



aha vibe

USER GUIDE

V1.0

Power Your Day.
Restore Your Night.

Thank You for Choosing Aha Vibe

Designed around the natural rhythm of day and night, Aha Vibe brings simple, wearable wellness support into your everyday routine.

Please read this guide carefully before adjusting or wearing your Aha Vibe band.

To learn more about Aha Vibe and other Aha Harmony products, visit: www.ahaharmony.com

Disclaimer

Aha Vibe is not designed to diagnose, treat, cure, mitigate, or prevent any disease or medical condition. It is intended solely for general wellness, relaxation, and personal exploration purposes. Individual results may vary. Always consult a qualified healthcare professional regarding any medical concerns or conditions.

Overview

Aha Vibe is a wearable day-and-night dual wellness support system designed to complement your natural daily rhythm.

The AM Band is designed to support daytime vitality, while the PM Band is designed to complement your evening and nighttime routine. Together, they provide a simple, seamless way to support your well-being from morning to night.

Identify Your Aha Vibe



AM Curve Band



PM Curve Band



Aha Vibe Curve Duo



AM Groove Band

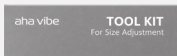


PM Groove Band



Aha Vibe Groove Duo

! For Size Adjustment:



Contains small parts. Keep out of reach of children to prevent accidental ingestion.

Before You Wear

Your Aha Vibe band may need to be adjusted before first use. Please read all instructions carefully before making any adjustment. Once the band has been cut or adjusted, it cannot be returned or exchanged.



Before adjusting the band:

- Check that you have received the correct band.
- Wrap the unadjusted band around your wrist to estimate the desired fit.
- Keep all screws and small parts in a safe place.
- Cut only within the designated adjustment area.
- Do not cut through any area containing internal components.

How to Adjust the Size

Step 1 | Identify the Correct End to Trim

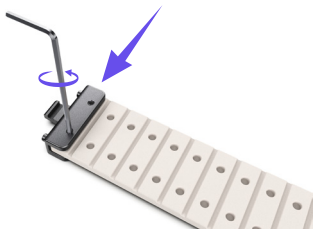
Correct End to Trim



Lay the band flat as shown in the image below. Identify the designated end for size adjustment before cutting. **Only trim the indicated end of the band. Do not cut the opposite end.**

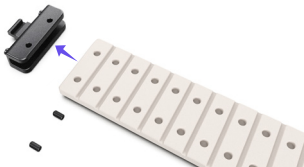
Step 2 | Remove the Screws

Use the small screwdriver included in the package to loosen and remove the two screws on the back of the buckle.



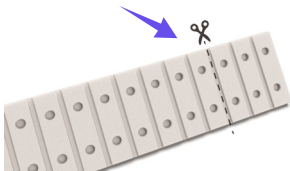
Step 3 | Remove the Band from the Buckle

Gently pull the silicone band out of the buckle. Keep both screws in a safe place to avoid losing them.



Step 4 | Trim the Band

Using a pair of scissors, carefully cut along the designated trimming groove to remove the excess section of the band.

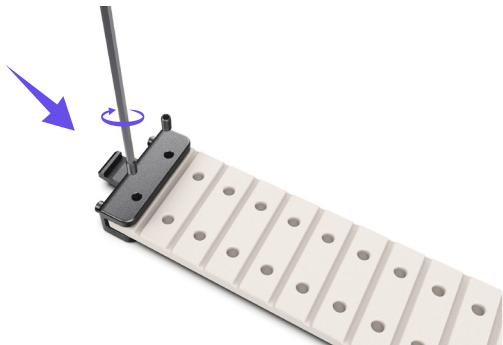


Important:

Trim only one section at a time. Check the fit before trimming further. Do not cut beyond the designated groove, as removing too much may make the band too short.

Step 5 | Reassemble the Band

Insert the silicone band back into the buckle, align the screw holes, and gently tighten both screws until snug to complete the adjustment.



How to Wear Aha Vibe

Wear the AM Band as part of your daytime routine, then switch to the PM Band in the evening as you wind down for the night.



Wear the band comfortably around your wrist without overtightening.

Care and Cleaning

Proper care helps keep your Aha Vibe clean, comfortable, and in good condition.

- 1 Wipe gently.** Wipe the band gently with a soft, damp cloth. If needed, use a small amount of mild soapy water, then wipe away any residue with a clean, damp cloth.
- 2 Clean regularly.** Clean the band regularly, especially after sweating or extended wear.
- 3 Water-resistant.** Aha Vibe is water-resistant and suitable for everyday exposure to water during hand washing, as well as rain, sweat, and occasional splashes.
- 4 Remove before activities.** Do not wear Aha Vibe while showering, bathing, swimming, diving, or during prolonged immersion in water.
- 5 Store properly.** When not in use, store Aha Vibe in a cool, dry place at room temperature.



Limited Warranty



6-Month Limited Warranty

Aha Vibe is covered by a 6-month limited warranty from the date of purchase against defects in products, accessories, materials and workmanship.



Not Covered

This warranty does not cover normal wear and tear or damage caused by accidents, misuse, improper adjustment, cutting, or unauthorized repairs. The warranty will be void if the product has been altered or repaired by an unauthorized individual.



Non-Returnable

Once the band has been cut or adjusted, it cannot be returned or exchanged.

Safety

- 1 Do not pull or overstretch the band, as this may damage the energy matrix.
- 2 Avoid hot water, high temperatures, and prolonged exposure to heat.
- 3 Stop using Aha Vibe if you experience skin irritation, discomfort, or any allergic reaction.
- 4 Keep screws, adjustment tools, and other small parts out of reach of infants and young children.
- 5 Exercise caution during intense activities to prevent damage caused by collision or impact.
- 6 Do not use during pregnancy.
- 7 Children must use Aha Vibe under adult supervision.

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Harmony on your wrist



www.ahaharmony.com



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