

Bellabeat LEAF

Frequently Asked Questions

About the LEAF

What is the LEAF? What does it do?

The LEAF is a sleep, activity and reproductive health monitor that helps you cope with stress through built-in breathing exercises. This smart piece of jewelry works as a tracking system for your health and provides insights and helpful reminders to keep you on track. Monthly cycles (fertile days, ovulation, period, and contraception intake) are tracked through the app so that you can have greater awareness of your reproductive health. It can be worn as a necklace, a bracelet, or a clip. The LEAF syncs with the app and all of your data is transferred wirelessly. It also vibrates to remind the user to either be more active or reduce the intensity of her workouts based on her set preferences.

How is the LEAF different from other activity trackers?

Bellabeat LEAF has been designed specifically for women. Its elegant and fashion forward look, in combination with its ability to be worn as a bracelet, a necklace or a clip, makes it a great accessory for any style. In addition to activity and sleep tracking, the LEAF also focuses on the vital piece of women's health - menstrual cycle. Based on your average cycle length and the date of last period, the LEAF app is able to determine fertile days, ovulation, period days, and can help track use of contraception. The LEAF also helps you focus on your mental well-being by encouraging you to learn and practice deep breathing technique through guided meditation exercises built into the LEAF app.

How will the LEAF help me?

The LEAF tracks various aspects of your health and provides an overview of your activity, sleep, and menstrual cycle. It also helps you relax and relieve stress by guiding you through breathing exercises built into the LEAF app. When you've been inactive for too long based on your activity preferences, its Smart Alarm reminds you to stay active. By presenting you with a realistic picture of your daily habits, the LEAF gives your body a voice and motivates you to make better choices.

Is it water resistant? Can I wear it swimming or take a shower with it?

The LEAF is a splash-proof product so it can handle sweat during workout and a small amount of water won't hurt it. However, it is not a water resistant or waterproof product so it should not be worn in the shower, bath or pool.

How do you charge it? How long does the battery last?

The LEAF operates on a removable coin cell battery CR2032 that can easily be replaced when exhausted. The battery life is approximately 6 months.

How does the LEAF track my movement, sleep and menstrual cycle?

The LEAF has highly accurate sensors that measure every step-based movement, including large movements like running, walking, and climbing, as well as small movements like breathing (while you are in a seated or stationary position). By measuring how long you spend in each sleep stage, the LEAF tells you how long and how well you've slept.

How well does the LEAF work if you can't wear it for part of the day?

The LEAF can detect idle time (i.e. if it is left on a table), and for that time it ceases tracking and notifications.

Will it work if I cycle, do yoga, or other non-step-based workouts?

The LEAF does not recognize specific sports or activities on its own, but the LEAF app will allow you to manually enter the sports and activities you did during the day to ensure you have a comprehensive log of your daily activity. The LEAF will assign a certain calorie value to each activity or sport and it will be included in your total calories burned metric.

How does the LEAF estimate the calories I've burned?

The LEAF estimates calories burned by calculating your stride length (based on your height and gender) and your average calorie burned per mile (based on your weight). By adding specific sports and activities to your daily activity, the app determines how many calories you've burned during a specific activity.

How do I transfer my LEAF to another user?

You must first unpair the LEAF in the app settings, and then it can be transferred to another user.

How does the LEAF track ovulation?

Based on your average cycle length and the date of last period, the LEAF app is able to determine your future fertile days, ovulation, and period days.

How do I track breathing?

The breath tracking is a special feature of the LEAF and it works through built-in breathing exercises inside the app. To make the best of it, you should follow these simple instructions. First, place the LEAF as a clip on your waistband, slightly on the side, so that it can measure the abdominal movements while breathing. Then select the desired breathing exercise in the LEAF app and try to perform the exercise as precisely as you can. The LEAF will track your breathing and transfer the data to the app.

The LEAF App

How do I get the app?

You can download the LEAF app from the Apple App Store and Google Play Store.

Which devices are compatible with the LEAF?

The LEAF works with iPhone 4s and newer, iPad Mini and newer, iPad 3rd Gen. and newer, and Android 4.3 and newer with Bluetooth 4.0.

How does the LEAF sync with the app?

The app receives all the information from the LEAF wirelessly via low energy Bluetooth technology, making it an easy and safe experience. It is not necessary to have your Bluetooth on at all times, only when you are ready to sync.

How does the app come up with the insights it gives me?

By analyzing your respiratory patterns while performing breathing exercises, the LEAF app gives you an accuracy score after each exercise. It also provides insights about your activity habits by logging and then analyzing your movement throughout the day. Additionally, the LEAF provides data about the total duration of your sleep as well as the amount of time spent in light and deep sleep. Based on this data, the app gives you an insight about the overall quality of your sleep. Finally, based on the average length of your menstrual cycle and the date of your last period, the app provides a timeline of your fertile days, ovulation and menstruation, giving you a better understanding of your reproductive health.

Can I set an alarm using the LEAF?

Yes, not only can you use the LEAF to gently wake you up in the morning, but can also set it up to vibrate with other health reminders. The LEAF enables you to set up three alarms, which can be for one-time or recurring alerts.

Will the LEAF connect with other apps?

Yes, future versions of the LEAF app are planned to sync with various nutrition, women's health, and activity apps.

What languages does the app support?

English only (as we expand to other markets we will add new languages).

Will the LEAF have an API?

Yes, this is planned for the future.

I'm having problems pairing. What should I do?

1. Double tap your LEAF again.
2. Position the LEAF closer to your phone.
3. Move away from other LEAF devices.
4. If the above instructions don't work, reach our customer support at support@bellabeat.com

I'm having problems syncing with the app, what can I do?

If you tried pairing your phone manually with the LEAF (through Bluetooth settings), first unpair it there. There are some other things you can try as well:

1. Double tap your LEAF again (sometimes it just doesn't register the first time you do it)
2. Position the LEAF closer to your phone
3. Move away from other LEAF devices
4. Turn off your Bluetooth and try turning it back on
5. Turn off your phone and try turning it back on

If all of the above doesn't work, contact our customer support and we'll take it from there. You can also read more about this and see the step to step guide at this link: <https://www.bellabeat.com/user-manual>.

Do you need to keep your phone close at all times in order to save your tracking data?

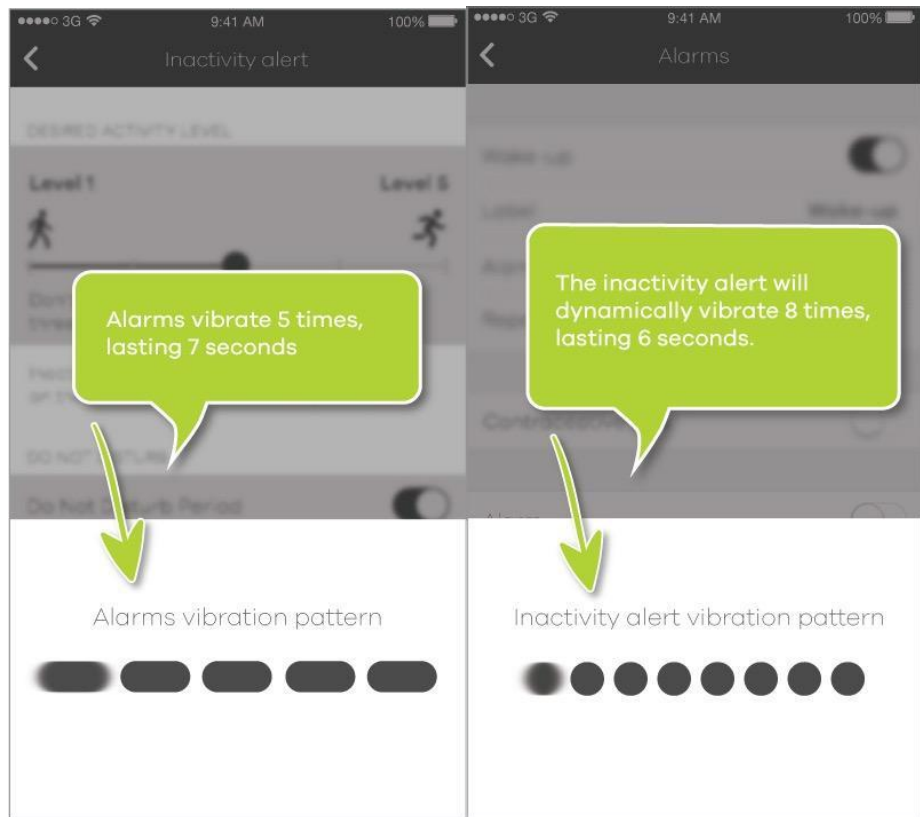
You don't need to have your phone with you at all times. The LEAF gathers all of your data throughout the day and night. Syncing can be done any time you would like to see your current data. The LEAF is able to gather and store your data for up to 14 days without syncing.

Can I delete my data?

Yes. You may contact customer support.

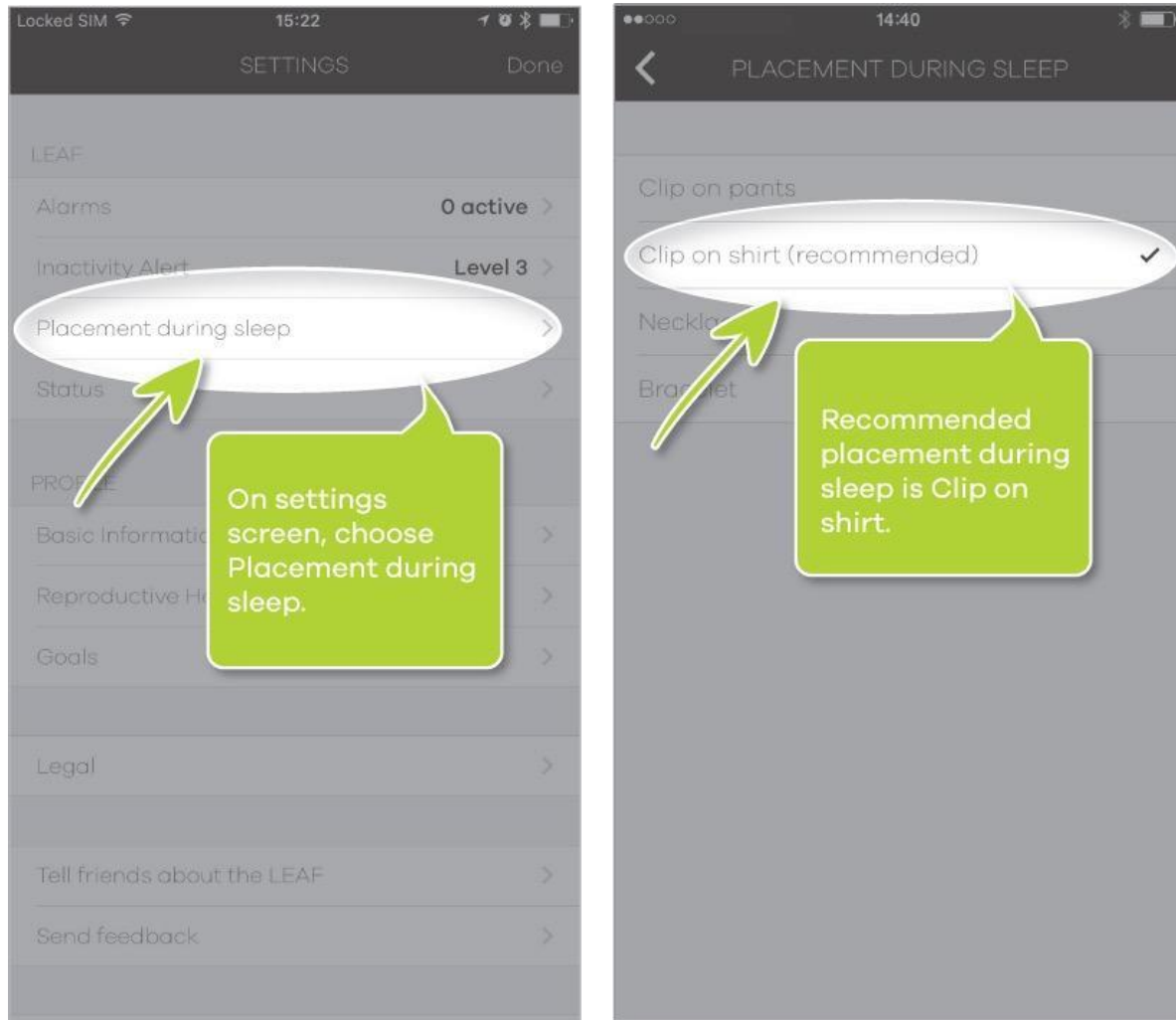
Can you explain the different types of vibrations in the app?

The inactivity alert warns you if you've been inactive for too long, while the alarm you set for a certain time can wake you up or remind you about something.



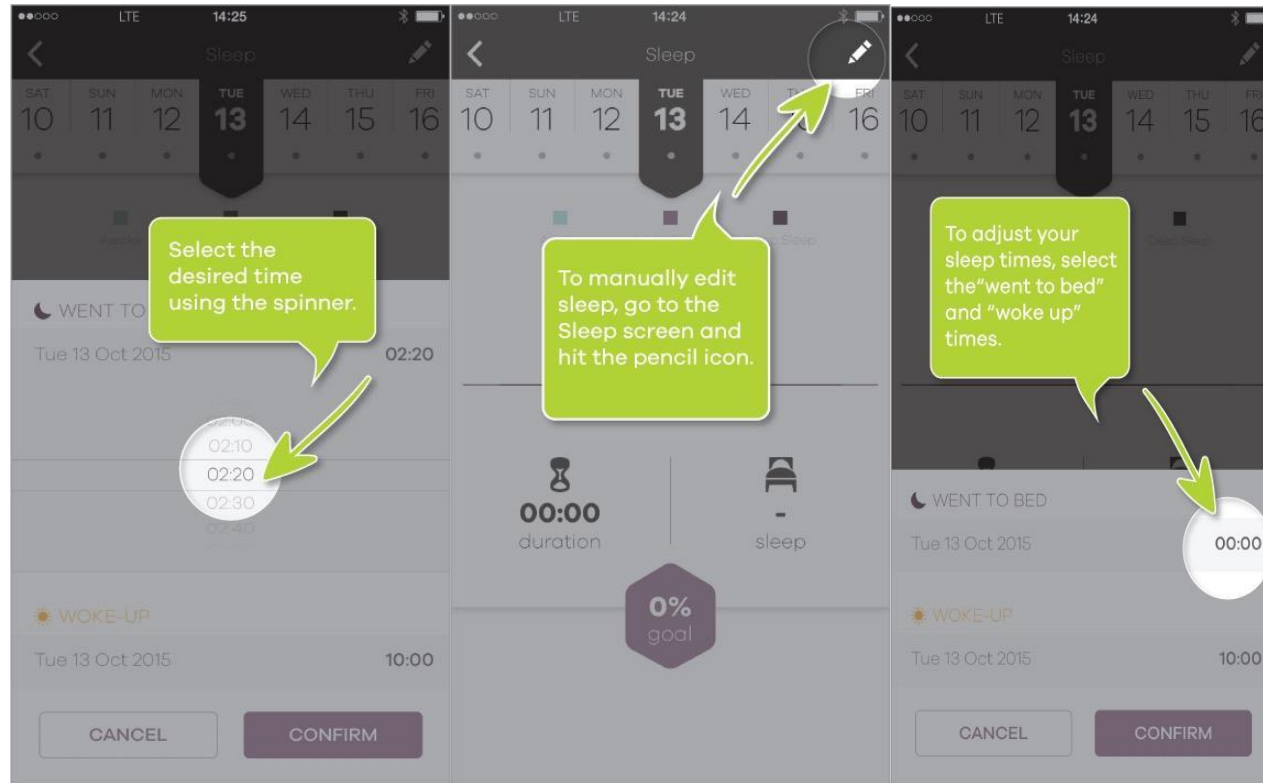
Does the LEAF automatically track sleeping or do I have to manually enter sleep period?

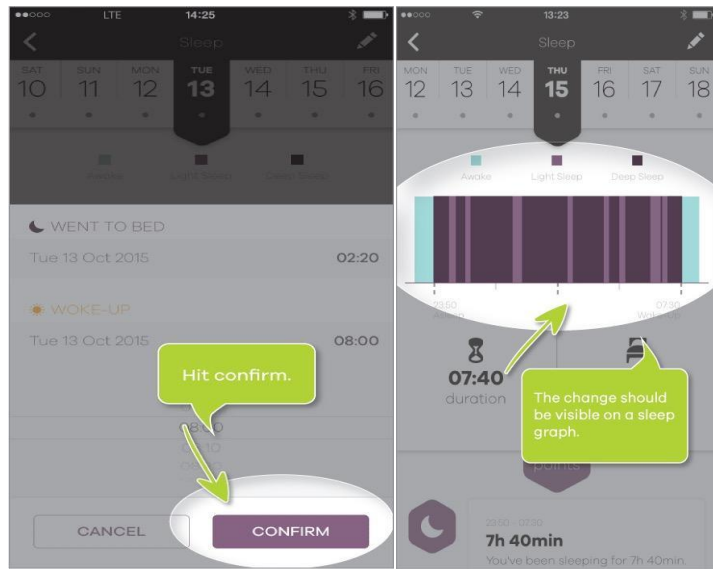
The LEAF automatically tracks your sleep according to your body movements during a night's period. By measuring how long you spend in each sleep stage, the LEAF tells you how long and how well you've slept. Manual entry or editing your sleep prior to the actual sleep time is not needed; however, you can edit the sleep data afterwards. For the most accurate tracking, we recommend wearing the LEAF clipped on your shirt during the night.



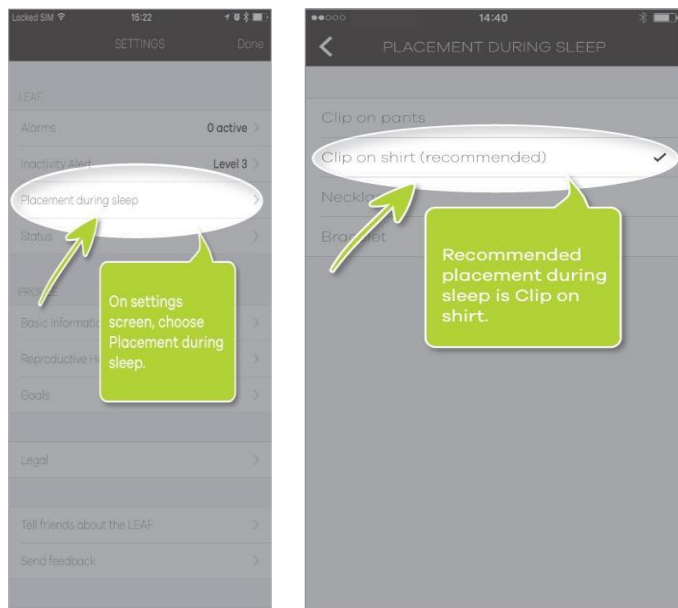
How do I manually edit my sleep?

The LEAF learns from you so if you want it to give you the best insights possible, you can edit your sleep time and help the LEAF become smarter more quickly.





What would be the recommended LEAF placement during sleep?
For most precise measuring, the LEAF should be clipped on your shirt.



How does the LEAF calculate my calories?

The LEAF calculates calories burned by calculating your stride length (based on your height and gender) and your average calorie burned per mile (based on your weight).



What is the difference between activity cards and activity graph?

The activity graph shows your overall daily activity, while the activity cards show specific times of your activity as well as the type of activity you were doing.



Accessories

How can I wear the LEAF?

The LEAF can be worn as a necklace, a bracelet, or a clip.

Which accessories are available for the LEAF?

The LEAF comes with a necklace and a bracelet. In case you've never received your bracelet, please contact us using this link (<http://support.bellabeat.com/index.php/question/my-bracelet-broke/>)

What is the length of the necklace? Is it adjustable?

The length of the necklace is 16 inches. The chain can extend an additional 5 inches using the additional metal loops.

How can I wear it as a clip?

To wear your LEAF as a clip, simply attach it to the hem of your dress, shirt or blouse, a pocket, or the waistband of your tights, pants or skirt. It is important not to attach the LEAF to thick fabrics in order to protect the attaching mechanism of the clip. If your clip stretches out and there is too much space between the wooden and metal part of the LEAF for it to stay clipped on, you can fix it by simply unscrewing the metal clip using your clip & battery replacement tool and gently pushing the two sides of the clip closer together.

What kind of materials are the accessories made of?

The necklace is made of stainless steel. The bracelet is made of leather and stainless steel.

Technical specifications

What are the LEAF's specifications?

Dimensions: Height: 1.89 inches (48 mm); Width: 1.18 inches (30 mm); Depth: 0.51 inches (13 mm); Weight: 0.635 ounces (18 g)

Power Source: CR2032 coin cell battery

Connectivity: Wireless connectivity

Sensors: Tri-axis accelerometer

Haptic vibration motor for alarms and notifications

OTA update (Over the Air update)

LEAF works with Android 4.3 and later, iPhone 4s, iPhone 5, iPhone 5c, iPhone 5s, iPhone 6, iPhone 6 Plus, iPod Touch 5th Gen, iPad 3rd Gen, iPad Mini, iPad Air

Can I change the battery myself?

Yes you can. Instructions are in the user manual.

Where can I buy batteries for my LEAF?

Coin cell batteries for the LEAF can be bought at electronics stores, large grocery stores, and many convenience stores.

How often do I have to change the batteries?

Approximately every 6 months.

Warranty

What is your warranty policy?

The LEAF comes with a 1 year limited warranty.

Information provided by Bellabeat.