

Mytrak Mobile User Manual

Congratulations on receiving your Mytrak Mobile!

The Mytrak Mobile health solution is a Wearable Device and Web Portal Experience that is a personal health coach that constantly monitors physical and lifestyle activity to guide you towards your selected health goals.

The Web Portal is used to determine

Each time you plug the Mytrak Mobile into your PC, your data is automatically sent to your Portal Account, where your current health state, goals, and activity targets are analysed. Feedback, recommendations, hints & tips and new health goals can then be downloaded to the Mytrak Mobile when it is synced.

Mytrak Mobile Light Ring



The M2 is a hip mounted device that communicates the current level of success towards the end of day goal. Each update is available at the push of a button and easily viewed by the user. Each segment of the M2 has three possible colours. In general, a **Green** light in any section is an indication you are on pace to reach or surpass your goal. A **Yellow** light in any segment is an indication that you are just off your pace to reach your goal for the day and potentially the week. A **Red** light is an indication that a major change needs to occur in order to reach your M2 goals.

Remember the M2 is a coach and will tell you what you need to do to reach your health and fitness goals. Goodluck and remember to **GO FOR GREEN!**

Mytrak Mobile System

The Mytrak Mobile consists of the Mytrak Mobile device, a belt clip and USB cable for connection to a PC. You will also need to use a PC with the following minimum configuration.

- Windows XP Home Edition (or higher) or Windows Vista
- CPU: Pentium 4 (or higher)
- Memory: 500 Mb
- Free Disk Space: 1 Gb
- Internet Connection

- 1 free USB port

If your PC does not meet the above requirements you will not be able to install and run the software (the software check for this information during installation and will let you know if these requirements are not met).

You will need to sign up to the Mytrak Portal and create a member account, using the product ID number on the packaging of your device.

During the account setup process you will be asked to download a desktop application onto your PC and plug in your Mytrak Mobile.

DO NOT PLUG IN THE MYTRAK MOBILE UNTIL YOU ARE PROMPTED.

This registration process will bind your Mytrak Mobile permanently to you and your personal web portal account. Treat your Mytrak Mobile like a bank card or health card. Do not let anyone else use your Mytrak Mobile as this may adversely affect your results. This ensures that all your personal data is kept safe and secure.

Quick Start

Following the instructions below will allow you to get a quick and easy start to using your Mytrak Mobile. (Internet connection is required)

Step 1: Setting up your Mytrak Portal Account.

1. Do NOT plug your Mytrak Mobile into the computer until prompted!
2. Open your internet browser and navigate to: www.mytrakhealth.com and click on the link to create a Mytrak account.
3. Follow the step by step instructions on the screen. You may be asked for the Product Code on the packaging.
4. When you are asked to download the desktop application, you may need to turn off any pop-up blocker in your internet browser, or accept application installs by your anti-virus software.
5. When prompted, Plug-in the Mytrak Mobile and follow the on-screen instruction to bind your Mytrak Mobile to your portal account.
6. Congratulations! Your Mytrak Mobile is now set.
7. Leave the Mytrak Mobile plugged in until the battery is fully charged, as indicated by the desktop application. The Mytrak Mobile is normally charged after 2 hours, but may require 4 hours, particularly on the first time and if it becomes fully discharged.

Using Your Mytrak Mobile

Each time you plug in the Mytrak Mobile to your PC, it will automatically recognise your device and launch the desktop application. (if this does not happen, then you can launch the application manually by navigating to the

program listing and look for the Mytrakhealth applications folder). The PC connection is indicated by the light ring

The application will automatically upload your workout data to your portal account.

Once your account has been set up and the Mytrak Mobile is synced and charged, it will be ready to use.

Use the Belt-Clip to attach the device to the side of your body at waist height. This is the ideal position and is most comfortable.

If you are using a Polar Heart Rate belt, then follow the instruction that came with it to make sure it is used properly and works effectively.

Go about your everyday activity and the Mytrak Mobile will continually monitor what you are doing, and give you real time feedback. Just press the central button and the circle of light will give you instant feedback.

Mytrak Mobile Feedback

The Feedback from the Mytrak Mobile is based on your fitness goals for the 7 day period following your most recent sync time. All the feedback from the lights is based on the targets you have set yourself at the Portal.

My Goal

Am I on Target? Lets you know if you will hit your 7-day goal.

- Green indicates you will meet or surpass your goal.
- Yellow means you will not reach your goal, but you are trending in a positive direction.
- Red means you are unlikely to meet your goal unless you step up the pace significantly.

My Health

My Health is an indicator of whether your energy is trending positively. This indicates that on a day by day basis if you are using more energy (burning more calories)

- Green indicates a positive trend.
- Yellow indicates a 10% decline.
- Red means a very negative decline.

My Heart

If you are wearing a Heart Rate belt, then the light indicates your current heart rate zone, based on the Max-Heart-Rate numbers from the Portal and your fitness zone selection.

At all other times, it will indicate your Heart Health, based on the amount of heart healthy activity the Mytrak Mobile has measured.

- Green indicates more than 60 minutes of heart healthy activity.
- Yellow indicates 30 to 60 minutes of activity.
- Red indicates less than 30 minutes of activity.

Important Information

There are some key pieces of information needed to maintain your Mytrak Mobile. Following these suggestions will help maintain the functionality of your Mytrak Mobile as well as ensuring you will receive the most from your Mytrak Mobile.

- The Mytrak Mobile battery is not fully charged when you first open the package. A charge of 4 hours is required in order to properly charge the battery.
- The battery will last approximately 1-week based on standard use.
- A low battery light indicator will flash a red when there is approximately 30 minutes of battery left before the Mytrak Mobile will stop recording activity.
- Upload your workout data at a maximum of every 7 days. You can always upload before the 7 days to check your progress and reset your targets if needed.
- Do NOT submerge the Mytrak Mobile in water or machine wash and dry.
- Do NOT intentionally drop the Mytrak Mobile.
- Do NOT try to open and remove or fix parts as this will void any warranty.
- Do NOT hold up the Mytrak Mobile to your eye.
- Store your Mytrak Mobile in a cool and dry place. Do not store it in any kind of non-breathing material, such as a plastic bag, if it is wet.
- Keep your Mytrak Mobile out of extreme cold (below 14°F/ -10°C) and heat (above 122°F/ 50°C).
- Clean with a non-abrasive soft cloth only. Do not use liquids, detergents or any solvents to clean this product.

Technical Specification

Operating Temperature: -10 °C to +40 °C / 14 °F to 104 °F

Batter Type: Li-On not replaceable

Battery Life: In excess of 500 Charging Cycles (using the Mytrak authorized Battery Charger or USB2.0 computer port).

Compliance Information



FCC ID: W3P 30346000

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 of this product, not approved by Mytrak Health System Inc. will void the user's authority to operate the equipment.

This device is Industry Canada Compliant. IC: 8153A-30345000



This CE Marking show compliance of this product with The Electromagnetic Compatibility (EMC) Directive 2004/108/E (originally 89/336/EEC)



This crossed out wheelie bin marking show that the Mytrak Mobile products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE). These products should thus be disposed of separately in EU countries.

Mytrak encourages you to minimize possible effects of waster on the environment and human health by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices.



RoHS Compliant

These Regulations implement EU Directive 2002/95 which bans the placing on the EU market of new electrical and electronic equipment containing more than agreed levels of lead, cadmium, mercury, hexavalent chromium, polybrominated biphenyl (PBB) and polybrominated diphenyl ether (PBDE) flame retardants.

Limited Mytrak Guarantee

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This product is protected by one or several of the following patents:

U.S. Patent D569,925 / D569,457

Other US and Overseas patents pending.

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