

Safety and regulatory guide (heart rate monitor)

### Important health information and safety precautions

When using this product, the safety precautions below must be taken to avoid possible damage, injury, or liability. Retain and follow all safety and operating instructions. Observe all warnings in the operating instructions. To reduce the risk of bodily injury, electric shock, fire, and damage; observe the following precautions.



**WARNING: This product is not a medical product and should not be used as a substitute for medical care. This product is not intended to diagnose, treat, cure, or prevent any disease. We recommend checking with your doctor before starting a new exercise program.**

#### Electrical safety & safety precautions for RF exposure

This product is intended for use when supplied with power from a CR2032 battery. Other usage may be dangerous and will invalidate any approval or warranty given to this product.

- Accessories
  - Use only original manufacturer-approved accessories, or accessories that do not contain any metal.
  - Do not connect with incompatible products or accessories. Use of non-original manufacturer-approved accessories may violate your local RF exposure guidelines and should be avoided.
- Faulty and damaged products
  - Do not attempt to disassemble this product or its accessories.
  - Only qualified personnel should service or repair this product or its accessories.

#### Safety precautions for CR2032 battery

- Handle battery packs carefully.  
This product contains a coin cell battery. There is a risk of fire and burns if the battery pack is handled improperly. Please recycle or dispose of the battery properly.



**WARNING: To reduce risk of fire or burns, do not disassemble, crush, puncture, short external contacts or circuits, expose to temperature above 60° C (140° F), or dispose of in**

fire or water. Recycle or dispose of used batteries according to the local regulations or reference guide supplied with this product.

- Other battery precautions
  - Do not expose to water or other liquids.
  - Avoid dropping this product. If the product is dropped, especially on a hard surface, and the user suspects damage, take it to a service center for inspection.
  - If the battery leaks:
    - Do not allow the leaking fluid to come in contact with skin or clothing. If already in contact, flush the affected area immediately with clean water and seek medical advice.
    - Do not allow the leaking fluid to come in contact with eyes. If already in contact, DO NOT rub; rinse with clean water immediately and seek medical advice.
    - Take precautions to keep a leaking battery away from fire as there is a danger of ignition or explosion.

#### Safety precautions for direct sunlight

Keep this product away from excessive moisture and extreme temperatures. Do not leave this product inside a vehicle or in places where the temperature may exceed 60°C (140°F), such as on a car dashboard, window sill, or behind glass that is exposed to direct sunlight or strong ultraviolet light for extended periods of time. This may damage the product, overheat the battery, or pose a risk to the vehicle.

#### General precautions

- Protect this product
  - Always treat this product with care and keep it in a clean and dust-free place.
  - Do not expose this product to open flames or lit smoking products.
  - Do not drop, throw or try to bend this product.
  - Do not use harsh chemicals, cleaning solvents, or aerosols to clean this product.
  - Do not paint this product.
  - Do not attempt to disassemble this product, only authorized personnel should do so.
  - Store this product at temperatures between 0°C to 40°C.
  - Please check local regulations for disposal of electronic products.
- Damage requiring service
  - Contact an authorized service technician or provider under the following conditions:
    - This product has been damaged by exposure to liquid, dropped, subject to impact or damaged.

- There are noticeable signs of overheating.
- This product does not operate normally when you follow the operating instructions.
- Avoid exposing the product to significant heat. This product should be placed away from heat sources such as radiators, heat registers, stoves, or other products (including amplifiers) that produce heat.
- Avoid using this product after a dramatic change in temperature  
When you move this product between environments with very different temperature and/or humidity ranges, condensation may form on or within the product. To avoid damaging this product, allow sufficient time for the moisture to evaporate before using the product.  
NOTICE: When taking this product from low-temperature conditions into a warmer environment or from high-temperature conditions into a cooler environment, allow the product to acclimate to room temperature before turning on power.
- Avoid pushing objects into this product  
Never push objects of any kind into cabinet slots or other openings in the product. Slots and openings are provided for ventilation. These openings must not be blocked or covered.
- Do not immerse this product in water or other liquids.
- Cleaning and wearing tips  
Clean and dry this product regularly to avoid bacterial growth. Do not wear the product too tightly to avoid skin irritation or other discomfort. If there is any itching, eczema, swelling, irritation of the skin, or you experience any discomfort, please discontinue use and consult your physician.
- Small children and pets  
Do not leave this product and its accessories within the reach of small children or pets or allow them to play with it. They could hurt themselves or others, or could accidentally damage the product. This product contains batteries and small parts with sharp edges that may cause an injury or become detached and create a choking hazard. Consult a doctor immediately if the accessories or battery are swallowed.

#### Regulatory agency identifications

For regulatory identification purposes, this product has been assigned a model number of 2PQ7 and an FCC ID number of (NM82PQ7). The FCC ID number can be found on the back of this product.

Federal Communication Commission Interference Statement



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 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 or television 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.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

[ IC ]

This device complies with Industry Canada license-exempt RSS standard(s). 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.

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.

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, et  
(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement."



[CE]

This device complies with the R&TTE Directive (1999/5/EC) issued by the Commission of the European Community.

we declare under our sole responsibility that our product 2PQ7 and in combination with our accessories, to which this declaration relates is in conformity with the appropriate standards  
EN 55022: 2010+AC:2011 Class B, EN 55024: 2010  
EN 300 328 V1.9.1 :2015  
EN 301 489-1 V1.9.2:2011, EN301489-17 V2.2.1 :2012  
IEC 60950-1:2005(2nd Edition) +A1:2009+A2:2013  
EN 60950-1:2006 + A11:2009 + A1:2010 +A12:2011+A2:2013  
EN62479:2010  
following the provisions of, radio equipment and telecommunication terminal equipment directive 1999/ 5 /EC.

[ NCC ]

**【警語內容】**

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

第十四條 低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前項合法通信，指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

**WEEE notice**



Please do not discard your device in a landfill. Electronic devices contain substances that may be hazardous to the environment if not properly disposed of. For more information about electronic and electrical waste equipment disposal, recovery, and collection points, please contact your local city center, household waste disposal service, shop from where you purchased the equipment, or manufacturer of the equipment.

**RoHS compliance**

This product is in compliance with Directive 2011/65/EU of the European Parliament and of the Council of 8 June 2011, on the restriction of the use of certain hazardous substances in electrical and electronic equipment (RoHS) and its amendments.

Proprietary Notice

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