



connected fitness monitor

# User Guide

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## Introduction

Welcome!

The NewYu Connected Fitness Monitor and Service is designed to be the most accurate and easy-to-use system for monitoring activities and managing wellness goals all day long. Whether working with a trainer, partnering with a friend, or doing it on your own, with NewYu -- Every Move Counts!

This Guide is available to help you as you begin your NewYu journey. Whether you have purchased a NewYu Connected Fitness Monitor or are simply taking advantage of the free online NewYu account where you can log your food and activities, we welcome you!

The Wellcore Team

## Consult a Physician

Always consult a physician before beginning any diet or fitness program. NewYu is not a medical device. Exercise is not without its risks, and running, jogging or any other fitness program may result in injury. If at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

## What is NewYu?

NewYu is a wearable, connected fitness monitor that tracks all activities users engage in throughout the day.

Utilizing one-of-a-kind technology, NewYu recognizes more than just steps and can automatically recognize and, thus accurately calculate calories burned during popular fitness activities such as running, walking, biking, step machine and elliptical. In addition, NewYu also tracks everyday tasks such as cooking, gardening, housework and shopping. The result – every move counts, for a more accurate picture of your overall wellness on any given day and over time.

## How does NewYu work?

Wear your NewYu monitor and it tracks your daily movements then syncs your data with your online dashboard for tracking progress towards nutrition and fitness goals. Showing progress for the current day, week, or last 30 to 90 days, the dashboard allows you to view easy-to-understand charts detailing the breakdown of activities, number of steps and calories burned vs. consumed, even movements during rest. Once personal goals are set online, NewYu shows real-time progress right on the monitor via LED light bars that light up as you make daily progress toward the main goal selected on your dashboard.

## NewYu Setup

### Installing the NewYu software on your computer

Before using your NewYu monitor, download and install the NewYu application for PC or Macintosh. This allows you to sync data from your NewYu monitor to the online dashboard where you can view and track your activities and calorie consumption, and log your calories consumed.

The PC and Macintosh applications, and detailed installation instructions, are located on the [Getting Started](#) page.

**NOTE:** You do not need a NewYu monitor to use the free online dashboard. Without a monitor, you can still set goals and log activities and meals. Installation of the PC or Macintosh application is not needed without a monitor.

### Using the NewYu computer application

The PC or Macintosh application allows your monitor to send your data (sync) to your online dashboard.

Additionally, it offers a few features to help insure you get the most from your NewYu monitor. Functionality is the same with PC and Macintosh computers, though accessing the features differs slightly.

**NOTE:** The NewYu application must be running in order to sync data with the online dashboard. No action is required on your part after installation. For advanced users, if the application is not loaded during computer start-up, it must be manually started before connecting the monitor.

### NewYu icon



After installation, a NewYu icon is available on the taskbar (Windows) or menu bar (Macintosh). Right clicking the icon reveals the following features.

- **Battery Level** – When the monitor is connected to the computer, the current battery level is reported as a percentage after your username.
- **Dashboard** – Easy access to bring up the online dashboard in your default browser.
- **About** – Reveals the current version number of the application running on your computer.
- **Quit** – Stops the NewYu application. Data sync cannot occur if the application is stopped.

## NewYu program in the Start Menu - Windows

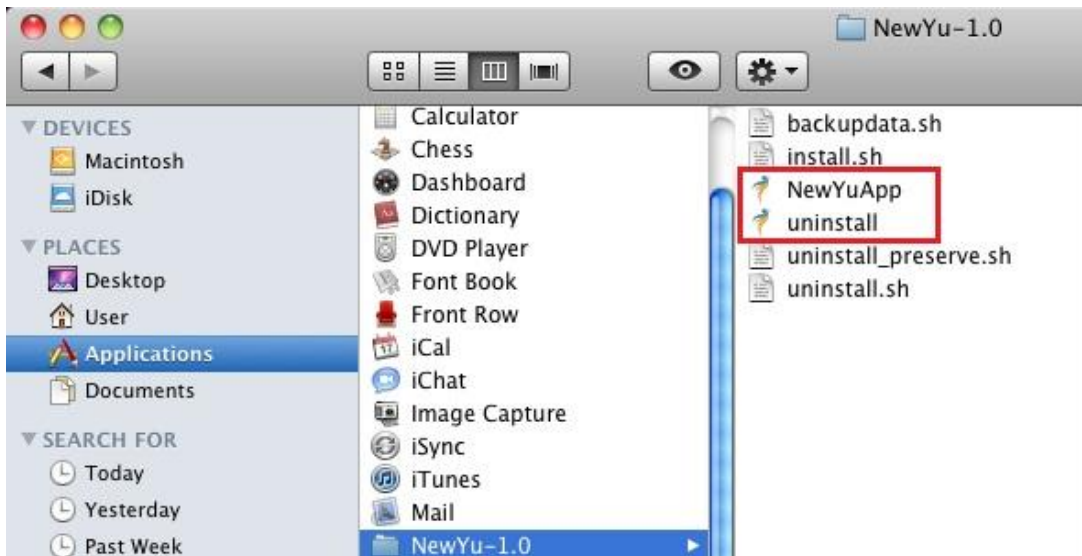
In the NewYu folder under Star Menu > Programs, there are two entries.



- NewYu – Allows starting the program. The program does not need to be manually started under normal circumstances.
- Uninstall NewYu – Allows removing the NewYu program from your computer.

## NewYu program in the Applications folder - Macintosh

On Macintosh computers, the NewYu program is found in the Applications folder (or other folder if not installed in the default location).



- NewYuApp – Allows starting the program. The program does not need to be manually started under normal circumstances.
- uninstall – Allows removing the NewYu program from your computer.

## NewYu message windows

When the NewYu monitor is connected to the computer with the USB adapter, informative message windows display for 10 seconds.

- **Monitor Connected** – Confirms the monitor has been successfully connected to the computer and data sync has begun. The monitor should not be disconnected until data sync is complete.
- **Data Sync Done** – All data has been transferred from the monitor to the online dashboard (if an internet connection is available).
- **Monitor Disconnected** – Confirms the monitor has been disconnected from the computer. The current battery charge level is also displayed.
- **Software Update Is In Progress** – A new software update is being installed in the monitor. **DO NOT DISCONNECT** the monitor until the update is complete.
- **Software Update Successful** – The update has been successfully installed. It is safe to disconnect the monitor.

**NOTE: Software Update** messages do not go away automatically. You should “close” these windows when you are ready.

## Using Your NewYu Fitness Monitor

### General guidelines

The Status Lights on your monitor track your daily progress for the activity selected in your profile (click Edit Profile on your dashboard). By default, Steps are tracked. You can also track Distance or Calories Burned.

Charge your monitor every two or three days to insure it does not run out of battery power. If your monitor runs out power it shuts off automatically. Your data is not lost. You can charge via your computer and the included USB adapter, or via an AC to USB adapter you purchase elsewhere.

If your monitor runs out of power and shuts down, you must turn it on after it is connected to your computer with the USB adapter by pressing the power button briefly.

Sync your monitor at least every 10 days. If your monitor is not synced often enough, you may lose activity data.

### Wearing your NewYu fitness monitor

Just clip & go! You decide where NewYu is most comfortably worn:

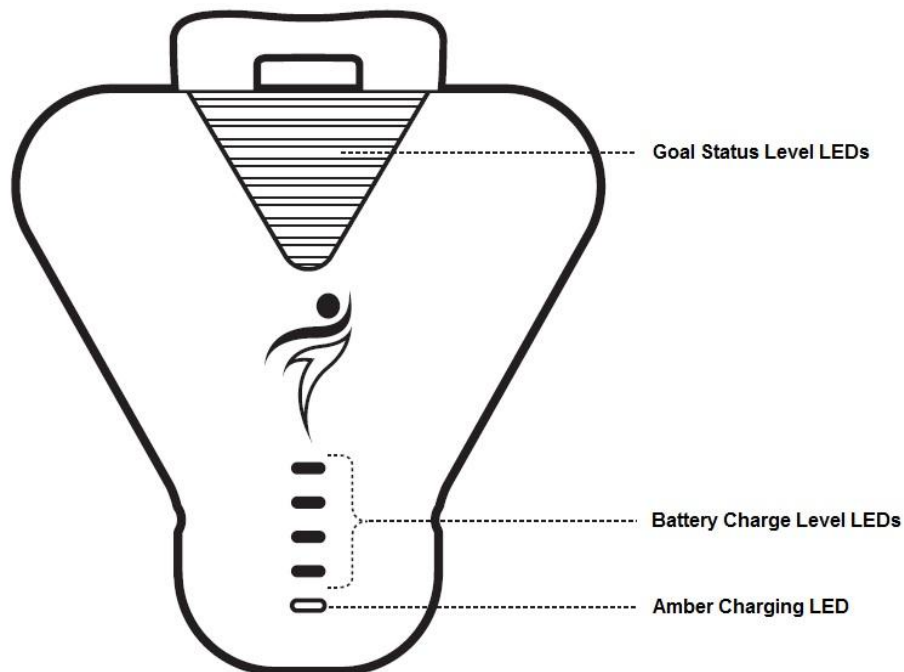
Simply clip to the torso area, from the hips to the shoulders.

- For best results, clip the monitor on your waistband.
- Clip it to your shirt or undergarment (sleeve, collar, bra).
- Clip it to an armband.

**Note:** The monitor should not be worn on other parts of the body such as the wrist or on a necklace. These locations allow the monitor to swing freely and thus do not allow for accurate activity detection.

## NewYu monitor indicator lights

Your NewYu monitor includes two sets of indicator lights, for showing your daily goal progress, and your monitor's charge level.



## Turning your monitor on

The monitor is turned on by firmly pressing the power button on the back of the monitor briefly. The Battery Charge Level LEDs will light up twice, cascading from bottom to top and back down, to confirm it is turned on.



## Checking your goal and battery status

To conserve battery power, the indicator lights only display when you want them to. There are two ways to display the indicator lights (LEDs).

- Press the power button on the back of the monitor briefly.
- Tap the middle of the front of the monitor.
  - Hold the monitor at a slight angle in the palm of your hand.
  - Tap the center of the monitor 4 times within one to two seconds (quickly!).

The monitor indicator lights display for 5 seconds.

**NOTE:** Tapping the monitor also initiates Bluetooth data syncing if you have set up the NewYu Android application and it is running. See **Syncing your activity data** section for more information.

The Goal Status LEDs show the percentage of progress toward your defined goal for the day. Your goal progress and the LEDs reset at midnight each day. (see Setting Goal section for more details)

The Battery Charge Level LEDs indicate your monitor's current battery charge level.

Goal Status LEDs Number of Bars	
Six	Over 100%
Five	100%
Four	80%
Three	60%
Two	40%
One	20%

Battery Charge Level Number of LEDs	
All 5	Over 90%
Bottom 4	65 to 90%
Bottom 3	35 to 65%
Bottom 2	10 to 35%
Bottom (amber)	Under 10%

**NOTE:** The monitor automatically shuts off when the battery charge is nearly exhausted. No LEDs will display when the monitor is tapped. The monitor will turn back on if the power button is pressed, but will shut off again within one minute.

## Syncing your activity data

There are two ways to sync activity data with the online dashboard.

- Connect your monitor to your computer with the included USB adapter.
  - Once connected, a message window displays on your computer telling you the monitor is connected and syncing is in progress.
  - Once the data sync is complete, another message window displays confirming that syncing is done.
  - Your activity data is now available for viewing on your dashboard.
- Sync via Bluetooth to your Android device.
  - Be sure your Android application has been properly set up for use with your NewYu monitor.
  - Open the NewYu application on your mobile device.
  - Check your goal and battery status on the monitor.
    - Press the power button briefly or tap the monitor four times.
      - See **Checking your goal and battery status** on page 9.
  - After displaying goal and battery status, the monitor enters Bluetooth sync mode.
    - The first Goal Status LED blinks during Bluetooth sync.
    - The NewYu Android application provides messages when the sync process has started and completed.
  - Your activity data is now available for viewing on both your mobile dashboard and the standard full size dashboard.

**NOTE:** If an internet or mobile connection is not available when syncing, activity data is downloaded to the computer or device and erased from the monitor. The NewYu application will attempt to sync data with the dashboard periodically as long as the application is running.

If you later sync using a different means (Bluetooth sync after PC sync, etc.), you will see a gap in activity reporting on the dashboard until the previously synced data is also sent.

## Charging your NewYu monitor

Depending on the number of times you check the LEDs and/or sync via Bluetooth, your monitor battery will last up to 3 days before needing a charge. If you check battery status and it shows only 1 amber LED lit, you need to charge your monitor right away. If your monitor runs out of power, it will not record activity data.

To charge your monitor, connect it to your computer with the USB adapter. While connected, the Battery Charge Level LEDs will indicate the charge level. The bottom (amber) charge LED always remains lit when charging. The top 4 charge LEDs blink every 10 seconds indicating the current charge level.

Battery Charge Level Number of LEDs	
All 5	Over 90%
Bottom 4	65 to 90%
Bottom 3	35 to 65%
Bottom 2	10 to 35%
Bottom (amber)	Under 10%

**NOTE:** If your monitor has completely lost its battery charge, it must be turned on after connecting to your computer. Press the power button briefly to turn it on. The monitor will charge whether it is turned on or off.

**NOTE:** The bottom (amber) charge LED lights up whether or not the monitor is turned on. To confirm it is turned on, check for one or more other charge LEDs blinking every 10 seconds.

The monitor charge level can be checked in four different ways.

- Battery Charge Level LEDs blink every 10 seconds when the monitor is connected to a computer.
- Right click on the NewYu icon when the monitor is connected to a computer.
- Check the battery icon on the dashboard (above “Today at a Glance”). This data is accurate as of the last sync time.
- Disconnect the monitor from the computer. A message window indicates the current charge level.

## Turning your monitor off

You may wish to turn the monitor off occasionally,

- You won't be using it for an extended period of time.
- You are travelling on an airplane.

To turn the monitor off, press and hold the power button for at least 15 seconds.

## **NewYu Online Dashboard**

When you create an account at <http://www.newyu.com/login/>, you have access to your personal online dashboard. Creating an account is free, and you do not need to own a NewYu device.

**NOTE:** Cookies must be enabled in your browser to access the NewYu dashboard. Only one person can be logged in on the same computer in the same browser at any given time. For two people to access their dashboards on the same computer at the same time, consider using different browsers (i.e. Internet Explorer and Firefox).

The dashboard consists of summary information on the left side of the browser window, and detailed information contained in different tabs within the main window.

The NewYu Help Center is available from the Support link in the top right corner of the page. You must be logged in to your NewYu dashboard in order to access the Help Center. The Help Center contains answers to common questions and a page where you can request assistance from the NewYu Customer Care Team.

## Profile Information

Before using your NewYu monitor and dashboard, it is recommended that you review your profile information and set your personal goals.

To access your profile information click **Edit Profile** on the left side of the screen, or **My Profile** in the top right corner.

YOUR PROFILE IS PRIVATE AND ONLY VISIBLE TO PEOPLE YOU SPECIFICALLY INVITE TO SEE IT

PROFILE PICTURE



FIRST NAME

LAST NAME

SCREEN NAME

HEIGHT\*  FEET  INCHES

CURRENT WEIGHT\*

BIRTH YEAR\*

GENDER\*  MALE  FEMALE

TIME ZONE\*

UPDATES  Please notify me of product updates and new features.

EMAIL ADDRESS\*  [EDIT](#)

CHANGE PASSWORD [CHANGE](#)

On the **My Profile** side of the page you provide information about yourself. This personal information was provided when you first created your NewYu account, but you can verify and edit or add information as desired. This is also where you can upload an image that will display as your “profile picture” as well as specify the “screen name” that you want displayed if you do not want to use the default name that was assigned to your account.

**NOTE:** In order to ensure NewYu is correctly calculating your data you need to ensure your physical information (height, weight, birth year, gender) is accurate. NewYu uses this information to calculate your stride (to compute distance traveled) and calorie burn rate.

You can also change your NewYu login email address and password from the profile page.

## GOAL SETTING

GOAL ENABLED?  
[What's this?](#)

STEPS	<input type="text" value="10000"/>	STEPS	PER DAY	<input checked="" type="checkbox"/>
CALORIES BURNED	<input type="text" value="2100"/>	CALORIES	PER DAY	<input checked="" type="checkbox"/>
CALORIES CONSUMED	<input type="text" value="2000"/>	CALORIES	PER DAY	<input checked="" type="checkbox"/>
TARGET WEIGHT	<input type="text" value="175"/>	LBS		<input type="checkbox"/>



SELECT GOAL TO TRACK VIA LEDS ON YOUR MONITOR: [What's this?](#)

MANAGED FITNESS ACCOUNT HOLDER  [What's this?](#)

On the **Goal Settings** side of the page you can choose and adjust the personal goals you wish to achieve. Daily or weekly goals can be specified. Selected goals and your progress toward them are displayed in the “Today at a Glance” section on your dashboard.

You also choose the goal you wish to track on your monitor’s **Goal Status Level LEDs**. If you change the selected goal, or the goal value associated with it, you must sync your device in order for the monitor to reflect the change.

Checking **Managed Fitness Account Holder** allows you to invite other users to join a Group you create, and you can then view their dashboard and goal information. This functionality is intended for fitness professionals, though anyone can use it (as long as people accept your invitations). See the Managed Fitness section for more information.

Be sure to **Save** your changes before leaving the Profile page.

## Dashboard Summary Information

Summary information is presented on the left side of the NewYu dashboard page.



If you chose to upload a profile image it displays at the top of the summary information.

Below the image are your Screen Name and vital statistics followed by an Edit Profile link.

The next section shows your monitor's battery level as of the last sync and information on when the monitor was last synced.

The “Today at a Glance” section shows your progress toward the goals you selected in your profile.

- You can choose to view progress for Today or for the Week.
  - Weekly view of goal progress includes today and the last six days.
- The Weight goal displays the same data whether viewing Today or Week.
  - You must manually update weight data on the Profile page. The original weight value you specified when creating your account is remembered by the system, so once you update your weight progress is compared against the original weight.

You can “Share My Progress” via Twitter.

- Several standard messages are available
  - I've reached my goal, pat me on the back!
    - Yes! I reached my weekly fitness goal of 70000 steps with time to spare. What should I do for an encore? <http://newyu.com> #thxnewyu
  - I'm close to reaching my goal, please help encourage me.
    - Help me get to my goal - I'm getting closer. Still need to take 45345 steps to reach my weekly fitness goal <http://newyu.com> #newyu #helpme
  - I'm a long way from my goal & I'll never make it without your help.
    - Oh no - I'm way behind my weekly fitness goal. Still need to take 45345 steps. Send me some positive vibes <http://newyu.com> #newyu #helpme.
- You can customize the standard messages.
- You can write your own message.

If you belong to a Managed Fitness Group, the group owner can send you personal messages, which appear in the message area of your dashboard and also are sent to the email address associated with your account.

**NOTE:** The message area does not appear unless you have received a message.



## Dashboard Detail

The main part of the dashboard contains tabs which display information about your NewYu activities, steps taken, calories burned and consumed, rest patterns and the ConnectYu Community. Select the appropriate tab at the top of the page to see specific information.

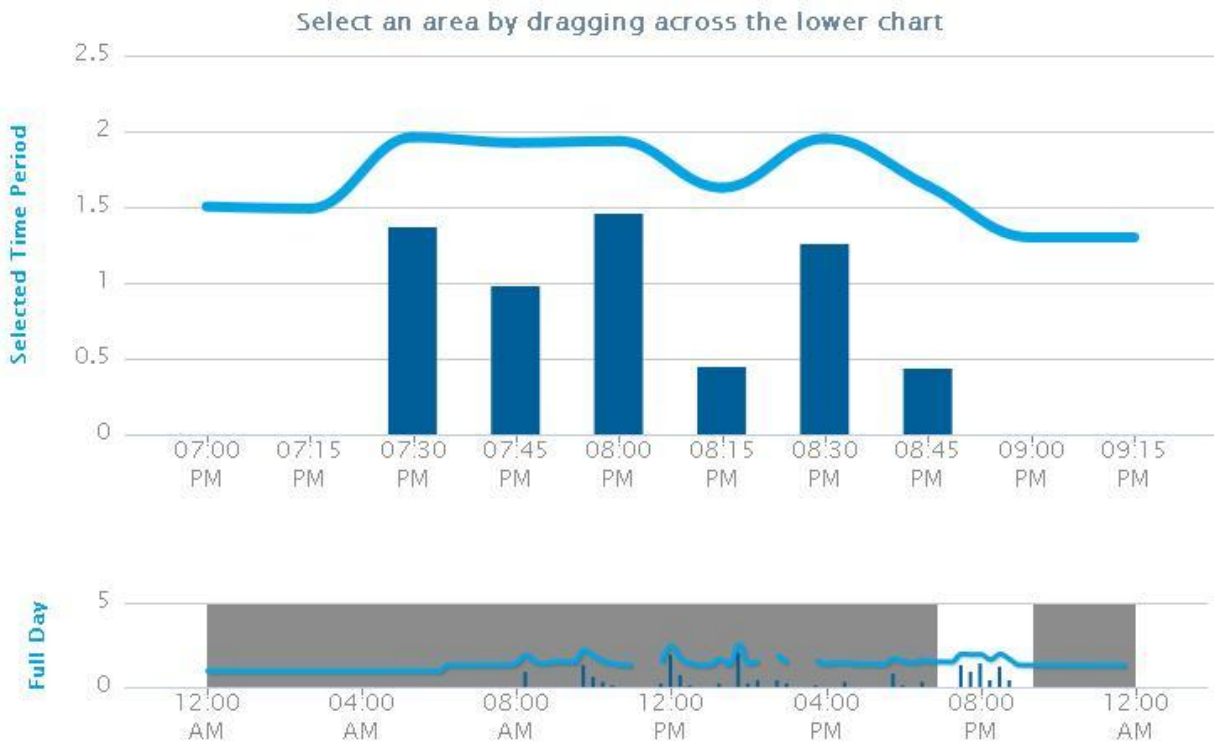
### Activity Tab - View Activity

The Activity Tab displays both a line graph and a pie chart reflecting your total activity recorded for the chosen time frame. Activities can be viewed for 1, 7, 30 or 90 days.



**Activity Breakdown** on the right side of the page provides a pie chart displaying activities and related percentage for the chosen time period. Click on an activity listed below the pie chart to display more details about that activity on the main chart (one and seven day charts only).

To see a timeframe in greater detail, click the magnifying glass that appears when you mouse over the blue activity line on the main chart. The activity bars selected on the main activity chart display on the detailed chart.



Within the detailed chart, drag your mouse over a portion of the time line to see the detail for that time period.

On the main chart, click on the arrows next to the date to view up to seven days of history.



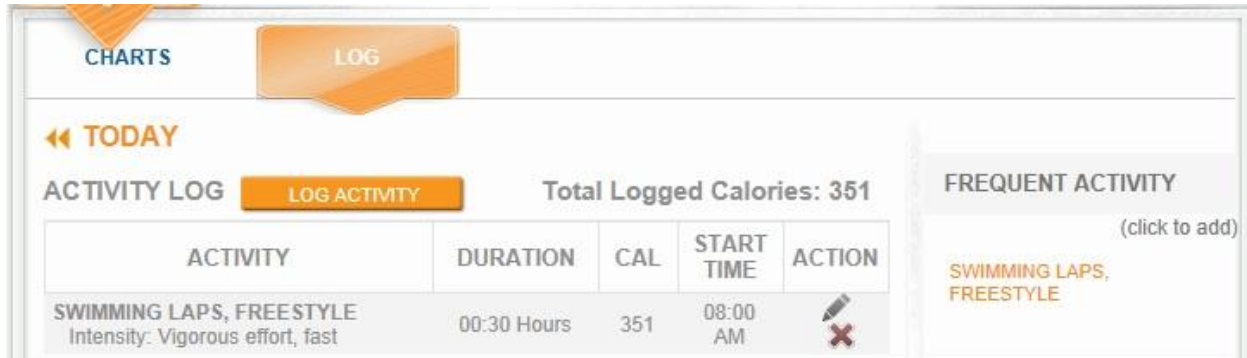
On the seven day chart, click on a specific day to go straight to a view of activities for that date.





## Activity Tab - Log Activity

You can manually log various activities and accept pre-calculated caloric burn totals, or enter your own calories burned. These entries show up on the activity charts as “Custom”. Logged activities override activity data reported by your monitor.

To add an activity, click **log** at the top of the activity graph.

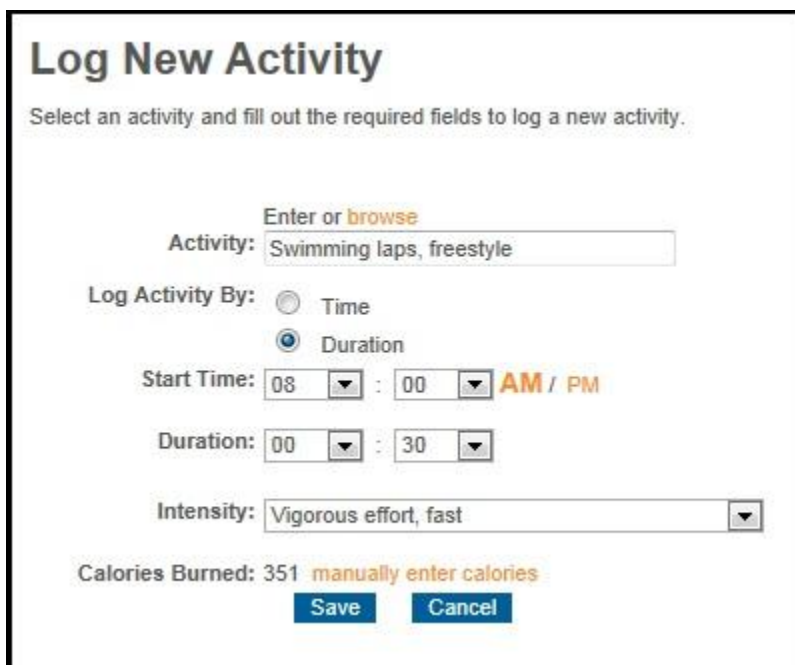


The screenshot shows a web interface for logging activities. At the top, there are two tabs: "CHARTS" and "LOG". Below the tabs, there is a "LOG ACTIVITY" button. The main content area is titled "ACTIVITY LOG" and shows a table with the following data:

ACTIVITY	DURATION	CAL	START TIME	ACTION
SWIMMING LAPS, FREESTYLE Intensity: Vigorous effort, fast	00:30 Hours	351	08:00 AM	 

To the right of the table, there is a "FREQUENT ACTIVITY" section with a "(click to add)" link and the text "SWIMMING LAPS, FREESTYLE".

Click on the **Log Activity** button.



The screenshot shows the "Log New Activity" form. The title is "Log New Activity" and the instruction is "Select an activity and fill out the required fields to log a new activity." The form contains the following fields:

- Activity: Enter or browse (Swimming laps, freestyle)
- Log Activity By:  Time,  Duration
- Start Time: 08 : 00 AM / PM
- Duration: 00 : 30
- Intensity: Vigorous effort, fast
- Calories Burned: 351 manually enter calories

At the bottom of the form, there are "Save" and "Cancel" buttons.

Various options are available for activity logging.

- You can add your own activity, or select from a database of predefined activities by choosing “browse”.
- You can log an activity by Time or Duration.
- You can accept the pre-calculated calorie amount or enter your own.
- Be sure to click “save” to log the information

SWIMMING LAPS, FREESTYLE  
Intensity: Vigorous effort, fast

00:30 Hours 351

08:00  
AM



Once an activity has been added, click on the pencil to edit or “X” to delete the activity.

NewYu remembers your most frequently logged activities for easier repeat entry.

### Steps Tab

The Steps chart displays a bar graph of the total steps recorded for the chose time frame. The step chart can be viewed for 7, 30, or 90 day time periods.



Mouse over a bar (seven day view) or the main chart line (30 or 90 day view) to see the details for a specific date.

## Calories Tab - Burned



The Calories Tab displays both a line graph and pie chart reflecting the total calories burned and consumed (if logged) for the chosen time frame. Calorie information can be viewed for 1, 7, 30 or 90 days.

Calorie Breakdown on the right side of the page shows a pie chart displaying calories burned and related percentage by activity for the chosen time period.

On the main calories chart, click on the arrows next to the date to view up to seven days of history.



## Calories Tab - Consumed

Click on **Consumed** or the **Log Food** button to log food or review food logged for a specific day.

Click on **Enter Food** to add food to the day's log.



**Add Food**

Food Item: Curry, Thai Chicken (Average All Brands)

Meal Type: DINNER

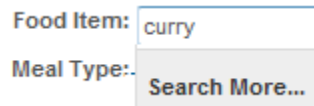
Quantity: 1 cup

Calorie: 340

SAVE CANCEL

Various options are available for food logging.

- You can add your own food, or select from a database of available foods. If you want to view more choices, choose “Search More...”



Food Item: curry

Meal Type: Search More...

- Enter quantity and select desired portion size.
- Accept the pre-calculated calorie amount or enter your own.
- Be sure to click “save” to log the food

FOOD LOG

ENTER FOOD

Total Calories: 1889

TYPE	FOOD	ACTION
DINNER	Potatoes, mashed, home-prepared, whole milk & margarine added 1 cup (7.4 oz) 237 Cal	
DINNER	Broccoli, boiled, drained, no salt added (Average All Brands) 1 serving, 1/2 cup, chopped (2.8 oz) 27 Cal	
DINNER	Grilled, Chicken, Breast 1 piece (4.3 oz) 210 Cal	
LUNCH	Lipton Brisk, Raspberry (Lipton) 1 can (12.0 fl.oz) 130 Cal	
LUNCH	Sandwich, Ham (4 oz), Cheese (4 oz), mayo, 3 oz Bread (Average All Brands) 1 sandwich 801 Cal	
BREAKFAST	Coffee, with Cream & Sugar 1 medium (14.0 fl.oz) 167 Cal	
BREAKFAST	Turkey, Breakfast Links, mild (Average All Brands) 1 serving, 2 links (2.0 oz) 132 Cal	
BREAKFAST	Egg, Fried with Minimal Fat Added (Average All Brands) 2 large (1.6 oz) 185 Cal	

[SEE CALORIE TRENDS](#)

FREQUENT ENTRIES

- EGG, FRIED WITH MINIMAL FAT ADDED (AVERAGE ALL BRANDS)
- TURKEY, BREAKFAST LINKS, MILD (AVERAGE ALL BRANDS)
- COFFEE, WITH CREAM & SUGAR
- SANDWICH, HAM (4 OZ), CHEESE (4 OZ), MAYO, 3 OZ BREAD (AVERAGE ALL BRANDS)
- LIPTON BRISK, RASPBERRY (LIPTON)
- GRILLED, CHICKEN, BREAD
- BROCCOLI, BOILED, DRAINED, NO SALT ADDED (AVERAGE ALL BRANDS)
- POTATOES, MASHED, HOME-PREPARED, WHOLE MILK & MARGARINE ADDED

ADD CHECKED TO

BREAKFAST

ADD

powered by



Once a food has been added, click on the pencil to edit or “X” to delete the food.

NewYu remembers your most frequently logged foods for easier repeat entry.

## Rest Tab

The Rest Tab displays a line chart which reflects activity level during your designated rest period for the chosen time frame. Rest activity can be viewed for 1,7,30 or 90 days.



You can define your regular rest period by clicking on **Update Rest Hours**. This allows your rest activities and calorie burn rate to calculate correctly.

CHART CALCULATED USING REST HOURS 11:00 PM TO 06:00 AM [UPDATE REST HOURS](#)

Movements made during your rest period are reflected on the line graph. Movement below the Motion line is categorized as **Light Motion**. Light Motion represents recognizable levels of motion for a duration of 60 seconds or less during rest hours. Examples of light motion include rolling over or tossing and turning in bed.

Movements above the “Motion” line are categorized as **Moderate Motion**. Moderate Motion during your rest period represents repeated motion that lasts longer than 60 seconds but does not include walking. An example of moderate motion during your rest period might include getting a warm glass of milk or getting another blanket. Regular (non-rest related) activities are still captured correctly during your rest period. If you go for a midnight jog, it still shows up as Running on your activity charts.



## ConnectYu Tab

ConnectYu is the NewYu user community which allows you to browse forums, create or join groups and interact with other members to get encouragement, find workout partners, stay accountable or share tips.

The screenshot displays the ConnectYu user interface. At the top, there are five navigation icons: a woman for 'ACTIVITY', a pair of sneakers for 'STEPS', a scale for 'CALORIES', a bed for 'REST', and a group of people for 'CONNECTYU'. Below these are four main navigation tabs: 'MY CONNECTIONS' (highlighted in orange), 'BROWSE FORUMS', 'BROWSE GROUPS', and 'MANAGED FITNESS'. The 'MY CONNECTIONS' section is active, showing 'MY GROUPS' with a sub-header for 'Private' (3) and 'Public' (3). It features four group cards: 'East Bay Hikers' (about 16 hours ago), 'Fall is fitness time!' (about 23 hours ago), 'Walk more often' (22 days ago), and 'September Bootcamp' (29 days ago). Below the groups is a 'MY DISCUSSIONS' section with a table:

TOPIC	POSTS	LAST POST	FOLLOW
Activity Tab questions	2	13 days ago by Tonya	<input type="checkbox"/>

At the bottom left of the discussions section, it says 'NewYu Samples Discussions'. On the right side, there is a 'QUICK LINKS' section with three links: 'CREATE NEW GROUP', 'INVITE NEW MEMBERS', and 'NEWYU BLOG'.

There are three primary areas available in ConnectYu.

- “My Connections” shows groups you belong to and discussions you are following. It also has a “Quick Links” section that gives you easy access to create a new public group or visit the NewYu blog.
- “Browse Forums” lists public forums on different topics where you can ask or answer questions and communicate with other users.
- “Browse Groups” lists public groups which you can browse or join. Joining a group lets you participate in conversations and challenges.

**NOTE:** If you are a **Managed Fitness Account Holder** there is an additional area called “Managed Fitness” which is actually your default “home page”. See the Managed Fitness section for more information.

## My Connections







**My Groups** lists the groups you have joined. Click on the group for quick access to the group's discussion area.

**My Discussions** lists form topics you have selected to "follow". See the **Browse Forums** section for information on following topics.

## Browse Forums

There are 6 forum categories available for communicating with other users.

### DISCUSSION FORUMS

NAME	
	<b>Welcome to NewYu</b> Discussions for new users or those considering NewYu
	<b>Weight/Food Logging</b> Discussions for users interested in weight loss (or gain) or food logging feature
	<b>Fitness/Activity Logging</b> Discussions for users interested in fitness, exercise or the ability to log activities
	<b>Feature Suggestions</b> Tell NewYu what you like, don't like and what you'd like to see in the future
	<b>Help Each Other</b> Users help each other. For access to official Help Center, click "Support" link at top of screen
	<b>Misc/Other</b> For discussions that do not fall into any of the other categories

[MY CONNECTIONS](#)
[BROWSE FORUMS](#)
[BROWSE GROUPS](#)

**FORUMS > TOPICS FOR "NewYu Samples Discussions"**


[SEARCH](#)
[CREATE A TOPIC](#)

Total: 2

TITLE	POSTS	LAST POST	FOLLOW
How far did you walk today?	2	7 days ago by Tonya	<input checked="" type="checkbox"/>

Within each forum you can create a new forum topic by clicking on the **Create A Topic** button.

The **Follow** button for each topic adds or removes the topic from **My Connections**.

## Browse Groups

Public groups are listed under Browse groups.




ACTIVITY   STEPS   CALORIES   REST   CONNECTYU

MY CONNECTIONS   BROWSE FORUMS   **BROWSE GROUPS**   MANAGED FITNESS

**PUBLIC GROUPS**

  SEARCH   CREATE GROUP

1 OF 2

	NAME	LAST POST	POSTS	MEMBERS	ACTION
	<b>East Bay Hikers</b> Hiking and trekking in San Francisco Bay Area and Beyond <a href="#">see more</a>	about 16 hours ago	5	4	LEAVE
	<b>Recipe for Good Life</b> Eating happy is living happy. <a href="#">see more</a>	29 days ago	1	2	JOIN
	<b>Walk more often</b> Let's try to walk more often throughout the day <a href="#">edit</a>	22 days ago	5	5	N/A

Joining or leaving a public group adds or removes the group from **My Connections**.

Clicking on the group name brings up the discussion area for the group.

**NOTE:** You must join a group before you can post a message in the group.

New groups are created by clicking the **Create Group** button.

## Private Groups

Groups can be **Public** or **Private**. Private groups can only be managed by their creator through **My Groups** in their **My Connections** tab. Likewise, when a user joins a private group, they access the group from their My Connections tab. Private groups are identified by the lock icon.



A private group owner invites others to join their group; the group is not accessible from the Browse Groups tab. Invitations can be sent to individuals who do not have NewYu accounts, but they must create a NewYu account to join the group.

## Managed Fitness

The Managed Fitness section of the NewYu dashboard is only available if **Managed Fitness Account Holder** is checked in your profile.

While primarily intended for fitness professionals, it is also available for anyone who wishes to monitor the progress of a friend or loved one.

**NOTE:** In order to access activity data for another user, the user must accept your invitation to join your Managed Fitness group.

NAME	LAST SYNC	GOAL TYPE	TODAY'S GOAL	PROGRESS
<input type="checkbox"/> MARY ANDERSON	30 MIN AGO	WEIGHT	187	187
<input type="checkbox"/> JIM BROWN	2 HOURS AGO	STEPS	10,000	2,000
<input type="checkbox"/> JAMES WILSON	50 MIN AGO	CALORIES	1,800	1,600
<input type="checkbox"/> MEGAN ZIEGLER	4 HOURS AGO	STEPS	10,000	2,000

- **Create Group** allows creation of a new Managed Fitness group.
- **Invite New Members** allows inviting other users to join a group.
  - Invitations can be sent to individuals who do not have NewYu accounts, but they must create a NewYu account to join the group.
- **Manage Members** allows removing members from a group.
- **Open Invitations** allows managing invitations which have not yet been accepted.
- **Group Posts** brings up the discussion area for the group.
- Managed Fitness Group Owners can click on a member's name to view their dashboard in a new browser window.
- Managed Fitness Group Owners can send a message to any or all members of a group by clicking the checkbox next to the user's name (or clicking Select All), and clicking on **Send Selected Message**.

## **Cleaning your NewYu Monitor**

- Gently clean your NewYu monitor with a soft cloth using mild soap and water.
- Wipe with a dry soft cloth after cleaning.

## **Safety & Other Information**

### **FCC Statement**

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 causes undesired operation.

Non-compliance may result from use of non-recommended cables, unauthorized changes or modifications to the device.

### **NewYu is not a medical device**

Always consult a physician before starting any new diet or exercise program. NewYu is not to be used for diagnostic purposes and is not intended to be a substitute for the medical advice or supervision of your personal physician.

### **General Usage**

- Keep NewYu out of reach of children. The products contain small, removable parts that may become choking hazards.
- NewYu should not be used in airplanes, hospitals, or any location that prohibits cellular telephones or electronic devices.
- Do not bend, drop, crush, puncture, incinerate, or open the NewYu Monitor.
- Take care not to spill any food or liquid into the NewYu Monitor. In the event the NewYu Monitor gets wet, dry it off with a cloth.

### **Battery Operation and Maintenance**

- If your battery no longer holds a charge, put in a plastic bag and dispose in accordance with all applicable federal, state and local regulations.. Do not attempt to replace the battery.

- Lithium polymer batteries may get hot, explode or ignite and cause serious injury if exposed to abuse conditions. Be sure to follow the safety warnings listed below:
  - Do not place the NewYu Monitor in fire or attempt to heat either device.
  - Do not connect the positive terminal and negative terminal of either battery to each other with any metal object (such as wire).
  - Do not pierce the batteries with nails, strike the battery with a hammer, step on the batteries or otherwise subject them to strong impacts or shocks.
  - Do not solder directly onto the batteries.
  - Do not expose batteries to water or salt water, or allow the batteries to get wet.
  - Do not disassemble or modify the NewYu Monitor. The NewYu Monitor contains safety and protection devices, which, if damaged, may cause the batteries to generate heat, explode or ignite.
  
- Do not place the NewYu Monitor in or near fire, on stoves or other high temperature locations. Do not place the NewYu Monitor in direct sunlight, or use or store inside cars in hot weather. Doing so may cause the batteries to generate heat, explode or ignite. Using the batteries in this manner may also result in a loss of performance and a shortened life expectancy.
  
- Immediately discontinue use of the NewYu Monitor if, while using, charging or storing the Monitor, the battery emits an unusual smell, feel hot, changes color or shape, or appears abnormal in any other way.
  
- Do not place the NewYu Monitor in microwave ovens, high-pressure containers or on induction cookware.
  
- In the event the battery leaks and the fluid gets into one's eye, do not rub the eye. Rinse well with water and immediately seek medical care. If left untreated, the battery fluid could cause damage to the eye.
  
- Do not attach the NewYu Monitor to a power supply plug or directly to a car's cigarette lighter.
  
- The temperature range over which the battery can be charged is 0°C to 45°C. Charging the battery at temperatures outside this range may cause severe damage to the battery or reduce battery life expectancy.
  
- Do not discharge the battery using any device except for the specified device. When the battery is used in devices other than the specified device, it may damage the battery or reduce its life expectancy. If the device causes an abnormal current to flow, it may cause the battery to become hot, explode or ignite and cause serious injury.
  
- The temperature range over which the battery can be discharged is -20°C to 60°C. Use of the battery outside this temperature range may damage performance of the battery or may reduce its life expectancy.



### Repairing Personal Activity Monitor

- Never attempt to repair the NewYu Monitor yourself. The NewYu Monitor does not contain any user-serviceable parts.

### Open Source

NewYu uses FreeRTOS as part of its product. Learn more at <http://www.freertos.org/>

As per the FreeRTOS license agreement, code specific to FreeRTOS is available by inquiring to CustomerCare@newyu.com.

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