

English  
Français  
Deutsch  
Español

# Quick Start Guide



Congratulations!

## HEALTH DISCLAIMER

**WARNING:** Wellograph is not a medical device. It is intended for recreational use only. Wellograph and its associated applications should not be used to diagnose, monitor, treat, or prevent any disease or medical condition.

**When beginning an exercise program consult a doctor or exercise physiologist. If you have any concerns, consult your doctor before using Wellograph.**

The content of this guide may differ in some details from the product or its software. All information in this document is subject to change at any time without notice and without obligation to notify any person of such revision or changes.

Copyright© 2014 by Wellograph Co., Ltd. All Rights Reserved. Wellograph and the Wellograph logo are trademarks of Wellograph Co., Ltd. registered in the U.S. and other countries.

For online help and support, visit [www.wellograph.com/support](http://www.wellograph.com/support)

## Super Quick Setup Guide

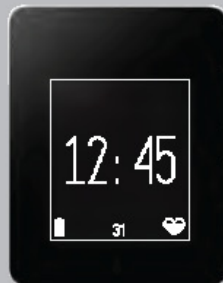
(For Those Who Dislike Reading the Entire Manual)

We strongly recommend reading the entire manual to fully understand the functionality of your Wellograph and how to care for it properly.

1. Press any button to power the Wellograph on.
2. There are 2 buttons.



- **Select Button** to select, interact or toggle different views.

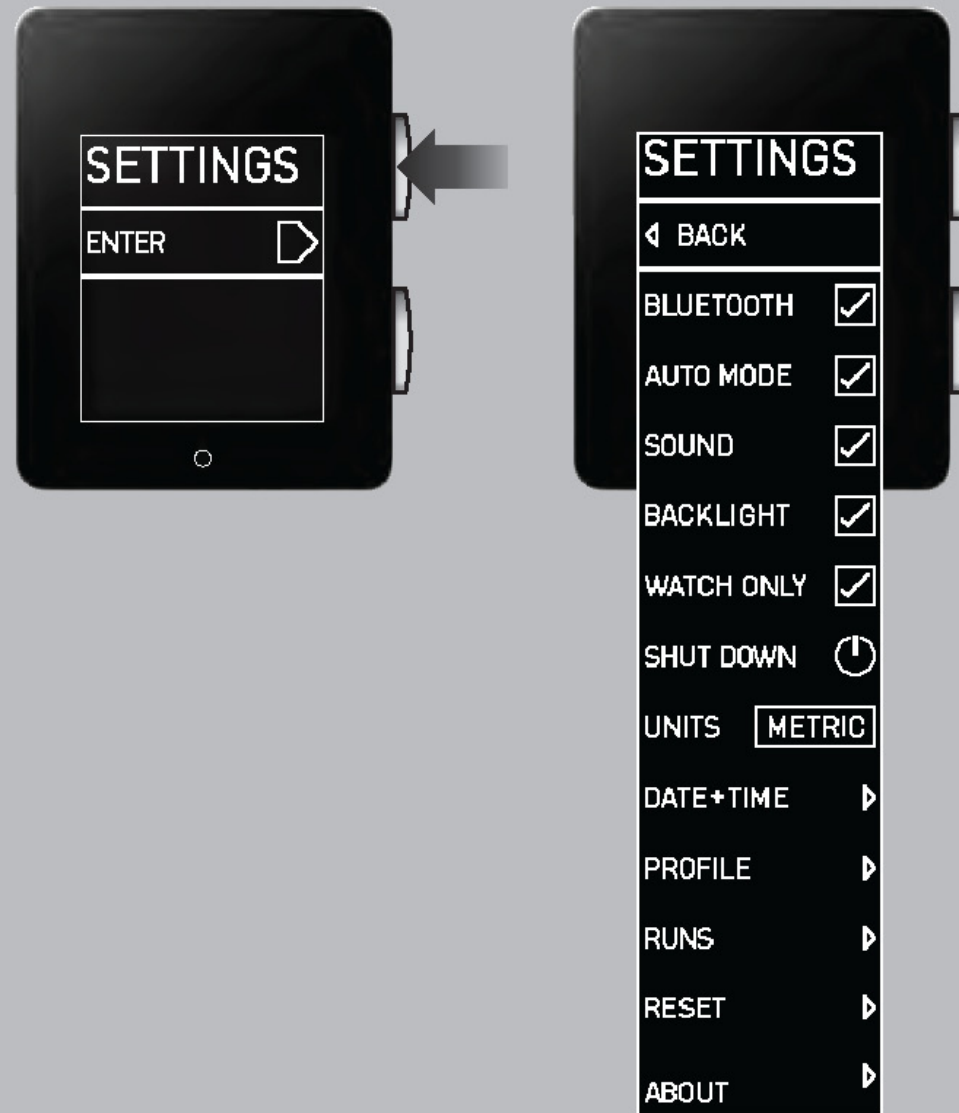


- **Down Button** to go to next mode or next item.

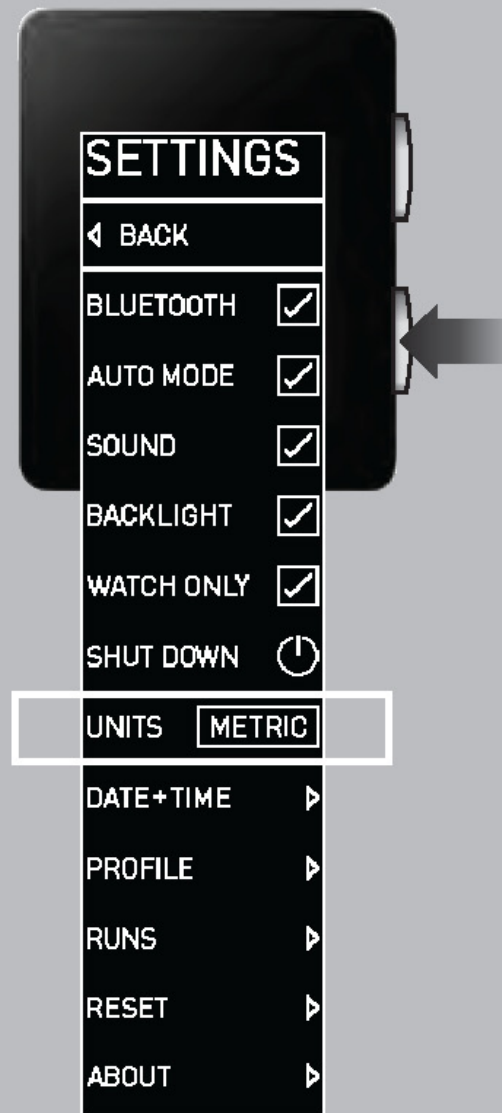


- Press both the **Select Button** and the **Down Button** simultaneously if you want to go back.

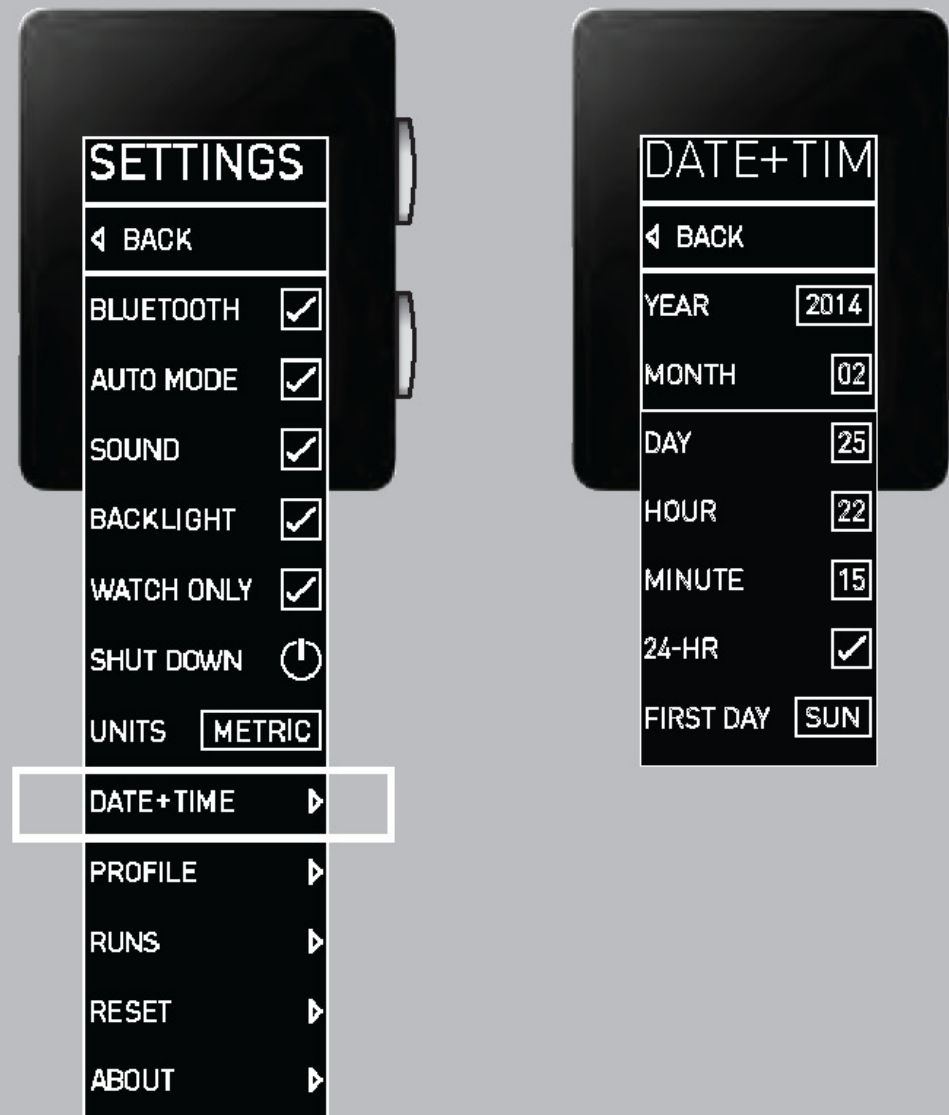
3. Hit **Down Button** several times until you reach the **Settings** page.  
Enter the **Settings** by pressing the **Select Button**.



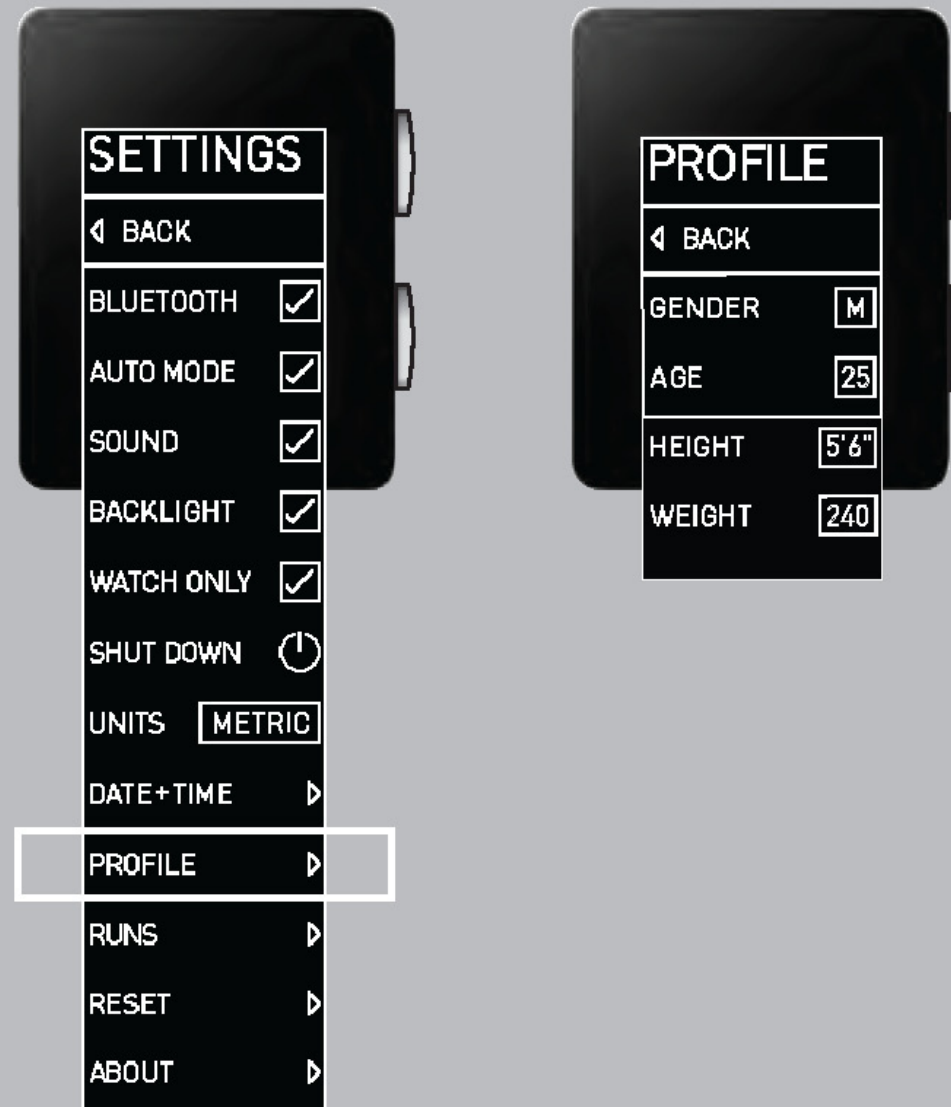
4. Hit **Down Button** until you see “**UNITS**”, this is where you select metric system or imperial system (US, UK) of unit measure. By default, the watch is already set as US.



5. You can set date and time at “DATE+TIME” within the **Settings** page.



6. Quickly set your profile (gender, age, height and weight) at "PROFILE" within the **Settings**.





7. Place the Wellograph on your wrist and go for a walk.

The Wellograph watch comes with the battery half full. We suggest that after your short walk and after receiving multiple compliments about the fine piece of jewelry on your wrist you fully charge it.

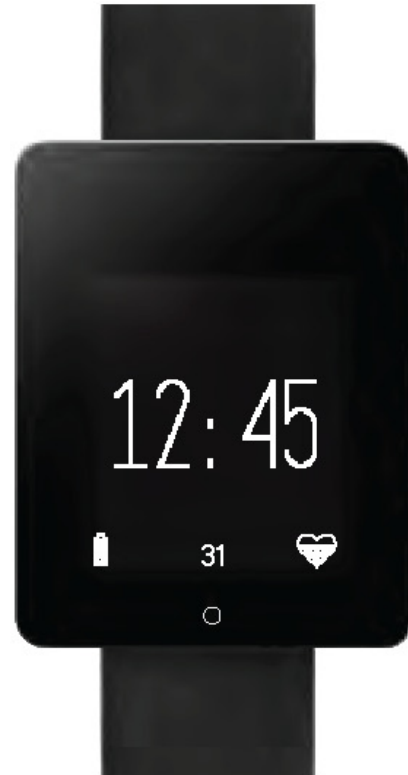
While Wellograph is charging the analog display will appear horizontal.



Instructions and much more detailed information about this elegant timepiece can be found in the following pages.

# SETUP GUIDE

## IN THE BOX



Wellograph



Charging Dock



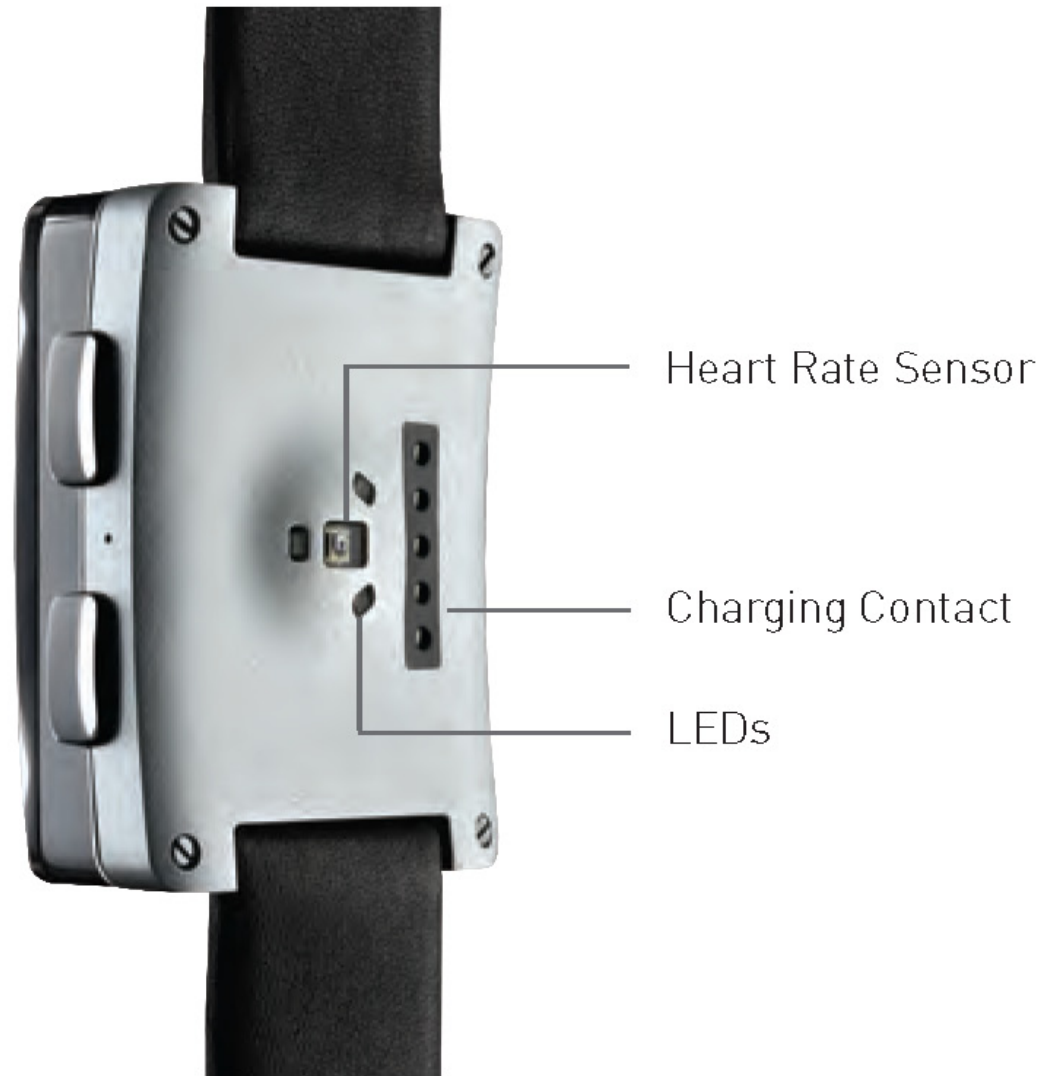
Micro USB Cable

Accessories may vary by country or region.

# YOUR WELLOGRAPH



FRONT VIEW



BACK VIEW

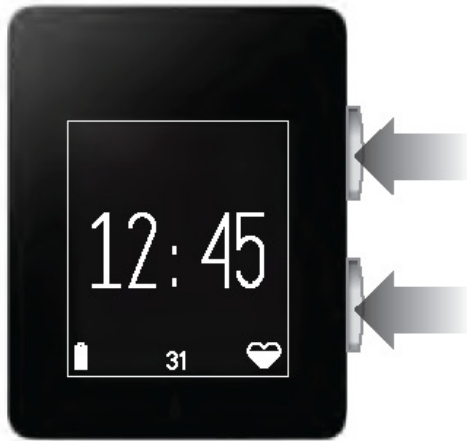
## BUTTONS



Press **Select Button** to interact or toggle different views within the mode you are in.



Press **Down Button** to go to next mode or next item.



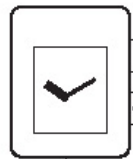
Press both the **Select Button** and the **Down Button** simultaneously if you want to go back.



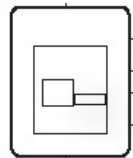
Press and hold both the **Select Button** and the **Down Button** simultaneously if you want to go back to the home screen.

## NAVIGATION

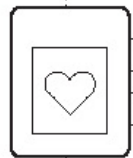
There are 6 modes total. Easily navigate through these different modes by pressing the **Down Button**.



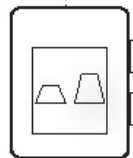
HOME SCREEN / TIME



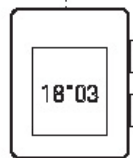
ACTIVITY



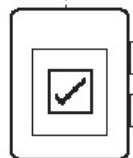
HEART



STEPS/PEDOMETER



STOPWATCH/RUNNING



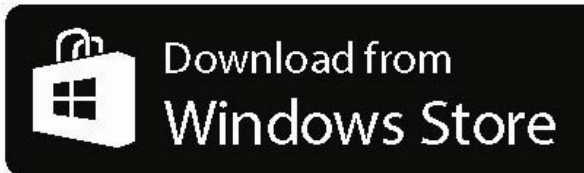
SETTINGS

(refer to page 4 under Super Quick Set Up Guide)



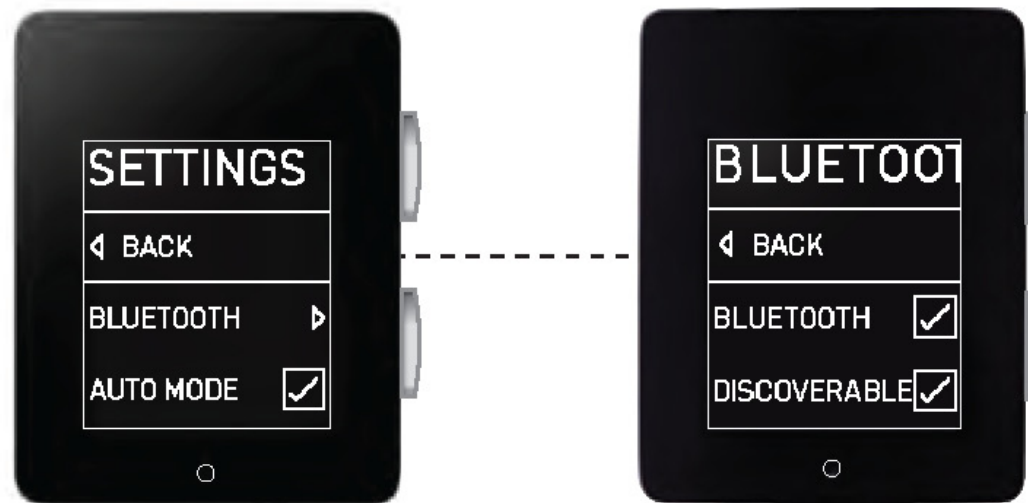
## GET THE APP

Get the Wellograph app from the corresponding app stores.



Launch the Wellograph app and follow on-screen instructions.

## BLUETOOTH & PAIRING

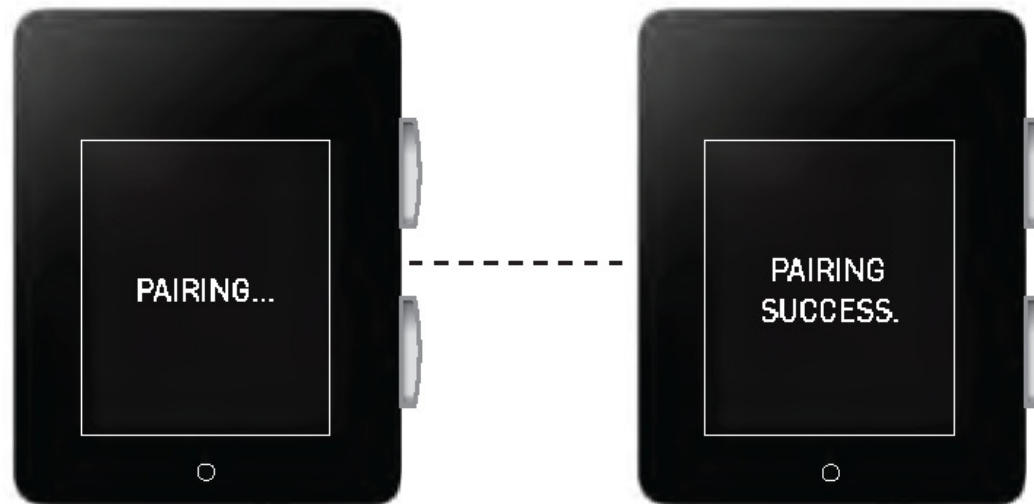


On your Wellograph, open Bluetooth under Settings:

- Go to **Settings** → **Bluetooth** → and press **Select** to open Bluetooth
- Turn on **Discoverable** by pressing **Select** button.

Stay on this screen until completion.

## BLUETOOTH & PAIRING



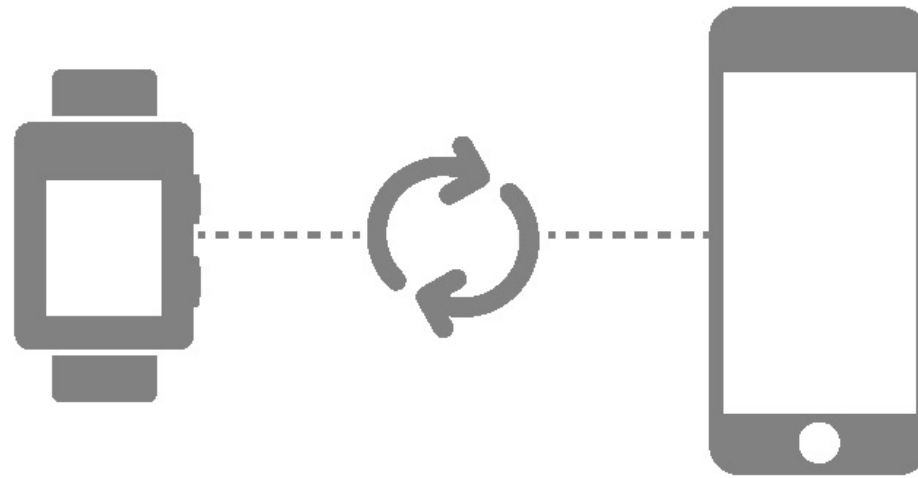
On your smartphone, open Bluetooth to pair devices:


(the steps may slightly differ based on each phone's OS and models)

- Go to **Settings** —> **Bluetooth** —> Open **Bluetooth**
- **Search Devices** to find Wellograph
- **Select** Wellograph to pair
- Press **Confirm** to complete the pairing.

On Wellograph, it should say "PAIRING SUCCESS".

## SYNCING



Periodically, the Wellograph will perform an automatic sync with the Wellograph App. However, you can manually trigger a sync by tapping at the  sync button in the menu drawer within the Wellograph app.

The position of the sync button may slightly differ on the Windows Phone platform.

## HOME SCREEN



The home screen can either be displayed in digital or analog format. If you choose to set your home screen to digital it will display time, date and basic fitness notifications that will change every 5 seconds at the bottom of the screen.



If you are sitting or remain idle for more than 1 minute the **Idle Screen** will display informing you of how much time you have been idle.



When you walk or run at least 15 steps the **Steps Screen** will automatically display for you and simply go away when you finish walking. You do not have to do anything or change the mode by yourself.

# ACTIVITY MODE



## Activity Summary

How idle or active you have been throughout the day.

## Today View

Calories you have burned each hour along with the total amount of calories burned for an entire day.

## Week View

The amount of activity you had each day and the average calories burned for that week.

# HEART RATE MODE



## BPM

- When the heart icon is flashing, it indicates Wellograph is still reading your pulse.
- When the heart icon displays a number without flashing, it indicates Wellograph has found your pulse.

## Exercise

Your exercise score based on how much aerobic activity you did today. To get a good score, spend at least 30-45 minutes a day engaged in activities that raise your heart rate.

## Fitness

Your fitness percentile based on your age, gender and your resting heart rate.

## STEPS MODE



### **Pedometer**

Your steps information is shown automatically as soon as you start walking.

### **Step Comparison**

How many steps you have walked today vs yesterday and the set goal.

### **Distance Comparison**

How much distance have walked today vs yesterday and the set goal.



## RUNNING MODE

Use this mode when you go for a run.

- From home screen, press **Down** several times until you reach the Stopwatch/Running mode.
- Press **Select** to start the session.
- Press **Select** again to pause/resume or start a new lap.
- To end the session, press and hold the **Select Button**.

After the session is ended, Wellograph will display useful summary stats such as distance covered, calories burned, etc.



SUMMARY STATS

# SETTINGS

You can find all the settings in Settings Mode.

- Press **Select Button** to enter.
- Press **Down** to go down. Press **Select** to disable/enable a setting.

If a setting has a check mark, it means it is active.



## WATER RESISTANCE

Wellograph is rated and tested at 5ATM water resistance.

- Wellograph can withstand splashes of water or rain. You can wear Wellograph while showering or swimming in shallow water (with the optional Nato strap).
- 5ATM means that it can withstand pressures equivalent to about 50 meters, or 165 feet under water.
- **Do not press any button while Wellograph is wet or exposed to liquid, moisture, or rain. Pressing a button while Wellograph is wet may leak the water into the inside of the watch.**
- **Not for swimming in deep water or diving.**

ATM or “atmospheres” is the amount of pressure a watch can withstand before leaking. It is important to note that this is a measure of pressure NOT depth. For example, the pressure from the water coming while you are diving at 50 meters hitting the seals of the watch would be greater than 5 atmospheres and would leak into the inside of the watch.

## OPERATING TEMPERATURE

Operating temperature is 0°-60° C (32°-140° F)



This symbol means "European Conformity"



Equipment containing electrical components may not be disposed of together with domestic waste.

It must be separately collected with electrical and electronic waste according to local and currently valid legislation.



The FCC Declaration of Conformity or the FCC label or the FCC mark is a certification mark employed on electronic products manufactured or sold in the United States which certifies that the electromagnetic interference from the device is under limits approved by the Federal Communications Commission.



CONSULT INSTRUCTIONS FOR USE, demonstrates that symbols are meant to support, not replace, operating instructions.

# SAFETY INSTRUCTIONS

Please read these safety warnings and cautions carefully to ensure your personal safety and prevent property damage.

## WARNING

- Wellograph is not a medical device. When beginning an exercise program consult a doctor or exercise physiologist.
- Use Wellograph only in the described manner.
- Do not drop, disassemble, open, crush, bend, deform, puncture, shred or incinerate Wellograph or its charging dock.
- Such action could result in electric shock.
- Do not leave Wellograph or its charging dock near open flames such as cooking burners, candles, or fire places.
- Do not expose Wellograph or its charging dock to strong chemicals.
- Do not disassemble Wellograph or its charging dock yourself. Refer servicing to qualified personal only. Opening the unit could lead to damages that are not covered by the warranty.
- Do not use Wellograph and its charging dock if any appears damaged or defective.
- If Wellograph or its charging dock makes strange noises, emits smoke, strange odor, heat, or have other abnormalities (e.g. swollen, etc.), stop using it and remove it immediately, and contact your local Wellograph dealer, retailer or service representative for further assistance.

## **BATTERY AND CHARGING DOCK**

- Only charge Wellograph with the supplied USB cable and charging dock.
- Do not charge Wellograph when the supplied USB cable or charging dock are damaged.
- Do not let the charging dock come in contact with liquids.
- Do not charge Wellograph while the watch is wet.

## **HOW TO WEAR WELLOGRAPH**

- Snug, but not uncomfortable. The Wellograph should not slide or shake around on your wrist when you're moving, but it should not cut off blood flow either.
- The accuracy of the heart rate monitor may be reduced when you are moving, using large arm movements or your hand is shaking.

## **MAINTAINING YOUR WELLOGRAPH**

- Protect the sensor area from scratches and damage.
- Wipe it with damp soft cloth as needed.
- Clean Wellograph with water and dry it with a soft cloth.

## **LEARN MORE**

For more information about support and safety, visit [www.wellograph.com/support](http://www.wellograph.com/support).

## Federal Communications Commission (FCC) Statement

15.21 You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b) 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 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 of the device.

### **FCC RF Radiation Exposure Statement:**

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.