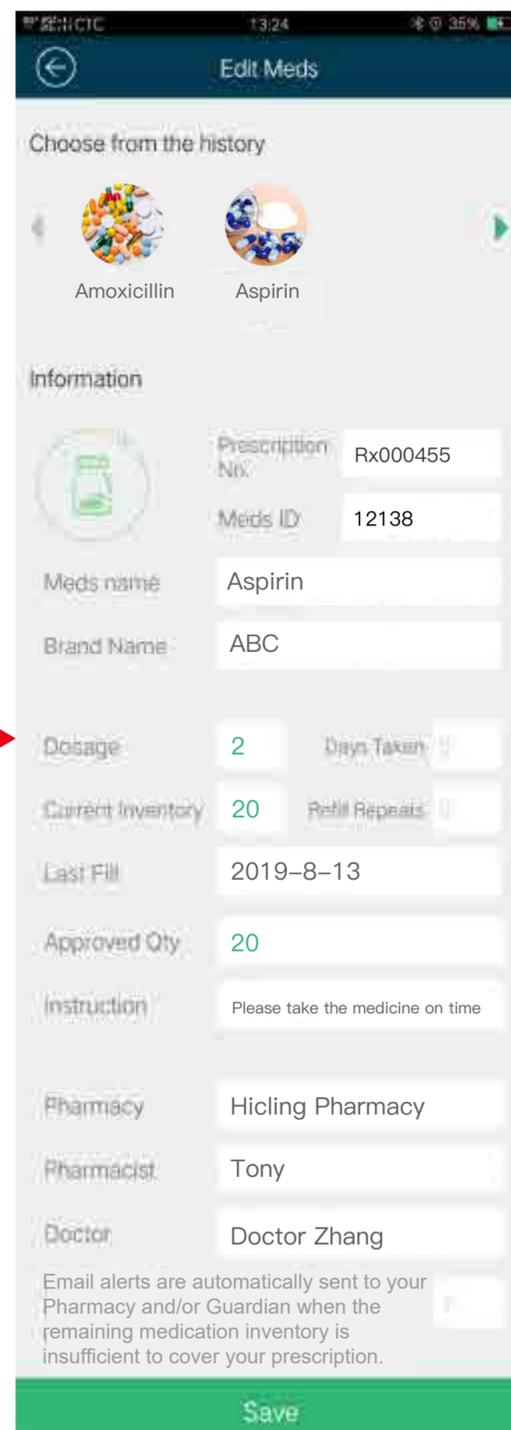
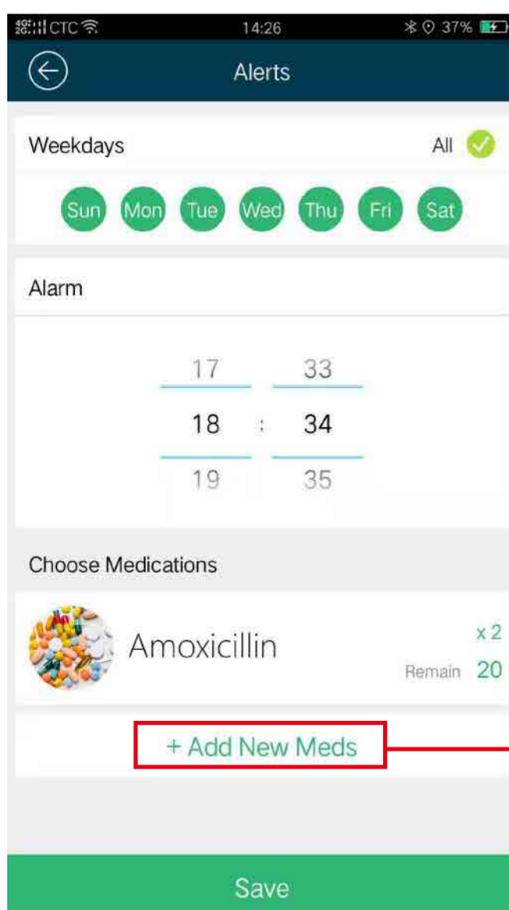
A “Medication Refill Alert” is automatically sent to the pharmacy you indicated as the supplier of the medication that has run low on inventory. The “Medication Noncompliance Alert” is sent to your Pharmacy and/or Guardian of choice when you have been noncompliant in taking a medication for over 24 hours (with a second Alert being generated if you’re noncompliant for over 48 hours).



If you want to enter your doctor or doctors information please go to the “Doctor” page. The doctor does not have a “Medication Refill Alert” or “Medication Noncompliance Alert” however you could set up your Doctor as one of your “Guardians”. On the Doctor page you can enter your doctor’s Information and Save.



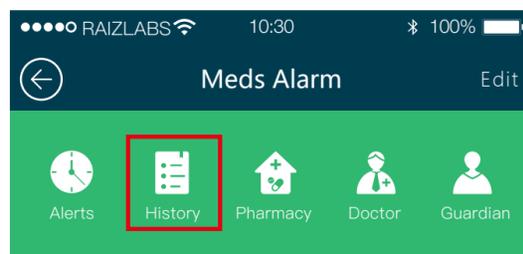
Next, start adding medication alerts. First click on the Meds icon on the APP Home page. Then click on “Alerts” at the top left side of the “Meds Alarm” page.



You can set the date to take a medication, the proper time of day to take a specific medication and add multiple medications according to your needs. Simply click on the "Add New Meds" button to go to the "Edit Meds" page. Here you can choose to add medication inventory from historical prescriptions, or you can add new medication information. You can set the following:

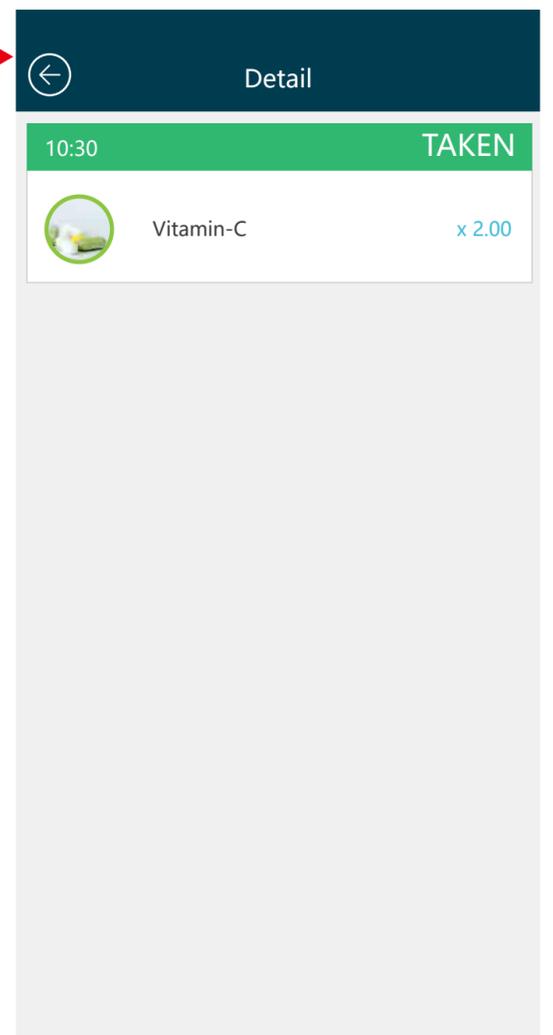
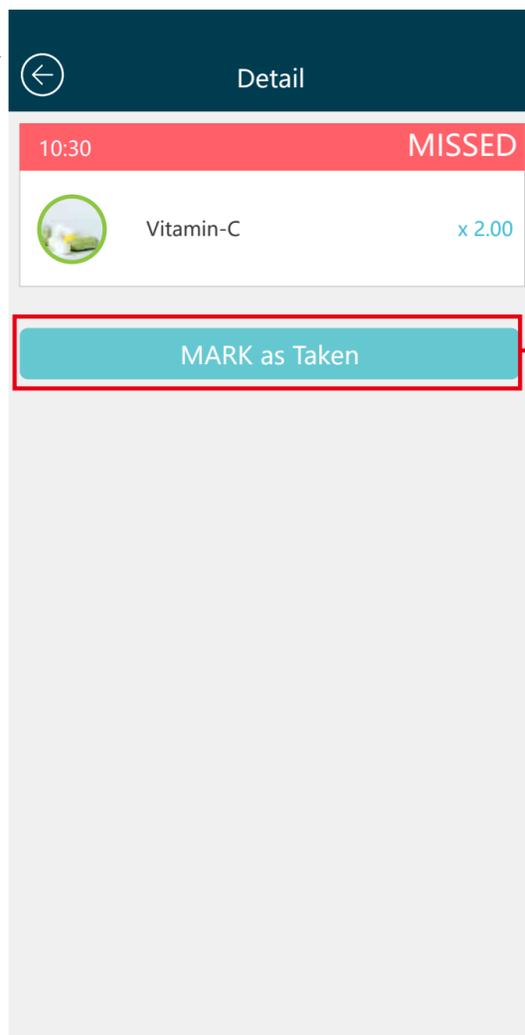
- Each specific medication "Dosage" that you are prescribed to take,
- The "Days Of The Week To Take Your Medications"
- Your "Current Medication Inventory"
- "Email Alerts to your Pharmacy requesting prescription refills when your remaining inventory of a specific medication is not enough to cover the set number of doses as prescribed",
- Email alerts to your Guardian/s when you are medication noncompliant for more than 24 hours".

These options are important for maintaining proper consistent medication compliance. The APP will judge whether you need a prescription refill according to the settings you entered and it will automatically send an email to your pharmacy requesting a refill when required.



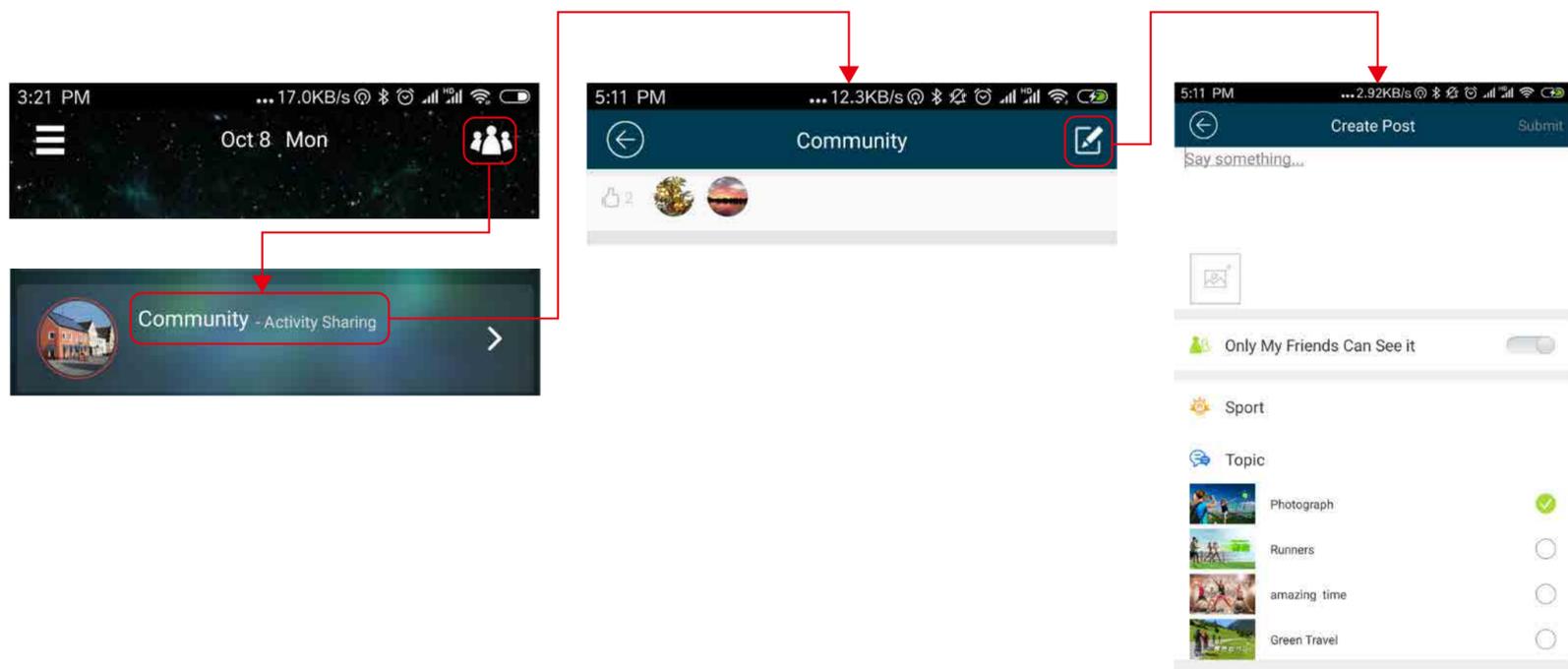
You can also click on the history of the "Meds Alarm" main page to view your previous medication recording. From this page you can click on a medication marked with a Red X in order to change a medication that is marked as "MISSED" to "Taken" once you have acknowledged that the medication has been taken.

Medication History	
Today	2018/05/02
✓ 13:30	Aspirin
✗ 10:30	Vitamin-C
✓ 08:30	Amoxicillin
Tue	2018/05/01
✓ 13:30	Aspirin
✗ 10:30	Vitamin-C
✓ 08:30	Amoxicillin
Mon	2018/04/30
✓ 13:30	Aspirin
✗ 10:30	Vitamin-C
✗ 08:30	Amoxicillin
Sun	2018/04/29
✓ 13:30	Aspirin
✗ 10:30	Vitamin-C
✗ 08:30	Amoxicillin
Sat	2018/04/16-22



## 7. Send your message to the Community

Click on the front page to enter community management.



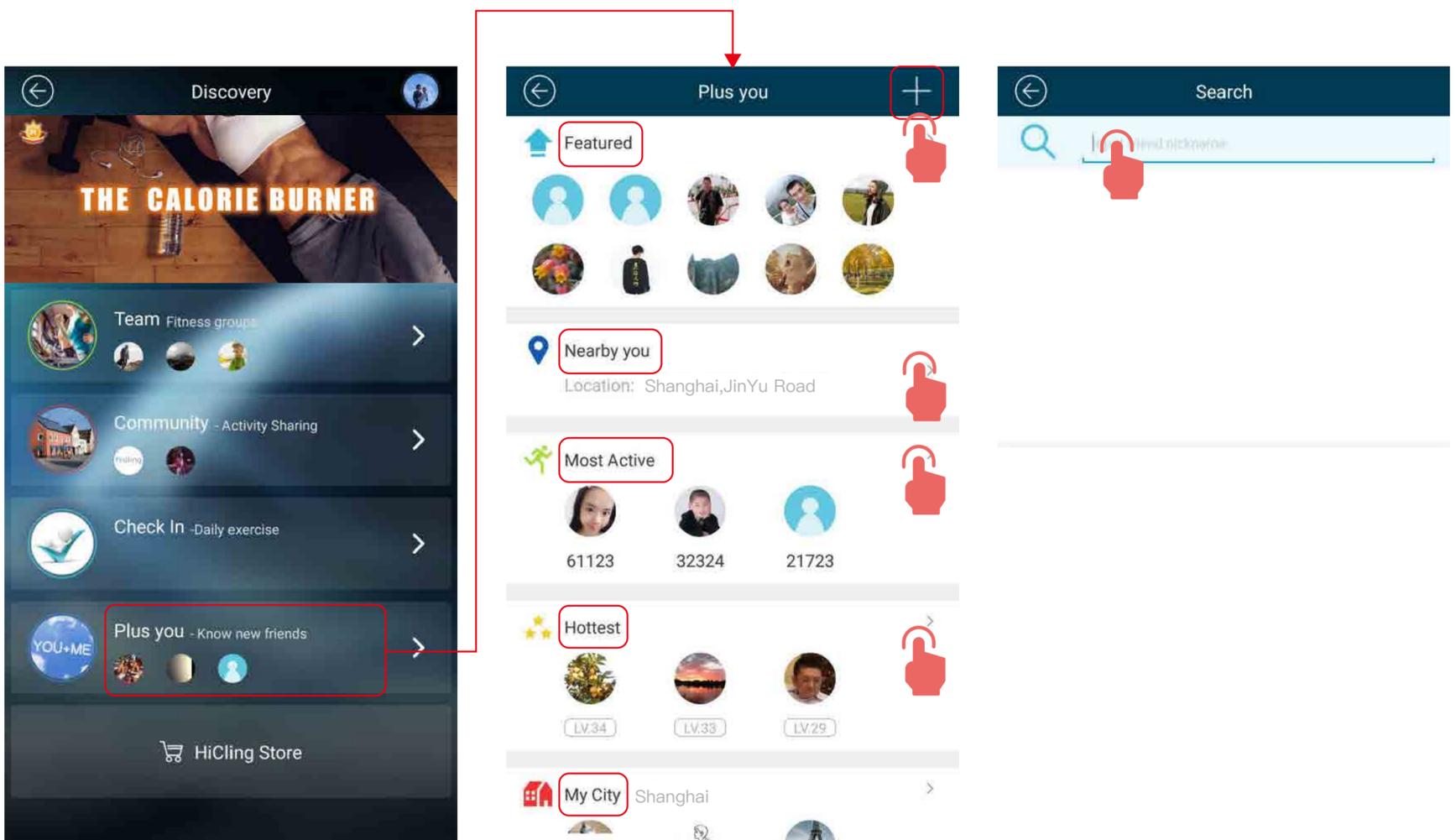
## 8. How to Use “Friends”

(1) Enter the Discovery menu – You can choose “Featured”/“Nearby you”/“Most active”/“Hottest”/“My city” category to choose add friends. Or click the “Add you” – “+” icon – Search (Search keywords: nicknames).

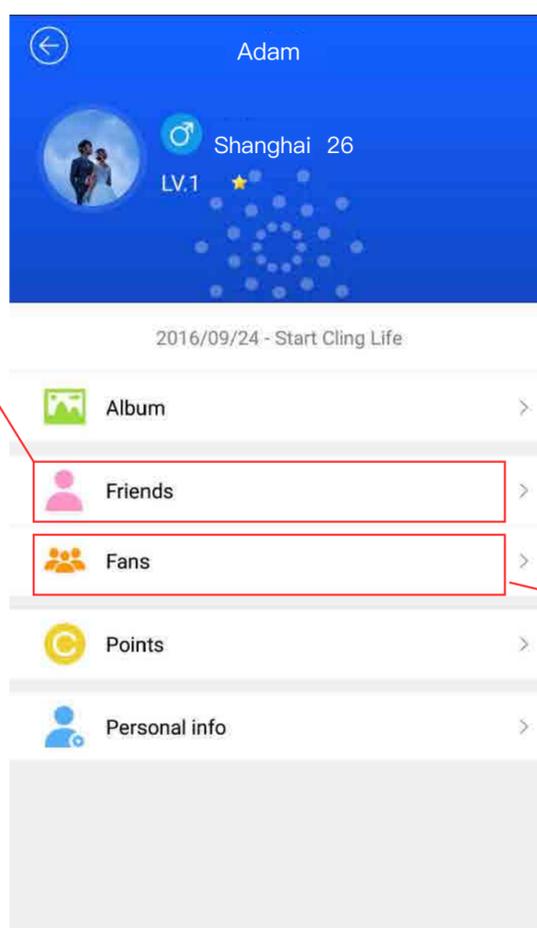
(2) Choose your friend, click on “+Follow” on the personal page, then become fan.

(3) Once that person adds you as their friend back, you can become friend.

(4) Privacy sharing rights can only be set up after becoming friends, and friends’ messages can be viewed in the community.



Note: Privacy sharing privileges can be set, and messages from friends in this list can be viewed in the community.



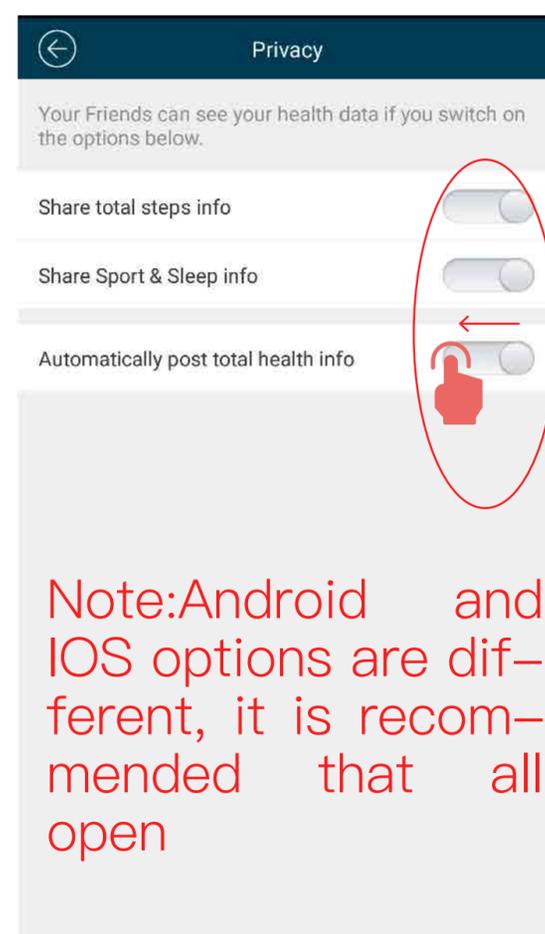
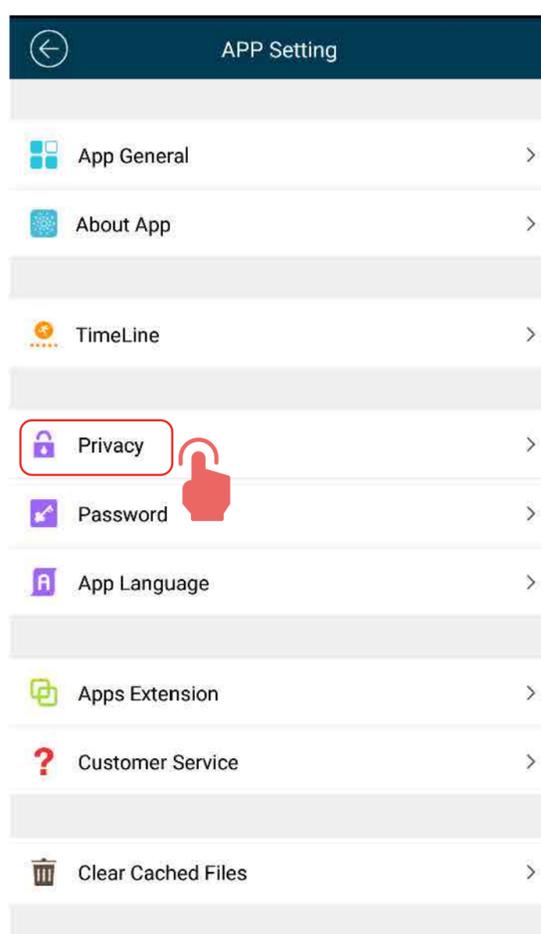
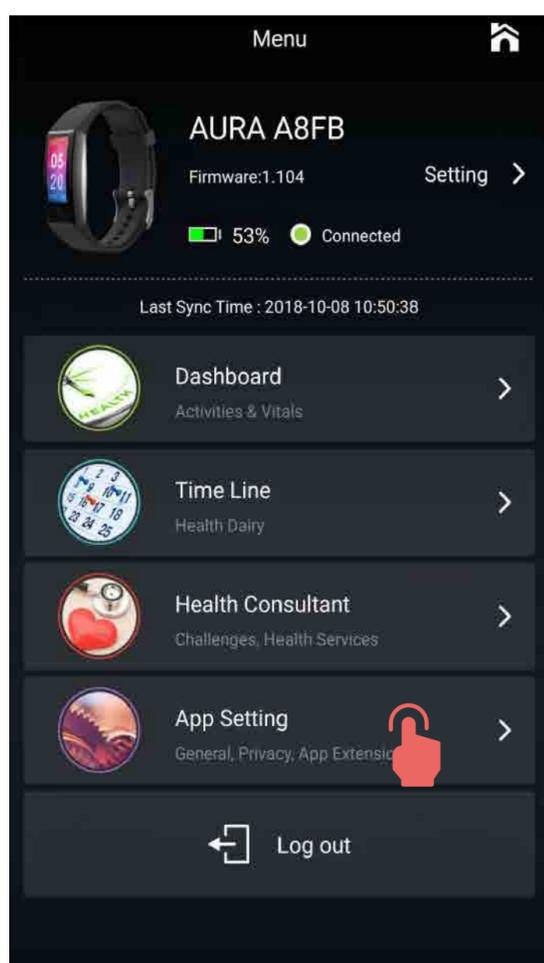
Note: You can choose your fans to become friends.

## 9. Privacy Settings for Personal Health Information Sharing

Privacy Settings for sharing your Personal Health Information with family or health care professionals. This sharing setup can be done when you and your family and/or health care professionals become friends with each other. After sharing, the person the Aura wearer shares with can quickly get the relevant records of their current synchronized medication compliance, blood pressure fluctuation, sleep pattern, heart rate, steps taken, etc., personal photo album and so on.

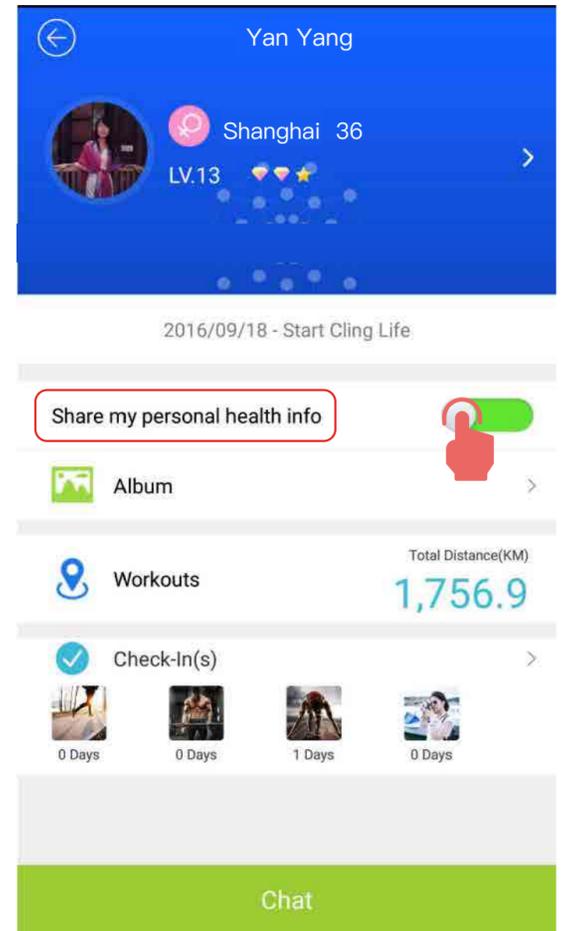
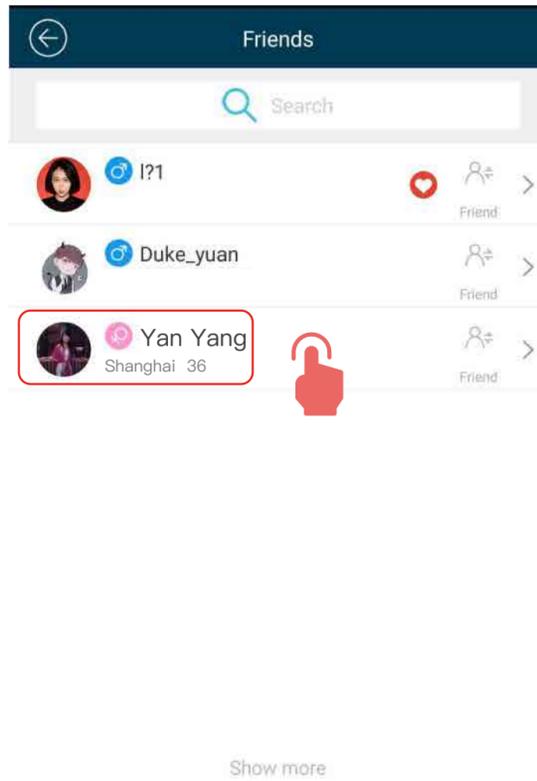
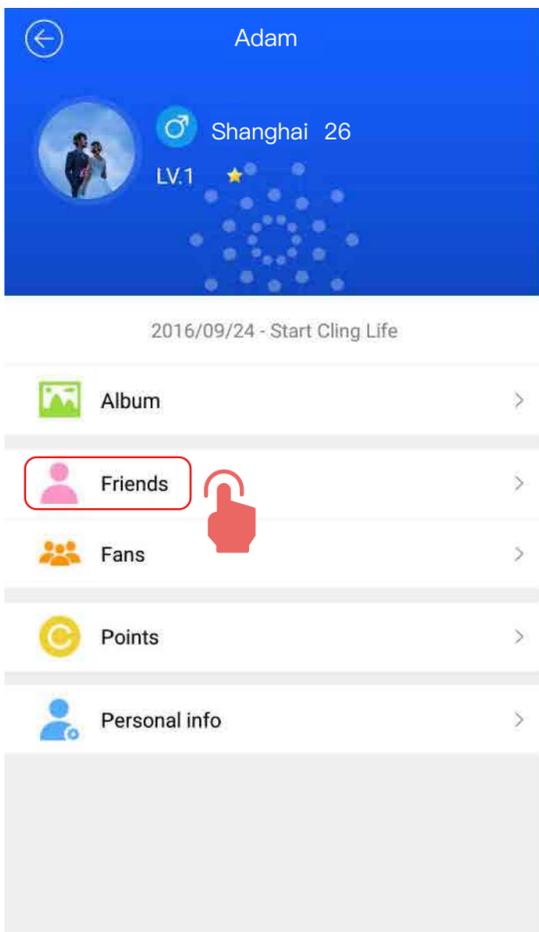
(1) Please open the APP – “Privacy” button

Open APP – Click on the top left corner of the three horizontal – “Menu” – “APP application” – “Privacy”, select the information you want to share (it is recommended to open all).

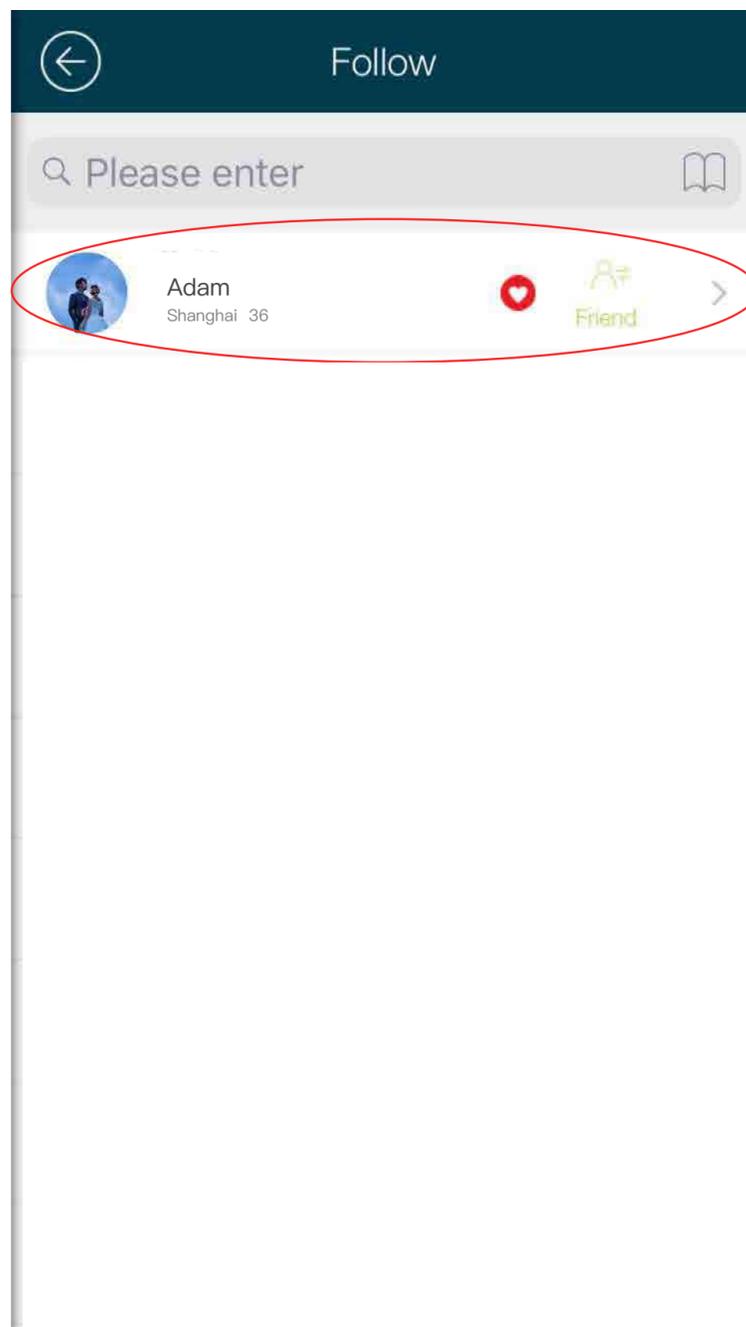


Note: Android and IOS options are different, it is recommended that all open

(2) Choose friends to share info with  
Open “Personal Center” – Choose “Friends”



(3) When you set it up successfully, a red heart appears next to your name on the list in your friend’s “Personal Center” – “Friends” list.



# Part VI: Frequently Asked Questions

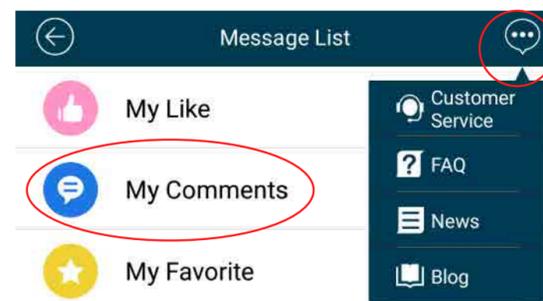
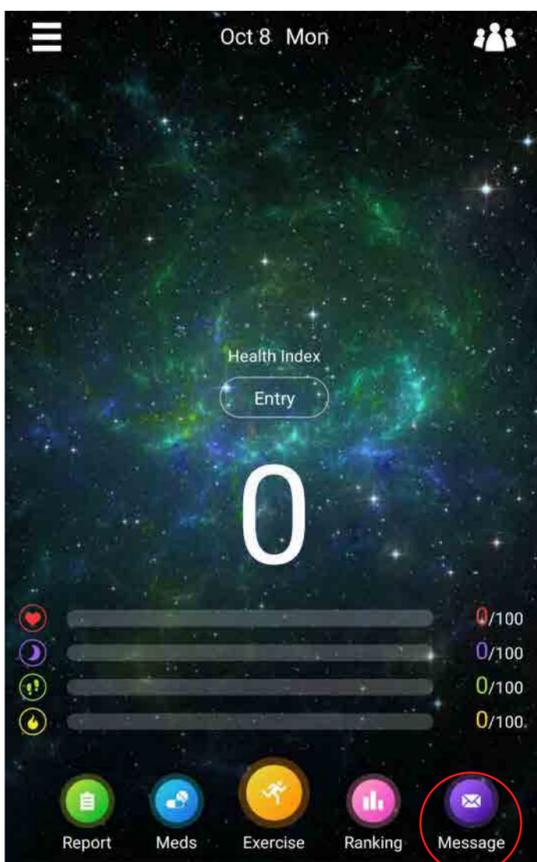
## 1. How do I check the Cling ID and firmware version of my Aura?

To check the Aura Bluetooth ID code and firmware version: when the screen is not lit, tap the home key to light the screen. Under the time interface, press and hold the “home key” for 3 seconds. The Aura will show the Cling ID / firmware version / and the remaining power.



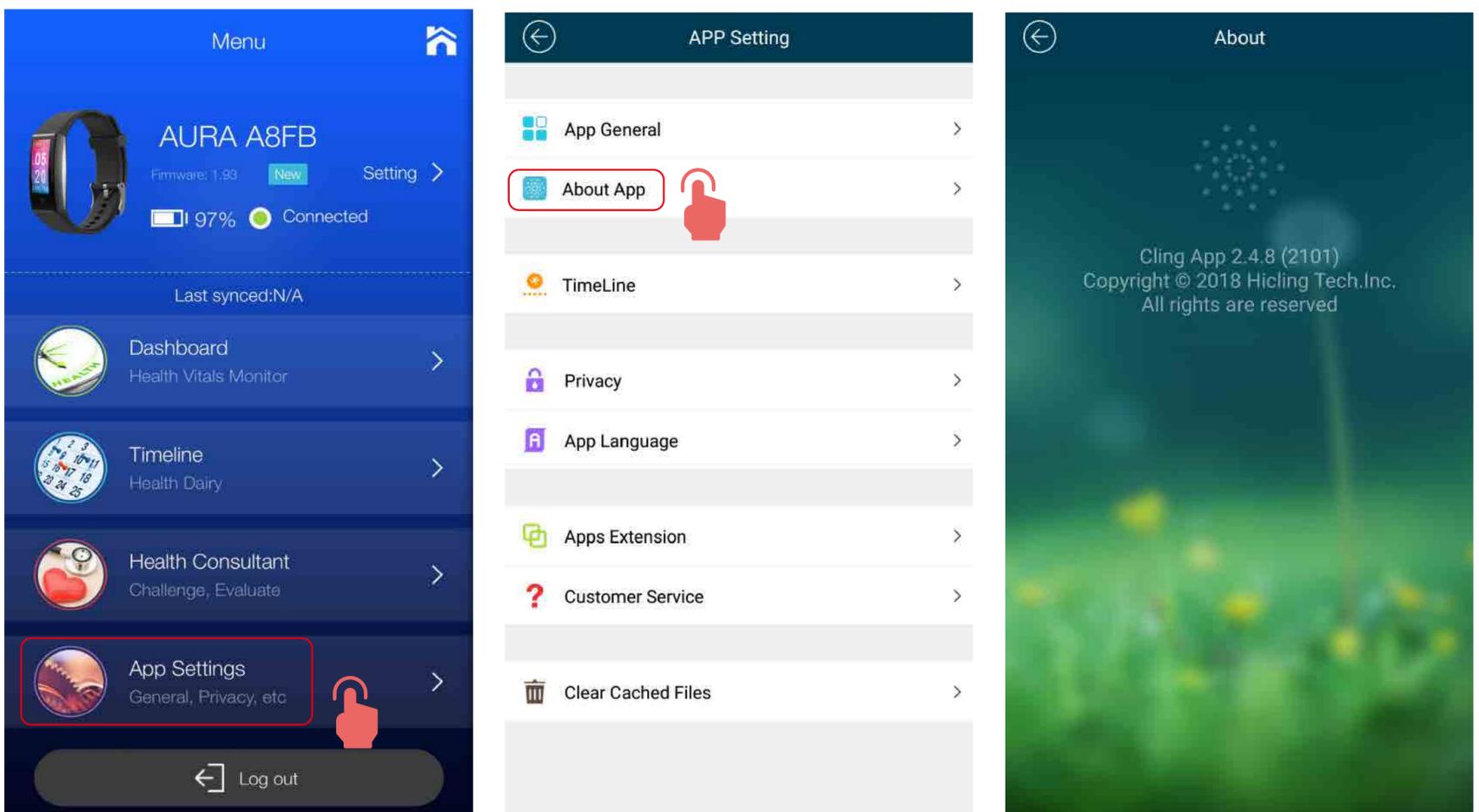
## 2. How to view your messages in the Cling APP?

Log in to the Cling APP, click on the message (see the highlighted red ring on the first picture). You can view your message and likes. Click on the information icon in the upper right corner (see the highlighted red ring on the third picture) and you will pop up customer service, FAQs, news and blogs.



### 3. How to view the version of your Cling APP?

From the Menu settings click on APP Settings. On the “APP Settings” page click on “About APP”. On the “About page” you can see the version of your APP.



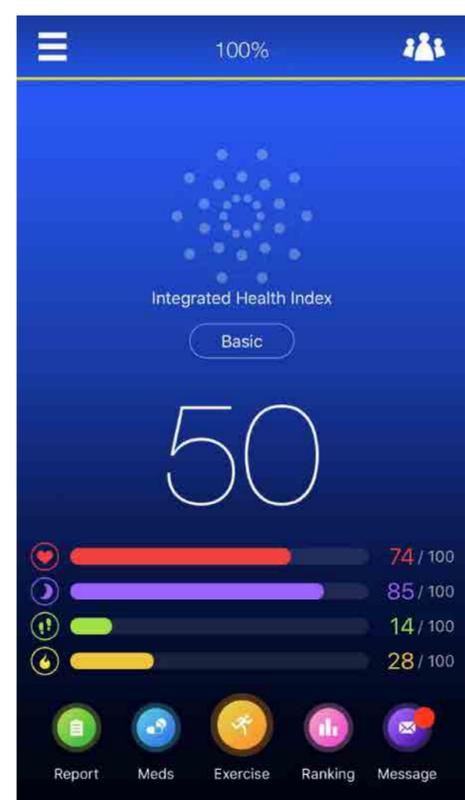
### 4. How to view “Incoming calls, SMS and WeChat information” on the Aura?

“Incoming Call” – When your Aura receives an unknown incoming call the Aura ring will vibrate and the screen displays the incoming phone number, if the call is already a phone contact person, the Aura ring vibration screen will display with the persons name;

“Smart Reminder” – The Aura ring vibration screen is displayed with the text information. You can read the information by touching the screen home key of the Aura screen.

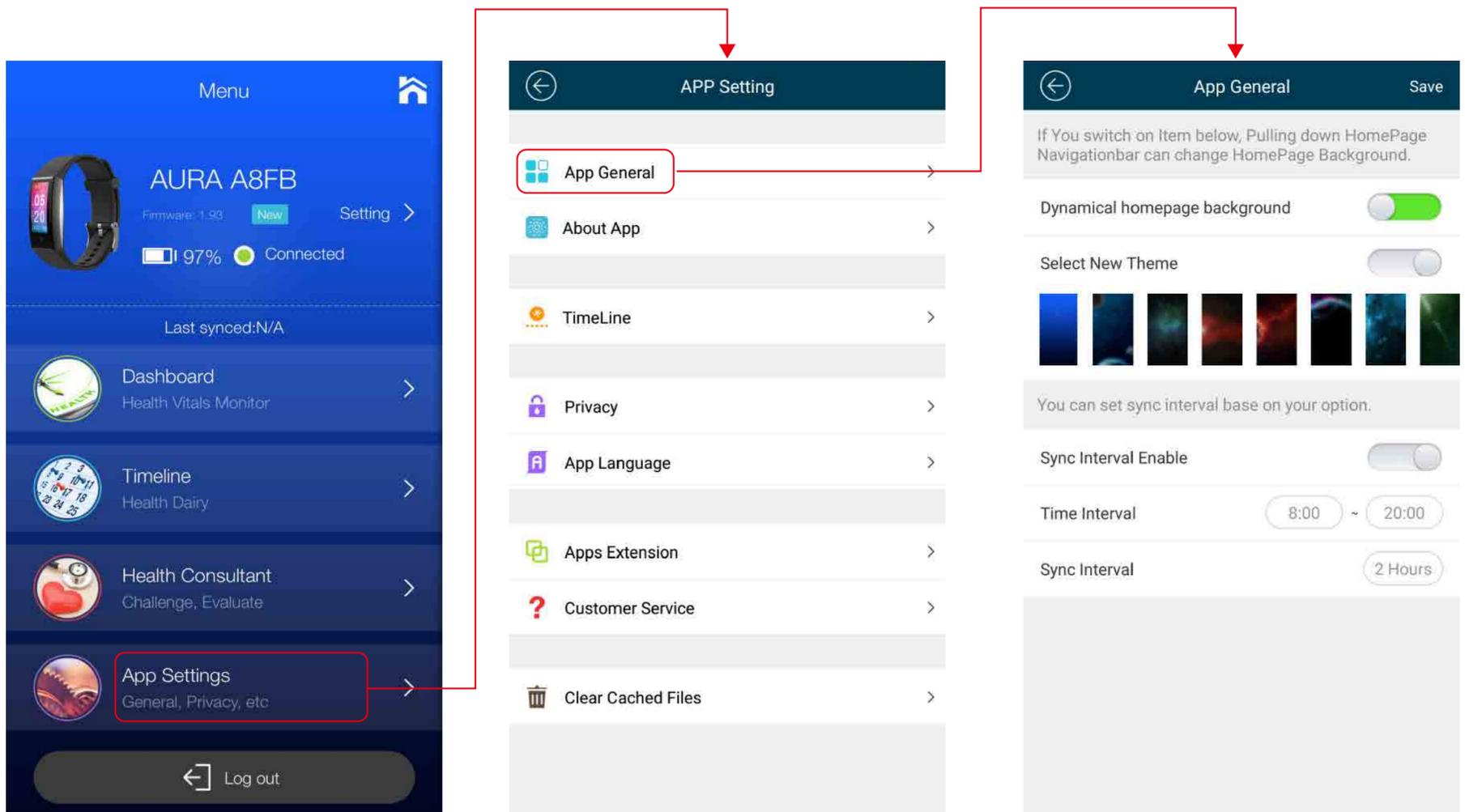
### 5. How to synchronize the Aura with the Cling APP?

① Open the menu interface and you will see a yellow progress bar at the top of the page. Wait for the yellow progress bar to go to the end. The progress bar ends, indicating that the synchronization is complete, as shown below:



② The Cling APP already has the automatic synchronization function setting as follows:

Cling APP “Menu” interface –APP settings–General– “All–Day Sync”, then turn it on. You can choose the time range. Follow the diagram for your information:



## 6. How to get a Weather Forecast and AQI (Air Quality Index) ?

Please open the GPS on your phone and set up your phone to allow the Cling APP to use your location. This enables the Cling APP to get the weather forecast and AQI (Air Quality Index) each time it syncs.

## 7. How do I make an “APP Upgrade”?

IOS system: Please go to the APP Store to upgrade.

Android system: Please go to the Google Play store.