

# LifeTrak™

## BRITE R450



LightTrak Sensor

Time/Date

Goal Progress Bar

Activity Value

Activity Type

Notification Alert

## Quick Start Guide



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

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

### **Learn more**

For full instructions, helpful tips and product information, see the LifeTrak *User Guide* at **[www.lifetrakusa.com/user-guides](http://www.lifetrakusa.com/user-guides)**.

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

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## BUTTON LAYOUT



### MODE

Press to change modes:

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

### VIEW

Press to view:



distance



calories



steps



sleep

Press & hold to read your heart rate



### START/STOP

Press to start and stop in *Workout*

### LIGHT

Press **MODE + START/STOP**,  
**MODE + VIEW** or double-click **VIEW**

- 1 In the dark, pressing **VIEW** will also activate light

### NOTE:

*The buttons are not  
intended for use  
under water*

## USER INFO



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



Edit/increase value

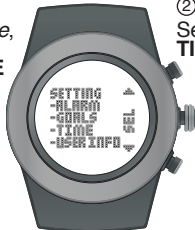
Press: go to next setting  
Press & hold: exit setting mode

Edit/decrease value

## TIME SETUP



① In *Time*, hold  
**MODE**  
for 3  
sec



② Select  
**TIME**

seconds  
▼  
minute  
▼  
hour  
▼  
year  
▼  
month  
▼  
day  
▼  
month-day  
format  
▼  
12/24 hr  
format

## INSIDE SETTING MODE



— Edit/increase value

— Press: go to next setting  
— Press & hold: exit setting mode

— Edit/decrease value

Transfer data between your life tracker and Bluetooth Smart Ready devices. Even get notified of phone calls, emails and messages right on your tracker.

Before you can transfer data, you must install our LifeTrak app on your Bluetooth Smart Ready device. You will also have the ability to set up your tracker (e.g., set user info and goals) through the app.

Visit [www.lifetrakusa.com/app](http://www.lifetrakusa.com/app) or your app store.

## **Bluetooth Smart Ready Device Setup**

Once the LifeTrak app is installed, make sure Bluetooth on your device is turned on and then open the app. Tap on “Connect a New Watch.” Locate your LifeTrak activity tracker and tap on “Connect to Device.” The device will now attempt to pair.

Next step: set up your life tracker.

## BLUETOOTH CONNECTION

Bluetooth Indicator



## Brite R450 Setup

Now that your device is attempting to pair, we need your life tracker to do the same.

While in *Time*, press and hold **START/STOP** until it activates a signal animation on the screen. Your tracker will now attempt to pair with your device.

### **START/STOP**

Hold to begin pairing (must be in *Time*). Button can be released once pairing action begins.

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

## BLUETOOTH CONNECTION



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

## Syncing Data

Once the life activity tracker and your device are paired, you can now sync fitness data and notifications.

While notifications will sync automatically whenever one comes through, syncing your fitness data is done manually with a simple one-step process each time you wish to transfer the data.

To transfer your fitness data from life tracker to device, simply open your app and click on the reload button at the top-right corner.

See the *Bluetooth Indicator Status* on this page for detailed information.

## NOTIFICATIONS

You will be able to receive notifications like phone calls, emails and messages right on your life tracker.

**You must pair your tracker with our LifeTrak app to receive notifications.** Visit [www.lifetrakusa.com/app](http://www.lifetrakusa.com/app) or your app store to download.

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

***NOTE:** Bluetooth on your device must be turned on to receive notifications.*

### Notifications mode






Displayed if there are no messages on your tracker



Example of an email notification on your tracker



## NOTIFICATIONS

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
 or 	News Feed

## NOTIFICATIONS

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



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

### **VIEW**

Press & hold to delete messages

### **START/STOP**

Press to browse through your  
messages

## 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.

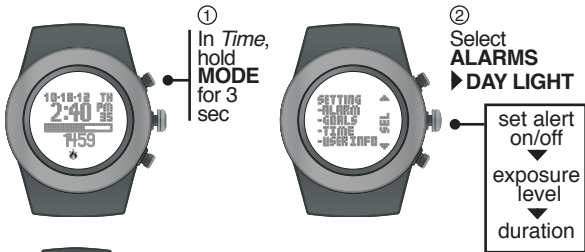


Once the current message is deleted, you can continue to hold **VIEW** to delete all messages.

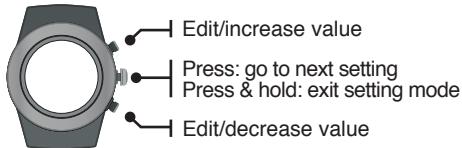
## LIGHTTRAK

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

### LIGHT SETUP



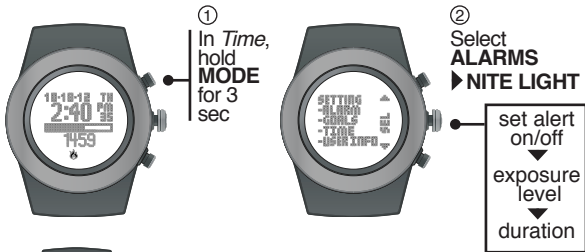
### INSIDE SETTING MODE



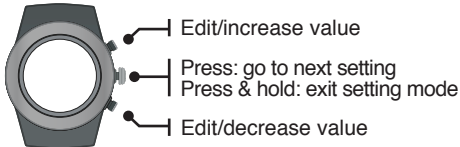
## LIGHTTRAK

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

### LIGHT SETUP



### INSIDE SETTING MODE



## GOAL SETUP



①  
In *Time*,  
hold  
**MODE**  
for 3  
sec



②  
Select  
**GOALS**



## INSIDE SETTING MODE



— Increase value

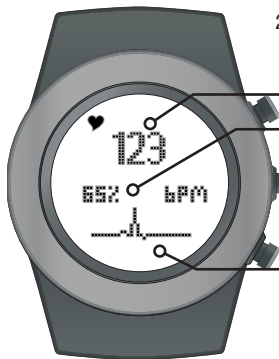
— Press: go to next setting  
— Press & hold: exit setting mode

— Decrease value

## HEART RATE

Taking your heart rate will help you stay in your workout zones and help calculate your **calorie burn more accurately**.

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



Heart Rate (beats per minute)

% of Maximum Heart Rate

**VIEW**

Press & hold to read your heart rate

Pulse Indicator

## SLEEPTRAK 2.0

The sleep tracker monitors the duration and quality of sleep based on motion, arm posture and ambient light. 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*.



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

### Sleep data collection

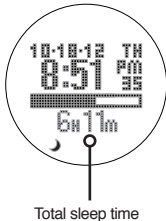
SleepTrak 2.0 is smart enough to distinguish if the device is on or off your wrist. Sleep tracking is disabled when the device is not on your wrist.

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.*



## SLEEPTRAK 2.0

### Sleep tracking sequence



Sleep tracker is on.

Note: In manual sleep mode, "SLEEP MARKER" will appear on the screen.

After waking up, shows pending sleep time.

After brief period, pending sleep time becomes official. Final value may vary from pending value.

## Intelligent Wake-Up

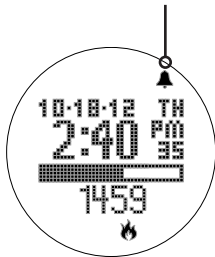
Your life tracker includes Intelligent Wake-Up and a gentle vibrating alarm. This alarm can be set to wake you at your optimal time.

The Intelligent Wake-Up feature can be adjusted in the Alarm setup (under the “Adjust Alert Start” setting; see p.19).

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.

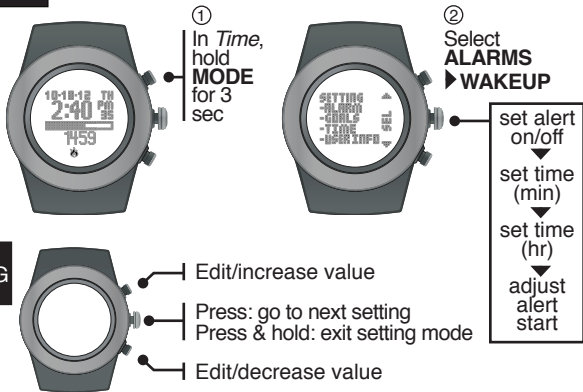
If you are still in a deep sleep stage during the Intelligent Wake-Up window, the vibration alarm will activate at the set alarm time.

Alarm Indicator



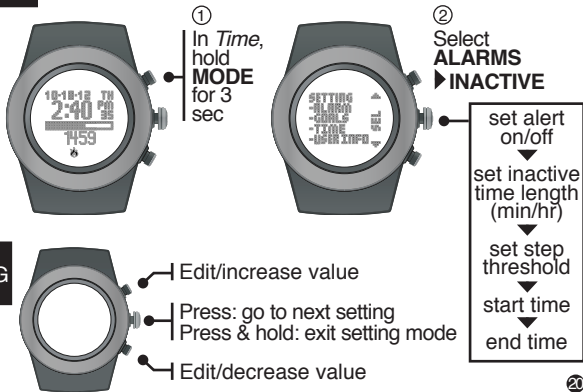
## SLEEPTRAK 2.0

### Intelligent Wake-Up Setup



## INACTIVITY ALERT

Helps motivate with alerts if you have been inactive.



## 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*,  
press **MODE** until you reach  
*Hourly Display*

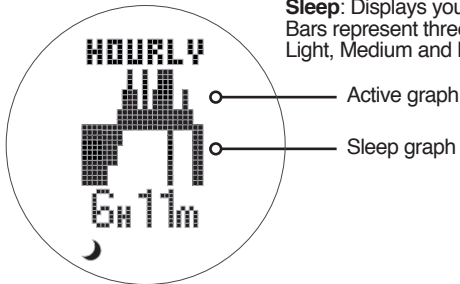
**VIEW**  
Press to view:  
distance, calories, steps, sleep

## HOURLY DISPLAY

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

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



## WEEKLY DISPLAY

Shows your results for the past 7 days. The bars are scaled to fit the data from the past week.

*NOTE: If you want to see more than 7 days, use the LifeTrak app to see trends and insights over weeks, months and years.*



From *Time*,  
press **MODE** until you reach *Weekly Display* ("Today" will be shown)

### **VIEW**

Press to view:

distance, calories, steps, sleep

### **START/STOP**

Press to browse through the past  
7 days

## WORKOUT MODE

Records data from an individual workout.



From *Time*,  
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)

## WORKOUT MODE

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



### MODE

In *Workout*, hold to view past workout records.

Press to go to next workout record

### VIEW

Press to view: distance, calories, steps

Hold to exit workout records

### START/STOP

Press to go to previous workout record

**FCC ID: N7P-R450**

**IC: 10274A-R450**

Salutron Inc.

Model No.: R450

Model name: R Series Activity & Wellness Monitor with Heart Rate Measurement, Spectral Ambient Light Sensor & Intelligent Alerts

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.

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

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

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.

The device complies with industry Canada license-exempt RSS standard(s). Operation of this device 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.

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."

**Industry Canada ICES-003 Compliance Label:**

*CAN ICES-3 (B)/NMB-3(B)*

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