

# ***FITNESS TRACKER***



**Instruction Manual**

 STAYWELL

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## COMPONENTS

Fitness tracker with strap



Removable body  
with USB charger



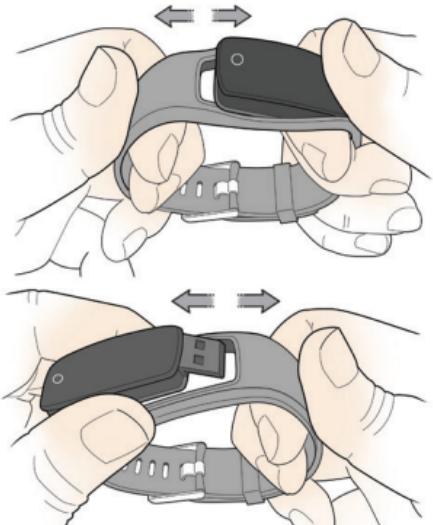
2

## STEP-BY-STEP: SETTING UP THE FITNESS TRACKER

1



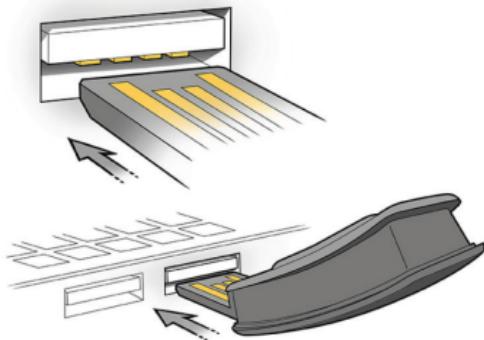
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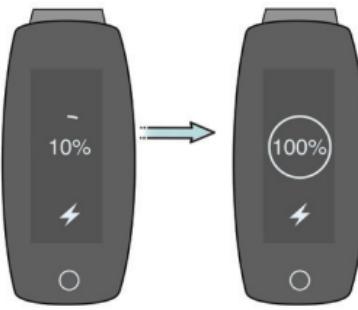
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## STEP-BY-STEP: SETTING UP THE FITNESS TRACKER

3



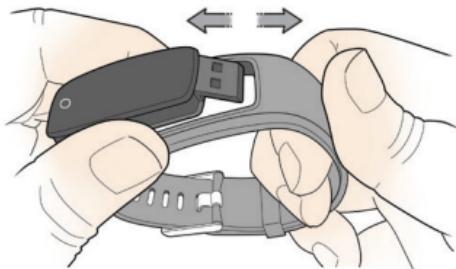
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4

## STEP-BY-STEP: SETTING UP THE FITNESS TRACKER

5



6



5

## HOW TO SYNC YOUR FITNESS TRACKER

### Install My StayWell App

Search 'My StayWell' in the App Store or Google Play Store and install the app on your smartphone.

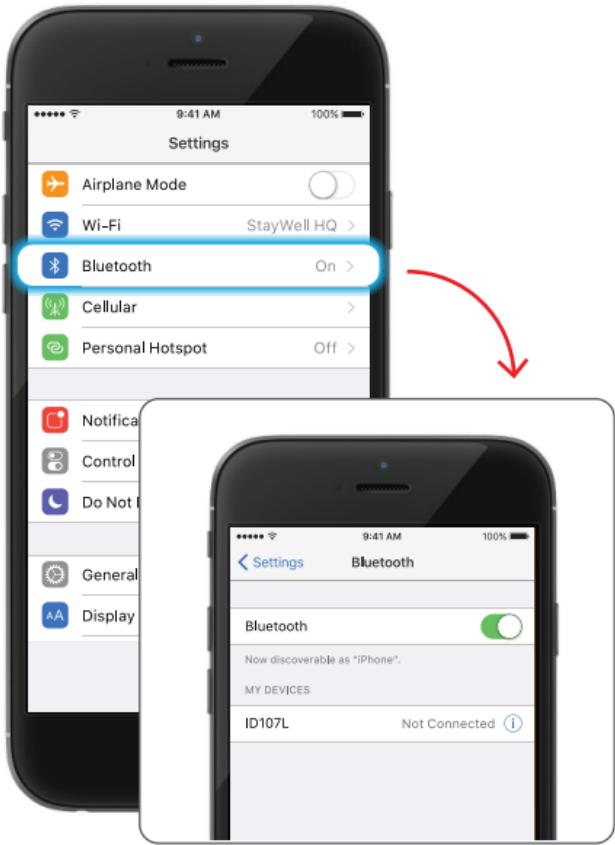
Scan here to download



## HOW TO SYNC YOUR FITNESS TRACKER: IPHONE

### Turn on Bluetooth Setting on Your iPhone

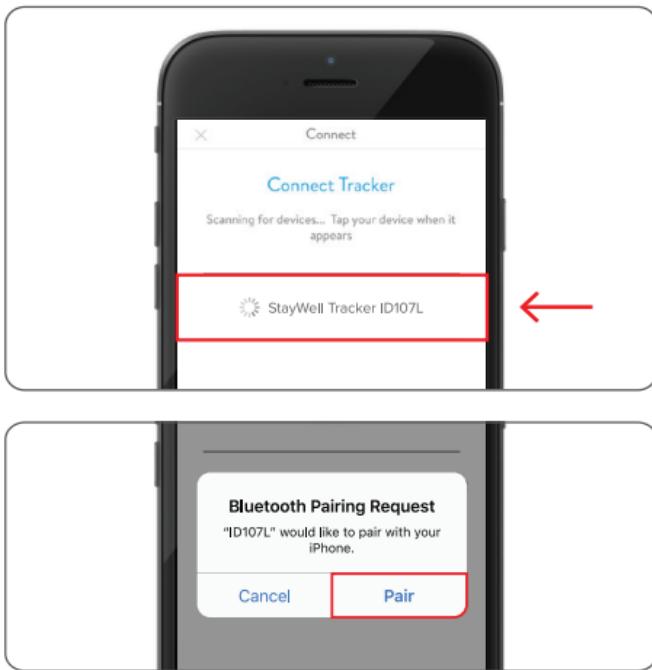
Go to your devices '**Settings**' and select '**Bluetooth**'. If bluetooth is OFF, hit the toggle to turn it ON.



## HOW TO SYNC YOUR FITNESS TRACKER: IPHONE

### Connect Your Fitness Tracker

Open the My StayWell app and select 'More' and then 'Sync Device' and then 'Sync Tracker'. Select your fitness tracker from the list. When prompted, select 'Pair'. Once connected, your fitness tracker will vibrate. Make sure to select 'Yes' once it vibrates.



## HOW TO SYNC YOUR FITNESS TRACKER: IPHONE

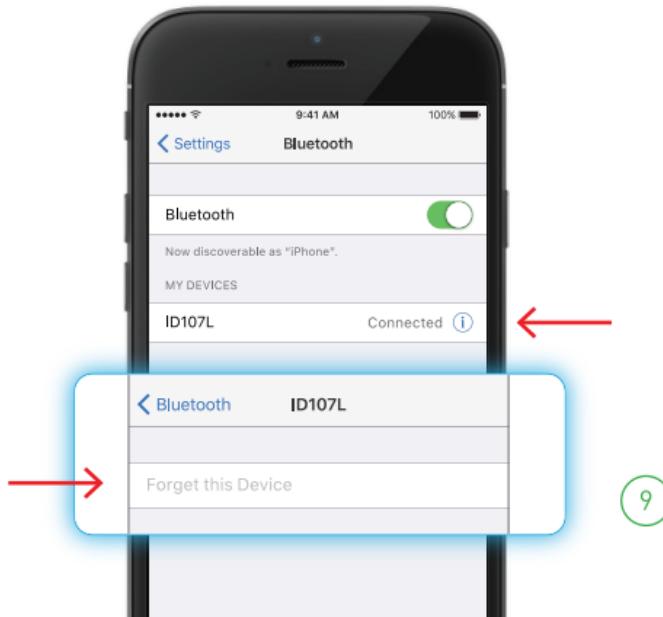
- Make sure your phone and device are no more than 1.5 feet apart.
- Requires smartphone iOS 9.2 and above.

### Having Trouble?

If you are still having trouble, try forgetting the device on your phone. To do this, go to 'Settings' and select 'Bluetooth'.

If the ID107L fitness tracker is connected, tap the  button.

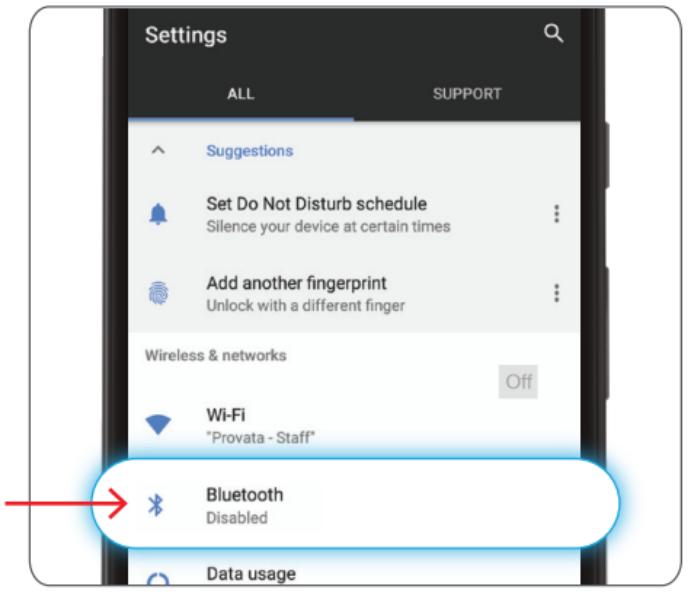
Select 'Forget This Device'. Then try to sync again using the directions on the previous page.



## HOW TO SYNC YOUR FITNESS TRACKER: ANDROID

### Turn on Bluetooth Setting on Your Android

Go to your devices 'Settings' and select 'Bluetooth'. If bluetooth is OFF, hit the toggle to turn it ON.

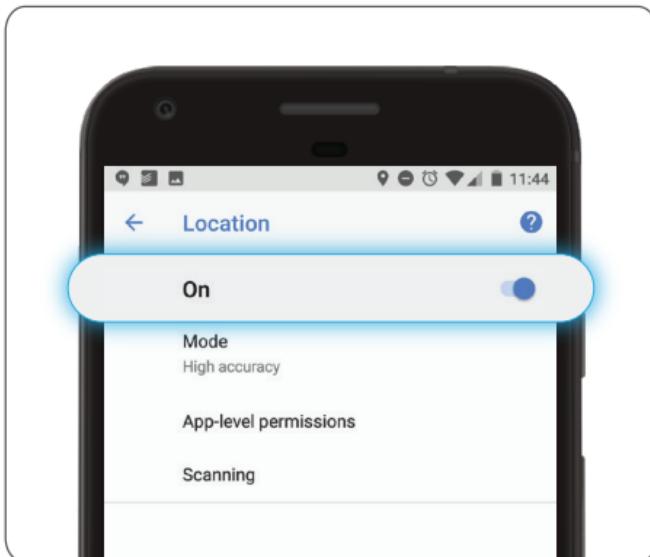


## HOW TO SYNC YOUR FITNESS TRACKER: ANDROID

- Make sure your phone and device are no more than 1.5 feet apart.
- Requires smartphone with OS Android 6.0 and above.

### Make Sure Location Services Is Turned On For Smart Phone

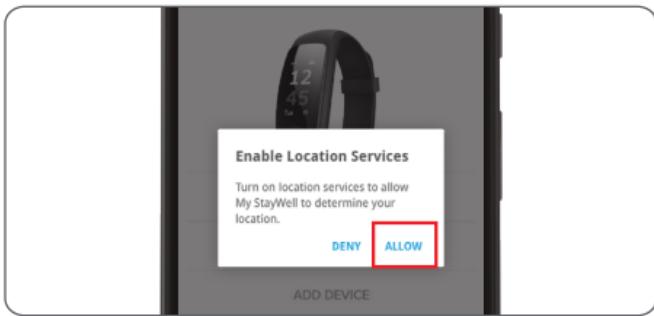
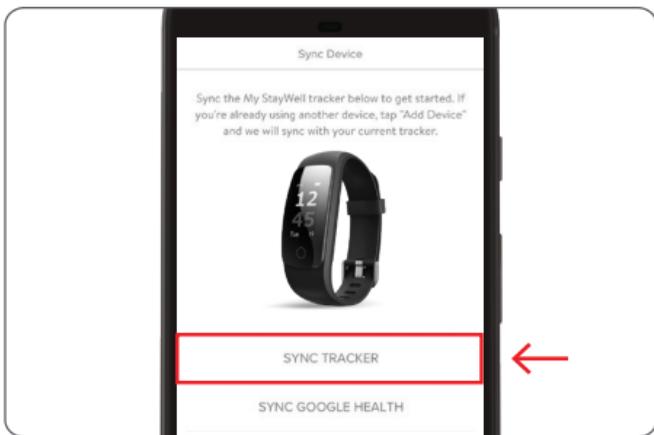
Search for '[Location Services](#)' in your device settings. Once there, make sure that you have '[Location Services](#)' turned ON.



## HOW TO SYNC YOUR FITNESS TRACKER: ANDROID

### Sync Fitness Tracker And Set Location Permissions

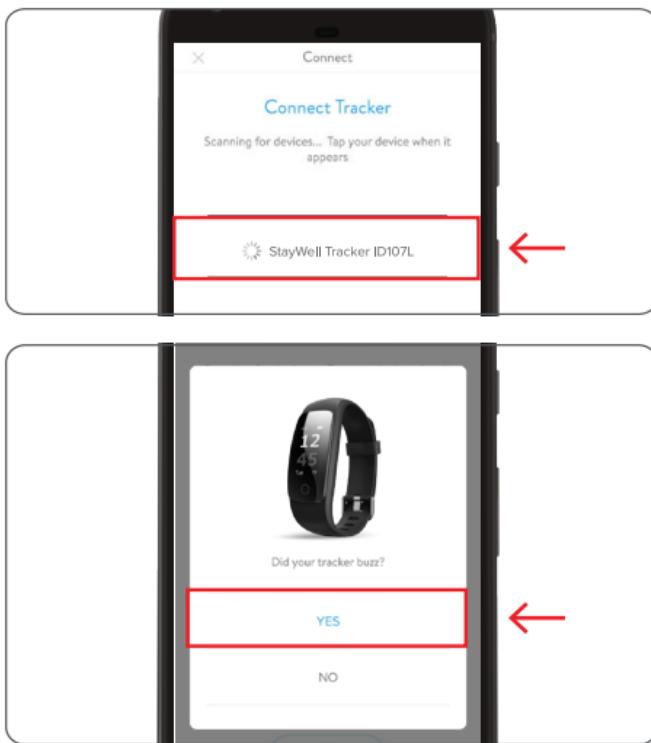
Open the My StayWell app and select 'More' and then 'Sync Device' and then 'Sync Tracker'. In My StayWell App, select 'Sync Tracker'. Select 'Allow' device's location when prompted.



## HOW TO SYNC YOUR FITNESS TRACKER: ANDROID

### Connect Your Fitness Tracker

Open the My StayWell app and select 'More' and then 'Sync Device' and then 'Sync Tracker'. Select your fitness tracker from the list. When prompted, select 'Pair'. Once connected, your fitness tracker will vibrate. Make sure to select 'Yes' once it vibrates.



## SAFETY TIPS & TROUBLESHOOTING

- Do not wear the tracker while swimming or showering.
- Test the device in normal conditions; room temperature, dry skin, etc. for the most accurate resting heart rate.
- Rinse the band (not the fitness tracker) after exercise or sweating and dry thoroughly before wearing.
- Remove your fitness tracker when applying lotion or sunscreen.
- Remove the fitness tracker if redness or irritation occurs.
- Don't expose the device to extremely hot, cold, or humid conditions for long durations.
- If you're having issues pairing, try moving the fitness tracker and smartphone away from other bluetooth devices.
- Do not attempt to remove the battery. Injury could occur.
- Do not attempt to open the fitness tracker.
- Do not overcharge the fitness tracker.

## PRODUCT SPECIFICATION

Model No.:	ID107L
Battery:	Lithium Polymer Battery
Battery Capacity:	65mAh
Working Voltage:	3.7V
Working Temperature:	-20 C — 40 C
Host Weight:	About 22.4g
Sync:	Bluetooth 4.2
Waterproof Rating:	IP68
Working Time:	About 7 days
Product Frequency Band:	2400-2483.5MHz
Maximum transmit power:	0.68 dBm
System Requirements:	iOS 9.2 & above, Android 6.0 & above

## HOW TO DISPOSE OF THIS FITNESS TRACKER



The symbol on this product means that this product may not be disposed of with ordinary household waste. Please recycle this product at a facility for electronics and electrical recycling.

- Do not dispose of the fitness tracker with household waste.
- Batteries may not be disposed of in municipal waste streams.
- Check your local regulations for proper disposal.

## REGULATORY NOTICES



FCC ID: 2ASDE-SWTV2

**USA:** FCC Statement. This device complies with Part 15 of the FCC Rules. Operations are 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.

Changes or modifications 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.

**IC** IC: 24709-SWTV2

**Canada:** Industry Canada (IC) Statement. This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, crème si le brouillage est susceptible d'en compromettre le fonctionnement.

This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment. Cet équipement est conforme à l'exposition aux rayonnements Industry Canada limiter Établies pour un environnement non contrôle.



**EU:** The tracker meets the EU RoHS Compliance. Please refer to IEC62321, EU RoHS Directive 2011/65/EU and revised directive.



Declaration of Conformity. Please see the My StayWell App for specific Declaration of Conformity for this product.

**NOT A TOY.**

This fitness tracker and My StayWell App are not designed for use by children under 14 years old.

**NOT A MEDICAL DEVICE.**

This product is not a medical device and is not intended to diagnose, treat, prevent or cure any disease. The accuracy of this fitness tracker is not intended to compare to a scientific measurement device or medical device.