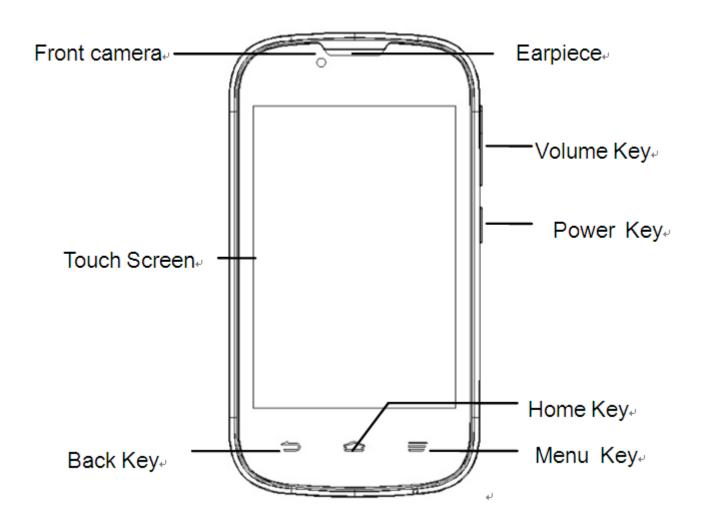
Dtac Trinet Phone

Joey Fit Selfie 4.5
ZTE C310, ZTE Blade C310, Blade C310

User Manual

Getting Started Overview



Keys Explained

Key	Function	
Power Key	Hold to switch audio profiles, or to turn on or off Airplane mode, or to power off. Press to switch your phone to Sleep mode. Press to wake up your phone.	
Home Key	Press to return to the Home Screen from any application or screen.	
Menu Key	Press to get the options for the current screen.	
Back Key	Press to go to the previous screen.	
Volume Keys	Press or hold to turn the volume up or down.	

Switching Your Phone On/Off

Make sure the SIM card is in your device and the battery is charged.

Hold **Power Key** to switch on your phone. To switch it off, hold **Power Key** to get the phone options. Select **Power off**, and then tap **OK**.

Setting Up Your Phone for the First Time

When you first power on your phone after you purchase it or reset it to factory settings (see chapter Sorting out Your Phone Settings –Restore the factory Settings: Reset to Factory Settings), you need to do some settings before using it.

Tap **Menu Key** in the standby mode, then select **SETTINGS > Language & input > Language** to change the language you want to use, if needed.

Switching to Sleep Mode

To save battery power, Sleep Mode suspends your device to a low-power-consumption state while the display is off. Your device also goes into Sleep Mode by itself when the display is automatically turned off after a certain period of time. You can start sleep mode by the following method. Press **Power Key** to switch to Sleep Mode.

Waking Up Your Phone

- 1. Press **Power Key** to activate your screen display.
- 2. Tap the icon, drag to the right.

NOTE: If you have set an unlock pattern, PIN or password for your phone (see chapter Sorting out Your Phone Settings – Security Settings) you'll need to draw the pattern or enter the PIN/password to unlock your screen.

Touch Control

You can use finger gestures to control your phone. The controls on your touch-screen change dynamically depending on the tasks you're performing.

- 1. Tap the buttons, icons, or applications to select items or to open applications.
- 2. Flick the screen to scroll up, down, left or right.
- 3. Point, drag and drop to move particular items across the screen.
- 4. Double-tap the screen to zoom in/out an image.

NOTE: You can view the phone screen in portrait or landscape orientation simply by holding it upright or turning it on its side. Not all screens are viewable in landscape.

Home Screen

In the Home screen, besides the shortcut icon is displayed, you can also set your own wallpaper, add the widgets or application shortcuts you need, or remove them as you like.

Extended Home Screen

The Home Screen extends beyond the screen width, giving you loads more space to add more stuff. Simply slide your finger to the left or right.

Choosing Your Wallpaper

- 1. Press **Home Key** to return to the Home Screen.
- 2. Tap **Menu Key** and select **WALLPAPERS**.
- 3. Choose the image or animation you want to use as the wallpaper. Some cropping may be needed for Gallery images.
- 4. Tap **Set wallpaper.**

Adding Items to Your Home Screen

- Press Home Key > tap to enter the Application Program Interface
- 2. In the list of applications, touch and hold the icon until the main screen appears, move the application icon to the idle position, release the finger.

Removing Items from Your Home Screen

- 1. Press **Home Key** to return to the Home Screen.
- 2. Tap and hold the item you want to delete until the remove icon appears on the top of the screen.
- 3. Drag the item to the remove icon and release your finger when the item turns red.

Status and Notification Icons

Your phone will tell you exactly what's going on by showing you simple icons. Here's what they mean.

$\hat{\Psi}$	USB connected	a	Missed call
त्र	Airplane mode	**************************************	Signal strength
Ź	Battery charge		New message
	Meeting mode		Wi-Fi network
Ø	Alarm set	Q	Earphone insert
1/4	Silent mode	♥ 1	Signal searching
*	Bluetooth icon	-	USB debugging connected
(#;	Data Conn off	3	New Wi-Finetwork detected

Using the Notification Panel

Flick the status bar downwards from across the top of the screen to open the Notification Panel, where you can see

your calendar events, new Messages and so on. Tap to open the shortcuts panel from notification panel. To hide the panel, tap on the lower edge of the panel, drag up.

Open Recently-Used Applications

1. Hold **Home Key** from any screen. The phone will display the applications you used recently.

2. Tap the application you want to open.

Making Calls

There are many ways to make a call with your phone. And they're all easy to do.

Calling from the Phone

- 2. Enter the phone number using the on-screen keypad.
 - Tap delete wrong digits.
- 3. Tap the dial icon.

Calling from Your Contacts

- 1. Press **Home key >** tap> **Contacts.**
- 2. Slide your finger to scroll the contacts list and tap the contact name you want to call, when the contact details appear, click on the number; choose the SIM card to dial.

You can search for a contact by tapping screen.



on the

Calling from Your Call Log

- If you have opened the dialer, touch the call log tab to open the call records, respectively touch all, dialed, received, missed call button to display a list of the corresponding call records.
- 2. Tap dial icon on the right side of the current record.

Calling from a Text Message

If a text message contains a phone number that you want to call, you can make the call while viewing the text message.

- 1. Press **Home key >** tap
- > Messaging.
- 2. Tap the conversation and then find the message that contains the phone number you need.
- 3. Tap the message, the phone will list the options.

Receiving Calls

Answering a Call

Tap the o icon, drag to right to answer the call.

Rejecting a Call

Tap the icon, drag to left to reject the call.

Muting a Call

During a call, you can mute your microphone so that the person you are speaking to cannot hear you, but you can still hear them.

Tapto turn your microphone off. To turn your microphone back on, tap.

Turning the Speakerphone On/Off

Tap ouring a call to turn the speakerphone on. Tap again to turn off the speakerphone.

Ending a Call

Tap ^{挂断} to finish a call.

Contacts

You can add contacts on your phone and synchronize them with the contacts in your Google account or other accounts that support contact syncing.

To see your contacts, Press **Home key >** tap **Solution** > **Contacts.**

Creating a Contact

1. Tap from the Contacts Screen.

- 2. Choose the storage location to save the contact.
- 3. Enter the contact name, phone numbers, and other information, and then save it.

Searching for a Contact

- 1. Tap on the Contacts Screen.
- 2. Input the contact name you want to search for.

The contacts matched will be listed.

Messaging

Your SMS (text message) and MMS (multimedia messaging service) are combined into one menu in **Home Key** > **tap** > **Messaging**.

Sending a Message

- 1. Press **Home key >** tap **Solution > Messaging.**
- 2. Tap to create new message.
- 3. Enter the recipient's number or name. As you type, matching contacts will appear. Tap a suggested contact to add as a recipient. You can also tap to select recipients from the People.
- 4. Tap **Type message** and type your message.

Tap **Menu Key** to insert commom phrases or contacts. If you are sending an MMS, tap **Menu Key** to add a subject, or tap to attach pictures, videos, audio, or slideshow.

5. Tap to send your message.

NOTE: Add an attachment to text message and it will be converted into an MMS automatically. Likewise if you remove all attachments and the subject from an MMS, it'll automatically become a text message.

Message Settings

The phone's message settings are pre-configured for you to use immediately. To change them, tap **Menu Key > Settings** from the Messaging Screen.

NOTE: From SMS/MMS settings screen tap **Menu Key** >

Restore default settings to change the message settings back to the original.

Touch Input Settings

Choose the touch input settings by tapping > Settings > Language & input from Home Screen.
In the KEYBOARD & INPUT METHODS section, you can choose the settings that you need.

Getting Connected to the Internet

Your phone's impressive networking capabilities allow you to access the Internet or your corporate network with ease.

You can use default connection settings to connect to the Internet via your mobile network, or Wi-Fi.

The network connection can be enabled /disabled manually.

Just press **Home key** > tap > **Settings** > **Network Management** > **Choose a network to connect prior**.

Adding a New Network Connection

To get connected via your mobile network you need a data plan with your service provider. Also if the networks settings are not pre-configured on your phone, please contact your provider to get the necessary information.

You can view settings by pressing **Home key** > tap > **Settings** > **More** > **Mobile networks** > **Access Point Names.**

Turning On Wi-Fi

Wi-Fi provides wireless Internet access over distances of up to about 300 feet.

- 1. Press **Home key >** tap **Settings.**
- 2. Click next to the Wi-Fi menu to turn it on, click you can turn off the Wi-Fi function.

Connecting to a Wi-Fi Network

- 1. Press **Home key** > tap > **Settings** > **Wi-Fi.**When the Wi-Fi is on, the Wi-Fi access points, or "hotspots", that your phone has detected are displayed with their names and security settings.
- 2. Tap an access point to connect to it.

NOTE: If security features are implemented, you'll need to enter a password.

Checking the Wi-Fi Network Status

You can check the Wi-Fi network by looking at the icon in the status bar.

Tethering & portable hotspot

Share your phone's data connection via USB or as a portable Wi-Fi hotspot.

Enabling USB tethering

TIPS: The PC accesses the Internet via the phone's mobile network. Therefore, set up the networks connection correctly before you try to use the phone as a modem.

Plug the USB cable into your phone and tick the **USB tethering** check box.

Disabling USB tethering

Drop the status bar, touch USB connected and clear the **USB tethering** check box.

You can also just pull out the USB cable.

Enabling the Wi-Fi Hotspot

You can use the phone as a portable WLAN router, to share your phone's internet connection with one or more PC or other devices.

NOTE:

When the portable Wi-Fi hotspot function is enabled, you can't use your phone's applications to access the internet via its Wi-Fi connection.

You can configure the Wi-Fi hotspot as follows:

- 1. Press **Home Key** > tap > **Settings** > **More** > **Tethering & portable hotspot,** tick the Portable Wi-Fi hotspot check box to turn it on.
- 2. Tap **Wi-Fi hotspot** to set up & manage portable Wi-Fi hotspot. Now you can find the hotspot on other devices and connect to it.

Disabling the Wi-Fi Hotspot

Press Home Key > tap Menu Key > SETTINGS > More > Tethering & portable hotspot and click next to the Wi-Fi hotspot to turn it off.

Browsing the Internet

You can use your phone to get on the Internet via a network or Wi-Fi connection.

Press **Home Key** > tap **Solution** > **Browser.**

There are different ways to open web pages:

Tap the address bar to enter the website you want to browse. Then tap on the touch keyboard.

Tap **Menu Key > Bookmarks/History** and select a bookmark or history to open.

Browsing Options

When you browse the Web, you can also do the following:

Press **Menu Key > Exit** to **exit**.

Press **Menu Key > Bookmarks/History** and select a bookmark or history to open.

Press **Menu Key** > **Settings** to configure browser settings.

Using Bookmarks

If you know the Web address, you can manually add bookmarks. To bookmark a web page, open it and tap **Menu Key > Save to bookmarks.** Give the bookmark a name and save it.

Editing a Bookmark

- 1. Open a Browser window.
- 2. Tap Menu Key > Bookmarks
- 3. Select an item you want to edit and hold on it until the shortcut menu pops up.
- 4. Select Edit bookmark.
- 5. Edit the Label or Address, and then tap **OK** to save it.

Deleting a Bookmark

- 1. Open a Browser window.
- 2. Tap Menu Key > Bookmarks.
- 3. Select an item you want to delete and hold on it until the Shortcut menu pops up.
- 4. Select **Delete bookmark** and tap **OK** to confirm.

Changing Browser Settings

Tap **Menu Key > Settings** from a browser window to change browser settings.

Bluetooth

Bluetooth is a short-range wireless communication technology. Phones or other devices with Bluetooth capabilities can exchange information wirelessly within a distance of about 10 meters. The Bluetooth devices must be paired before the communication is performed.

- 1. Press **Home Key >** tap **Settings.**
- 2. Click next to the Bluetooth menu to turn it on, When Bluetooth is on, the icon will appear in the status bar.
- 3. Tap **Bluetooth.** Your phone will show all visible Bluetooth devices in range.
- 4. Tap the device you want to pair with and operate according to the message prompt. When both devices to be paired accept the connection, the pairing is completed.

TIPS: Tap your device name to make your phone discoverable if other devices try to pair with your phone.

Taking Pictures with Your Camera

Your phone has camera function. Open it by pressing **Home Key** > tap **Camera**.

Tap to take a picture. To view it, just tap the picture in the right corner of the screen.

Listening to Your FM Radio

With the FM Radio, you can search for radio channels, listen to them, and save them on your phone. Note that the quality of the radio broadcast depends on the coverage of the radio station in your area. The wired headset works as n antenna, so always connect the headset when using the radio.

To tune in, plug your headset into your phone. Press **Home key** > tap **FM Radio**.

Playing Your Music

You can play digital audio files from your phone's memory card in **Music.** Before playing music, you need to copy music files to memory card location.

- 1. Press **Home Key >tap > Music** to open the Music Screen.
- 2. Click the Music category label > music files to start playing.
- 3. Adjust the volume with Volume Keys.

Opening Your Gallery

Press **Home Key** > tap **Solution** > **Gallery.** You can use **Gallery** to view pictures. You can also do some basic editing of your pictures, such as setting them as wallpaper or contact photo, and sharing with friends.

Making Voice Memos

Sound Recorder enables you to record your voice memos.

- 1. Press **Home Key** > tap **Sound Recorder.**
- 2. Tap **to start recording.**
- 3. Tap to stop recording.
- 4. Tap to open the recording file list.
- 5. Save the voice recording after stop, or tap **Cancel** to delete the recording.

Sorting out Your Phone Settings Setting Date and Time

- Press Home key > tap
 Settings > Date & time
- 2. Tick the **Automatic Date & time** check box to turn it on, or tick the check box to turn it off if you want to set the time and date by yourself.
- 3. Set date, time and change the other options.

Display Settings

Press **Home key** > tap **Settings** > **Display,** you can adjust the display settings as you like:

Brightness: Adjust brightness of the screen.

Wallpaper: Set the wallpaper of the phone.

Auto-rotate screen: Rotate the screen display as you rotate the phone.

Sleep: Set the delay for the screen to automatically turn off.

Audio Profiles Settings

By pressing **Home Key** > tap > **Settings** > **Audio profiles.** When you choose the General mode, you can adjust the sound settings, such as ringtones, volume and vibrate.

Language Settings

You can change the language of your phone system in two simple steps.

- 1. Press **Home key > tap> Settings > Language & input > Language.**
- 2. Select a language from the list given.

Disabling Data Services

Press **Home key** > tap > **Settings** > **Data usage**, then click to turn it off.

Switching Networks

- 1. Press Home key> tap > Settings > More > Mobile networks > Network operators.
- Tap Search Networks to register manually, or tap Choose automatically.

Setting Access Point Names

To connect to the Internet you can use the default Access Point Names (APN). And if you want to add a new APN, please contact the service provider to find out more.

Press Home key> tap > Settings > More > Mobile networks > Access Point Names.

Security Settings

Here's how to protect your phone and SIM card from unauthorized use.

Protecting Your Phone with a Pattern Creating Your Screen Unlock Pattern

- 1. Press Home key > tap > Settings > Security > Screen lock > Pattern.
- 2. Drag your finger to connect at least four dots, draw the pattern.
- 3. Touch Continue.
- 4. Redraw your pattern to confirm.

Unlocking the Screen with Your Pattern

- 1. Press **Power Key** to wake up the screen.
- 2. Draw the pattern you set to unlock the screen.

If you make a mistake, your phone will ask you to try again.

Protecting Your Phone with a PIN or Password Creating a PIN or Password

- 1. Press **Home key** > tap > **Settings** > **Security** > **Screen lock.**
- 2. Tap **PIN** or **Password.**
- 3. According to the instruction to complete your PIN or password settings.

Unlocking the Screen with Your PIN or Password

- 1. Press **Power Key** to wake up the phone.
- 2. Enter the PIN or password you set.

Disabling Screen Unlock Security

If you have created an unlock pattern, PIN or password, you can disable it.

- 1. Press **Home key >** tap **Settings > Security > Screen lock.**
- 2. Draw the screen unlock pattern or enter your PIN/ password you have created if required.
- 3. Tap None.

Protecting Your SIM Card with a PIN

Every SIM card comes with a PIN. The initial PIN is provided by your mobile phone carrier. It's best to lock your SIM card as soon as you can.

- 1. Press Home key > tap > Settings > Security > Set up SIM card lock.
- 2. Tick the **Lock SIM card** check box.
- 3. Enter the PIN you've been given and tap **OK.**

TIPS: If you enter the wrong SIM PIN more times than allowed, your SIM card will be locked and you cannot access the mobile phone network. Contact your operator for a PIN Unlock Key (PUK) to restore the SIM card.

Changing Your SIM PIN

You can change the PIN you've been given to one easier for you to remember and harder for others to guess.

- 1. Press **Home key** > tap > **Settings** > **Security** > **Set up SIM card lock.**
- 2. Make sure you already tick the Lock SIM card check box.
- 3. Tap Change SIM PIN.

Managing Your Device Memory

Press **Home Key** > tap **Settings** > **Storage.**You can view the space information of the SD card and the phone storage.

Unmount SD card: You can unmount the SD card to safely remove it.

Erase SD card: Erase all data on the SD card.

Privacy: Reset to Factory Settings

Press Home key > tap > Settings > Backup & reset > Factory data reset > Reset phone > Erase everything.

WARNING: All your personal information and downloaded applications on your phone will be erased after the resetting.

Applications

Press Home Key > tap | > Settings > Apps.

Installing an Application

You can install a non-Marketing application if you have allowed the installation of it. Make sure that you select an application developed for your device and processor type before installing it.

- 1. Copy the application file to the SD card and install the card on your phone.
- 2. Press **Home key >** tap **Solution** > **File Manager**, and open the folder where the application file is.
- 3. Tap the file to start installation.
- 4. Read the installation instructions that come with the application and follow it to complete the setup.

NOTE: please take your handset as the standard.

Removing an Application

- 1. Press Home key > tap | > Settings > Apps.
- 2. Select the application you want to delete.
- 3. Tap **Uninstall** and **OK** to confirm.

Moving an Application

You can move the applications downloaded or installed on your phone to the memory card when the phone memory is full. You can also move applications to your phone if the memory card is getting full.

NOTE: Not all applications can be move to your phone or memory card.

- 1. Press **Home key >** tap **Settings > Apps.**
- 2. Click the application you want to move on the **DOWNLOADED** tab.

Managing Other Settings

Text-to-speech Output

You can set the text-to-speech and voice recognition options by pressing **Home Key** > tap **Settings** > **Language & input** > **Text-to-speech output.**

Accessibility

You can configure accessibility options for accessibility-related applications by pressing **Home Key** > tap **Settings** > **Accessibility.**

Other Applications

Clock

Press **Home key** > tap **Solution** > **Clock,** you can view the clock and set the alarm.

Tap the top of the screen icon can be switched to the countdown and stopwatch functions from the clock interface.

Calculator

You can use the phone directly perform simple mathematical calculations.

- 1. Press **Home Key** > Tap **> Calculator.**
- 2. Click the button corresponding with the calculator display, perform basic arithmetic.

TIPS: Tap **Menu Key > Advanced panel** to use scientific calculation.

Battery Use

- 1. Do not short-circuit the battery, as this can cause the unit to overheat or ignite.
- 2. Do not store battery in hot areas or throw it into fire. Otherwise, it will cause explosion.
- 3. Do not disassemble or refit the battery. Otherwise, it will cause liquid leakage, overheating, explosion and ignition of the battery.
- 4. Please store the battery in a cool dry place if you don't use it for a long period.
- 5. he battery can be recharged for hundreds of times, but it will eventually wear out. When the operating time (talk time and standby time) is noticeably shorter than normal, it is time to replace it with a new one.
- 6. Please stop using the charger and battery when they are damaged or show evidence of aging.
- 7. Return the worn-out battery to the provider or dispose of it in accordance with environment regulations. Do not dispose of it in household rubbish.
- 8. Please use original batteries or batteries approved by the phone manufacturer. Using any unauthorized battery may affect your handset performance or may cause danger of explosion, etc.
- 9. caution risk of explosion battery is replaced by an incorrect type; dispose of used batteries according to the instructions

Attention:

- 1. Please check the model of charger firstly before using with this mobile phone. This mobile phone is intended to use when supplied with power from *********.
- 2. USB charger; and Users have to use the connection to USB interfaces with USB 2.0 version or higher.

Warning: Only use batteries, chargers, and enhancements approved by ZTE CORPORATION with the particular model. Using any other types of batteries, chargers and enhancements will invalidate the approval or

warranty, and may be dangerous. Please check with your dealer for availability of approved enhancements. Please grasp and pull the plug, not the cord when you disconnect the power cord of any enhancement.

Safety and General Use in Vehicles

- 1. Safety airbag, brake, speed control system and oil eject system shouldn't be affected by wireless transmission. If you do meet problems above, please contact your automobile provider. Do not place your phone in the area over an airbag or in the airbag deployment area. Airbags inflate with great force. If a phone is placed in the airbag deployment area and the airbag inflates, the phone may be propelled with great force and cause serious injury to occupants of the vehicle.
- 2. Please turn off your mobile phone at a refueling point, and the same to the place where the use of two-way radio is prohibited.
- 3. The phone cannot be used at an altitude higher than 2000 meters.

Mobile phone use warnings

Some electronic devices are susceptible to electromagnetic interference sent by phone if inadequately shielded. Please use phone at least 20 cm or as far away as you can from TV set, radio and other automated office equipment so as to avoid electromagnetic interference.

Operating phone may interfere with medical devices like hearing aides and pacemakers, or other medical devices in hospital. Consult a physician or the manufacturer of the medical device before using phone.

Be aware of the usage limitation when using phone at places such as oil warehouses, or chemical factories, where there are explosive gases or explosive products being processed, because even if your phone is in idle state, it still transmits radio frequency (RF) energy. Therefore, power off your phone if required.

Do not touch the antenna while calling. Otherwise it will affect the quality of calling and waste battery energy. The damaged antenna will cause slight burn while touching your skin.

Keep phone out of the reach of small children. Phone may cause injury if

used as a toy.

Do not put other things on the terminal to avoid overlaying radiator. Keep the antenna free from obstructions and position the antenna straight up. This will ensure best call quality.

FCC Regulations:

This mobile phone 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.

This mobile phone 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 radiated 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.

FCC Note:

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

RF Exposure Information (SAR)

This phone is designed and manufactured not to exceed the emission Limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission of the United States.

During SAR testing, this device was set to transmit at its highest certified power level in all tested frequency bands, and placed in positions that simulate RF exposure in usage against the head with no separation, and near the body with the separation of 10 mm. Although the SAR is determined at the highest certified power level, the actual SAR level of the device while operating can be well below the maximum value. This is because the phone is designed to operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a wireless base station antenna, the lower the power output.

The exposure standard for wireless devices employing a unit of measurement is known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6W/kg.

This device is complied with SAR for general population/uncontrolled exposure limits in ANSI/IEEE C95.1-1992 and had been tested in accordance with the measurement methods and procedures specified in IEEE1528. This device has been tested and meets the FCC RF exposure guidelines when tested with the device directly contacted to the body.

The FCC has granted an Equipment Authorization for this model phone with all reported SAR levels evaluated as in compliance with the FCC RF exposure guidelines. SAR information on this model phone is on file with the FCC and can be found under the Display Grant section of www.fcc.gov/oet/ea/fccid after searching on FCC ID: SRQ-C310.

For this device, the highest reported SAR value for usage against the head is 1.35 W/kg, for usage near the body is 1.37 W/kg.

While there may be differences between the SAR levels of various phones and at various positions, they all meet the government requirements.

SAR compliance for body-worn operation is based on a separation distance of 10 mm between the unit and the human body. Carry this device at least 10 mm away from your body to ensure RF exposure level compliant or lower to the reported level. To support body-worn operation, choose the belt clips or holsters, which do not contain metallic components, to maintain a separation of 10 mm between this device and your body.

RF exposure compliance with any body-worn accessory, which contains metal, was not tested and certified, and use such body-worn accessory should be avoided.