

Movband 3: Setup Guide

Ready to get moving? Here are the basics for using your Movband 3.

1. REGISTER

- Before you get started, please make sure you've downloaded the Movband SYNC software on your computer. Visit www.dhsgroup.com/hello for instructions on installing the software.
- After you install the Movband SYNC software, the first time you plug your Movband 3 into the computer, you'll be prompted to create your account & register your device.
- When registering your Movband 3 for the first time, be sure to plug it into the computer. While possible, it is not advised to create your HealthSpective Engage account and register your Movband 3 device wirelessly via the HealthSpective Engage app.

2. SYNC

- When the device is plugged into a computer with the Movband SYNC software installed and running, it will automatically sync. When the sync occurs, the Movband's screen will display "syncing" and your internet browser will open your HealthSpective Engage account.
- You can also wirelessly sync your Movband 3 via Bluetooth if you have downloaded the HealthSpective Engage app on your tablet or smart phone. The first time you launch the app, you will want to be sure to pair your Movband 3 by entering the last 4 digits of the serial number, located on the back of your device.
- The Movband 3's memory can hold approximately 2 weeks of activity. The Movband will flash "SYNC" on the LCD screen when the memory is running low and a sync needs to be performed. Sync your Movband regularly to avoid losing activity data if the memory becomes full.

3. CHARGE

- The battery's percentage will appear on the screen when your Movband 3 is properly plugged in and charging. We recommend fully charging your device before getting started
 - First charge: 8 hours or overnight
 - Subsequent charging: 3-4 hours
 - Charge frequency: recommended weekly
- The battery on the Movband 3 should last up to 2 weeks. The screen will flash USB when the device needs to be charged. Please keep your device charged regularly to avoid losing activity data if the battery dies.

4. MOVE

- Using your Movband 3

By wearing your Movband, you can track your daily moves and miles.

- Press the bottom button on the device to change the display from time to moves and from moves to miles.
- Your Movband automatically displays the time. The device will update to your computer's time zone when you sync.
- Please note, your moves and miles on the Movband 3 will reset to zero every night at midnight. To manually reset your activity, hold down the top button while on the moves or miles screen to reset the display to zero. This only changes the display, not the memory. When you sync your Movband, all data will be transferred to your account.

- Adding steps

You can view your steps on your Movband 3, along with your moves and miles.

- To enable steps, log into your HealthSpective Engage account, and go to the My Preferences page under the My Account settings. Then, click the box to "show steps on device". You must sync your device after changing any preferences in order for those changes to take effect on your device.

MOVABAND FUNCTIONALITY



Resets
moves
or miles
to zero

Changes
display to
moves or
miles

MOVABAND 3 TIPS

By default, the circles on your home screen will reflect your progress towards your moves goal, but you can change this setting in the My Preferences page of My Account in the HealthSpective Engage dashboard. You can also adjust your daily goals in the My Preferences page.

Wear your Movband all day, except for water activities (it's NOT waterproof).

Sync your Movband 2-3 times each week to track your performance and stay motivated.

The Fine Print

FCC ID: 2A14DHSGROUP

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.

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

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.

Shielded cables must be used with this unit to ensure compliance with the Class B FCC limits.

Need some additional help? Please contact info@dhsgroup.com

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Trade Name: Movband 3
Model Number: MB3

