



Congratulations! You have made a wise choice by choosing the IRO Smart band / bracelet.

IRO Smartband / bracelet is a product innovated by IRONOVA® to help an individual to track the daily energy expenditure with the touch of a button. For more details, you can log on to www.ironova.com.

IRO provides you a user friendly application to track your performance. **To optimize the accuracy of the data, we suggest you to wear your IRO properly tightened and on your non-dominant wrist.**

⚠ **IMPORTANT:**

After each disconnection, (Bluetooth) wait few seconds; a red, green, blue signal will indicate you that the data are properly saved.

⚠ **IMPORTANT:**

once plugged and after each USB unplug. **You must click on the bracelet button once:** a red, green, blue signal will indicate that IRO working properly.



Using Bluetooth 4.0 for the mobile application:

Your mobile device must be compatible :

- Bluetooth Version 4.0. (Smart ready)
- iOS version starting from 4.0 to 8.X.(screens: Iphone: 3.5 & 5.5 inches, Ipad: 7.9 to 9.7 inches)
- Android version starting from 4.0 to 4.4.X.(screens: 3.5 & 5.5 inches)

To use the Mobile Application:

Step 1: Open your platform store to download the app.

Step 2: Search for "IRO by IRONOVA".



Step 3: Identify the app. with the icon shown.

Step 4: Install the app. on your mobile device.

(activate Bluetooth connectivity on your smartphone)

Step 5: When you launch the application, a message pops up and invite you to sync your device. To make IRO detectable you need to press the button 2 times.(Modes: **Page 4**)

Note: When Bluetooth mode is activated the spiral flashes your profile's color. Once IRO synced the spiral shines. (Sync success)

Figure 1.0

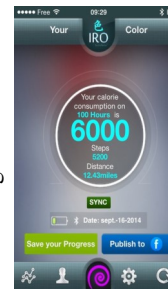


Figure 1.0 shows a sample screen of the mobile application once synced.

Once synced, to desynchronize the device press the button on IRO once. **Don't forget to desynchronize your device before leaving the app. to preserve the device's battery level.**

To synchronize again:

click **SYNC** button on the middle of screen.

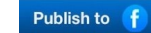
Note:


On your first login you should:

- Click  button and click 'change' to update the personal details such as gender, age, weight and height .(figure 2.0)
- Click **Save your Progress** button to save your progress.

Note:

We advise you to save your progress each time you reach a new color level or every 12 days. Only one progress can be saved by day. If you save several times during a day, only your latest save will be recorded on your history.



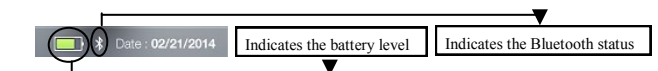
- Click  button to publish your performance on your Facebook wall.

Note:

The text shown within the white circle in your mobile main page app. displays your performance for 100 last hours which includes calories burnt, steps and distance.

You can also follow your progress on a six month scheme using the application.

The buttons on the main screen:



Based on your performance the spiral changes its color to show you the difference as explained below.

Colors and Description:

Red - 1 to 100 kcal, Orange - 101 to 300 kcal, Yellow - 301 to 600 kcal, Green - 601 to 1600 kcal, Light blue - 1601 to 3000 kcal, Dark blue - 3001 to 5000 kcal, Purple - 5001 kcal and above.

Modes of your IRO Smart band / bracelet:

- 1 button press - «Normal Mode».
- 2 button press - Bluetooth synchronization mode.
- 3 button press - «Infinite Mode».
- 4 button press - Spiral OFF. (IRO tracks your activity)

Modes:

Normal Mode - The bracelet shines with your color for 7 seconds based on your performance when you press the button

Infinite Mode - In this mode, the bracelet would shine continuously with changing colors according to your performance. You can choose this mode when you want to show the world your level of physical activity. (warning! the autonomy will be greatly reduced)

Charging Mode:

- You can use the USB cable provided by Ironova to charge your IRO Smart band / bracelet.
- Connect the USB through the USB port with power supply.
- When the IRO is connected for charging, the spiral flashes the white color.
- When the IRO is fully charged, the spiral shines white color constantly.

*Note: if your IRO is fully discharged, when you will plug it, (USB) it will be on **firmware update mode** (Blue spiral). Same situation if you click on the bracelet button when is connected by USB. Wait few seconds, unplug it and make an hardware reset. (page 4) IRO is working again.*

⚠ When the battery is low, i.e. below 15%, the spiral flashes red color. You need to charge the IRO immediately.

Note: "Infinite mode" is not possible when the battery is under 15% charge.

⚠ When you plug your IRO by USB, **Bluetooth synchronization is no longer available.**

Hardware reset mode: (if your IRO seems malfunctioned)

Initiating process as follows:

- Press the button on the IRO bracelet for 5 seconds.
- IRO flashes red, green and blue color to indicate the success of the process.

Newsletter - Software Update:

When IRO software updates are available, you will receive a notification.

IRO works on a continuous 100-hour basis of calculation, once your 100 hours are reached, the first 10 hours are erased, leaving room for 10 new hours.



WARNINGS!

Battery:

- The IRO bracelet has a custom rechargeable battery made of lithium Polymer. It's an internal, non-user-replaceable battery.
- If the product hasn't been used for a while, the battery may need to be charged.
- The battery gets fully charged in 60min.

Water and temperature resistance:

- Resistant to sweat, rain and splashing.
- If the USB port is exposed to water bracelet will get damaged (the USB port must be sealed except for charging).
- ATTENTION!** Hot steam may cause damage to the product.
- Do not wear in steaming shower, spa or hot tub.
- The operating temperature is 0 to 45° Celsius.(32° to 113°F)
- The inner box is made up of polycarbonate material and the body in TPE Medical grade hypoallergenic.



General WARNINGS!

This device is NOT A MEDICAL DEVICE!

- This device should not be used to diagnose, treat or prevent any disease or medical condition.
- Before starting any exercise program, you should have a complete physical examination by your physician.
- Stop exercising immediately, if you feel weak, painful, dizzy, exhausted or short of breath. By exercising you might need to risk yourself to any injury or any other medical risks.
- The sensor might lead to choking hazard. Keep it away from children under three years of age.



IMPORTANT!

Do not attempt to open the sensor or disassemble it. Do not remove the battery. No user-serviceable parts are inside.

Important Safety Instructions:

Keep, read and remember the following safety instructions.

- Do not attempt to open the tracker. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly.
- Do not place your IRO in a Dishwasher, Washing Machine or Dryer.
- Do not tamper with your IRO
- Do not expose your IRO to extremely high or low temperatures.
- Do not use your IRO in a sauna or steam room.
- Do not use abrasive cleaners to clean your IRO
- Do not leave your IRO near open flames.
- Do not leave your IRO in direct sunlight for an extended period of time.
- Do not dispose your IRO in a fire. The battery could explode.
- Do not attempt to disassemble your IRO; it does not contain serviceable components.
- Never allow children to play with the IRO; the small components might lead to choking hazards.

Content of the box:

- IRO bracelet
- User manual
- USB cable
- Limited warranty card.

Dimensions of the bracelet:

⇒ Length of the wrist band:
Wrist Length includes 9 sizes from:

- 2.4 to 2.9 inches or 61 to 74 mm

⇒ Height of the wrist band:

- 0.4 inch or 12mm

⇒ Weight of the device:

- 0.09 pound or 40 grams

IroNova® Wishes you a Healthy Life!

Federal Communications Commission (FCC) Interference

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 generate, 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 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.

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

RF exposure warning

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

This equipment must not be collocated or operating in conjunction with any other antenna or transmitter.