



Reference Guide

Hälsa Baby All-In-One Wellness Monitor

Hälsa Baby Features

SMART SENSOR & ANKLE BAND

Heart Rate

Oxygen Levels

Skin Temperature Variation,
Sleep Patterns

Travel Mode

Washable Bands – 3 Sizes

15+ Hours Battery Life

HUB

Nightlight

Two Way Voice Communication

Room Humidity

Charging Dock

Room Temperature

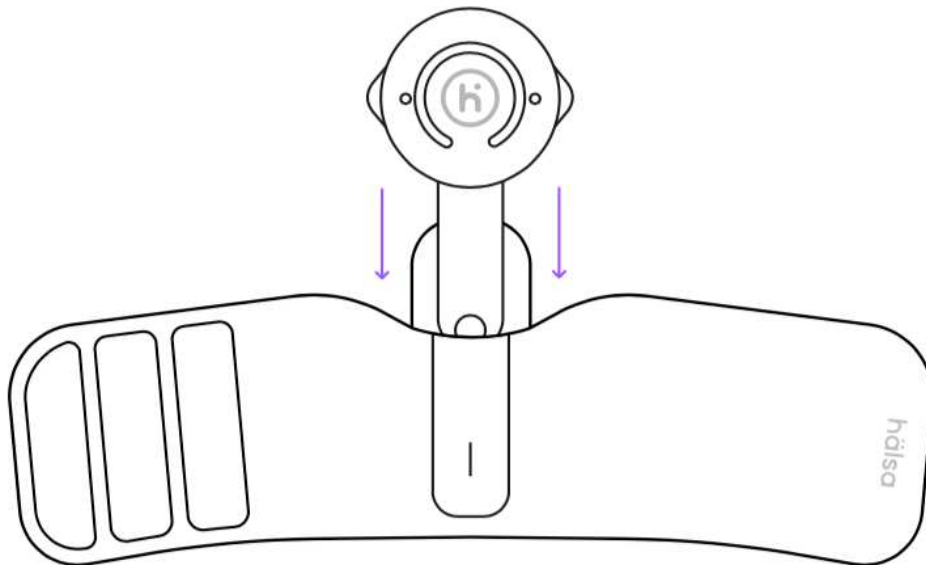
Sound Machine & Lullabies

Sound & LED Light Alarm System

Voice Assistance

Smart Sensor & Ankle Band

The Hälsa Baby All-In-One Wellness Monitor, uses a smart sensor to track your baby's readings

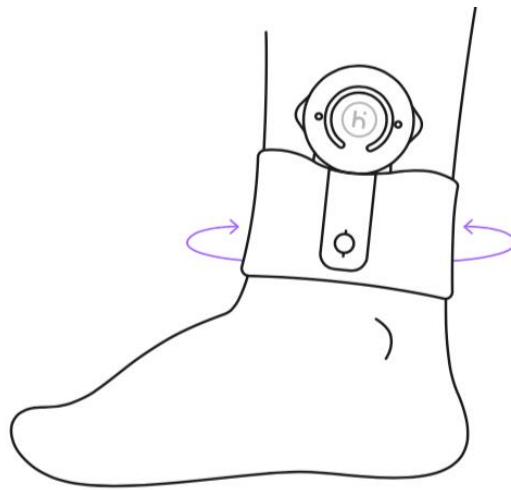


INSTRUCTIONS

The Smart Sensor and Ankle Band can be worn on either the right or left ankle. For proper placement, position the smart sensor, with the logo side out, on the outside of the ankle just above the ankle bone.

BAND FIT

Place the ankle band with smart sensor on the fleshy part of the skin above the ankle bone. The ankle band should fit snug enough that it doesn't slide or rotate around the baby's ankle but not too tight that it is uncomfortable. For the smart sensor to function properly and provide the best readings for features like heart rate, oxygen saturation and skin temperature variation, the silver metal contact point on the inside of the smart sensor towards the bottom of the ankle band must make direct skin contact.



Red areas can sometimes occur due to moisture, and or having the ankle band too tight. This can usually be avoided by alternating between the left and right ankles. If redness continues to occur, please discontinue use and consult your physician before using again if your baby is experiencing an allergic reaction to the infrared light. Please contact customer service.

Hälsa Baby Skin Temperature Readings

The Smart Sensor, will estimate your baby's skin temperature to measure any variation from your baby's personal baseline.

Your baby's personal baseline for skin temperature will be determined within the first 2 minutes of each usage session. If the skin temperature (Optimal/Non-Optimal) does not appear on the dashboard within the Hälsa app, within 15 minutes, readjust the placement of the smart sensor and ankle band to confirm proper placement. Once the personal baseline is established, you'll be able to see your baby's skin temperature variation meaning whether your baby skin temperature is higher or lower than the personal baseline as your baby

continues to wear the smart sensor in ankle band the Hälsa app will use that additional data to adjust the base landscape temperature as needed.

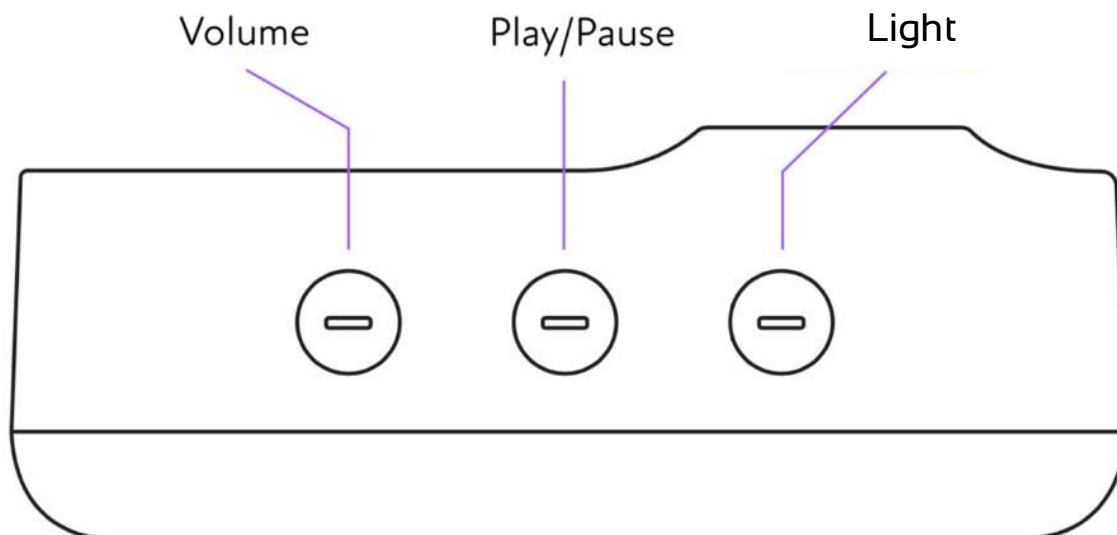
Please note, proper placement of the smart sensor and ankle band is essential for the best readings while it is normal for a skin temperature to have some variation throughout the day and night you should check your babies core temperature using an FDA approved thermometer if there continues to be consistent variation in skin temperature.

Hub

The Hub manages the nursery environment through temperature and humidity tracking, two-way communication and customizable nightlight, lullabies, and sound features.

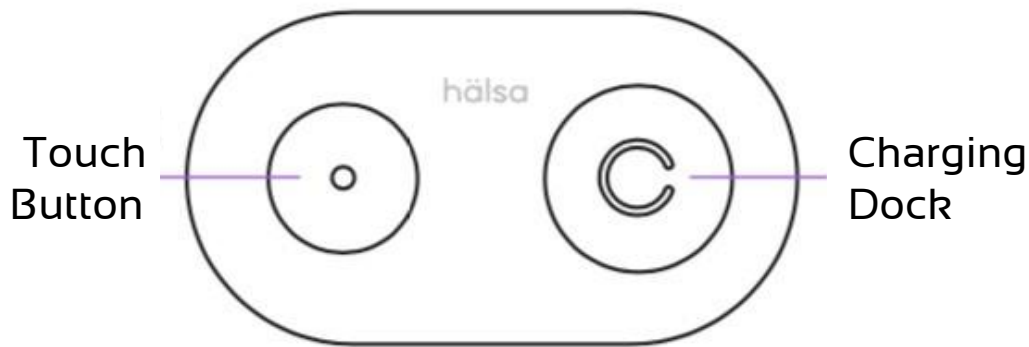
INSTRUCTIONS

Use the buttons on the back of the Hub, to adjust the volume, play/pause music and to turn the nightlight on and off. More functions and settings for these features are also available within the Hälsa app and FAQs.



On the top of the Hub, the upraised circle on the left is the Quick Touch “button” which controls the lights and sounds preset within the Hälsa app. A single tap on the Touch “button” can mute a triggered alarm.

The silver ring on the right acts as a charging dock for the Smart Sensor. To charge, simply place the smart sensor, logo side down, so it is touching the charging ring. When charging starts, a green LED light from the Hub will blink, and in a setup completed device, the user can also see a battery icon displayed on the Hälsa App.



Easy To Use Touch Controls

QUICK TOUCH

Each tap will rotate through the presets.

Touch and Hold: Turn off preset, light or sound.

** A single tap on the Touch button can also be used to mute a triggered alarm.

Note: The User Can Set Quick Touch Presets Via the Hälsa App.

VOLUME

Each press of the button will rotate through the volume levels preset - low, medium and high.

PLAY/ PAUSE

Each Press of the button will rotate through the presets

1st Press: Play preset audio

2nd Press: Pause preset audio

Touch and Hold: Skip to the next preset audio

LIGHT

Each Press of the button will rotate through the presets

1st Press: Turn on preset nightlight

2nd Press: Turn off preset nightlight

Understanding Hälsa Baby Alarms & Notifications

The Hälsa app allows you to set customize ranges for vital signs and see room environment conditions based upon your own baby's needs, and you will be alerted when something is out of range.

HOW THEY WORK

Hälsa has two different alert types:

1. Alarm sound and red LED lights emitted from the Hub.
2. Push notifications sent to your mobile phone Via Hälsa App.

The Hälsa app will alert you with a push notification to your mobile phone if any readings fall outside of the customized ranges. In order to view the alerts within the push notifications, you must have text previews enabled on your mobile device.

The Hälsa Hub is also designed to sound an alarm and display red LED lights. If your baby's heart rate or oxygen level falls outside, the customized ranges. Alarms emitted from the Hub may be silenced by a single touch on the Touch button on top of the Hub or via the button in the In-App alert.

Note: All Alerts and Events are Recorded in the timeline and can be accessed via the Hälsa App.

Hälsa App Push Notifications & In-App Alerts:

- Baby is Sleeping or Awake
- Low or High Heart Rate (with current measurement)
- Low or High Oxygen Level (with current measurement)
- Battery Low or Charge Now
- Wi-Fi Disconnected
- Weak Signal
- Bluetooth Disconnected
- Travel Mode Disconnected
- Travel mode, Bluetooth Off
- Room temperature and humidity

Hälsa Hub Alarms:

- Low or High Heart
- Low or High Oxygen Level

For more information visit [Hälsababy.com](https://halsababy.com)

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Warnings / Important Safety Information

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- Our products are meant for use with healthy children up to 18 months of age.
- Do not attempt to use our products as a diagnostic tool or to rely upon them for diagnosis.
- Do not use our products if your doctor recommends the use of hospital-grade monitors/equipment.
- Do not use our products as a replacement for or in lieu of adult and/or medical care or professional medical advice.
- Do not use our products as a reason to practice unsafe sleep. Our products are intended to be used in conjunction with safe sleep practices.



WARNING: OUR PRODUCTS ARE NOT MEDICAL DEVICES. They do not provide notifications that assess your baby's health, and should not be relied upon for any type of clinical monitoring. Our products are only intended to assist you in tracking your child's general wellness and are not intended to replace you as a caregiver. You are responsible for the health and well-being of you and your child, and following safe sleep, health, and care guidelines. The absence or occurrence of a notification is not an indication of your baby's health status.



SAFETY

For **INDOOR** use only. DO NOT use HUB/Sensor near water (such as bathtub, sink, etc.) or submerge in water. To reduce the risk of fire or electrical shock, DO NOT expose this product to water or moisture. NEVER attempt to disassemble the product. This is dangerous and will void the warranty.

POWER CORD PROTECTION: NEVER attempt to use cord without the protective covering. Check protective covering before each use to ensure that the cord is not exposed to your child. Immediately discontinue use if the protective covering is damaged or broken.

VENTILATION: DO NOT block ventilation openings. DO NOT place on a bed, sofa, rug or similar surface. DO NOT place in a bookcase or cabinet that may restrict airflow. Avoid exposing the product to excessive dust or debris. Keep the product in a clean and dust-free environment whenever possible.

HEAT: The monitor should be situated away from heat sources, such as radiators, heat registers, stoves or other appliances that produce heat. Also, keep these components out of direct sunlight.

OPERATING Temperature & Humidity Range: 0°C to 40°C & humidity 10% to 95% relative humidity, non-condensing.

STORAGE Temperature & Humidity Range: (-10) °C to 45 °C & humidity 5% to 90%, relative humidity, non-condensing.



STRANGULATION HAZARD — Children have STRANGLED in cords.

This device is designed to be used behind a standard crib and against the wall only. Adult assembly is required. Keep small parts away from children when assembling. This product cannot replace adult supervision. Ensure your child's health by checking on him/her regularly. This product is not a toy. Do not allow children to play with it.

The environmental measurement range of the product is 5°C –60°C and is not suitable for use in harsh environments below 5°C or above 60°C.

The humidity measurement range of this product is 0–99% RH, keep away from extreme humidity. This product is only intended for use as a healthy lifestyle tool and cannot be used as a measuring tool."



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.

Changes or modifications to this product not authorized by party responsible for compliance could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

Please **ONLY** use the supplied power adapter. Failure to do so may void our limited warranty.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

FCC ID: 2BCMF-HALSA (Hälsa Hub)

Contains FCC ID: 2AAQS-ISP1807 (Hälsa Smart Sensor)

This device complies with part 15 of the FCC rules and with innovation, Science and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions: (1) this device may not cause interferences, and (2) this device must accept any interferences, including interferences that may cause undesired operation of the device.

IC:

INPUT :100-240V ~ 50/60Hz 0.5A Max

OUTPUT: DC = 5.0V/3A



For more information, visit **HalsaBaby.com**

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Setup Instructions

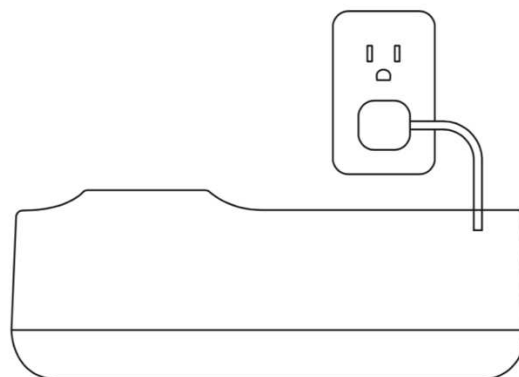
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Hälsa Baby Features

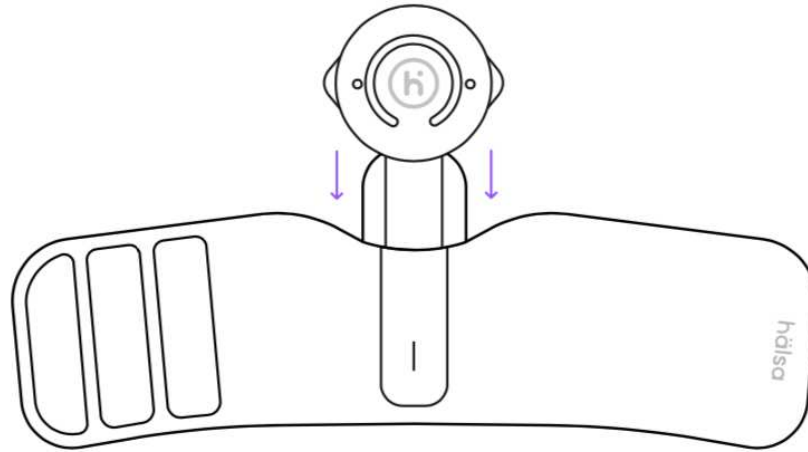
- 1) Download the Hälsa Baby App from the App Store or Google Play Store. You will be prompted to create an account. Once you have completed sign up, you can add a profile for your baby and connect with the hub and smart sensor by following the instructions within the app.



- 2) Plug the Hub into a power outlet. The light will buffer once the hub is connected to the power outlet.

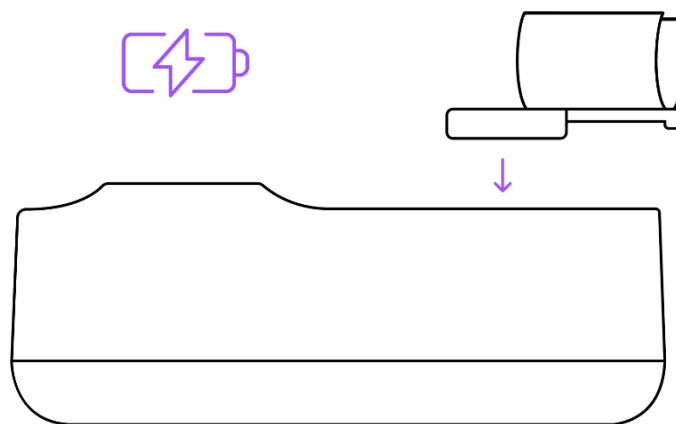


- 3) Choose the preferred size for the Ankle Band. Place the Smart Sensor into the ankle band, ensuring you slide the smart sensor all the way down into the fabric pocket. The smart sensor is secure when the button is visible through the hole on the exterior of the ankle band's fabric. If placed correctly, the Silver metal circle on the inside of the smart sensor should be visible through the fabric near the bottom of the ankle band.



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- 4) Place the Smart Sensor and Ankle Band on the Hub, with the exterior of the smart sensor, logo side down, so it is touching the charging ring. When charging is in progress, a green LED light from the smart sensor will blink.



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