

PLUSCONNECT Wireless Activity Pedometer



Instruction Manual

Thank you for purchasing the **PLUSCONNECT** Wireless Activity Pedometer. Please read this user manual for detailed instructions on how to set up and enjoy the various features this device has to offer. If you have questions or require more information, visit our website at www.andonline.com.

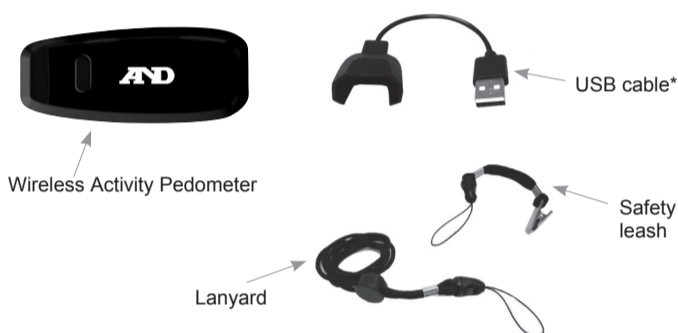
Features

The pedometer tracks activities to help you learn how your actions translate to caloric burn so you can focus on what matters.

- Pedometer tracks steps and distance travelled.
- The built-in altitude monitor counts vertical distance climbed.
- Automatically syncs data to mobile app

WARNING: Before beginning any exercise program or changing your physical activity patterns, you should always consult with your doctor or physician, particularly if you have been inactive, are very overweight, or have or suspect any sort of medical condition that might be worsened by exercise.

Parts Identification



***Do not connect any kind of Portable Power (Power Bank) to the pedometer for power charging.** You can connect the device to an AC adapter or a computer USB port using the included USB cable for power charging.

Device Setup and Pairing

Getting Started

Plug the device into the USB connector provided, then plug USB into power source – either a computer* or AC adapter.

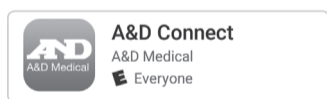


Note: Your device was put in power-save mode during shipping, therefore you need to plug into to awaken the device. *Some computer USB ports may not deliver enough power supply to charge or awaken the device. Try a different port on the same or on a different computer.

Pairing (user can pair to A&D Connect or third party applications that are compatible. For third party applications, please open your receiver's device application and follow its instructions.)

A&D Connect

1. Download the free "A&D Connect" app from the App Store or Google play.



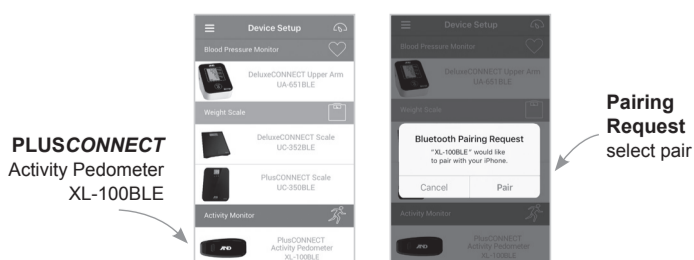
2. Turn on *Bluetooth*® settings on your mobile device (Smartphone or tablet).

3. Install and launch the "A&D Connect" app. The app will guide you through the account set up process.



4. Select "PLUSCONNECT Wireless Activity Pedometer" from the device set up screen, then tap "Pair" on your phone or tablet screen.

Note: If there are multiple PLUSCONNECT Wireless Activity Pedometers in a contained area, then you may see multiple devices appear to choose to pair. If you are unsure which device is yours, press the button on the Activity Pedometer repeatedly until the default nickname "HELLO" is Displayed (see PLUSCONNECT Wireless Activity Pedometer Display Modes). Then, press and hold the button for 5 seconds. The device ID will be displayed.



5. Your **PLUSCONNECT** Wireless Activity Pedometer is now paired and you can start reporting immediately.

Wearing Your PLUSCONNECT Wireless Activity Pedometer

The Pedometer is equipped with an advanced 3-dimensional G-Sensor that lets you wear it anywhere you like: in a pocket, a bag, on a lanyard around your neck, or even clipped to an undergarment if you wish it to be hidden from view. No matter what position the pedometer is in, it will still accurately count your steps and record your data. The pedometer's advanced G-Sensor software compares the three-dimensional data it collects to walking, jogging and running models to ensure that each step it counts is a true rhythmic step and not an invalid movement or vibration. Just wear it and walk, jog or run—it's that simple!

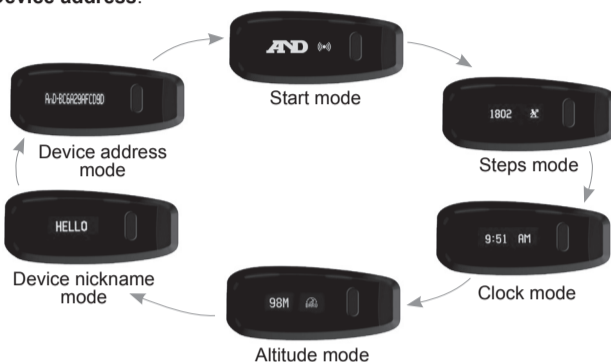


Wearing your pedometer in wet conditions

Your pedometer is water resistant but **NOT waterproof**. While it is designed to be sweat-proof and rain-proof, you should **NEVER immerse your pedometer in water**.

PLUSCONNECT Wireless Activity Pedometer Display Modes

The pedometer has one button that cycles through various displays so that you can see your core metrics without a *Bluetooth*® mobile device or computer. The pedometer displays 6 modes: **Start, Steps, Clock, Altitude, Device nickname, and Device address**.



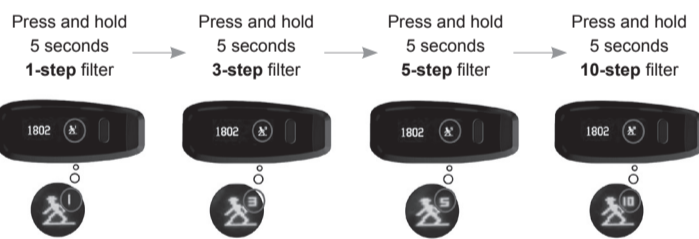
Choosing a Step Buffer

In order to prevent your pedometer from registering incidental movements as steps such as those which occur when you shift your position while working at a desk or a counter, your device has a sensitivity buffer that you can adjust.

By default, your device is set at 10. Setting your pedometer at 3 increases the buffer's sensitivity – more steps will be recorded including occasional incidental steps. Setting your pedometer at 10 decreases the sensitivity – the device will only track any consecutive step-like movements beyond 10. Setting your pedometer at 10 should be suitable for most lifestyles.

Setting Your Step Buffer

1. In Steps mode, press and hold the device button for five seconds. The small number "1" should appear beside the walking icon.
2. Pressing and holding the button for five seconds will toggle between the 1-step buffer, the 3-step buffer, the 5-step buffer and the 10-step buffer. Stop pressing when the small number by the walking icon indicates the buffer you would like the pedometer to use.



Charging your PLUSCONNECT Wireless Activity Pedometer

The pedometer device will display "Charge Now" when the battery is low. Please plug it in to a USB power source using the included USB cable. To protect the battery life, you should charge the device when the "Charge Now" indicator appears. Do not leave the device plugged in for an extended period of time without use. Once it is fully charged, unplug it from the power source and store until use.

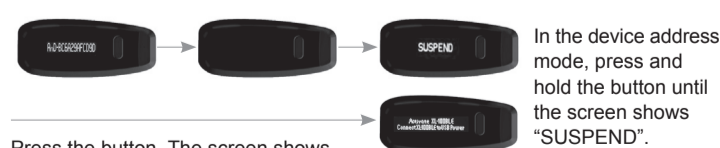


Note: The screen will show the battery power level when the battery is in charging.

Manually Shutting Down

To protect your pedometer's battery life, we recommend to fully charge your device at least once per month, then manually shut it down.

Manual shutdown:



Press the button. The screen shows a message of "Activate XL-100BLE connect XL-100BLE to USB power".

Specifications

Dimensions	56 x 24 x 13 mm
Weight	12.8 g
Display	OLED
Operating Condition	4° to 113°F (-20° to 45°C) Do not operate below -22° or above 140°F (-30° to 60°C)
Storage Condition	5 to 85% RH
Operating Altitude	Maximum 30,000 feet (9,144 m)
Relative Humidity	20 to 80% RH
Battery Life	Approximately 7 days when fully charged

Hardware

- One-button device that displays core metrics
- Charging port
- OLED display with automatic 3-second shut-off
- Altimeter
- 3-Axis Digital Accelerometer

WARNING

Never disassemble battery cells

- Opening battery cells may generate short circuits which may cause fire, explosion, or other harmful effects.

The electrolytes contained in LIP batteries are harmful

- The polymer electrolyte in LIP batteries is securely contained, but should the material come into contact with skin or eyes, flush the electrolyte immediately with fresh water and contact a physician.

DO NOT expose batteries to fire or dispose of them by burning

- Never incinerate nor dispose of the batteries in a fire. These may cause explosions and is prohibited by law.

DO NOT immerse batteries in liquid such as water

- The batteries should not come into contact with liquids such as water, beverages, etc.

Battery replacement

- Batteries should be replaced by a battery supplier or the device supplier only. They should NOT be replaced by the user.

DO NOT use damaged battery cells

- The battery cells can be damaged during shipping. If any abnormal features of the cells are found such as a damaged battery envelope, deformation of the cell

package, or if there is an electrolyte smell, or visible substance due to leakage, DO NOT use the battery. A damaged battery that smells of electrolyte or has an apparent leakage should be placed away from fire to avoid ignition and explosion.

Storage

- LIP batteries should be stored at room temperature. It is recommended that batteries be charged at least once in a month to prevent over-discharge.
- If you do not use the pedometer for extended period of time, we strongly recommend you that fully charged battery then manual shutdown the device before storage. And, regular intervals (every month) repeat it. This is to protect your pedometer's battery life. Like a car needs a regular basis to start the engine in order to avoid deterioration or even die of the battery.

Performance

- Because batteries use chemical reactions to produce power, battery performance will deteriorate over time even if stored for a long period without use. In addition, if the various usage conditions such as charging, discharging, ambient temperature, etc. are not maintained within the specified ranges, the life expectancy of the battery may be shortened or the device in which the battery is used may be damaged by electrolyte leakage. If the batteries cannot maintain a charge for long periods of time, even when they are charged correctly, this may indicate that it is time to change the battery.

FCC Compliance Statement Policy

Important Safety Instructions

FCC Compliance Statement: This device complies with Part 15 of the FCC Rules. 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.

Note: 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.

WARNING: The connection of a non-shielded equipment interface cable to this equipment will invalidate the FCC Certification or Declaration of this device and may cause interference levels which exceed the limits established by the FCC for this equipment. It is the responsibility of the user to obtain and use a shielded equipment interface cable with this

device. If this equipment has more than one interface connector, do not leave cables connected to unused interfaces. Changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.

For Canadian Users: CAN ICES-3(B)/NMB-3(B)

Environmental Requirements

Operating Temperature-4° to 113° F (-20° to 45° C)
Non-operating Temperature -22° to 140° F (-30° to 60° C)
Relative Humidity Operating: 20 to 80% RH
Storage: 5 to 85% RH
Maximum Operating Altitude 30,000 feet (9,144m)

Warranty

LIMITED 2 YEAR WARRANTY

Only for Retail Purchasers within the US. [For retail purchasers outside the US, NO warranty is provided by A&D – please contact your local distributor or dealer.]

A&D Medical (“A&D”) warrants to the first retail purchaser (“You”) that this weight scale (the “Product”) will be free from defects in material and workmanship for 2 years under normal use. This Limited Warranty is personal to You and is not transferable. If a Product is defective, You can return the Product to the retailer You purchased it from (if within such retailer’s return time frame) or return it to A&D in accordance with the procedure set forth below. A&D’s warranty obligation is limited to the repair or replacement, at A&D’s option, of the defective Product that has been returned by You within the warranty period. Such repair or replacement will be at no charge to You. The repaired or replacement Product is warranted hereunder for the longer of the remainder of the original warranty period or 90 days from the date of shipment of the repaired or replacement Product. If you return the Product for warranty service to A&D, You must return the Product, freight and insurance prepaid, within the warranty period to the address set forth below, together with satisfactory proof of the date of Your purchase (such as a

sales receipt or statement of online warranty registration). Also, please enclose a check for return shipping and insurance of the Product back to You.

In the United States, to:

A&D Medical
Attn.: Warranty Department
1756 Automation Parkway
San Jose, CA 95131
1-888-726-9966

Please contact in the US: A&D Medical, at the numbers set forth above for the appropriate shipping costs.

This Limited Warranty does not cover, and A&D will not be liable for (i) any shipment damage, (ii) any damage or defect due to misuse, abuse, failure to use reasonable care, failure to follow written instructions enclosed with the Product, accident, subjecting the Product to any voltage other than the specified voltage, improper environmental conditions, or modification, alteration or repair by anyone other than A&D or persons authorized by A&D, or (iii) expendable or consumable components.

THIS LIMITED WARRANTY IS THE ONLY WARRANTY FROM A&D; THERE ARE NO OTHER EXPRESS WARRANTIES. If A&D cannot reasonably repair or replace the Product, A&D will refund the amount You paid for the Product (not including taxes), less a reasonable charge for usage. To receive a refund you must have returned the Product and all associated materials to A&D. The above remedy of repair, replacement or refund is your only and exclusive remedy. IN NO EVENT SHALL A&D BE LIABLE FOR ANY DAMAGES, INCLUDING, WITHOUT LIMITATION, LOST PROFITS, LOST INFORMATION OR REPLACEMENT COSTS, ARISING OUT OF YOUR USE OF OR INABILITY TO USE THE PRODUCT, INCLUDING, WITHOUT LIMITATION, ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES, EVEN IF A&D HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. Some states do not allow the exclusion of incidental or consequential damages, so that the above exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that may vary from state to state.

No distributor, dealer or other party is authorized to make any warranty on behalf of A&D or to modify this warranty, or to assume for A&D any liability with respect to its products.



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