

USER GUIDE

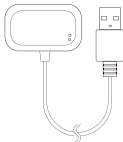
MOTHER Bracelet

MBMMSC

01. 同封物を確認しましょう

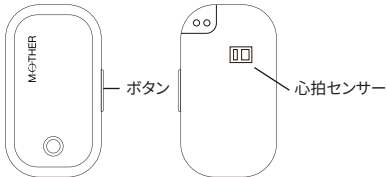


MOTHER
Bracelet
(バンド付属)



スターター

02. 本体の説明



03. 本体の操作方法



本体の側面にあるボタンを押す 本体の表面をタップする

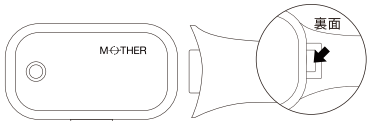
04. バンドの着脱方法

■付け方

カチッという音がするまで本体にバンドを差し込んでください。※装着後は軽く引っ張り、外れないことをご確認ください。

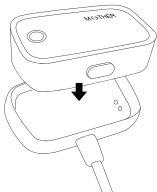
■外し方

バンドの裏面のボタンを押しながら引っ張ってください。



05. スターターを使ってチャージしましょう

1. スターターのUSBポートをコンセントに接続します。
2. 本体の金属部分とスターターの金属部分が密着するように本体をスターターの上に置きます。
3. スターターに置くと電源が入り、LEDが虹色に点灯します。充電開始と共にLEDがピンクに点滅し、充電完了と共にLEDがシアンの点滅になります。



※起動時は消費電力が
大きい為、チャージの
必要があります。

※スターターはバンドを取り
外し、必ず付属のものを
ご使用ください。

06. チャージの間にアプリをダウンロード しましょう



07. 事前にペアリング方法を確認しましょう

ペアリングはスマートフォンの Bluetooth 設定から行いません。

必ず動画でペアリング方法を確認してから実施してください。



08. アプリの指示に従い、ペアリングしましょう

1. アプリを開き、まずはアカウント登録します。
2. アプリの説明画面に従って、本体と正しくペアリングします。

※ペアリングとは、お使いのスマートフォンにMOTHERを登録する操作のことです。

※アプリは最新バージョンをご利用ください。

※利用状況によって充電が完全になくなってしまった場合、再度スターターでの再起動が必要になります。スターターは保管しておきましょう

注意

ご利用のスマートフォンの Bluetooth 設定から『MOTHER』を接続しないでください。
ペアリングモードが停止してしまいます。

09. 電源のON/OFF 方法

■電源をONにする場合

スターターに置かずに手動で電源をONにする場合は本体の側面にあるボタンを7秒間長押しすることでLEDが虹色に点滅し、その後白色の点滅と同時に振動します。電源が入らない場合は一度、充電してから再試行してください。

※スターターに置くと自動で電源が入ります。

■電源をOFFにする場合

電源をONにする場合と同じく本体の側面にあるボタンを7秒間長押しすることで電源がOFFになります。

ボタンを押しはじめてから、2秒経過するとLEDが紫に点灯しますが押し続けてください。

使用方法の詳細や取り扱い方法、
トラブルが起こったときは
MOTHER ヘルプセンターをご覧ください。



10. 製品情報

製品モデル	: MBMMSC
Bluetoothバージョン	: V4.2
BLE 最大出力	: 4dBm (2.51mW)
動作温度	: -10°C~+45°C
防水等級	: 5ATM

アプリの「マイページ> 設定」で端末情報を表示



Bluetooth® のワードマークとロゴは、Bluetooth SIG Inc. が所有する登録商標であり、株式会社メディロムは、これらのマークをライセンスに基づいて使用しています。その他の商標および商号は、各商標権者・商品販売者に帰属します。
<https://mother-bracelet.com/pages/terms>

11. バッテリーの安全性

1. バッテリーを火や加熱炉に廃棄したり、機械的に破損したりすると、爆発する可能性があります。
2. 高温な場所にバッテリーを放置すると故障したり、可燃性の液体やガスが漏れたりする結果となる可能性があります。

3. バッテリーを低い気圧にさらすと、爆発したり、可燃性の液体やガスが漏れたりする結果となる可能性があります。



007-AK0172

MOTHER Braceletの法的関連情報と製品情報については
<https://mother-bracelet.com/manual>をご覧ください。

12. 注意事項

1. お子様やペットが本製品や付属品を飲み込んだりすることが無いように手の届かない場所に保管してください。
2. 本製品を過度に高温または低温の場所に保管しないでください。故障や事故の原因になる可能性があります。

3. 本製品をオーブンやヒーター等の熱源近くに保管しないでください。
4. 本製品の使用時に身体に異変を感じた場合は速やかに使用を中止し、医師にご相談ください。
5. 純正品ではない充電器等の使用は避けてください。故障や事故の原因になる可能性があります。

6. サウナや雪上などの動作温度を超える範囲外でのご使用はお控えください。
7. シュノーケリングやダイビング等の過度な水圧が掛かる場面でのご使用はお控えください。

詳細は下記のURLから取り扱い説明書をご確認ください。

<https://mother-bracelet.com/manual>

13. 修理とメンテナンス

1. 皮膚への刺激やデバイスの腐食、本デバイスの耐水性の低下につながる石鹼消毒液、ローションなどの洗浄剤での洗浄はお控えください。
2. デバイスを着用して入浴やアクティビティ等の発汗する行為をした後はすみやかにデバイスの洗浄を行ってください。

14. 保証と返品ポリシー

MOTHER Braceletの製品保証期間は販売店で購入し、納品された日から**1年間**が対象です。保証規約の詳細は下記のURLからご確認ください。

<https://mother-bracelet.com/pages/terms>

保証の際には製品購入日を証明できる領収書が必要になります。大切に領収書を保管し、保証をご利用

用の際にご提示ください。

※本製品の保証サービスは日本向け製品として日本国内で販売されている製品のみが対象です。海外向け製品は対象外となります。

15. 個人情報保護方針

個人情報の保護に関する内容は下記の URL からご確認ください。

<https://mother-bracelet.com/privacy>

16. 問い合わせ

製品の取り扱いや交換等はFAQをご確認いただいた上、ECサイトのお問い合わせフォームよりお問い合わせください。

<https://mother-bracelet.com/pages/contact>

株式会社メディロム

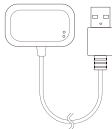
東京都港区2丁目3番1号トレードピアお台場16階

USER MANUAL

01. Check the enclosed items



MOTHER
Bracelet
(with bands)



Starter
(Power
Supply Unit)

※ Use only approved accessories. Contents may vary by country or region.

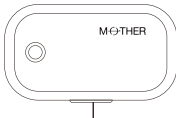
02. What's in this Document

This manual helps you to set up your tracker. Setup ensures you sync your MOTHER Bracelet with its app, where you can check the details about your daily activity stats, trends over long periods, log sleep, calorie burn estimates and more. As the setup is complete, charge your MOTHER Bracelet to activate it before initial use, and you're ready to go.

The remainder of this document gets you through important Care and Maintenance notes, and Safety and Product Information.

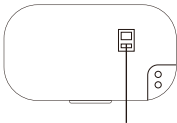
※ Failure to follow the instructions below may result in product damage, malfunction, or even injury.

03. About the MOTHER Bracelet



Button

03. About the MOTHER Bracelet



Heart rate sensor

04. Operating the Tracker

There are two ways of operating the MOTHER Bracelet



Pressing a button on the
side



Tapping the unit's surface
panel

05. How to Attach and Remove Bands

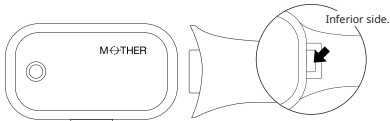
■ Attachment

Insert one end of the band into the thin slit of the unit until you hear a click sound.

■ Removal

Pull the band while pressing the button on its inferior side.

※ Pull the band gently to check if it doesn't come off before using your tracker.

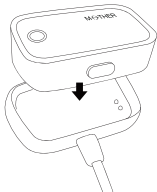


06. Charge your Tracker

The tracker is not fully charged when shipped. Charge the tracker before use.

1. Connect the Charging Cable to a power outlet.
2. Place the tracker's unit on the Starter so that the metal surfaces of the unit and starter fit tightly together.

3. If the tracker is installed correctly (Power ON status), rainbow-coloured LEDs will flash. The pink light indicates the charging start, and it turns into Cyan once charging is completed.



- ※ High power consumption for the system to boot up requires charging your tracker before using for the first time.
- ※ Remove bands from the tracker's unit before placing it on the starter.
- ※ Be sure to use the included in the package starter for charging purposes.
- ※ Depending on your usage, it may be necessary to restart the tracker again, so be sure to keep the starter.

07. Downloading the App and Syncing your Data



08. Check the Pairing Instructions

Please scan the QR code to check the Pairing Instructions in advance before syncing your data.



09. Follow the App instructions

Pair to register the MOTHER Bracelet on your smartphone.

1. Launch the MOTHER App and register a new account.
2. Follow the on-screen instructions to pair your tracker correctly.

- ※ Be sure to enable the Bluetooth of your smartphone before the pairing.
- ※ Please don't unbind the connection unless specifically stated otherwise.
- ※ If your smartphone fails to find the MOTHER Bracelet, tap the tracker's surface panel to wake it, and re-try searching.
- ※ For the best experience, always update to the latest app.

Caution

DON'T pair the tracker with your smartphone in the Bluetooth settings.

Entering the Pairing via your smartphone's Bluetooth settings will terminate the Pairing.

10. Turning the Power ON or OFF

■ Turn ON

To turn ON the MOTHER Bracelet manually (without the starter), press and hold the side button of the tracker for about 7 seconds.

The initial rainbow-colour lights will turn into white with a wave of haptic vibrations. If your tracker won't turn, re-charge it and repeat.

■ Turn OFF

To turn OFF the MOTHER Bracelet press and hold the side button of the tracker longer than 7 seconds. Keep pressing the button when the LEDs flash purple.

※ Your tracker automatically turns ON when connected to the starter.

Please scan the QR code for more details on setting up and troubleshooting.



11. Basic Specifications

Product Model	: MBMMSC
Bluetooth Version	: V4.2
BLE Maximum Transmission Power	: 4dBm (2.51mW)
Operating Temperature	: -10°C~+45°C
Water Resistance	: 5ATM

To view Product Information go to 'My page' > 'Settings' in the MOTHER App menu.



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<https://mother-bracelet.com/pages/terms>

12. Battery Safety

1. When disposed of improperly (mechanical shock, pressure, fire exposure or other hazards) the battery have the potential to explode.
2. Exposing the battery to high temperatures may result in its malfunction or leakage of flammable liquids or gases.

3. Exposing the battery to low atmospheric pressure may result in its explosion or leakage of flammable liquids or gases.



007-AK0172

Find legal information and resources about the MOTHER Bracelet and services at the following link.

<https://mother-bracelet.com/manual>

13. Safety Instructions

1. Keep the tracker, accessories and packaging parts out of reach of children and pets to prevent swallowing and choking accidents.
2. DON'T store the tracker in extremely hot or cold places. Failure to do so may result in its malfunction or cause accidents.

3. DON'T leave the tracker near any heat sources such as space heaters, radiators, stoves or other things that produce heat.

4. If you start to experience any physical discomfort or skin irritation on your wrist, remove the tracker and contact your health care provider.

※ Rubbing, pressure, or sweating over a long period of time may cause skin irritation.

※ If you have allergies or eczema, you may be more likely to experience skin irritation.

5. We recommend you always use the genuine Power Supply Unit (Starter).
6. DON'T use the tracker outside its Operating Temperature range, such as sauna or exposure to snow over a long period of time.
7. DON'T use the tracker in conditions of excessive water pressure, such as diving.

※ The genuine Power Supply Unit is included in the package.

※ If these recommendations are not followed, your tracker may experience a shortened life span or may cause fire, chemical burn, or other injuries.

For more information, please refer to the Manual at the following link.

<https://mother-bracelet.com/manual>

14. Care and Maintenance

1. We recommend to hand wash with mild soap and water to clean the tracker. DON'T use abrasive cleaners or oils and lotions which may be corrosive to the tracker.
2. Be sure to keep your tracker clean and dry especially after the long exercise or exposure to water in order to prevent the buildup of

grime and/or sweat.

※ The MOTHER Bracelet can be worn during showering, bathing, swimming and snorkeling.

※ The data by sensors is typically the closest estimation of the activity, but may not be completely accurate under the certain environments.

15. Warranty and Return Policy

The MOTHER Bracelet warranty period covers one year from the date of purchase.

For more information on the warranty terms and conditions, refer to the following link.

<https://mother-bracelet.com/pages/terms>

※ Warranty service only applies to products with a valid purchase receipt or other proof of the original purchase date.

※ Be sure to keep the receipt.

Warranty only applies to products purchased and serviced in Japan. This Limited Warranty is not extended to products destined for overseas markets.

16. Regulatory 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.

FCC ID : 2A8ZF-MBMMSC

Any changes or modifications that are not expressly approved by the party responsible for the compliance may void the user's authority to operate the device.

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 to 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.

Changes or modifications to this product not authorized by MEDIROM Healthcare Technologies Inc. could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition.

Responsible party (contact for FCC):
MEDIROM Healthcare Technologies Inc.
16F Tradepeer Odaiba, 2-3-1 Daiba Minato-Ku,
TOKYO, 135-0091 Japan

This device contains licence-exempt transmitter(s) / receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

IC : 29535-MBMMSC CAN ICES-3(B)/NMB-3(B)

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radioexempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) L'appareil ne doit pas produire de brouillage, et
- (2) L'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada.

To reduce potential radio interference to other users, the antenna type and its gain should be chosen so that the equivalent isotropically radiated power (e.i.p.) is not more than that necessary for successful communication.

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour

l'émetteur par Industria Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

17. Personal Data Protection Policy

MEDIROM Healthcare Technologies Inc. and its subsidiaries put utmost commitment to the proper management, use and protection of our customer's personal data.

For more information on the Personal Data Protection Policy, please refer to the following link.

<https://mother-bracelet.com/privacy>

18. Product Inquiry

For additional questions regarding the product handling and support services, please check the FAQs and contact us using the inquiry form on the following website.

<https://mother-bracelet.com/pages/contact>

We always appreciate your comments and inquiries and will respond within three working days, excluding weekends and public holidays.

※ Ensure you can receive emails from
mother-bracelet@medirom.co.jp

※ Check your Spam folder in case our message got
delivered there instead of your inbox.

MEDIROM Healthcare Technologies Inc.

16F Tradepeer Odaiba,
2-3-1 Daiba Minato-Ku,
TOKYO, 135-0091 Japan