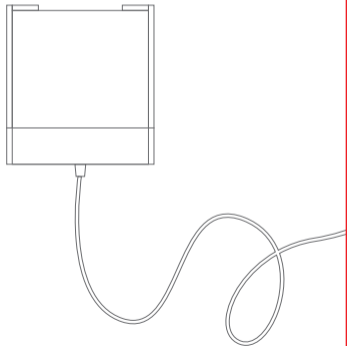


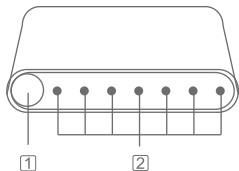
# INSTRUCTION MANUAL

LS401-E  
Digital pedometer  
[www.lifesense.com](http://www.lifesense.com)

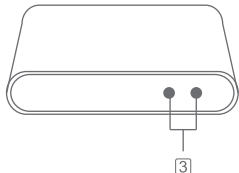


## Product structure

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**1** Button



**2** Indicator light

**3** Charging dot

## Before using

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1 Install the bridge. Please refer to the bridge instruction manual.  
(If already install the bridge, skip the steps.)

2 Register the account and add the members.  
(If already have the account please skip the steps.)

1) Please enter into [www.lifesense.com](http://www.lifesense.com), make the free account.

<input type="text" value="帐号/卡号/邮箱"/>	<input type="text" value="密码"/>	<input type="button" value="登录"/>
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[忘记密码](#)

[还没有乐心健康中心的账号？免费注册](#)

## 2) Register the family account.

1. Registered family account    2. Add a family member    3. Selection program

After registering a family account, you can add family members. So you can manage the data of your family systematically, and pay close attention to their status of health.

(You need to fill each item below)

\* Account:  ⊗ Enter 6-20 characters

\* Email:

\* Family nickname:

\* Password:

\* Confirm password:

\* Hour mode:  12 hour  24 hour

## 3) RAdd a family member.

1. Registered family account    2. Add a family member    3. Selection program

add family members, Started planning for you and your family's health life journey

\* Name:  • you can enter 2-20 characters

\* Gender:  male  female

\* Birthday:

\* Weight:  kg

#### 4) Select program.

1. Registered family account    2. Add a family member    3. Selection program

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**Lifesense energy planning** (Suitable for white collar and businessmen groups)

Choose programs to set up	date	Choose programs to set up	date
<input checked="" type="checkbox"/> Weight(0)	-	<input checked="" type="checkbox"/> Waistline(0)	-
<input checked="" type="checkbox"/> Fat Rate(0)	-	<input checked="" type="checkbox"/> Steps(0)	-
<input checked="" type="checkbox"/> Blood pressure(0)	-	<input checked="" type="checkbox"/> Heartbeat(0)	-
more ▾			

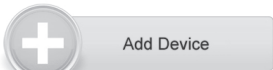
#### 3 Add the device.

##### 1) Click the device and add the device.

beta    Welcome back, Tina's family [

Lifesense Health Center    Device | Account Profile | Message

Click here to add devices ✕



Sweetie house

Family members

terry

Family Management

please click add device and operate as instruction if you already have products of Lifesense.

## 2) Input the serial No.

The screenshot shows the 'Devices Management' interface. On the left, there is a sidebar with a family icon labeled 'Sweet house' and a user icon labeled 'Family members' with the name 'terry'. Below the sidebar is a 'Member Management' button. The main area features a progress bar with three steps: '1.Registration device', '2.Add user', and '3.Activation device'. The '2.Add user' step is highlighted. Below the progress bar, the text reads: 'Please input your Serial Number which you can find on the base label :'. This is followed by four input fields containing the numbers '0176', '9987', '0000', and '0403', separated by hyphens. Below the input fields, the text reads: 'Please check matched device:'. Underneath, there is an image of a 'Weight and fat measurement instrument(LS203)'. At the bottom center, there is a 'Next' button.

## 3) Add the user.

The screenshot shows the 'Devices Management' interface. On the left, there is a sidebar with a family icon labeled 'Sweet house' and a user icon labeled 'Family members' with the name 'terry'. Below the sidebar is a 'Member Management' button. The main area features a progress bar with three steps: '1.Registration device', '2.Add user', and '3.Activation device'. The '2.Add user' step is highlighted. Below the progress bar, there is a large empty rectangular box. To the left of this box, there is a small user icon labeled 'terry' and a 'Member Management' button.

#### 4) Activate the device.

Devices Management

Sweety house


Family members

Jerry

Yaker Saugman

1.Registration device 2.Add user 3.Activation device

Activate as below



1.The bridge is working properly with green lights

2.Effective match range is 2 meters

3.Long press to activate

4.Successful activated

⚙️ Wait for activation

稍后激活

#### 5) wait for activation.

Devices Management

Sweety house

Family members

Jerry

Yaker Saugman

1.Registration device 2.Add user 3.Activation device

Activate as below



1.The bridge is working properly with green lights

2.Effective match range is 2 meters

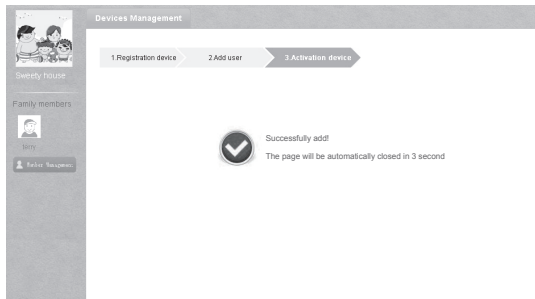
3.Long press to activate

4.Successful activated

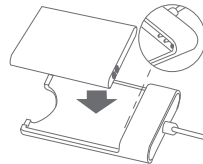
⚙️ Wait for activation

稍后激活

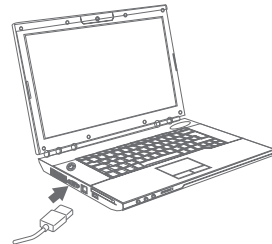
## 5) Successfully add.



## 4 Battery charging.



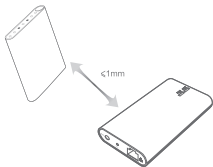
1) Put the pedometer into the charging plate.



2) Charging with the usb cable linked to the pc. It finishes in around 1.5 hours, and shows all the indicator lights.

## 5 Product's activation.

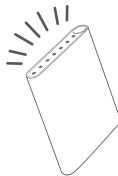
1) Device should be less than 1 meter away from the bridge.



2) Long press the button for 5 sec.



3) Successfully activated after it shows you 6 green indicator lights.

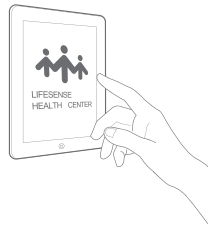


## Usage

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1 Measurement and data sending.

1) Log in health care center and set a week target.

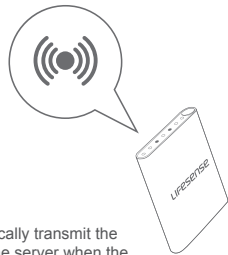




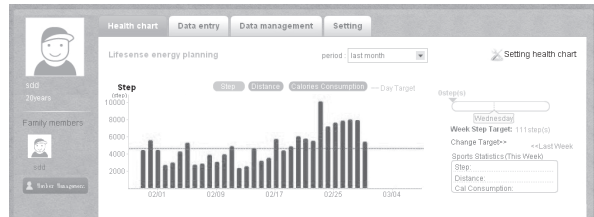
2 Measure your step wherever you want.



3 Automatically transmit the data to the server when the pedometer is close enough to the bridge.



4 Go to [www.lifesense.com](http://www.lifesense.com) to check how many step you finished.



Attention: if you change an user, please long press activation button.

## 5 Target and battery margin check.

### 1) Daily target check

Press the button, how many lights you see means how fulfill how many day's task.



(all green lights show, it means you finish the daily task.)

### 2) Weekly target check

Press the button after you see the green lights, then you will see orange lights, how many of them you see means how many week task you finish.



4 orange lights are on and the fifth is flickering, it means you finish 4/7 for the weekly task.

### 3) Power Inquires

Press the button when it shows the orange indication light. How many red lights you see means how much power the blood pressure monitor has.




it shows 3 red light, that means, you have 3/7 battery left.

## Cautions

- In order to avoid others being hurt by the product and extend its lifetime, please obey the following cautions.

## Symbol Meaning

	General Indication
	Forbidden
	don't disassemble

## About recharging

●	After recharging 2-3 times, the performance can be perfect
	Battery duration: 13 days
	During charging, it's normal if the product is a little fever
	Charging within 0-40 celsius degree
	All green lights shows if it finishes charging
⊘	The recharger is only for LS401-E pedometre
	Don't store the recharger in a hot or wet place
⊘	Don't disassemble the product yourself

## About usage

●	Please take the pedometer as mentioned
	Don't use the pedometer where it is in strong radiation which would influence the accuracy
	Data can be saved for 30 days before transmitted
⊘	Please don't disassemble the product if you are not professional

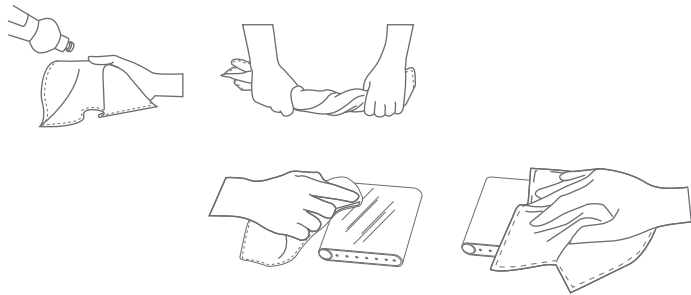
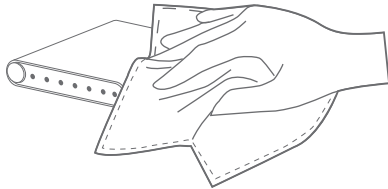
## Product maintenance

●	Put the product where it is dry and cool
	Put the product on a level table when you don't use it
⊘	Don't disassemble the product after you abandon it, and obey city's rule of environment

## Clean

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1 Use tissue to clean the dirt on the pedometer.



2 Dry the pedometer after clean it with soaped wiping.



## Cautions

Phenomenon	Reason	Methods
No indicator light	Low battery	Recharging
Fail activation	interference	Keep closer to the bridge
	No account	Log on <a href="http://www.lifesense.com">www.lifesense.com</a> for setting
	Activate too many products at the same time	Do it one by one
	Weak signal to the server	Check network status

Fail data uploading	Out of transmitting range	Move the products towards to the bridge. Data can be transmitted in 30m without barrier.
	Increasing steps are less than 100	Make it more than 100
	Network error	Check network status
Fail display on weekly target and led	Sync the pedometer with the server	Check connection between the bridge and pedometer
	Manually input the data	Log on the health care system
Product can not be recharged	Error of usb plug	Change usb plug
	Wrongly put the pedometer into the charger base	Re- put it as instruction

## Product Specification

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Items	Content
Product Name	Pedometer LS401-E
Voltage	45mAh Lipolymer battery
Recharging	DC 5.0V, standard usb plug
Display	7 led lights
Steps	0-99999 steps, division 1 step
Calories	0- 9999.9k calories, division 0.1k calories
Battery grade	1-7 grade, division: 1 grade
Battery releasing	≥500 times

Battery life	13 days once recharging
Data capacity	Data of 30 days
Transmitting range	30 meters (in open place)
Dimension	60x44.7x11.3mm
Working Condition	Temperature: 0~40 ℃ ; Humidity: ≤90% RH
Storage and Transportation Condition	Temperature: -20-60 ℃ ; Humidity: ≤90% RH

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.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.