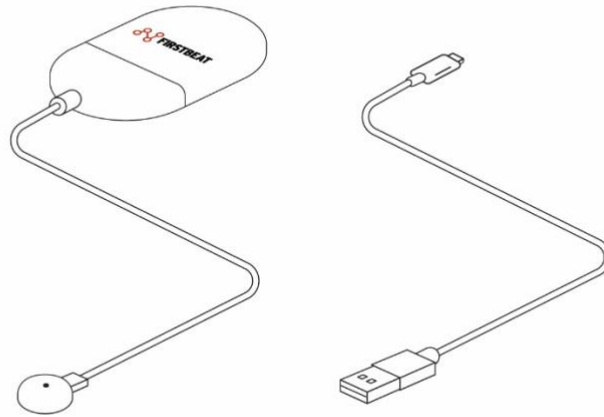


# User Guide for Firstbeat Bodyguard 3

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Firstbeat Bodyguard 3 is a heart rate and motion monitoring device used in Firstbeat Life for monitoring your well-being during daily life. This user guide will guide you in using the Bodyguard 3.

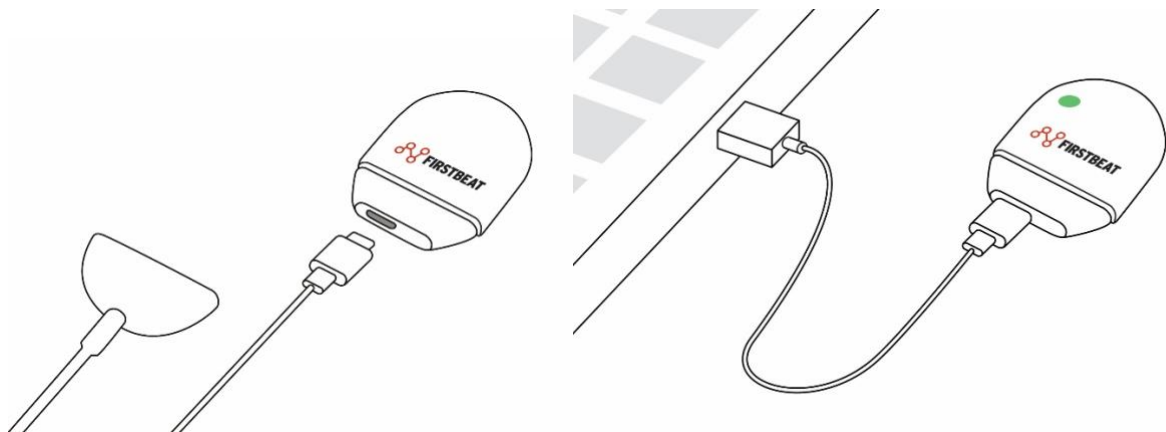


## 1. Charging

Device battery is rechargeable via a USB-cable plugged into a computer's USB-port or a certified compatible wall charger.

**Use the USB cable provided in the sales package or similar good quality short USB cable for charging the Firstbeat Bodyguard 3. Never connect the device to the charger while it is connected to skin with an electrode.**

The USB-C connector of the device can be accessed by gently pulling off the bottom cover of the Bodyguard 3.



The signal LED indicates the battery status by blinking green when the device is connected to the USB for charging: short green blinks indicate “charging” and long green blinks indicate “fully charged”. Please see further details in the Signal Light Explanations table on pages 3 and 4.

## 2. Using the Firstbeat Bodyguard 3 for the first time

When the device hasn't been used before, it is in an 'Off' state and the LED does not show blinking lights in any color.

- Plug the Bodyguard 3 via USB cable into a computer or a certified wall charger to awaken it from 'Off' state.
- Let the Bodyguard 3 fully charge. The short green blinks of the LED will change to long green blinks when the device is fully charged.
- Pair the Bodyguard 3 with a Firstbeat Life account to start using it (instructions below).

## 3. Pairing Firstbeat Bodyguard 3 with a Firstbeat Life account

1. Check in your smartphone's settings that Bluetooth is turned on.
2. Install the Firstbeat Life application to your smartphone from the App Store or Play Store (if not already installed).
3. Start the Firstbeat Life application and follow the instructions for creating an account, or sign in to your account if you already have an account.
4. Follow app instructions for pairing.
5. In case you wish to unpair the Bodyguard 3 from your Firstbeat Life account, you can find instructions for doing so in the Firstbeat Life application.

## 4. Switching the user Firstbeat Bodyguard 3 user

If the Bodyguard 3 has been used by one person and another person wants to start using it, it is recommended that the previous user first unpairs the Bodyguard 3 from their Firstbeat Life account. Instructions for doing so can be found in the Firstbeat Life application.

The new user then needs to pair the Bodyguard 3 with their Firstbeat Life account.

Note! Unpairing the Bodyguard 3 will clear all user data from the device, even possible measurement data that hasn't been uploaded to the cloud yet. If unpairing hasn't been done, the previous user data is cleared when the device is paired to a new account.

## 5. How to make a measurement

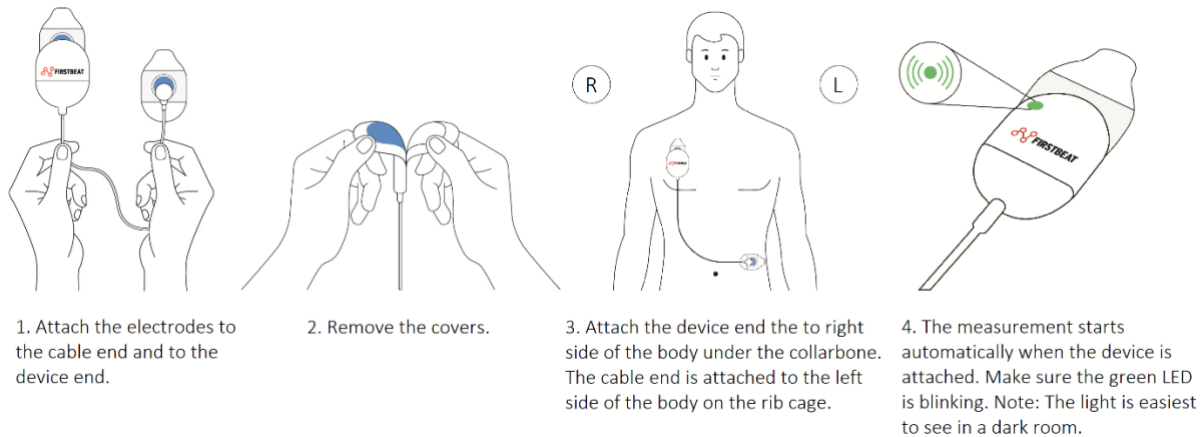
### *Attaching electrodes*

Follow these instructions to attach the electrodes correctly and to ensure a successful measurement.

The Firstbeat Bodyguard 3 uses clinical grade medically approved electrodes for heart rate monitoring. This is required to ensure accurate and reliable heart rate variability monitoring with millisecond resolution which is necessary for advanced Firstbeat Life analytics. Careful attachment and use of the electrodes and the device will ensure that your analysis is successful and accurate.

Only use electrodes provided by Firstbeat. These are widely used medical electrodes which have been clinically tested and approved for human use even for medical purposes. Use of other electrodes may deteriorate measurement accuracy.

Note! If you have hair on your chest, it is recommended to shave the electrode contact area before attaching electrodes. This will improve contact and also ease the detachment of the electrodes after monitoring.



- After attaching electrodes make sure that the electrodes hold and the contact to skin is secure.
- Change the electrodes once per day, e.g. after taking a shower, after heavy sweating or if they become loose. You can change the electrode location slightly when changing them, if your skin feels irritated.

### *Starting the measurement*

Follow the instructions in the Firstbeat Life application.

Note! Never wear the Bodyguard 3 during a shower, swimming or sauna. The device is not waterproof. It is splash proof so it will withstand, for example, sweating during exercise.

When you take the device off for going into, for example, the shower, the measurement will automatically be paused and it will continue after you attach the device again after the shower (with new electrodes). Note: Dry your skin carefully before attaching the electrodes!



### *Ending the measurement*

Follow the instructions in the Firstbeat Life application.

### *Electrodes and skin care*

Store the electrodes in their delivery bag. After opening, close the bag carefully making sure to keep it as air tight as possible. Store electrodes in a dry place at room temperature. Electrodes not stored








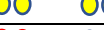
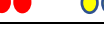

correctly and in contact with air for extended periods of time may lose their accuracy. If the ‘best before’ date of your electrodes has expired please order new electrodes from Firstbeat.

In rare cases, the electrode adhesive may cause skin irritation in long term use, especially for those with particularly sensitive skin. To minimize any potential problems please follow these instructions:



- Only use electrodes provided by Firstbeat because they are clinically tested, safe and approved even for medical use.
- Clean the electrode placement spots (below right clavicle and left rib cage) before attaching electrodes, especially if there is sweat or some impurity .
- Add a thin layer of non-greasy basic lotion to the spots where you will attach the electrodes.
- Let the basic lotion dry out carefully (at least 10 min) to avoid electrode contact problems to the skin.
- When removing electrodes, it is recommended to do it for example in the shower to minimize mechanical stress to the skin. **WARNING:** Remove the Bodyguard 3 device and cable before doing this.
- Also when removing electrode adhesive residue from skin it is recommended to do it gently with a mild water and soap solution and to avoid excessively rubbing the skin.
- Change the electrode placement on the skin when replacing electrodes.
- Repeat all the above steps every time when attaching new electrodes or removing old ones.





## 6. Signal light explanations

Signals when Firstbeat Bodyguard 3 is not connected to USB for charging

LED signal	Device state	Battery status
	Requires pairing with Firstbeat Life account	OK
	Requires pairing with Firstbeat Life account	Battery low
	Requires pairing with Firstbeat Life account	Battery too low for measurement
	Ready for measuring	OK
	Ready for measuring	Battery low
	Ready for measuring	Battery too low for measurement
	Measuring	OK
	Measuring	Battery low
	Error	
	Device Firmware Update Ongoing	

Signals when Firstbeat Bodyguard 3 is connected to USB for charging

LED signal	Device state	Battery status
	Requires pairing with Firstbeat Life account	Charging
	Requires pairing with Firstbeat Life account	Fully charged

	Ready for measuring	Charging
	Ready for measuring	Fully charged
	Error	
	Device Firmware Update Ongoing	

NOTE: If there are no blinking lights after the device has been used, the device is in 'Sleep' state. Move the device to awaken it from 'Sleep' state.

## 7. Technical Information

### Size

- Weight: 26 grams

### Battery and Storage

- Battery life: up to 7 days in a continuous 24/7 measurement (recommended measurement length is 1 to 5 days), 6 months in standby mode
- Charging time from empty to full: approximately 75 minutes
- Storage capacity: up to 20 days
- Battery and free data storage capacity can be checked with the Firstbeat Life application.

### Other details

- Measurement temperature: +5 - +50 C°
- Charging temperature: 0 - +45 C°
- Storage temperature: -20 - +45 C°

## 8. Disposal of the Firstbeat Bodyguard 3

The Device must be properly disposed of by recycling it as electronic waste.

Do not attempt to burn or crush the device as it might result in an explosion.

Used electrodes are disposed of as household waste.

## 9. Certification Statements

### EC Declaration of Conformity

English: Hereby, Firstbeat Technologies Oy declares that the radio equipment type in Firstbeat Bodyguard 3 Instruments is in compliance with Directive 2014/53/EU.

The full text of the EU declaration of conformity is available at the following Internet address: [www.firstbeat.com](http://www.firstbeat.com)

Íslenska: Hér með lýsir Firstbeat Technologies Oy yfir að tegund þráðlauss búnaðar í Firstbeat Bodyguard 3 Instruments sé í samræmi við tilskipun 2014/53/ESB. Fullan texta ESB-samræmisýfirlýsingarinnar er að finna á eftirfarandi veffangi: [www.firstbeat.com](http://www.firstbeat.com)

Suomi: Firstbeat Technologies Oy vakuuttaa, että radiolaitetyyppi Firstbeat Bodyguard 3 Instruments on direktiivin 2014/53/EU mukainen. EU-vaatimustenmukaisuusvakuutuksen täysimittainen teksti on saatavilla seuraavassa internetosoitteessa: [www.firstbeat.com](http://www.firstbeat.com)

Nederlands: Hierbij verklaar ik, Firstbeat Technologies Oy dat het type radioapparatuur Firstbeat Bodyguard 3 Instruments conform is met Richtlijn 2014/53/EU. De volledige tekst van de EU-conformiteitsverklaring kan worden geraadpleegd op het volgende internetadres: [www.firstbeat.com](http://www.firstbeat.com)

Français: Le soussigné, Firstbeat Technologies Oy déclare que l'équipement radioélectrique du type Firstbeat Bodyguard 3 Instruments est conforme à la directive 2014/53/UE. Le texte complet de la déclaration UE de conformité est disponible à l'adresse internet suivante: [www.firstbeat.com](http://www.firstbeat.com)

Svenska: Harmed försäkrar Firstbeat Technologies Oy att denna typ av radioutrustning Firstbeat Bodyguard 3 Instruments överensstämmer med direktiv 2014/53/EU. Den fullständiga texten till EU-försäkran om överensstämmelse finns på följande webbadress: [www.firstbeat.com](http://www.firstbeat.com)

Dansk: Hermed erklærer Firstbeat Technologies Oy at radioudstyrstypen Firstbeat Bodyguard 3 Instruments er i overensstemmelse med direktiv 2014/53/EU. EU-overensstemmelseserklæringens fulde tekst kan findes på følgende internetadresse: [www.firstbeat.com](http://www.firstbeat.com)

Deutsch: Hiermit erkläre Firstbeat Technologies Oy dass der Funkanlagentyp Firstbeat Bodyguard 3 Instruments der Richtlinie 2014/53/EU entspricht. Der vollständige Text der EU-Konformitätserklärung ist unter der folgenden Internetadresse verfügbar: [www.firstbeat.com](http://www.firstbeat.com)

Ελληνικά: Με την παρούσα ο/η Firstbeat Technologies Oy δηλώνει ότι ο ραδιοεξοπλισμός Firstbeat Bodyguard 3 Instruments πληροί την οδηγία 2014/53/ΕΕ. Το πλήρες κείμενο της δήλωσης συμμόρφωσης ΕΕ διατίθεται στην ακόλουθη ιστοσελίδα στο διαδίκτυο: [www.firstbeat.com](http://www.firstbeat.com)

Italiano: Il fabbricante, Firstbeat Technologies Oy apparecchia radio direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: [www.firstbeat.com](http://www.firstbeat.com)

Espanol: Por la presente, Firstbeat Technologies Oy declara que el tipo de equipo radioeléctrico Firstbeat Bodyguard 3 Instruments es conforme con la Directiva 2014/53/UE. El texto completo de la declaración UE de conformidad está disponible en la dirección Internet siguiente: [www.firstbeat.com](http://www.firstbeat.com)

Portugues: O(a) abaixo assinado(a) Firstbeat Technologies Oy declara que o presente tipo de equipamento de radio Firstbeat Bodyguard 3 Instruments esta em conformidade com a Diretiva 2014/53/UE. O texto integral da declaracao de conformidade esta disponivel no seguinte endereco de Internet: [www.firstbeat.com](http://www.firstbeat.com)

Čeština: Timto Firstbeat Technologies Oy prohlašuje, že typ radioveho zařízení Firstbeat Bodyguard 3 Instruments je v souladu se směrnici 2014/53/EU. Uplně znění EU prohlášení o shodě je k dispozici na této internetové adrese: [www.firstbeat.com](http://www.firstbeat.com)

Eesti: Kaesolevaga deklareerib Firstbeat Technologies Oy et kaesolev raadioseadme tuup Firstbeat Bodyguard 3 Instruments vastab direktiivi 2014/53/EL nouetele. ELi vastavusdeklaratsiooni tailedik tekst on kattaesadav jargmisel internetiaadressil: [www.firstbeat.com](http://www.firstbeat.com)

Magyar: Firstbeat Technologies Oy igazolja, hogy a Firstbeat Bodyguard 3 Instruments típusú radioberendezés megfelel a 2014/53/EU irányelvnek. Az EU-megfelelőségi nyilatkozat teljes szövege elérhető a következő internetes címen: [www.firstbeat.com](http://www.firstbeat.com)

Latviešu valoda: Ar šo Firstbeat Technologies Oy deklarē, ka radioiekārta Firstbeat Bodyguard 3 Instruments atbilst Direktīvai 2014/53/ES. Pilns ES atbilstības deklarācijas teksts ir pieejams šādā interneta vietnē: [www.firstbeat.com](http://www.firstbeat.com)

Lietuvių kalba: Aš, Firstbeat Technologies Oy patvirtinu, kad radijo įrenginių tipas Firstbeat Bodyguard 3 Instruments atitinka Direktyvą 2014/53/ES. Visas ES atitikties deklaracijos tekstas prieinamas šiuo interneto adresu: [www.firstbeat.com](http://www.firstbeat.com)

Malti: B'dan, Firstbeat Technologies Oy niddikjara li dan it-tip ta' tagħmir tar-radju Firstbeat Bodyguard 3 Instruments huwa konformi mad-Direttiva 2014/53/UE. It-test kollu tad-dikjarazzjoni ta' konformita tal-UE huwa disponibbli f'dan l-indirizz tal-Internet li ġej: [www.firstbeat.com](http://www.firstbeat.com)

Slovenčina: Firstbeat Technologies Oy týmto vyhlasuje, že rádiové zariadenie typu Firstbeat Bodyguard 3 Instruments je v súlade so smernicou 2014/53/EÚ. Úplné EÚ vyhlásenie o zhode je k dispozícii na tejto internetovej adrese: [www.firstbeat.com](http://www.firstbeat.com)

Slovenščina: Firstbeat Technologies Oy potrjuje, da je tip radijske opreme Firstbeat Bodyguard 3 Instruments skladen z Direktivo 2014/53/EU. Celotno besedilo izjave EU o skladnosti je na voljo na naslednjem spletnem naslovu: [www.firstbeat.com](http://www.firstbeat.com)

Romană: Prin prezenta, Firstbeat Technologies Oy declară că tipul de echipamente radio Firstbeat Bodyguard 3 Instruments este în conformitate cu Directiva 2014/53/UE. Textul integral al declarației UE de conformitate este disponibil la următoarea adresă internet: [www.firstbeat.com](http://www.firstbeat.com)

български: С настоящото Firstbeat Technologies Oy декларира, че този тип радиосъоръжение Firstbeat Bodyguard 3 Instruments е в съответствие с Директива 2014/53/ЕС. Цялостният текст на ЕС декларацията за съответствие може да се намери на следния интернет адрес: [www.firstbeat.com](http://www.firstbeat.com)

Polski: Firstbeat Technologies Oy niniejszym oświadcza, że typ urządzenia radiowego Firstbeat Bodyguard 3 Instruments jest zgodny z dyrektywą 2014/53/UE. Pełny tekst deklaracji zgodności UE jest dostępny pod następującym adresem internetowym: [www.firstbeat.com](http://www.firstbeat.com)

Norsk: Herved Firstbeat Technologies Oy erklærer at radioutstyr type Firstbeat Bodyguard 3 Instruments er i samsvar med direktiv 2014/53/EU. Den fullstendige teksten i EU-samsvarserklæringen er tilgjengelig på følgende internettadresse: [www.firstbeat.com](http://www.firstbeat.com)

Hrvatski: Firstbeat Technologies Oy ovime izjavljuje da je radijska oprema tipa Firstbeat Bodyguard 3 Instruments u skladu s Direktivom 2014/53/EU. Cjeloviti tekst EU izjave o sukladnosti dostupan je na sljedećoj internetskoj adresi: [www.firstbeat.com](http://www.firstbeat.com)

Türk: Burada, Firstbeat Technologies Oy radyo ekipmanı türünün Firstbeat Bodyguard 3 Instruments 2014/53/EU direktiflerine uyumlu olduğunu beyan eder. Uyumu beyanının tam metni belirtilen internet sitesinde mevcuttur: [www.firstbeat.com](http://www.firstbeat.com)



## FCC Requirements for Operation in the United States

### FCC Information to User

This product does not contain any user serviceable components and is to be used with approved, internal antennas only. Any product changes or modifications will invalidate all applicable regulatory certifications and approvals.

### FCC Guidelines for Human Exposure

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

### Federal Communications Commission Statement

This device complies with Part 15 Rules. Operation is subject to the following two conditions:

- This device may not cause harmful interference, and
- This device must accept any interference received, including interference that may cause undesired operation.

### FCC Radio Frequency Interference Warnings & Instructions

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 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 methods:

- Increase the separation between the equipment and the receiver.
- Connect the equipment into an electrical outlet on a circuit different from that which the radio receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

### FCC Caution

- Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.
- This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
  - 1) This device may not cause harmful interference, and
  - 2) this device must accept any interference received, including interference that may cause undesired operation.

Canadian Department of Communications Radio Interference Regulations

This Class [B] digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe [B] est conforme à la norme NMB-003 du Canada.

Innovation, Science and Economic Development Canada (ISED) regulatory information

This device complies with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). 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.

Ce dispositif est conforme à la norme CNR 'Innovation, Sciences et Développement économique Canada applicable aux appareils radio exempts de licence. Son fonctionnement est sujet aux deux conditions suivantes: (1) le dispositif ne doit pas produire de brouillage préjudiciable, et (2) ce dispositif doit accepter tout brouillage reçu, y compris un brouillage susceptible de provoquer un fonctionnement indésirable.

*Radiation exposure statement / Déclaration d'exposition aux radiations*

This device complies with ISED radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux rayonnements ISED établies pour un environnement non contrôlé.

*RF Interface:*

- Frequency range: 2402 MHz to 2480 MHz
- Max RF output power: 0 dBm
- Type of antenna: PWB strip line (IFA)
- Ant. frequency band: 2402 MHz to 2480 MHz
- Antenna gain: -2.5 dBi

## 10. Safety Information

- Do not charge the device when it is attached to the body.
- Do not open, dismantle or modify the device. The device battery is not replaceable by the user. If the device is opened by an unauthorized representative, the warranty will be null and void.
- Do not drop, shock or impact the device.
- Exposing the Bodyguard 3 to extremely high temperature or extremely low air pressure can result in explosion or leakage of flammable liquid gas.
- Do not store the device in wet or humid conditions.
- Don't wear the device in shower, in sauna or when swimming or bathing.
- Do not eat or swallow the device.
- Power supply adapter shall meet PS1 requirements.

- Failure to comply with the instructions may cause damage to the device.

## 11. Contact Information

In case you encounter any problems, please check the support website [www.firstbeat.com/support](http://www.firstbeat.com/support) for help

or contact Firstbeat support by phone +358 8 415 41 726, Mon-Fri 9am-4pm (GMT +2)

or by email [support@firstbeat.com](mailto:support@firstbeat.com).