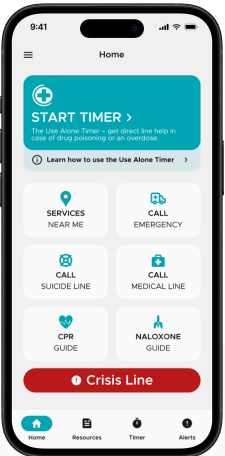


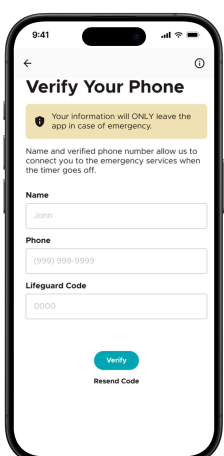


LifeguardConnect™ - How to Use the Alone Timer

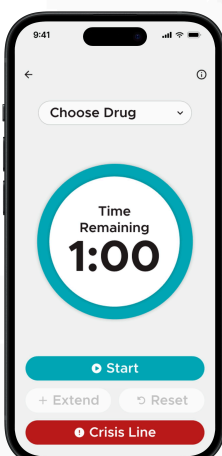
- STEP 1**



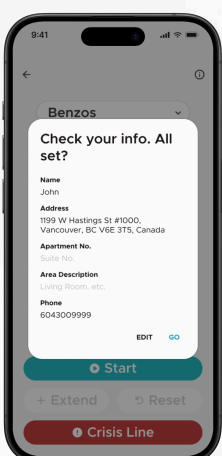
On the home screen, tap **Start Timer**.
- STEP 2**



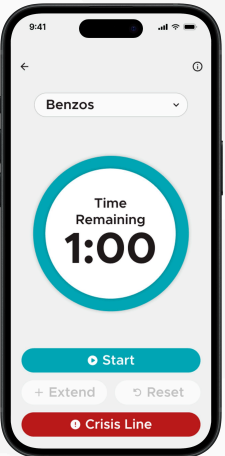
Enter the code texted to your phone to verify.
- STEP 3**



Choose your substance type, then tap **Start**.
- STEP 4**



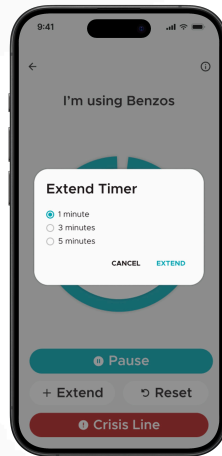
Confirm your **address** and details, then tap **Go**.
- STEP 5**



Tap **Start** to begin your session.
- STEP 6**



Tap **Pause** at anytime to stop the countdown.
- STEP 7**



Tap **Extend** to add up to 6 minutes to your session.
- STEP 8**



At 10 seconds left, a warning alarm rings. Tap **Stop** to end it.

Note: Your privacy is protected. Lifeguard Digital Health does not share or use your personal information for third-party purposes.