

Trio™ Activity Tracker

Device Information

Display

The Trio activity tracker displays the number of steps, distance in miles, calories burned, current time, and status of your FIT goals. These reset every day at midnight, but the data is stored on your Trio for up to a week.

It might also display these other messages:

- LOBAT—the battery is running low and needs to be recharged.
- DATA—the Trio is syncing your data with the website or mobile app.
- Trophy icon (flashing)—you've met 90% of your daily total-steps goal.
- Trophy icon (steady)—you've met a FIT goal.
- Bluetooth icon—the Trio is syncing with your mobile device via Bluetooth.

Alert

The Trio has a built-in alert to remind you to go for a walk throughout the day. An hour after your first five-minute walk (minimum 300 steps), the Trio will beep. If it doesn't move within 10 minutes, it will beep again, and then a third time 10 minutes after that. The alerts will sound each hour until you meet your daily frequency goal (for example, four 5-minute walks).

You can turn off the alert on your Settings page after you log in to the website. The change will take effect the next time your Trio syncs.

Wearing

The Trio is most accurate when you wear it close to your body—in a pocket, clipped to a bra strap, or on a belt or waistband.

Battery

The Trio has a rechargeable battery that should last up to two weeks. When you see the word "LOBAT" flash on the Trio's screen, it's time to charge the battery. To charge it, plug the clip of your Trio into the USB charging cable (with the white part and USB logo facing up, as shown). Then, plug the other end into your computer's USB port.

If the battery dies, the Trio will still save the existing data, but it won't be able to record any new information until the battery is recharged.

If you plug in the Trio to recharge the battery but the display doesn't turn on, you might need to press the small reset button (under the charging clip). Before you do this, try re-inserting the charging cable the correct way into the Trio's charging clip and your computer. If you press the Trio's reset button, all your data will be erased and the settings will be restored to the factory defaults.

Syncing

To sync the Trio with your computer, you'll need to plug in the small USB key and download and install the syncing software from our website.

The Trio should sync automatically throughout the day if your computer is on, the USB key is plugged in, and the Trio is within 20 feet of it. To sync your Trio manually, press and hold the button while you're within 20 feet of the USB key. The word "DATA" will appear on the display when it's syncing.

You can also sync with our mobile app using certain smartphones and tablets that have the Bluetooth 4.0 or Bluetooth Low Energy technology.

Hardware Reset

Resetting your Trio will erase all activity data that's stored on the device and set the time to 12:00 midnight. If you need to reset the Trio, press the small button underneath the clip on the back side of the device.

FCC Notice

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, including interference that may cause undesired operation.

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

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 and IC requirements for RF exposure in public or uncontrolled environments.

Trio is a trademark of Fortify Technologies, LLC.

Model #PE932.