

# GCC pulse™



**TRACK  
ACTIVITY**



**SYNC WITH  
GCC iPhone OR  
ANDROID™ APP**

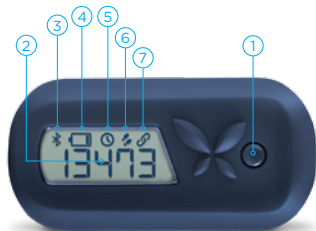
**OR**



**ENTER VIA  
GCC WEBSITE  
OR APP**

# YOUR GCC PULSE.

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## 1. GCC PULSE BUTTON

- a) Reset button for Standard mode
- b) Pairing & syncing button for Sync mode

## 2. ACTIVITY TRACKER / CLOCK DISPLAY

Displays activity count or clock

## 3. BLUETOOTH ICON

Flashes when performing pairing or syncing

## 4. LOW BATTERY ICON

Displays when battery falls to 25%

## 5. CLOCK ICON

Displays the time

## 6. ACTIVITY ICON

Displays when tracking your activity

## 7. LINK ICON

Displays for Sync mode

## 8. FACTORY RESET

Insert a fine point like a paperclip and press to switch to Standard mode

## 9. BATTERY INSULATION STRIP

Remove to activate your  **GCC Pulse**

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## SAY HELLO TO YOUR LITTLE FRIEND

Say hello to your **GCC Pulse** and get acquainted in preparation for the GCC 100 Day Journey! Take your first step by removing the clear plastic battery strip.

## STANDARD OR SYNC MODE – YOU DECIDE

Your **GCC Pulse** has two modes. Choose between Standard or Sync:



### STANDARD MODE

Enter your daily activity  
via the GCC app or website.  
Go to page 8 for Standard mode.

..... **OR** .....



### SYNC MODE

Sync your daily activity  
with a press of a button using  
Bluetooth® technology on  
your Android or iPhone.  
Go to page 4 for Sync mode.




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## SYNC MODE

### Pair it > Wear it > Sync it

Your **GCC Pulse** comes out of the box in Standard mode. To switch to Sync mode so you can sync your steps using Bluetooth wireless technology, follow these simple instructions:

### PAIR YOUR GCC PULSE WITH IPHONE OR ANDROID

1. Download the latest GCC app from: **gettheworldmoving.com/apps** or search for Global Corporate Challenge on the App Store for iPhone or on Google Play™ for Android.
2. Open the GCC app > **Menu > My GCC Pulse > Sync Mode.**
3. Press the **GCC Pulse** button for up to 6 seconds, until **PA IF** and the Bluetooth icon  display on the **GCC Pulse**.
4. A successful connection message displays when the app connects with your **GCC Pulse**. The Activity icon  and Link icon  on your **GCC Pulse** show it is in Sync mode.\*

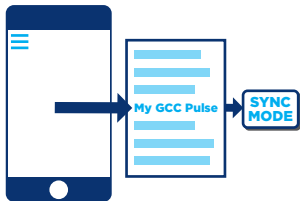
To switch to Standard mode, see [Factory Reset on page 2](#). Please be aware that switching from Sync to Standard mode will erase your current and saved activity on your **GCC Pulse**.

\*Repeat if pairing is unsuccessful.

1.



2.



3.




4.



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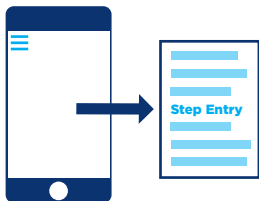
## SYNC YOUR DAILY ACTIVITY

1. Open the GCC app > **Menu** > **Step Entry**.
2. Press the **GCC Pulse** button for 3 seconds or until the Bluetooth icon  and **Sync** appear.
3. Your activity automatically appears in the GCC app. Add any cycling or swimming distances and confirm your activity.

## HELPFUL HINTS FOR SYNC MODE

- Your **GCC Pulse** resets to zero at midnight, ready for the next day.
- Press the **GCC Pulse** button once to switch between the clock and activity tracker. It will revert to the activity tracker after 10 seconds.
- Sync your activity each day to see how your activity levels are tracking.
- The **GCC Pulse** has a 14 day memory. If it reaches capacity, your oldest 24 hour activity period is deleted to make room for your newest 24 hours of activity.

1.



2.



3.




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## STANDARD MODE

### Wear it > Track it > Enter it

The **GCC Pulse** comes out of the box in Standard mode, so you're ready to go.

### USING STANDARD MODE

1. The Activity icon  indicates the **GCC Pulse** is tracking your activity.
2. Simply wear your **GCC Pulse** and manually enter your activity each day via the GCC app or GCC website. Add any cycling or swimming distances and confirm your activity.
3. Each day, reset your **GCC Pulse** by pressing the button for three seconds. You will see '0' appear ready to start tracking your new day's activity.

To switch to Sync mode, see Page 4. Please be aware that switching from Standard to Sync mode will erase your current activity.



# HOW TO WEAR YOUR GCC PULSE.

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## Clip it. Strap it. Pocket it.

Simply clip your **GCC Pulse** to your clothing, ideally on your hip, upper body or in your pocket. Avoid your arms, legs or feet to ensure accurate activity tracking. The most important thing is to wear your **GCC Pulse** at all times during the day, so put it on first thing in the morning and take it off before you go to bed.



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## WILL MY SMARTPHONE WORK?

Your **GCC Pulse** in Sync mode is compatible with most iPhone and Android devices.\* For more information, visit: [gettheworldmoving.com/pulse-faq](http://gettheworldmoving.com/pulse-faq)

\*Windows Phone & Blackberry are not compatible.

## DO YOU HAVE ANY OTHER QUESTIONS?

Need some help? Visit: [gettheworldmoving.com/pulse-faq](http://gettheworldmoving.com/pulse-faq)

## GCC PULSE BATTERY REPLACEMENT AND DISPOSAL

Your **GCC Pulse** is designed to last the duration of the Challenge. If you need to change the battery, simply remove the screw located at the top of the flexi-clip, open the casing carefully and replace the battery. If you see an error message <ERR>, insert a fine point like a paperclip into the hole on the rear of your **GCC Pulse** to activate the factory reset.

The battery type is a lithium metal cell (CR2032H). Dispose of this battery in an environmentally friendly way. Contact your local government for the nearest battery recycling facility.

It is most important that this battery, and all batteries for that matter, are kept away from children at all times. They represent a choking hazard and can result in death if ingested.

# THE LEGAL STUFF

## FCC COMPLIANCE STATEMENT

This device complies with part 15 of the FCC Rules Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, 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 different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC requirements for RF exposure in public or uncontrolled environments.

## CAUTION!

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## IC COMPLIANCE STATEMENT

This device complies with Industry Canada's - exempt RSSs. Operation is subject to the following two conditions:

- 1 This device may not cause interference; and
- 2 This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- 1 l'appareil ne doit pas produire de brouillage;
- 2 l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement

The device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS-102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

Le dispositif rencontre l'exemption des limites courantes d'évaluation dans la section 2.5 de RSS 102 et la conformité à l'exposition de RSS-102 rf, utilisateurs peut obtenir l'information canadienne sur l'exposition et la conformité de rf.

## EU COMPLIANCE STATEMENT

GCC hereby declares that this wireless device is in compliance with the essential requirements and other relevant provisions of the R&TTE Directives 1999/5/EC.

GCC PULSE™

GETTHEWORLDMOVING.COM



CR2032H

CE 0168

GCC-P04



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