

CORE

Get the app. Connect your armband.
Start living better.



Visit up.jawbone.com

GET THE APP

Go to up.jawbone.com


Already using UP?

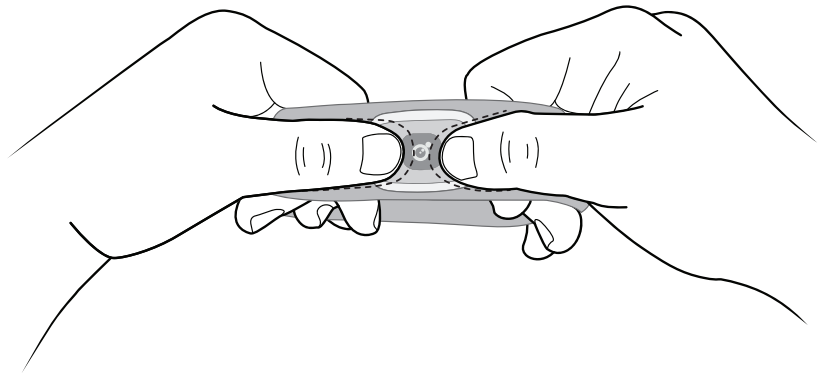
Make sure you have the latest version of the app.

CONNECT YOUR ARMBAND

Follow the instructions to pair your armband and create your profile.

Already using UP?

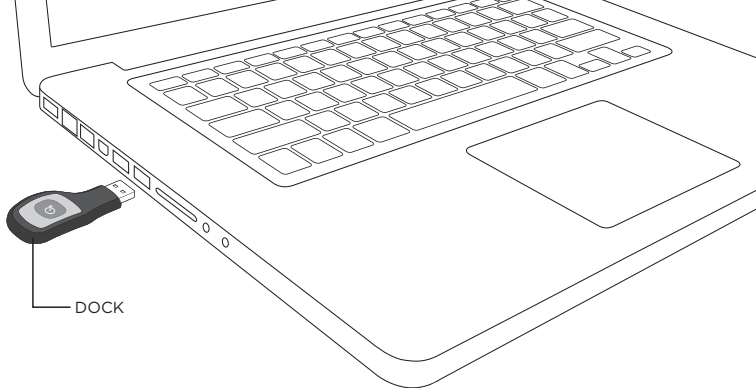
Tap the  icon in the top right corner of the home screen, "Add new band" and follow the instructions.



SENSOR MODULE

To remove the sensor module from the strap, press down evenly on both sides of the front face of the sensor module until it comes out of the strap.

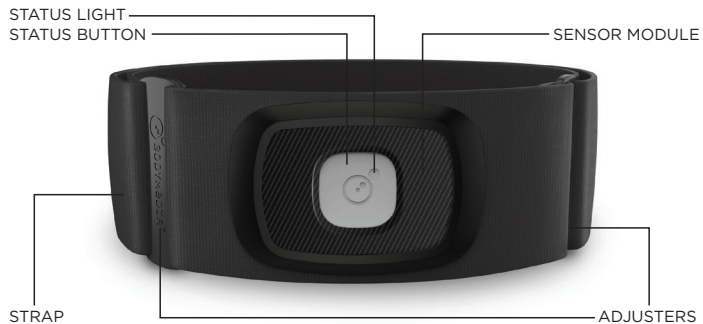
To reattach the sensor module, align the large indentation on the inside of the strap with the tab on the sensor module. Press evenly on both sides until the sensor module firmly snaps into place.



KEEP YOUR ARMBAND CHARGED

Your armband should last at least four days when fully charged. The UP app will notify you when the battery is low. To charge your armband, remove the sensor module from the strap, place the sensor module into the dock and plug it into a USB port.

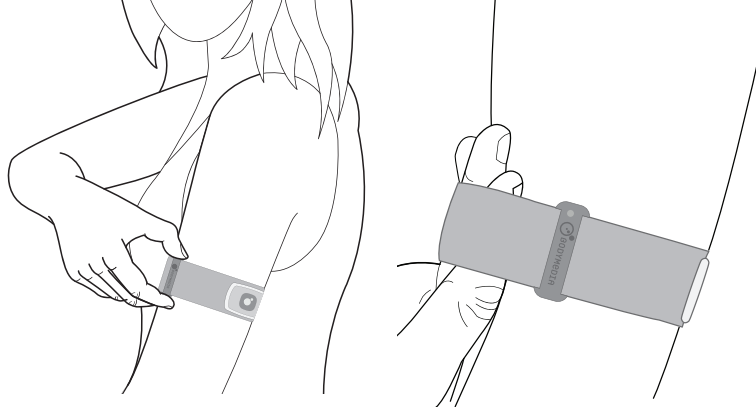
The status light will flash two times when fully charged. This may take up to two hours.



STATUS INDICATORS

Sound	Status Light	Status
3 Beeps_____	Solid Light for a few Seconds_____	Armband Collecting Data*
Single Alert tone_____	Slow blinking light_____	Low Battery
None_____	Fast blinking light_____	Battery Depleted
Alert tone every 15 seconds_____	None_____	Armband not configured to app

*It may take up to 10 minutes for the armband to begin collecting data after it is placed on the arm.



HOW TO WEAR CORE

Wear on the back of your left tricep (your arm and CORE should be clean, dry, and free of lotion or oil). Make sure the sensors touch your skin and the logo on the button points up toward the right.

Use the adjusters to tighten and loosen the strap, before putting it on your arm. Make sure the strap is not too tight—you should be able to place three fingers beneath it. Once the strap is adjusted to a comfortable fit, there is no need to readjust it. Simply slide the armband on and off your arm by stretching the strap.



**KNOW YOURSELF
LIVE BETTER™**

Questions? Support?
jawbone.com/support/core

⚠ WARNINGS

- Always consult a physician before starting any new diet or exercise program.
- This system (CORE device and UP app) is not to be used for diagnostic purposes and is not intended to be a substitute for the medical advice or supervision of your personal physician.
- Because everyone's skin is different you may experience irritation or redness after wearing the armband. If this occurs, discontinue use and consult your physician.
 - If you have known metal allergies, consult your physician prior to wearing.
 - Do not wear on an open wound, sore, burn, blister or rash.
 - To reduce potential for skin irritation, limit wearing the device to a maximum of 23 hours per day.
 - To reduce the potential risk of skin irritation, dry your arm and the armband thoroughly before wearing.
- To avoid skin burns, do not wear when it has been exposed to excessively hot temperatures including direct sun exposure.
- Choking hazard. This product contains small parts. Keep out of the reach of children under 3 years.
- Be careful not to over-tighten the strap while on your arm. If you feel constriction or loss of circulation at any time, loosen the adjustable strap and readjust it to a more comfortable setting. If you experience pain, bruising, swelling, or discoloration of the arm, discontinue use and consult a physician.

⚠ CAUTIONS

- Check CORE for sharp edges or damage before each use.
- The armband and dock should not be used in airplanes, hospitals, or any location that prohibits cellular telephones or electronic devices.
- Do not place the CORE in close proximity to other devices that can cause electromagnetic interferences of any nature.
- Do not incinerate.
- Rough handling can break internal components.
 - Never drop or shock the armband and dock and always store it in a safe and dry place when not in use.
 - If the armband is dropped, ensure that it is working properly and not physically damaged before relying on readings.
- Do not attempt to open the armband or dock yourself. It contains no user-serviceable parts. Refer all servicing to qualified Service Personnel. Opening the armband or dock yourself will void the warranty.
- Do not use unapproved accessories.
- This product is not defibrillation proof.
- The equipment is not suitable for use in the presence of a flammable anesthetic mixture with air or with oxygen or nitrous oxide.
- Medical electrical equipment requires special precautions regarding electromagnetic environments (EMC) and must be installed and put into service according to the EMC information provided in the User Manual. Portable and mobile radio frequency (RF) communications equipment can affect medical electrical equipment.
- The equipment of the system should not be used adjacent to or stacked with other equipment.
- Avoid exposing the equipment to extreme temperatures like saunas, direct sunlight, moisture, sand, dust, leaving in freezing conditions, or mechanical shock.
- All references to the equipment have been replaced by the product name, CORE.

ACCESSORIES

- Additional strap sizes and accessories available at jawbone.com/core

CORE CARE

Clean the armband regularly after sweating 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. Minimize use of solvents, cleaners or other chemicals and do not sterilize any part(s).

- To clean the sensor module, use a cloth or towel moistened with mild soap and water to wipe the metal sensors that touch the skin. Remove any excess soap and dry with a cloth or towel completely before wearing.
- To clean the strap, hand wash with mild soap and warm water, rinse, then air dry. For optimal performance and lifespan of the strap, avoid machine drying.
- The sensors may be disinfected by wiping with a soft cloth dampened with 70% isopropyl alcohol. Allow 5-10 minutes for drying before wearing. Always disinfect the sensor module and replace the armband strap prior to use by others.
- Though the armband was designed for wearability and long-term use, it is a sensitive monitoring device. Rough handling can break internal components.

SAFE DISPOSAL

Dispose of the CORE armband, battery, and this packaging in accordance with local regulations. Do not dispose of the battery in the sensor module with regular household waste.

SYMBOL DEFINITIONS



Consult instructions for use



CAUTION



Non-ionizing radiation



The Waste Electrical and Electronic Equipment Regulations indicates separate collection for electrical and electronic equipment



Type B Applied Part



Recyclable



Date of Manufacture



FCC Declaration of Conformity



Serial Number



Battery Charger System Compliance



Electrical Safety
Armband tested to applicable safety standards by MET Laboratories



Bluetooth® Wireless Technology



Manufacturer

SYSTEM ACCURACY (PER DAY, ADULTS)

- Total calories/METs for free living activities: mean error < 10%
- Total minutes of physical activity: mean error < 5%
- Total step count: mean error < 9%

PRODUCT SPECIFICATIONS

SENSORS

- Accelerometer (3-axis)
- Heat Flux
- Skin Temperature
- Galvanic Skin Response (GSR)

MATERIALS

- Sensor Module: PC/PBT, thermoplastic urethane, 316L grade stainless steel
- Adjustable strap/wing assembly: Nylon, elastane, silicone, 316L stainless steel, PC/PBT and rubber coating

Battery power: At least 4 days

Battery type: Internal lithium polymer cell

Radio Frequency: 2.4GHz

Contains a class 2 Bluetooth wireless technology transceiver

Transmitter output power: <2.5mW

Sensor Module size: (l) 26mm x (w) 36mm x (h) 13mm [1.0" x 1.4" x 0.5"]

Armband weight (with adjustable strap): 30g (1.1oz)

Water resistance: IPX5 classified

Operating temperature/humidity: +5°C - 40°C (40°F to 104°F) / 5 - 95% RH non-condensing

Storage temperature/humidity: -20°C - 55°C (-4°F to 131°F) / 5 - 95% RH non-condensing

USER ENVIRONMENT



GUIDANCE AND MANUFACTURER'S DECLARATION - EMISSIONS

The Armband is intended for use in the electromagnetic environment specified below. The customer or user of the Armband should ensure that it is used in such an environment.

EMISSIONS TEST	COMPLIANCE	ELECTROMAGNETIC ENVIRONMENT-GUIDANCE
RF Emissions CISPR 11	Class B, Group 1	The Armband uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment
Harmonics IEC 6100-3-2	N/A	The Armband is suitable for use in all establishments, including domestic, and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes
Flicker IEC 6100-3-3	N/A	

GUIDANCE AND MANUFACTURER'S DECLARATION - IMMUNITY

The Armband is intended for use in the electromagnetic environment specified below. The customer or user of the Armband should ensure that it is used in such an environment.

IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT-GUIDANCE
ESD IEC 61000-4-2	±6kV Contact ±8kV Air	±6kV Contact ±8kV Air	Floors should be wood, concrete, or ceramic tile. If floors are synthetic, they r/h should be at least 30%
EFT IEC 61000-4-4	±2kV Mains ±1kV I/Os	N/A	Mains power quality should be that of a typical commercial or hospital environment
	±1kV Differential ±2kV Common	N/A	
Voltage Dips/ Dropout IEC 61000-4-11	>95% Dip for 0.5 Cycles 60% Dip for 5 Cycles 30% Dip for 25 Cycles >95% Dip for 5 Seconds	N/A	Mains power quality should be that of a typical commercial or hospital environment. If the user of the Armband requires continued operation during power mains interruptions, it is recommended that the Armband be powered from an uninterruptible power supply or battery.
Power Frequency 50/60Hz Magnetic Field IEC 61000-4-8	3A/m	3A/m	Power frequency magnetic fields should be that of a typical commercial or hospital environment.

GUIDANCE AND MANUFACTURER'S DECLARATION - EMISSIONS

The Armband is intended for use in the electromagnetic environment specified below. The customer or user of the Armband should ensure that it is used in such an environment.

IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE LEVEL	ELECTROMAGNETIC ENVIRONMENT-GUIDANCE
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms 150 kHz to 80 MHz	<p>Portable and mobile communications equipment should be separated from Armband by no less than the distances calculated/listed below:</p> <p>$D=(3.5/V1)(\text{SQRT } P)$</p> <p>$D=(3.5/E1)(\text{SQRT } P)$ 80 to 800 MHz</p> <p>$D=(7/E1)(\text{SQRT } P)$ 800 MHz to 2.5 GHz</p> <p>Where P is the max power in watts and D is the recommended separation distance in meters.</p> <p>Field strengths from fixed transmitters, as determined by an electromagnetic site survey, should be less than the compliance levels (V1 and E1).</p> <p>Interference may occur in the vicinity of equipment containing a transmitter.</p>
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m 80 MHz to 2.5 GHz	

RECOMMENDED SEPARATION DISTANCES FOR THE PRODUCT

The Armband is intended for use in the electromagnetic environment specified below. The customer or user of the Armband can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF Communications Equipment and the Armband as recommended below, according to the maximum output power of the communications equipment.

MAX OUTPUT POWER (WATTS)	SEPARATION (M) 150KHZ TO 80MHZ $D=(3.5/V1)(\text{SQRT } P)$	SEPARATION (M) 80 TO 800MHZ $D=(3.5/V1)(\text{SQRT } P)$	SEPARATION (M) 800MHZ TO 2.5GHZ $D=(7/E1)(\text{SQRT } P)$
0.01	0.1166	0.1166	0.2333
0.1	0.3689	0.3689	0.7378
1	1.1666	1.1666	2.3333
10	3.6893	3.6893	7.3786
100	11.6666	11.6666	23.3333

REGULATORY STATEMENT

FCC Declaration of Conformity – We, BodyMedia, Inc., One Gateway Center, 420 Fort Duquesne Boulevard, Suite 1900, Pittsburgh, PA 15222, a wholly owned subsidiary of Jawbone, declare under our sole responsibility that the products, BodyMedia, Inc. and BodyMedia® Armband (Model AB200) and Dock (Model CR200), comply with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

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 separate from the receiver.
- 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.

RF Exposure information: See 2.1093 of the FCC Rules

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

IEC 60601-1, Edition 3.1, 2012-08, Medical Electrical Equipment - Part 1: General requirements for basic safety and essential performance

IEC 60601-1-2, Third Edition, 2007-03, Medical Electrical Equipment - Part 1-2: General requirements for basic safety and essential performance - Collateral standard: Electromagnetic compatibility - Requirements and tests

AAMI60601-1: ANSI/AAMI ES60601-1:2005, Medical Electrical Equipment - Part 1: General Requirements for Basic Safety and Essential Performance

ANSI/IEC 60529, 2004, Degrees of Protection Provided by Enclosures (IP Code)

IEC 60950-1, Edition 2.1, 2012-05, Information Technology Equipment - Safety - Part 1: General Requirements

UL 1642, Standard for Safety, Lithium Batteries

IEC 62133, Edition 2.0, 2012, Secondary cells and batteries containing alkaline or other non-acid electrolytes - Safety requirements for portable sealed secondary cells, and for batteries made from them, for use in portable applications

WEEE, 2006 No. 3289, Environmental Protection - The Waste Electrical and Electronic Equipment Regulations

California Energy Commission - 2012 Appliance Efficiency Regulations, CEC-400-2012-019-CMF

47CFR Part 15 Subpart B & ICES-003, Issue 4 February 2004 for Class B Digital Devices
47CFR Part 15 Subpart C 15.247 & RSS-210, Issue 8, December 2010 for Intentional Radiators
ETSI EN 300 328 (Article 3.2 of R&TTE Directive)
ETSI EN 301 489-1 with ETSI EN 489-17 (Article 3.1(b) of R&TTE Directive)
RoHS requirements



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CORE



QUESTIONS? SUPPORT?
JAWBONE.COM/SUPPORT/CORE