

1. Before Use: with the electronic smart disk removed from the cap, was the dishwasher- safe cap and container!

2. SET UP: Insert the SmartDisk into the cap. Secure cap firmly to container by rotating the cap clockwise until it stops. Now is a good time to choose a time of day that you wish the SmartDisk to automatically clear and reset to start your new day. You only need to set this one time unless you want to change the time of day the reset begins. (Each day represents a full 24 hours)

3. DRINKING: Pick up your bottle, press the valve button, and drink from the spout. Simply let the water flow and pour out, **DO NOT TRY TO SUCK THE WATER OUT, let it flow naturally!** The natural flow of the water will allow the SmartDisk to “read” how much water you are drinking accurately. The LED lights will flash sequentially one time from left to right.

4. Tracking Mode-How it Works:

MyHydrate is designed to track your water consumption and remind you to drink! An LED will illuminate and flash for about 4 seconds after pouring/drinking about 8 ounces of liquid. You can check your consumption by pressing the Smart Disc button. The LED lights are NOT normally illuminated to conserve battery life. Once you hit the 8th light, you will hear a congratulatory chime!!!

5. The MyHydrate Reminder: Your bottle will also beep at you after about 60 minutes of inactivity. It will do this for approximately 3 cycles, then it will go silent until you drink again.

QUICK TIPS! www.myhydrate.com

- **Do not suck water from the bottle. Sip water slowly at the rate it comes out.** The bottle is engineered to flow at the optimum rate for proper hydration.
- Drink throughout the day, 3 to 4 ounces at a time. This equates to sipping for 5 or 6 seconds at a time at the MyHydrate flow rate.

