



Acculife UltraSENSE User Guide

V1.03



● USA

3180 De La Cruz Blvd. #210  
Santa Clara, CA 95054  
Tel: 408 800-2114

● Hong Kong

#604 TOWER A, NEW TRADE PLAZA,  
6 ON PING ST, SHATIN N.T.  
Tel: 852 8191 6552

● China

地址:深圳市南山区桃园路田厦翡翠  
明珠花园1栋B座1802室  
Tel: 0755-86715939



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## ❖ Safety Warnings

Acculife UltraSENSE Series Smart Watch Health Monitors use hypoallergenic materials to reduce the likelihood of skin reaction. The use of medical grade stainless steel 316 minimizes the nickel content but people with severe metal sensitivity may experience skin allergies. In case of skin allergies please discontinue to wear the UltraSENSE Smart Watch Health Monitor and seek medical assistance.

## ❖ FCC Statement

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 Statement

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment.

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.

### Caution!

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

## ❖ Canada Statement

This device complies with Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions:

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

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

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

The device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS-102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

Le dispositif rencontre l'exemption des limites courantes d'évaluation dans la section 2.5 de RSS 102 et la conformité à l'exposition de RSS-102 rf, utilisateurs peut obtenir l'information canadienne sur l'exposition et la conformité de rf.

## ❖ Welcome to Acculife UltraSENSE

Thank you for choosing Acculife UltraSENSE, the world's smallest All-in-one Health Monitoring Smartwatch.

UltraSENSE comes in two models.

### ● Silicon(I4)

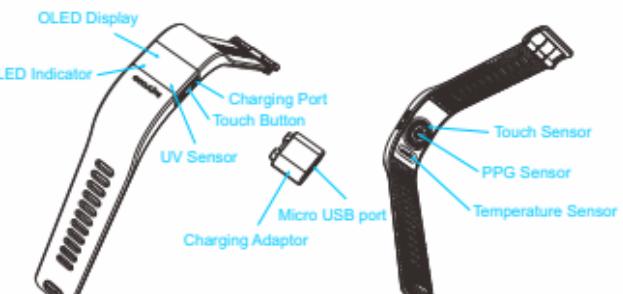


### ● Unifit(I4S)

## ❖ Hardware Overview

The package of Acculife UltraSENSE contains:

- 1.UltraSENSE Silicon/Unifit Smartwatch
- 2.Micro USB Charging Adaptor
- 3.USB Cable
- 4.User Guide



### ● Top

- The OLED Display is usually off to save

energy. It is only turned on when there are user interactions or alerts to be displayed.

- The LED Indicator is used to signal charging or firmware update activities.
- The Touch Button is used to rotate through the menus on the screen, as well as performing specific functions. See Menus for more information.
- The UV Sensor is used to measure Ultraviolet intensity. It should be kept uncovered at all times.
- The Charging Port on the right edge of the watch is designed to be magnetically attached to the supplied Charging Adaptor. The Charging Adaptor is designed to work with any micro USB cables. You can use any USB charging power adaptors of 5V/100mA to charge the Acculife UltraSENSE. When attached correctly to the Acculife UltraSENSE, charging will automatically start. During charging, the LED Indicator will flash. When charging finishes, the LED Indicator will go off.

### ● Bottom

- The Touch Sensor is used for detecting if the watch is being worn.
- The PPG Sensor is used to detect blood flow. The PPG Sensor has an array of LED lights to illuminate the skin. It also has a photo sensor to detect the intensity of the reflection from your skin.
- The Temperature Sensor measures skin temperature to the nearest 0.25 degrees.
- The Acculife UltraSENSE has low energy Bluetooth 4.0 radio which is used to communicate with other Bluetooth 4.0 compliant hardware, including smartphones and other Heart Rate Monitoring devices.

### ● Charge Before Use

Your Acculife UltraSENSE comes pre-charged. However, it could have discharged during shipping. Please charge it until the LED Indicator turns off before using the Acculife UltraSENSE.

## ● Water Protection

The Acculife UltraSENSE is designed to be splash proof. But it is not waterproof. You cannot go swimming or diving with it. Doing so will cause water damage and malfunction to the watch. This will void the warranty of your Acculife UltraSENSE.

## ❖ Activity Menus

Acculife UltraSENSE is simple to use. It has a set of Activity Menus that you can rotate through by pressing the Touch Button on the side of the Acculife UltraSENSE. Here is the default sequence and description of each menu.

## ● Time Menu



U l t r a S E N S E displays time in 12-hour format.

## ● Heart Rate Menu



When the PPG Sensor is active, the user can view the measured heart rate on this menu.



When the PPG Sensor is inactive, it shows 3 horizontal bars.

## ● Calories Menu



Calories burned and goal achievement during the current day are display in this menu. The percentage of calories burned daily goal is also represented as a line below the percentage value.

When the line reaches the width of the display, the daily goal is 100% complete.

The calories burned counter is automatically reset at 00:00 every day.

## ● Steps Menu



Steps taken and goal achievement during the current day are displayed in this menu. The percentage of steps daily goal is also represented as a line below the percentage value. When the line reaches the width of the display, the daily goal is 100% complete. The steps counter is automatically reset at 00:00 every day.

## ● Distance Menu



Distance traveled and goal achievement during the current day are displayed in this menu. Distance can be displayed in kilometers (km) or miles (mi). The percentage of distance daily goal is also represented as a line below the percentage value.

a line below the percentage value. When the line reaches the width of the display, the daily goal is 100% complete. The distance counter is automatically reset at 00:00 every day.

## ● UV Index Menu



UV Index value is displayed in this menu. UV Index ranges from 0 to 13. Usually it takes 10 seconds for the UV Sensor to obtain an accurate reading.

## ● Skin Temperature Menu



Skin Temperature is displayed in this menu. Temperatures can be displayed in Celsius or Fahrenheit.

## ● Ambient Temperature Menu



Ambient Temperature is displayed in this menu. Temperatures can be displayed in Celsius or Fahrenheit.

## ● Alarm Menu



Mobile App or PC Software.

## ❖ Notification Menus

Below are some menus that will only be displayed when the corresponding notification happens.

## ● Call Display Menu



receives a phone call. Only Bluetooth 4.0 capable iPhones and Android Phones are supported.

The incoming caller's phone number is displayed when the connected smart phone

## ● SMS Menu



receives a phone call. Only Bluetooth 4.0 capable iPhones and Android Phones are supported.

The incoming caller's phone number is displayed when the connected smart phone

## ● Battery 20% Remaining Menu



When the remaining battery is at 20%, the watch will vibrate and this icon will be displayed for 10 seconds. At this point, there is no reduced functionality but the user should consider charging the watch.

## ● Battery Empty Menu



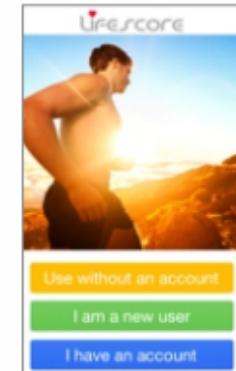
When the battery is almost empty, the empty battery icon will be displayed for 3 seconds. At this point, all sensors and Bluetooth radio are turned off. Pressing the Touch Button will again display this icon for 3 seconds.

## ❖ Using Acculife UltraSENSE with a Smartphone

The Acculife UltraSENSE supports low energy Bluetooth 4.0 communication. This makes pairing it with a Smartphone or other Bluetooth 4.0 compliant devices very easy.

You can download the Acculife LifeSCORE App for your smartphone from the App Store or the Google Play Store.

Run the app and you will be prompted to one of the following:



## ● Use without an account

You can use the Acculife LifeSCORE App without signing up an account. The Acculife UltraSENSE will communicate with the Acculife LifeSCORE App as usual to synchronize data and settings. However, the data will not be uploaded to the Acculife Cloud Server. The data will only be visible via the smartphone the Acculife UltraSENSE connects to.

## ● I am a new user

If you wish to save your data and settings to the Acculife Cloud Server, you can sign up an account. Simply follow the screens to complete the sign up process and you will be ready to use the Acculife UltraSENSE with the Acculife Cloud Server.

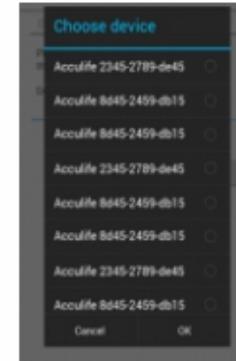
## ● I have an account

If you have previously signed up an Acculife Account and would like to continue using the same account, you can sign in to your account using this option. You will have to use your registered email address and password to sign in. Simply follow the screens to sign in and to continue using your existing Acculife Account.

## ● Connecting your Acculife UltraSENSE Smartwatch with the Acculife LifeSCORE App



Once you have finished with your account configuration, the Acculife LifeSCORE App will attempt to connect with your Acculife UltraSENSE via the Bluetooth 4.0 connection. Make sure your smartphone supports Bluetooth 4.0 and is it turned on or enabled.



After a moment, you will be presented with a list of Acculife Smartwatches to choose from. Simply choose the one that matches the tag on your Acculife UltraSENSE and tap OK to pair it with your smartphone.

## ❖ Realtime View

The Realtime View of the Acculife App displays information from your Acculife UltraSENSE as information is collected by the sensors.



**Heart Rate** – your current heart rate as detected by the PPG Sensor.

**Skin** – your current Skin Temperature as detected by the Temperature Sensor.

**Air** – the Ambient Temperature as detected by the Temperature Sensor.

**UV Index** - the detected UV Index as the watch is exposed to sunlight.

**Steps** – your step count of today.

**Distance** – the estimated distance you walked today.

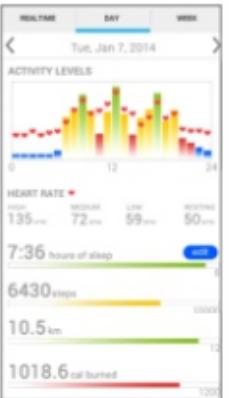
**Turn on Realtime Graphs** – when tapped, this will display additional graphs of the data detected by the Smartwatch.



After the Realtime Graphs are tuned on, you can see the Pulse Wave Graph and the Accelerometry Graph. These are great visualization of the data as they are received by the sensor and you can tell that the relative amplitude of the pulse wave and accelerometry over time.

Please bear in mind that when the graphs are turned on, the Acculife UltraSENSE is required to stream that data at a higher rate to the Acculife LifeSCORE App and will consume more battery power. To conserve battery life, please use this feature only when needed.

## ❖ Day View



Day View presents the summary of your day in a graphical format that is easy to understand. You can scroll to view the daily data using the arrow buttons at the top.

**Activity Levels** – displays an interpreted level of hourly activities based on the accelerometry. The

heart shape represents the average heart rate at that hour. Blue bars represent sleeping hours. Red, Yellow and Green bars represent the relative level of activities in 33%, 66% and 100% divisions.

**Heart Rate** – Summary of High, Medium, Low and Resting Heart Rate readings from the Acculife UltraSENSE.

**Hours of Sleep** – User entered Sleep Hours.

The colour bar represents the hours out of the personal goal which is displayed outside of the bar.

**Steps** – Acculife UltraSENSE detected steps. The colour bar represents the number of steps taken for the day. The personal goal is represented on the outside of the bar.

**Distance** – Acculife UltraSENSE detected walking distance. The colour bar represents the distance walked for the day. The personal goal is represented on the outside of the bar.

**Calories Burned** – Acculife UltraSENSE calculated calories burned. The colour bar represents the calories burned for the day. The personal goal is represented on the outside of the bar.



If you tap on the Activity Levels, you will be presented with the Activity Levels with hourly Heart Rate reading superimposed on the chart. You can compare and see how your heart rate varies with the amount of activities recorded.

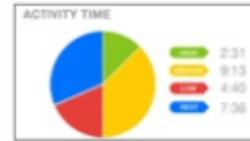


Chart to show you the breakdown of activity intensity over the 24 hour period for the day.

## ❖ Week View



Week View summarizes the whole week of daily data in graphs for you. You can scroll between the data using the arrow buttons at the top, one week at a time.

**Activity Levels** – Daily summary of activity levels.

**Sleep Hours** – User entered Sleep Hours of each day. This is only available if the user enters the data.

**Sleep Hours** – User entered Sleep Hours of each day. This is only available if the user enters the data.



**Resting Heart Rate**  
– the heart rate while the user is sleeping. This is only available if the user enters the sleep hours data.



**Steps** – Daily number of steps.

**Distance** – Daily distance walked.

**Calories Burned** – Daily calories burned.

## ❖ Appendix

### ● Support

We are committed to our products and our customers. If at any time you need help with using your Acculife UltraSENSE Smartwatch, please feel free to contact us using one of the following methods.

### ● Web

<http://acculife-usa.com/support>

### ● Firmware Upgrade

Your Acculife UltraSENSE Smartwatch is firmware upgradable. Firmware is released when new features or bug fixes are made available. You can upgrade the firmware of your Smartwatch:

- Using our mobile app (iOS or Android). To upgrade using the mobile app, the Smartwatch has to be connected to the mobile app using Bluetooth 4.0. Select Settings | Firmware Upgrade from the mobile app and press the Download and Upgrade Firmware button. This will initiate the download of the latest firmware to your smartphone. When the download finishes, it will be verified and the firmware will be upgraded to your Smartwatch via the Bluetooth 4.0 connection. It is important to ensure both the Smartwatch and your mobile phone are charged and have enough battery life for this operation.

### ● Cleaning

Use only water and a microfiber cloth to clean your Acculife UltraSENSE Smartwatch. It is important to keep the sensors clean to ensure optimal sensitivity. If there is excessive debris accumulated on the band, carefully use a minimum amount of mild soap to clean the bands. Never submerge the Smartwatch under water to protect it from water damage.

### ● Disposal and Recycling

The Acculife UltraSENSE Smartwatch is made to adhere to RoHS standard. However, it should not be disposed with household waste as the battery and electronic components are harmful to our natural environment. You must dispose of your Acculife UltraSENSE Smartwatch properly according to local laws and regulations.