



Instruction Manual

Please read carefully before use and keep for future reference.

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Thank You

We know you have many choices when it comes to technology; thank you for choosing us here at Naxa Electronics. Established in 2001 in Los Angeles, California, we are dedicated to delivering products that entertain and delight.

We trust that you will be happy with your purchase. Please read this manual carefully and save it for reference. You may also find the latest FAQ, documentation, and other product material at our website. Come visit us on the web at **www.naxa.com** and see all that we have to offer!

In the Box

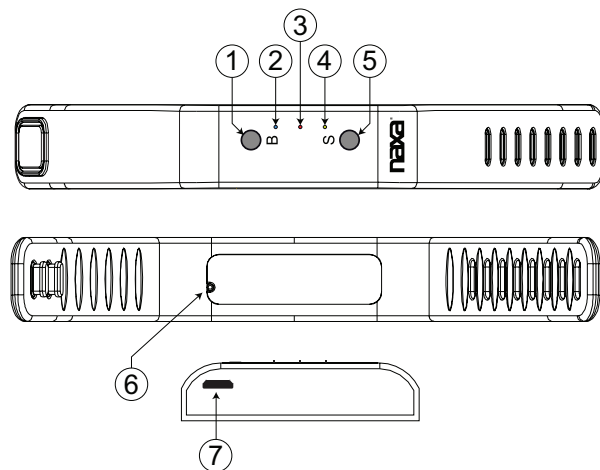
Please take a moment to make sure that you have everything in the list below. Although we make every effort to ensure that each Naxa device is securely packed and sealed, we know a lot can happen in between us and you. If anything is missing, check back with your local retailer to get immediate assistance. If they cannot help you, please contact our Naxa Support team at **www.naxa.com/naxa_support**.

- NSW-10 module
- Adjustable fitness band
- USB charge cable

Features

- Fitness coach with companion app for your smartphone
- Step counter and calorie tracking helps you improve your health with easy to reach goal and activity monitoring
- Get energized! Sleep monitoring helps you improve your sleep quality
- Durable and adjustable wristband
- Bluetooth® 4.0 low-energy wireless sync
- Downloadable companion app for your iPhone or Android smartphone

At a Glance



1	B	Bluetooth connect button. Press and hold until the status indicator flashes blue to sync data with the app.
2	Status indicator	Flashes blue when in Bluetooth sync/pair mode.
3	Charge indicator	Flashes red when charging. Lights steady red when fully charged and connected to power.
4	Sleep indicator	Lights yellow when switched to sleep mode.
5	S	Sleep button. Press and hold to switch between active and sleep modes. Press to see which is the current mode.
6	Reset	Press to reset the band if it behaves abnormally.
7	Micro USB connection port	Connection for power. Use the included USB cable to connect to a USB power source.

Getting Started

What You'll Need

To start using your LifeForce+ Fitness band, you'll need the following:

- An internet connection
- A smartphone or tablet that has the following:
- Bluetooth 4.0
- Android OS or iOS
- A fully charged NSW-10

Charging the Module

The module contains all of the sensors and processors, as well as a built-in rechargeable battery that will need to be charged from time to time.

Use the included USB cable to charge the module.

1. Remove the main module from the fitness band.
2. Connect the small end of the cable to the USB port of the module.

3. Connect the larger end of the cable to a USB power source (e.g., a powered computer or laptop, a powered USB hub, a USB power adapter).
4. The charge indicator will flash red while the module is charging. It will light a steady red when the module is fully charged.



To ensure optimal performance, fully charge the battery the first time you use the band.

Removing the Module from the Band

You will need to remove the module from the band in order to charge it.

1. Turn the band over so that the back is facing you,
2. Grip either end of the module at the point where the band tapers to a thin strap.
3. Gently bend one end of the band away from you, as if peeling the band apart. The module will pop free from the band.



Take note of the position of the indicator LEDs when replacing the module in the band.

Use with an Android Device

This fitness band will work with the following Android devices:

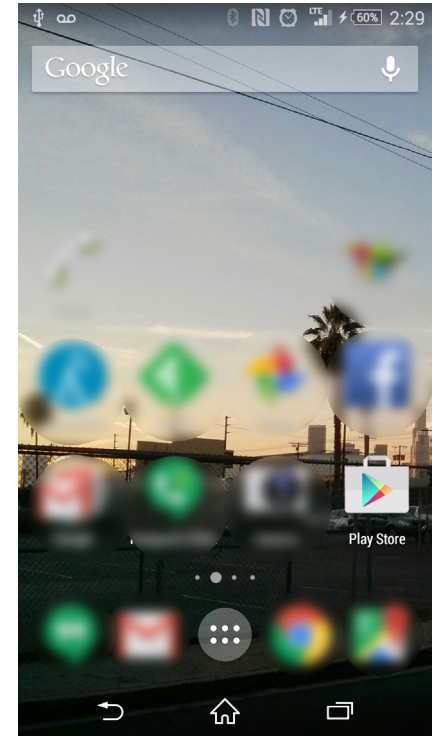
- SAMSUNG GALAXY S5, Android 4.3
- SAMSUNG GALAXY S4, Android 4.3
- SAMSUNG GALAXY S3, Android 4.3
- SAMSUNG GALAXY NOTE 2, Android 4.3
- SAMSUNG GALAXY NOTE 10.1, Android 4.3



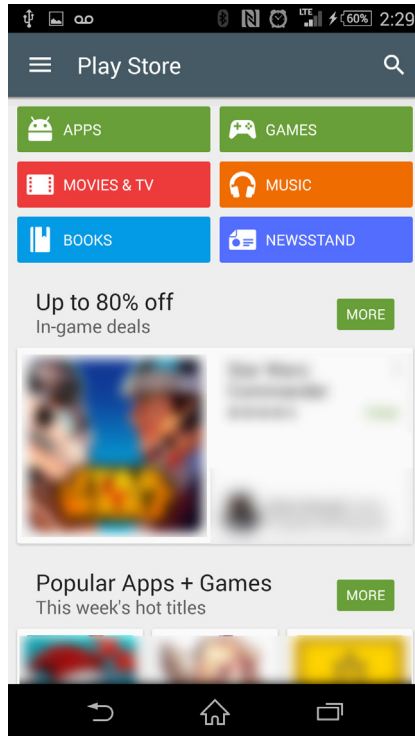
The fitness band may work with other devices that support Bluetooth 4.0 and Android 4.3, but compatibility cannot be guaranteed with all devices.

Getting the Bluetooth Health Watch App

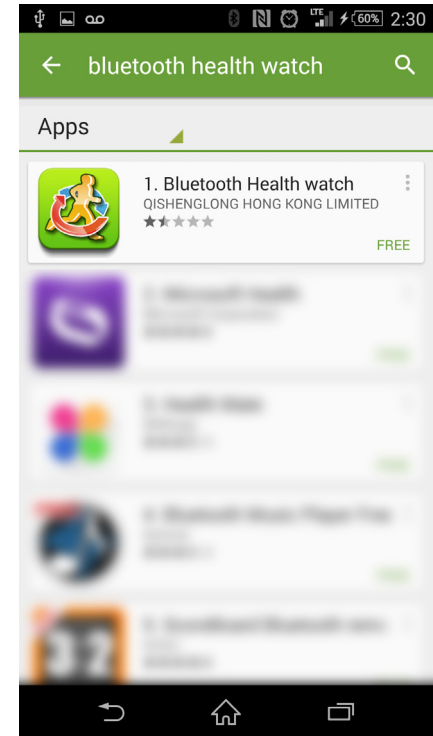
1. Find and tap the Google Play store app on your device to launch it.



2. Tap the magnifying glass at the top right corner.



3. Type Bluetooth Health Watch into the search box. In the list of search results below, tap "Bluetooth Health Watch".

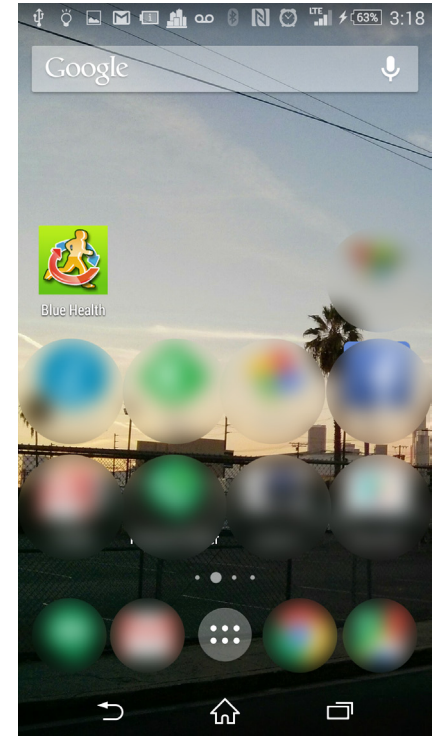


4. Tap the green Install button. Follow the on-screen instructions to finish downloading and installing the app.



Bluetooth Health Watch App

1. Find and tap the BlueHealth icon to launch the app.



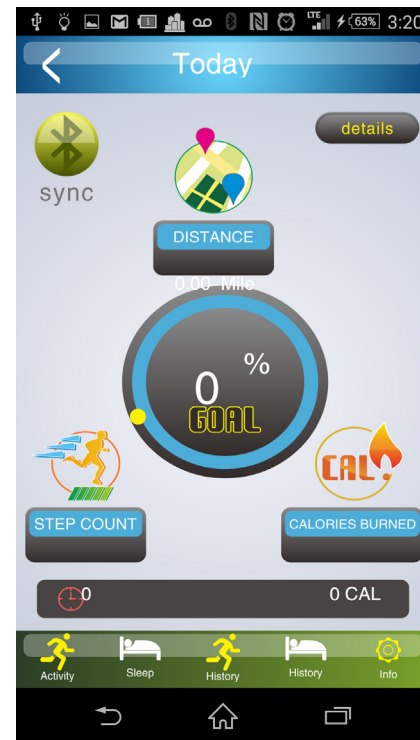
2. The app will present a personal setup screen. Tap in each field to set your starting information. The fitness band requires this info to accurately track your activity.

Tap "Continue" when you're finished entering your info.

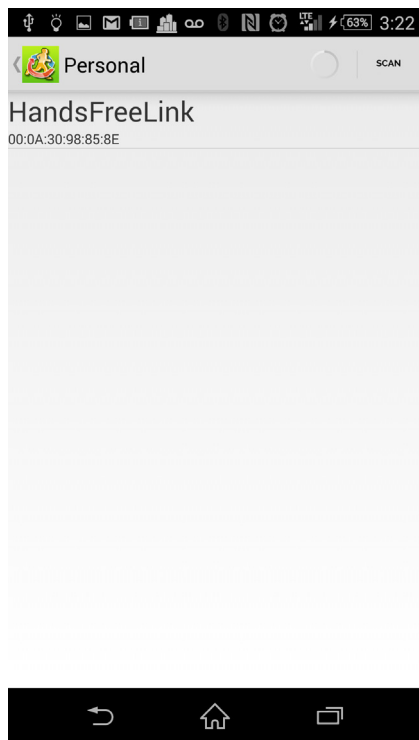


3. The Home screen gives you access to all of the app's functions.

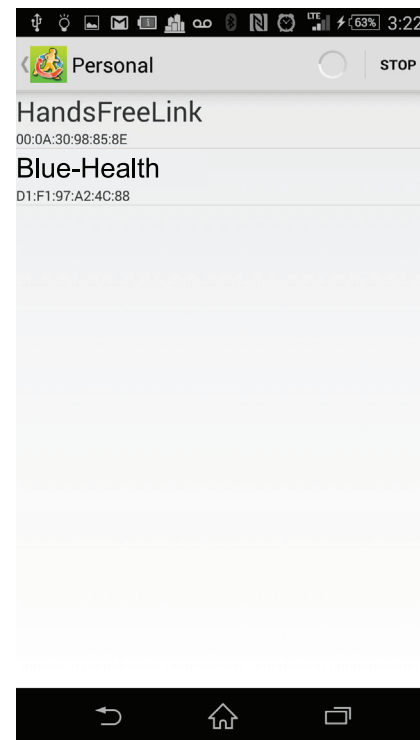
You will first need to sync the data from the fitness band to the app. Tap "sync" to begin.



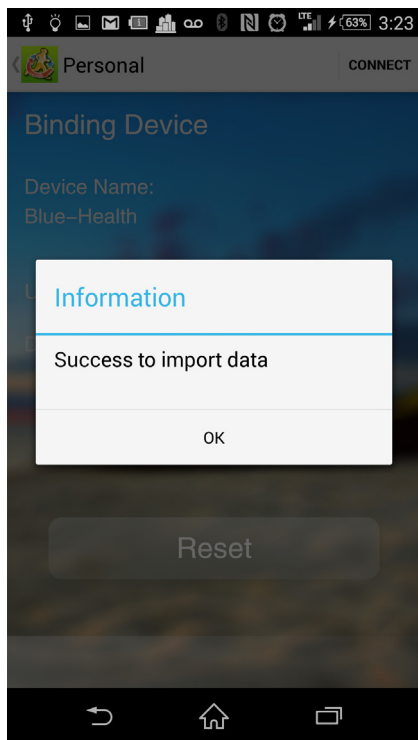
4. Press and hold the [B] button on the fitness band until the status LED flashes blue. While it is flashing blue, tap the SCAN button on the device screen.



5. The fitness band will announce itself as the **Blue-Health** device. Find it in the list and then tap it on the screen.



6. After a successful pairing/import, you will see the following screen. Tap OK to continue on.



Repeat steps 3 to 6 each time you use the app to have the latest data available to you.

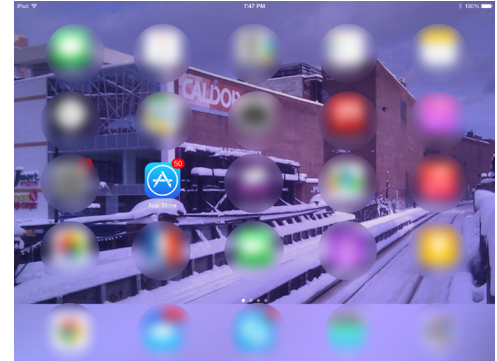
Use with an iOS Device

This fitness band will work with the following Apple iOS devices:

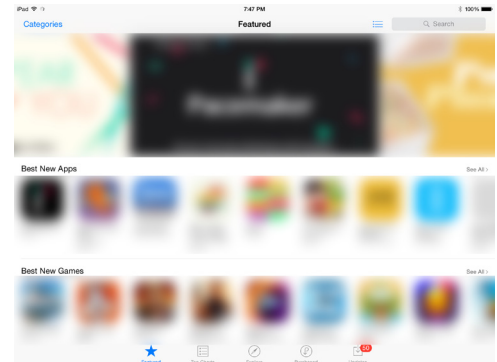
- iPhone 4S
- iPhone 5
- iPhone 5s
- iPhone 5c
- iPhone 6
- iPhone 6 plus
- iPod touch (5th gen)
- iPad 3
- iPad Air
- iPad mini
- (and newer iPads)

Getting the Bluetooth Health Watch App

1. Find and tap the App Store icon on your device to launch it.

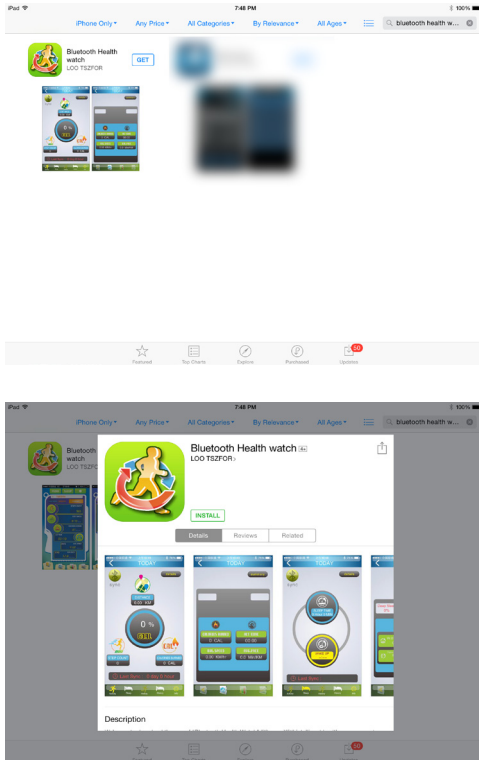


2. Tap the magnifying glass at the top right corner.



3. Type Bluetooth Health Watch into the search box. Tap “Bluetooth Health Watch” in the results panel. (Make sure you are searching for “iPhone only” apps.)

4. Tap the “Get” button and then the “Install” button. Follow the on-screen instructions to finish downloading and installing the app.



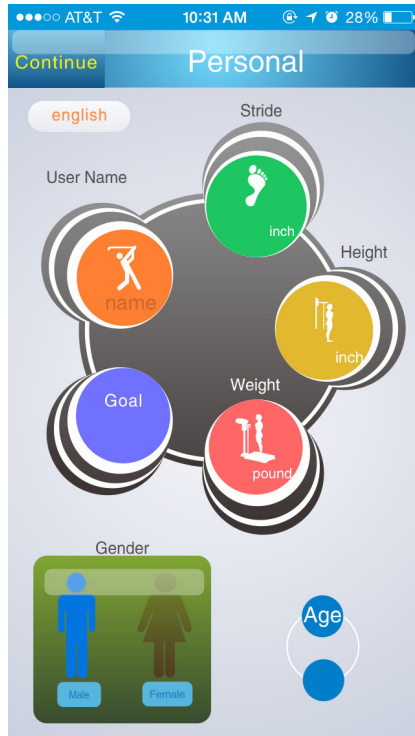
Bluetooth Health Watch App

1. Find and tap the BlueHealth icon to launch the app.



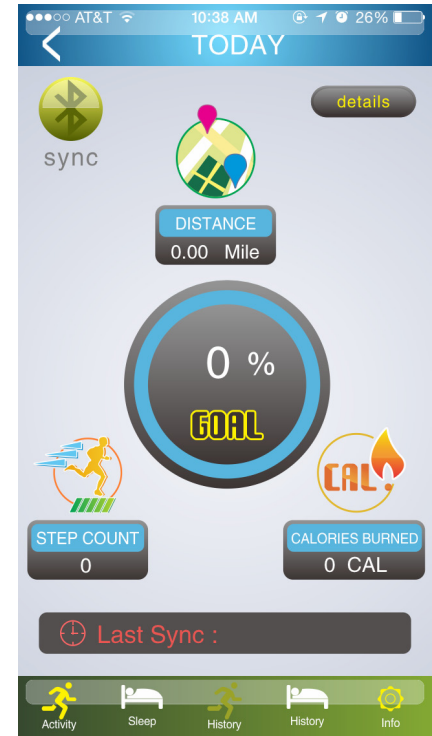
2. The app will present a personal setup screen. Tap in each field to set your starting information. The fitness band requires this info to accurately track your activity.

Tap "Continue" when you're finished entering your info.

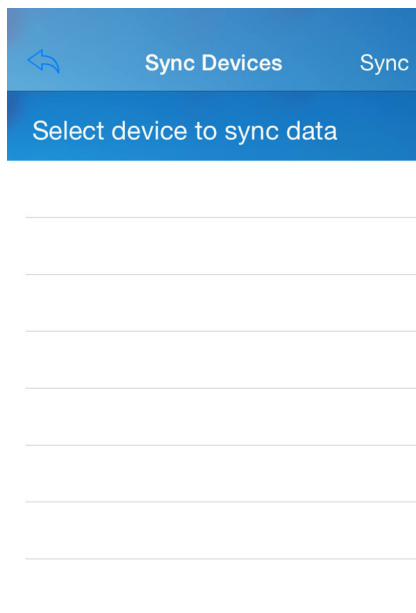


3. The Home screen gives you access to all of the app's functions.

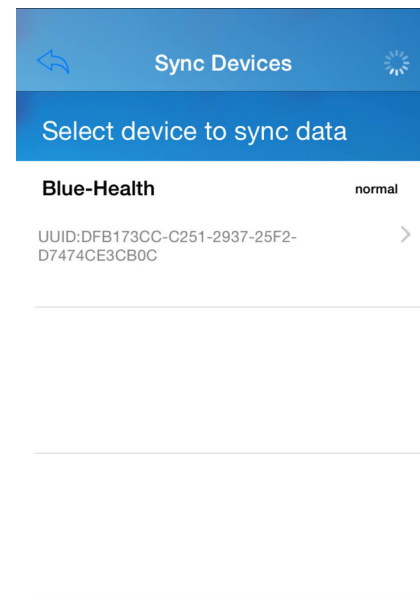
You will first need to sync the data from the fitness band to the app. Tap "sync" to begin.




4. Press and hold the [B] button on the fitness band until the status LED flashes blue. While it is flashing blue, tap the **Sync** button on the device screen.

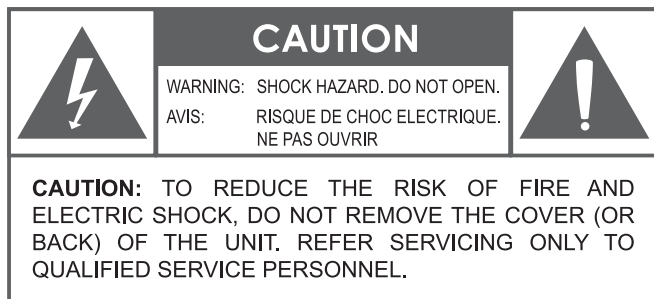


5. The fitness band will announce itself as the **Blue-Health**. Find it in the list and then tap it on the screen.



 *Repeat steps 3 to 5 each time you use the app to have the latest data available to you.*

Warnings and Precautions



The lightning flash with arrowhead symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated "dangerous voltage" within the product's enclosure that may be of significant magnitude to constitute risk of electric shock



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operation and servicing instructions in the literature accompanying the appliance.

CAUTION

- Do not block the ventilation openings or holes.
- Do not place any naked flames (such as lighted candles) on the apparatus.
- When discarding batteries, follow all local rules and laws governing the disposal of batteries. Consider the environmental impact of your actions!
- To prevent fire or shock hazard, do not expose this appliance to rain or moisture.

Important Safety Information

1. **Read Instructions:** All the safety and operating instructions should be read before the product is operated.
2. **Retain Instructions:** The safety and operating instruction should be retained for future reference.
3. **Heed Warnings:** All warnings on the product and in the operating instructions should be adhered to.
4. **Follow Instructions:** All operating and usage instructions should be followed.
5. **Cleaning:** Unplug this product from the wall outlet before cleaning. Do not use liquid cleaners or aerosol cleaners. Use a damp cloth for cleaning.
6. **Attachments:** Use only attachments recommended by the manufacturer. Use of other attachments may be hazardous.
7. **Water and Moisture:** Do not use this product near water (e.g., near a bathtub, washbowl, kitchen sink, laundry tub, in wet basements, or near a swimming pool and the like).
8. **Power Sources:** This product should be operated only from the type of power source indicated on the rating label. If you are not sure of the type of power supply to your home, consult your product dealer or local power company. For products intended to operate from battery power or other sources, refer to the operating instructions.
9. **Grounding or Polarization:** This product may be equipped with a polarized alternating-current line plug that has one blade wider than the other. This plug will only fit into the power outlet in one direction. This is a safety feature. If you are unable to insert the plug fully into the outlet, try reversing the direction of the plug. If the plug should

still fail to fit, contact an electrician to replace the obsolete outlet. Do not defeat the safety purpose of the polarized plug.

10. **Power-Cord Protection:** Power supply cords should be routed so that they are not likely to be walked on or pinched by items placed upon or against them, paying particular attention to cords at plugs, convenience receptacles, and at the point which they exit from the product.
11. **Protective Attachment Plug:** The product may be equipped with an attachment plug with overload protection. This is a safety feature. See the operating instructions for replacement or directions to reset the protective device. If replacement of the plug is required, be sure the service technician has used a replacement plug that has the same overload protection as the original plug as specified by the manufacturer.
12. **Overloading:** Do not overload wall outlets, extension cords, or integral convenience receptacles as this can result in a risk of fire or electric shock.
13. **Object and Liquid Entry:** Never push objects of any kind into this product through openings as they may touch dangerous voltage points or short-out parts that could result in a fire or electric shock. Never spill liquid of any kind on the product.
14. **Servicing:** Do not attempt to service this product yourself as opening or removing covers may expose you to dangerous voltage or other hazards. Refer all servicing to qualified service personnel.
15. **Damage Requiring Service:** Unplug this product from the wall outlet and refer servicing to qualified service personnel under the following conditions: a) when the power-supply or plug is damaged; b) if liquid has been spilled or if objects have fallen into the product; c) if the product has been exposed to rain or water; d) if the product does not operate normally by following the operating instructions. Adjust only those controls that are covered by the operating instructions as improper adjustment of other controls may result in damage and will often require extensive work by a qualified technician to restore the

product to its normal operation; e) if the product has been dropped or damaged in any way; f) when the product exhibits a distinct change in performance—this indicates a need for service.

16. **Replacement Parts:** When replacement parts are required, be sure that your service technician has used replacement parts specified by the manufacturer or have the same characteristics as the original part. Unauthorized substitutions may result in fire, electric shock, or other hazards.
17. **Safety Check:** Upon completion of any service or repairs to this product, ask the service technician to perform safety checks to ensure that the product is in proper operating condition.
18. **Heat:** The product should be situated away from heat sources such as radiators, heat registers, stoves, or other products (including amplifiers) that produce heat.

WARNING:

This product contains lead, a chemical known to the State of California to cause cancer and birth defects or other reproductive harm. ***Wash hands after handling.***

FCC NOTICE

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.

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 ra-

dio 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.

CAUTION ON MODIFICATIONS

Any changes or modifications not expressly approved by the grantee of this device may void the authority granted by the FCC to operate the equipment.

Trademark & Regulatory Statements

Bluetooth® is a registered trademark of Bluetooth SIG, Inc. Other trademarks and names are those of their respective owners.

Support

If you have problems with your device, please consult the instructions in this manual. Please also visit us on the web at www.naxa.com to get up to the minute news, alerts, and documentation for your device. For additional assistance, please contact Naxa Technical Support.

NAXA Technical Support

2320 East 49th St.

Vernon, CA 90058

http://www.naxa.com/naxa_support/

