Healy Watch

INSTRUCTIONS FOR USE

Model No.: 0007

healy
Watch

Know Your Body.

EN | Table of Contents

Disclaimer: The Healy Watch is not intended to cure, treat, mitigate, diagnose or prevent disease, but rather to support vitality and wellbeing.

1. Introduction

Thank you for choosing the Healy Watch. Please read this manual carefully and pay special attention to the warnings and cautions.

This manual is intended for the user. Intended users include adults at home. It aims to ensure safe handling and to enable users to become familiar with the device.

2. General

2.1 Intended Use

Healy Watch is a tracker for wellbeing.

2.2 Description

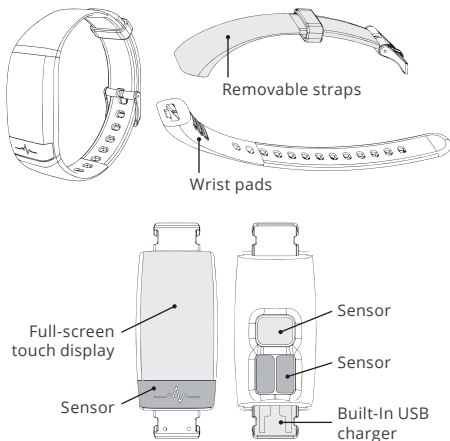The Healy Watch is a portable device, internally powered and controlled via Bluetooth by a software application that is installed on a smartphone.

The charging of the internal battery is done through the USB port.

The "Healy Watch App" software application is necessary for configuration and control of the Healy Watch. The "Healy Watch App" is available in the Google Play Store and the Apple App Store.

2.2.1 Hardware Description

Removable straps

Wrist pads

Full-screen touch display

Sensor

Sensor

Sensor

Built-In USB charger

2.2.2 Software Description

The "Healy Watch App" is required for configuring and controlling the Healy Watch hardware.

2.3 Attention

· Intentional misuse may impair the function of the device.

· Carefully read the instructions before using the device.

· This product is intended only for the purpose described in these instructions for use.

· In this manual, the word DANGER warns of possible personal injury!

· In this manual, the word WARNING warns of possible damage to objects.

2.4 Safety Notes

⚠ Danger/Warning:

· Do not immerse the device in liquids.

· In the case of a defect please contact the manufacturer. Any attempt to repair the device will void the warranty.

· The device should only be stored and transported under the conditions defined in these instructions.

· To protect the device against contamination and damage, keep it locked and away from children, dust, sunlight, moisture, pets and vermin.

· Do not carry out maintenance while the equipment is in use.

· CHOKING HARZARD -- Small parts NOT for children under 3 years.

3. Preparations for Use

3.1 Installation

Before putting the Healy Watch into operation, you need to prepare the hardware and install the "Healy Watch App".

3.1.1 Smartphone Requirements

Bluetooth   Bluetooth 4.2 or higher

Operating system   iOS[1] version 9.0 or higher
                               Android[2] version 4.4 or higher

[1] *iOS is a registered trademark of the operating system for smartphones and devices manufactured by Apple Inc.*

[2] *Android is a registered trademark of Google Inc. for the operating system for smartphones and other devices*

3.1.2 Android Operating System

· Open the Play Store[3]
· Search for the "Healy Watch App"
· Select "Healy Watch App"
· Download and install on your smartphone

3.1.3 iOS Operating System

· Open the Apple Store[4]
· Search for the "Healy Watch App"
· Select "Healy Watch App"
· Download and install on your smartphone
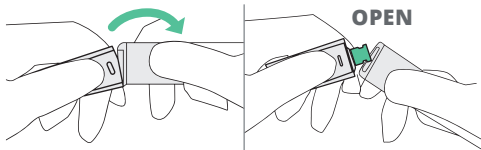
[3] *Play Store is the trademark of Google Inc.*

[4] *App Store is the trademark of Apple Inc.*
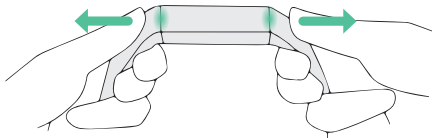
3.1.4 Hardware

· Unpack the Healy Watch and check for damage

· Charge the batteries for 1.0 hours before first use

Note: The battery cannot be removed by the user.
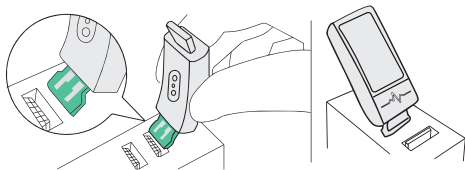
1 Gently pull the straps off.
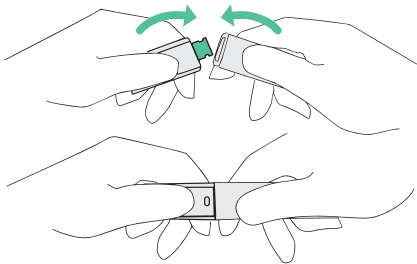

OPEN

Do **NOT** pull the straps horizontally

2 Insert the built-in USB charger into a USB port for charging.
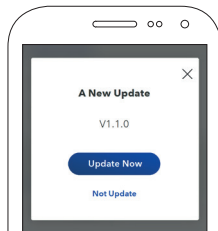
3 Remove device from the power supply once fully charged.

4 Push the straps back on.

3.1.5 Pairing via Bluetooth

1 Log into your Healy account.

2 Read and agree to terms and policies.

3 Set up account information:
profile photo, name, gender etc.

4 Make sure the smartphone Bluetooth (BLE 4.2) and
location service are turned on.

5 Go to 「Settings → Pair Device」and select the Healy Watch
for pairing. You can check the Healy Watch Bluetooth ID
in 「Function → Info」.

6 Pair the Healy Watch with your smartphone.

7 Firmware Update: before using the Healy Watch, go to
「Setting → Firmware Update」and upgrade the firmware
if there is a new version available.

HEALY WATCH
- BFA1

5

Device Management

Healy Watch - BFA1
34R55 HH 88FGT JOK78

Healy Watch - ABC2
34R55 HH 88FGT JOK78

6

Device Management

Healy Watch - BFA1
Firmware Version: V0.9.1
MAC: 34R55 HH 88FGT JOK78

Connected   Unpair

7

A New Update

V1.1.0

Update Now

Not Update
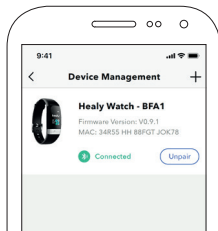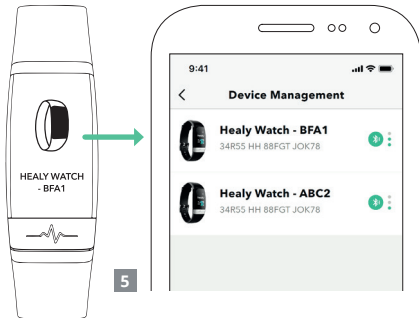
3.1.6 Wearing the Healy Watch

For accurate heart rate* measurement, please wear the watch:

1 Tightly but comfortably. It should not move while running or exercising.

2 Keep it at least one finger width away from the carpal bones.
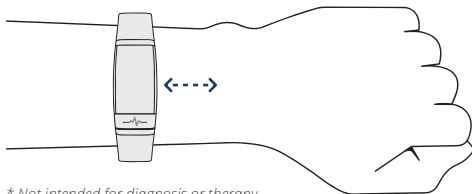
* Not intended for diagnosis or therapy

4. Operation Instructions

1 **Swipe -** Swipe up and down on the touchscreen to scroll through widgets and menu options.

2 **Tap -** Tap the button to execute the function.

3 **Long Press -** Long press for 2 second to activate the functions: Power Off, Send SOS.

4 **Wrist Gesture -** Rotate or lift your wrist toward your body to turn the screen on.

4.1 Software Functions

09 45	**Watch Face –** The Healy Watch updates the time and date automatically when you sync with a smartphone.
	Status – The total number of steps, calories, distance, active minutes and goal achievement in % that you have achieved in a day.
	Sleep – The watch automatically records your sleeping hours, heart rate*, and sleep quality while you're wearing it.
	Work Out – 10 different sport modes including run, cycle, gym, basketball etc. Tap to start recording your workout.
	Function – Set your watch and tap into smart features including vibration alarm, timer, music control, weather etc.
	Breath – The Healy Watch helps you calm down with 3 levels of breathing exercises.

✉	**Message –** Check the 10 latest messages from your calls, SMS text, WeChat, WhatsApp, Facebook and more.
📞	**SOS –** Long press for 2 seconds to send SOS messages with your location to your emergency contacts in SMS form.

* Not intended for diagnosis or therapy

5. Cleaning, Disinfection and Maintenance

5.1 General

Maintenance activities increase the lifespan and safety of the Healy Watch. Please read this section carefully.

5.2 Cleaning

Switch off the Healy Watch before cleaning. For cleaning, commercial cleaning products may be used. The surfaces can be wiped with a damp sponge or cloth. Make sure that no liquid penetrates beneath the covers or enclosures.

Caution: Do not use cleaning agents containing solvents (e.g. acetone or nail polish) or abrasive cleaners as they will damage the surface of the device.

5.3 Storage Between Applications

After application, store the device in a cool and dry location and protect against direct sunlight.

5.4 Maintenance

There are no user serviceable parts inside. In the event of damage, please contact the manufacturer. The following maintenance activity is recommended and should be followed for safe operation.

Frequency	By whom	Maintenance activity
Prior to each use	User	Check the casing for damage. In case of damage contact the manufacturer or an authorized dealer

5.5 Troubleshooting

Below you will find typical warnings or messages that are related to the app or hardware. If you experience a situation that is not listed here or a problem persists, please contact the manufacturer.

Event or message	Cause	Actions required
No connection from the smartphone to the device	Device is switched off	Switch on the device and restart the App
No connection from the smartphone to the device	Bluetooth in your smartphone is deactivated	Open connectivity settings and activate Bluetooth

Event or message	Cause	Actions required
No connection from the smartphone to the device	Location service is disabled.	Enable location service

6. System Components

Reference number	Description	Quantity
0007	Healy Watch hardware device	1
108-1301	Screen protector	1
108-1302	Screen wipe	1
108-1303	Conductive gel	1

7. Technical Data

7.1 General

Protection against ingress of water and particulate matters	IP 67, dustproof, complete protection against contact, protection against temporary submersion

7.2 Electrical Parameters

7.2.1 Power Source Requirements

The Healy Watch can be connected to any power source with the following specifications:

Supply voltage range	4.4 V – 5.5 V DC
Output current	Max. 2500 mA
Frequency	DC
Socket type	USB-Type A
Power type	High powered 500 mA or higher
Insulation type	Double or reinforced insulation

7.2.2 Healy Watch

Input voltage	See 7.2.1
Input current	20 mA
Protection class	IP 67
Battery capacity	130 mAh

7.2.3 FCC Statement

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, includ-ing 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.

7.3 EC-Declaration of Conformity

This is an electrical device for application on humans.

Type: Healy Watch **Year of manufacture:** 09-2019 – 12-2019

The product is designed and manufactured in accordance with the following directives:

Low Voltage Directive 2014/35/EU
ROHS - Directive 2011/65/EU; REACH 1907/2006/EC

under the sole responsibility of:

Company: Healy GmbH |Schloss Kränzlin|
Darritzer Str. 6|16818 Kränzlin – Germany

The device complies with the following applicable standards:

EN62479:2010; EN60950-1:2006+A11:2009+A1:2010+A12: 2011+A2:2013; Draft EN301 489-17 V3.2.0 (2017-03); Draft EN 301 489-1 V2.2.1 (2019-03); EN300 328 V2.2.2 (2019-07); IEC62321-series

The technical documentation with risk analysis is completely available.

The instructions for use accompanying the product are available in the respective national language.

Kränzlin/09.09.2019

Place/date $\qquad$ C€ $\qquad$ Signature CEO

7.4 Mechanical Parameters

Dimensions	11.6 x 2.2 x 12.4 cm
Weight	30 g
Strap	TPU black
Input socket	USB

7.5 Environmental Conditions

7.5.1 Operation and Storage

Temperature Range	5°C to 40°C / 41°F to 104°F
Relative humidity	15 % to 93 %
Atmospheric pressure	700 hPa to 1060 hPa

8. Disposal

The expected service life is 5 years. Ask your local authority for recycling advice.

9. Used Symbols and Icons

The following icons are used on the device, the packaging and the labelling:

	Watch Face		Status
	Sleep		Work Out
	Function		Breath
	Message		SOS
	Bluetooth		Recycling symbol
CE	In conformity with European legislation		
REF	Hardware reference number		
	Symbol for Bluetooth wireless connection		
	Electronic waste – do not dispose. Recycle acc. to local regulations or contact your authorized dealer or the manufacturer		

10. Revision Status

Revision: 1

Date: 23th November 2019

Remark: Second edition

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healy
Watch

Know Your Body.

CE