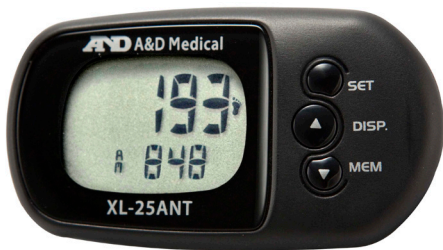




eHealth wireless activity monitor XL-25ANT



A&D Medical eHealth wireless activity monitor Instruction Manual

Thank you for selecting the A&D Medical wireless activity monitor. This activity monitor uses advanced sensor technology to detect steps in any dimension it is carried. It can be worn on the waist, around the neck or placed in pockets and handbags by using the adjustable strap or detachable clip provided.

It is equipped with clock, alarm, 7-day memory, step counter, distance counter and calorie counter functions.

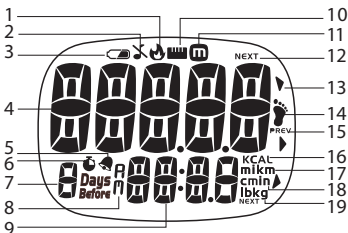
NOTE: Do not immerse the activity monitor in water.














Control Buttons



1. **SET:** Enter Setting Mode; confirm and move to next setting option
2. **DISP:** Display calories burned and distance walked; increase values
3. **MEM:** Enter Memory Mode; decrease values

LCD Screen



1.  : Calories burned is displayed
2.  : Beep tone is Off
3.  : Battery power is low
4.  : Displays mode banners, number of steps, calorie reading or distance walked
5.  : Alarm is On
6.  : Exercise timer is displayed
7.  : The number of days (1-7) before, the displayed data was recorded
8.  : 12 hour clock
9.  : Displays time or Setting Mode values
10.  : Distance walked is displayed
11.  : You are in Memory Mode
12. **NEXT** : There is a following page
13.  : Smart indicators point to the correct button
14.  : Step counter is On
15. **PREV** : There is a previous page

- 16. **KCAL** : Calorie reading
- 17. **mikm** : Distance unit (Miles / Kilometers)
- 18. **cmin** : User's stride length unit (Centimeters / Inches)
- 19. **lbkg** : Weight unit (Pounds / Kilograms)

Getting Started

To activate activity monitor:

Press and hold any key until the screen is activated.

Carrying the activity monitor:

The XL-25ANT can be carried on the waist, around the neck or in pockets and handbags by using the adjustable strap or detachable clip provided.

If the activity monitor is idle for over 4 seconds, it will display the counted steps after 16 continuous steps have been taken. If less than 16 steps have been taken the activity monitor will judge the steps as invalid vibrations and will not count them.

If the interval between steps is less than one second, the number of steps will increase one-by-one.

NOTE: When the user's step interval is 1-2 seconds, it will count the steps inconsistently. If the interval is over 4 seconds the activity monitor will exit the counting function and resume after 16 steps have been taken.

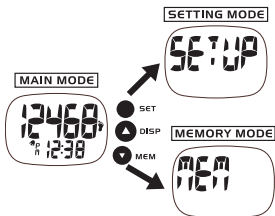
Setting time and user data:

To effectively use the activity monitor for calculating calories burned (based on step count and user body weight) and distance walked (based on step count and length of user's stride) you are advised to set the time and your user data in the Setting Mode. Refer to Setting Mode in this manual.

NOTE: Remember to set the time and your user data after every battery replacement.

Operation Mode

The XL-25ANT has 4 modes of operation. The Main Mode is the default display mode, which displays the current step count and time. To enter other modes, press the buttons as shown below.



Main Mode:

In the Main Mode, you can:

- view the time and current step count (default), calories burned, distance walked and exercise time
- turn the step counter On or Off

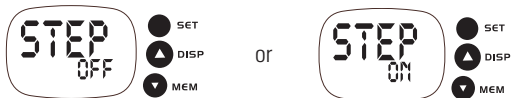
To view the current calories burned and distance walked:

Press **DISP**. The display sequence is: calories burned 🔥 and distance walked 📏. The exercise time with icon 🕒 is also displayed.

To turn the step counter On or Off:

In situations where you do not need to record step count, you can turn Off the step counter.

Press and hold **SET** and **MEM** at the same time for 2 seconds until the following screen is displayed. To turn On the step counter, repeat the same action. 🦶 indicates step counter is On.



Remark: If the step counter is Off, there will be no step, calorie and distance calculation or recording into memory. The current step count, calories burned, distance walked, and exercise timer will be reset automatically to zero at midnight.

Setting Mode:

In the Setting Mode, you can set the time, alarm On/Off and alarm time, user's weight and stride length, and beep tone On/Off.

1. Press **SET** to enter the Setting Mode.
2. Wait for the setting option to flash, then press **DISP** or **MEM** to set values. You can press and hold these buttons to rapidly set the values.
3. Wait 3 seconds for the activity monitor to automatically confirm and move to the next setting option. The setting sequence is: stride length unit, stride length value, weight unit, weight value, 12/24 time format, time (hour and minute), alarm On/Off, alarm time (hour and minute) (if alarm On is selected) and beep tone On/Off.

NOTE: You can press SET to skip through settings.

REMARK: Press any button to silence an activated alarm. If not deactivated, the alarm will be activated at the same time the following day.

Memory Mode:

In the Memory Mode, you can view the records of your steps and calories burned for the past 7 days.

1. **MEM** to enter the Memory Mode.
2. Press **DISP** or **MEM** to select which day to view.

NOTE:

- When toggling between days, the record displayed will be of the same category (either step count or calories burned).
- When viewing a day's record, the activity monitor will automatically toggle for 3 seconds between step count and calories burned display.

REMARK: Toggle through all 7-day records to return to the Main Mode.

To reset records:

You cannot reset the records manually. The activity monitor is designed to automatically reset the records.

Data Transfer Mode:

In the Data Transfer Mode, the activity monitor will send data to an available ANT receiver.

1. Press and hold **DISP** for 3 seconds to enter Data Transfer Mode.
2. Press and hold **DISP** for 3 seconds to exit Data Transfer Mode.

NOTE: This product is designed to work with different ANT wireless solutions. Please refer to the ANT receiver for more detailed instructions on linking the scale to the receiver.

Battery Replacement

The XL-25ANT uses a CR2032 3V battery, which has already been installed.

 Indicates battery power is low.



To replace battery:

1. Use a small phillips screw driver to remove battery compartment lid. Once opened, please keep the screws in a safe place to avoid losing them.
2. Remove the old battery and insert the new one, matching the polarities.
3. Replace the lid by screwing it back into place using a phillips screwdriver.

NOTE:

- When the battery compartment is opened or battery is replaced, all data in the activity monitor will be reset.

Specifications

Real time clock	12 / 24 format with hour / minute
Step measurement range	0 – 99,999 steps
Distance measurement range	0 – 99,999 km (0 – 621 miles)
User adjustable stride length	28 – 152 cm (11 – 60 inches)
Calorie measurement range	0 – 99,999 kcal
Body weight range	29 – 154 kg (64 – 340 pounds)
Exercise timer range	99 hr 59 min 59 sec
Power	1xCR2032 3V battery
Operating temperature	-10°C to 40°C (14°F to 104°F)
Storage temperature	-20°C to 60°C (-4°F to 140°F)

Precautions

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product.

- Use a soft, slightly damp cloth when wiping the device. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the device thoroughly after each training session. Never use the product in hot water or store it when wet. Do not immerse in water.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precaution when handling the batteries.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.

NOTE: The technical specifications for this product and the contents of the instruction manual are subject to change without notice.

One Year Warranty

This XL-25ANT activity monitor is covered by a One Year Warranty.

Contact Information:

A&D Medical assumes no responsibility with regard to the use of these products. Every effort has been made to ensure that the information in this manual is accurate. A&D Medical is not responsible for printing or clerical errors.

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.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the device.

NOTE: 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.

For more information regarding use, care or servicing of your XL-25ANT activity monitor, contact:

A&D Medical

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