Button 1 (Top)

Button 2 (Middle)

Button 3 (Bottom)

All buttons can be re-programmed to perform various other actions

Charging

When you first receive the device, we recommend you connect the provided USB-C cable to the Pavlok device and plug the other end into any charging source (e.g. a computer or a charger). If done correctly, you should see a single LED pulsating, indicating your Pavlok 3 is now charging.

The LED lights will advance from the red LED towards the green LED as the unit charges. To quickly check the battery level, you can double-tap the face of the device with your fingers.

Bluetooth pairing

We recommend you pair your Pavlok through the Pavlok 3 app. You will be prompted to do so when you install the app, or you can press the Pavlok remote button in the upper right corner.

Alternatively, you can pair the device through your phone or tablet's settings. Please accept the pairing and notification requests to enable full app functionality. Your Pavlok will vibrate twice when it is paired.

If you are having trouble pairing, visit pavlok.com/troublepairing

Turning on the device

The device automatically turns on when you plug it in the charger and remains active as long as it's charged.

Guide to buttons

Press button 1 *for the device to vibrate*
Hold button 1 *to turn on/off all LED lights for 30 seconds (Candle mode)*

Press Button 2
• *to feel your programmed stimulus (snap by default)*
• *to snooze an active alarm for 5 mins*

Hold button 2
• *to turn off an active alarm*
• *to snooze active Hand Detect mode for 30 minutes*
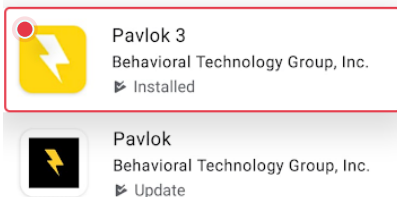
Press button 3 *to hear a chime*
Hold button 3 *to play a short melody*

Downloading the app

Search for "Pavlok 3" in the AppStore (iOS users) or Play Store (Android users) and install the app to your phone or tablet.

Make sure you download the Pavlok 3 app and not the original Pavlok app.

Pavlok 3
Behavioral Technology Group, Inc.
▶ Installed

Pavlok
Behavioral Technology Group, Inc.
▶ Update

Scan the following **QR code**:

You can also find the apps at:
pavlok.com/apps

Updating the firmware

1. If a firmware update is available, you will be prompted to update your firmware when you log into the app for the first time.

2. If a firmware update is available during any other time, you will see a firmware update banner at the top of the screen in the app - simply tap the banner to update the firmware.

3. You can also see if an update is available inside the Pavlok 3 app under Settings.

LED guide

Pavlok 3 has a set of lights (LEDs) above the buttons. The lights are used to report many different conditions and events, only the most important of which are listed here.

Low battery: red light periodically flashing three times in succession means the battery level is low and that you should recharge soon.

Clock not set: two quick double flashes of the red light followed by a long red flash indicates that the clock is not set - reconnect with the app to restore the clock and alarms.

iOS pairing problem: under rare circumstances, Bluetooth pairing with iOS can stop working. If the device starts repeating a pattern of 2 all-yellow flashes followed by 3 red flashes then you will need to go to the Bluetooth menu in the iOS Settings, tap on the icon next to your device, and select "Forget Device" in order to be able to pair again normally.

Snap: red light indicates snap is charging; yellow lights will animate during the actual snap; green light will flash if the charge was successfully delivered (if you don't see it the bottom of the Pavlok might not have good contact with your skin - try adjusting the position or tightening the wrist band).

FAQ

How long does a full charge last? *Battery life should be 6-10 days, depending on actual use.*

How do I turn off the alarm? *To turn off an active alarm, hold down button 2 for about 2.5 seconds. If done correctly, your Pavlok should vibrate twice. You can disable this functionality in the app, in which case only doing Jumping Jacks or scanning a QR code can turn off the alarm.*

How do I snooze an alarm? *You can do this by a quick press of button 2. Alarms with the snooze functionality disabled in the app cannot be snoozed. When an alarm is snoozed, the programmed stimulus for it will not occur for 5 minutes, and every 10 seconds the middle yellow LED will blink quickly 3 times. After the snooze ends, the regular alarm stimulus will resume.*

Is Pavlok water resistant? *Pavlok 3 received IP 67 rating, designating it as "protected against the events of temporary submersion (10 minutes) in lukewarm water up to 1 metre / 3 feet". What this means is that, while Pavlok 3 will survive a shower, don't take it for a swim. Don't worry, Pavlok 3 is fully safe to use even if wet. You can use mild soap and water (or isopropyl alcohol) to clean it.*

Why do I sometimes not feel the electric snap? *There are 10 different levels of intensity the snap can be set to. The reason why you might not feel the lower levels is because they might not be strong enough to pass through your skin - just keep increasing the level until you find the intensity that you can feel. Also, please note that you might need to adjust the intensity from time to time, depending on factors such as room humidity and changing dryness of your skin.*

Regulatory Information

USA

FC FCC ID: 2AMX803

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.
(2) This device must accept any interference received, including interference that may cause undesired operation.
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the Federal Communication Commission (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 causes 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 doing 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.
Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

RF EXPOSURE WARNING
The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

Canada

ISED ID: 23029-3   CAN ICES-3 (B)/NMB-3(B)

ISED Regulatory Statements
This device complies with ISED Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Déclarations réglementaires de l'ISED
Cet appareil est conforme à la (aux) norme(s) RSS exempte(s) de licence d'ISED Canada.
Son fonctionnement est soumis aux deux conditions suivantes : (1) cet appareil ne doit pas causer d'interférences, et (2) cet appareil doit accepter toute autre interférence reçue, y compris les interférences pouvant entraîner un fonctionnement non désiré.

Japan

R 201-200674   VCI

EU

CE