

# Wristband Activity Tracker with BLE

## innoBand-D Owner's Manual for Android Devices

### DISCLAIMER

*The innoBand-D activity-tracking device is designed primarily for fitness and motivational purposes, and is not a medical instrument, and therefore shall not be treated as such. Always consult your physician before you begin or modify any exercise or sleep programme.*

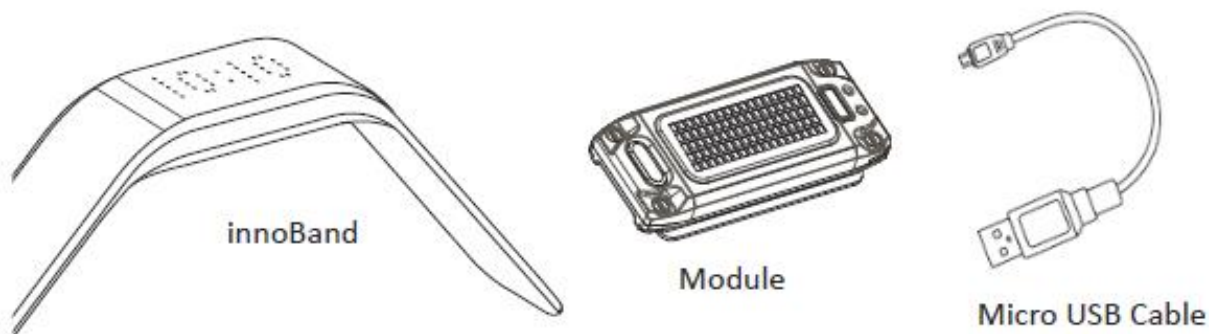
### WELCOME TO A WORLD OF ACTIVITY:

Welcome to your **innoBand-D**, a simple and stylish activity-tracking device that monitors your daily activity around the clock. It tracks the **STEPS** you take and the physical **DISTANCE** you travel, as well as calculates the **CALORIES** you burn through your activities. It also has a **SLEEP-QUALITY** monitoring function, ensuring that you can follow your regular sleeping patterns and work on improving them for optimal health benefits.

Synchronize your module with your innoBand mobile application, set your targets, and focus on achieving them. If you're up for a challenge, challenge yourself by setting higher targets each day through your mobile application, and focus on completing them.

The world of improved fitness and health is always in your hands. Or in the case of an innoBand, supporting you all the way on your wrist or body

### PACKAGE CONTENTS:



## GETTING STARTED

### DOWNLOAD COMPATIBLE MOBILE APP:

Before you can start using your innoBand-D, you must download an **innoBand app** on a compatible mobile device, and pair the module with the innoBand app.

1) **Download the correct app** (iOS / Android) for your compatible mobile device. You may also download the app on your mobile phone through **GOOGLE PLAY (Android)** or the **APP STORE (iOS)**

2) **Launch the App** and follow the instructions on the mobile device screen. The app will scan for your innoBand-D module via Bluetooth automatically. If it does not, on your app, click the menu button on the top left corner, and select **Settings**. Under Device Settings, click **"InApp Pairing"**

**NOTE:** Until you pair your mobile device and complete the setup process, the module will have limited functionality.

### Supported Operating Systems:

**Apple iOS 7.0 or above** on an **iPhone 4s** or above, or **Android 4.3** installed on Mobile Phones which have **BLE4.0** compatibility



### WEARING THE DEVICE:

It is important that when wearing the device:

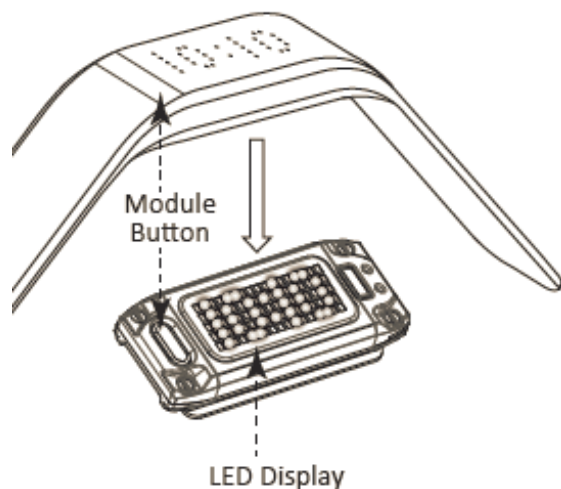
1. Select a Band that best fits your wrist (Small / Large).
2. Make sure the pegs on the clasp are fully inserted into the band, and that the clasp is not dangling out
3. When both pegs are fully inserted, that the band fits securely against your wrist.
4. Wear the device all day to ensure 24 hour monitoring of your activity information.

If you decide to charge your device, charge the device before you sleep, with the module placed on your bed for further sleep monitoring.

## MODULE FUNCTIONS AND ICONS:

On your module, you have a number of different functions.

<b>TIME</b>	The official time, synchronized directly with your phone. <b>TIME</b> is displayed in 2 different formats, a <b>24 hour</b> format (00:00 to 23:59), or a <b>12 hour</b> format (12:00-11:59), in which AM and PM is denoted by a dot on the lower left of the screen.
<b>GOAL</b>	Your goal completion progress, expressed as a percentage of the target you set through your mobile app. You may set targets for STEPS, DISTANCE, or CALORIES. Your <b>GOAL</b> display on the Module will also change to show GOALS for steps, GOALD for Distance and GOALC for Calories.
<b>STEPS</b>	The number of steps taken in a day
<b>DIST</b>	The total physical distance traveled, measured in meters
<b>CALS</b>	The amount of calories burned for the current day through activity
<b>SLEEP</b>	Device is in sleep mode and tracking your sleep patterns.
<b>BATT</b>	Your battery level. To display BATT, hold onto the module button until the BATT icon appears.



To scroll through the functions, **click the module button** until your desired function icon appears.

Through your innoBand app, you can also customize your settings such as:

- **Change Your Display Name** (e.g. Jack)
- **Change Your Goal** (Steps, Distance, Calories).
- **Change Your Wrist** (Left / Right handed display)
- **Change Your LED Intensity** (Scale of 1-15)
- **Change Your Time** (12 hour or 24 hour format)
- **Change Your Sleep Time**

## PAIRING WITH YOUR innoBand APP

### MAIN DASHBOARD

After the innoBand App is set up, the app pairs continuously with the module through BLE 4.0. Once connected, the “Connected” message appears on the top left under the menu. (see image of Main Dashboard for reference).

On this **MAIN DASHBOARD** page, you can see:

- **GOAL**, expressed as a percentage of target
- **SLEEP**, expressed as a time slept (Pink)
- **CALORIES** Burned (Orange)
- **STEPS** Taken (Blue)
- **DISTANCE** Traveled (Green)

You can also see your name which you’ve set (e.g. Jack), and a battery level meter. Below that, you may also flick through the data by swiping the heading data section that displays the goal percentage in the picture on the right.

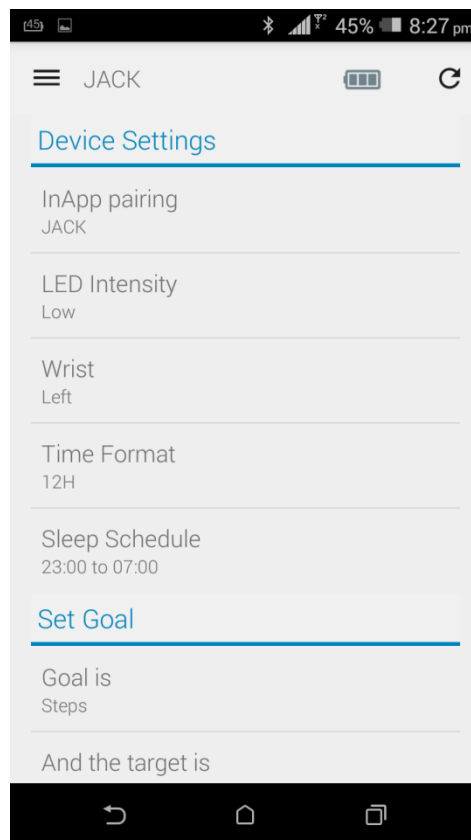
Once the innoBand App is open, the innoBand App shows the current paired data from the module – and the number of Steps, Distance Travelled and Calories Burned are shown on the dashboard. The app will also sync your data so that **GOAL PROGRESS**, **SLEEP PATTERN**, and **INSIGHTS** are updated.

### “SETTINGS”

Click on your Menu tab on the top left, and select “Settings”. Here you will see a list of functions.

#### Device Settings:

- **InApp Pairing:** Click to scan and connect to a device if it cannot be directly connected.
- **LED Intensity:** Click and select on a level from 1-15. The higher the number, the higher the LED intensity. It is encouraged to use a lower LED intensity to save on battery. Once you select the intensity, the sync happens automatically. This is similar to most other selected functions.
- **Wrist:** Left / Right – you may choose the wrist which you regularly wear your device. This ensures that it’s the right way up every time.
- **Time Format:** In either a 12 hour or 24 hour format.
- **Sleep Schedule:** Setting your regular sleeping and wake up times.



### Set Goals:

To set your goal, you must set a target. To do this, click on 'Goal Is' and select your target in 'Steps', 'Calories', or 'Distance'. After selecting your goal type, you can select your target under 'And the target is' (e.g. 1000 calories, or 15,000 steps). Your goal percentage will now be calculated towards achieving this objective.

### User Settings:

- Your **User Name** (e.g Jack) can be changed directly to a name of your choice. Once this is paired, you will see this name on top of your Dashboard, as well as on your innoBand-D Module when you click the module button.
- Your details, such as your 'Gender', 'Height' and 'Weight' can be input here. Please ensure that they are accurate, so that your distance, steps and calories burned can be measured as accurately as possible.

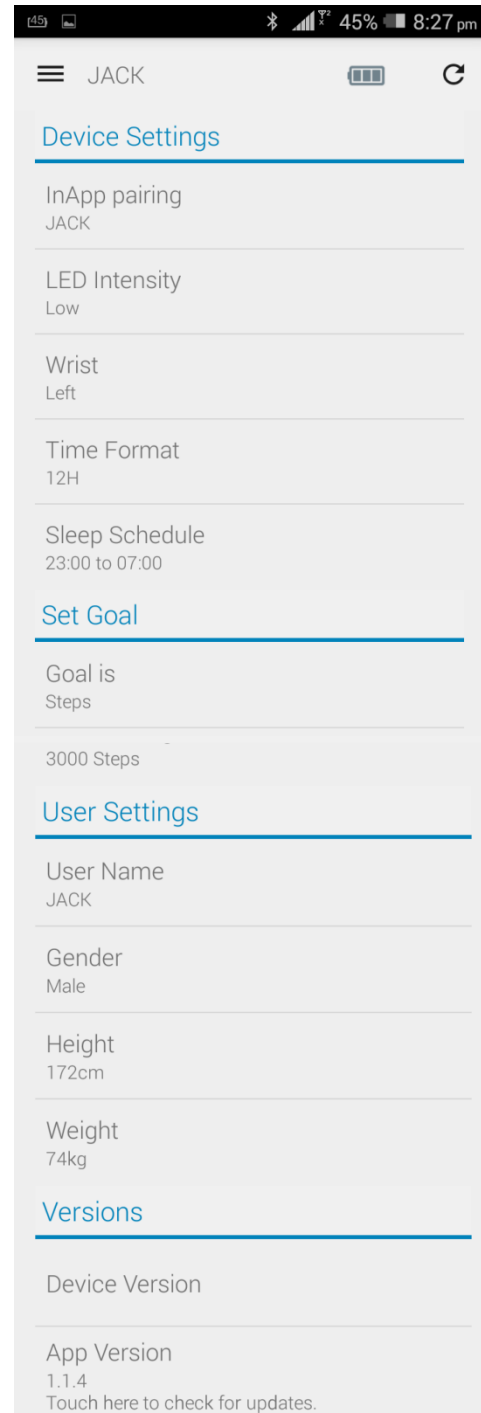
### Sleep Function:

The **Sleep Function** is a **manual process** and needs to be constantly updated to ensure its accuracy. In the app 'Settings', enter your predicted sleep times into the 'Sleep Schedule' (e.g. 23:00 – 07:00). Once it reaches the time, your module will immediately be in "Sleep Mode". To adjust sleep mode so that your module switches to normal, on your phone, go back to settings, and change the sleep time to your predicted time of sleep. Once this is changed, your module will revert to its regular functions (Time, Goal, Calories, Distance, Steps).

If you do not wish to utilize Sleep Mode at all, switch the sleep mode to "00:00 – 00:00". Sleep will no longer be recorded.

### INSIGHTS, GOAL PROGRESS & SLEEP PATTERN:

These are the main analytical tools on the app to track your activity.

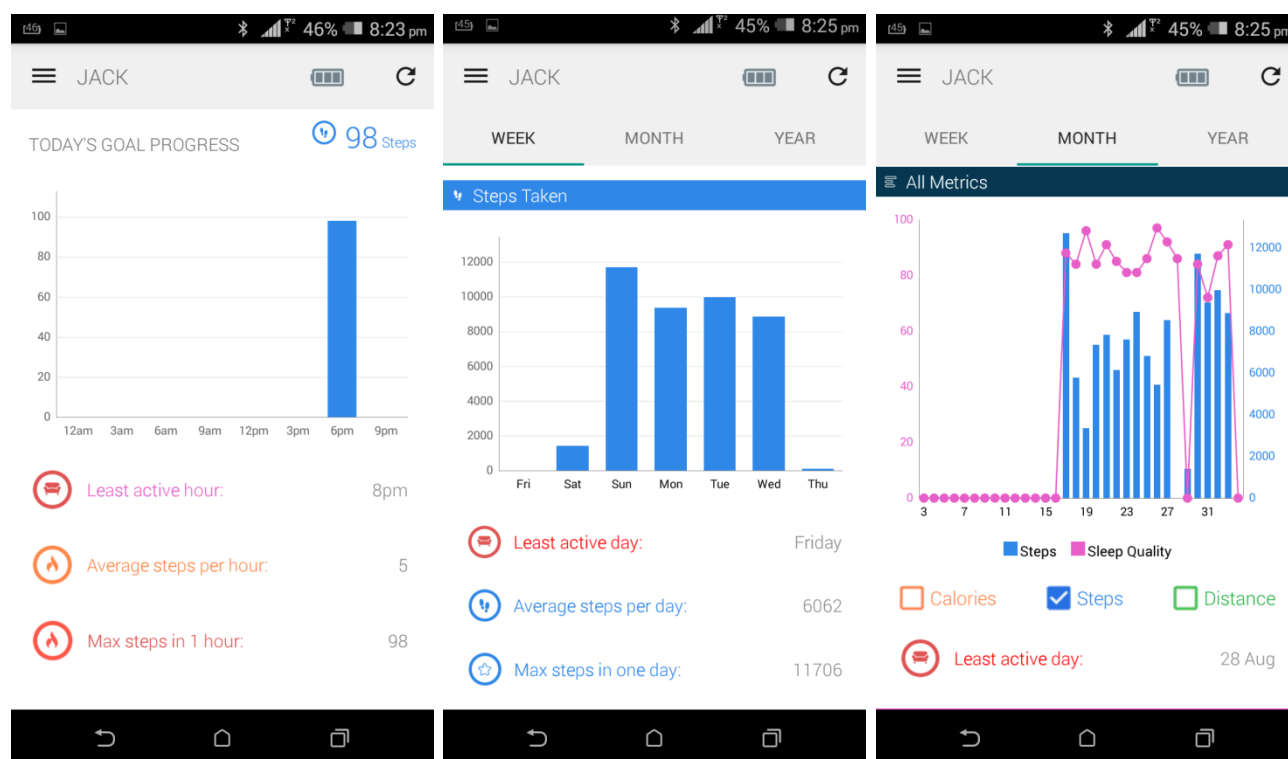


## INSIGHTS

For **'INSIGHTS'**, on the **'MENU TAB'**, click into **'INSIGHTS'**, and you will have a full list of your activities (Steps, Calories, Distance) logged under this section.

You can choose to select your data in either **'Week'**, **'Month'**, or **'Year'** formats by clicking the tab above the chart. You can also display all your activities by checking and unchecking **'Steps'**, **'Calories'**, and **'Distance'** under the chart.

Under the **'MENU TAB'**, click on for **'GOAL PROGRESS'** to show you Daily Goal Progress by the hour, and the **'SLEEP PATTERN'** section to show the tracking data of the quality of your sleep.



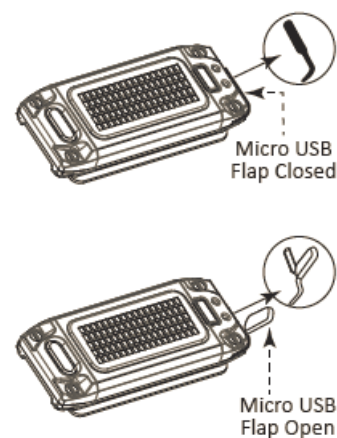
## CARING FOR YOUR DEVICE:

### CHARGING:

On a normal-usage basis, your battery should last about a week.

To check your battery charge, hold onto the module button until the BATT screen appears, or view it directly from your compatible mobile device app.

To recharge your module battery, push the module out from the band, and lift the Micro-USB flap. Plug in the Micro-USB cable to the module and recharge through any suitable USB adaptor or port.



## CARING FOR YOUR DEVICE:

### WATER RESISTANCE:

The innoBand-D is designed to be splash/sweat proof. It is not advised to go swimming with the device, or submerge the device in water unless the module is cased in a special “innoBand Clip-On Casing” or “band” that is designed for such purpose to protect the module in water. This can be purchased separately either on the website [www.innowear.hk](http://www.innowear.hk) or through authorized distributors, subject to availability.

### DEVICE CARE:

To ensure proper care for your product:

- Do not expose the device to extreme temperatures. The optimal temperature range is -20°C to 40°C
- Avoid extreme shock and harsh treatment, because it can degrade the life of the product;
- Do not use sharp objects to clean the device;
- Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.
- Thoroughly wipe the device with a cloth soaked in fresh water after exposure to chlorine salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

### CUSTOM-FIT:

Your module comes with at least one colored band in a Smaller or Larger size.

Purchase new bands or clip-on module casings through the innoWear online store or authorized distributors to always stay ahead in fashion and stylishness.



### WARRANTY:

#### ONE YEAR LIMITED WARRANTY:

This product is warranted by 3 N Half Ltd, producers of innoWear and the innoBand activity tracker series, to be free of defects in materials or workmanship, under normal use for a period of one year starting from the date of purchase. Within this period, 3 N Half Ltd will, at its sole discretion, repair or replace any parts that fail under normal use, at no cost to the customer for such parts. In some cases, the customer may be subjected to transportation fees. If your product is defective, please return it, along with the store receipt, to the place of purchase.

This limited warranty excludes damage resulting from improper care of handling, accidents, unauthorized repairs, modifications, normal wear or other causes that are not defects in materials or workmanship. Damage to a product resulting from being connected to power and/or data cables that

are not supplied by 3 N Half Ltd are also not covered. In any case, 3 N Half Ltd reserves the right to refuse warranty.

All repairs have a 90 day warranty period. If the unit repaired is still under its original warranty, then the new warranty is 90 days or to the end of the original warranty, depending on whichever is longer. The limited warranty is in place of all other express, implied or statutory warranties of any kind, which are hereby excluded.

This warranty gives you specific legal rights, which may vary from jurisdiction to jurisdiction, and without prejudice to other legal rights which may arise under applicable national legislations. In no event shall innoWear or 3 N Half Ltd be liable for direct, indirect, incidental or consequential health issues and/or damages arising out of the use of the product, and any such recovery is limited to the purchase price only. The warranty extends only to products purchased from an authorized innoWear retailer. No other person or company is authorized to change this limited liability, and your dealer is solely responsible for any additional warranties.

#### **TESTING AND COMPLIANCE:**



#### **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.

#### **CAUTION:**

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

#### **REWARNING:**

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.



## Maintenance

1. Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.
2. The product shall only be connected to a USB interface of version USB2.0.
- 3 EUT working temperature:  $-20^{\circ}\text{C} \sim +40^{\circ}\text{C}$ .
4. Adapter:

The plug considered as disconnect device of adapter

Input: AC 100-240V,50/60Hz,0.25A EU plug

Output: 5V 500mA Micro USB Port

### Declaration of Conformity

ABBA E Tech hereby declares that this Wristband Activity Tracker with BLE is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. a copy of the original declaration of conformity may be found or obtained at [www.innowear.hk](http://www.innowear.hk)

**C €0700**

FCC Caution.

§ 15.19 Labelling requirements.

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.

§ 15.21 Changes or modification warning

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

§ 15.105 Information to the user.

Note: 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.