

# KAM AM 300

## QUICK START GUIDE -

Side 1

### Getting Started

Go to [KershHealth.com/help](http://KershHealth.com/help) to download and install the KAM program to your PC or Mac.

Once installed, you can also pair your KAM with your computer and your smart phone. This creates a linkage between you and your devices.

#### Get the KAM app for your smart phone

Available on the [App Store](#) | [Get it on Google play](#)



### Warranty

The KAM has a one-year limited warranty for functional and manufacturing defects. See full warranty details at [KershHealth.com/warranty](http://KershHealth.com/warranty)



**KAM**  
Kinetic Activity Monitor



To change screens, simply hold the KAM in your hand and tilt it forward towards the ground. Tilt it back up again to this position. The next screen will appear.

**KERSH**  
**HEALTH**

KAM Technical Support  
Phone: (800) 467-3005  
[support@KershHealth.com](mailto:support@KershHealth.com)

**KAM**  
Kinetic Activity Monitor

**Quick Start Guide**

See video at [KershHealth.com/Help](http://KershHealth.com/Help)

# KAM AM 300

## QUICK START GUIDE -

Side 2

### Know your KAM

#### KAM Points

**34.9** points

The KAM Points screen shows you how many points you have earned. KAM points reset to zero at midnight everyday.

#### Goals

**26.7** points

The Goals screen shows you how many KAM points you have earned towards your goal. You can set your target KAM points goal on your personal portal at [KershHealth.com](http://KershHealth.com)

#### Zones

Life 102  
Health 20  
Sport 17  
zone minutes

Life Zone (less than 2 mph)  
Health Zone (2-4.5 mph)  
Sport Zone (over 4.5 mph)

The zone that is currently active will blink.

#### Calories

**650** calories

The Calories calculated by the KAM are specific to you, and are influenced by your height, weight, age and gender.

#### Clock

**AM ELEVEN THIRTY FIVE**

Clock sets automatically when synced to your computer.

#### Syncing

**PLEASE SYNC**  
TO AVOID DATA LOSS

Once configured, your KAM will automatically and wirelessly sync to your smart phone, Mac, or PC. When you see the "Please Sync" screen, sync your KAM so you do not lose your data.

#### What is a KAM Point?

The KAM Point is a metric that combines frequency, intensity, and duration of movement into a single measure. A simple way to think of it is: 1 KAM Point is roughly equal to a 1% increase above your Resting Metabolic Rate (RMR).

Here are the health effects for the 5 different KAM point ranges.

<b>Endurance Range</b> 50+ KAM pts/day	<b>MORE POINTS</b> Weight loss, increased energy and mental sharpness. Decreased risk of heart disease, diabetes and breast cancer.
<b>Weight Loss Range</b> 30-49 KAM pts/day	<b>LESS POINTS</b> Decreased energy and mental sharpness, increased risk of heart disease, diabetes, breast cancer, and weight gain.
<b>Heart Health Range</b> 20-29 KAM pts/day	
<b>Inactive Range</b> 10-19 KAM pts/day	
<b>Sedentary Range</b> 0-9 KAM pts/day	



The KAM is designed to be worn on your waist in line with the knee. You can wear it on your belt. It works face-out or turned backwards.



You can clip the KAM to pants without a belt. Women can also clip it to their bra strap in the back or to their undergarments.



You can place the KAM on your shoe or sock when riding a bike or when you are on the elliptical trainer (because your hips are stationary).

The KAM is a tough, rugged device that can be used in almost any sport. You can even wear it in the rain.