

Guardian Band Defender Basics 101

Congrats! You just got the Guardian Band Defender Smart Watch. Here are all the basics you need to know to get started. So sit back, relax, and read on. We've got your back 😊

Tired of feeling uneasy when you're walking on your own, taking a ride share, or simply going for a jog in the park? Fear no more, because now you have the Guardian Band Defender Watch on your side. With the push of a button, The Defender will take a video of what's happening around you and store it in the Cloud. The Defender also records your location and can even send an emergency signal with your whereabouts to your Guardian group.

The Guardian Band Defender Watch also has other smart watch functions integrated to help simplify and streamline your hectic life. It includes a camera, voice messages, voice chat, video chat, heart rate monitor, step counter, timer, calendar, and even an alarm clock. Sorry. No more excuses for oversleeping!

You knew it was coming, so here it is—the fine print. Guardian Band reserves the right to make, without prior notice, changes or amendments to the contents of this manual. Sorry for the legalese, but we had to say it.

Now on to the good stuff!

Now that you have your Guardian Band Defender Watch, install the “GB Defender” program on your smart phone. It's easy, and you've probably installed tons of Apps like it before. Just in case there is any confusion though, here are the details to download the App:

1. Scan the QR code.

For Apple customers you can use whatever QR reader you have installed that you normally use. If you've never scanned a QR code before go to Apple Wallet, scroll to the bottom where it says “Edit Passes” and click on that. The next screen will say “Scan Code” about a third of the way down. Click on that and scan the QR code. You're ready to go!

(Image of QR of APP)

For Android customers:

(Image of QR of APP)

2. After installing the GB Defender App, fill in the registration.

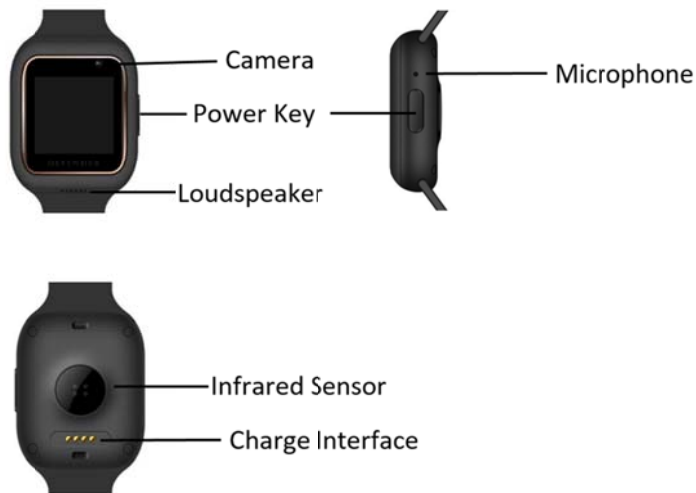
3. Login on the App.

4. Input or scan the CID code of the watch.

5. Connect the watch to the phone.

6. Start living your life without fear!

Now that you have the watch in hand, are you wondering which button does what? How do you get to the main menu? Where exactly are the camera and microphone? No worries! Just look at the illustration and instructions below. We'll help you figure it all out.



Power Key: This is also your home key. Press it and hold to turn the power on. A short press will return you to the dial screen (home screen).

Emergency: In case of emergency, press and hold the power key for 5 seconds to turn on the SOS mode. The App will receive the SOS information, including your position and any video or pictures.

Dial Screen: Once the watch is on, you will see a dial on the screen. This is your home screen. Press and hold the dial to see various options for the dial's appearance. There are lots of options, so you should be able to find one you like.

Down slide the dial: Basic Settings

- ◆ Page 1: Brightness, Volume, Settings, Time, Date, Day, Phone Signal, and Battery
- ◆ Page 2: Refresh, Shutdown, QR Code Scan (for App)

Up slide the dial: Fitness

- ◆ Page 1: Set height (in feet and inches) and weight (in pounds). If you have a goal for the number of steps, you can set that as well.
- ◆ Page 2: Daily steps taken
- ◆ Page 3: Step record history

Left or right slide the dial: Main Menu

- Page 1: Call, Chat, Video Call, Camera
 - **Call:** You can call anyone on your contact list. You can add up to 100 contacts to the phone book through the App.
 - **Chat:** You can send a picture or video to your GB network.
 - **Video Call:** You can video call anyone on your contact list. You can add up to 100 contacts to the phone book through the App. The person receiving the video call must also have the Guardian App.
 - **Camera:** You can take pictures or videos. Tap the screen to take a picture in picture mode. For video, tap the screen to start recording and tap again to stop. Just remember there is a 3 second delay after you click the button. It will countdown 3, 2, 1 on the screen so you know when it's ready. Uploading video will really drain the battery, so keep that in mind if you are far from your charger and the video isn't urgent.
- ◆ Page 2: Photos, Calendar, Calculator, Timer
 - **Photos:** Peruse your favorite pictures and videos and share them with contacts. Got one with someone's eyes closed? No problem! You can also delete them from this screen.
 - **Timer:** When you open up the timer, click the play button to start timing and the pause button to stop. To reset, click the refresh button.
- ◆ Page 3: Fitness, Heart Rate, Refresh, Dial

Fitness:

- Page 1: Set height (in feet and inches) and weight (in pounds). If you have a goal for the number of steps, you can set that as well.
- Page 2: Daily steps taken
- Page 3: Step record history

Heart Rate: Click the start button to begin heart rate measurement. Click the stop button at any time to end. If you slide left, you'll get a history page with all heart rate records.

Refresh: Press the trash icon to clear the temp files and the trash on RAM.

Dial: See various options for the dial's appearance and pick your favorite one.

◆ Page 4: Background, Settings

Background: See various options for the background's appearance and pick your favorite one.

Settings:

- QR Code: See the CID code of the watch as QR code and number. You can use this to access the App.
- Time Zone: Select the corresponding time zone according to Greenwich Mean Time (GMT). Eastern Standard Time, for example, is GMT-04:00. Pacific Standard Time would be GMT-07:00.
- Date and Time: Set the date and time display
- Language
- Restart: Shutdown and start again
- Reset: Restore factory settings, deleting all user settings and data
Don't do this unless you're really sure you want to!
- Shutdown: Turn off the watch
- System Upgrade: Detects if a new version of the system is available and upgrades if a new version is released
- About Watch: System information
- WiFi: Open this function to connect to the WiFi network.
- SOS Type: Choose if you want to send a picture or video in the event of an SOS.
 - Picture: Send pictures to GB network of emergency contacts every 5 seconds when SOS activated.

- Video: Record and forward videos to GB network of emergency contacts when SOS activated.
- Position: Can send the location of the watch to the GB network of emergency contacts.

FCC RF Exposure Information and Statement

This watch meets the government's requirements for exposure to radio waves. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health. The SAR limit of USA (FCC) is 1.6 W/kg averaged over one gram of tissue for body, and 4 W/kg averaged over ten gram of tissue. Device types: Guardian Band (FCC ID: 2AROTGB) has also been tested against this SAR limit. SAR information on this and other pad can be viewed on-line

at <http://www.fcc.gov/oet/ea/fccid/>. Please use the device FCC ID number for search. This device was tested simulation typical 0mm wear on wrist and 10 mm to mouth. To maintain compliance with FCC RF exposure requirements, use accessories should maintain a separation distance between the user's bodies mentioned above, the use of belt clips, holsters and similar accessories should not contain metallic components in its assembly, the use of accessories that do not satisfy these requirements may not comply with FCC RF exposure requirements, and should be avoided.

FCC Warning

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 1: 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.

NOTE 2: Any 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.

Wow! That was a lot of information. Don't feel overwhelmed! You'll find that it becomes very easy once you try it once or twice. Best of all, you are now ready to get out into the world and live your life without fear.

Always remember that when you become fearless, life becomes limitless. Get out into the world. We've got your back!

Sincerely,

The Guardian Band Team