

**REM-FIT<sup>™</sup>**  
**ACTIVE 100**

## Setup Instructions



### Welcome to the REM-Fit Active lifestyle!

This guide will help you set up your new REM-Fit Active so you can begin using it as soon as possible.

In addition to this guide,  
we also have videos and  
tutorials on  
[www.rem-fit.com/support](http://www.rem-fit.com/support)



### 1. Wake the device

Before we begin, you may need to 'wake' your REM-Fit Active. Some REM-Fit Active devices ship from the factory in a hibernated state. Here is how you wake the device:

Place the device in the USB charger. The lights on the device start blinking, and is ready to use. We recommend charging it for at least 60 minutes before first use.

### 2. Download the REM-Fit Active App

You will need the REM-Fit Active App for iOS or Android in order to use your REM-Fit Active.

You can download the Apps here:



iPhone:  
[www.rem-fit.com/iphone](http://www.rem-fit.com/iphone)



Android:  
[www.rem-fit.com/android](http://www.rem-fit.com/android)

### 3. Creating a REM-Fit Active account

Now that your REM-Fit Active is awake and the App is downloaded, you can create your REM-Fit Active account.

1. Click the 'Sign Up' button on the App's home screen
2. Follow the prompts to create an account
3. Enter all of the information and click the 'Save' button
4. When prompted, click the 'Find' button in the App
5. Select your REM-Fit Active from the list
6. Sync the device
7. Your REM-Fit Active is now associated with your REM-Fit account

## 4. Using the REM-Fit Active device

The lights of the REM-Fit Active 100 will change based on the information it is giving you. Tap the device 3 times quickly to see your goal progress. Press and hold the display for 3 seconds to see the battery status.

- **Charging:** Red lights roll across the display: ● ● ●
- **Switching to Sleep Mode:** 3 blue lights for 5 seconds: ● ● ●
- **Low battery:** Red lights blink 10 times every 30 min: ● ● ●
- **Switching to Active Mode:** 3 green lights for 5 seconds: ● ● ●
- **Communication with device:** 3 blinking blue lights for 3 seconds: ● ● ●
- **Goal Progress:** 1 blinking green light for each 1/3 of goal reached: ● ● ●
- **Alarm:** 3 green light flash for 3 seconds, plus a device vibration: ● ● ●
- **Battery Status:** 1 solid red light for each 1/3 of battery remaining: ● ● ●
- **Goal Achieved:** Device vibrates and flashes many colored lights for 3-5 seconds: ● ● ●

## 5. Earning SleepPoints

Your REM-Fit Active can also track and analyze your sleep. To enter Sleep Mode, navigate to the SleepPoints page in the REM-Fit Active App and follow these steps:

1. Press the 'Start' button in the top window to begin earning SleepPoints
2. Your device will enter sleep mode.
3. When you wake up, click the 'Stop' button in the App
4. Your REM-Fit Active App will pull the data from your REM-Fit Active, analyze it and display your results on the page.

## Stay connected with REM-Fit

You can use your REM-Fit Active user name and password to log into [www.rem-fit.com](http://www.rem-fit.com). From there you can always find the latest information, see detailed graphs and charts of your data, add friends, create and join groups, find tips, etc. There is always something new on the site, so check back often!



[twitter.com/rem\\_fit](https://twitter.com/rem_fit)



[facebook.com/remfit](https://facebook.com/remfit)



[instagram.com/remfitlife](https://instagram.com/remfitlife)



[youtube.com/remfitlife](https://youtube.com/remfitlife)

**Enjoy your REM-Fit Active!**

## FCC Statements:

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. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or 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 technician for help.

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.

MODIFICATION: Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the device.

FCC ID: 2ADHT-RFM100

**Health Disclaimer:** All materials and devices provided are for your information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information or use of these devices; instead, users should consult appropriate health professionals on any matter relating to their health and well-being.

**Care & Safety:** Regularly clean & dry your band and wrist. When working out, sweating, or exposing your skin to substances like soaps and lotions, these items can get trapped beneath the band. Keep the REM-Fit Active dry and only apply it when your wrist is dry when using the armband. Keep your REM-Fit Active band snug, but not tight. Do not expose to extremely high or low temperatures. Do not attempt to repair, modify or disassemble your REM-Fit Active. There are no user serviceable parts and modifying your REM-Fit Active will void the warranty. Please see [rem-fit.com](http://rem-fit.com) for more information.