



Wristband Measurement Guide

AV Edge EF Technology uses frequencies (not magnets), which means you can wear your wristband loose to allow moisture to dry, helping to avoid sweat rash.

If you prefer a snug fit, ensure you regularly clean your wristband and allow the area to dry.

First, measure your wrist using a flexible tape measure, a piece of string and a ruler, or print page 2 of this guide. Then, choose your preferred fit and add the measurement to your wrist size.

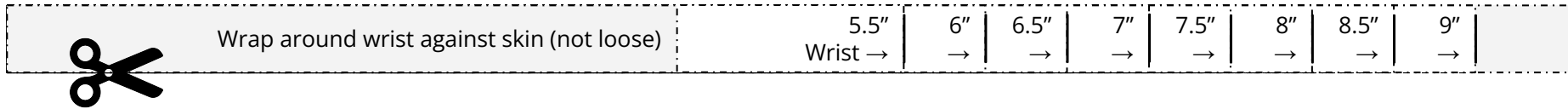
AV Edge Wristband Fit Guide

Your Measured Wrist Size + Preferred Fit = Your Ideal Band Size:

- **Snug Fit:** Your Wrist Measurement + 0.25 inch (6mm)
- **Comfort Fit:** Your Wrist Measurement + 0.5 inch (13mm)
- **Loose Fit:** Your Wrist Measurement + 0.75 inch (19mm)

Find your size and style: theavedge.com/wristbands

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