

Product Information:

- Manufactured for Rolla Holdco Limited, 2 New Bailey, 6 Stanley Street, Salford, Greater Manchester, United Kingdom, M3 5GS, e-mail: hello@rolla.app, in collaboration with its subsidiary Rolla d.o.o. Blajburških žrtava b.b., Mostar, Bosnia and Herzegovina, e-mail: hello@rolla.app
- Manufactured in China
- Name: Rolla Band
- Description: Fitness Tracker
- Model: RBND0
- Net Weight: 27g
- Battery: 90 mAh
- Input Voltage: DC 5.0 V
- Input Current: 250 mA Max.
- Wireless Connectivity
- Bluetooth
- Compatible with: Android & iOS

User Manual

Introduction

The Rolla Band supports your health and fitness goals by offering insights into key metrics like heart rate, steps, and sleep quality. Connect with the Rolla One app to track and improve your well-being.

Quick Start Guide

- **Turn On:** Press & hold the button for 5 seconds; the band will blink blue to indicate pairing mode.
- **Turn Off:** Press & hold the button for 5 seconds; the band will vibrate twice long to signal shutdown.
- **Vibration Alerts:**
 - **Turn On:** Two short vibrations
 - **Turn Off:** Two long vibrations

Charge Your Band

- Connect the magnetic charger and wait 60 minutes for a full charge.
- **Indicators:**

- **Charging:** Blinking red light
- **Fully Charged:** Green solid light
- **Battery Check:**
 - **1% to 20%:** Red light blinks 3 times
 - **21% to 50%:** Yellow light blinks 3 times
 - **51% to 100%:** Green light blinks 3 times

Change Your Strap

Remove the hardware from the strap and replace it with your preferred size.

Wear Your Rolla Band

Slide the band on your wrist, adjust for comfort, and ensure it's positioned one finger width from your wrist bone.

To maintain sensor accuracy, gently wipe the optical heart rate sensor on the back of your watch with a soft, damp cloth. Use lukewarm water and avoid harsh chemicals. Ensure the area is dry before wearing the Band again.

How to Pair Your Band

1. Scan the QR code found on Quick Start Guide packaging or download Rolla One from App Store or Play Store
2. Turn on Bluetooth on your mobile device.
3. Follow on-screen instructions in the app or go to Your Profile > Connections > Rolla Band.

Perform a Hard Reset

1. Place the band on the charger.
2. Press & hold the power button for 5 seconds.
3. Wait for three short and one long vibrations; a purple LED will blink three times.

Troubleshooting

- Ensure your device is on and Bluetooth is active.
- Restart the app and check permissions.
- For persistent issues, contact support at support@rolla.app.
- If the battery drains quickly, calibrate by charging the Band until it's fully charged, afterwards wait until the Band battery is empty and charge it again until 100%.

Health & Safety Information

Neglecting the provided warnings may lead to an accident or medical incident, potentially resulting in severe injury.

Battery Warnings

This device uses a lithium-ion battery. Failure to adhere to these guidelines may result in shortened battery lifespan or pose risks such as device damage, fire, chemical burns, and/or potential injury.

Avoid disassembling, modifying, remanufacturing, puncturing or otherwise causing damage to the device or its batteries. Do not attempt to remove the battery by yourself. Refrain from exposing the device or batteries to fire, explosions or other hazardous conditions.

- Do not dispose of a battery by throwing it into a fire, a hot oven, or by mechanically crushing or cutting it, as this can result in an explosion.
- Do not leave a battery in an environment with extremely high temperatures, as this can cause an explosion or lead to the leakage of flammable liquid or gas.
- Do not expose the battery to extremely low air pressure, as this may result in an explosion or the leakage of flammable liquid or gas.

Device Warnings

Avoid placing the device near a heat source or in high temperature environments, such as direct sunlight. To prevent potential damage, relocate the device from elevated temperatures, for example, inside a vehicle, and store it in a shaded area, such as a glove box.

When storing the device for an extended duration, ensure it is kept away from high temperature locations.

Only use a charger that has been approved or supplied by Rolla in order to maintain optimal functionality and safety.

Health Warnings

- Consult with your physician before using a heart rate monitor, especially if you have a pacemaker or other internal electronic device
- The Rolla wrist heart rate monitor and its sensors emit occasional flashes of green, red, and infrared light. If you have epilepsy or are sensitive to bright or flashing lights, consult your physician.
- Prior to initiating or modifying any exercise program, always consult with your physician. The Rolla device, accessories, heart rate monitor, sensors, and related data are intended for recreational use, not medical purposes, and are not designed to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate and blood oxygen saturation readings are provided for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- While Rolla's optical wrist heart rate monitor technology generally offers an accurate estimate of the user's heart rate, limitations exist that may cause some readings to be inaccurate under specific circumstances, such as variations in the user's physical characteristics, device fit, and type/intensity of activity.
- Rolla activity trackers utilize sensors to monitor movement and other metrics. The data and information provided are meant to be a close estimation of your activity and tracked metrics but may not be entirely accurate, covering step count, sleep, distance, heart rate, oxygen saturation, and calorie data.
- The mobile application, encompassing its software, calculations, and algorithms, is not intended to serve as a substitute for professional medical advice, diagnosis, or treatment. It is strongly advised that individuals with any health concerns seek guidance from qualified medical practitioners, adhere to prescribed therapies, and undergo regular medical checkups as per medical instructions.

Charging Safety Warning

Keep the USB port away from liquids, dust, metal powders, and pencil tips. Charge the device in a dry place and avoid touching it with wet hands to stay safe.

Radio Safety Warning

Follow regulations in places where wireless devices are prohibited, and switch off the device accordingly. The radio waves emitted by this device might interfere with implanted medical devices like pacemakers or personal medical devices such as cochlear implants and hearing aids. If you use any such medical devices, consult their manufacturers regarding the usage of this device.

Child Safety Warning

Keep the device and its accessories away from children to prevent them from swallowing small parts, which can cause injury. This device is not a toy, we do not recommend its use by children under 16.

Skin Irritation

Some users may experience skin irritation after prolonged use of the device, especially if the user has sensitive skin. In such cases, make sure to remove the device and ensure that the device is clean and dry. It's best to wait for your skin to heal before you consider using it again.

In the rare event of an anaphylactic reaction, seek medical attention immediately.

Should you have any inquiries in regards to the use and handling of the Rolla Band please contact our support team at: support@rolla.app

Disposal Information

To ensure environmental safety and regulatory compliance, please follow these guidelines for disposing of your Rolla Band:

Do Not Dispose of in Regular Trash: Rolla Band contains electronic components and batteries that can be harmful if not properly disposed of. Avoid placing the device in household waste.

Recycling: Take your band to a certified e-waste recycling facility. Electronics retailers and recycling centers often provide designated drop-off points for such devices.

Local Regulations: Follow local guidelines for electronic waste disposal. Regulations may vary, so check with local waste management authorities for details.

Proper disposal of your Rolla Band helps protect the environment and supports responsible electronic waste management.

For more information contact your local waste management department to dispose of the device/batteries in compliance with relevant legal regulations.

Declarations

UK Declaration of Conformity

Hereby, Rolla Holdco declares that Rolla band product complies with the relevant UK legal requirements. The full text of the declaration of conformity is available at the following internet address: <https://www.support.rolla.app>

Declaration of Conformity

Hereby, Rolla Holdco declares that Rolla band product complies with the relevant EU legal requirements. The full text of the declaration of conformity is available at the following internet address: <https://www.support.rolla.app>

Consumer Warranty

Overview:

This warranty provides you with specific rights, and you may also have additional rights under the laws of your country, province, or state. The standard warranty period is one year. However, in some states, consumer laws require a minimum warranty period that we must honor. Except as required by law, Rolla does not waive, restrict, or suspend any other rights you may have. For a comprehensive understanding of your rights, please refer to the relevant laws of your state or region.

To the fullest extent permitted by applicable law, the warranties and remedies provided in this limited warranty are exclusive and substitute for, and Rolla specifically renounces, all other warranties and remedies, whether expressed, implied, statutory, or otherwise,

including, but not limited to, any implied warranty, statutory remedy, or otherwise. This limited warranty grants you specific legal rights, and additional legal rights may be available, varying between states and countries.

If implied warranties cannot be disclaimed under the laws of your state or country, then such warranties are limited in duration to the period of this limited warranty. Certain states (and countries and provinces) may not allow limitations on the duration of implied warranties, so the above restriction may not be applicable to you.

Under no circumstances shall Rolla be liable in a claim for breach of warranty for any incidental, special, indirect, or consequential damages, arising from the use, misuse, or inability to use this product or due to defects in the product. Certain states (and countries and provinces) may not permit the exclusion of incidental or consequential damages, thus the above limitations may not apply to you.

What is covered by warranty?

When you purchase a new device, we warrant the device against defects in materials and workmanship under ordinary consumer use.

If a hardware defect is identified and a valid claim is submitted to Rolla, via support@rolla.app within the Warranty Period, Rolla will provide the customer with a new Rolla Band. Additionally, Rolla will provide instructions regarding the process for returning the defective device for assessment.

In the case of a defect, subject to the fullest extent allowed by law, these remedies constitute your exclusive and sole option. Shipping and handling charges may be applicable, unless prohibited by applicable law. Any replacement hardware product will carry a warranty for the remaining duration of the original warranty period or thirty (30) days, whichever is longer, or any additional period specified by the jurisdiction. Additionally, please note that the timeframe for the delivery of the replacement band will fall within 45 to 60 days from the initial request.

Exclusions and limitations:

Unless otherwise explicitly stated by Rolla, this limited warranty applies only to the products manufactured by or on behalf of Rolla.

The limited warranty does not apply to the following: a) The warranty period has expired; b) The defect or part is not covered by warranty; c) The damage resulting from accidents, misuse, abuse, alteration, tampering or failure to follow normal operating procedures outlined in the user's manual; d) Significant alterations affecting the product's performance; e) Defects or damage due to spillage of food or liquids, wrong usage of electrical supply and voltage; f) Damage, losses, defects or malfunction due to natural disasters or acts of God, for example, lightning strikes, fire, flood, tornadoes or other external causes; g) Negligence; h) Normal wear and tear, corrosion, rusting or stains; h) Scratches and damage to the outer surface areas due to normal customer use

Products that were not properly imported and/or manufactured by Rolla, and/or were not appropriately acquired from Rolla or an official Rolla seller, do not fall under the provided warranties. According to applicable law, you may be eligible for warranties offered by the non-official retailer from whom you purchased the product. Hence, Rolla encourages you to get in touch with the retailer from whom you acquired the product.

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Software Licence Information

By using the Rolla Band and Rolla One Application and/or other Rolla products you acknowledge and agree:

- to a limited, non-exclusive license to use the software embedded in this device (the Software),
- To use Rolla Band and Rolla One Application for solely personal use
- That title, ownership rights, and intellectual property rights in and to the Software remain in Rolla Holdco and its subsidiary,
- that the Software is the property of Rolla Holdco and is protected under the relevant copyright laws and international copyright treaties,
- That the structure, organization and code of the Software, for which the source code is not provided, are and remain valuable trade secrets of Rolla Holdco and its subsidiary and its third- party providers. Further to the foregoing you agree not to decompile, disassemble, modify, reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software.

FCC Compliance Statements

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.

Caution: 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 to 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.

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