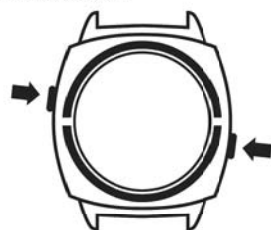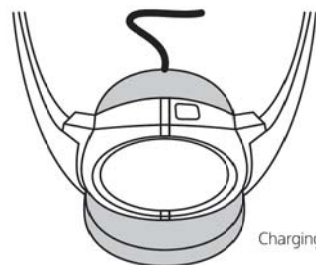# MAP
HEALTH WATCHER

Short User Manual

Arrangement of the device: To switch on your MAP Health Watch, press and hold the "On" button for a few seconds.

Charging the battery: The battery must be charged before using the device.

Charging cradle

Important:

- Make sure the charger is plugged into the wall socket and is easily accessible while using it.
- The charger plug may rust if it comes into contact with sweat or other liquids. Inspect the plug before charging the device, and clean the plug if necessary.

Switching on/off the device: To switch on your watch, press and hold the "On" button for 3 seconds. The MAP logo shows that the device is switched on. To switch off, press and hold the same button for 7 secs. Again, the MAP logo shows that the device is switched off.

Az óra alaphasználatával kapcsolatos megjegyzés:

- To set the time accurately, connect your watch to your mobile device. If your MAP watch is not connected to your mobile device, it may not show the time accurately.
- If your MAP watch is switched off, it may not show the time accurately.

Connecting the MAP Health Watch to a mobile phone:

MAP page: Main menu: Settings Display "Bluetooth setting" sub menu select it and set the "On" button.

Telefon page: : To connect the MAP Health Watch and the telephone, install the MEDEVO software to your phone.

Downloading the MEDEVO software: Download the application which is compatible with your Android or iOS telephone. This application is only to be used for synchronization between your watch and phone. Once you have downloaded the compatible software, make sure you have the latest version. The version number is regularly updated on our website. To ensure the best connection between your phone and watch, please update the software if necessary.

Installing and using the MEDEVO software: Installing the Android application: Please install the Android application to your smartphone. Using the Android app (installed) (Smartphone) Settings Accessibility Enter the Bluetooth notification (service) and enable this service. (If a notification appears, select the "Sure" option).

Now the MEDEVO software can be opened from the installed applications and the mobile phone will display the home screen.

The connection process may differ depending on your mobile device and software version.

The range of supported mobile devices and functions may differ depending on region, service provider or the manufacturer of the mobile device. Visit www.maphealthwatch.com to view the list of compatible devices.

Using the software

Setting up a profile: Type the ID you received with your contract, and a password of your choice. / activate "remember password" button/. Press the "Login" button.

The system is active. Your personal data will be transferred to your phone.

Here you can check the settings. (Language, subscription data, health data, app version)

Using the app

Main menu bar:

Óra menü gomb

Akkumulátor státusz 3 lépés ikonban, + %-os jelzés

Watch menu button: Tap this button to pair your watch with your mobile phone. The watch ID will appear during the pairing process. By tapping the pair button, the watch and the phone are connected. The progress is shown by the status indicator dots and the text display. After connecting you will see the data of the watch. (Connection quality, Watch settings, Watch data, "Watch not connected" notification

VÉROXIGÉN

Almenü megnevezése
Almenükben "Vissza" gomb elhelyezése

Here you can set when to receive notifications about broken connection.

You can enter the main menu by tapping the "Back" button.

You can get back to the basic settings (Profile, Watch setting) through the Main Menu bar any time.

Óra csatlakoztatva   Profil menü

Main Menu

Enter the health sub menus by tapping the icons. (You can get back from each sub menu by tapping the "Back" button.)

Sub menus:

Heart rate: here you can read the data (latest heart rate data, heart rate diagram, previous heart rate data, period, heart rate during workout, alert).

Blood pressure: here you can read the data (latest blood pressure data, previous blood pressure data, period, summarized data).

Body temperature: here you can read the data (latest body temperature, previous body temperature data, period, fever periods, alert).

EDA (electrodermal activity): here you can read the data (latest EDA data, previous EDA data, period, summarized data, alert).

Steps: here you can read the data (daily step count, previous step count data, period, step counts).

G-sensor: here you can read the data (latest G-sensor values, previous G-sensor values, period, summarized data, alert).

Alerts: here you can read previous alert data.

EKG start: here you can perform the ECG measurement. Press the start button to start the measurement. Place your fingers on the watch to close the circuit.
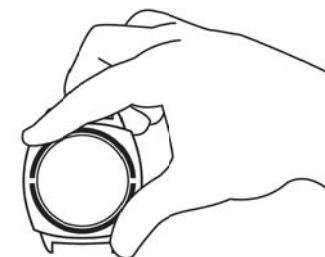
The measurement will stop automatically after 30 secs. You can constantly monitor the diagram. By tapping the time you can view the results of previous measurements under the diagram.

After the measurement you can move the diagram left and right with your fingers.

Workout: here you can start to monitor your workout. By tapping the start button you can measure the duration, step count and intensity of your workout. You can also view previous workout data by tapping the time.

Contact: here you can contact the service provider. You can send a **text message** (by typing your message) or start an **emergency call** by tapping the emergency call button. Your message or emergency call will be received by the service center. You don't need to do anything. The service provider will contact you.

Here you can also **send findings**. By pressing the button, a photo application is launched automatically. Using this, you can find and record your findings. Please make sure the picture is sharp enough. You can choose from the pictures the one(s) you wish to send by tapping the checkbox in the upper right corner. A tick mark will appear in the upper right corner of the picture.
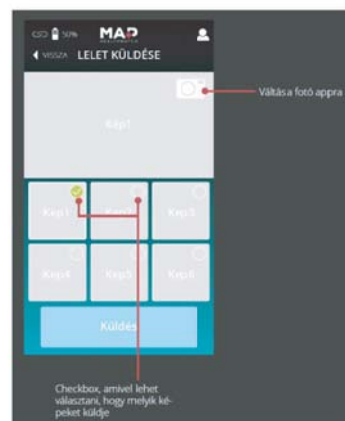
Note on wearing the watch

To ensure proper functionality, wear your MAP Health Watch fixed above your wrist (see picture below). Do not wear the MAP Health Watch too tight.
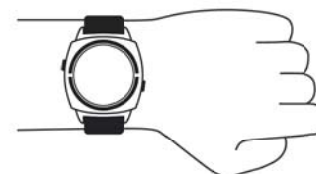
- The movement, individual body and health characteristics and environment of the user may have an impact on the accuracy of the measurements (a learning period of 3 weeks or more is necessary for setting all the basic parameters).
- Do not look directly into the light of the heart rate sensor because it may cause visual impairment.
- If the device feels hot, take it off and wait until it cools down. May cause burn injuries if the hot surface of the device touches the skin for too long.

Proper disposal:

For more information on the disposal of the device or the battery, open www.maphealthwatch.com/hu/hulladék on your mobile device or computer.

This icon is displayed on the product and its accessories or documents and indicates that the product and its electric accessories (including charger, chargeable wristband, USB cable) shall not be handled together with normal household waste. Do not dispose this product with household waste at the end of its useful life.

Safety information:

To ensure safe and proper usage, read all safety information before using the product.

WARNING

Observe the below warnings to avoid accidents e.g. fire or explosion.

- Do not expose the device to physical shock or other damage.
- Only use chargers and accessories approved by the manufacturer.
- Make sure multi-purpose contacts and connectors do not come into contact with conductor materials like metal or liquids.
- Do not touch the charger or the device with wet hands while the device is being charged.
- If any part of the device is cracked or broken, stop using the device immediately and take it to a MAP dealership.

To avoid personal injury or damage to the device, observe the below warnings.

- Do not let children or pets chew on the device.
- Avoid pricking the eyes, ears or other body parts with the device or getting it into the mouth.
- The device can be used between ambient temperatures of -5 and +35°C.
- The device can be stored between ambient temperatures of -10 and +30°C.

- If the recommended temperature ranges are exceeded while using or storing the device, that may damage the device or reduce battery life.
- Do not store the device in or near heaters, microwave ovens, cooking equipment or high pressure tanks. Keep the device dry.
- Do not use outdoors in stormy weather.
- Always observe all warnings and safety rules regarding the use of mobile devices while driving.
- Do not wear the device too tight. Keep it clean and dry.
- Although the device is compliant with international standards, some users may experience skin irritation if they are allergic to any of its materials.

To read the full Safety Information material, open www.maphealthwatch.com/hu/biztonsag on your mobile device or computer.

Keeping the device water and dust resistant

The device is water and dust resistant. To preserve its water and dust resistance, observe the below hints. Failure to do so may result in damage to the device.

- Do not immerse in water more than 1.5 m deep and do not keep under water for more than 30 minutes.
- Do not expose to violently moving water.
- If the device or your hands are wet, dry them before using the device.
- If the device comes into contact with fresh water, dry it with a dry and soft cloth.
- If the device comes into contact with any liquid other that fresh water, rinse it immediately with fresh water and dry it with a dry and soft cloth.
- Failure to rinse the device with fresh water or dry it may have a negative impact on its functionality or appearance.
- Water or dust resistance may deteriorate if the device is dropped or exposed to shock.
- The touch screen or other functions may not function properly if the device is used in water.

The device was inspected in a controlled environment and was classified as water and dust resistant in the given conditions. It is compliant with the IP65 Standard. Protection level is provided by casings. Despite its classification, the device is not water resistant in all circumstances.

Removing the battery

The remove the battery, take the device to a dealership in any circumstances. For your own safety, do not attempt to remove the battery by yourself. If the battery is not removed properly, that may damage the battery or the device, which may lead to personal injury or make the device unsafe. MAP Health Watch is not liable for any loss or damage—either on a contractual or a legal basis—which results from failure to observe the above warnings and instructions accurately, including negligence.

Further information:

To read the full User Manual, open www.maphealthwatch.com/hu/info on your mobile device or computer. Depending on your browser or service provider, the User Manual may not be available.

Declaration of Conformity:

Medical Evolution Kft declares that the device is compliant with the basic requirements and relevant provisions of the 2014/53/EU Directive.

To view the Declaration of Conformity, go to www.maphealthwatch.com/hu/doc.

Certain contents on the device may differ depending on region, service provider or software version and may be changed without prior notice.

Federal Communication Commission (FCC) Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement, The device can be used in portable exposure condition without restriction Federal Communication Commission (FCC) Radiation Exposure Statement Power is so low that no RF exposure calculation is needed.

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.

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment. Such modifications or changes 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.