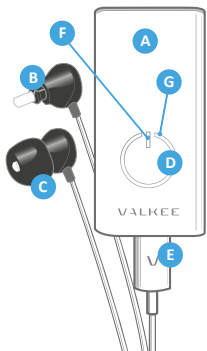


Welcome to your new HumanCharger®



HumanCharger® parts

- A. HumanCharger main unit
- B. LedSet earplugs
- C. Silicone fitting for the earplug
- D. Power on/off button
- E. USB connector for the LedSet and charger cable
- F. Indicator light for battery power and charging
- G. Indicator light for session length and progress

1

Before the first use, select the ear pieces fittings **C** that best match your ears and put them on the LEDSet **B**. Connect the LEDSet connector **E** to the main unit **A**. Place the LEDSet carefully in your ears. Start the session by briefly pressing the power button **D**. HumanCharger® switches itself off when the session is complete. You can follow the session from progress ring **G**. Recharge the main unit when the battery indicator **F** flashes or when the device will no longer switch on. HumanCharger® will not switch on if the LEDSet is disconnected. HumanCharger® can be charged with many mobile phone chargers or smartphone micro-USB chargers or from a computer's USB port. The battery-indicator **F** cycle on and off when charging and remain on when the battery is full charged. On charge is enough for more than 10 sessions. Remember to clean the earbuds regularly.

Health and well-being

Invented in Finland, HumanCharger® is a light therapy device that sends a UV-free blue-enriched white light through LEDSet to the light-sensitive regions of the brain - just where it is needed the most!

HumanCharger® benefits are:

- Increased mental alertness
- Improved mood
- Increased energy levels

2

Use HumanCharger® to gain those benefits on a regular basis in the morning once a day within two hours of waking up at the same time each day. Just 12 minutes is enough.

HumanCharger® is intended for general wellness use. HumanCharger® fulfills 2016-07-29 FDA Policy for Low-Risk Devices.

Winter Blues treatment

The winter blues is a mild version of Seasonal Affective Disorder. To alleviate typical symptoms of winter blues, such as irritability, loss of interest in activities you usually find enjoyable, feeling of worthlessness or hopelessness, oversleeping, loss of energy, social withdrawal, decreased physical activity, fatigue, cravings for foods that are high in carbohydrates, and weight gain, use the HumanCharger® as usual on a regular basis in the morning once a day within two hours of waking up at the same time each day.

If your seasonal mood swings are more severe, or you are suffering from depression, or if you are currently on medication for depression, consult your physician and use light therapy only under supervision.

Jet Lag recovery

When you travel cross several time zones, you are likely to experience some jet lag. HumanCharger® is perfect for accelerating your recovery from the unpleasant symptoms of jet lag. If your flight is eastward, use HumanCharger® first thing in the morning and early forenoon, four times during

3

the day at 2-hour intervals (for example at 8 am, 10 am, 12 noon, and 2 pm local time). Repeat each day until you feel recovered. For a westward flight, use HumanCharger® from late afternoon to evening, four times a day at 2-hour intervals (for example at 3 pm, 5 pm, 7 pm, and 9 pm local time). Repeat each day until you feel recovered.

For more detailed trip-specific instructions and reminders, you can download free HumanCharger® companion app from your phone app store*. Search for it by the name "HumanCharger", or scan this QR code with your mobile device to access the app directly.



*App availability varies by smartphone operating system version.

Shift Worker energy boost

If you need to extend your day or wake up particularly early use HumanCharger® every two hours during the time you feel most tired. It is not recommended to take more than four 12 minute HumanCharger® treatments per day.

4

Adjustment of light settings

On first use, the session starts with the default bright light setting (12 minutes). If you feel that the intensity is disturbing adjust the light settings:

1. Turn off the device.
2. Press the power button for three seconds to reduce the length of the session by three minutes and the intensity of the bright light by 25%. For further reduction, keep holding down the power button. The device saves your new settings to the LEDSet.
3. If you want to return to the default setting, keep holding down the power button until 12 minute setting is restored.

Visit our website www.humancharger.com to find additional information about HumanCharger®.

Send us your feedback to support@valkee.com or share it on Facebook at [facebook.com/ ValkeeCompanyUSA](https://facebook.com/ValkeeCompanyUSA).

5

Important

Do not use the HumanCharger® while performing tasks that require unrestricted hearing to avoid hazards due to restriction in hearing capability caused by the earbuds. Do not look directly into the LEDSet, to avoid eye irritation or damage. Do not use excessive force to insert the LEDSet to avoid damaging your ear canals. Keep the HumanCharger® and its parts out of the reach of children. The small parts could present a choking hazard.

If the HumanCharger® becomes damaged or degraded in any way or does not work, do not operate it. Contact Valkee (Ltd) for service assistance. Do not share LEDSet to avoid personal hygiene risks. Make sure that neither the HumanCharger® nor any of its cables can catch on anything when you are using the HumanCharger®, eliminating the possibility of strangulation. The HumanCharger® contains an integrated, rechargeable lithium-ion battery. Do not incinerate, disassemble, or expose the battery to extreme temperatures because the battery could overheat, causing fire or bursting. No modification of HumanCharger® is allowed. Contact Valkee (Ltd) for service assistance.

For safe operation, keep the HumanCharger® away from water. If HumanCharger® is exposed to water, immediately stop using it and contact Valkee (Ltd) for service assistance.

Troubleshooting and Maintenance

The HumanCharger® gives an error signal (four beeps and four flashes of the indicator lights) if the LEDSet is disconnected or broken. Make sure that the LEDSet is properly connected to the main unit, or that the LEDSet or LEDSet wires are not broken. If the error persists, contact Valkee (Ltd). The HumanCharger® is intended for personal use only. Clean the LEDSet and LEDSet fittings between uses with a non-abrasive, dry cleaning cloth. Never use abrasive cleaning agents or strong detergents to clean LEDSet, and do not rinse it with water. Store the HumanCharger® between uses in a protective case or bag or the sales box in a dry location. Remove the LEDSet from the main unit after use, before storing. Contact Valkee (Ltd) at support@valkee.com with any warranty, service or support issues.

Disposal

This is an electronic device containing a lithium-ion battery as an internal power source. Do not throw away the HumanCharger® with normal household waste at the end of its life. Consider the environment: deliver the HumanCharger® for recycling to an official collection point for electronic devices. Check with the appropriate recycling organization for local disposal information.

Warranty and Legal information

The limited HumanCharger® warranty period starts on the date of purchase. Valkee (Ltd) is responsible for HumanCharger® being suitable for its purpose of use and remaining usable throughout the warranty period. The warranty covers any material, design, and manufacturing defects that manifest themselves during the warranty period. This limited warranty does not cover:

- Normal wear and tear of HumanCharger® or its components
- Cosmetic changes in HumanCharger®
- Faults or damage caused by use or handling of HumanCharger® in a manner that is incorrect, inappropriate, or counter to the operation and service instructions
- Faults or damage caused by the customer, for example, from opening HumanCharger® or repairing, adjusting, or modifying it
- Faults or damage caused by factors that Valkee (Ltd) cannot reasonably be expected to have control over.

Faults must be reported within reasonable time from their detection. When reporting a fault, you must present a certificate of warranty, or a receipt of purchase, or another reliable document of where and when the product was purchased.

Valkee (Ltd) or an authorized Valkee (Ltd) service point may choose to repair the fault or provide a replacement HumanCharger®. Opening, modifying or repairing HumanCharger® at an unauthorized service point voids this limited warranty. This limited warranty does not restrict application of any consumer-protection legislation in force. Valkee (Ltd) liability is always limited to the purchase price of HumanCharger® at maximum. Under no circumstances is Valkee (Ltd) liable for compensation for any incidental, indirect, or consequential damages unless legislative requirements impose an obligation of such compensation.

Technical Information:

Electrical Specifications

Rated voltage	5 V (DC)
Power consumption	max.0.5 A

Batter Specifications

Lithium-ion battery	3.7 V, 450 mAh
Battery recharging time	max. 3 hours
Battery operation with one charge	12 sessions
Expected battery service life	3 years

Operating Conditions

Temperature	from 5 °C to 40 °C
Relative humidity	15-93 % Non-condensing

Transport and Storage conditions

Temperature	from -25 °C to 70 °C
Relative humidity	up to 93 % non-condensing

Physical Characteristics

Dimensions	75 x 36 x 9 mm
Expected device service life	3 years
Applied parts	LEDSet

Light Functions

Typical session duration	12 min (default)
Average light intensity	> 10 000 lux within 1 cm from the top of the light guide, 3.5 lumen (default values) Peak wavelength 450 nm

Designed and manufactured by Valkee Oy (Ltd),
Elektroniikkatie 3-5, FI-90590 Oulu, 09/2016, version
2.0 HC US (ID175882 V49).

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