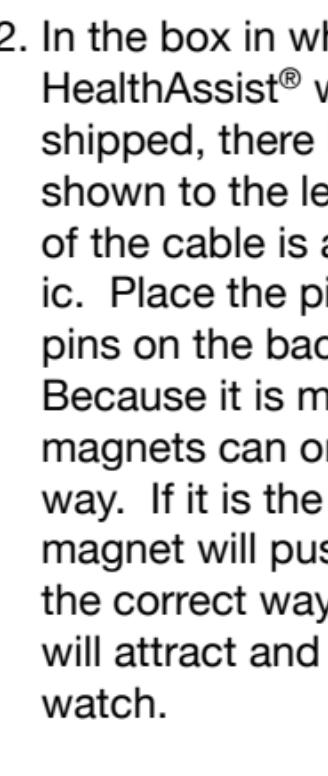


## Charging the Watch

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1. The back of the watch has four (4) magnetic pins that are used for charging the watch. To charge the watch each night, place with watch face down so the back of the watch is shown as illustrated in the photo on the left.



2. In the box in which your HealthAssist® watch was shipped, there is a cable as shown to the left. This side of the cable is also magnetic. Place the pin side over the pins on the back of the watch. Because it is magnetic, the magnets can only attract one way. If it is the wrong way, the magnet will push away. If it is the correct way, the magnet will attract and affix itself to the watch.



3. The other side of the cable is the plug. Just plug it into your electrical outlet. You will need to charge your watch each night so it is best to find a place on your nightstand or table to charge your watch each night.

After charging your watch, just put it on. As long as you are within cellular range of the Sprint Cellular Network, you can receive messages and send the distress message.

**There is no cost to you. The subscription for the watch, as well as the associated cellular network costs, are paid by your health insurance company.**

We look forward to assisting you in managing your health. Should you have any questions, or should your prescription medications and/or times change from when you enrolled in the program, call us at 1-800-201-1450.

*Sincerely,*  
**Your HealthAssist® Team**

# HealthAssist® Watch Instruction Manual

Congratulations on receiving  
your HealthAssist® Watch

HealthAssist®, your personal health  
assistant, will interact with you  
through this watch to assist you  
in managing your health.

## Watch Features



1. It displays the time.



2. When a message to  
remind you to take  
your medications or  
schedule a medical  
exam is received,  
the watch will vibrate  
and the message  
will show on the face  
of the watch. After  
15 seconds, the  
message will close.



3. Should you be in distress  
and need help. Press the  
top button on the side of  
the watch for 5 seconds  
or more and HealthAssist®  
will route a message to  
the family caregiver that  
was registered during your  
enrollment process.

*It's that simple.*

## FCC 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 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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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 SAR limit adopted by USA and Canada is 1.6 watts/kilogram (W/kg) averaged over one gram of tissue. The highest SAR value reported to the Federal Communications Commission (FCC) and the Industry Canada (IC) for this device type when it is tested for use at the head is 0.217W/kg(SAR<sub>1-g</sub>), and that when it is properly worn on the body is 1.938W/kg(SAR<sub>10-g</sub>).

The device complies with the RF specifications when the device is used near your ear or at a distance of 0 mm from your body. Ensure that the device accessories such as a device case and a device holster are not composed of metal components. Keep your device 0 mm away from your body to meet the requirement earlier mentioned.

This device was tested for typical body-worn operations. To comply with RF exposure requirements, a minimum separation distance of 0 mm must be maintained between the user's body and the handset, including the antenna. Third-party belt-clips, holsters, and similar accessories used by this device should not contain any metallic components. Body-worn accessories that do not meet these requirements may not comply with RF exposure requirements and should be avoided. Use only the supplied or an approved antenna