



Your Health,  
Your Wealth,  
Let's Get Started!



# 01

## PACKAGE CONTENTS



Screenless  
Smart Band x1



Detachable  
Charger x1



User Manual x1

# 02

## GETTING STARTED



1.Charge the band  
fully before first use.



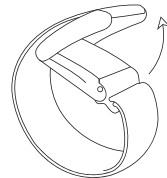
2.Install GM App  
(search for GM in  
app store).



3.Enable Bluetooth on  
your phone and pair the  
band through the app.

# 03

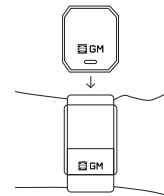
## WEARING METHOD



Wear the GM Band strap  
comfortably on your wrist  
for accurate tracking.

# 04

## CHARGING INSTRUCTIONS



GM Band charges wirelessly  
with a detachable battery  
pack that clips onto the  
band.

# 05

## LED INDICATOR



Green blinking  
**Charging**



Solid green  
**Fully charged**



Blue blinking  
**Syncing data**



Red blinking  
**Low battery**

# 06

## FEATURES



Comfortable to  
wear 24/7



Multiple activity  
tracking



Continuous heart rate  
monitoring



Sleep quality  
analysis



IP68 dust-proof and  
water-resistant



Scan to download GM APP

**Regulatory and Safety**

All regulatory and safety information can be found at <http://gmnetwork.ai>

**RF**

This device meets the safety requirements of the General Population Radio Frequency

**Radio Standard Specification**

RSS-102 and Health Canada Safety Specification 6 for Unlicensed Radio Frequency Category

**Portable Transmitting Devices**

**Aluminum RF Exposure**

For compliance information, visit <http://gmnetwork.ai>

**BATTERY WARNING**

This device uses a lithium-ion polymer battery. Failure to follow the following instructions may shorten the battery life or pose risks of damage to the device, fire, chemical burns, electrolyte leakage or injury. Do not expose the device to heat sources in high-temperature locations, such as sunlight in an unattended vehicle. To prevent possible damage, remove the device from the vehicle or store it in a location that avoids direct sunlight, such as in the

glove compartment. Do not disassemble, modify, remanufacture, puncture or damage the device or battery. Do not remove or attempt to remove non-replaceable batteries. Do not submerge the device in water or other any other liquids beyond 1 meter for more 2 hours. Do not use charging cables that are not approved or provided by GM. Do not operate or charge the device outside of the temperature range of 10-35°C . When storing the device for an extended period, keep it within the temperature range of 0-35°C.

**HEALTH WARNING**

If you have a pacemaker or other internal electronic device, consult your physician before using an exercise tracking device such as the GM Band device. Always consult your physician before starting or modifying any exercise program. The GM Band device, apparel, accessories and related data are for general informational purposes only and are not intended for medical purposes or to diagnose, monitor, treat, cure or prevent any disease or condition. Heart rate, heart rate variability and other data

and insights provided are for informational purposes only and may not be accurate in some cases, including due to the user's physical characteristics, the fit of the device and the type and intensity of activity.

Data and insights from the GM Band product should not be used for any health, safety or other critical applications. Inadequate cleaning of the GM Band device can cause dermatitis.

See [<http://gmnetwork.ai>]for information on how to clean the GM Band device.

**FCC COMPLIANCE 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, including interference that may cause undesired operation. 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. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.