

**TOSHIBA ACTIVITY TRACKER
S1100AM00
INSTRUCTION MANUAL**

Thank you for purchasing TOSHIBA Activity Tracker.

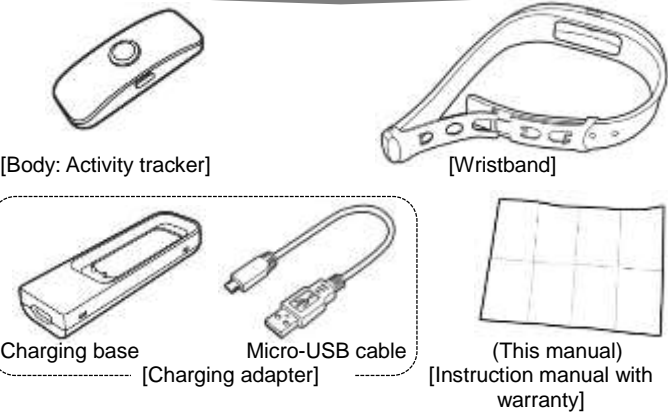
- Make sure that the date of purchase and the name of shop are specified in the warranty of this manual.
- To ensure safety, read this instruction manual carefully and keep in mind the safety instructions and functions before using the product.
- Please keep this manual in a safe place and refer to it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

***A smartphone application is necessary to use this product.**

**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 base	Charging attachment	PC resin
	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.



- (1) 2.4: Indicates radio equipment using the 2.4 GHz band.
(2) FH: Indicates that the FH-SS modulation method is used.
(3) 1: Indicates that the expected interfering distance is 10 meters or less.
(4) XX: Indicates that the modulation methods is another method.
(5) 4: Indicates that the expected interfering distance is 40 meters or less.
(6) : Indicates that the full 2400 MHz - 2483.5 MHz band is used and the band of moving body identifying equipment cannot be avoided.

■ For Good Communication

- Connect to other devices in an open place. Some building structures or obstacles may reduce communication distance. Communication may be disabled by close proximity to steel-reinforced concrete, in particular.
- Do not use the Bluetooth® functions of this product near radio LANs or other radio equipment, electric appliances generating radio waves such as microwave ovens, in places with many obstacles, or places with bad radio wave conditions. Otherwise, the devices may disconnect frequently, communication speed may be reduced, or errors may occur.
- IEEE 802.11g/b radio LAN equipment and Bluetooth® devices like this product use the same frequency band (2.4 GHz). If they are used in close proximity to each other, both may suffer radio wave interference, resulting in lower communication speed or disabled connection. Turn off the power of unused equipment in such a case.
- Change the position if proper communication is disabled near radio equipment or a broadcasting station.

4. DISCLAIMER

- We will assume no responsibility for incidental losses caused by using or a failure in using the body or accessories of this product (loss of business profits, discontinuation of business operations or the like).
- We will assume no responsibility for losses caused by a failure to observe the descriptions in this instruction manual.
- We will assume no responsibility for corruption or loss of measurement data recorded by this product, regardless of the causes, or contents or degrees of loss. (We will not recover or restore data.)
- Measured data are for reference only. They may be different from the actual values.
- This product is available in Japan only.
- We will assume no responsibility for improper operation of an incompatible smartphone after using this product.

5. ATTENTION

- Always charge the product when using it for the first time or when the activity tracker has not been used for a long time.
- Wipe off water completely from the parts in contact with the charging base with a soft cloth when charging after exposure to moisture.

WARRANTY

■ Warranty Provisions

1. During the warranty period, we will replace any defective product with an equivalent one free of charge if the product is used under proper conditions as described in the instruction manual. Contact our customer service for details and keep the product and warranty handy.
2. This warranty covers both the body and the charging base.
3. We will in no event be liable for any damages, whether direct or indirect, caused by the malfunction or improper use of the product.
4. This warranty does not cover the following:
 - A) If this warranty is not presented
 - B) If the date of purchase is not specified, altered or tampered with
 - C) Defects or damage caused by improper storage, handling or by impact or drop during shipment
 - D) Defects or damage caused by misuse or unauthorized modification or repair
 - E) Defects or damage caused by fire, salt, gas, earthquake, lightning, storm, flood, other natural disasters, or other external factors such as abnormal voltage
 - F) Taints, scratches, wear and tear on painted and plated surfaces of the product, or damage to plastic parts
5. To ask for replacement help, please contact customer service
6. This warranty is null and void if the unit has been opened or tampered with
7. This warranty is valid only in Japan
8. This warranty will not be reissued once lost. Please keep it in a safe place

- This warranty promises a free replacement within the period and under conditions specified herein. The warranty issuer (quality assurance supervisor) or other proprietors shall bear no legal responsibility with respect to this warranty.

- 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.

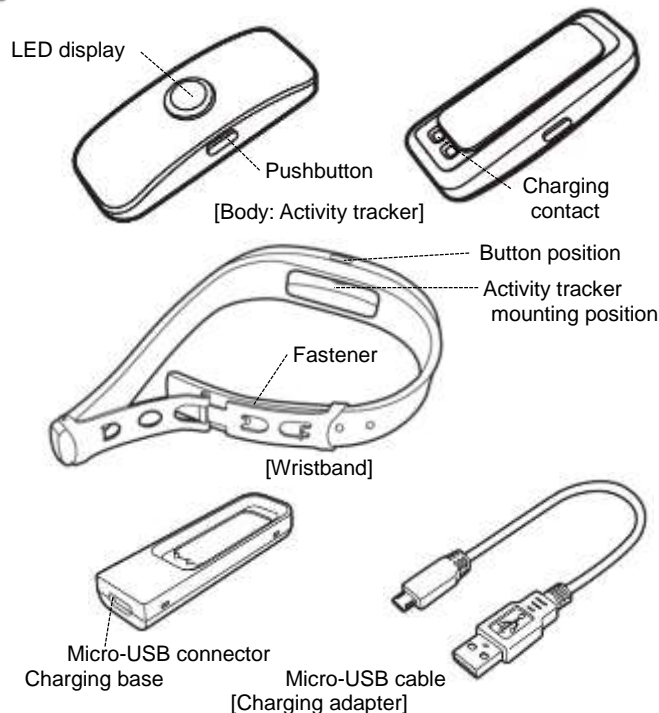
- Do not use the activity tracker for any other purposes than measuring activity or sleeping condition.
- The activity tracker body and wristband are in direct contact with the skin. Sweat, dirt, dust, or other unnoticeable soil may contaminate the cuffs of the clothes. See MAINTENANCE and use the activity 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.



Li-ion

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

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.

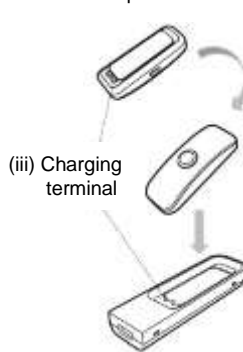
- Press and hold the pushbutton to enter pairing mode.
- Press and hold the pushbutton in pairing mode.

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.

★ Charging stops when battery is full. Light blue LED indicates the battery is fully charged.

★ If the active tracker is not used for a long time, red LED may not light up immediately when you charge the battery. In that case, please wait for a minute or so. If red LED remain off after that, the product is likely to be out of order. Please stop charging.

- 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

9. MAINTENANCE

- Follow the instructions below to use the product in a correct manner.
 - Wipe off sweat and dust with a dry, soft cloth when taking off the activity tracker from the wrist.
 - Detach the body from the wristband and clean sweat and dust off the band with running water. Wipe off wafer with dry, soft cloth after rinsing.
 - Do not clean the body with water. Wipe off sweat and dust with dry and soft cloth.
- Clean the activity tracker at least once a week with dry and soft cloth.
- Clean the charging contacts with soft and thin cotton swabs at least once a month or when the activity tracker cannot be charged. Please be aware that charging contacts may be damaged if cleaned improperly.
- Do not clean the charging contacts with sharp tipped object like a needle.
- Do not use acid or alkaline detergent.
- Do not wipe the product with such chemical as thinner, benzene, alcohol, etc.
- Charge the battery periodically.
Charge the battery at least once a month even when the activity tracker has not been used for a long time.

10. TROUBLESHOOTING

Condition	Action
LED does not go on even after the pushbutton is pressed.	Power may be off. Turn on power.
LED does not go on even if the pushbutton is held down to turn on power.	Connect the charging adapter to start charging.
Charging is not working.	Disconnect the charging cable and clean the charging contacts of the body.
Charging does not start even after the charging contacts are cleaned.	Contact our customer service.
The battery does not last long.	Reduce the times of syncing if you sync several times a day.
Syncing with the smartphone failed.	Check the Bluetooth® setting of the smartphone. Start the smartphone application and pair the devices.
Pairing failed.	Set the activity tracker in the pairing mode and check the LED colors. Pair the device with the following color. <ul style="list-style-type: none">Blue LED for Android™Yellow LED for iPhone
Pairing complete but syncing failed.	Contact our customer service.
The battery runs out fast even with syncing only once a day.	Use the battery until it is empty, and fully recharge the battery. If the battery still runs out fast, contact our customer service.

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)

Continuous operating hours	14 days * Time may vary depending on operating conditions.
Body size	Approx. 16 mm × 41 mm × 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.



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

S1100AM001100-M01
Issued on 8/20, 2014.

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