

# SMART WATER BOTTLE

Quick Start Guide

1. Download INGO Health from the AppStore or Google Play Store.
2. Turn on Bluetooth and open the app.
3. Join the program.
4. Remove the cover so your bottle becomes discoverable.
5. Pair your bottle in the “Have an INGO Smart Water Bottle?” screen.
6. The LED indicator will blink once connected.

## Congratulations on saying YES to health!

Enjoy being a proud owner of the most accurate Smart Water Bottle, created to care for your wellbeing, designed with style, and engineered for quality and performance.

## Know your Smart Water Bottle

The INGO Health Smart Water Bottle has a removable cover, a LED indicator, and a USB type C charging port. It contains a flowmeter that accurately measures your water consumption. The bottle syncs with INGO Health on your smartphone to calculate daily water volume.

USB charging port  
LED indicator  
Removable cover



## Power charge your Smart Water Bottle

The INGO Health Smart Water Bottle is battery-operated. Charge your bottle with the enclosed USB-C cable and any 5V charger. It takes 3 hours for the bottle to be fully charged. Once at full battery, the LED indicator will turn off.

## Pair with your smartphone

The INGO Health Smart Water Bottle measures your water intake and syncs with the INGO Health app on your smartphone via Bluetooth. The LED indicator will blink once you pair your bottle with your phone.



## LED indicator color

The INGO Smart Water Bottle has a LED indicator to show battery information and connectivity status.

- INDICATOR OFF**  
Power full (if connected to cable), sleep mode, or dead battery
- RED LED**  
Battery low, should be charged
- VIOLET LED**  
Battery charging, continue charging
- BLUE LED**  
Battery charged, ready to use
- IF FLASHING**  
Connected to device
- IF SOLID OR OFF**  
Not connected to device

## How to clean your Smart Water Bottle

Wash the bottle before use. The water container is dishwasher safe.

**Do not wash the cap using the dishwasher.**

Hand wash the cap under the faucet, use a cleaning sponge if necessary. Also, clean the closing cap that protects the mouthpiece.

## Reset

To reset your INGO Health Smart Water Bottle, simply click on the reset button. The red LED indicator will blink 3 times after the reboot is done.



Visit [ingo.health](https://ingo.health)

Caution:

This device complies with Part 15 of the FCC rules and Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or change to this equipment. Such modifications or change could void the user's authority to operate the equipment.

This radio transmitter (identify the device by certification number or model number if Category II) has been approved by Industry Canada to operate with the antenna types listed below with the maximum permissible gain indicated. Antenna types not included in this list, having a gain greater than the maximum gain indicated for that type, are strictly prohibited for use with this device.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the 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 does cause 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 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.

The device has been evaluated to meet general RF exposure requirement.

To maintain compliance with FCC's RF exposure guidelines, this equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.