

Microsoft

Band



Quick Start Guide

Getting Started

To get started, you'll need to wake your Microsoft Band by connecting it to a standard USB port.

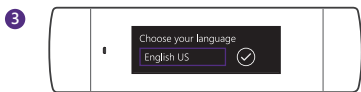
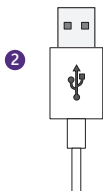
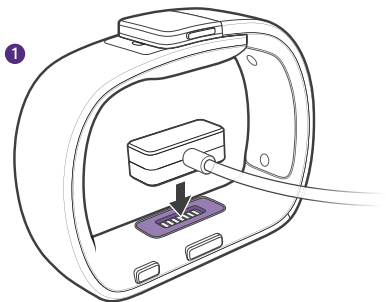
To wake your band and begin charging:

- 1 Connect the magnetic end of the USB charging cable to the charging port on your band.

Clean the charging contacts with a dry cloth before each future charge to prevent corrosion and skin irritation.

- 2 Connect the USB end of the cable to a standard USB port or USB power adapter. Only use standard USB AC power adapters with your band.*
- 3 Your band's screen should activate automatically.

*USB power adapter not included.



Get the Microsoft Health App

You will need to pair your band with your smartphone. The Microsoft Health app is available for Windows Phone, Android™ and iPhone®. For a full list of supported devices, visit www.microsoft.com/band/compatibility

1. On your smartphone browser, visit: **microsoft.com/band/setup**
2. Follow the instructions to install the Microsoft Health app on your smartphone.
3. Launch the Microsoft Health app and follow the on-screen instructions to pair your smartphone with your band.



Wearing Your Microsoft Band

You can wear your band on the inside or outside of either wrist; it's your choice. The biometric sensors are designed to measure your heart rate in either orientation.

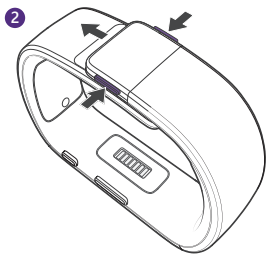
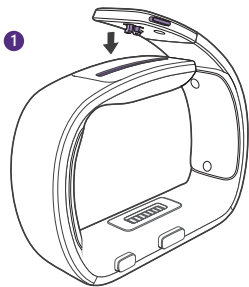
To fit your band:

- 1 Place your band around your wrist. Align the top of the clasp with the corresponding adjustment slot.
- 2 To adjust the fit of the band, depress both clasp tabs while adjusting the clasp position.

Release the tabs to secure the clasp.

Your band should be snug and comfortable. A loose fit may cause inaccurate biometric readings.

If your skin becomes irritated, stop using your Microsoft Band. Consult your doctor if irritation persists.



Microsoft Band Controls

To turn your band on:

1. Press and hold the **Power Button**.
2. If your band was previously off, a vibration alert indicates your band is starting up.
3. After the display illuminates, use the touch screen to interact with your band.

Using the touchscreen:

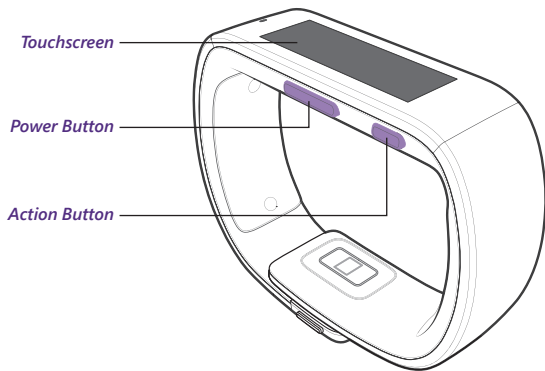
1. Tap on an item to select it.
2. Swipe horizontally to scroll through lists.

To turn your band off:

1. Press and hold the **Power Button**.
2. Tap the **Yes** button to the right. Your band will vibrate to indicate shutdown.

To turn your band's display on or off:

1. Press the **Power Button**.



Quick Tips

To view your biometric activity:

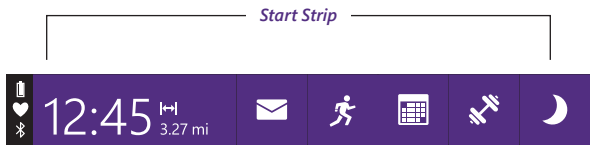
1. From the *Start Strip*, tap the *ME Tile*.
2. Swipe right to view biometric data screens.
3. Press the *Action Button* to change how the *ME Tile* looks.

To track your exercise:

1. From the *Start Strip*, tap the *Run Tile* or *Workout Tile*.
2. Press the *Action Button* to start your run or workout.
3. Double-press the *Action Button* to cycle data views.
4. To end your run or workout, press the *Action Button*, then tap *End*.

To track your sleep:

1. From the start strip, tap the *Sleep Tile*.
2. Press the *Action Button* to start your sleep session.
3. Press the *Action Button* again to pause/resume/stop.
4. To end your sleep, press the *Action Button*, then *End*.



*Status
Bar*

*ME
Tile*

*Run
Tile*

*Workout
Tile*

*Sleep
Tile*

Need Further Assistance?

For the complete Microsoft Band product guide, visit:
www.microsoft.com/band/productguide

For answers to common questions, troubleshooting steps, and Microsoft Band Customer Support contact information, visit:
www.microsoft.com/band/support



Refer to the product guide for important safety and health information.

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