



Legal information

Languages
EN
ES
FR

mHealth & Safety Wearable

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UPDATE BARCODE
UPDATE BARCODE NUMBERS
UPDATE WITH CORRECT INFO

EN Instructions for safe and efficient use
These instructions are for your own safety and to prevent device malfunction. Failure to follow these may void your warranty and risk injury or harm.

No medical use
The intended use of this product is to offer end-to-end security for data communication and is applicable to many different use cases, as further described in Leaflet 2. This product is not a medical device and is therefore not intended for medical purposes, like diagnosis, treatment or prevention of illness.

Safe use and taking care of your device

- Do not use a damaged device. It may cause injury or harm. If your device is damaged or you aren't sure if it is working properly, contact your provider to have it checked and repaired.
- Use Sony original accessories and spare parts. Non-Sony batteries, chargers, and spare parts may pose increased safety risks, such as fire, explosion, leakage, or chemical burns. Sony's warranty does not cover failures or damage caused by non-Sony batteries, chargers, or spare parts.
- Do not expose the device to excessive pressure or impact. Doing so may damage your device.
- Use your device within its IP rating. Conditions where IP rating limits might be exceeded include environments with excessive humidity, water depths, liquid pressure and dust exposure.
- Use a soft damp cloth to clean your device.
- To clean the device, and after exposure to salt- or chlorinated water, rinse it gently in tap water.
- Treat the device with care and do not expose it to extreme high or low temperatures. Do not expose your device to temperatures below -10°C (+14°F) or above +35°C (+95°F).
- Do not expose your device to flames or lit tobacco products.
- Do not attempt to disassemble or modify your device. This device is equipped with an eSIM: do not attempt to modify it.
- Do not cover the device with your hand as this affects quality and power levels and can shorten communication and standby times.
- Follow others' instructions about disabling radio transmitters, engaging Flight Mode, and/or turning off your device. If only Bluetooth is permitted it can be enabled separately while the device is in Flight Mode.
- This device contains magnets and radio transmitters, which may interfere with pacemakers, defibrillators, programmable shunt valves, or other medical devices or equipment. Do not place this device close to such medical devices or persons who use such medical devices (minimum 15 cm (6 inches) between your device and the medical device). Consult your doctor before using this device if you use any such medical device. Turn off your device if you suspect interference.
- This device and charger may contain small parts that could create a choking hazard or intestinal injuries. Keep this device away from children or other supervised individuals. If you know or suspect that you or anyone has swallowed a small part, seek medical attention immediately.
- This device does not support voice calls, including emergency voice calls.

Potentially explosive atmospheres

- It is rare, but your electronic device could generate sparks or interfere with RF controlled devices, which in potentially explosive areas could cause an explosion or fire resulting in injury or death. Turn off your device when in any area with a potentially explosive atmosphere, in a blasting area, or in areas where the warning "Turn off two-way radio" or other hazard warnings are posted.

Driving

- Give full attention to driving at all times and follow local laws about the use of mobile devices while driving.

Charging & Battery

- Unplug the charger before cleaning it to reduce the risk of electric shock.
- Do not charge the device outdoors or near inflammable material as the heat can cause a fire.
- Battery performance depends on temperatures, signal strength, usage patterns, features selected and data transmissions. Using the battery in low temperatures may reduce its capacity.
- Fully charge the battery before first use.

GPS/Location based functions
Location functionality is provided "as is," with all faults", subject to network availability, and may not be uninterrupted or error free. Sony does not make any representation or warranty as to the accuracy of such location information.

Environmental Protection Use Period
When operated under per the device documentation, the Environmental Protection Use Period (EPUP) of a device is 10 years. The Environmental Protection Use Period (EPUP) of a battery is 5 years.

About RF exposure and Specific Absorption Rates (SAR)
Your device emits low levels of Radio Frequency (RF) energy when it is powered on and when Bluetooth® functionality is enabled. RF energy exposure from devices is quantified by a unit of measurement called the Specific Absorption Rate (SAR). The SAR values for this device meet the international SAR limit guidelines and are below the limits specified in those requirements.

SAR data information is provided for residents in countries that have adopted the SAR limits recommended by the International Commission of Non-Ionizing Radiation Protection (ICNIRP) or the Institute of Electrical and Electronics Engineers (IEEE). The ICNIRP specifies Limb SAR limit of 4 W/kg averaged over ten (10) grams of body tissue while the IEEE specifies Extremity SAR limit of 4 W/kg averaged over ten (10) grams of body tissue. These requirements are based on scientific guidelines that include safety margins designed to ensure the safety of all persons, regardless of age and health.

Tests for SAR levels are conducted using standardized methods with the device transmitting at its highest certified power level in all used frequency bands in head and body positions. However, since the device is designed to use the minimum power necessary to access a network, the actual SAR level can be well below this value. While there may be differences between the SAR levels of various device models, they are all designed to meet the relevant guidelines for exposure to radio waves.

The SAR values and test distances differ depending on the measuring method, the device tested, but only the highest SAR values are presented.

The WHO (World Health Organization) has stated that current scientific information does not indicate the need for special precautions regarding the use of tablets and phones. For more information on this topic, please visit who.int/emf and refer to Fact sheet No.193 who.int/mediacentre/factsheets/fs193 Electromagnetic fields and public health: mobile phones. Additional SAR-related information can also be found on the Mobile Manufacturers Forum EMF website at emfexplained.info.

For further region specific information about exposure to radio waves (SAR), please see below:

USA, Guam, Puerto Rico & Virgin Islands (US, GU, PR, VI)
This device has been certified in compliance with the government's requirements for exposure to radio waves. In the United States and Canada, the Extremity SAR limit for devices used by the public is 4 watts/kilogram (W/kg) averaged over ten grams of body tissue. The standard incorporates a margin of safety to give additional protection for the public and to account for any variations in measurements.

Before a device is available for sale to the public in the US, it must be tested and certified by the Federal Communications Commission (FCC) that it does not exceed the limit established by the government-adopted requirement for safe exposure. The tests are performed in positions and locations (i.e., by the ear and worn on the body) as required by the FCC for each model. The FCC has granted an Equipment Authorisation for this device with all reported SAR levels evaluated as in compliance with the FCC RF exposure guidelines. While there may be differences between the SAR levels of various devices, all devices granted an FCC equipment authorisation meet the government requirement for safe exposure. SAR information on this device is on file at the FCC and can be found by entering the FCC ID of your device at: transition.fcc.gov/oet/ea/fccid/.

The FCC ID of this device is: AK8XT0011.

Canada
The available scientific evidence does not show that any health problems are associated with using low power wireless devices. There is no proof, however, that these low power wireless devices are absolutely safe. Low power Wireless devices emit low levels of radio frequency energy (RF) in the microwave range while being used. Whereas high levels of RF can produce health effects (by heating tissue), exposure of low-level RF that does not produce heating effects causes no known adverse health effects. Many studies of low-level RF exposures have not found any biological effects. Some studies have suggested that some biological effects might occur, but such findings have not been confirmed by additional research. This equipment has been tested and found to comply with IC radiation exposure limits set forth for an uncontrolled environment and meets RSS-102 of the IC radio frequency (RF) Exposure rules.

IC: 409B-XT0011

Highest SAR value for EU for this device: 0.68W/kg (10g), 0mm.
Highest SAR value for USA/Canada (FCC/IC) for this device: 1.13W/kg (10g), 0mm.

Regulatory Information CE (XT-0010)
Hereby, Sony Corporation declares that the radio equipment type XT-0010 (WHSD-1EU) is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <http://www.compliance.sony.eu/>

EU Importer: As stated on the product packaging.
XT-0010
LTE Cat-M1: Bands 3, 8, 20, 28, Bluetooth, NFC 13.56MHz
LTE :23dBm, Bluetooth < 20mW, NFC < 42dBµA/m at 10m

FCC (XT-0011)
FCC ID: AK8XT0011

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.

Any changes or modifications not expressly approved by Sony may void the user's authority to operate the equipment.

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.

ISED (Canada) (XT-0011)
IC: 409B-XT0011

This device contains license-exempt transmitters/receivers that comply with Innovation, Science and Economic Development Canada's license-exempt RSSs. Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

Open Source Software
This product contains open source software, for Copyright/license information please visit: <https://iot.sonymetwork.com/oss/>

ES Instrucciones para un uso seguro y eficiente
Estas instrucciones son para su propia seguridad y para evitar un funcionamiento incorrecto del dispositivo. Si no sigue estas instrucciones, puede anularse la garantía y se arriesga a que se produzcan lesiones o daños.

No apto para uso médico
El uso previsto de este producto es el de ofrecer seguridad integral en la comunicación de datos en muchos casos de uso diferentes, como se describe en el folleto 2. Este producto no es un dispositivo médico y, por lo tanto, no está destinado a fines médicos, como el diagnóstico, el tratamiento o la prevención de enfermedades.

Uso seguro y cuidado del dispositivo

- No use dispositivos dañados. El uso de dispositivos dañados podría causar lesiones o daños. Si el dispositivo está dañado o no sabe con seguridad si funciona correctamente, póngase en contacto con su distribuidor para que lo compruebe y repare.
- Use accesorios y piezas de repuesto originales de Sony. Las baterías, los cargadores y las piezas de repuesto que no sean de Sony pueden aumentar los riesgos para la seguridad, como los de incendio, explosión, fuga o quemaduras químicas. La garantía de Sony no cubre fallos ni daños causados por baterías, cargadores o piezas de repuesto que no sean de Sony.
- No exponga el dispositivo a presiones o impactos excesivos. Hacerlo puede dañar el dispositivo.
- Use el dispositivo dentro de su grado de protección IP. Entre las condiciones en las que se pueden superar los límites del grado de protección IP se incluyen los entornos con una exposición excesiva a humedad, profundidad del agua, presión de líquido y polvo.
- Use un paño suave y húmedo para limpiar el dispositivo.
- Para limpiar el dispositivo, y después de exponerlo a agua salada o con cloro, aclárelo con cuidado bajo el agua del grifo.
- Trate el dispositivo con cuidado y no lo exponga a temperaturas extremadamente altas o bajas. No exponga el dispositivo a temperaturas inferiores a -10 °C (+14 °F) o superiores a +35 °C (+95 °F).
- No exponga el dispositivo a llamas o tabaco encendido.
- No intente desmontar ni modificar el dispositivo. Este dispositivo está equipado con una eSIM: no intente modificarla.
- No cubra el dispositivo con la mano, ya que esto afecta a la calidad y los niveles de potencia y puede acortar los tiempos de comunicación y en espera.
- Siga las instrucciones correspondientes para deshabilitar los transmisores de radio, activar el modo vuelo o apagar el dispositivo. Si solo se permite Bluetooth, puede habilitarse de forma independiente con el dispositivo en modo vuelo.
- Este dispositivo contiene imanes y transmisores de radio, que pueden interferir con marcapasos, desfibriladores, válvulas de derivación programables u otros dispositivos o equipos médicos. No coloque este dispositivo cerca de dichos dispositivos médicos o de personas que usen dichos dispositivos médicos (mínimo 15 cm [6 pulgadas] entre el dispositivo y el dispositivo médico). Consulte a su médico antes de usar este dispositivo si usa algún dispositivo médico de este tipo. Apague el dispositivo si sospecha que hay interferencias.
- Este dispositivo y el cargador pueden contener piezas pequeñas que pueden causar peligro de asfixia o lesiones intestinales. Mantenga este dispositivo

fuera del alcance de los niños o de cualquier otra persona que necesite supervisión. Si sabe o sospecha que usted u otra persona han tragado una pieza pequeña, acuda al médico de inmediato.

- Este dispositivo no admite llamadas de voz, entre las que se incluyen las llamadas de voz de emergencia.

Atmósferas potencialmente explosivas

- No suele suceder, pero este dispositivo electrónico puede generar chispas o interferir con dispositivos controlados mediante RF, lo que, en zonas potencialmente explosivas, puede causar explosiones o incendios que provoquen una lesión o la muerte. Apague el dispositivo cuando se encuentre en cualquier zona con una atmósfera potencialmente explosiva, en zonas en las que se produzcan detonaciones o en zonas con la advertencia "Apagar los sistemas de radio bidireccionales" o con otras advertencias de peligro.

Conducción

- Preste toda su atención a la conducción en todo momento y respete las leyes locales sobre el uso de dispositivos móviles durante la conducción.

Carga y batería

- Desenchufe el cargador antes de limpiarlo para reducir el riesgo de descarga eléctrica.
- No cargue el dispositivo en exteriores ni cerca de material inflamable, ya que el calor puede provocar un incendio.
- El rendimiento de la batería depende de la temperatura, la intensidad de la señal, los patrones de uso, las características seleccionadas y las transmisiones de datos. Usar la batería a temperaturas bajas puede reducir su capacidad.
- Cargue completamente la batería antes del primer uso.

Funciones basadas en GPS/ubicación
La funcionalidad de ubicación se proporciona "tal cual" y "con todos sus defectos", depende de la disponibilidad de la red y puede sufrir interrupciones o errores. Sony no cubre ninguna interpretación ni garantía respecto a la precisión de dicha información de ubicación.

Período de uso para la protección medioambiental
Cuando el dispositivo se usa de acuerdo con su documentación, el período de uso para la protección medioambiental (EPUP) es de 10 años. El período de uso para la protección medioambiental (EPUP) de una batería es de 5 años.

Acerca de la exposición a RF y las tasas de absorción específicas (SAR)
El dispositivo emite niveles bajos de energía de radiofrecuencia (RF) cuando está encendido y cuando la funcionalidad Bluetooth® está habilitada. La exposición a energía de RF producida por los dispositivos se cuantifica mediante una unidad de medida conocida como tasa de absorción específica (SAR). Los valores de SAR de este dispositivo cumplen las directrices internacionales sobre límites de SAR y se encuentran por debajo de los límites especificados en esos requisitos.

Se proporciona información sobre SAR para residentes en países que han adoptado los límites de SAR recomendados por la Comisión Internacional sobre Protección frente a Radiaciones No Ionizantes (ICNIRP) o por el Instituto de

