Overview

Congratulations on your purchase of the HealthWear™ Armband and Weight Center. These HealthWear products enable weight-conscious individuals like yourself keep track of Calories Burned and Calories Consumed in order to help you achieve your weight loss goals.

This Help Section is divided into three parts: (1) User Guide, (2) FAQs, and (3) Glossary of Terms. Each section strives to describe and illustrate the use of the HealthWear System and is designed to answer your questions as quickly and accurately as possible.

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System Overview

How it all works

The HealthWear System is a revolutionary new product that helps weight-conscious people easily track their Calories Burned and Calories Consumed to help them lose weight.

The system is like a dashboard for your body. Just like your car lets you know when you are running low on gas, how far you have traveled, and how fast you are going so you can manage your travel safely and effectively, the HealthWear System enables weight-conscious individuals like yourself keep track of Calories Burned and Calories Consumed in order to help you manage your weight, safely and effectively.

The system contains two main components: the HealthWear Armband and its software, called the HealthWear Weight Center.

Worn on the back of the upper right arm, the HealthWear Armband is a comfortable, wearable body monitor that uses sensors to automatically measure physiological factors, such as motion, heat flow, and skin temperature.

This physiological data can then be uploaded via a USB cable or USB wireless station to the HealthWear Weight Center, which translates the raw physiological data into meaningful lifestyle information like how many calories you burned, how long you exercised, and the number of steps you took.

The HealthWear Weight Center is a powerful tool that reveals your Calorie Balance. Calorie Balance is the difference in the calories you have burned versus those you have consumed. If you are burning more calories than you are consuming, then you should be losing weight. If you are consuming more calories than you are burning, then you are likely gaining weight.

It's really about the calories

No matter what kind of diet you choose—low-carb, vegetarian, or low–fat—if your goal is to lose weight, then it's all about the calories.

Weight loss can be boiled down to some simple, scientific facts. To lose one pound a week, a person must eliminate 3500 calories over the course of that week, either through diet or exercise. For example, a dieter who consumes 2000 calories a day must burn 2500 calories a day in order to lose one pound in a week. In other words, he must burn 500 more calories than he consumes each day (500 calories x 7 days = 3500 calories). From a weight loss standpoint, it does not matter if the calories come from protein, fat, sugar, or carbohydrates. A calorie is a calorie!

The HealthWear System helps you keep track of your Nutrition (Calories Consumed) and Physical Activity (Calories Burned). The difference between these two numbers is an indication as to whether you are losing or gaining weight. Used in conjunction with a certified and safe diet and exercise plan, the HealthWear System can help you stay motivated, track your progress, and achieve and maintain your weight loss goals, effectively and safely!

For your safety

Disclaimer
The HealthWear System is not intended to be a medical device or intervention and is provided solely for your education and information. This product is not meant to substitute for proper medical diagnosis, care, or treatment related to your physical activity or nutrition. The HealthWear System recommends that you consult your physician before beginning any exercise or weight loss program.

This product is non defibrillation proof.

This product is a Type B Applied Part complying with the specified requirements of this Standard to provide protection against electric shock, particularly regarding allowable Leakage Current.

For Home Use: When the armband is on the arm, DO NOT connect the USB cable to the armband when the other end of the USB cable is connected to the computer.

For Clinical Use: When the armband is on the arm, DO NOT connect the USB cable to the armband when the other end of the USB cable is connected to the computer. When you are using the HealthWear System, each time you log into the computer or add a peripheral device (printer, etc), ensure that the entire end system complies with IEC 60601-1-1. Be sure any and all tests are performed by a qualified technician and verify that the computer system is outside of the patient environment.

Consult your physician
You should check with your physician before you decide to make a change in your lifestyle, exercise, nutrition, sleep, or other routines. This is particularly important if you are taking medication or are under the care of a physician for any medical condition, such as the following: anemia, anorexia, asthma, bulimia, bronchitis, cardiac (heart) symptoms of any kind, chest pain, diabetes, exercise-induced wheezing, high blood pressure, pneumonia, pregnancy, respiratory (lung) symptoms of any kind, seizure disorder, shortness of breath, surgery of any type within the past year, and if you are female, no menstrual periods (unless due to hysterectomy or menopause). Patients who wear pacemakers should always consult their physicians before wearing any electronic device, including the HealthWear Armband.

Water resistance
DO NOT IMMERSE THE HEALTHWEAR ARMBAND IN WATER. The monitor is splash resistant, but it is not designed to be used underwater or to come in continuous contact with water. To prevent a shock hazard, never use the HealthWear Armband in water environments (e.g., in the shower, swimming pool, or rain).

Wear comfortably
Be careful not to over-tighten the HealthWear Armband while on your arm. If, at any time, you feel constriction or loss of circulation, simply loosen the adjustable strap and re-fasten it to a more comfortable setting.

Be sure that both your arm and the sensors on the back of the Armband are clean. To clean the sensors, wipe with a soft, damp cloth. If you develop a rash where the HealthWear Armband comes in contact with your skin, discontinue use and consult your physician before continuing regular use of the Armband.

The design of the HealthWear Armband involved many materials experts, physicians, and suppliers who are familiar with wearable materials and products. Each material was chosen for its precedent in other skin contact products or has been independently approved for skin contact. However, everyone's skin is different and wearers with very sensitive skin may experience irritation or redness after wearing the HealthWear Armband. If this occurs, discontinue use and consult your physician. If you have known metals allergies, you should consult your physician prior to wearing.

Batteries
May explode or leak and can cause burn injury if recharged, disposed of in fire, mixed with a different battery type, or disassembled. Do not remove the battery label. Dispose of properly.

HealthWear Armband

(Insert Diagram to be provided by BodyMedia)

Setting up your HealthWear Armband
For your initial use and best results, we recommend wearing the HealthWear Armband continuously for three to five consecutive days, 24-7, except when you shower, bathe, or immerse yourself in a pool of water as the Armband is NOT waterproof. During this time, the HealthWear Armband will automatically calibrate to your body, your patterns, and your routine. With every subsequent upload, it will become more accurate and more personalized.

After the first three to five days, you can take it off during low or no activity sessions, like sleeping, because the software will be able to automatically and accurately estimate how many calories you burn based on the initial three- to five-day data, along with the body parameters you entered during registration.

That said, the more you wear your HealthWear Armband during all other activities, the more reliable your Calorie Balance will be.

Turning your Armband on and off
The HealthWear Armband has no "ON" button. Simply slide it onto the back of the upper right arm, and it will turn on automatically within 15 minutes.

To turn it OFF, slide it off!

To check to see if the Armband is ON and sensing you, simply press the Status button located on the front of the Armband. When pressed, you should feel a slight vibration and hear a sound. This means that the Armband is working properly. If you do not receive this feedback, the Armband is not working properly. If this is the case, please see the troubleshooting section.

Battery
The HealthWear Armband is powered by one AAA battery. During continuous use, it will last about 10 days before needing to be replaced.

To check the status of the battery, remove the Armband and press the Status button. The light above the word "battery" will turn on as follows:
- Green (solid) = More than 24 hours of battery life remain.
- Amber (pulsing) = Less than 24 hours of battery life remain.
- Red (flashing) = The Armband will not collect data. Change the battery before continuing use.

If you are wearing the Armband and there is less than 24 hours of battery life remaining, a subtle vibration and sound will alert you. When the battery is too low to operate, the alert will become more urgent. Consult "Understanding Armband Feedback" for more information.

In addition to the battery status light on the Armband, you can also view how much battery life is left every time you upload your data. The value is located next to the upload status bar.

To replace the battery, lift and rotate the top hatch counterclockwise. Remove the drained AAA battery and replace it with a new AAA battery immediately. *WARNING: Once you remove the AAA battery, you have 20 seconds to replace it with the new one. Failure to do so may lead to loss of data on the Armband.*

Remove the battery from the armband if the armband is not being used for an extended period of time.

Ensure proper disposal of batteries.

Memory
The HealthWear Armband has approximately 10 days of data collection memory.

To check the memory status, remove the Armband and press the Status button. The light above the word "memory" will turn on as follows:
- Green (solid) = More than 24 hours battery remain.
- Amber (pulsing) = Less than 24 hours of battery life remain.
- Red (flashing) = The Armband will not collect data. Upload your data before continuing use.

If you are wearing the Armband and there is less than 24 hours of memory life remaining, a subtle vibration and sound will alert you. When the memory is full, the alert will become more urgent. Consult "Understanding Armband Feedback" for more information.

Wearing your Armband
The HealthWear Armband is designed to be worn on the back of the upper right arm (the triceps), touching the skin.

1. Make sure that your upper right arm is clean and dry. You should not wear any lotion or body oil where the Armband will come in contact with your skin.

2. Slide the HealthWear Armband onto your right arm with the HealthWear logo facing up.

3. Adjust the strap so that it fits on your arm comfortably, then secure the oval pull-tab. Flex the arm a few times to make sure that the strap is neither too tight nor too loose. Once the strap is adjusted to a comfortable tension, you are ready to wear it. You do not need to adjust the strap again in the future. Just slide it on and off.

CAUTION: Be careful not to over-tighten the HealthWear Armband. If, at any time, you feel constriction or loss of circulation, simply loosen the adjustable strap and re-fasten it to a more comfortable setting.

Understanding Armband feedback

The Armband makes a sound and vibrates when it wants to communicate something to you.

Insert simplified FF2 Armband interaction chart here.

Uploading your Calories Burned
To upload the data from the Armband:
1. Log onto the internet.
2. Go to www.healthwear.com/login.
3. Enter your username and password.
4. The next page will be the upload wizard. The on-screen instructions will walk you through the steps.

Reminders
Your HealthWear Armband can remind you of important events in your routine (i.e., take medication) by playing a sound and vibration at the time you set. You may set up to two Reminders. To learn how to set Reminders on the Armband, click here.

Troubleshooting
Problem: My Armband is not automatically turning on when I slide it on.
Solution: If your Armband has not turned on within 15 minutes of putting it on, try lightly moistening the back of your upper arm with water and slide the Armband on again. It should turn on within a few minutes. If the problem persists, please contact HealthWear Technical Support at (XXX) XXX-XXXX.

Problem: I am on the HealthWear Weight Center login page, but I can not log in.
Solution: Make sure that your username and password are correct. They are case sensitive so make sure your keyboard's "Caps Lock" is off and that you typed everything in the proper case.

If you forgot your password, click *I forgot My Password* and we will send it to your email account.

Problem: When I try to upload data from my Armband, I get an error message.
Solution: If you are having difficulty uploading your Armband data, it could be one of several reasons. Please double check the following and try again. If the problem still persists, please call HealthWear Technical Support at (XXX) XXX-XXXX.

1. If you are uploading wirelessly, make sure you are within 10 feet of your PC. If you wander outside of this range, the upload may not work. Also, make sure that your HealthWear Armband has had a chance to turn on. It can take up to 15 minutes for the Armband to turn on after you have put it on your arm.

2. If you are uploading via the USB cable, remove the armband from your arm, listen for the good-bye sound and then make sure the cable is connected to the Armband and the port on the back of your PC.
3. Make sure your battery is charged. To make sure that the Armband is powered on and the battery is functioning, press the Status button while the Armband is on your arm. If it sounds and vibrates when you push it, you know the battery is charged. If it does not, the battery is drained. Or, if when you plug the USB cable in while uploading, and the battery status light is green, you know the battery is powered. If the status is red, it needs to be replaced before you can upload.

4. Make sure you have a USB driver installed on the computer you are using. If you are using a computer that is different than the one you used during registration and set-up when you first received the HealthWear Armband, you may need to download the software that enables you to download your data from the Armband to the computer. This is called a USB driver. Click here and follow the on-screen instructions for downloading and installing a USB driver.

Problem: My Armband is not responding. It seems to be off and I can not get it to come back on.
Solution: Press the Status button. If either the battery or memory lights are flashing red, either the battery needs to be replaced or the memory is full. If, after pressing the Status button, you still receive no feedback (no lights or sound), call HealthWear Technical Support at (XXX) XXX-XXXX and they will help solve the issue.

Problem: Data that I thought was on my Armband has somehow been erased.
Solution: Your Armband may not have turned on. If this is the case, the Armband did not collect data. Or you may have taken the battery out for more than 30 seconds, in which case your data may have been lost.

Care and maintenance
Handling
Though the HealthWear Armband was designed for wearability and long-term use, it is a sensitive monitoring device. Rough handling can break internal components. Never drop or shock the Armband and always store it in a safe place when not in use.

Avoid exposing the HealthWear Armband to extreme temperatures, direct sunlight, moisture, sand, dust, or mechanical shock.

To prevent possible damage to the cable, grasp the plug, not the cable, when disconnecting the USB. Replace the cable if it becomes frayed.

The Armband is splash resistant. But it is not designed to be used underwater or come in continuous contact with water. To prevent a shock hazard, never use the HealthWear Armband in water environments (e.g., in the shower, swimming pool, or rain).

Remove the battery if the armband is not being used for an extended period of time.

Maintenance
Do not attempt to open the HealthWear Armband yourself. It contains no user-serviceable parts. Refer all servicing to qualified HealthWear Service Personnel. Opening the Armband yourself will void the warranty.

Cleaning
Always clean and dry the Armband after vigorous sweating activities or when it becomes noticeably moist or dirty. Failure to keep the Armband clean, or improper cleaning, may irritate the skin and affect the sensor performance.

Moisten a soft cloth or towel with mild disinfectant soap and water. Wipe and dry the skin-touching side of the Armband. Never use solvents on the Armband. The adjustable strap should be hand-washed with mild soap and warm water, then air-dried. Machine drying may affect the performance and lifespan of the strap.

Disinfecting
Wipe back of Armband with soft dampened cloth with 70% isopropyl alcohol between users. DO NOT STERILIZE THIS UNIT.

Certifications
Disclaimer
This product is not intended to be a medical device or intervention and is provided solely for your education and information. This product is not meant to substitute for proper medical diagnosis, care, or treatment related to your physical activity or nutrition. The HealthWear System recommends that you consult your physician before beginning any exercise or weight loss program.

FCC STATEMENT
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.

CAUTION: Changes or modifications to this equipment not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC 47CFR 15C TCB - 47 CFR Part 15 Subpart C Intentional Radiator Certification Test

FCC 47CFR 15B clA - 47 CFR Part 15 Subpart B Unintentional Radiators Class A Verification

UL 60601-1 - UL Standard for Safety Medical Electrical Equipment, Part 1: General Requirements for Safety First Edition

CENELEC EN 60601-1-2 - 2001 - Medical Electrical Equipment Part 1-2: General Requirements for Safety - Collateral Standard: Electromagnetic Compatibility - Requirements and Tests IEC 60601-1-2: 2001

CENELEC EN 60601-1-1 - Medical Electrical Equipment - Part 1: General Requirements for Safety - Collateral Standard: Safety Requirements for Medical Electrical Systems.

CAN/CSA-C22.2 No.606.1-M90

HealthWear Armband features
- Gathers raw physiological data, including movement, heat flow, skin temperature, ambient temperature, heart rate, and galvanic skin response.
- Contains about 10 days of battery life when worn continuously.
- Stores about 10 days of continuous physiological and lifestyle data.
- Offers sound and vibration feedback for Reminders and alerts.
- Wireless upload available if data is sent to a PC

Product specifications
Sensors:
- 2-axis accelerometer
- heat flow
- skin temperature
- ambient temperature
- galvanic skin response

Materials:
- Monitor: ABS, urethane, FDA approved co-polyester, hypo-allergenic grade stainless steel
- Wireless Station: ABS
- Adjustable Strap: Nylon, polyester, polyisoprene (no latex content)

Battery type: 1 AAA battery
RF Frequency: 916.5MHz
Transmitter output power: <1mW
Processor: 16-MHz Motorola DragonBall™ Processor TI MSP430
Battery power: about 10 days under continuous use (24/7)
Memory capacity: about 10 days under continuous use (24/7)
Monitor size (without wings): (l) 85.3mm x (w) 53.4mm x (h) 19.5mm; [(l) 3.4 in x (w) 2.1 in x (h) 0.8 in]
Monitor weight (with adjustable strap): 2.8 oz (79 g)
Water resistance: splash-resistant
Operating temperature/humidity: 0°C to +45°C (32°F to 113°F)/100% RH non-condensing
Storage temperature/humidity: 0°C to +45°C (32°F to 113°F)/100% RH non-condensing

Design and specifications are subject to change without notice.

Guarantee
If, for any reason, you are not satisfied with the HealthWear Armband or Weight Center, we will refund 100% of your actual purchase price, within 30 days from the date of purchase. Please call our Customer Service department at (XXX) XXX-XXXX or send an email to XXXXXX@XXXXXXX.

Warranty
The HealthWear Limited 1-Year Warranty XXXXXXXXXXX warrants that your HealthWear Armband will be free from defects in materials and workmanship for one year from the date of purchase. If, during the one year period, the Armband does not work properly because of a defect in materials or workmanship, XXXXXXXXXXX will repair the monitor or replace it with a new HealthWear Armband. The warranty of the repaired or replacement Armband will expire on the date of the original warranty expiration or 90 days after shipment of a replacement system, whichever period is longer. This warranty applies only to the original purchaser of the Armband.

This warranty does not apply to the performance of a HealthWear Armband that has been damaged by accident or has been altered, misused, tampered with, or abused in any way. XXXXXXXXXXX will handle Armbands that show damage or abuse according to its Non-Warranty Service Policy.

The purchaser's exclusive remedy with respect to the HealthWear Armband shall be repair or replacement, at the option of XXXXXXXXXXX. In no event shall XXXXXXXXXXX be liable to the purchaser or any other person for any incidental, consequential, indirect, special, or punitive damages arising from or in any way connected with the purchase or operation of the Armband or its parts. No warranty of merchantability or fitness for a particular purpose, if any is implied from the sale of the Armband, shall extend for a longer duration than one year from the date of purchase.

Some states do not allow limitations on how long an implied warranty will last or the exclusion of incidental or consequential damages, so the above elimination and exclusion may not apply to you. This warranty gives you specific legal rights, which vary from state to state.

Non-Warranty Service Warranty
XXXXXXXXXXX's Non-Warranty Service Warranty applies to Armbands where the above warranty has not become effective, has become inapplicable, or has expired. XXXXXXXXXXX will repair or replace at its option Armbands returned to it for a service charge (not to exceed $XX). Replacement will be with same or similar product.

Replacement (or repaired) Armbands will be warranted for a period of 90 days from shipment under a limited warranty providing for replacement of parts and labor at no charge.

Warranty and Service Instructions
All requests for return of HealthWear Armbands under the above warranty or service policy must be made to XXXXXXXXXX by calling (XXX) XXX-XXXX. You will be mailed a return authorization label that must be affixed to your carton for shipping the system to XXXXXXXXXXX. Cartons received without this label will be returned to you at your expense.

Customers experiencing difficulties should review this HealthWear User Guide. Further inquiries should be directed to HealthWear Customer Service at (XXX) XXX-XXXX.

Be sure to fill out and mail the warranty card that comes with HealthWear Armband.

HealthWear Weight Center

Setting up your HealthWear Weight Center

(Insert diagram to be provided by BodyMedia)
Balance Screen
Your Balance Screen is the main screen of the HealthWear Weight Center. It is designed to give you useful feedback about your weight loss progress, quickly and clearly.

Feedback Sticky
The Feedback Sticky is the yellow box located in the upper left corner of the screen. This area is reserved for personal feedback about your actual performance. The HealthWear Weight Center is optimized to give you helpful feedback that relates not only to your weight goals, but also to your past activity performance and your specific eating habits.

Preset Time Selector
The Preset Time Selector allows you to easily view your progress for the Current Day, Last 7 Days, Last 30 Days, and since you started using the Weight Center. Clicking on any of these presets will update the information on the rest of the page, like the Calorie Index and related charts, to reflect your actual or average daily performance.

Calendar
The Calendar lets you select and view past performance on specific days (one at a time). You might want to use this to look for patterns in your behavior. For example, what do Fridays and Saturdays usually look like? How about holidays?

Calorie Index
The Calorie Index is an easy-to-understand chart, which clearly explains:
   (1) How many calories you actually burned compared to your daily goal.
   (2) How many calories you actually consumed compared to your daily goal.
   (3) Your Calorie Balance, which is the difference between these two values.

The Calorie Balance has two modes: (1) Burned and (2) Consumed. When the Weight Center says that your actual or average consumption is, for example, 250 burned, that means you have burned 250 more calories than you consumed and are likely losing weight. If it is 250 consumed, that means you have consumed more calories than you have burned and are probably gaining weight.

Calorie Balance Graph
This graph illustrates your Calorie Balance. If the graph is "in the black," then you are on a weight loss trend. If it is "in the red," then you are on a weight gain trend.

Progress Graphs
These graphs illustrate how many calories you have burned and consumed as they relate to your daily goals. They are designed to give you some quick feedback on how many calories you still have left to burn today, and how many you are still allowed to consume in order to reach your goal. The blue graph also shows you what your predicted Calories Burned value will be by midnight, the end of the day. It does this by adding your RMR (Resting Metabolic Rate) to the number of calories you have already burned.

Weight Tracker
The Weight Tracker is a dynamic graph that displays the history of your weight at the points in time when you entered it. The Tracker is initially defined by your beginning weight, indicated on the far left, and your goal weight, indicated on the far right. The Tracker updates every time you weigh yourself and enter the value.

Update Information
Update Info is actually a type of wizard that walks you through the process, step-by-step, of uploading your Calories Burned from the Armband and logging your Nutrition information (Calories Consumed).

Uploading Calories Burned
The first step in updating your information is uploading Calories Burned from your Armband. You can do this either wirelessly, provided you have the USB wireless station, or by plugging the USB cable connected to your computer into the Armband. To plug it in, remove the Armband from your arm, lift and rotate the top hatch counterclockwise, insert the USB cable, and then click *Upload*. To do it wirelessly, just click *Upload* and the data will be wirelessly uploaded while the Armband is still on your arm!

If you forgot to wear your Armband, or did not wear it for long periods of time (i.e., more than an hour), then the system automatically prompts you to fill in the gaps. The default is that the system will fill in your RMR and assume you were sedentary, unless you tell it otherwise. To do this, simply select from the list of activities and click *Add*.

Logging Calories Consumed
The second step is logging how many calories you consumed. There are several ways to accurately do this. The most accurate is the recommended and default method of logging everything you ate. As this can often be time consuming, the Weight Center offers other, less accurate methods for estimating the number of calories you consumed per meal. If you skipped a meal or did not eat a snack, then you can choose that selection, and click *Next* to proceed to the next meal. This will enter a 0 value for that meal or snack.

Once your data has been brought up to date, you will be taken to the Balance Summary Screen where you can view your progress.

Create reports
The Create Report tab lets you create useful, long term views about your physical activity and nutritional behaviors. It is designed to help you see more detailed reports of how much you eat and how much you move around. It also offers a nutritional breakdown of various other nutrient information besides calories.

If you want to share your progress with others, such as your doctor or nutritionist, you can create a PDF (Printable Document Format) file of the graphs you create, which can be printed or emailed.

My Profile
Reminders
Your Armband can be programmed to sound and vibrate at certain times during the day in order to remind you of important things like taking medication, eating, or exercising. To set Reminders, click *My Profile*, and then click *Reminders*. The Weight Center allows you to set up to two distinct Reminders, each with a different meaning. Each Reminder can play up to 10 times a day. For example, you may want to set the Armband to remind you to go for a 10-minute walk three times a day, or to take a weight loss supplement two times a day.

Body parameters
If, for any reason, you need to update your body parameters, this is where you can do it.

Weight loss goals
This tab allows you to update the weight loss goals you set when you started using the Weight Center. You may want to revisit this page if you want to change your goals.

Account information
Update name, address, and billing information on this page.

FAQs

How many calories do I typically burn in one day?

How many calories do I typically consume in one day?

How do I...
- Turn the Armband on and off?
- Make sure the Armband is sensing me?
- Replace the battery?
- Determine if I am on a weight loss trend or not?
- Wear the Armband to ensure accurate data is recorded?
- Upload Calories Burned from the Armband to the Weight Center?
- Log Calories Consumed?
- Edit Nutrition information from the past?
- Share my information with others?
- How do I set, change, or turn off Reminders?
- Set or change my body parameters?
- Set or change my weight loss goals?
- Set or change my account information?
- Start over?

Is it okay to...
- Wear the Armband in the shower or pool?
- Upload my data every few days?
- Wear the Armband while I sleep?
- Wear the Armband on my left arm instead of the right?

How many calories do I typically burn in one day?
The number of calories a person burns in a day depends on many physiological and lifestyle factors. For example, a 5'11" male in his mid-30's who weighs 200 pounds will typically burn more than a shorter female of the same age who only weighs 120 pounds. The amount of daily exercise and how sedentary of a lifestyle the person leads also affects daily caloric burn.

So how many calories do YOU burn in one day?
The best way to find out is, of course, to wear the Armband. Over time, you will see, on average, how many calories you typically burn, given your physiology and your lifestyle.

How many calories do I typically consume in one day?
A calorie is a unit that measures energy. Therefore, the amount of energy (calories) it takes to fuel a person depends on his size and how sedentary of a lifestyle he leads. The number of calories in a food is a measure of how much potential energy that food possesses. A gram of carbohydrates has four calories, a gram of protein has four calories, and a gram of fat has nine calories. Foods are a compilation of these three building blocks.

A good guideline for caloric intake is 2000 calories a day. However, some people need more or less, depending on body size, age, height, weight, activity level and metabolism. For more information and a chart that takes some of these factors into consideration, click here.

So how many calories do YOU consume in one day?
The best way to find out is, of course, to keep a Nutrition log of what you eat. The HealthWear Weight Center will keep track of the calories for you. All you need to do is log what you eat.

How do I turn the Armband on and off?
To turn you Armband on, simply slide it on back of the upper RIGHT arm. To turn it off, simply slide it off. The Armband automatically turns on and off.

How do I make sure the Armband is sensing me?
To ensure accurate data collection, be sure to wear your Armband properly. It should be snugly worn on the triceps of your right arm, with the HealthWear logo facing up. The Armband makes a sound and a vibration when it settles onto the arm after you put it on. Once you hear and feel this, you know the Armband is sensing you. If you ever want to check that the Armband is working properly, press the Status button. It will make a short sound and vibration. If you receive this feedback, you know the Armband is on and sensing you.

How do I replace the battery?
Lift and rotate the top hatch counterclockwise to reveal the battery. Remove the drained battery and replace it with any brand of AAA battery. *WARNING: Make sure you do this within 20 seconds of removing the old battery, or you risk losing all data on the Armband!*

How do I determine if I am on a weight loss trend or not?
There are two ways to do this on the Balance Summary page. First, choose *Since Beginning* from the list of presets next to the calendar. This will change your view from Today to an average of your performance since you started. If your average Calorie Balance is "in the black," that means that, on average, since you started to use the program, you have been burned more calories than you consumed and are on a weight loss trend. If your average Calorie Balance is "in the red," that means that, on average, since you started the program, you have been on a weight gain trend.

The other way to determine this is by looking at your Weight Tracker. The Weight Tracker is located at the bottom of the Balance Summery screen. If you have been tracking your weight every few days and the most current weight is lower than when you started, then you know you have been losing weight. If it is higher than when you started, then you have been gaining weight.

How do I wear the Armband to ensure accurate data is recorded?
To ensure accurate data collection, be sure to wear your Armband properly. It should be snugly worn on the triceps of your right arm, with the HealthWear logo facing up.

How do I upload Calories Burned from the Armband to the Weight Center?
If it has been more than one hour since your last data entry, the Weight Center will automatically prompt you to upload your Armband data. Instructions for how to properly do this will be on-screen.

If you want to update Calories Burned within an hour of your last upload, click the *Upload* tab located at the top of the HealthWear Weight Center screen. This will take you to the upload wizard. Again, follow the on-screen instructions.

How do I log Calories Consumed?
The Weight Center will automatically prompt you to log your Nutrition (Calories Consumed) every time you log in. The system does not allow you to skip the process of logging for a particular meal to help ensure accuracy of the data and compliance with the system. For example, if it is Wednesday at 2:00pm, and the last time you logged Nutrition was yesterday afternoon, the program will prompt you to first enter yesterday's dinner.

The Weight Center also takes into consideration that you may have skipped the meal or may be short on time and offers a variety of quick alternatives to logging your Nutrition. However, we recommend that you log exactly what you ate as much as possible, in order to ensure the accuracy of the system and to help you reach your goal.

How do I edit Nutrition information from the past?
If you forgot to log a food from a previous meal and want to update that meal, click on the *Update Info* tab. Then click *Edit Calorie Information*. This will take you to a page where you can select the specific date and meal you want to edit.

How do I share my information with others?
Sharing you progress with others, such as your doctor or nutritionist, is easy. Click the *Create Report* tab in the Weight Center. This will reveal a series of dropdown menus, which allow you to pick the type of information you want to graph and for what time period. Once you generate the graph, you can create a PDF (Printable Document Format) file, which can be printed or emailed.

How do I set, change, or turn off Reminders?
To set, change, or turn off Reminders, log into the HealthWear Weight Center. Click the *My Profile* tab, then click *Reminders*. Follow the on-screen instructions.

How do I set or change my body parameters?
In most situations, you will have set your body parameters during the initial set-up and registration process. However, if you need to update a parameter or reset it for any reason, click the *My Profile* tab, then click *Body Parameters,* and follow the on-screen instructions.

How do I set or change my weight loss goals?
In most situations, you will have set your weight loss goals during the initial set-up and registration process. However, if you want to change your goals, click the *My Profile* tab, then click *Weight Goals,*

and complete the form. Keep in mind that changing one parameter affects the others. For example, if your current goal is to lose two pounds a week, and you reset it to one pound per week, your target date will move out. Likewise, if your target date is set for October 1, and you move it to July 1, then your weekly weight loss goal will increase.

How do I set or change my account information?
If you want to change your billing information, of if you need to change your name, click the *My Profile* tab, then click *Account Information*. Follow the on-screen instructions.

How do I start over?
If you have had a hard time sticking with the program and want to make a fresh start, or you want to begin the program anew, click the *My Profile* tab, then click *Weight Goals*. There is a button on that screen called *I want to start over*. Make any changes to your weight goals, then click this button. This will reset the start date of the Weight Center.

Is it okay to wear the Armband in the shower or pool?
No. The Armband should never be submerged or come in continuous contact with water.

Is it okay to upload my data every few days?
For best results, we suggest uploading your data at least once a day. This way, you will never have more than a few meals to remember and log, and the upload process will be swift.

Is it okay to wear the Armband while I sleep?
Yes. The Armband has been designed for long-term wear during normal daytime and nighttime use.

Is it okay to wear the Armband on my left arm instead of the right?
No. The Armband is a sensitive continuous body monitoring tool and should always be worn as indicated. Specifically, the sensors located behind the elliptical metal cover (on the left side) derive their accuracy from facing inward toward the body, where less temperature variation occurs than if they face the outside environment. For this reason, the Armband should always be worn on the right arm.

Glossary of Terms

Adjustable strap
The removable elastic band than gets threaded into the Armband's wings.

AAA Battery
The power source for the Armband. One battery can last about 10 days if worn continuously.

BMR
Basal Metabolic Rate is the number of calories burned in a 24-hour period while lying down but not sleeping. It is the measure of the total energy used by the body to maintain those body processes necessary for life. BMR is influenced by a number of factors, including age, weight, height, gender, environmental temperature, dieting, and exercise habits.

BMI
Body Mass Index is calculated by dividing a person's weight (in kilograms) by his height (in meters, squared). BMI can also be calculated by multiplying weight (in pounds) by 705, then dividing by height (in inches) twice. A person with a BMI of 24 or less is considered to be an ideal weight.

Browser Window
A program that accesses and displays files and other data available on the internet and other networks. A program used to view HTML documents, like the one you are using now to read and navigate the contents of this glossary. Internet Explorer and Netscape Navigator are examples of browsers for the World Wide Web.

Calorie
A unit of energy-producing potential equal to the amount of heat that is contained in food and released upon oxidation by the body. What you need to burn more of than you consume, in order to lose weight. 3500 calories is equal to 1 pound.

Calories Burned
How many calories you converted into energy by exercise and BMR.

Calories Consumed
How many calories you ingested based on what you ate and what is stored as energy.

Calorie Balance
The difference between how many calories you consumed and how many calories you burned.

Calendar
A java-based applet that lets you choose specific days for viewing your feedback.

Internet Explorer
A popular web browser developed by Microsoft Corporation. The HealthWear Weight Center is viewed using a web browser.

LED
A semiconductor diode that converts applied voltage to light and is used on the front face of the Armband to indicate battery and memory status.

Memory
The LED light on the Armband, marked by the word "memory." This light indicates how much memory the device has left to collect. When near full, this LED light will turn red.

Reminders
Can be set using the HealthWear Weight Center. They expand the functionality of the Armband into a "digital assistant" that reminds you of important events, such as taking your medication or getting some exercise.

Sensors
The technology used to collect your body data. The HealthWear Armband contains several: 2-axis accelerometer, which measures motion; heat flow sensors, which measure your body's heat flux; GSR sensors that measure the conductivity of your skin, or moisture of your skin's surface; skin temperature; and near body ambient temperature, which is the temperature of the air in close proximity to your body.

Serial Number
The number identifying your HealthWear Armband. Located inside the unit, in the battery well.

Status Button
The only button on the HealthWear Armband. When pressed while on the body, it beeps and vibrates if the Armband is working properly. When pushed while off-body, it turns the device on.

Uploading
The transfer of your Calories Burned data from your Armband to your HealthWear Weight Center.

USB
The Universal Serial Bus and cable that let you transmit your data from the Armband to the HealthWear Weight Center.

USB Drivers
The Universal Serial Bus software that lets you transmit your data from the Armband to the HealthWear Weight Center wirelessly.

USB Wireless Station
The Universal Serial Bus hardware that lets you transmit your data from the Armband to the HealthWear Weight Center wirelessly.

Wings
The flexible sides of the Armband into which the adjustable strap is threaded.

Contact Information

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