

## **Guardian Band Defender Basics 101**

Congratulations! You just got the G|B Defender smart safety watch. Here are all the basics you need to know to get started. So sit back, relax, and read on. We've got your back 😊

Tired of feeling uneasy when you're walking on your own, taking a ride share, or simply going for a jog in the park? Fear no more, because now you have the G|B Defender on your side. With the push of a button, the G|B Defender will take a video of what's happening around you and store it in the Cloud. The G|B Defender also records your location and can even send an emergency signal with your whereabouts to your Guardian Network.

The G|B Defender also has other smart watch functions integrated to help simplify and streamline your hectic life. It includes a camera, voice chat, video chat, voice messages, heart rate monitor, step counter, timer, calendar, and even an alarm clock. Sorry. No more excuses for oversleeping!

You knew it was coming, so here it is—the fine print. Guardian Band reserves the right to make, without prior notice, changes or amendments to the contents of this manual. Sorry for the legalese, but we had to say it.

Now on to the good stuff!

### **Guardian Band App Installation**

Now that you have your G|B Defender Watch, install the Guardian Band App on your smart phone. The Guardian Band App is compatible with both iPhone and Android. It's easy, and you've probably installed tons of Apps like it before. Just in case there is any confusion though, here are the details to download the App:

1. Make sure your phone has a strong wireless connection and download the Guardian Band App from the App Store or Google Play.
2. When you open the Guardian Band App, you will be taken to the login screen. Select "New User" and follow the instructions to set up an account.
3. Once you've set up your account and established your password, you will be taken to the home screen. Press the + sign in the upper left hand corner. This will take you to the QR code reader.

4. On your watch, go to settings. The first item is QR code. Press it, and the QR code for your watch will appear. Scan it with the QR code reader on the App (you can find a QR code reader in your “Wallet app” on your iPhone or if you have an Android phone, open the “Play Store” and type in . Google Assistant can detect QR codes. Simply long press on the Home icon or say “OK, Google,” then tap the Google Lens icon at the bottom right. If you have a Samsung phone [with Bixby capabilities](#), Bixby can also automatically detect QR codes. Otherwise, you may need to add an app.

Make sure your watch is the first QR code you scan.

5. Fill in the required information, and press the “Register Watch” button.

6. You will now be able to see the location of your watch on the map on the home page of the App. From the home page you can manage your account information, make calls and video calls, view messages, add contacts, connect to Wi-Fi remotely for the watch, and set alarms.

7. If you want to add others to your Guardian Network, scan the QR codes from their watches. In the event of an emergency, you will receive a notification on your App from their watch. On the home page you will see avatars for each person in your Guardian Network. By shifting between them you can see their general information. You can add up to 5 people in your Guardian Network.

8. To add your watch to the Guardian Network of family or friends so they will be notified in the event that you have an emergency, have your family and friends download the Guardian Band App. They can then scan or enter your watch’s QR code and will be notified if you are in an emergency situation. Family and friends do not need to own a G|B Defender to be in your Guardian Network.

9. Start living your life without fear!

Tip: Hard press on items in the Guardian Band App if you need more information. For example, if you want to edit an entry in your contact list, hard press on the name and a pop up box will appear for editing.

## G|B Defender Instructions

Now that you have your G|B Defender in hand, are you wondering which button does what? How do you get to the main menu? Where exactly are the camera and microphone? No worries! Just look at the illustration and instructions below. We'll help you figure it all out.



**Power Button:** This is also your home button. Press it and hold to turn the power on. A short press will return you to the dial screen (home screen).

**Emergency:** In case of emergency, press and hold the power button to turn on the SOS mode. The App will receive the SOS information, including your GPS position and pictures or video. You can select whether you want to send photos or video in settings. Guardian Band recommends you select video so that audio will be included too.

**Dial Screen (Home Screen):** Once the watch is on, you will see a dial on the screen. This is your home screen. Press and hold the dial to see various options for the dial's appearance. There are lots of options, so you should be able to find one you like.

**Down Swipe the Dial: Basic Settings**

- ◆ **Screen Shown:** Phone Signal, Battery, Date, Day, Time, Brightness, Volume, and Settings (see below for more information)

- ◆ **Swipe Right:** Refresh, Shutdown, QR Code Scan (for App)

### **Up Swipe the Dial: Fitness**

- ◆ **Screen Shown:** Daily Steps
- ◆ **Swipe Right:** Set Height (in feet and inches) and Weight (in pounds)
- ◆ **Swipe Left:** Step Record History

### **Left Swipe the Dial: Main Menu**

- ◆ **Page 1:** Call, Chat, Video Call, Camera
  - ◆ **Call:** You can call anyone on your contact list. You can add up to 100 contacts to your contact list through the App.
  - ◆ **Chat:** You can send a voice message, as well as a picture or video, to anyone in your Guardian Network.
  - ◆ **Video Call:** You can video call anyone in your Guardian Network.
  - ◆ **Camera:** You can take pictures or videos. Tap the screen to take a picture in picture mode. For video, tap the screen to start recording and tap again to stop. Just remember there is a 3 second delay after you click the button. It will countdown 3, 2, 1 on the screen so you know when it's ready. Uploading video will

really drain the battery, so keep that in mind if you are far from your charger and the video isn't urgent.

◆ **Page 2:** Photos, Calendar, Calculator, Timer

- ◆ **Photos:** Peruse your favorite pictures and videos and share them with your Guardian Network. Got one with someone's eyes closed? No problem! You can also delete them from this screen.
- ◆ **Timer:** When you open up the timer, click the play button to start timing and the pause button to stop. To reset, click the refresh button.

◆ **Page 3:** Fitness, Heart Rate, Refresh, Dial

- ◆ **Fitness:** Step Counter
  - ◆ **Screen Shown:** Daily Steps
  - ◆ **Swipe Right:** Set Height (in feet and inches) and Weight (in pounds)
  - ◆ **Swipe Left:** Step Record History
- ◆ **Heart Rate:** Heart Rate Monitor
  - ◆ **Screen Shown:** Click the start button to begin heart rate measurement. Click the stop button at any time to end.

- ◆ **Swipe Left:** Heart Rate History
  
- ◆ **Refresh:** Press the trash icon to clear the temporary files and the trash.
  
- ◆ **Dial:** See various options for the dial's appearance and pick your favorite one.
  
- ◆ **Page 4:** Background, Settings
  - ◆ **Background:** See various options for the background's appearance and pick your favorite one.
  
  - ◆ **Settings:** General Settings
    - ◆ **QR Code:** See the CID code of the watch as a QR code and number. You can use this to pair the watch to the App.
  
    - ◆ **Select Time Zone:** Select the corresponding time zone according to Greenwich Mean Time (GMT). Eastern Standard Time, for example, is GMT-04:00. Pacific Standard Time would be GMT-07:00.
  
    - ◆ **Set Date and Time:** Set the date and time display
  
    - ◆ **Language:** Choose your primary language
  
    - ◆ **Restart and Reset:** Restart allows you to shutdown and start again. Reset allows you to restore factory settings, deleting all user settings and data. Don't do this unless you're really sure!

- ◆ **Shutdown:** Turn off the watch
  
- ◆ **System Upgrade:** Detects if a new version of the system is available and upgrades if a new version is released.
  
- ◆ **About Watch:** System information
  
- ◆ **Wi-Fi:** Connect your watch to a Wi-Fi network
  
- ◆ **SOS Type:** Choose if you want to send a picture or video, in addition to your GPS location, in the event of an SOS. Guardian Band recommends you select video so that audio will be included too.
  - ◆ **Picture:** Send pictures to Guardian Network when SOS activated.
  - ◆ **Video:** Send videos (and audio) to Guardian Network when SOS activated.
  
- ◆ **Position:** If position is set to "On" your Guardian Network can see your GPS location on their App at all times. If the position is set to "Off" your Guardian Network will only see your GPS location if the SOS is activated.

Wow! That was a lot of information. Don't feel overwhelmed! You'll find that it becomes very easy once you try it once or twice. Best of all, you are now ready to get out into the world and live your life without fear.

Always remember that when you become fearless, life becomes limitless. Get out into the world. We've got your back!

Sincerely,

The Guardian Band Team

### **FCC RF Exposure Information and Statement**

This device meets the government's requirements for exposure to radio waves. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health. The SAR limit of USA (FCC) is 1.6 W/kg averaged. Device types: **Two way radio (FCC ID: P6NGH-555LTE)** has also been tested against this SAR limit. SAR information on this and other pad can be viewed on-line at <http://www.fcc.gov/oet/ea/fccid/>. Please use the device FCC ID number for search. This device was tested simulation typical 0mm wear on **wrist and 10 mm to mouth**. To maintain compliance with FCC RF exposure requirements, use accessories should maintain a separation distance between the user's bodies mentioned above.

### **FCC Warning**

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.

NOTE 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.