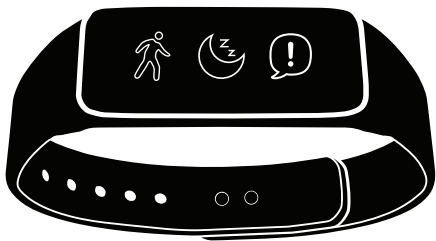# 3PLUS

SWIPE C

OWNER'S MANUAL

Table of Contents

Thank you for your purchase!

3 Plus Swipe C is a stylish activity tracker that puts alerts from your smartphone to your wrist.

Operating temperature
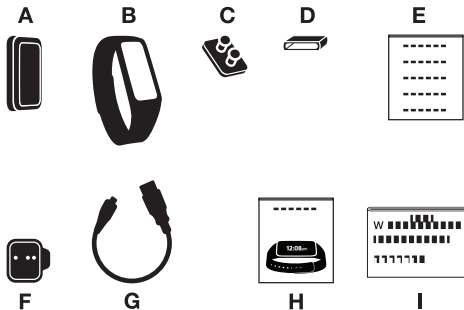
-4°F to 149°F (-20°C to 55°C)

Water resistance: IPX-7

Safe to submerge to a maximum depth of 1 meter.

Battery life

Up to 5 days depending on usage.

What's in the box

A. Tracker module
B. Interchangeable wristband
C. Wristband clasp
D. Wristband loop
E. Quick Start Guide
F. Charging cradle
G. Micro-USB cable
H. Owners Manual (includes Warranty)
**I.** Warranty Card / Customer service card

Setup overview

1. **Charge your tracker**
2. **Pairing code**
3. **Download 3Plus Activity Tracker app onto your smartphone or tablet**
4. **Open the app and create an account**
5. **Follow the app's instructions to pair your tracker with your smartphone**
6. **Put on your tracker**
7. **Wake up your tracker**
8. **Setup finished**

Charge your tracker

1a. Connect the cradle

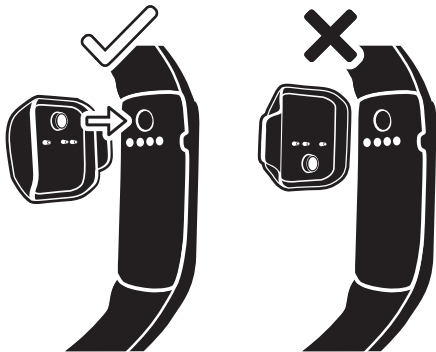Position the charging cradle to connect to the back of your tracker.
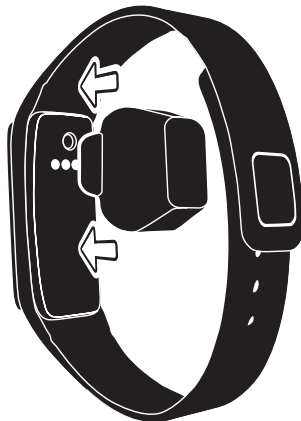
Charge your tracker (continued)

1b. Connect the cradle

Match the pins on the cradle with the contact points on your tracker, and snap them together.

2. Plug it in

Plug the small end of the Micro-USB cable into the cradle, and connect the large end to a USB power source.

3. Charge it to 100%

This may take 90 minutes.

Charge your tracker (continued)

Charging: good to know

- *3Plus Swipe C* <u>will not sync with a computer</u>, however, it can be charged using a computer's USB port.

- The Micro-USB cable <u>does not directly connect</u> your tracker to your smartphone or tablet.

Link code

For some versions of *3Plus Swipe C*

During **Setup**, when your tracker reaches sufficient charge, you may see 4 numbers and/or letters on the screen. This is the **Link code**.

088A

Link code example

If you see the **Link code**, you will need it later to link your tracker to your smartphone.

Install the app

Your tracker must be linked to a smartphone (or tablet) via the 3Plus Activity Tracker app to begin use.

How to find the _3Plus Activity Tracker app_

From your smartphone's web browser:

1. Go to **www.3plususa.com**.
2. From there, select "3PLUS SWIPE C SMARTWATCH", under 3Plus PRODUCTS.
3. Next, opn the PHONE APP to find the links to the apps.
4. Download and install the app.

or, search for "_3Plus Activity Tracker_" in Google Play or the App Store to download and install the _3Plus Activity Tracker_.

Open the app and sign up

Open the 3Plus Activity Tracker app on your smartphone or tablet.

First time users will see the app's **Login page**. You can sign up for a new account using either your email address, or your Facebook account.

Sign up for a new account with the 3_Plus Activity Tracker_ app

1. On the app's **Login page**, tap the 'Sign up for New Users' button to proceed to the **'Sign Up' screen**.
2. Enter your first name, last name, email address, and password.
3. Choose your gender, and units type.
4. Tap to change the app's default height and weight to your actual height and weight.
5. Tap the date shown to change it to your birthday. _Note: 3Plus users must be at least 13 years of age._

Open the app and sign up

(continued)

6. Tap the green check-mark button at the bottom of the screen to complete the sign up process.

Sign up with your Facebook account

• Problems may arise with new account sign up as Facebook updates its privacy policies. In this case, please sign up without using Facebook.

Note: You cannot change your email address after you have signed up without starting over with a brand new account.

Follow the app's instructions to link your tracker with your smartphone

Your tracker must be linked to a smartphone (or tablet) to begin use.

Pairing Tips

• The 3Plus Activity Tracker will use the 4-digit link code from your tracker's screen to pair with a smartphone via the *3Plus* app.

• Make sure that your tracker is charging in the charging cradle throughout the entire linking process.

Put on your tracker

Closing the clasp

Wrap the band snugly around your wrist. Fasten the clasp by pushing the clasp pegs through the holes in the band.
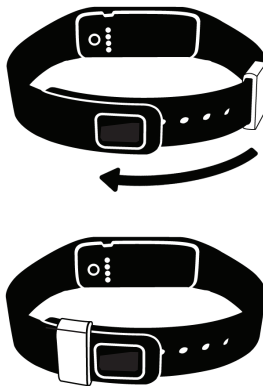

Wearing tips:

- Add a few drops of water to the holes of the wristband to make closing it easier.
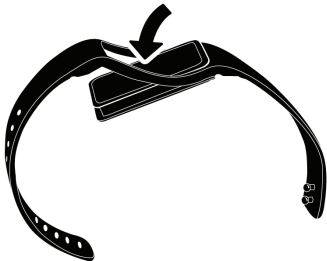
Wearing tips:

- You can secure your *3Plus Swipe C* to your wrist by slipping the rubber loop over both sides of wristband, near the clasp

Put on your tracker (continued)

Changing wristbands

1. Remove tracker from your wrist, and then pull one side of the wristband over the screen's frame to remove your tracker module from the wristband.

2. Fitting your tracker module back into the wristband works the same way.

Tips:

• You can wear your tracker on either wrist. Rotate the tracking module to the proper orientation, then place it back into the wristband.

Wake up your tracker

Tap the side of your tracker **twice quickly** to turn on the screen. This action is called a **Double-Tap**.

- The screen will <u>automatically turn off</u> after waiting a few seconds.
- After **Setup** is complete, waking up your tracker will display the **Clock Screen**.

Setup Finished

***3Plus Swipe C* Setup recap:**

- Your tracker is fully charged.

- You've installed the *3Plus Activity Tracker app* on your smartphone.

- You've created a 3Plus user account with the *3Plus Activity Tracker app*.

- Your tracker is linked to your smartphone via the *3Plus Activity Tracker app*.

- Your tracker is securely on your wrist and shows the correct time when you wake it up with a **Double-Tap**.

When all of these steps are done, **Setup** is complete -- ***Let's do this!***

Touchscreen operation

All input to your tracker's interface is given by simply touching the surface of the screen with your fingertip.

Touch screen inputs

1. **Touch** a screen like **'back'** or a button like **'x'** to select it.

2. **Swipe Left** or **Swipe Right** to change screens and navigate menus. Move your finger horizontally across the surface of the screen to swipe.
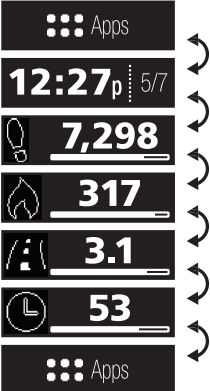
3. **Touch and Hold** your fingertip on any screen to quickly go to the **Apps Menu**.

    *Tip: if you're <u>not sure what to do</u> on a particular screen, try a **Swipe Left** or a **Swipe Right** to change to a different screen.*

Main Menu

The **Main Menu** puts your tracker's main features at your fingertips.

1.	Apps Menu	⠿ Apps
2.	Clock Screen	**12:27p** 5/7
3.	Step Count	7,298
4.	Calories Burned	317
5.	Distance Walked	3.1
6.	Walk Time Minutes	53
7.	Apps Menu	⠿ Apps

Swipe Left and **Swipe Right** to change screens.

How to enter the Main Menu

1. **Setup** must be complete.
2. Wait a few seconds for your tracker's screen to *turn off*.
3. **Double-Tap** to enter to the **Main Menu** at the **Clock Screen**.

Automatic time out

The screen will automatically turn off after a few seconds. **Double-Tap** wake your tracker and turn the screen back on.

Clock Screen

The **Clock Screen** features the **Time and Date**. It displays when waking up your tracker.

Low-battery screen

The **Low-battery screen** will appear for a few seconds when waking up your tracker with the battery level below 20%. The **Clock Screen** will appear once the **Low-battery screen** clears.

Low-battery indicator

When the battery level is below 20%, the **Clock Screen** screen will display the **Low-battery indicator** in place of the **Date**.

Unlinked indicator

When the tracker is out of range of your smartphone or tablet, or if your Bluetooth setting is off, the Clock screen will display the **Unlinked indicator** in place of the **Date**.

Clock Screen (continued)

Re-establishing smartphone link

- *iOS users:* open the *3Plus Activity Tracker app* and then **Double-Tap** your tracker; the link should re-establish within a few seconds.

- *Android users:* open the *3Plus Activity Tracker app*, **Double-Tap** your tracker, and then tap the top purple bar on the app's Clock Screen; the link should re-establish within a few seconds.

- Note: Make sure your smartphone's Bluetooth setting is on.

Steps, Calories, Distance, and Walk Time

3Plus Swipe C's main function is to track your daily activity. View your activity data from the *3Plus Activity Tracker app*, which displays your daily activity statistics and trends over time.

Swipe Left from the **Clock Screen** to go to the activity tracking screens: **Steps**, **Calories**, **Distance**, and **Walk Time**.

Interpreting the activity tracking screens

- Each screen shows today's current count for each type of activity tracking.

- The bottom bar shows your current progress towards your **Daily Goal** in the app. Set your daily activity goals in the Striiv app.

Steps, Calories, Distance, and Walk Time (continued)

Steps

This screen shows the number of steps counted so far today.

Calories

This screen shows the number of calories burned by walking so far today.

Note: Your **Calories total** does not include your BMR (Basal Metabolic Rate), the minimum number of calories you burn at rest per day.

Distance

This screen shows the number of miles walked so far today.

Walk Time

This screen shows the number of minutes of walking time so far today.

Apps Menu

All activity tracking and smartwatch features of your tracker are accessible from the **Apps Menu**.

How to enter the Apps Menu

- **Swipe Left** or **Swipe Right** from the **Clock Screen**, and **Touch** the **Apps Menu** screen.

- **Touch and Hold** from any screen to quickly go to the **Apps Menu**.

How to exit the Apps Menu

1. **Swipe Left** to the second screen of the **Apps Menu**.
2. **Touch** the **Home** icon to return to the **Clock Screen**.

Activity Menu

The **Activity Menu** is comprised of the same activity tracking screens from the **Main Menu**: **Steps**, **Calories**, **Distance**, and **Walk Time**.

Touch the walking icon to enter the **Activity Menu.**
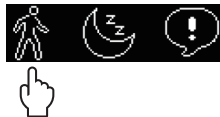
How to exit the Activity menu

1. **Swipe Left** or **Swipe Right** to either end of the **Activity Menu** to the **'back' screen**.

2. **Touch** the **'back' screen** to return to the **Apps Menu**.

Sleep Mode

Use **Sleep Mode** to track how you sleep. Your sleep data is viewable from the _3Plus Activity Tracker app_, which displays your nightly sleep patterns and sleep trends over time.

Interpreting the Sleep Mode Timer screen

The **Sleep Mode timer screen** shows the total hours and minutes that have passed since **Sleep Mode** began.

How to enter Sleep Mode

1. Make sure you are wearing your tracker and you are ready to go to sleep.
2. Enter the **Apps Menu** (see page x).
3. **Touch** the moon icon, which goes to the **Sleep Mode** enter screen.

4. **Touch** the check-mark button to confirm **Sleep Mode**, touch the 'x' button to **cancel**.

Sleep Mode (continued)

How to exit Sleep Mode

1. Wake up your tracker, which will display the **Sleep Mode timer screen**.

2. **Swipe Left** at the **Sleep Mode timer screen**, which will display the **Sleep Mode exit screen**. This screen has a single button that contains a moon with a line drawn through it.

3. **Touch** the button to exit **Sleep Mode**.
4. **Swipe Right** to cancel and stay in **Sleep Mode**.

Note: Your tracker will automatically exit **Sleep Mode** *if you walk 200 steps.*

Notifications

Your *3Plus Swipe C* displays live notifications from your smartphone and stores them for later viewing.

Types of Notifications

•   Incoming calls

•   Missed calls

•   Text messages

•   Smartphone app notifications (e.g. tweets, Facebook messages, Instagram alerts, etc.)

Notifications (continued)

How to view missed Notifications

1. Enter the **Apps Menu** (see page x).
2. **Touch** the talk bubble icon that contains an '!'.
3. **Notifications** are displayed one at a time, beginning with the oldest one
4. **Swipe Left** to read additional screens of text for notifications that are longer than the display area.
5. **Swipe Left** to read the next notification. This action will delete the previous notification from your tracker's memory. Note: This delete action has no effect on the storage of notifications in your smartphone.

More on deleting Notifications
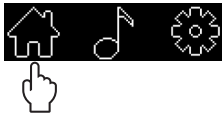
Viewed Notifications will be deleted from memory if you swipe left at the last screen of text.

Tip: If you want to keep a **Notification** *stored in your tracker's memory, allow your tracker to* **Auto-Timeout** *instead of* **swiping left** *at the last screen of text.*

Return Home

On the second **App Menu** screen, **Touch** the home icon to return to the **Clock Screen**.

Settings Menu

The **Settings Menu** contains **Battery Level** and troubleshooting features.

How to enter Settings Menu

1. Enter the **Apps Menu** (see page x).
2. **Swipe Left** to the **Apps Menu** first screen to the second screen

Swipe Left

3. **Touch** the gear icon to enter the **Settings Menu**.

Settings Menu flow

Go Back	Back ⬅
Battery Level	▮▯ **87**%
Info Menu	ⓘ Info
Flip Screen	Flip Screen?
Restart Device	Restart?
Factory Reset	Factory Reset?
Go Back	Back ⬅
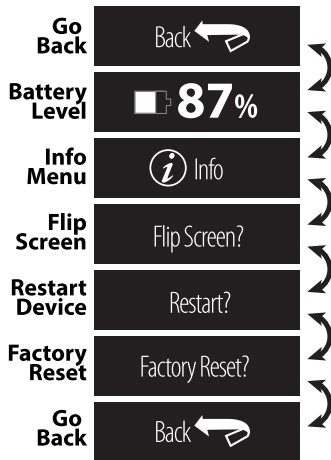
Settings Menu (continued)

How to exit Settings menu

1. **Swipe Left** or **Swipe Right** to either end of the **Settings Menu flow** to the **'back' screen**.

2. **Touch** the **'back' screen** to return to the **Apps Menu**.

Battery Level

Battery Level is the first screen of the **Settings Menu**.

Tip: For best results, be sure to charge your *3Plus Swipe C* when the battery level is below 20%.

Info Menu

The **Info Menu** displays technical information about your tracker that a customer service agent can use to diagnose issues.

How to enter the Info Menu

1. Enter the **Settings Menu** (see page x).
2. **Swipe Left** to the **Info Screen**.
3. **Touch** the **Info Screen** to enter the **Info Menu**.

How to exit the Info Menu

1. **Swipe Left** or **Swipe Right** to either end of the **Info Menu** to the **'back' screen**.

2. **Touch** the **'back' screen** to return to the **Settings Menu**.

Info Menu flow

	Back
Link code	BT:040A
Software version	BT:040A
Device status	G:0 T:0 C:1
Hardware version	HW: 2:31
Device ID# part 1	ID1: 1234
Device ID# part 2	ID2: 5678
Device ID# part 3	ID3: 90AB
Device ID# part 4	ID4: CDEF
Device ID# part 5	ID5: 1234
	Back
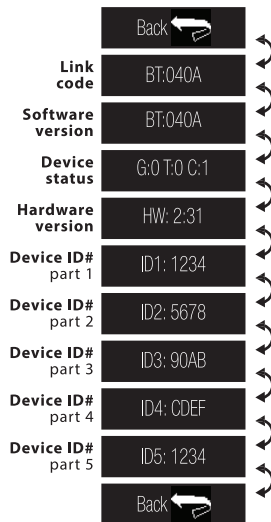
Flip Screen

The **Flip Screen** feature vertically flips the screen's pixel display. This feature allows you choose what tracker orientation suits you best on either wrist.

How to Flip Screen

1. Enter the **Settings Menu** (see page x).
2. **Swipe Left** to **Flip Screen**.

Flip Screen?

3. **Touch Flip Screen** to enter the **confirmation screen**.

Flip?

4. **Touch** the check-mark button to confirm **Flip Screen**, **Touch** the 'x' button to cancel.

Restart

Restart is a troubleshooting feature that resolves memory issues, much like the restart button on a desktop computer. No data is deleted when **restarting** your tracker.

How to Restart your tracker

1. Enter the **Settings Menu** (see page x).
2. **Swipe Left** to the **Restart screen**.

Restart?

3. **Touch** the **Restart screen** to enter the **confirmation screen**.

Restart?

4. **Touch** the check-mark button to confirm **Restart**, **Touch** the 'x' button to cancel.

Factory Reset

The **Factory Reset** feature returns your tracker to its initial **pre-setup state**, unlinking your tracker from your smartphone, and erasing all data including activity and stored **Notifications**.

How to Factory Reset your tracker

1. Enter the **Settings Menu** (see page x).
2. **Swipe Left** to the **Factory Reset screen**.

Factory Reset?

3. **Touch** the **Factory Reset screen** to enter the **confirmation screen**.
4. **Touch** the check-mark button to confirm **Factory Reset**, **Touch** the 'x' button to cancel.

Reset?

Tip:

Factory Reset is useful if giving your *3Plus Swipe C* to a new owner.

Vibrating Alarms

Set up to 10 vibrating alarms that display a customized message on your tracker.

🔔 Rise and shine!

- Alarms vibrate for 15 seconds and then snooze automatically.

- Alarms repeat 45 seconds after snoozing and repeat a maximum of 6 times.

- Alarms can be set for specific days of the week.

How to add new alarms

1. Open *3Plus Activity Tracker app* on your smartphone or tablet.
2. On the app's **Home screen**, touch the **Device tile** to enter the **Device Info screen**. (*The* **Device tile** *features an image of the 3Plus Swipe C tracker.)*

3. On the **Device Info screen**, scroll down down the list of options and touch '**Vibrating Alarm**'.
2. On the **Vibrating Alarm screen,** press the '+' to add a new alarm.
3. Set the time and day(s) of your new alarm.
4. To *customize an alarm's message*, touch the 'name' or 'label' of the alarm on the **Vibrating Alarm screen** to edit the text (15 characters max).
5. Press 'Save' to save your new alarm.
6. Create more alarms if you wish (10 alarms max).
7. Press the sync button (represented by a **floppy disk icon**) to sync the alarm(s) from your *3Plus Activity Tracker* app to your *3Plus Swipe C* tracker.
8. A bell icon will appear on the Clock screen of your tracker once alarms have synced.

12:27p 5/7

Vibrating Alarms (continued)

How to snooze an alarm

1. The alarm must be going off.
2. **Swipe-Left** to snooze the alarm.

Swipe Left 🔔 Rise and shine!

3. The alarm will repeat after 45 seconds.

How to turn off an alarm

1. The alarm must be going off.
2. **Swipe-Left** to snooze the alarm.
3. Touch the button on the screen to turn off the alarm.

Tracker Care

It's a good idea to keep your wristband and tracker module clean to help prevent skin irritation -- especially after working out because sweat and grime can build up.

Tips:

- Separately clean the tracker module and the wristband.

- For the wristband: rinse it with water or wipe it down with a small amount of rubbing alcohol or a gentle soap-free cleanser. For thorough cleaning, you can use a gentle toothbrush.

- For the tracker module: do not run water directly over the tracker module. Wipe it with a soft cloth and a small amount of rubbing alcohol, or a gentle soap-free cleanser.

Tracker Care (continued)

More Tips:

- Do not use detergents, cleansers containing soap, or other abrasive cleansers or chemicals. Residue can build up and irritate the skin.

- Make sure both the wristband and tracker module are completely dry before wearing.

Customer Support

Customer support is ready to help.

- Web support: www.3plususa.com/support

- Email support: service@3plususa.com

Troubleshooting

CHARGING: My tracker is not charging, or charges very slowly.

Try cleaning the contacts on the tracker and on the charging cradle with a cotton swab and a small amount of rubbing alcohol.

WEARING: I am having trouble closing the wristband clasp.

Add a few drops of water to the holes of the wristband to make closing the clasp easier.

BATTERY LIFE: How can I extend my tracker's battery life?

The more your tracker receives alerts, vibrates, or lights up, the shorter the battery life will be. You can extend the battery life by limiting the use of features such as: **Vibrating Alarms**, **Text/Call/App Notifications**, and **Music**.

WAKING UP YOUR TRACKER: My tracker is having trouble waking up my tracker with a Double-tap.

Double-Tap the plastic chassis of the tracker instead of the screen to wake it up.

UNDER-COUNTING: My tracker seems to be under-counting my steps.

We strive to count steps as accurately as possible, and that's why we've written our algorithms to filter out various non-activity tasks like driving and typing. Some of our competitors don't filter out these actions and thus tend to over-count steps.

Troubleshooting (continued)

LINKING TO PHONE: I am having trouble linking my tracker to my smartphone or tablet.

Make sure to have a strong wifi connection, and make sure to be away from other active- Bluetooth devices.

UNLINKING: My tracker constantly unlinks from my phone.

Your phone's Bluetooth may be malfunctioning. Turn your phone on and off to reset Bluetooth.

Just can't figure it out or have a product or feature suggestion?

 Email us at **service@3plususa.com**

Supported Devices

iOS (Requires iOS 7.1 or newer)

- iPhone 4S (iOS 7+)
- iPhone 5
- iPhone 5S / 5C
- iPhone 6
- iPhone 6 Plus
- iPad 3rd & 4th Gen

- iPad 4+
- iPad Air
- iPad Mini
- iPad Mini Retina
- iPod 5th Gen

Android (Requires Android 4.3 or newer)

- Galaxy S3 (Android 4.3+)
- Galaxy S4 (Android 4.3+)
- Galaxy S5 (Android 4.3+)
- Moto X (Android 4.3+)
- Moto G (Android 4.3+)
- Nexus 4 (Android 4.3+)

- Nexus 5 (Android 4.3+)
- HTC One M7 (Android 4.3+)
- HTC One M8 (Android 4.3+)