The SenseWear™ Armband User Guide

Wednesday, Nov 14, 2001

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Your SenseWear™ Armband

Congratulations on your purchase of the SenseWear Armband!

This user guide will describe and illustrate the use of both models of SenseWear Armbands: the SenseWear Armband and the SenseWear Pro Armband.

Both Armbands provide continuous body monitoring by collecting your body data and then allowing you to send your body data to our InnerView™ Software Applications for review. After uploading your body data to the InnerView software, you'll be able to learn about lifestyle patterns such as your physical activity routines and your sleep cycles. This will help you improve your behaviors and reach your health goals.

The SenseWear Pro Armband has the ability to communicate wirelessly with the cradle to access the InnerView software. The SenseWear Pro Armband also contains the SenseWear™ Pro Transceiver

which works with other third-party products like weight scales and blood pressure cuffs (requires the purchase of the Transceiver module). Where noted, special instructions for the SenseWear Pro Armband are included throughout this guide.

SenseWear Armband features

Understanding the system (photo and callouts)
(M) = memory lights, (P) = power lights, Timestamp button, monitor, sensors, wings, adjustable straps, oval pull-tab, cradle, power supply, serial connector, feedbacks

Accessories supplied with your SenseWear Armband:
- Cradle (with power supply and serial port connector)
- InnerView software user guide
- 2 Adjustable straps
- Limited Warranty
- Polar™ Heart Rate Monitor (SenseWear Pro Armband only)
- *Get Balance!* book (SenseWear Armband only)

How it works

BodyMedia's patented technology combines sensors, electronic hardware, and intelligent software that empowers you to accurately and continuously monitor your lifestyle. The SenseWear Armband uses sensors to measure physiological factors like motion, heat flow, and skin temperature that are translated by BodyMedia's customized algorithms in your InnerView software to help you determine your personal patterns and behaviors.

Your SenseWear Armband performs functions automatically so that you almost forget you're wearing it. Worn on the back of your upper right arm, it turns on and off by itself by simply maintaining secure contact with your body. It automatically sets the date and time settings by communicating with your InnerView software. The SenseWear Armband understands any targets and reminders that you set in your InnerView software and signals you with feedback at the appropriate times.

BodyMedia converts your body data into meaningful representations of your lifestyle events when you upload it to your InnerView software. Over time, your SenseWear Armband will continue to learn about and adapt to your behavior and provide significant information about your lifestyle.

For your safety

Disclaimer
This product is not intended to be a medical device 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 sleep patterns. BodyMedia recommends that you consult your physician before beginning any exercise or sleep program.

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 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 SenseWear Armband.

Water resistance
DO NOT IMMERSE 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 SenseWear Armband in water environments (e.g., in the shower, swimming pool, or rain).

Wear comfortably
Be careful not to over-tighten the SenseWear Armband while on your arm. If your arm begins to tingle or you begin to lose feeling in your arm, loosen the adjustable strap and re-fasten.

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 SenseWear Armband comes in contact with your skin, discontinue use and consult your physician before continuing regular use of the Armband.

Do not use on an aircraft or in post facilities
The SenseWear Armband is not an FAA-approved electronic device for use on aircraft. Do not wear the SenseWear Armband when in an aircraft. Never attempt to wirelessly communicate with the SenseWear Armband on a plane.

Do not wear the SenseWear Armband in healthcare facilities or where any posted regulations restrict you from doing so. Hospitals or healthcare facilities could be using equipment that is sensitive to external RF (radio frequency) energy.

For complete safety information, see the *Safety considerations* section of this guide.

About your SenseWear cradle
The SenseWear Armband cradle serves two functions: it recharges the battery in your SenseWear Armband using the power supply cord and it communicates with the InnerView software using the serial port in the back of your PC. The SenseWear Pro Armband can communicate wirelessly with the cradle. That is, the Pro Armband needs to be within 10 feet of the cradle—not *in* the cradle—to communicate with the InnerView software.

You can charge your Armband in the cradle whether or not the serial cable is plugged in to your PC, as long as the power supply light on the plug is illuminated. But both connections, power supply and serial port, must be made in order to communicate with your InnerView software.

NOTE: Always make sure that your cradle is set up correctly with its power supply plugged into the outlet before placing Armband in the cradle. If you place the Armband in the cradle before the cradle is plugged into the outlet, your Armband will need to be reset. See the Resetting your Armband *section in this guide for more information.*

Setting up your cradle
1. Place the cradle on a flat surface near your PC (do NOT place your Armband in the cradle yet).

2. Plug the serial cable into the serial port (COM 1, if you have more than one port) on the back of your PC. Be sure the cable is secure by screwing the 2 outer screws into the port.

> *Note: If you currently have a PDA cradle or other device plugged into your serial port you will need to perform two tasks:*
> *1.Unplug your PDA cradle or other device from your serial port and replace it with your SenseWear cradle for each use.*
> *2.Ensure that your PDA's HotSync Setup is not set to be Always Available. The Always Available setting prevents other devices from using your serial port even when your PDA is not plugged into your serial port. You will need to change this setting only one time.*
> > *a. Right-click the HotSync icon on your Taskbar and select Setup (or*

3. Plug the power supply jack into the back of the serial connector.

4. Flip down the power supply's metal prongs and plug it into a nearby, accessible outlet.

When all connections are made, the orange cradle light turns on.

NOTE: If you are using a laptop computer, the power saving mode may prevent the orange cradle light from turning on at this point.

Now, you are ready to charge the SenseWear Armband or communicate with your InnerView software.

Charging your SenseWear Armband
Initial charge
The SenseWear Armband should be charged completely (this takes about 2 hours) before its first use.

Subsequent charges
The SenseWear Armband has up to 4 days of battery power under continuous use. When not wearing your SenseWear Armband, keep it in the cradle for safe storage and to ensure a full charge when you're ready to wear it. When removing your SenseWear Armband from your body, always wait until you hear the "goodbye" sound before placing the Armband in the cradle.

1 Place the Armband in the cradle.

NOTE: Always guide the Armband against the back of the cradle when inserting it into the cradle. Guiding the Armband against the front lip could bend the contacts on the cradle.

2 When the Armband is secure in the cradle, the 3 power lights (P) will begin flashing, indicating that charging has begun. As the SenseWear Armband charges, each of the power lights (P) will progressively turn to solid until all 3 lights are illuminated, indicating that it is fully charged. The power lights remain illuminated until you remove the Armband from the cradle.

Note: Never unplug your cradle's power supply from the outlet with the Armband in the cradle. Always remove the Armband from the cradle before unplugging the cradle. If not, your Armband will need to be reset. See the Resetting your Armband *section of this guide for more information.*

The SenseWear Armband is designed to keep your stored data even if the battery is too low to wear the Armband. However, if your battery drains and you keep the Armband in an uncharged state for an extended period of time, you may lose your stored data. In order to prevent the battery from draining too low and losing your stored data, keep the Armband in the cradle whenever it is not being worn.

Initialize and personalize your SenseWear Armband

Initialize
When the SenseWear Armband is fully charged, you must initialize it in your InnerView software before wearing it for the first time. Initializing your SenseWear Armband exchanges important information between your Armband and your InnerView software. Go to your InnerView software to initialize your SenseWear Armband.

Personalize
Your SenseWear Armband has features and feedback for which you can set preferences. Here is a summary of the features. See your InnerView software to set these preferences.

System Feedback: Your Armband provides sound and vibration feedback about its status. You can set the intensity of the feedback. See the *Understanding SenseWear feedback* section of this guide for more information.

Timestamps: Pressing the Timestamp button while wearing the SenseWear Armband puts a "stamp" in time that marks an activity (i.e., drank a glass of water, took your medication, etc.) that you define.

Reminders: Your SenseWear Armband can remind you of important events in your routine (i.e., get some exercise, take medication, etc.) by playing a signal at the time you set.

Targets: Your SenseWear Armband can indicate when you've reached certain health targets like activity calories burned or heart rate levels (with the use of a heart rate monitor).

About You: Track your SenseWear Armband's serial number, your body facts, and personal identification.

Wearing your SenseWear Armband

The SenseWear Armband is designed to be worn on the back of the upper right arm (the tricep), touching the skin.

1 Slide the SenseWear Armband onto your right arm with the Timestamp button facing up.

2 Adjust the strap so that it fits on your arm comfortably then secure the oval pull-tab. Ensure that the sensors maintain continuous contact with your skin at all times and that the SenseWear Armband doesn't slide off your arm.

CAUTION: Be careful not to over-tighten the SenseWear Armband. If your arm begins to tingle or you begin to lose feeling in your arm, loosen the adjustable strap and re-fasten.

Once you have set the adjustable strap to fit your arm comfortably, there is no need to readjust it every time you put it on and take it off. Simply slide it on and off of your arm.

There is no on/off button on your SenseWear Armband. When the monitor makes secure contact with your body, it automatically performs its "turning on" sequence. (This may take up to 5 minutes for some people, depending on your body state).

This "turning on" sequence will happen every time you put on the SenseWear Armband:

Welcome: This sound indicates that the SenseWear Armband has made contact with your skin.
Warming up: You'll feel a series of light vibrations as it settles to your body.
Ready: This sound indicates that the Armband is collecting your body data.

If, after 5 minutes, you do not hear the "turning on" sequence (or if you think you may have missed it), press and hold the Timestamp button until you hear the "ready" sound, which means that your SenseWear Armband is working properly.

If your Armband is working properly but you still haven't experienced the "turning on" sequence, see the *Troubleshooting* section of this guide.

Initial recommended use

For your initial use and best results, we recommend wearing the SenseWear Armband continuously for three days, preferably three consecutive days. (Be sure to remove the SenseWear Armband to shower and bathe. It is NOT waterproof). During this time, the SenseWear Armband will automatically calibrate to your body, your patterns, and your routine. With every subsequent upload, it will become more accurate and more personalized.

The more you wear your SenseWear Armband, the more information you'll have to upload and review in your InnerView software. Make sure to press the Timestamp button during your initial use to "stamp" certain activities or events throughout your routine, like drinking water, taking medication, or any lifestyle event that you want to track.

Note: For best results, especially when wearing the SenseWear Armband for sleep or physical activity, wear it for 10 minutes before and after the activity.

CAUTION: DO NOT IMMERSE 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 SenseWear Armband in water environments (e.g., in the shower, swimming pool, or rain).

The SenseWear Armband currently has up to 4 days of battery power and up to 5 days of memory under continuous use.

When not wearing the SenseWear Armband, keep it in the cradle to avoid accidental damage and to ensure a full charge when you are ready to use it.

For use with a heart rate monitor

The SenseWear Armband is designed to be compatible with the Polar Heart Rate Monitor (and other brands of heart rate monitors). Wear the heart rate monitor with the SenseWear Armband for even more accurate and personalized data during events like exercise and physical activity. The SenseWear Armband will collect the heart rate data and upload it to your InnerView software. Wear your heart rate monitor during your first week for events like exercise and physical activity so that it can calibrate with your SenseWear Armband.

Wearing your SenseWear Armband with your heart rate monitor is simple.
1 Put on the SenseWear Armband and wait until the "turning on" sequence has completed.

2 Put on your heart rate monitor.

3 The SenseWear Armband's receiver will automatically search for the heart rate monitor and play the "receiving" sound when it finds your heart rate. You should hear the "receiving" sound within 10 seconds. See the *Understanding SenseWear feedback* section of this guide for more information.

If you've been wearing your Armband for more than 1 minute before you put on your heart rate monitor, press and hold the Timestamp button on your SenseWear Armband for 3 seconds to tell your Armband to search for the heart rate monitor. You should hear the "receiving" sound within 10 seconds.

4 When you're finished using the heart rate monitor, remove it first, followed by the SenseWear Armband. You will hear the "disconnected" sound when your SenseWear Armband is no longer receiving your heart rate information.

Should you desire real-time heart rate information from your SenseWear Armband, you can set heart rate targets that signal you during your activity when you've reached your target. Set your heart rate targets in your InnerView software. If you want to see your number of heartbeats per minute during your activity, wear a Polar watch with the SenseWear Armband.

Even when worn with the heart rate monitor, the SenseWear Armband has up to 5 days of memory under continuous use.

NOTE: Use of the SenseWear Armband with a heart rate monitor is not intended to be a medical device and is provided solely for your education and information. Neither the SenseWear Armband nor a third party heart rate monitor is meant to substitute for proper medical diagnosis, care, or treatment related to your physical activity.

Threading your adjustable strap
Your SenseWear Armband comes with two identical adjustable straps. One strap comes attached to the Armband and the other is a spare to be used if you're cleaning the first one. See the *Care and maintenance* section of this guide for information on cleaning your adjustable strap. Follow these steps to thread your adjustable strap into your Armband.

1. Hold the Armband upright with the sensors facing you. Take the square end of the adjustable strap with the two Velcro pads and thread it through the narrow, vertical slot in the wing. The Velcro pads should be facing you, with the edge of the wing in between the two pads.
2. Fold over the end of the strap and press the Velcro pads together.
3. Take the other end of the adjustable strap with the oval pull tab and thread it through the narrow, vertical slot in the other wing. The Velcro side of the oval pull tab should be facing you.
4. Pull the strap through the slot in the wing and press the oval pull tab against the adjustable band. Create a space that is approximately the size of the circumference of your upper arm.
5. When completed, the square end of the strap should be on the inside of the band and the oval pull tab should be on the outside of band. Use the pull tab to adjust the size of the strap while on your arm.

Understanding SenseWear feedback
Your SenseWear Armband can provide feedback about its status, whether on or off of your body. There are also some features of your SenseWear Armband that provide feedback which you can personalize.

Turning on sequence
The SenseWear Armband automatically turns on after making secure skin contact and performs the following "turning on" sequence:

Welcome: This sound indicates that the SenseWear Armband has made contact with your skin.
Warming up: You'll feel a series of light vibrations as it settles to your body.
Ready: This sound indicates that the monitor is collecting your body data.

Turning off sequence
Goodbye: When you slide off the SenseWear Armband or if contact with your body is interrupted for more than 10 seconds, it will play the "goodbye" sound, indicating that it is no longer collecting data. Always wait until you hear the "goodbye" sound before placing the Armband in the cradle.

System Alert
The SenseWear Armband will warn you with an insistent "alert" signal when the battery or memory is low or if there is system problem.

1 When you receive this sound/vibration alert, slide off the SenseWear Armband and press the Timestamp button once.

2 The lights will display the battery and memory status.

- If there are no lights or sounds, the battery is too low to continue wearing. Place your SenseWear Armband in the cradle to charge.

- If the memory (M) lights are flashing, you do not have enough memory to continue wearing it. Upload your body data to your InnerView software.

- If the power (P) lights are flashing, you do not have enough power to continue wearing it. Place your SenseWear Armband in the cradle to charge.

- If you get the "alert" sound again and all 6 lights flash, there is a system problem. Place the SenseWear Armband in the cradle and use the diagnostics in your InnerView software.

Reminders and Targets

Reminders: Your SenseWear Armband can remind you of important events in your routine (i.e., take medication) by playing a sound at the time you set.

Targets: Your SenseWear Armband can indicate when you've reached certain health targets like activity calories burned or heart rate levels (with the use of a heart rate monitor).

Both Reminder and Target feedbacks automatically stop after a few seconds. You can stop the feedback sooner by pressing the Timestamp button while wearing the SenseWear Armband.

Feedback with a heart rate monitor

Receiving: This sound indicates that the SenseWear Armband has detected and is working with the heart rate monitor.

Disconnected: You'll hear this sound when you remove the heart rate monitor, or reception between the heart rate monitor and the SenseWear Armband is broken. If reception breaks, make sure that the heart rate monitor is making good contact against your chest. Moisten sensors on the heart rate monitor if they are dry to improve contact.

If your InnerView software enables the setting of heart rate targets, you'll hear the following feedback from you SenseWear Armband:

In heart rate zone: To discover whether you are within your target heart rate zone, press the Timestamp button while wearing your heart rate monitor. If you are within your target zone, you'll hear the "Ready" sound followed by the "In heart rate zone" sound.

Out of heart rate zone: Press the Timestamp button while wearing your heart rate monitor. If you are out of your target heart rate zone, you'll hear the "Ready" sound followed by the "Out of heart rate zone" sound.

The Timestamp button

The Timestamp button serves 4 functions:

1. Make Timestamps
Pressing the Timestamp button while wearing the SenseWear Armband puts a "stamp" in time that marks an activity that you define (i.e., drank a glass of water, took your medication, etc.). Timestamps can be very helpful in tracking your patterns and progress toward your health goals. The SenseWear Armband automatically records Timestamps and populates the information in your InnerView software when you upload your body data. Timestamps appear as small markers in the context of your body data on the exact times you pressed the Timestamp button.

2. Check on-body status
The Timestamp button has a second use while on the body. While wearing the SenseWear Armband, you can ensure that it is collecting your body data by pressing and holding the Timestamp button

for 3 seconds. Press it until you hear the "ready" sound, letting you know that everything is working properly.

3. Turn off reminders and targets
Both Reminder and Target feedbacks automatically turn off after a few seconds. You can turn off the feedback sooner by pressing the Timestamp button while wearing the SenseWear Armband.

4. Check off-body status
When you aren't wearing the SenseWear Armband, the Timestamp button is used to check the power and memory status. Press the button once and the lights will indicate the status.

Uploading and viewing your body data
After wearing your SenseWear Armband, use your InnerView software to upload the data and review your personal routine and patterns. For more information, go to your InnerView software or see your InnerView software User Guide. There are different InnerView software applications available depending on your information needs. For information on the complete line of InnerView products, visit www.bodymedia.com.

Upgrading your Armband firmware
Periodically, BodyMedia will release upgrades to the software inside of your SenseWear Armband (your firmware). Contact Customer Service (412) 288-9982 for information on when and where the upgrades will be available.

Resetting your Armband
There are some conditions that will require you to reset the software in your Armband. When you reset your Armband, all of your stored data will be erased. If you perform any of the following actions, your Armband will need to be reset.

- You place your Armband in the cradle before you plug the power supply into the outlet.
- After removing Armband from your body, you place your Armband in the cradle before you hear the "goodbye" sound.

Only if your Armband is unresponsive, should you reset your Armband. To determine if you need to reset your Armband, do this:
1. With the Armband off of your body, press the Timestamp button. If no sound plays and no lights turn on, then proceed to number 2.
2. Put the Armband in the cradle. If no lights turn on, *and the Armband is correctly seated in the cradle*, leave the Armband in the cradle and then proceed to number 3.
3. Press and release the reset button on the right side of your cradle using the tip of a paperclip. When the Armband has been reset, it will respond with a lighted reset sequence (same as the "Ready" sequence, the Memory (M) and Power (P) lights will illuminate from left to right).
4. Go to your InnerView software and use the diagnostics to resynchronize your Armband with your InnerView software. If you do not perform this diagnostics step, your SenseWear Armband will play the "Alert" signal when you try to wear it.

Troubleshooting

Problem:
After 5 minutes of putting on the SenseWear Armband, you do not hear the "turning on" sequence.

Do this:
1 While wearing your SenseWear Armband, press and hold the Timestamp button until you hear the "ready" sound, which means your Armband is working properly.

2 If you still do not hear the "ready" sound, slide off the SenseWear Armband and press the Timestamp button.
3 All 6 lights will flash on. Then the power (P) lights will indicate the charge status. If all 3 power lights are not lit or the smallest light is flashing, the battery is too low to function.
4 Return it to the cradle and recharge it.
5 After recharging, slide the SenseWear Armband onto your arm.
6 If you still do not hear the "turning on" sequence, place the SenseWear Armband in the cradle and use the diagnostics in your InnerView software.

Problem:
Your SenseWear Armband plays the "Alert" signal.

Do this:
1 When you receive this sound/vibration alert, slide off the SenseWear Armband and press the Timestamp button.

2 The lights will display the battery and memory status.

- If there are no lights or sounds, the battery is probably too low to continue wearing. Place your SenseWear Armband in the cradle to charge.

- If the memory (M) lights are flashing, you do not have enough memory to continue wearing it. Upload your body data to your InnerView software.

- If the power (P) lights are flashing, you do not have enough power to continue wearing it. Place your SenseWear Armband in the cradle to charge.

- If you get the "alert" sound again and all 6 lights flash, there is a system problem. Place the SenseWear Armband in the cradle and use the diagnostics in your InnerView software. The diagnostics will check your Armband and resynchronize it with your InnerView software.

Care and maintenance
Handling
Avoid dropping the Armband or cradle as this may cause serious damage. Though the SenseWear Armband was designed for wearability and long-term use, rough handling can break internal components. When not wearing the SenseWear Armband, keep it in the cradle to avoid accidental damage and to ensure a full charge when you are ready to use it.

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

To prevent possible damage to the cables, grasp the plug, not the cable, when disconnecting either the serial connector or the power supply. Also, do not wrap the cable around the charging base. Replace cables if they become frayed.

Never touch the four metal contacts in the cradle with your fingers or with any metal objects. Touching them could cause them to deform, result in a short circuit of the power supply, or prevent the cradle from charging properly.

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 SenseWear Armband in water environments (e.g., in the shower, swimming pool, or rain).

Maintenance
Do not attempt to open the SenseWear Armband or cradle yourself. They contain no user-serviceable parts. Refer all servicing to qualified BodyMedia service personnel. Servicing is required when the product has been damaged in any way, such as power supply cable or plug is damaged, liquid has been spilled or objects have fallen into the Armband or cradle, the Armband or cradle has

been exposed to rain or moisture, it does not operate normally, or it has been dropped. Opening the Armband or the cradle will void the warranty.

The SenseWear Armband contains a non user-serviceable rechargeable Lithium-ion battery that must be recycled or disposed of properly. Do not dispose of battery by putting it in fire.

Cleaning
The Armband should only be cleaned with a soft, damp cloth. Do not use volatile liquids or abrasive cleaning agents to clean the Armband. Always wipe the Armband dry before placing it in the cradle.

If necessary, you may hand wash the adjustable straps using a mild detergent. Air dry only.

Safety considerations
Disclaimer
This product is not intended to be a medical device 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. BodyMedia recommends that you consult your physician before beginning any exercise program.

Wear comfortably
Be careful not to over-tighten the SenseWear Armband while on your arm. If your arm begins to tingle or you begin to lose feeling in your arm, loosen the adjustable strap and re-fasten.

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.

The sensor interfaces on the SenseWear Armband are made from hypo-allergenic grade stainless steel #304. For a complete breakdown of the stainless steel's contents please refer to the *Product specifications* section of this guide.

If you have any questions concerning metals allergies consult your physician before wearing the SenseWear Armband.

DO NOT IMMERSE IN WATER
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 SenseWear Armband in water environments (e.g., in the shower, swimming pool, or heavy rain).

The cradle is NOT splash resistant. It must not be used anywhere near water. Always wipe the Armband dry before placing it in the cradle.

Interference: The SenseWear Armband affecting other products
Operation of any radio transmitting equipment, including the SenseWear Pro Armband and cradle, may interfere with the functionality of inadequately protected medical devices, including pacemakers. Consult a physician or the manufacturer of the medical device if you have any questions.

The effect of the radio signals from the SenseWear Armband and cradle on other electronic systems, including those in your car (such as the fuel-injection systems, electronic anti-skid braking systems, electronic cruise control systems, or airbags) is unknown and malfunction of these systems may result.

Do not use on an aircraft
The SenseWear Armband is not an FAA-approved electronic device for use on aircraft. Do not wear the SenseWear Armband when in an aircraft. Never attempt to wirelessly communicate with the SenseWear Armband on a plane. The effect of the use of the SenseWear Armband in an aircraft is

unknown. Such use may affect the aircraft's instrumentation, communication, and performance, may disrupt the network, and may be illegal.

Take off in posted facilities
Do not wear the SenseWear Armband in healthcare facilities or where any posted regulations restrict you from doing so. Hospitals or healthcare facilities could be using equipment that is sensitive to external RF energy.

Avoid explosive areas
Do not wear the SenseWear Armband if you are in any area that has a potentially explosive atmosphere. Obey all signs and instructions.

Performance considerations

Crosstalk
The SenseWear Armband uses a non-coded mode of operation and can pick up RF (radio frequency) transmitter signals within 3ft. (1m). Therefore make sure no other transmitter is within that range. Non-coded signals from more than one transmitter picked up simultaneously can cause incorrect data collection.

Interference: Other products affecting the SenseWear Armband
As with many electronic devices, because of the proliferation of radio-frequency transmitting equipment and other sources of electrical noise (e.g., cellular phones, mobile two-way radios, electrical appliances, electronic exercise equipment), it is possible that high levels of such interference due to close proximity or strength of a source may result in disruption of performance of this device.

Certifications

FCC statement

This device complies with Part 15 Subpart C and Subpart B, Class B 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.

Shielded cables must be used with this unit to ensure compliance with the Class B FCC limits.

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.

ETL Listed
Conforms to UL Standard 1950, 3rd Edition/CSA C22.2 No. 950-95, *Safety of Information Technology Equipment Including Electrical Business Equipment*.

Product features and specifications

Product features
Gathers raw physiological data including movement, heat flow, skin temperature, ambient temperature, heart rate (if worn with a heart rate monitor), and galvanic skin response.
Contains up to 4 days of battery life when worn continuously
Stores up to 5 days of continuous physiological and lifestyle data (may be modified for SenseWear Pro Armbands; see your InnerView software User Guide)
Lets users Timestamp specific events
Works with BodyMedia's InnerView software
Offers audio and tactile feedback for reminders and alerts (available through the InnerView software).
Enables 2-way communication, making the Pro Armband a hub for collecting data from other third-party products such as a weight scale or blood pressure cuff (SenseWear Pro Armband only).

Product Specifications
Sensors:
  2-axis accelerometer
  heat flow
  skin temperature
  ambient temperature
  galvanic skin response
  heart rate receiver
Materials:
  Monitor: ABS, urethane, FDA approved co-polyester, hypo-allergenic grade stainless steel
  Cradle: ABS, zinc, co-polyester, Santoprene
  Adjustable Strap: Nylon, polyester, polyisoprene
Battery type: Rechargeable Lithium-ion
Battery voltage: 3.7V
Power supply voltage (gray models): input: 100-240VAC, 50-60Hz; output: 5.5V DC, 500mA
Power supply voltage (black models): input: 100-120VAC, 50-60Hz, .4A; output: 5V DC, 2.4A
RF Frequency: 916.5MHz
Transmitter output power: <1mW
Processor: 16-MHz Motorola DragonBall™ Processor
Battery power: up to 4 days under continuous use (24/7)
Memory capacity: up to 5 days under continuous use, even with heart rate monitor (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): 3.0 oz (85g)
Cradle size: (h) 50.8mm x (d) 58.5mm; [(h) 2.0 in x (d) 2.3 in]
Cradle weight (without cables and power supply): 5.3 oz (150g)
Water resistance:
  Monitor: splash-resistant;
  Cradle: NOT splash-resistant
Operating temperature/humidity:
  Monitor: 0'C to +45'C (32'F to 113'F)/100% RH non-condensing;
  Cradle: 0'C to +45'C (32'F to 113'F)/10-90% RH non-condensing
Storage temperature/humidity:
  Monitor: 0'C to +45'C (32'F to 113'F)/100% RH non-condensing;
  Cradle: -20'C to +50'C (-4'F to 112'F)/10-90% RH non-condensing

Design and specifications are subject to change without notice.

Money-back guarantee

If, for any reason, you are not 100% satisfied with the SenseWear Armband or the SenseWear Pro Armband, we will refund 100% of your actual purchase price, within 30 days from date the Armband is shipped to you from BodyMedia, with no questions asked. Just call our Customer Service department at 412-288-9982 or send an email to customer_service@bodymedia.com

This is our way of showing that BodyMedia is committed to our customers.

1-Year Limited Warranty

Who is covered?
The Limited Warranty is valid for a SenseWear Armband or SenseWear Pro Armband purchased and operated in the U.S. only. The Limited Warranty is non-transferable and only extends to the original purchaser.

What is covered?
BodyMedia warrants to the original consumer/purchaser that the SenseWear Armband or the SenseWear Pro Armband is free of defects in materials and workmanship under normal use and service, for one (1) year from date of the Armband is shipped to you from BodyMedia ("Limited Warranty Period"). If a defect covered by this Limited Warranty occurs during the Limited Warranty Period, BodyMedia will, at its option, replace any defective parts, replace the entire SenseWear Armband or SenseWear Pro Armband unit, or refund the original purchase price. THE FOREGOING REMEDIES ARE YOUR SOLE AND EXCLUSIVE REMEDY AND BODYMEDIA'S SOLE AND EXCLUSIVE LIABILITY FOR BREACH OF THE LIMITED WARRANTY. THE LIMITED WARRANTY IS VALID IN THE U.S. ONLY.

What is not covered?
This Limited Warranty does not apply if the defects have been caused by improper or incorrectly performed maintenance, negligence, accident, misuse or unreasonable use, modification, tampering, normal wear and tear, or any other causes not related to defective materials or workmanship. This Limited Warranty does not cover repair or replacement of the battery and adjustable strap. Additionally, if malfunction results from use outside of the guidelines set by the Safety Considerations or Care & Maintenance sections of the SenseWear Armband User Guide, the Limited Warranty will not apply.

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES AND NO OTHER REPRESENTATIONS OR CLAIMS OF ANY NATURE SHALL BE BINDING OR OBLIGATE BODYMEDIA. ANY IMPLIED WARRANTIES APPLICABLE TO THE SENSEWEAR PRO ARMBAND, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, OR WARRANTIES OF TITLE OR NONINFRINGEMENT, ARE LIMITED TO THE LIMITED WARRANTY PERIOD ABOVE.

What is BodyMedia's limitation of liability?
Subject to applicable law, in no event shall BodyMedia's liability to you exceed the purchase price of the SenseWear Armband or the SenseWear Pro Armband.

IN NO EVENT SHALL BODYMEDIA OR ANY AUTHORIZED BODYMEDIA SERVICE PROVIDER BE LIABLE FOR CONSEQUENTIAL, SPECIAL, PUNITIVE, OR INCIDENTAL DAMAGES RELATED TO THE SENSEWEAR ARMBAND OR THE SENSEWEAR PRO ARMBAND EVEN IF BODYMEDIA WAS AWARE OF THE POSSIBILITY OF SUCH DAMAGES.

SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, OR EXCLUSION OF CONSEQUENTIAL, SPECIAL, PUNITIVE OR INCIDENTAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS LIMITED WARRANTY PROVIDES YOU WITH SPECIFIC LEGAL RIGHTS. YOU MAY HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

How do I submit a Limited Warranty claim?

Before submitting a claim, please ensure you have attempted to use the diagnostics in your InnerView software.

Contact BodyMedia Customer Service for a RMA number (Return Material Authorization) by calling 412-288-9982 or sending email to customer_service@bodymedia.com. Any returns not pre-approved will not be honored under this Limited Warranty. Instructions for returns will be provided at the time of pre-authorization. BodyMedia will cover all associated shipping expenses if the SenseWear Armband is found to be defective. To expedite your Limited Warranty claim, please have the shipping date, the serial number of the SenseWear Armband, and your Service Code from the diagnostics in your InnerView software available.

Contact Information

BodyMedia, Inc.
4 Smithfield Street, 12th Floor
Pittsburgh, PA 15222

Customer Support:
Phone: 412.288.9982
Email: Customer_Support@bodymedia.com

Glossary of Terms

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

Alert A signal that the battery or memory is low or there is a system problem with the Armband.

Body Facts Information like your age, sex, height, and weight. These stats are sent from your InnerView software to your SenseWear Armband upon Initialization.

Cradle Connected to your PC and a power source. It is a resting place for the SenseWear Armband that is used to recharge it and to communicate with your InnerView software.

Diagnostics Part of your InnerView software used to troubleshoot problems in your SenseWear Armband.

Initialization The exchange of your SenseWear Armband serial number and your body facts between your SenseWear Armband and your InnerView software.

Memory (M) lights 3 lights on the Armband's left side indicating memory status.

Monitor The main body of the SenseWear Armband. Contains the sensors, receivers, battery, memory, and computer.

Power (P) lights 3 lights on the monitor's right side indicating charge status.

Recharger contacts 4 gold areas on front of the monitor that come in contact with the cradle contacts.

Reminder Remind you of important events in your routine (i.e., take medication, get some exercise) by playing a signal at the time you set in your InnerView software.

Reset button Small hole on the right side of the cradle. With the push of a paper clip, it resets the Armband.

Sensors The group of sensors that collect your body data. Include: 2-axis accelerometer, heat flow sensor, GSR sensor, skin temperature sensor, ambient temperature sensor, and heart rate receiver.

Serial Number   The number identifying your SenseWear Armband. Located inside the window on the back of the monitor.

Target   Your SenseWear Armband can indicate when you've reached certain health targets like activity calories burned or heart rate levels. Define these targets in your InnerView software.

Timestamp A moment in time that marks an activity or state (i.e., took your medication, drank a glass of water, etc.). Defined in your InnerView software.

Timestamp button   The only button on the SenseWear Armband. When pressed while on the body, it marks a Timestamp or turns off Reminders and Targets; when pressed and held while on the body, it assures you it's working properly; and when pressed while off the body, it indicates memory and charge status.

Uploading The transfer of your body data to your InnerView software.

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