

EN



iHealthTM
Wireless Activity and Sleep Tracker
Quick Start Guide

WELCOME

Welcome to your iHealth Wireless Activity and Sleep Tracker, a device that tracks your daily activity and sleep. This Tracker, along with the free iHealth MyVitals app, can keep you motivated and help you stay on track to a more active and healthier lifestyle.

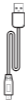
Box Contents



1 Tracker



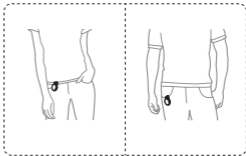
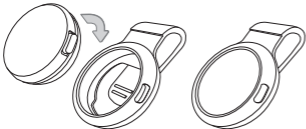
2 Colored wrist bands and matching waist clips

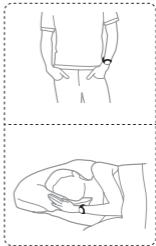
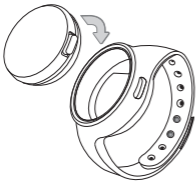


1 USB cable for charging

Wearing the Tracker

Wear your tracker on your wrist or waist during the day to track your daily activity, and wear it on your wrist at night to track your sleep.





Charging the Battery

Your iHealth Wireless Activity and Sleep Tracker contains a built-in rechargeable battery. Plug one end of the charging cable into the USB port on the back of the Tracker, and the other into your computer's USB port, and charge for approximately two hours before first use. A battery level indicator will appear in the Tracker's display area. A fully charged battery will typically last 5–7 days.



Download App

Download the “iHealth MyVitals” app from the App Store. Your compatible iOS device should be version 5.0 or later.



Create User and Cloud Account

After downloading the app, register and set up your user account following the on-screen instructions. Upon setting up your user account, you will also have access to a free, secure iHealth Cloud account. Go to www.ihealthlabs.com, then click “Sign In” to access your cloud account from PC or Mac.

***Bluetooth* Connection**

Your iHealth Wireless Activity and Sleep Tracker uses *Bluetooth* 4.0 technology. Turn on *Bluetooth* on your iOS device, open the app, and follow the onscreen instructions for first-time connection. Subsequently, the Tracker will automatically connect to your mobile device each time you open the app.

If your Tracker's battery is drained, charge the battery fully, then open your app to reestablish the *Bluetooth* connection before using it again. A reminder message— "Launch the app to start"— will appear on the Tracker display.

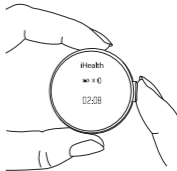


Data Syncing

Your activity and sleep stats are sent to your mobile app automatically when you open the app. Your Tracker can save up to 14 days' worth of stats between syncing. Daily syncing is recommended.

Activity Tracking

Your iHealth Wireless Activity and Sleep Tracker is always tracking. View your steps, calories, and distance stats by pressing the button on the tracker. Activity stats reset at midnight to zero.



Sleep Tracking

To start tracking your sleep, press and hold the button on the Tracker for 2 seconds until you see “sleep” on the Tracker display. When you are awake, press and hold the same button for 2 seconds to end sleep tracking and resume activity tracking. Sleep stats will appear on your app after syncing.



Silent Alarms

When you set a silent alarm from the iHealth MyVitals app, your Tracker will vibrate gently on your wrist to either wake you up or remind you to be more active.

Airplane Mode

Turn on the “airplane” mode to disable *Bluetooth* connection while in flight (app->device setting). Press and hold the button on the Tracker for 2 seconds to disable airplane mode and resume activity tracking.



IMPORTANT INFORMATION REQUIRED BY THE FCC

This device complies with Part 15 of the FCC Rules. Its 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.

Changes or modifications not expressly approved by iHealth Lab Inc. would void the user's authority to operate the product.

NOTE: This product 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 product 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 product 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.

Visit www.ihealthlabs.com for additional product information. For Customer Service, please call 1(855) 816-7705.