

## Important product information

**NO WARRANTY:** Carbon makes no warranty whatsoever with respect to the LogBand, Module and Adapter, including any warranty of merchantability, warranty of fitness for a particular purpose or warranty of title or warranty against infringement of intellectual property rights of a third party, whether express or implied by law, course of dealing, course of performance, usage of trade, or otherwise.

Only use a USB power supply that is certified by a recognized standard.

Do not charge your LogBand module if it is wet.

## Connects to the Carbon Health App

Compatible with iOS and Android

## Safety information

LogBand is not a medical device and is intended for general wellness and fitness purposes only. LogBand does not diagnose, treat, cure, prevent any disease.

Module and Adapter may present a choking hazard to small children. Keep them out of reach of small children. This is not a toy.

## Warnings

California Proposition 65

**WARNING:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.



## FCC Statement

**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.

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 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 Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Please call Carbon Health Device Support or visit our website if you have any questions or concerns.

**1-888-851-6481**  
[support.carbonhealth.com](http://support.carbonhealth.com)

version: 1.0

## Symptoms + Steps

# LogBand™

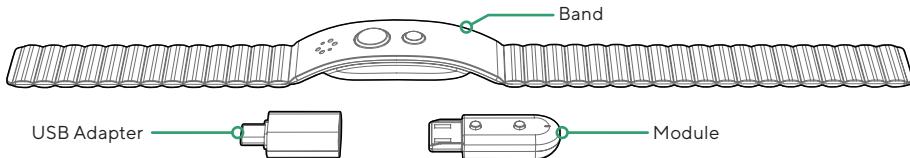
# Quick Start Guide



Model: CH-M1-11

 Carbon Health

## Contents



## Resizing the band

If the band is too long for your wrist the band can be shortened by cutting the links with scissors.

1- Remove LogBand from your wrist

2- Identify the section between the links where you would like to make the cut

3- Carefully cut the band with scissors following the groove between the magnetic links.

**Warning:** Please only use scissors in a safe manner. Do not cut the band while it is on your wrist.

When using scissors remove the minimum number of links needed from each end. Cut in a direction away from your body and fingers, hands, arms and legs. Do not attempt to catch a dropped pair of scissors

## Logging overview

## Setting up your LogBand

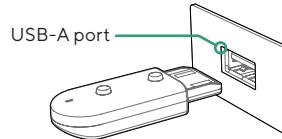
### 1 Charge your LogBand

There are two ways to charge your LogBand:

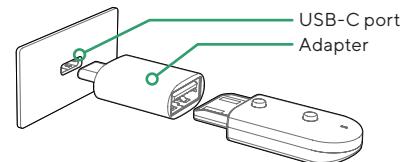
- 1 - Plug your LogBand module into a USB-A port.
- 2 - Insert the LogBand module into the Adapter provided and plug this into a USB-C port.

Charge until the LED turns solid green. This will take around 1 hour.

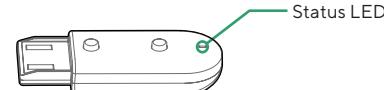
#### 1 - Charging via USB-A port



#### 2 - Charging via adapter



#### Status LED



**LED off:** Normal operation

**Flashing green:** Module in pairing mode

**Solid orange:** The battery is charging

**Solid green:** The battery is fully charged

**Flashing red:** The battery requires charging

### 2 Download the Carbon Health App

Download the Carbon Health app on your smartphone and log in to your account. If you don't have an account you can create one at this time.

[Scan this QR code to download the app](#)



**Note:** If you already have the app, scanning this will automatically take you to step 3 in the setup.

### 3 Get connected

Connect your LogBand to your Carbon App via the **devices tab** in the app. Follow the instructions in the app to set up your device.

### 4 Insert module into the band

Insert the module into the opening on the underside of the band. Ensure the 'USB end' of the module points towards the Carbon logo on the band and the buttons face upwards.

