

TOSHIBA ACTIVITY TRACKER S1100AM00 INSTRUCTION MANUAL

Thank you for purchasing TOSHIBA Activity Tracker.

- Make sure that the date of purchase and the name of shop are specified in the warranty of this manual.
- To ensure safety, read this instruction manual carefully and keep in mind the safety instructions and functions before using the product.
- Please keep this manual in a safe place and refer to it as needed.

*A smartphone application is necessary to use this product.

WARRANTY

Product name TOSHIBA ACTIVITY TRACKER S1100AM00	
★ Customer	Name
★ Address	<input type="text"/>
Phone No. ()	
Warranty period	Body: 1 year ★ Date of purchase From __/__, 20__
★ Shop name	Address, shop name Phone No. ()

- This warranty is invalid if the form is incomplete. Fill in the columns identified by the ★ symbols.
- If you have a sales certificate or receipt showing the name of the shop and date of purchase, keep it with this warranty for fear of losing it.
- This warranty guarantees a free replacement of the body. (See the warranty provisions.)
- Should the product become defective within the warranty period, please present this warranty along with the product for repair service.

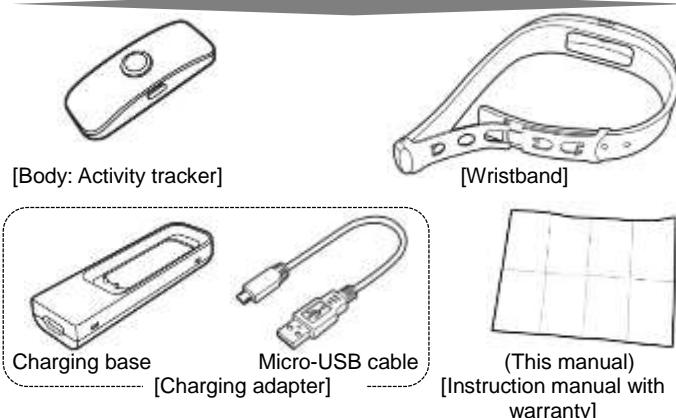
Privacy Policy

Customers under 16 years of age must obtain approval from parents or legal guardian before completing the form. Please note that Toshiba, its subsidiaries, and associated corporations may use the written information to provide product support and service, conduct safety check, or promote new products. We may also provide information necessary to a third party. Contact TOSHIBA Activity Tracker customer service if you want to change your registered address or do not want to receive further information.

1. OVERVIEW AND FEATURES OF PRODUCT

TOSHIBA Activity Tracker is a wrist-worn device capable of measuring daily activities such as walking, running, and sleeping when used in combination with a smartphone application. Use Bluetooth® to connect TOSHIBA Activity Tracker with a smartphone application which makes it possible to set the activity target values and time, acquire and check measurement results from TOSHIBA Activity Tracker.

<Activity Tracker and Accessories>



2. SAFETY INSTRUCTIONS

This section includes dangers and damage to property that might result from using the product. To use the product properly and prevent accidents from happening, please read carefully and follow the instructions (signs, symbols) below.

■ Signs

	WARNING		CAUTION
	Indicates a hazardous situation which, if not avoided, could result in death or serious injury (*1).		Indicates a potentially hazardous situation which, if not avoided, could result in minor or moderate injury (*2) or property damage (*3).

*1: Serious injury includes blindness, wounds, burns (high and low temperature), electric shock, fractures, poisoning, etc. with long-lasting effects or that require hospitalization and/or long-term hospital visits for treatment.

*2: Minor or moderate injury includes wounds, burns, electric shock, etc. not requiring hospitalization and/or long-term hospital visits for treatment.

*3: Property damage means extended damage to property and/or materials.

■ Symbols

	Prohibition		Instruction
	Indicates a prohibition (that must not be done). Details of prohibition are indicated in or near a symbol in an illustration or description.		Indicates an instruction (that must be done). Details of obligation are indicated in or near a symbol in an illustration or description.

	WARNING
	Store the product in a place inaccessible to infants or children. If the body is detached and swallowed by mistake, suffocation or injury may occur. If an infant or child swallows the product, consult a doctor immediately. The wristband buckle may cause an injury.
	Choose exercise that suits your condition. Refrain from heavy or extreme exercise.
	Follow the instructions of a physician or specialist during physical therapy, training period, or on a diet.
	Stop exercise and seek medical treatment if you feel sick or the body conditions change during exercise.
	The charging adapter is not waterproof. Do not connect when the body is wet with sweat or water.
	Do not disassemble the product or tamper with the inner parts.
	Do not remove the built-in rechargeable battery from the body.
	When charging the body, detach it from the wristband and charge with the proprietary charging adapter.
	Stop using the product immediately if the built-in rechargeable battery leaks or overheats.
	Seek immediate medical treatment if liquid leaked from the built-in rechargeable battery contacts the eyes or mouth.

	CAUTION
	Never use the product in a sauna or near other heat sources. Failure to heed this warning may result in burn injuries.
	Persons with sensitive skin may suffer skin rash or itchiness, which may be caused under some conditions. In the event of any abnormality, stop using the activity tracker and consult a physician.
	Persons with an allergy to certain metals should refer to the Material List and consult a physician before using the product.
	This product only withstands splashes from rain or when washing the face or hands. The activity tracker cannot be used in water.
	Do not use or store the product in a place exposed to direct sunlight, near a heater, or in a dusty or moist place. Do not store it on plastic.
	Do not drop, throw, hit, or expose the activity tracker to impacts.

■ Material List

	Parts	Materials/Surface treatment
Body	LED display	Acrylic resin
	Charging terminal	Copper/gold plating
	Other	PC resin
Wristband	Wristband	Silicone
	Fastener	Stainless steel
	Charging attachment	PC resin
Charging base	Charging terminal	Copper alloy/gold plating
	USB connector	Stainless steel/Ni plating

3. INSTRUCTIONS ON USE

■ Bluetooth®

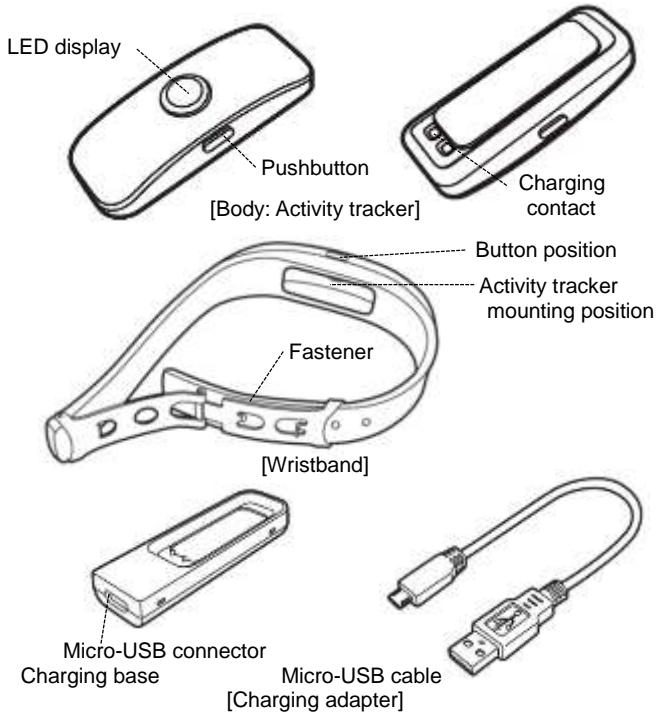
- The Bluetooth® functions of this product are available in Japan only.
- This product does not warrant operations on every Bluetooth® enabled devices.
- The frequency band for this product is used by microwave ovens; industrial, scientific, and medical equipment; premises radio stations for identifying movement as used on manufacturing lines of plants (licensed radio stations); specific small-power radio stations (non-licensed radio stations); and other home appliances.
- Before using this product, always make sure that no premises radio stations for identifying movement or specific small-power radio stations are used nearby.
- Change the position or stop radio wave emission immediately if this product causes radio wave interference on a premises radio station for identifying movement.
- Do not use the Bluetooth® functions on an airplane to avoid interference with the communication system of the airplane.
- Consult a physician about using this product if you use a medical device, such as a pacemaker.
- Do not use this product for medical devices, systems having direct or indirect relation to human life, or in environments requiring high safety and reliability.
- Do not use this product in system environments having direct or indirect relations to equipment or computer systems requiring high safety and reliability.
- Frequency band
The Bluetooth® functions of this terminal use the following frequency band.
<img alt="Frequency band diagram showing 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 580, 591, 592, 593, 594, 595, 596, 597, 598, 599, 590, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 610, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 630, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 660, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 690, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 710, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 73

- Do not use the activity tracker for any other purposes than measuring activity or sleeping condition.
- The activity tracker body and wristband are in direct contact with the skin. Sweat, dirt, dust, or other unnoticed soil may contaminate the cuffs of the clothes. See MAINTENANCE and use the activity tracker properly.
- Do not pull or bend the wristband forcibly.
 - Otherwise, the activity tracker body may be dislocated and drop, resulting in deterioration of the water resistance or defects.
 - Such handling may deform or damage the wristband or buckle.
- Do not dip the wristband in hot water or cold water containing hot spring components. Otherwise, the appearance of this product may deteriorate.
- If thinner, gasoline, solvent, oil, fat, or cleaner, adhesive, paint, chemical, or cosmetics containing such materials are put on this product, it may be discolored, deformed or damaged.
- This product uses a lithium ion battery.

Observe the instructions of your local government when disposing of this product.

Li-ion

6. COMPONENT NAMES



7. HOW TO USE

(1) Install the smartphone application.

Access the following website from your smartphone.
The website provides a link to the application download.
<http://www.toshiba.co.jp/healthcare/actmonitor/>

* Make sure that your smartphone is listed in the recommended and applicable model list for the smartphone application.



Download from the following.

Android™ version: From Google Play
iOS version: From App Store

Install the application on your smartphone.

(2) Turn on power.

- Press and hold the pushbutton.
- When the white LED goes on, release the pushbutton. The white LED changes to green and the vibrator shows that power is turned on. Even after the LED goes out, the power remains on.

If the LED does not go on after pressing and holding the pushbutton for 5 seconds, the remaining battery level is low. Charge it with the charging base.

(3) Set pairing mode

Pairing must be carried out before using the application. Follow the instructions shown on the application screen to pair the device with the smartphone.

• **Android™**

- Press and hold the pushbutton until and after the blue LED begins to blink. (Do not release the pushbutton)
- White LEDs begin to blink in blue background.
- Release the pushbutton now.
- iPhone**
- Press and hold the pushbutton until and after the blue LED begins to blink. (Do not release the pushbutton)
- White LEDs begin to blink in blue background.
- Release the pushbutton now.
- Press the pushbutton again before the LED goes off. Then the LED will change from blue to yellow.

(4) Measure

- Start the smartphone application.
- Follow the instructions to setup the Application.
- Put on the activity tracker.

★ The activity tracker may stop working due to low battery so it is recommended to charge the battery periodically.

(5) Sync with a smartphone.

Sync while your smartphone application is on.

- Hold the pushbutton.
- Release the button when the LED begins to blink.

★ The activity tracker adjusts the built-in calendar (date and time) when it syncs with the smartphone. Adjust the time by syncing with the smartphone when using the activity tracker for the first time or when the power has been off. Data measured before syncing may have different date and time.

★ 14 days of data are stored even after running out of battery. However, data before 14 days ago will not be saved. Always remember to charge or sync with your smartphone to protect your data.

(6) Turn off power.

Turn off the power as shown below when detaching the activity tracker from the wristband for charging. Pay attention to where electronic devices are prohibited or when the activity tracker has not been used for a long time.

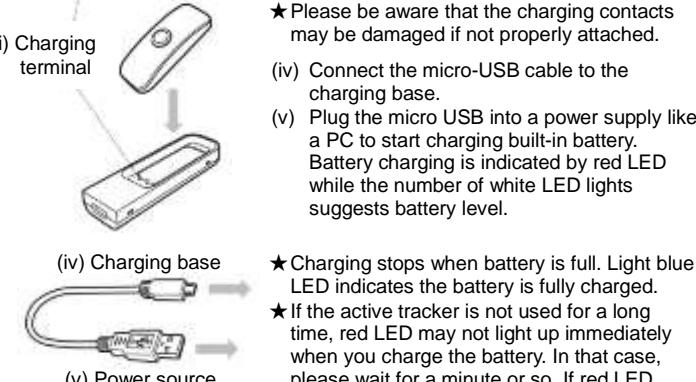
- Press and hold the pushbutton to enter pairing mode.
- Press and hold the pushbutton in pairing mode.

All white LEDs go on once and then go out one by one. Power is turned off when all LEDs go out.

★ When inactive for 2 days, the activity tracker will be turned off automatically for power saving.

(7) Charge.

- Turn off power and open the fastener of the band.
- Stretch the band so that the body can be taken out of mounting position.
- Make sure the charging contacts at the body and the charging base align before charging. Slight magnetic force can be felt when the body is attached to charger.
- Please be aware that the charging contacts may be damaged if not properly attached.
- Connect the micro-USB cable to the charging base.
- Plug the micro USB into a power supply like a PC to start charging built-in battery. Battery charging is indicated by red LED while the number of white LED lights suggests battery level.



- On completion of charging, light blue LED indicates charging is complete.
- Detach the activity tracker body from the charging base.
- Stretch the band and align the pushbutton of activity tracker with the button position of band when attaching the activity tracker to the band.

8. IF NOT MEASURED PROPERLY

- Random movements
 - Hanging from the waist or bag
 - Placed in a bag with random movements
- Irregular walking
 - Walking with a shuffle
 - Walking in sandals, Japanese geta, Japanese sandals, etc.
 - Walking in an irregular manner in a crowded area

- Used in vertical movement or vibrating environment
 - Standing up and sitting movements
 - Sports other than walking and jogging
 - Going up and down stairs or a steep slope
 - Riding on a bicycle, motorbike, car, train, or bus
 - Physical training of upper half of the body
- Walking extremely slow
- Repetitive short-term walking less than 5 seconds
- Instead of walking
 - Working or studying at the desk, or moving arms frequently
- Used in a place subject to loud noise or continuous vibrations
- Excessive movement during sleeping

Continuous operating hours	14 days * Time may vary depending on operating conditions.
Body size	Approx. 16 mm x 41 mm x 12 mm
Wristband size	When the longest band part is fixed to buckle: Approx. 195 mm When the shortest band part is fixed to buckle: Approx. 140 mm Thickness: Approx. 12 mm, width: approx.19 mm
Built-in battery	Li-ion rechargeable battery
Recharged battery voltage	5 V ±10%
Ambient temperature during charging	5°C to 40°C
Charging approach	Proprietary USB charging adapter
Water- & dust-proof class	IPX5/IPX7 or equivalent
Weight	Approx. 27 g (Body only: approx. 7 g)

Bluetooth is a registered trademark of Bluetooth SIG, Inc., USA.
Android and Google Play are trademarks or registered trademarks of Google Inc.

iPhone is a trademark of Apple Inc. registered in the United States and other countries.

This product is not a medical instrument.

The information in this manual is subject to change without notice.

■ Water Resistance

- This product has waterproof performance equivalent to JIS water resistant class 5/7 (IPX5/7)*.

*IPX5: The product performance is maintained when the product is exposed to jet streams in all directions in the condition where water is sprayed through a 6.3 mm I.D. nozzle at 12.5 liters/minute for more than 3 minutes at a distance of about 3 meters.

IPX7: Water does not penetrate inside and the product performance is maintained when the activity tracker is dipped quietly in clean city water at the normal temperature at the depth of 1 meter and left for about 30 minutes.

■ Precautions about Water Resistance

- Wipe off water immediately with a dry, soft cloth if the product is exposed to water.
- Do not wear the activity tracker when swimming or taking a bath. Do not wear in a sauna. Do not expose the activity tracker body to water from a faucet or dip it in water.
- The waterproof specifications are based on the test results of a company entrusted by us. They do not warrant operations under all conditions.

12. WARRANTY AND AFTER-SALES SERVICES

Contact the following service desk for inquiries or warranty or handling of the product.

- Contact the following customer service if a product is in trouble. Please visit our FAQ below if you need any assistance.

<http://www.toshiba.co.jp/healthcare/actmonitor/>

For further assistance, please contact our customer service.



◆ Customer Service Customer support center

0120-455-750 (Toll free)

Business hours: 9 am to 5 pm, Monday to Friday
(Holidays and beginning and end of year are excluded.)

Masago 5-20-7, Mihama-ku, Chiba-shi, Chiba 261-8580

The governing language of this instruction manual shall be Japanese. No translation into any other language shall be taken into consideration of this instruction manual.

11. SPECIFICATIONS

Product name	Activity Tracker
Model No.	S1100AM00
Sensor	Acceleration sensor
Compatible OS	Android: 4.0 or above iOS: 7.0 or above
Communication	Compatible with Bluetooth® 3.0/4.0. (Class 2)
Operating temperature range	5°C to 50°C
Humidity operating range	20% to 90% (Non-condensing)

FCC Statement

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.

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.

NOTE: THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

株式会社 東芝



Instruction manual

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