

LifeTrak[®]

Quick Start Guide Brite R450



Activity Type



Welcome to LifeTrak. Let's take a quick tour of the basic features.

- To turn on your fitness tracker, press and hold any button.

Learn more

- For support, tips, product information and full instructions, please visit:
www.lifetrakusa.com/support/help-center/

NOTE: Actual model / screen images may vary from images shown.

NOTE: This is NOT a medical device. Please visit our website to view cautions and warranty information in the full instruction manual.

CUSTOMER SERVICE

If you have questions about your LifeTrak activity tracker, please contact our customer service team
support@LifeTrakUSA.com

Website: www.LifeTrakUSA.com

Facebook: www.facebook.com/lifetrak

Twitter & Instagram: [mylifetrak](#)

Pinterest: pinterest.com/lifetrak

YouTube: www.youtube.com/lifetrakusa

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BUTTON LAYOUT



MODE


Press to change modes:

Time ▶ *Notifications* ▶ *Hourly* ▶ *Weekly* ▶ *Workout*

VIEW

Press to view:

   
sleep ▶ distance ▶ calories ▶ steps

Press & hold to read your heart rate 

START / STOP

Press to start and stop in
Workout Mode

BACKLIGHT

To activate the backlight, double-click **VIEW**

1

If dark, pressing **VIEW** once will also activate light

NOTE:

The buttons are
NOT intended for
use under water.
If used, water
could leak in and
cause damage.

STAYING CONNECTED

Your LifeTrak Brite R450 can help you stay connected 24/7. To make the most of your Brite R450, you will need to download the LifeTrak App from the App Store in iTunes or Google Play.

Visit lifetrakusa.com for iOS and Android smartphone / tablet compatibility.

- Pair your Brite R450 with the LifeTrak app and automatically get notifications right on your wrist. Your Brite R450 stores up to 20 notifications.
- See fitness alerts and preview social messages on your wrist. Reminders, IM, SMS, emails, calls and more.
- Stay in the loop with social notifications from your family, friends, calendar and your favorite apps.
- Quickly interpret notifications - LifeTrak Brite R450 uses distinct icons for many notification types: IM, SMS, emails, incoming calls, missed calls, reminders, RSS/news, general.
- Customize which notification types appear on your wrist and set up your fitness watch through the LifeTrak app.

PAIR YOUR FITNESS TRACKER & SMARTPHONE / TABLET

1. Make sure Bluetooth is active on your smartphone / tablet.
2. Install the LifeTrak App on your compatible smartphone / tablet, then open the app.
3. Tap on "Connect a New Watch."
4. Find the LifeTrak Brite R450 image & Click "Connect to Device."



Now that your smartphone / tablet is attempting to pair, we need your Brite R450 to do the same.

Bluetooth Indicator

START / STOP

From TIME MODE, PRESS & HOLD to begin pairing. Button can be released once the Bluetooth icon appears in the display.

***NOTE:** For best results, keep your devices within 7 feet / 2 meters of each other when pairing.*

SYNC FITNESS DATA



Indicator
Status
([activity tracker](#))

Solid: Bluetooth is on and linked to a device

Flashing: Bluetooth is trying to establish a connection

No icon: Bluetooth is off

Once your LifeTrak Brite R450 and smartphone / tablet are paired, you can sync fitness data, receive notifications and set up your fitness tracker.

- Smartphone notifications sync automatically.
- Fitness data from your Brite R450 syncs manually.

You will need to sync your fitness data manually with a simple one-step process each time you wish to transfer the data.

To transfer your fitness data, simply open your app and click on the reload button in the top-right corner.

Remember: Bluetooth must be active on your LifeTrak Brite R450 and your smartphone / tablet, and devices must be PAIRED to complete the data transfer (sync).

MODES OF OPERATION : NOTIFICATIONS



From *Time Mode*,
press **MODE** until you reach *Notifications*

VIEW

Press & hold to delete messages

START / STOP

Press to browse through your messages

NOTIFICATIONS

You must pair your Brite R450 with the LifeTrak app to receive notifications.
Visit www.lifetrakusa.com/app or the App Store in iTunes / Google Play to download.

Once paired, calls and messages from your Bluetooth Smart Ready device will automatically be sent to your fitness tracker.

Up to 20 notifications can be stored on your Brite R450. Select which types of notifications you want sent to your fitness tracker through the LifeTrak app settings.

NOTE: Bluetooth must be active on your smartphone / tablet AND your LifeTrak Brite R450 to receive notifications.

Notifications Mode






Displayed if there are no messages on your fitness tracker




Example of an email notification on your fitness tracker



NOTIFICATIONS : TYPES & SYMBOLS

Symbol	Notification Type
	Generic/Social Alert
	High Priority Alert
	Incoming Call
	Missed Call
	Email

Symbol	Notification Type
	SMS/MMS Message
	Instant Message
	Calendar/Planner Alert
	News Feed

NOTIFICATIONS : DELETE NOTIFICATIONS

You can delete a single message or all messages depending on how long you hold **VIEW**.



The initial press and hold of **VIEW** will delete the current message.



Once the current message is deleted, you can continue to hold **VIEW** to delete all messages.

MODES OF OPERATION : HOURLY DISPLAY

Shows your progress throughout the day with a 24-hour graph. The bars are scaled to fit the data from the 24-hour period.



From *Time Mode*,
press **MODE** until you reach
Hourly Display

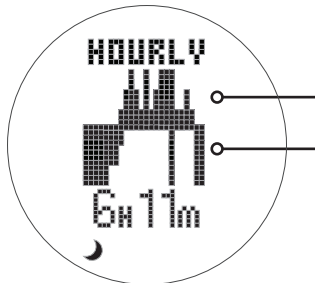
VIEW

Press to view:

sleep, distance, calories, steps

HOURLY DISPLAY : ACTIGRAPHY

The hourly actigraphy view provides a summary of your sleep and activity levels.



Active: Displays your activity levels while awake. Bars represent three categories: Normal, Active and Very Active.

Active graph

Sleep graph

Sleep: Displays your sleep levels. Bars represent three categories: Light, Medium and Deep Sleep.

MODES OF OPERATION : WEEKLY DISPLAY



From Time Mode,
Press MODE until you reach
Weekly Display ("Today")

VIEW

Press to view:
distance, calories, steps, sleep

START / STOP

Press to browse through the past
7 days

11 *NOTE: Use the LifeTrak app to see trends and insights over weeks, months and years.*

MODES OF OPERATION : WORKOUT



From *Time Mode*,
press **MODE**
until you reach
Workout

VIEW

Press to view:
distance, calories, steps

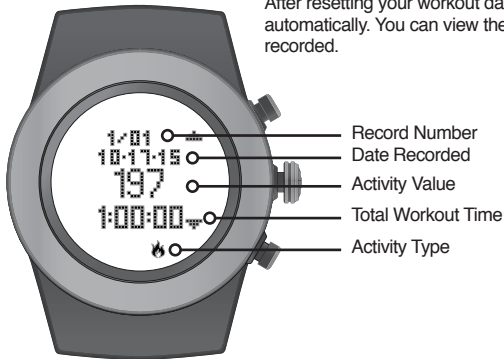
START / STOP

Press to start / stop recording
your workout

Hold to reset data
(*Workout* mode must be stopped)

VIEW WORKOUT RECORDS

After resetting your workout data, it will be saved automatically. You can view the last 10 workouts recorded.



VIEW WORKOUT RECORDS



In *WORKOUT MODE*, press & hold **MODE** to review your workout data.

Press to go to next workout recorded.

VIEW

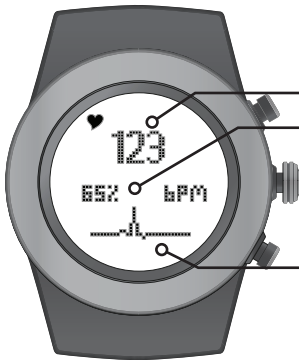
Press to view:
distance, calories, steps
Press & hold to exit workout records.

START / STOP

Press to go to next
workout recorded.

HEART RATE READINGS

Taking your heart rate can aid you in staying in your workout zone and help calculate your **calories more precisely**.



Heart Rate (beats per minute)

% of Maximum Heart Rate

VIEW

Press & hold to read your heart rate

Pulse Indicator

1. Wear snugly around your wrist.
2. Gently press and hold **VIEW** for 3 to 8 seconds until your heart rate appears.

HELPFUL HINTS ABOUT HEART RATE

If you are having difficulty acquiring your heart rate, try the following:

1. Make sure your LifeTrak fitness tracker is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. Upon putting on for the first time, allow a one-minute “warm up” before trying to acquire your heart rate.
3. When touching the heart sensor button (**VIEW**), make sure you are using the soft, flat pads of your fingers, not the tips of your fingers.
4. Touch gently with enough pressure to activate the heart sensor button (**VIEW**). Pressing too hard can make it difficult to measure your heart rate.
5. Make sure the back metal plate is lying flat on your skin.
6. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.
7. Clean the heart sensor button (**VIEW**) and back metal plate with a mild soap and water, or similar cleaning solution.
8. Moisten with water the pads of the fingers you are using to contact the heart sensor button (**VIEW**).
9. Moisten the surface between the back metal plate and the skin on your wrist with water.

SLEEPTRAK 2.0

The sleep tracker monitors the duration and quality of sleep. It automatically detects the beginning and end of your sleep session.

For full control, you can also manually operate the feature by double-clicking START/ STOP while in Time Mode.



Sleep tracker indicator
(only in manual sleep mode)

START / STOP

Double-click to manually start / stop the sleep tracker (must be in Time)

SLEEPTRAK 2.0

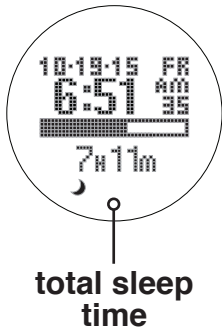
SleepTrak 2.0 is smart enough to distinguish if the fitness tracker is on or off your wrist. Sleep tracking is disabled when the device is not on your wrist.

Total sleep time is accumulated during all sleep sessions that end on a particular day. For example, if you fell asleep last night and woke up this morning, your sleep duration will be added to today's total sleep time.

However, if you fell asleep last night at 10:00 p.m. and woke up at 11:00 p.m., that hour of sleep would be added to yesterday's total sleep time.

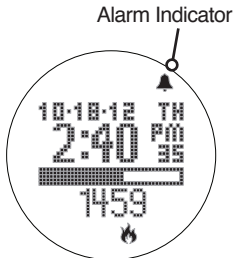
NOTE: Once you wake up, the total sleep time will update after a brief period.

NOTE: Minimum sleep time for recorded data is 10 minutes.



INTELLIGENT WAKE-UP

Your LifeTrak includes Intelligent Wake-Up with Vibra-Alert. This alarm can be set to wake you at your optimal time.

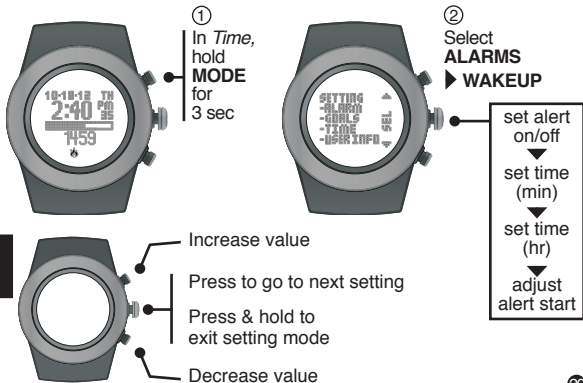


The Intelligent Wake-Up feature can be adjusted on your fitness tracker (instructions on next page) or on the LifeTrak App (via Settings).

After setting the alarm time, you have the option of setting an Intelligent Wake-Up window (0-59 mins) which will activate prior to the alarm time. During this window, the vibration alarm will activate only if you are no longer in a deep sleep stage.

If you are still in a deep sleep stage during the Intelligent Wake-Up window, the vibration alarm will activate at the set alarm time.

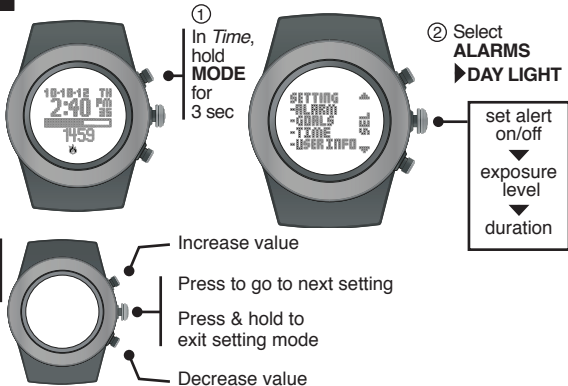
INTELLIGENT WAKE-UP



LIGHTTRAK ALERT

*LightTrak Alerts
can be adjusted
on your fitness
tracker or the
LifeTrak App
(via Settings)*

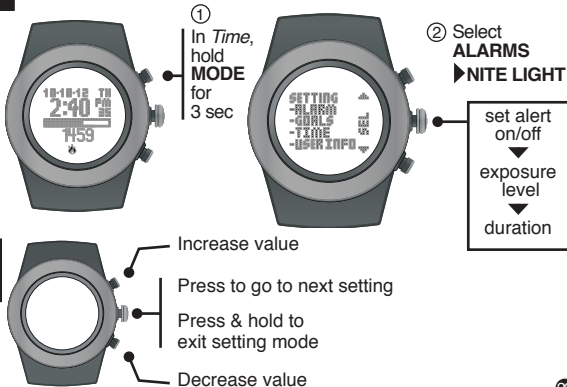
Will suggest if you should get more light during the day.



LIGHTTRAK ALERT

*LightTrak Alerts
can be adjusted
on your fitness
tracker or the
LifeTrak App
(via Settings)*

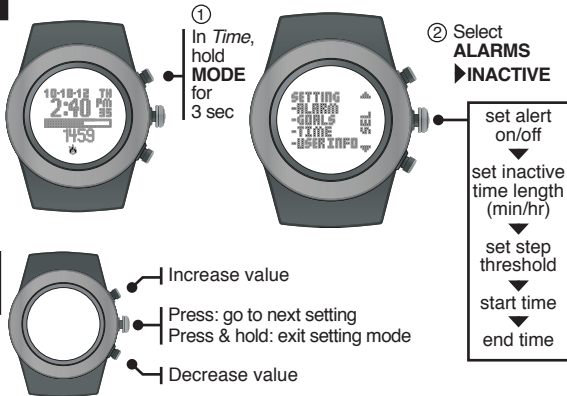
Will suggest if you should reduce light exposure prior to bedtime.



INACTIVITY ALERT

Inactivity Alerts can be adjusted on your fitness tracker or the LifeTrak App (via Settings)

Helps motivate with alerts if you have been inactive.



USER INFO

User Info can be adjusted on your fitness tracker or the LifeTrak App (via Settings)



① In Time, hold **MODE** for 3 sec



② Select **USER INFO**

gender
▼
birthday (year)
▼
birthday (month)
▼
birthday (day)
▼
unit format
▼
weight
▼
height

INSIDE SETTING MODE



Increase value

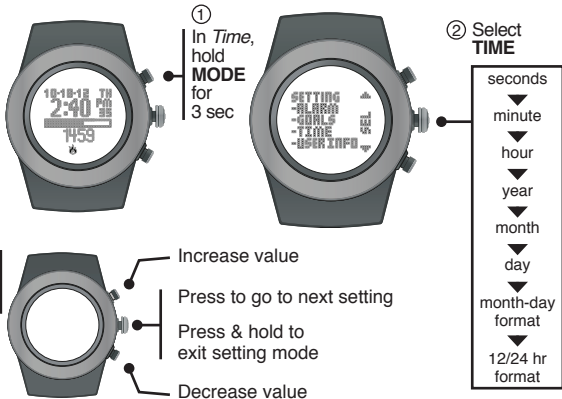
Press to go to next setting

Press & hold to exit setting mode

Decrease value

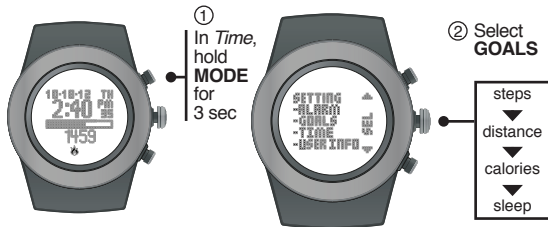
TIME SETUP

Time Setup
can be adjusted
on your fitness
tracker or the
LifeTrak App
(via Settings)

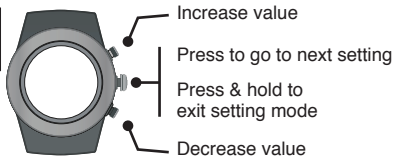


GOAL SETUP

Goals can be adjusted on your fitness tracker or the LifeTrak App (via Settings)



INSIDE SETTING MODE



FCC CAUTION

§ 15.19 Labelling requirements

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.

§ 15.21 Changes or modification warning

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

*RF warning for Portable device:

The device has been evaluated to meet general RF exposure requirement.
The device can be used in portable exposure condition without restriction.

IC CAUTION

This device complies with Industry Canada's licence-exempt RSSs.

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.

Cet appareil est conforme aux CNR exemptes de licence d'Industrie Canada .

Son fonctionnement est soumis aux deux conditions suivantes :

- (1) Ce dispositif ne peut causer d'interférences ; et
- (2) Ce dispositif doit accepter toute interférence , y compris les interférences
qui peuvent causer un mauvais fonctionnement de l'appareil.

HELPFUL TIPS

Information about Calories Burned

- Your body is always burning calories, even when sleeping or not in motion. Our All-Day Calorie Tracker accounts for these calories burned.
- You will see calories burned even when you're not wearing your LifeTrak. This is normal as it is estimating the calories your body typically burns throughout the day.
- You get more accurate calorie burn information by calculating in your heart rate readings, so remember to take your heart rate throughout the day and more frequently during your exercise.

Information about LightTrak

- Monitoring your exposure to overall blue light levels can help you improve mood, fight fatigue and keep your circadian rhythm running smoothly. The Brite R450 tracks your light levels and provides alerts to let you know when to get more or less light. You can view charts and durations on the LifeTrak app.

Information about Inactivity Alerts

- The Brite R450 will let you know when you have been inactive. Receive an alert to let you know when you should get moving.

Visit our website for more helpful tips: www.lifetrakusa.com

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