

# **Instruction Manual**

Description:Sensation 3.0

Model:W01

## **General Information**

**Please read the Quick Start Manual for the Sensation 3.0 before using it for the best user experience and to ensure proper and safe use.**

### **Safety Precautions:**

**Always follow the basic precautions listed below. These precautions include, but are not limited to the following:**

- 1. Do not allow water to enter into the unit or allow the unit to become wet. Like any cellular device it can be damaged. Though it is unlikely, on rare occasions a fire or an electrical shock could occur.**
- 2. Do not modify the unit. Doing so could result in a fire or an electrical shock.**
- 3. Do not put any burning items, such as candles, on the unit.**
- 4. The Sensation 3.0 is not a certified medical device. It should not be relied upon for diagnosis or prognosis. Consult your physician if necessary.**

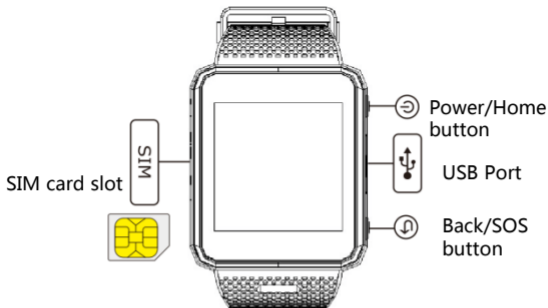
**The Sensation 3.0 uses a 2G Mini-SIM card.**

**The Sensation 3.0 uses GPRS transmission and acquisition data connections.**

**The Sensation 3.0 currently is only supported by a 2G network.**

**In some regions a poor quality network operator may affect the performance of the device. An inferior network may result in service disruptions. The Company does not assume any responsibility in such an event. It don't support the hot-spot mode.**

**This product should only be used for daily monitoring references. It should not be used for self-diagnosis of a disease or as a basis for prescription. In the event of a long-term illness or in the case of abnormal measurements, visit your physician. A comprehensive physical examination may be necessary. Always follow your doctor's advice and instructions.**



## **Installing the SIM card : Charging the Battery:**

Open the SIM card flap. When the watch is powered OFF, insert the SIM card with the gold-colored chip facing up into the holder slot.

Use only compatible 2G SIM cards (GSM)

Plug the USB data cable into a wall electrical outlet. Next connect the micro-USB end of the cable to the watch. Charge your Sensation 3.0 Sensor watch. The silver insert on the power adapter cable should face "silver side up" when inserting into the watch.

The efficiency of USB charging power varies significantly from country to country depending on the local voltage.



## **Power/Home button**

**Press and hold the button for three seconds to power “On” or power “OFF.” Short press to return to the default clock page. When the Sensation 3.0 shows the clock page, short press the button to activate the voice time feature to tell you what the current time is.**



## **Back/SOS button**

**Short Press the SOS button to exit a screen and to return to the previous menu. Long Press the button to call the pre set SOS emergency number you select. The emergency number needs to be pre set in advance in the Sensation 3.0 App or on the web site.**

## **Clock – Time feature**

**Your clock face can be set to either a digital or analog clock interface. Slide the clock screen to switch to the desired screen.**



## **Connectivity applications**

**The Sensation 3.0 “Health Day” application only connects to Android based mobile devices at this time.**

**Download the “Health Day ” App to your Android based Smart Phone by scanning the QR code contained here on the cover page of this User Manual or on the web site. The App first needs to be installed and turned on in order to set the emergency phone number. The App will guide you through the scanning and the watch setting process. The App can add several users and multiple devices.**

**One App can view and manage the health data of up to ten users.**

**The main App features include:**

**Heart rate monitoring, Pedometer, GPS positioning, Blood pressure, Blood Sugar (with a combination to a second device), Sleep Monitoring. Reminders and Electronic fences. Health Monitoring parameters.**



## **Heart Rate Measurement**

**Place the heart rate sensor at the bottom of the watch flush against the skin. There must be no distance between the watch and the skin where outside light can enter for the most accurate data. Tighten the watch strap snugly to prevent outside light from entering from the side. Click the App icon to see the User's heart rate measurement history.**



## **Pedometer**

**The pedometer measurement function automatically starts when the watch is turned on. You can record your number of steps taken, as well as measure the total amount of calories consumed performing various basic activities.**

### **Interval Step:**

**Record the number of steps and your calories consumption over a certain time period. View your heart rate during exercise.**

**Click the green button to start the time running or to pause the time.**

**Press the "Reset" icon on the top of the window to reset the Clock and begin the Stop Watch counting of seconds all over again. The watch will display the results of the exercise.**



## **Skin Temperature Measurement**

**Measure your skin temperature. The skin temperature measurement function automatically starts when the watch is turned on. Click the App icon to see the User's temperature history.**



## **Make a Phone Call**

**Enter the phone number and click.**



## **Sleep Monitoring**

**Set the sleep time setting on the App and turn on the desired sleep monitoring features. You can set the times you want to go to sleep and when to wake up. The Sensation 3.0 monitors your sleep and heart rate. It measures the User's sleep time and their deep sleep ratio to determine the level and quality of their sleep. Click the App icon to see the User's sleep measurement history.**



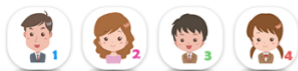
## **Reminders**

**Set the reminder features on the App. You can set the time to remind the User to exercise, go to an appointment or to take medication. This Sensation 3.0 reminder feature can be set to vibrate or to ring.**



## **Blood Pressure**

**Connect a separate blood pressure meter by Bluetooth to your Sensation 3.0. The data is automatically transmitted to the Smart Phone. Click the App icon to see the User's blood pressure history.**



## **Speed Dial**

**Tap the icon to make the call.**

**The Sensation 3.0 allows the User to set up to 4 speed dial numbers. It can set three SOS or panic numbers. These numbers must be pre set on the App.**

**SOS emergency call: To make an SOS call, hold the "Return" button until the set SOS number automatically dials.**



**This is your Tool Box icon**

**Bluetooth : The Sensation 3.0 currently uses Bluetooth to connect to certain approved blood pressure meters, glucose meters, and other approved health devices. Accessing other devices by Bluetooth may be rejected.**

**Calculator: A calculator is available on the calculator screen.**

**Calendar: View a monthly calendar**

**Personal Setting :** You can set the User's personal settings on the App including age, weight, height, and gender.

**Timer Check :** You can set a timer to automatically detect the health data of the User in intervals. The measured data is automatically uploaded to the cloud server.

**Number setting :** You can set SOS emergency call and quick dial numbers on the App.

**Sitting reminder :** Many Users need to be active or do other functions for their health. This Sensation 3.0 setting reminds the User on the hour or whenever a user sets to review their activities within the set time frame intervals.

**SOS SMS :** Press the SOS button, which sends the emergency call recipient an SMS message as well as initiates a phone call.

**Geo-fence :** Certain Users must be controlled as to how far they are allowed to travel. This feature allows a user to set a virtual Geo-Fence from a central point in a desired security zone. If the User moves beyond the security zone it will trigger a security alert.

**Double Tap Turn On :** Tap on the screen twice to turn on the screen.

## **Sensation 3.0 Specifications**

- 1. Size: 46.87\*39.37\*12.4mm**
- 2. Weight: 58g**
- 3. Touch screen: Capacitive**
- 4. LCD size: 1.54 inch**
- 5. Transmission mode: GSM/GPRS、Bluetooth**
- 6. USB Interface: Micro USB interface**
- 7. Battery: Lithium Polymer**

## **Technical Specifications**

- 1. Operating voltage: 3.0 ~ 5.0V**
- 2. Battery capacity: 360mAh**
- 3. Antenna Frequency: GSM850/900/1800/1900**
- 4. Standby Operating Current:  $\leq 3\text{mA}$**
- 5. Operating Temperature: -20 ~ + 55℃**
- 6. Dustproof and Waterproof: Ip64**

**CAUTION :**

**RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN  
INCORRECT TYPE. DISPOSE OF USED BATTERIES  
ACCORDING TO THE INSTRUCTIONS.**

**DECLARATION OF CONFORMITY :**

**Hereby, Yinuo Technologies Ltd., declares that  
Sensaiton 3.0 of equipment in compliance with the  
essential requirements and other relevant  
provisions of Directive 1999/5/EC.**

**CE0700**

## **FCC Warning 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.

The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

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:

## **FCC Warning statement**

- 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 connecte.
- Consult the dealer or an experienced radio/TV technician for help.

### FCC RF Radiation Exposure Statement:

1. This Transmitter has been demonstrated co- location compliance requirements as documented in this filing.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment for body-worn configuration in direct contact to the phantom.
3. To maintain compliance with FCC RF exposure requirements, this wristwatch must be used for the distance 10 mm from the Head .
4. The maximum summation of SAR was 0.786W/Kg (1g)for Head and 2.020W/Kg(10g) for Body.