



GUARDIAN III

Advanced User Guide



THE QUEEN'S AWARD
FOR ENTERPRISE:
INTERNATIONAL TRADE
2018/2020

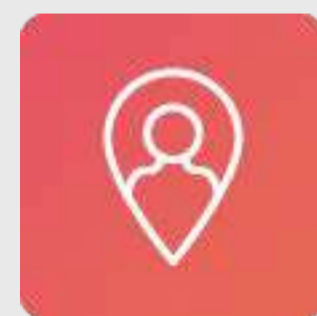
The CPR Guardian III

The CPR Guardian is designed to keep the wearer safe, independent and active at all times with a built-in emergency assist button, a heart rate monitor, mobile phone and GPS tracking.

The GUARDIAN III provides you and your loved ones with peace of mind and reassurance knowing you can always be there for them whenever they need you.



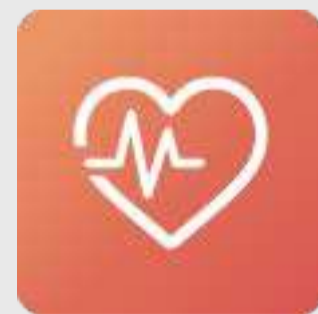
Fall Detection



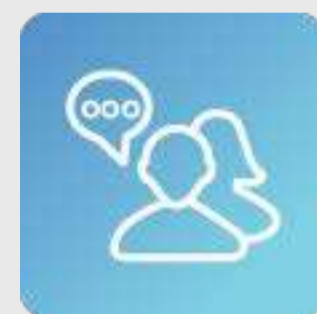
SOS Button



GPS Locator



HR Monitor



Phone Calls



Temperature



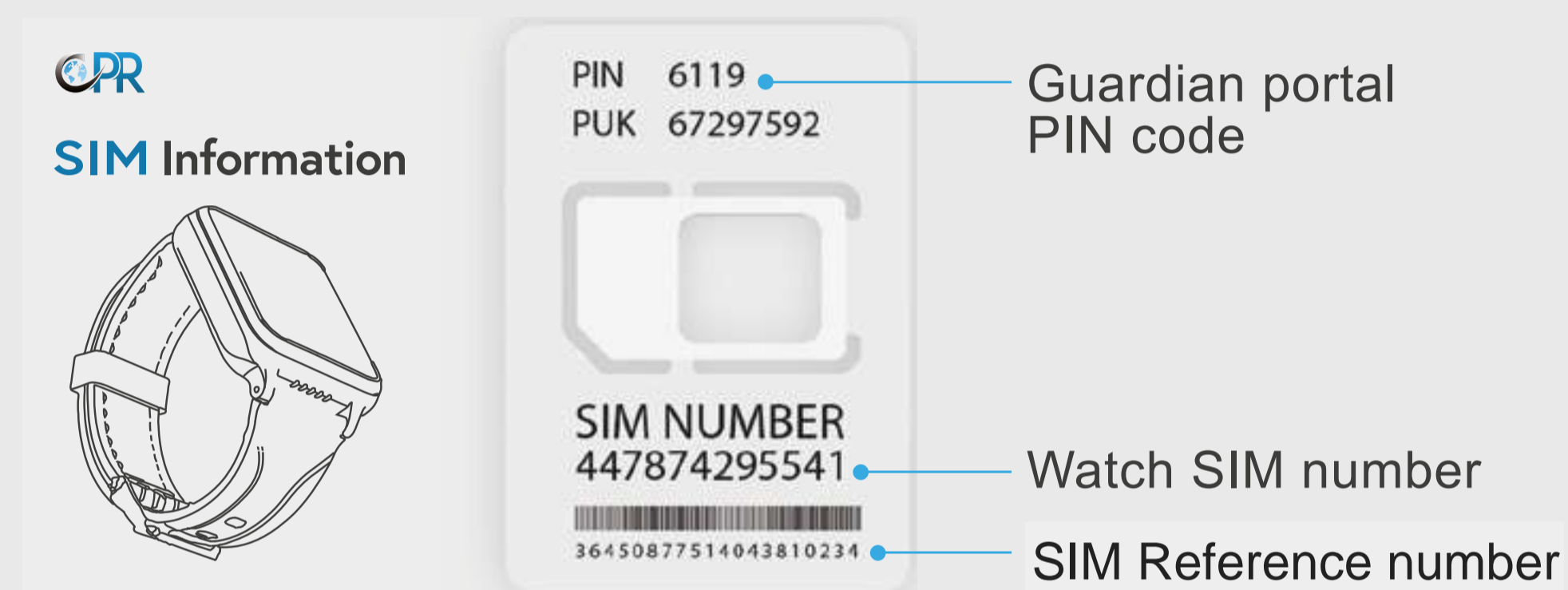
Introduction

1.1 Getting To Know Your Guardian III

Accessing The SIM Portal

SIM Details

Use the SIM number and PIN printed on the SIM Information Card to access the CPR SIM portal. If your sim number is not on the sim card holder please check under the CPR Guardian watch box.



Step 1

Please select your service plan:

<https://www.cprguardian.com/pages/serviceplan>

Step 2

Complete your Service Plan account information.

Step 3

You will be emailed a SIM number upon activation.

This can take up to 48 hours to activate.

In the meantime please download the APP and complete registration details (via APP Store) CPR Guardian PRO+

You can add SIM number as an when you receive email from us.

(Please note watch will not function until SIM card is activated)

Box Contents

- 1X Guardian III Watch Phone
- 1X USB Cable
- 1X SIM card (already inside the watch)
- 1X SIM Information Card
- 1X Quick Start Guide

Battery Care & Charging

To protect and optimize your battery performance. We recommend you charge the watch for at least 12 Hours for the 1st charge and over 8 Hours for the 2nd and 3rd charge. Always use the USB cable provided and a CE approved USB charger plug to avoid irreparable damage.

Please align the magnetic charging cable connector to the 4 pin metal contacts on the watch backplate, and make sure it is properly connected (the magnetic charging cable will not charge if it's reversed). When the watch starts to charge, the charging icon will appear on the watch display screen.

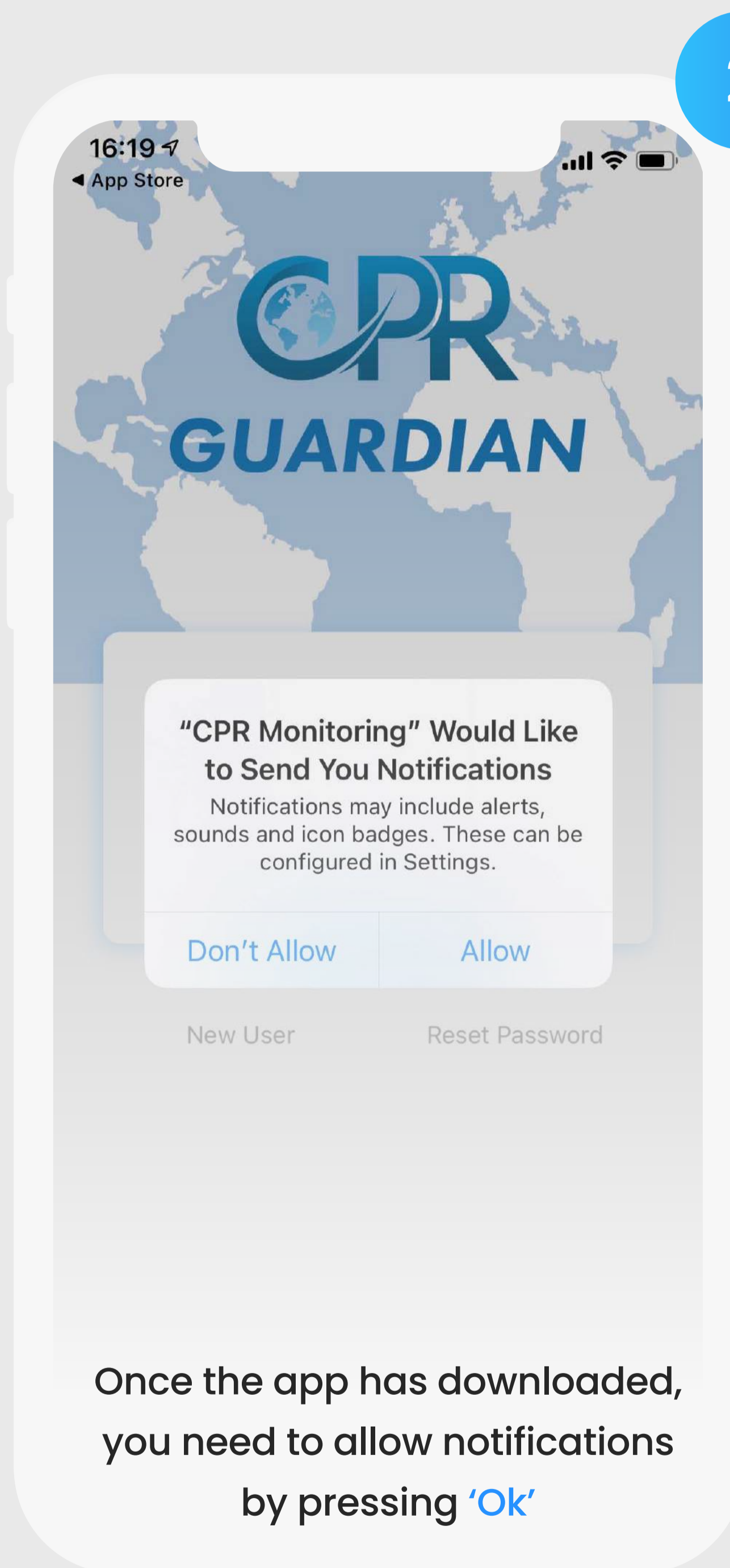
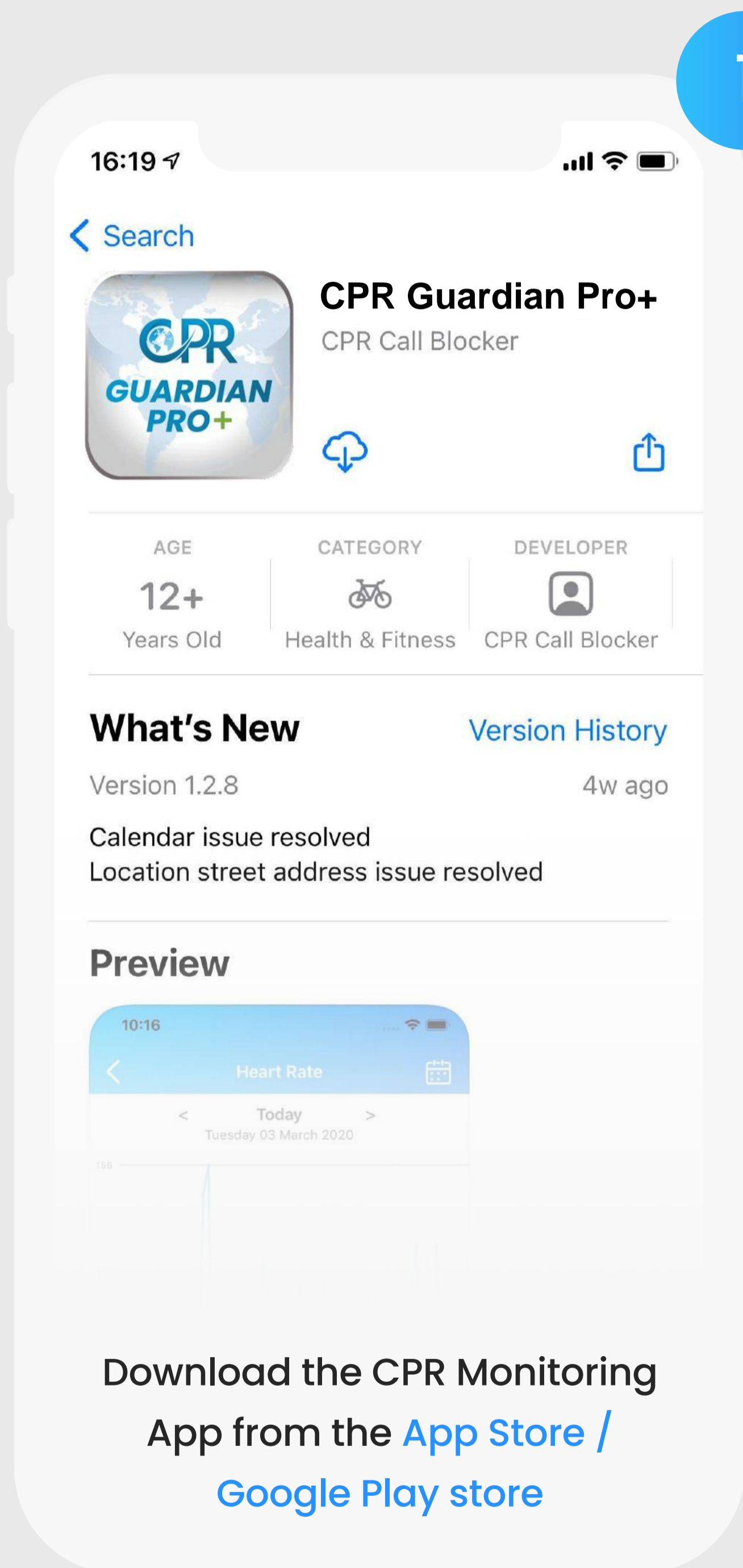
Introduction

1.1 Getting To Know Your Guardian



Set Up & Getting Started

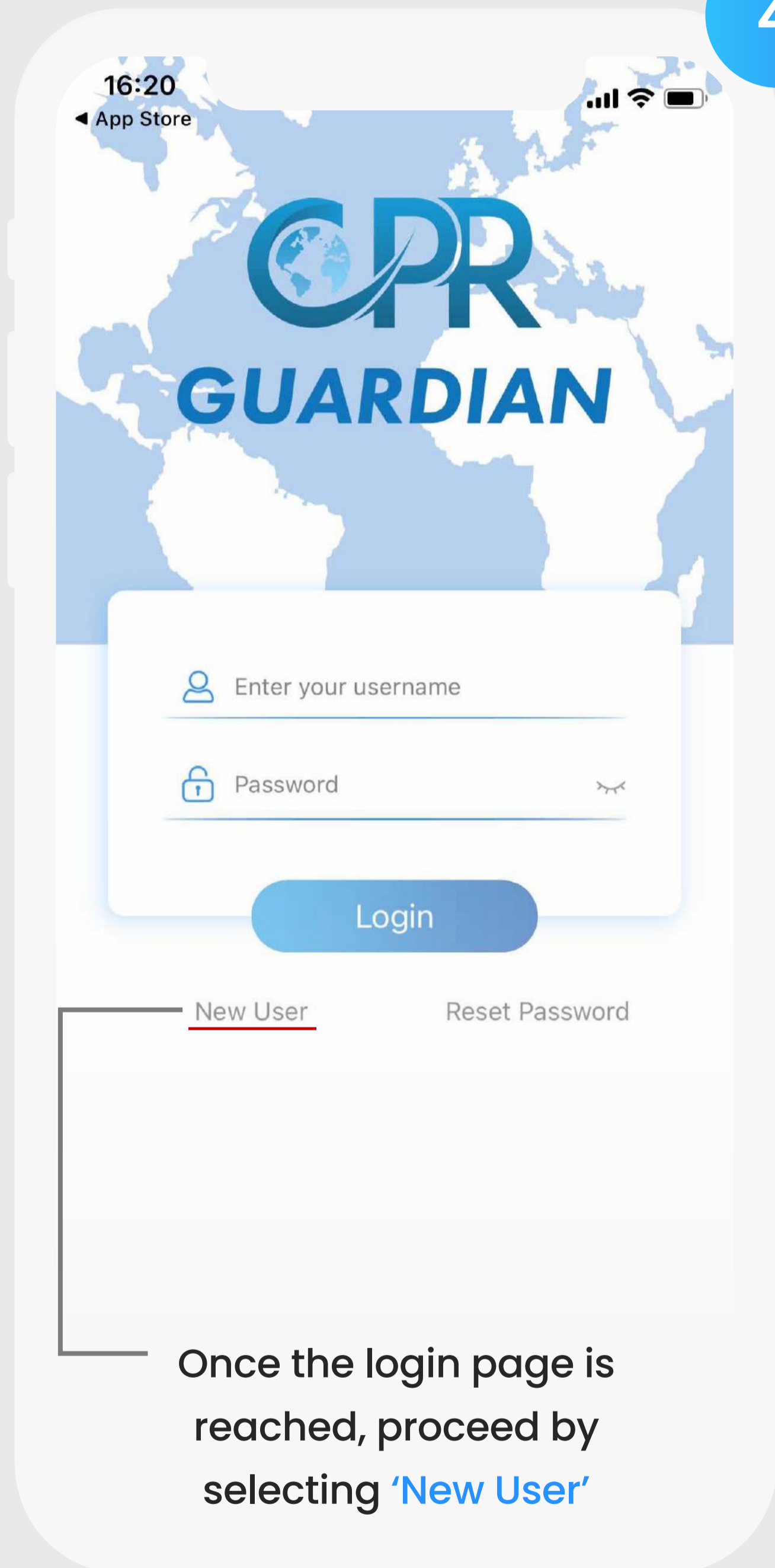
1.2 Syncing Your Watch With The App



Set Up & Getting Started

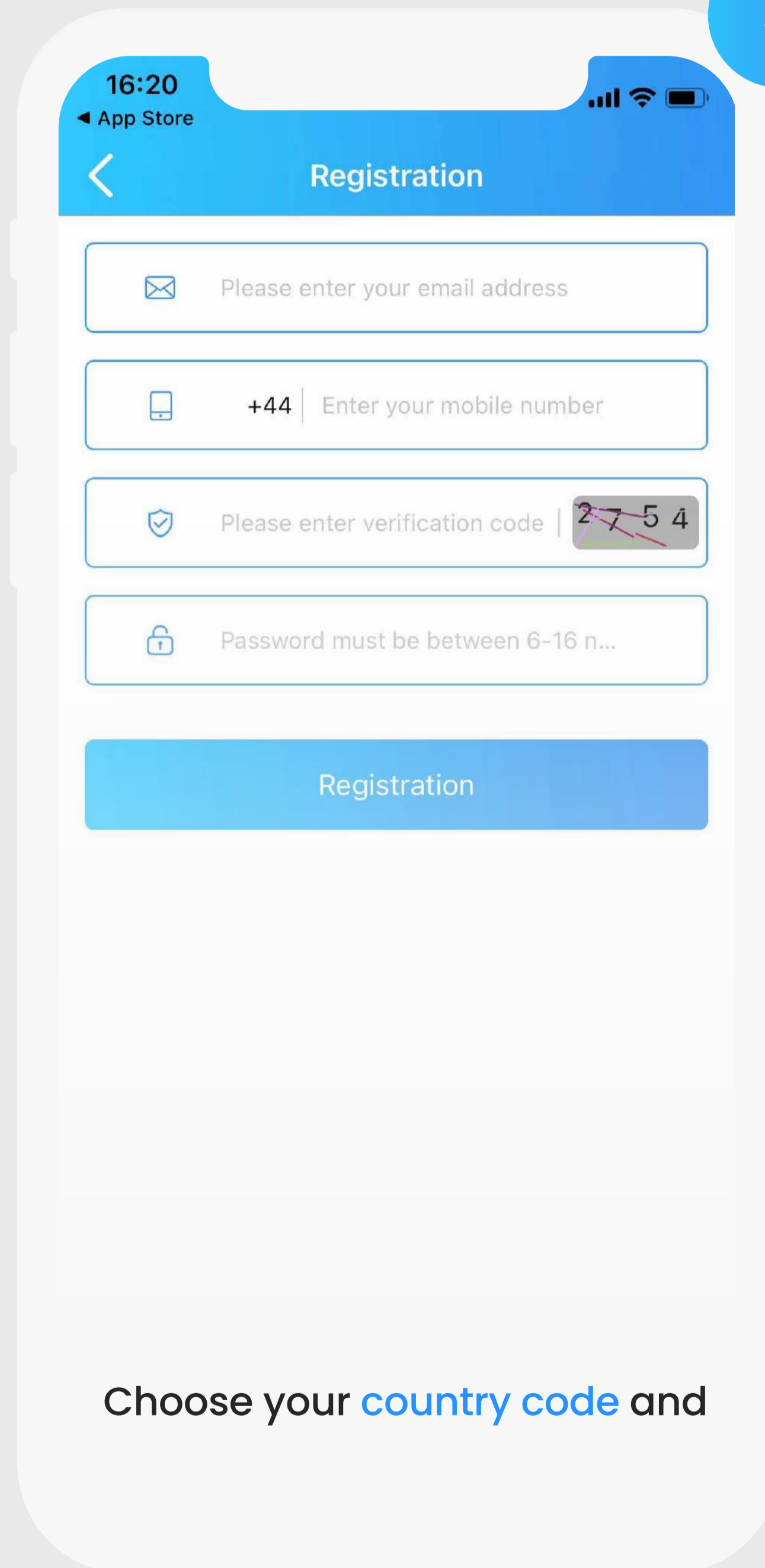
1.2 Syncing Your Watch With The App

4



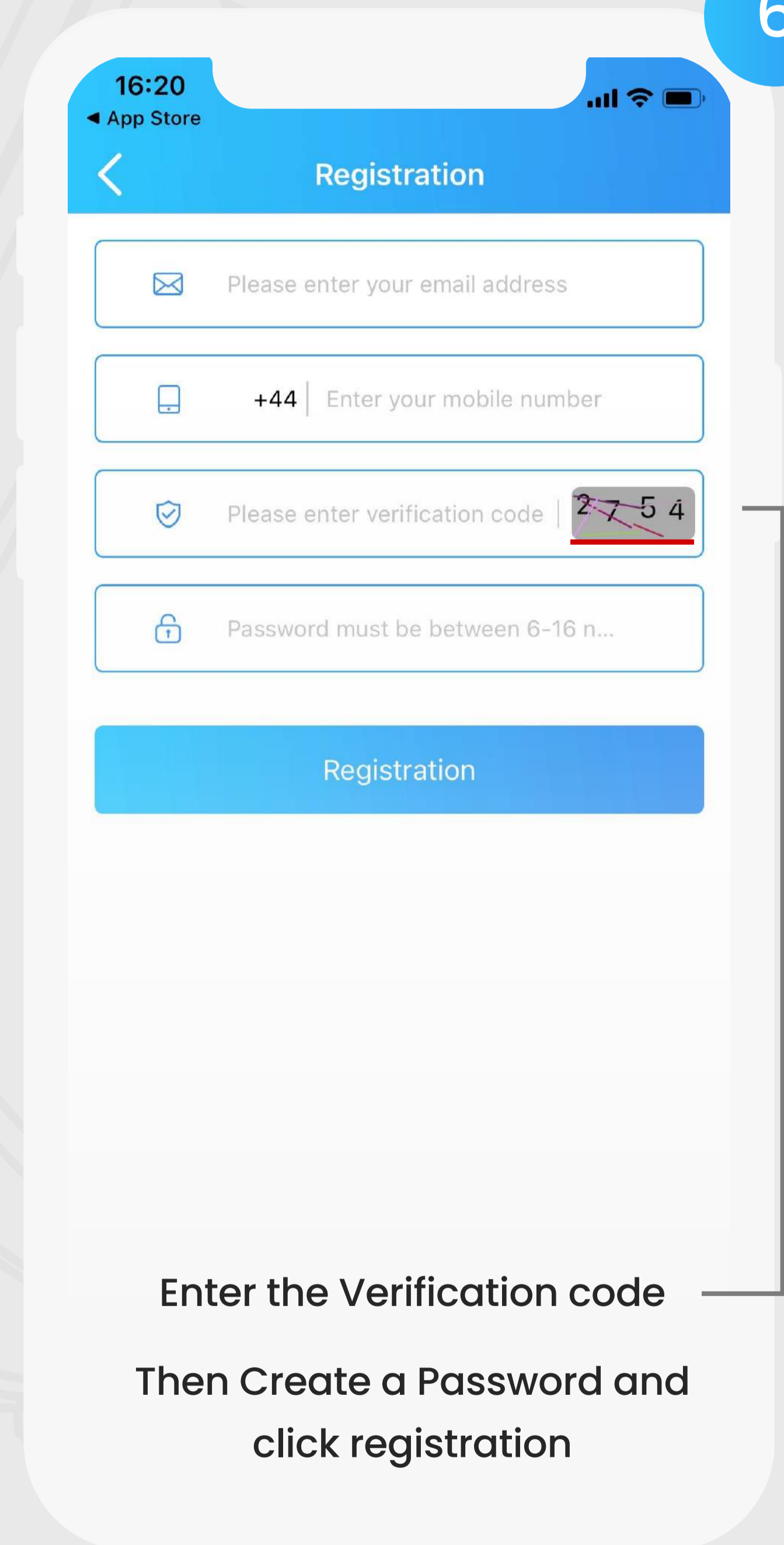
Once the login page is reached, proceed by selecting 'New User'

5



Choose your **country code** and

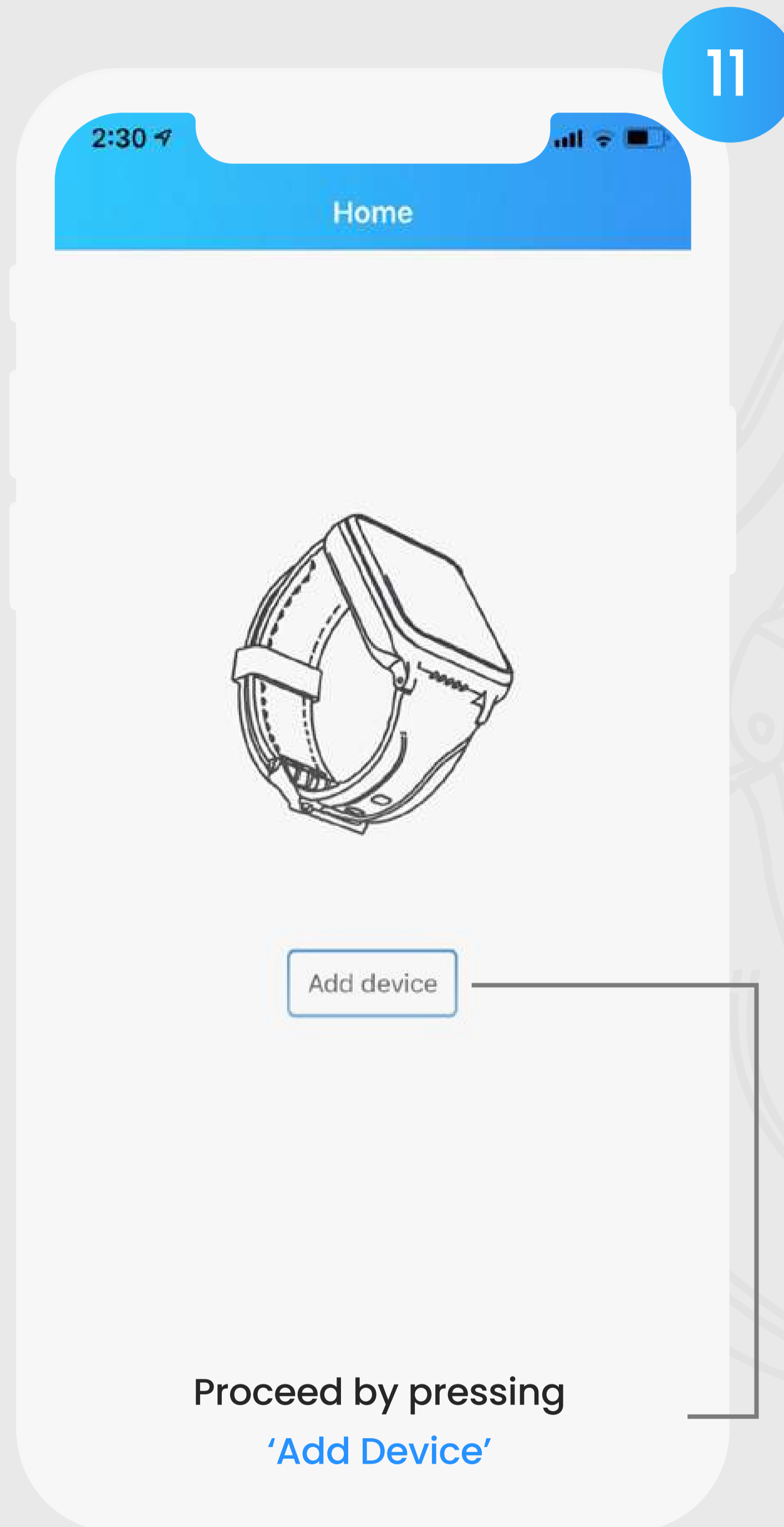
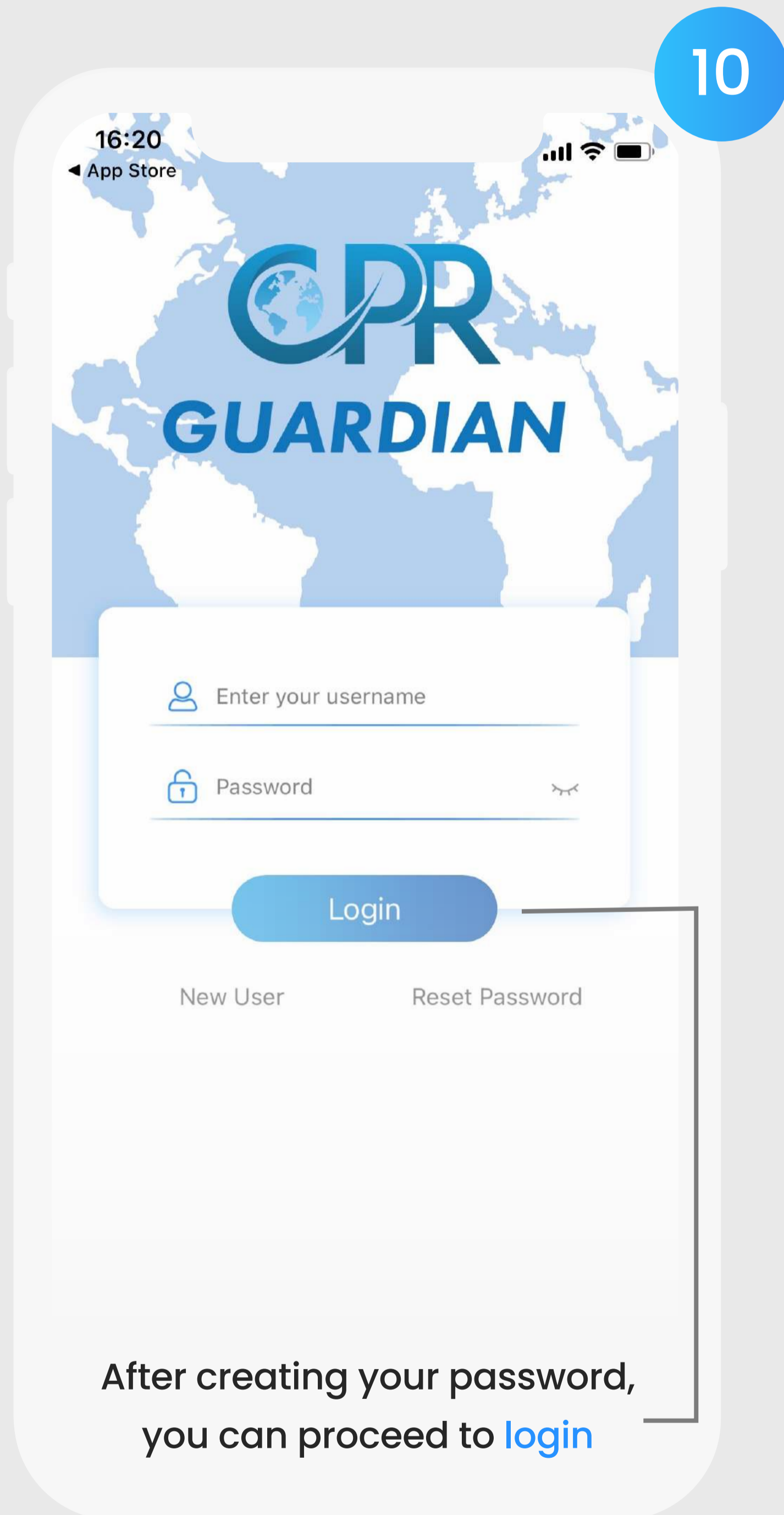
6



Enter the Verification code
Then Create a Password and
click registration

Set Up & Getting Started

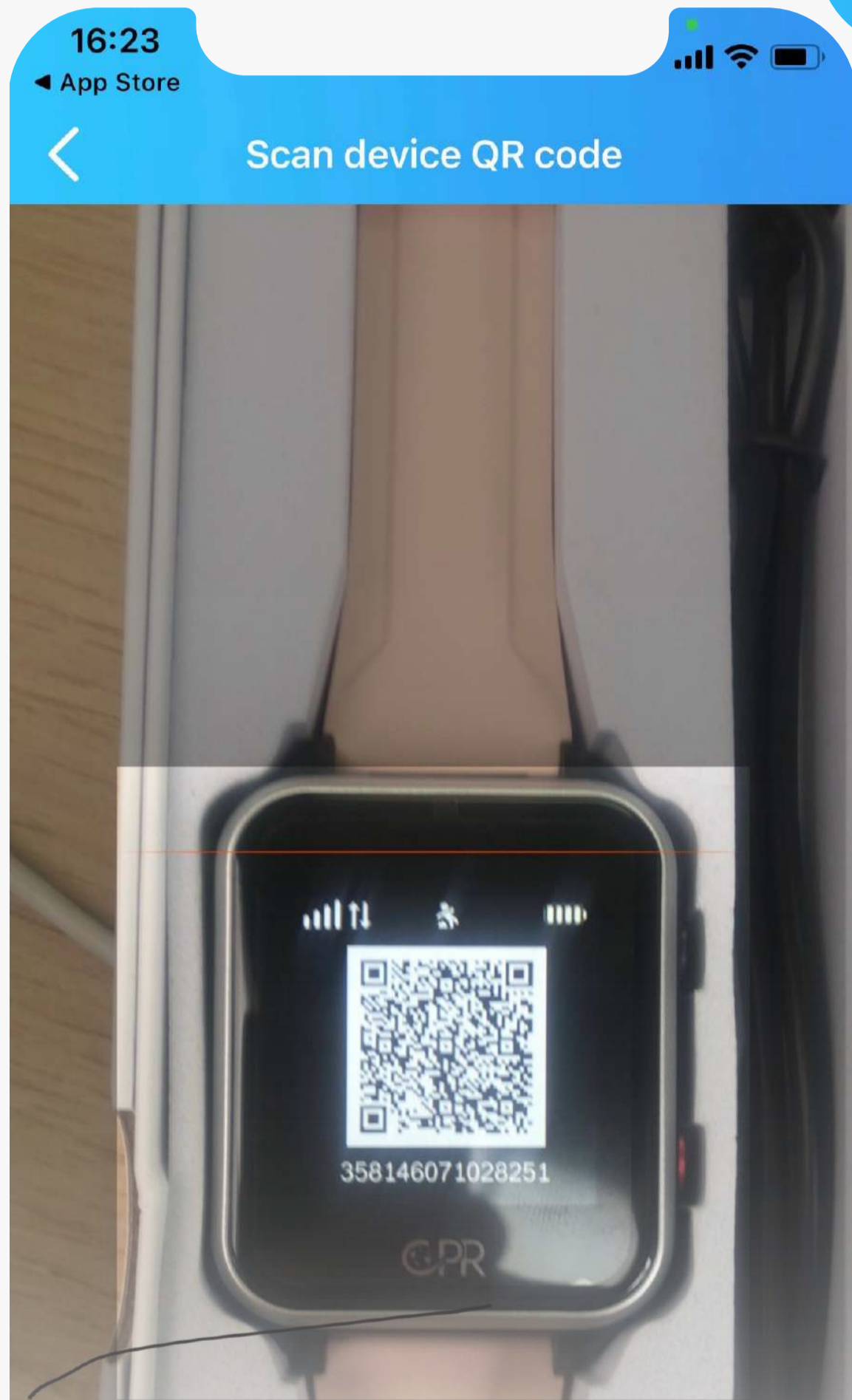
1.2 Syncing Your Watch With The App



Set Up & Getting Started

1.2 Syncing Your Watch With The App

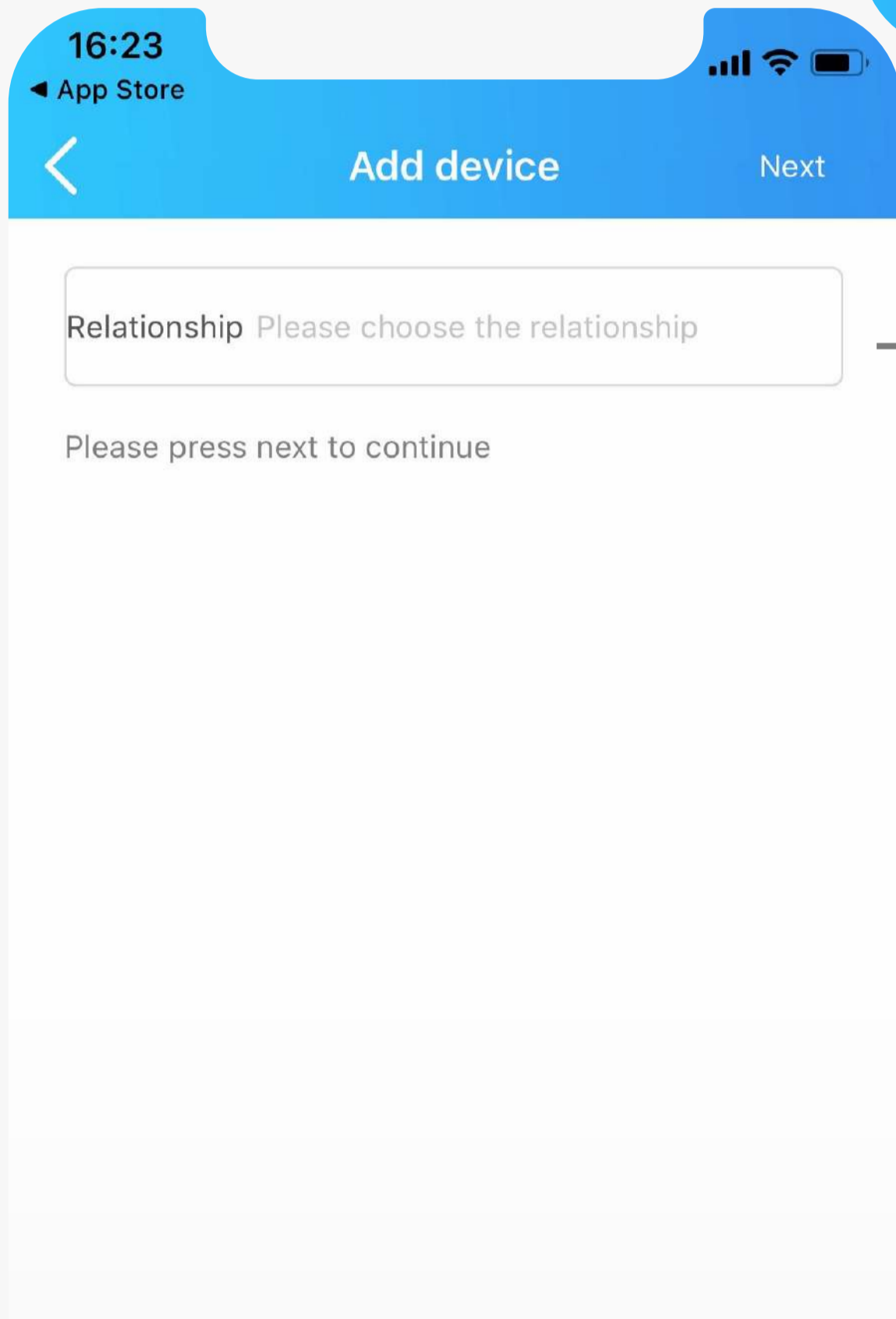
13



To reveal your watch's QR Code, **swipe up** on the watch face.

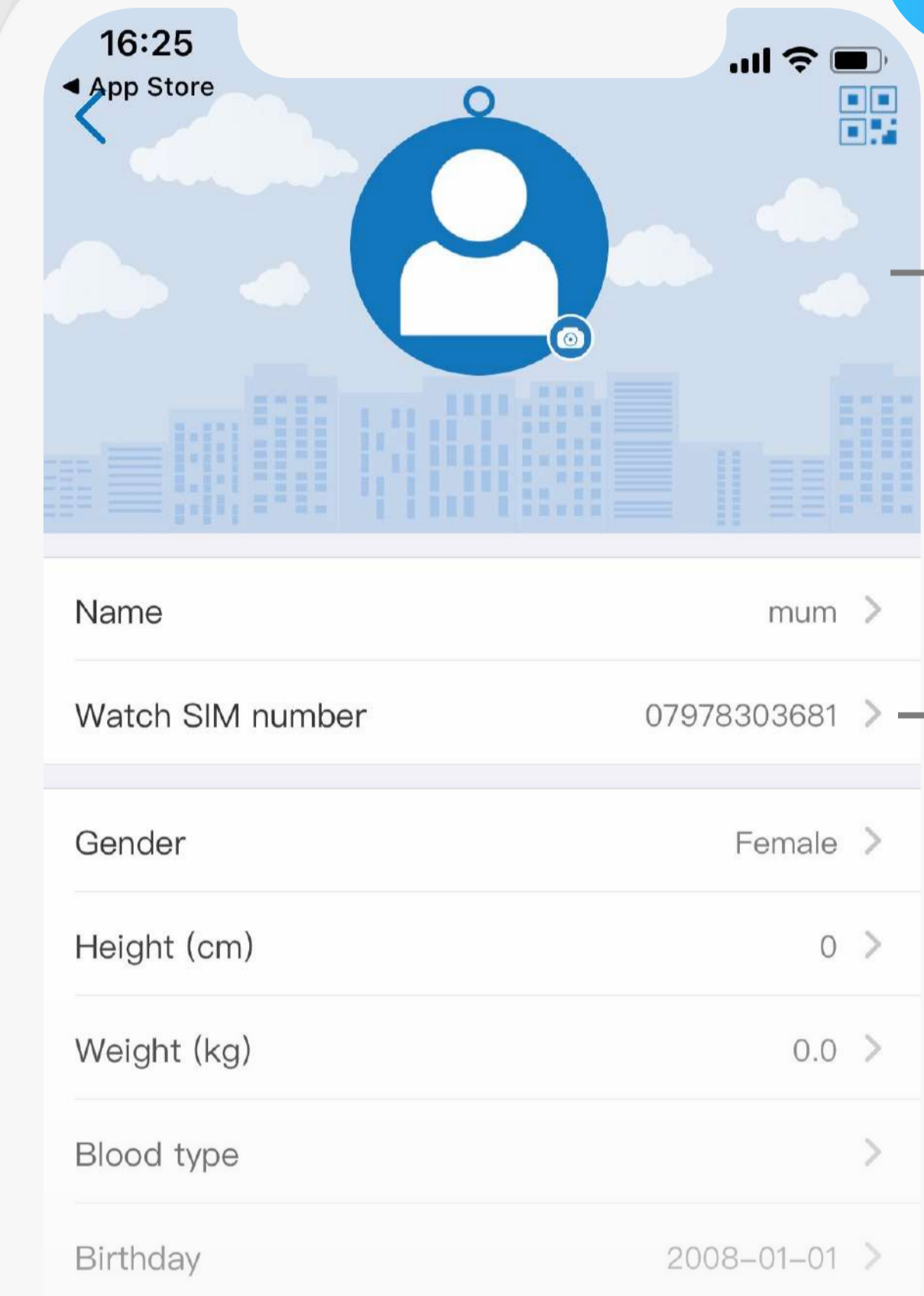
Note: It can take up to 10 minutes for the QR code number to display after the watch has been turned on

14



Once scanned proceed by **adding your relationship** to the wearer

15

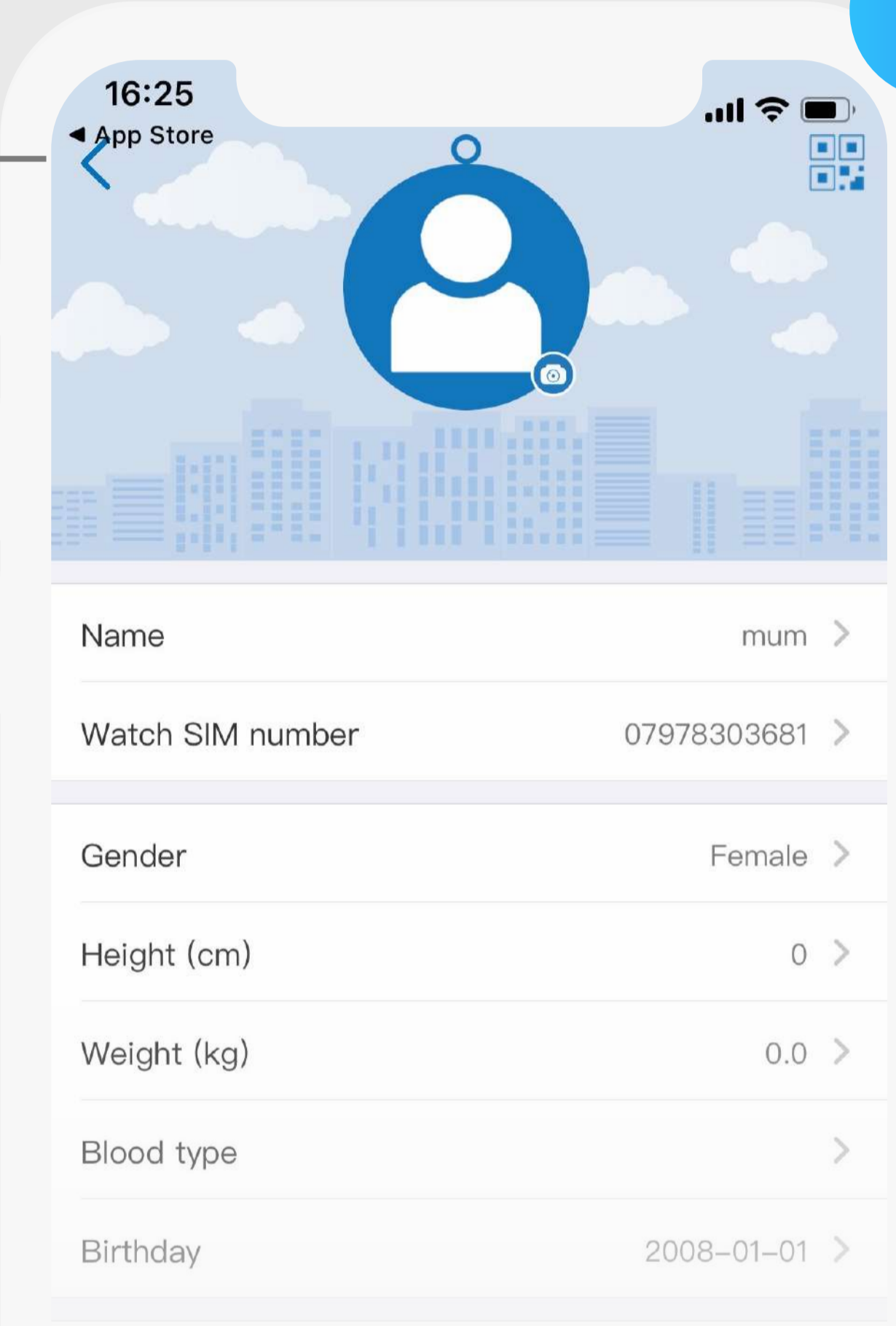


Enter the watch user's details, ensuring that the **watch SIM number begins with '0'**

Set Up & Getting Started

1.2 Syncing Your Watch With The App

16



16:25
App Store

Name mum >

Watch SIM number 07978303681 >

Gender Female >

Height (cm) 0 >

Weight (kg) 0.0 >

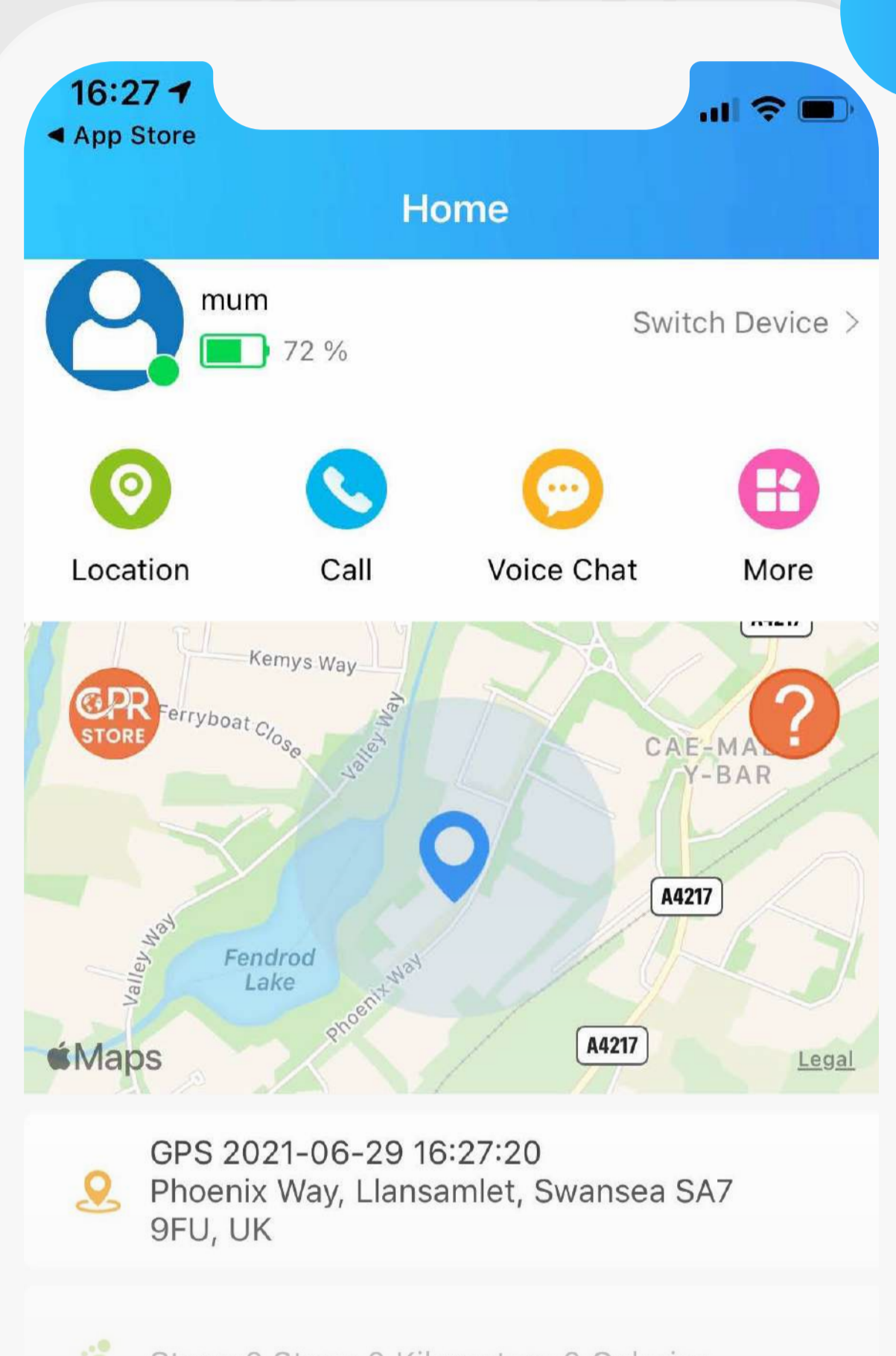
Blood type >

Birthday 2008-01-01 >

Home address >

Once you're done, press back button to save your details

17



16:27
App Store

Home

mum 72% Switch Device >

Location Call Voice Chat More

GPS 2021-06-29 16:27:20
Phoenix Way, Llansamlet, Swansea SA7 9FU, UK

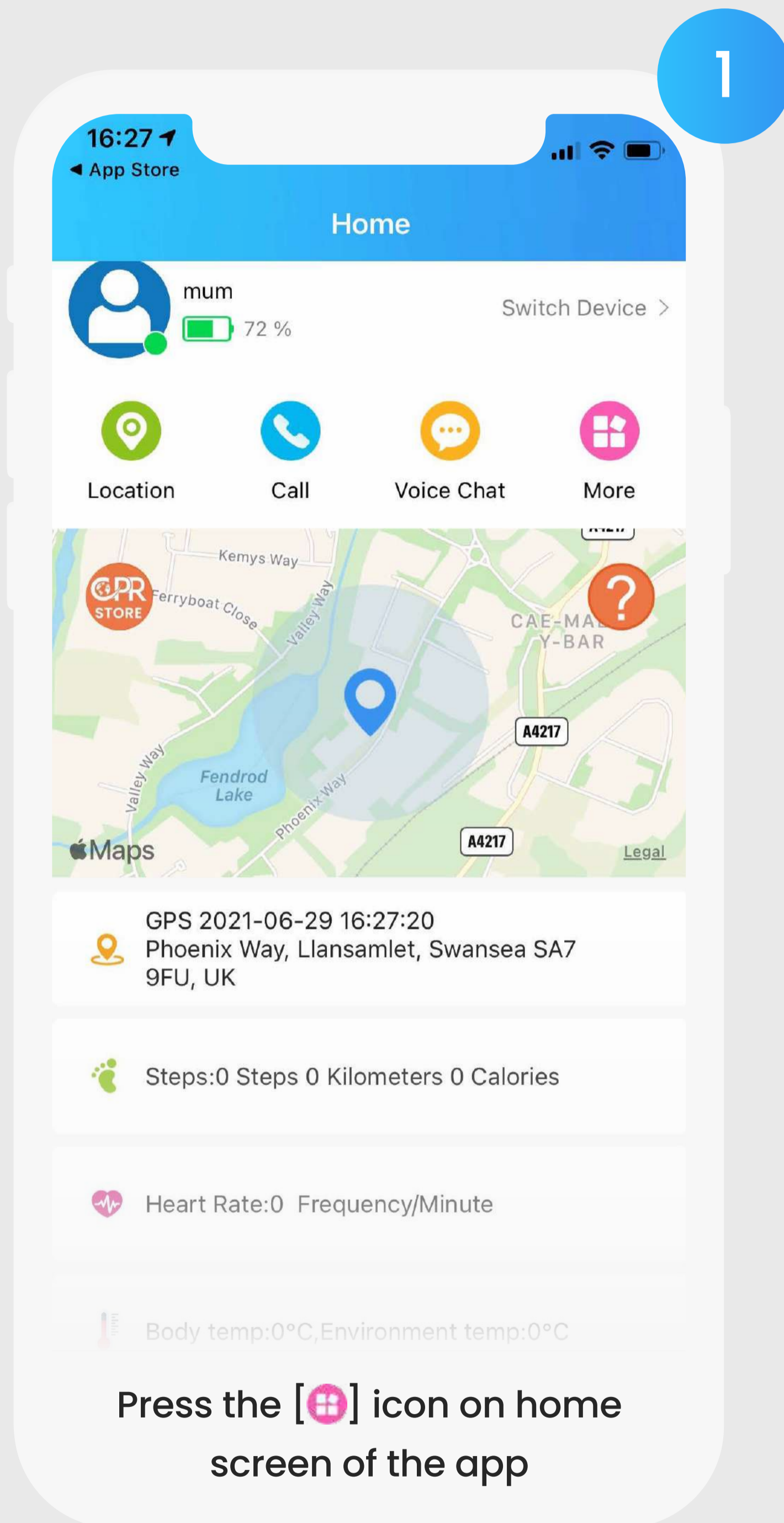
Steps: 0 Steps 0 Kilometers 0 Calories

Once watch has been added press [📍] for the watch to update, this can take up to 5 minutes

Using The Guardian App

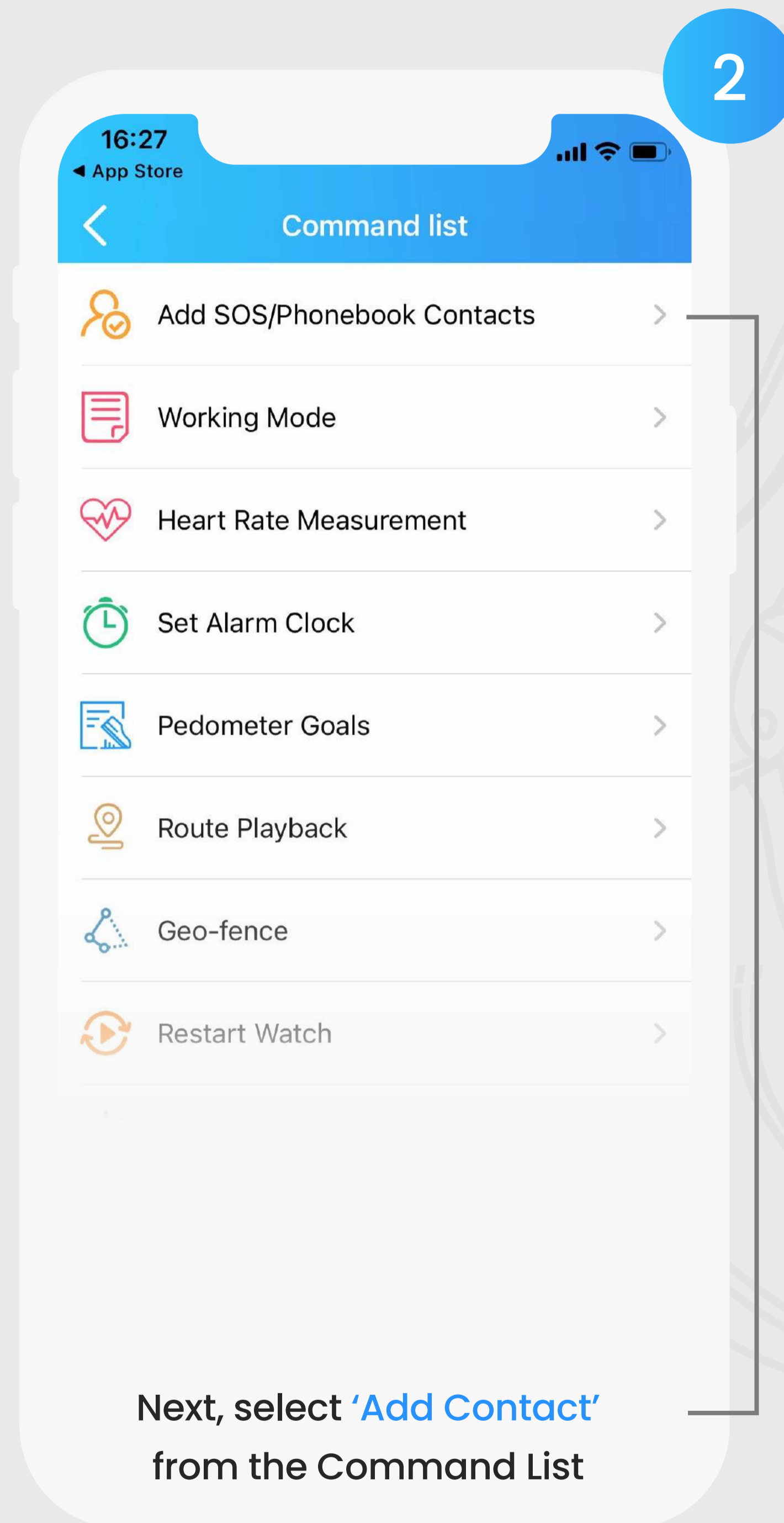
2.1 Add Contacts

1



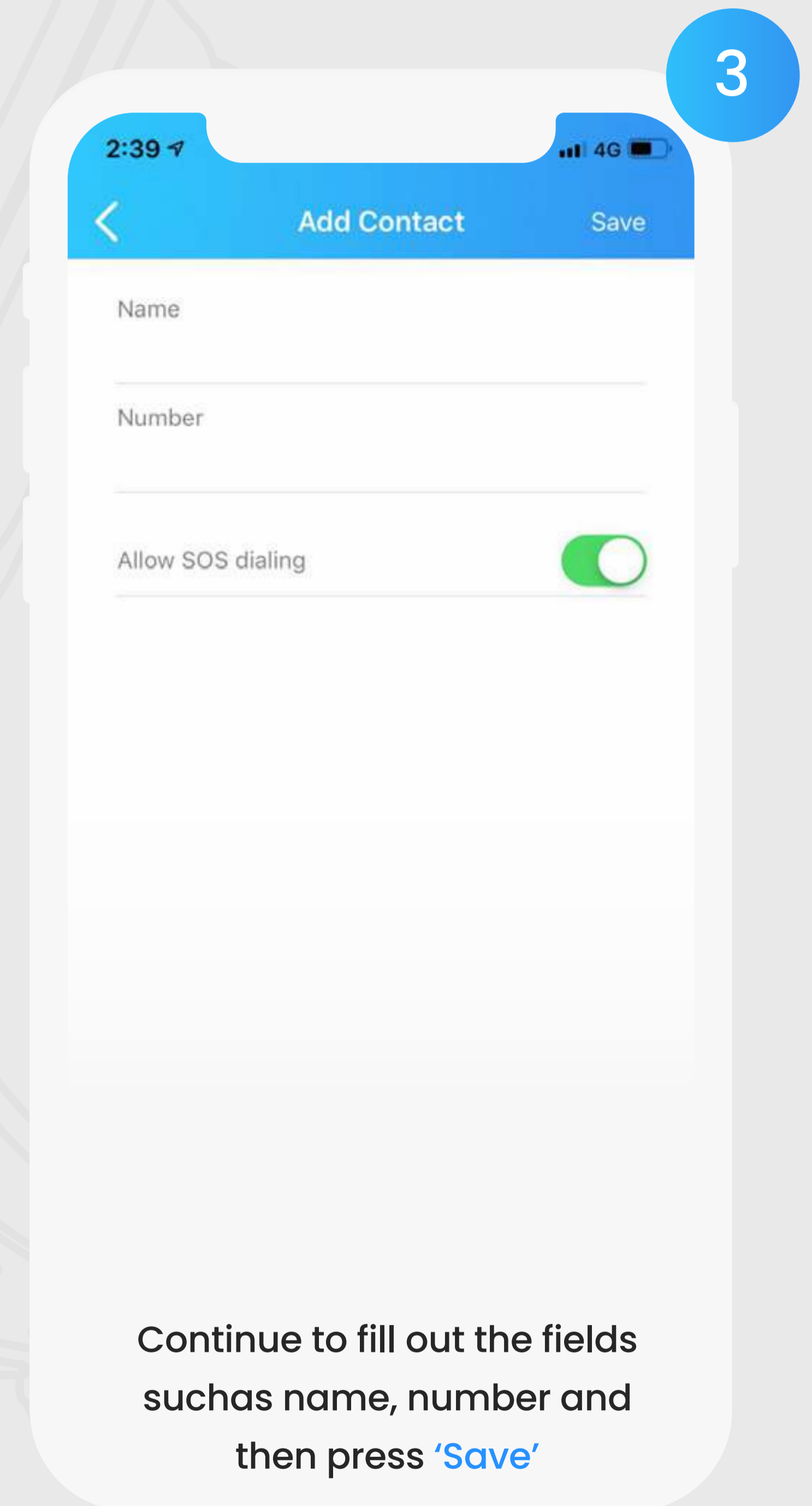
Press the [🗄️] icon on home screen of the app

2



Next, select 'Add Contact' from the Command List

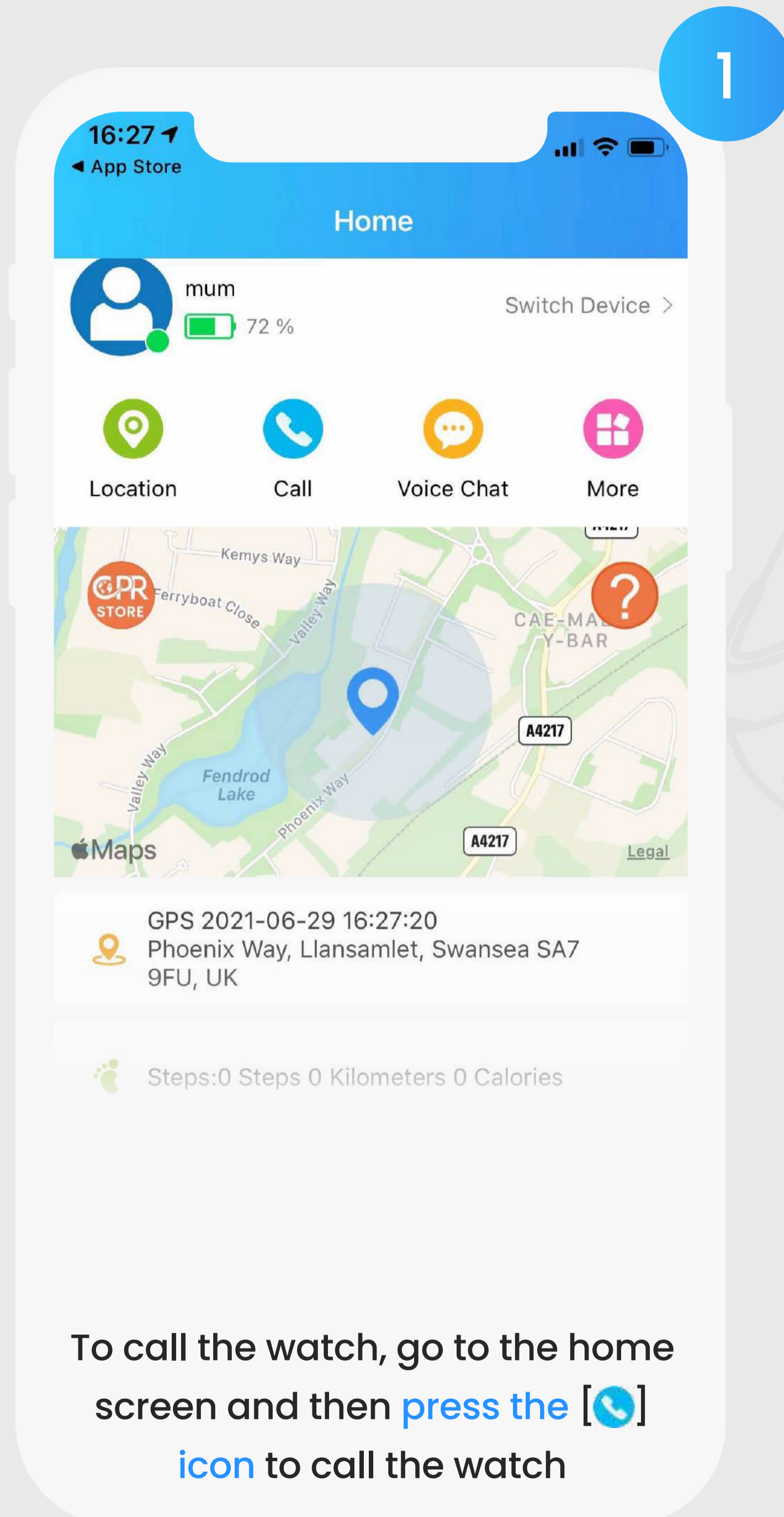
3



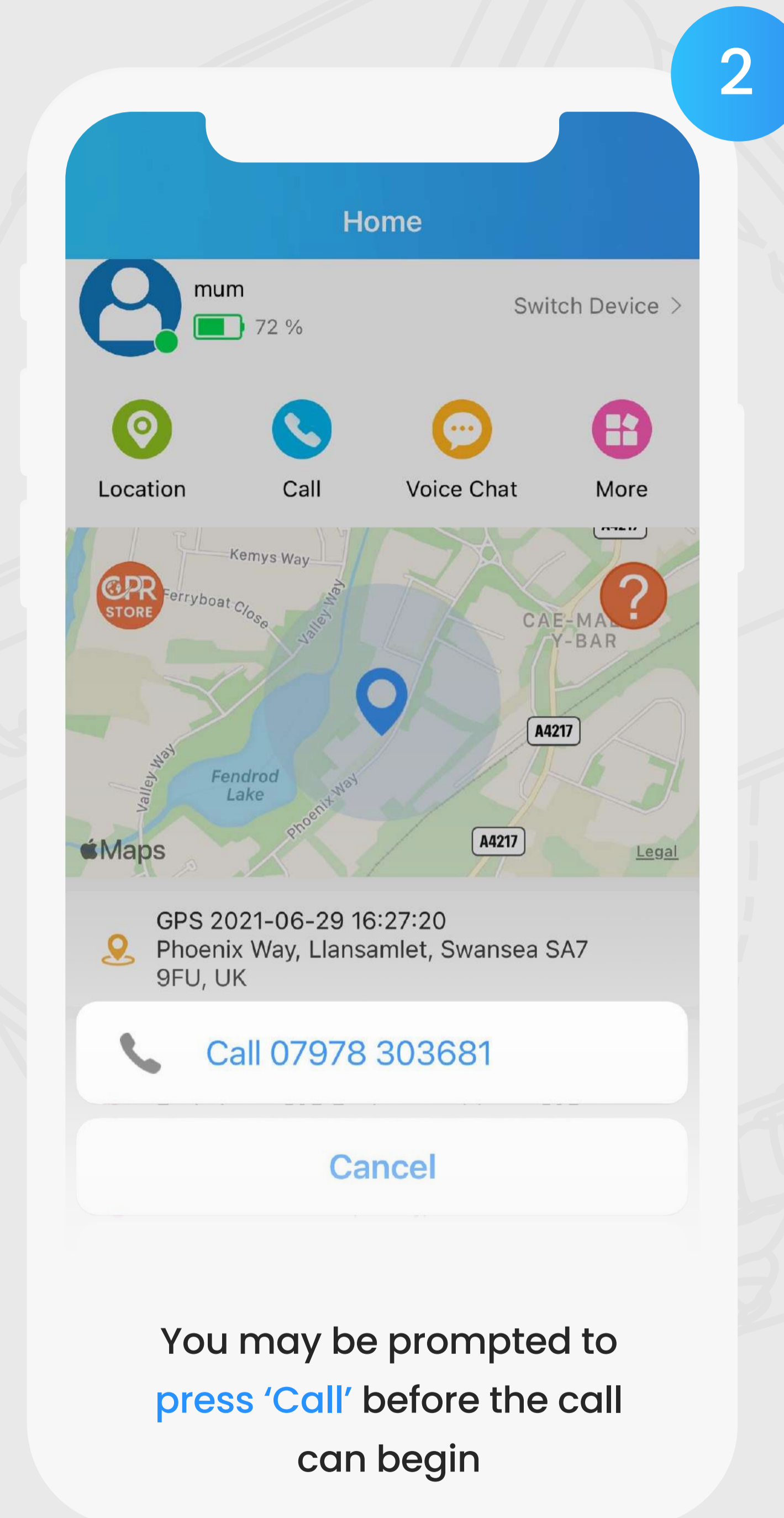
Continue to fill out the fields such as name, number and then press 'Save'

Using The Guardian App

2.2 Call The Watch



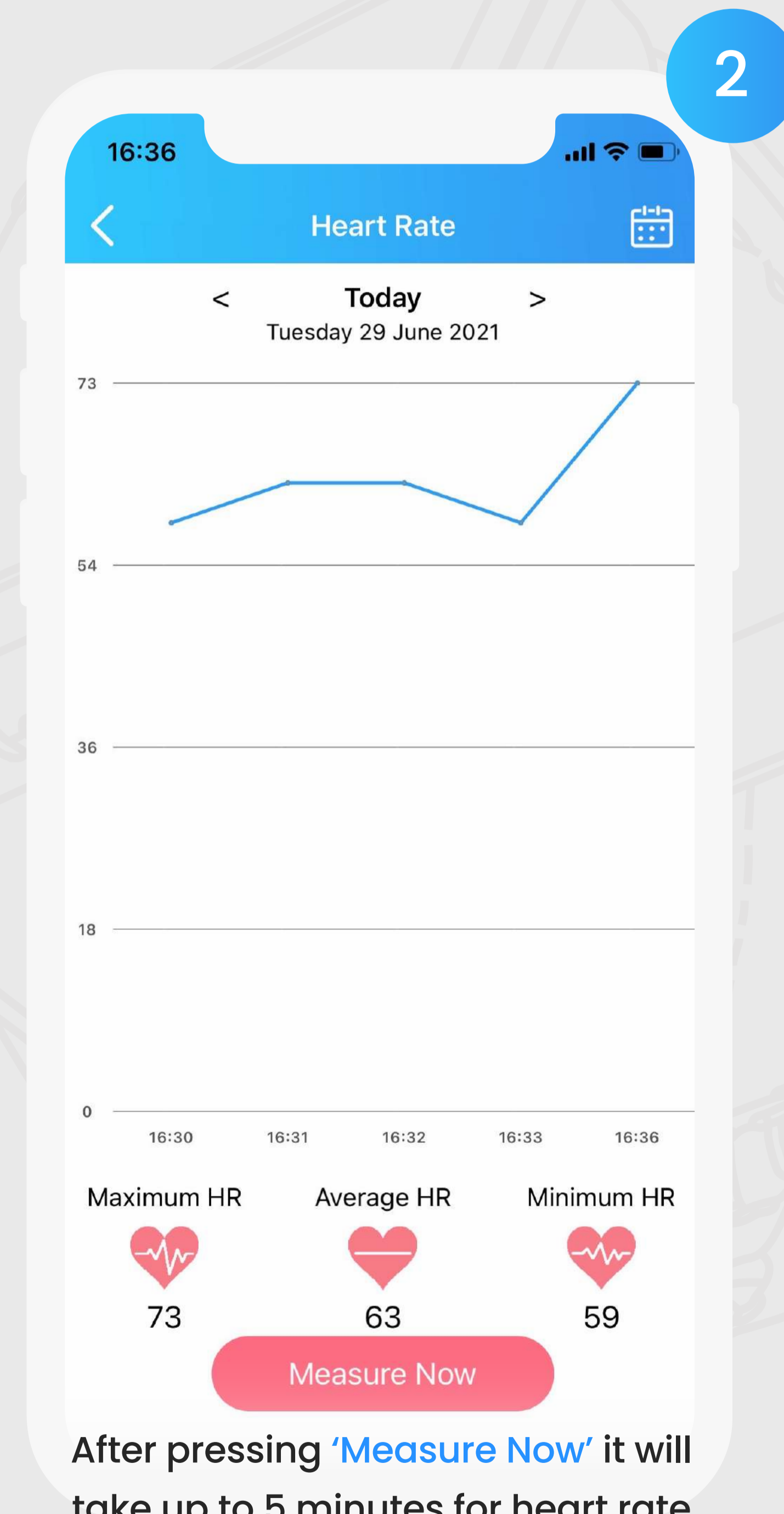
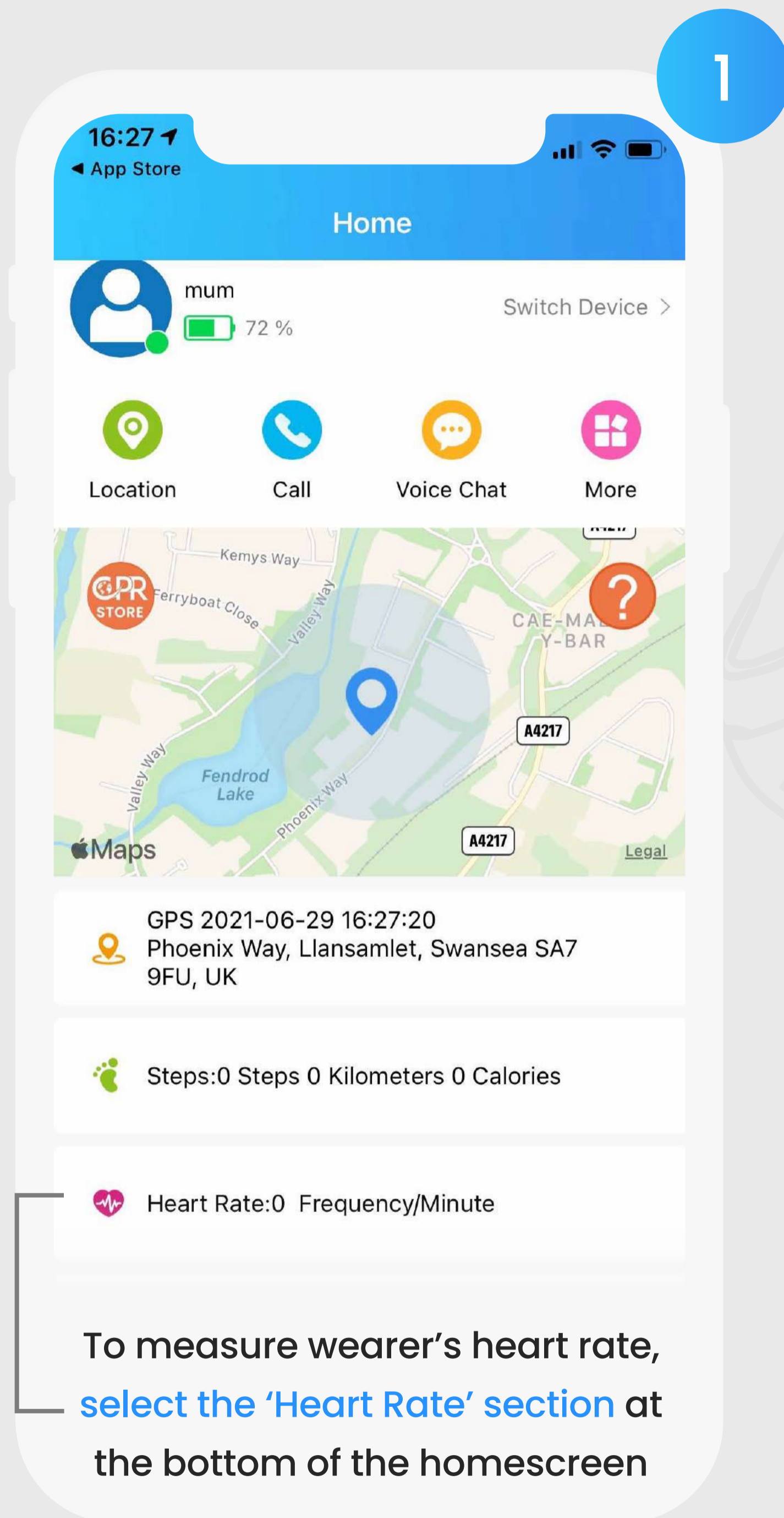
To call the watch, go to the home screen and then **press the [Call icon]** to call the watch



You may be prompted to **press 'Call'** before the call can begin

Using The Guardian App

2.3 Measure The Wearer's Heart Rate



Using The Guardian App

2.4 Locate The Wearer

1

16:27
App Store

Home

mum 72 % Switch Device >

Location Call Voice Chat More

GPS 2021-06-29 16:27:20
Phoenix Way, Llansamlet, Swansea SA7 9FU, UK

Steps:0 Steps 0 Kilometers 0 Calories

To locate the wearer, begin by pressing the icon [📍] on the app home screen

2

16:30

Real-time tracking

mum 2021-06-29 16:27:20
Phoenix Way, Llansamlet, Swansea SA7 9FU, UK

In real-time the app will locate the wearer's location

Using The Guardian App

2.5 Set Pedometer Goals

1

Home

mum 72 % Switch Device >

Location Call Voice Chat More

GPS 2021-06-29 16:27:20
Phoenix Way, Llansamlet, Swansea SA7 9FU, UK

Steps: 0 Steps 0 Kilometers 0 Calories

Heart Rate: 0 Frequency/Minute

Body temp: 0°C, Environment temp: 0°C

Begin by **pressing the icon** [🗄️] on the app homescreen

2

Command list

- Add SOS/Phonebook Contacts >
- Working Mode >
- Heart Rate Measurement >
- Set Alarm Clock >
- Pedometer Goals >
- Route Playback >
- Geo-fence >
- Restart Watch >

Select **Pedometer Goals** from the features list

3

Pedometer Goals

10000

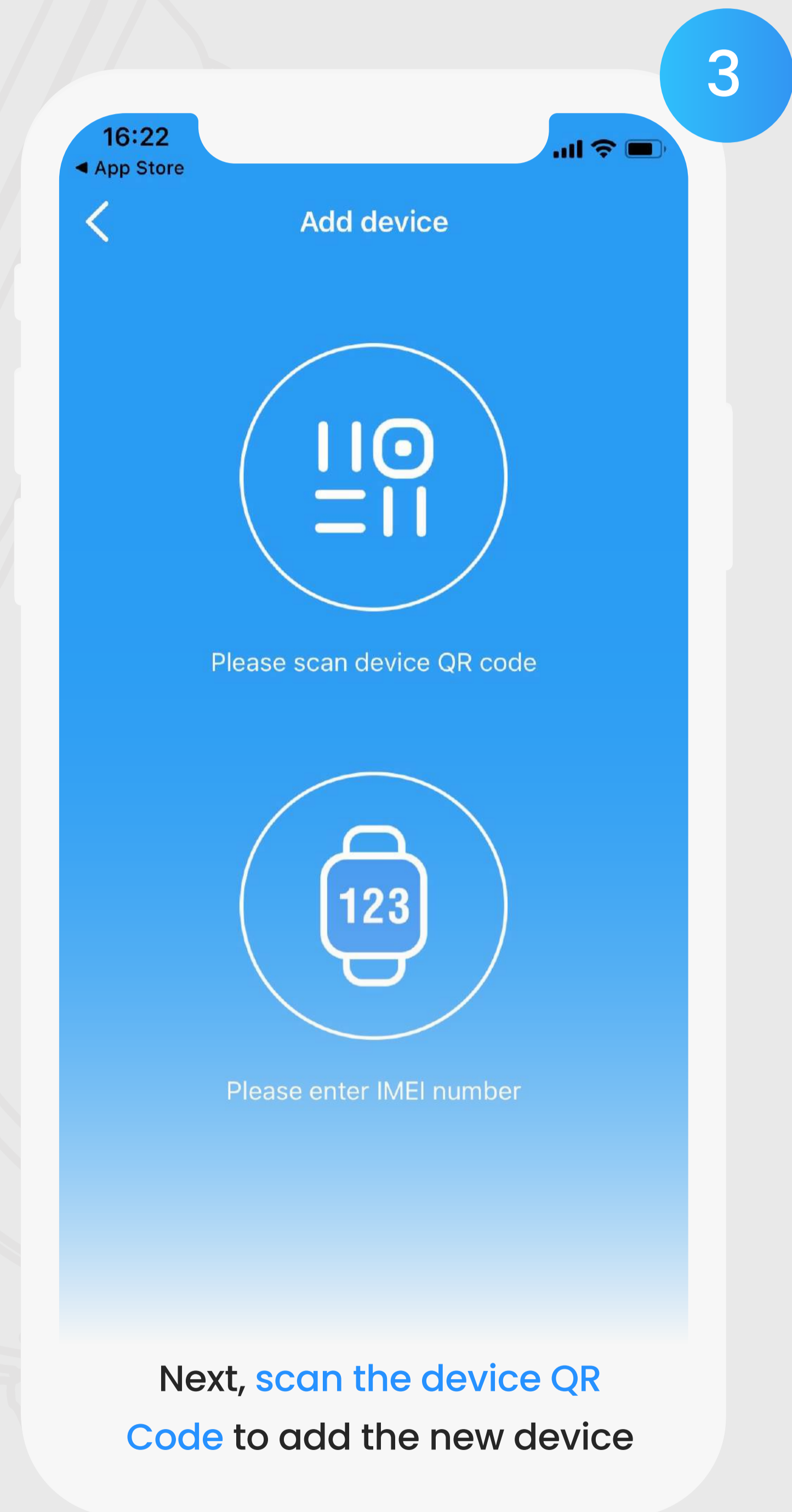
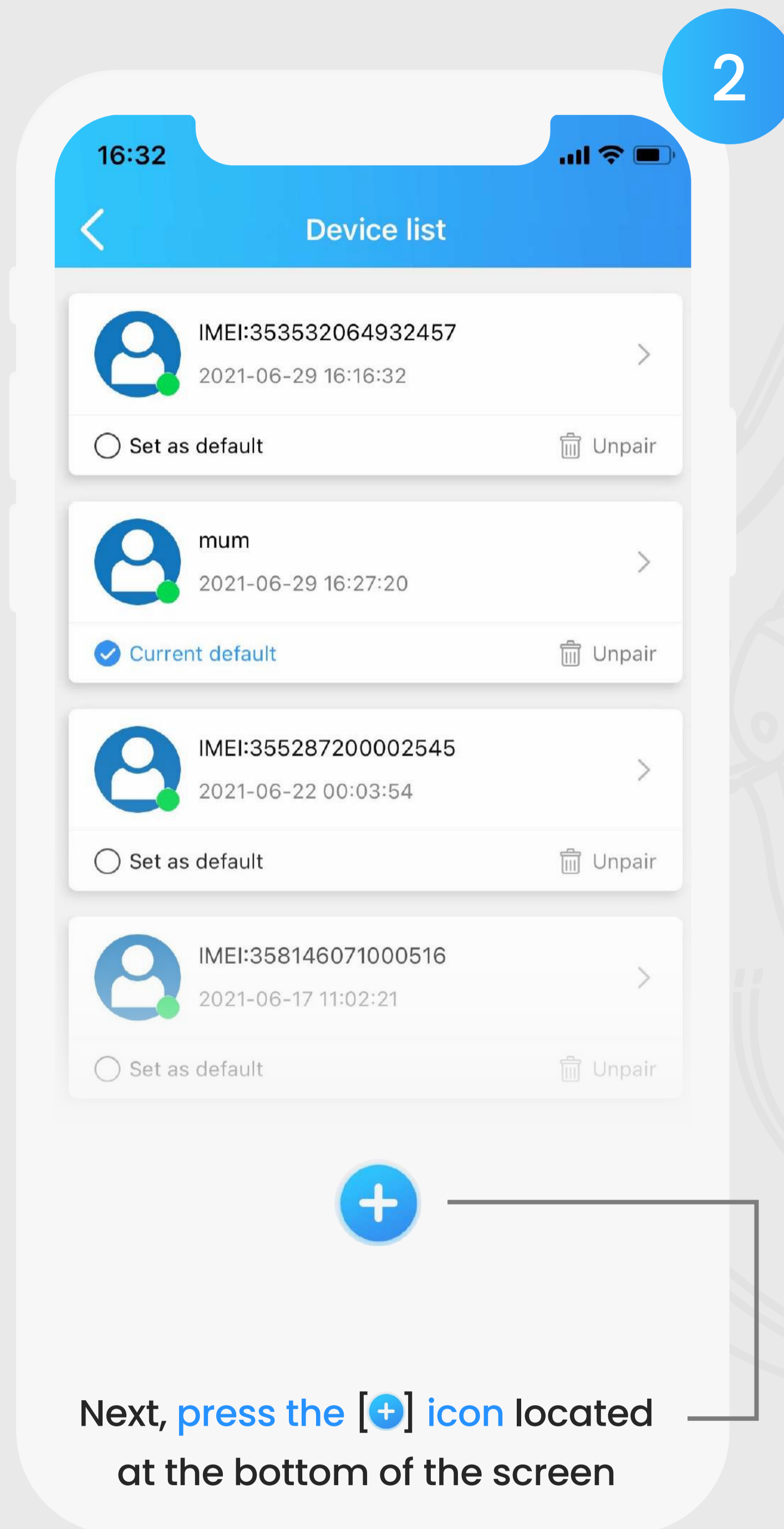
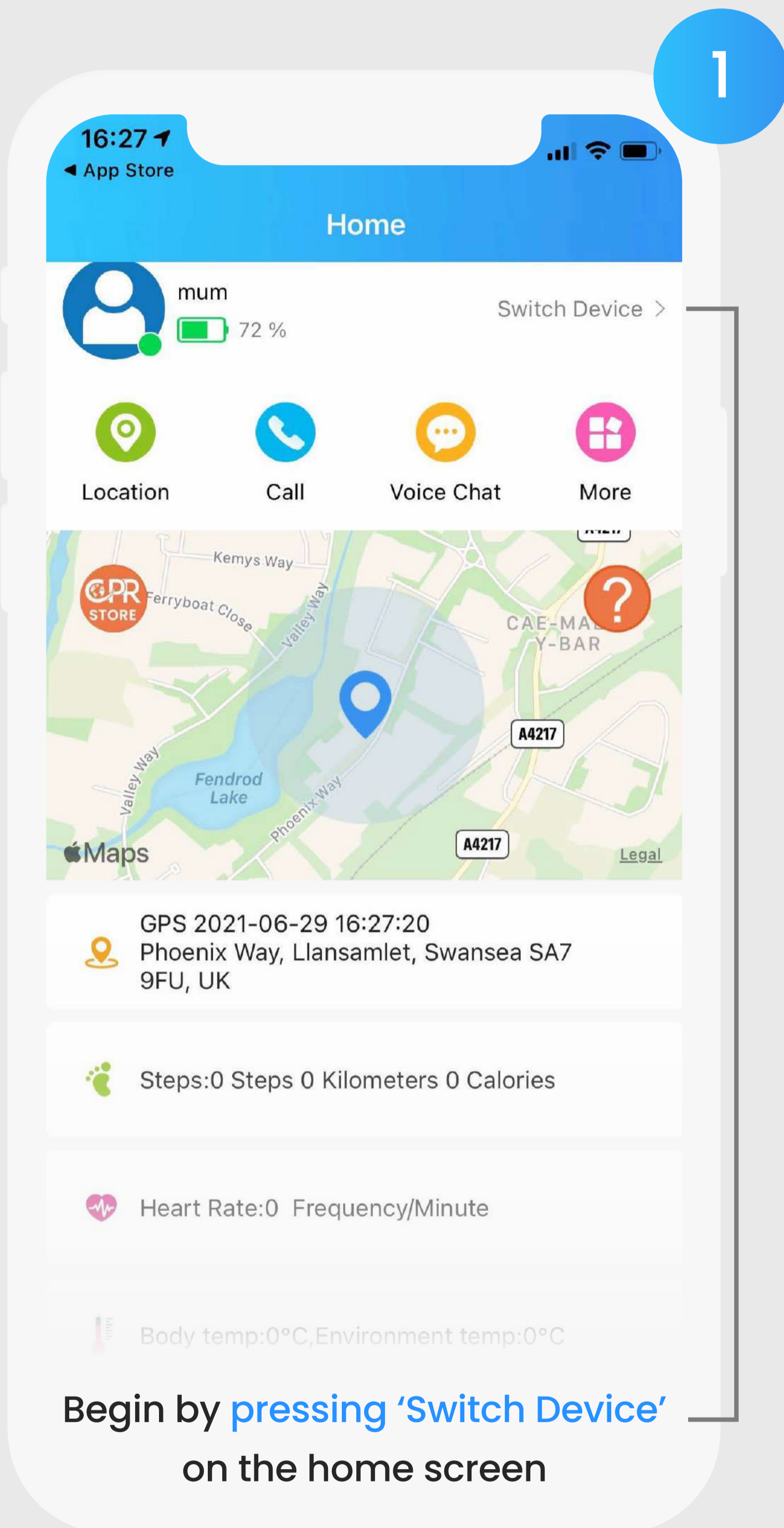
Tip: set up your daily pedometer goals

Apply

Enter the **amount of steps** you would like to reach daily

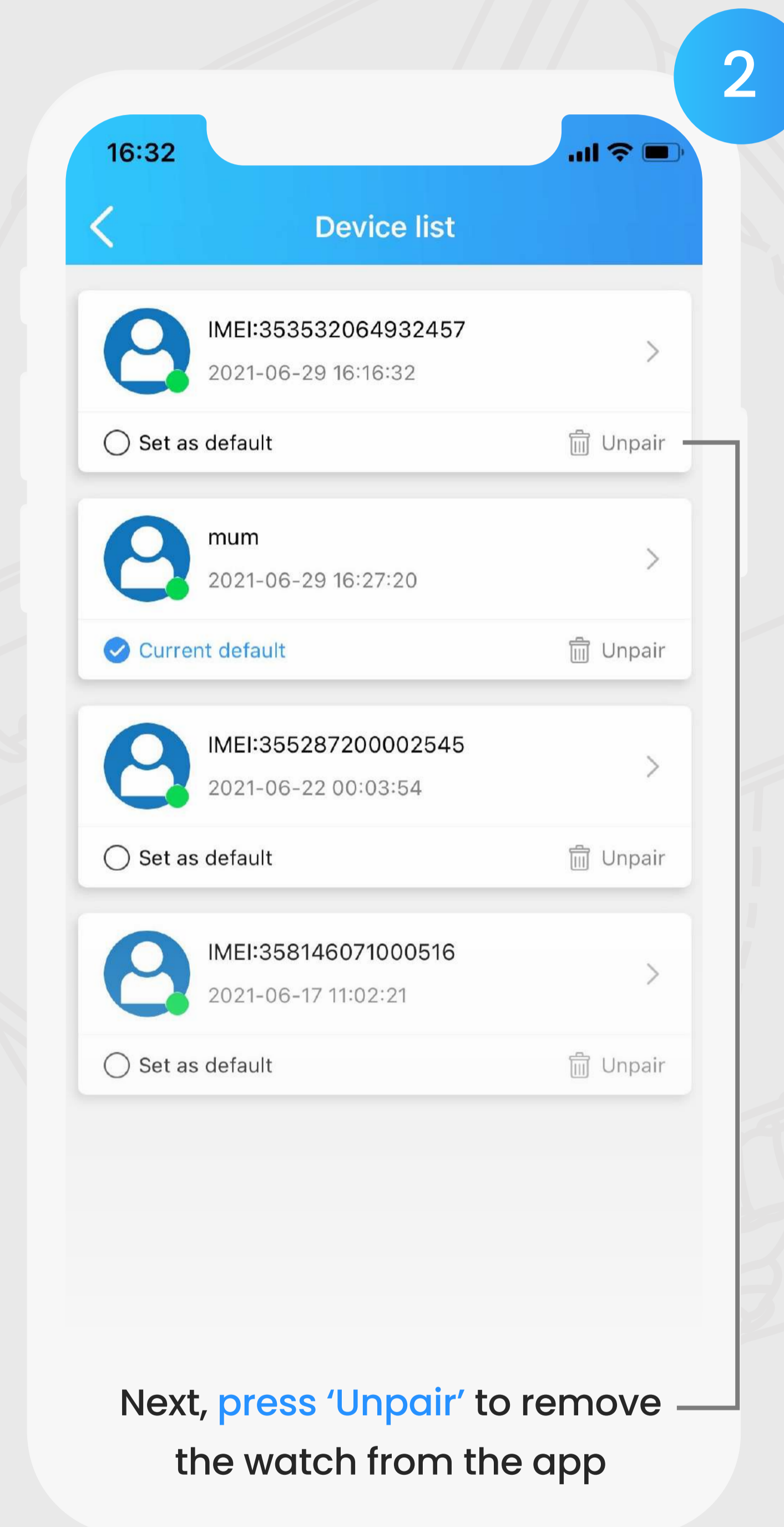
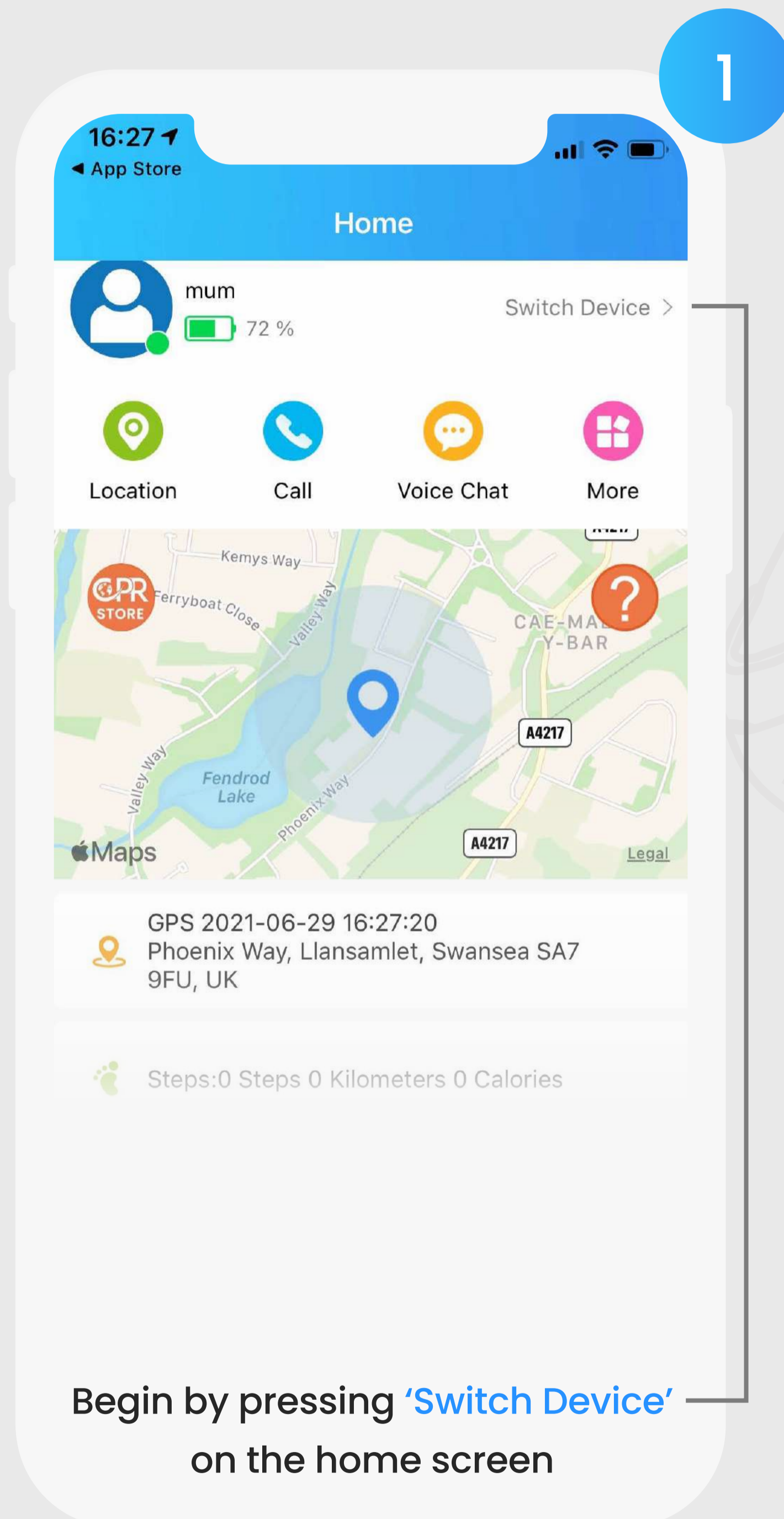
Using The Guardian App

2.6 Add Another Watch To The App

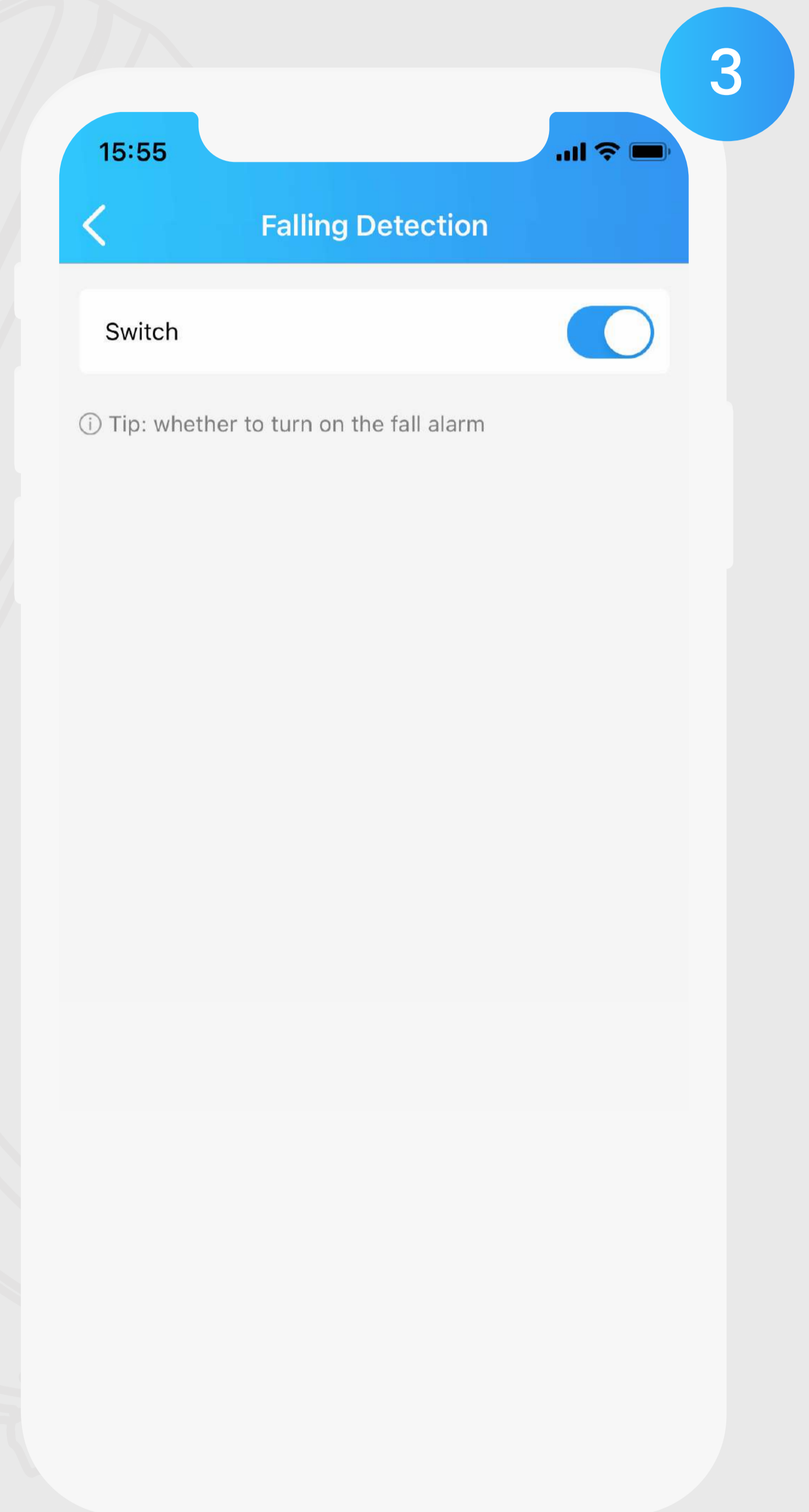
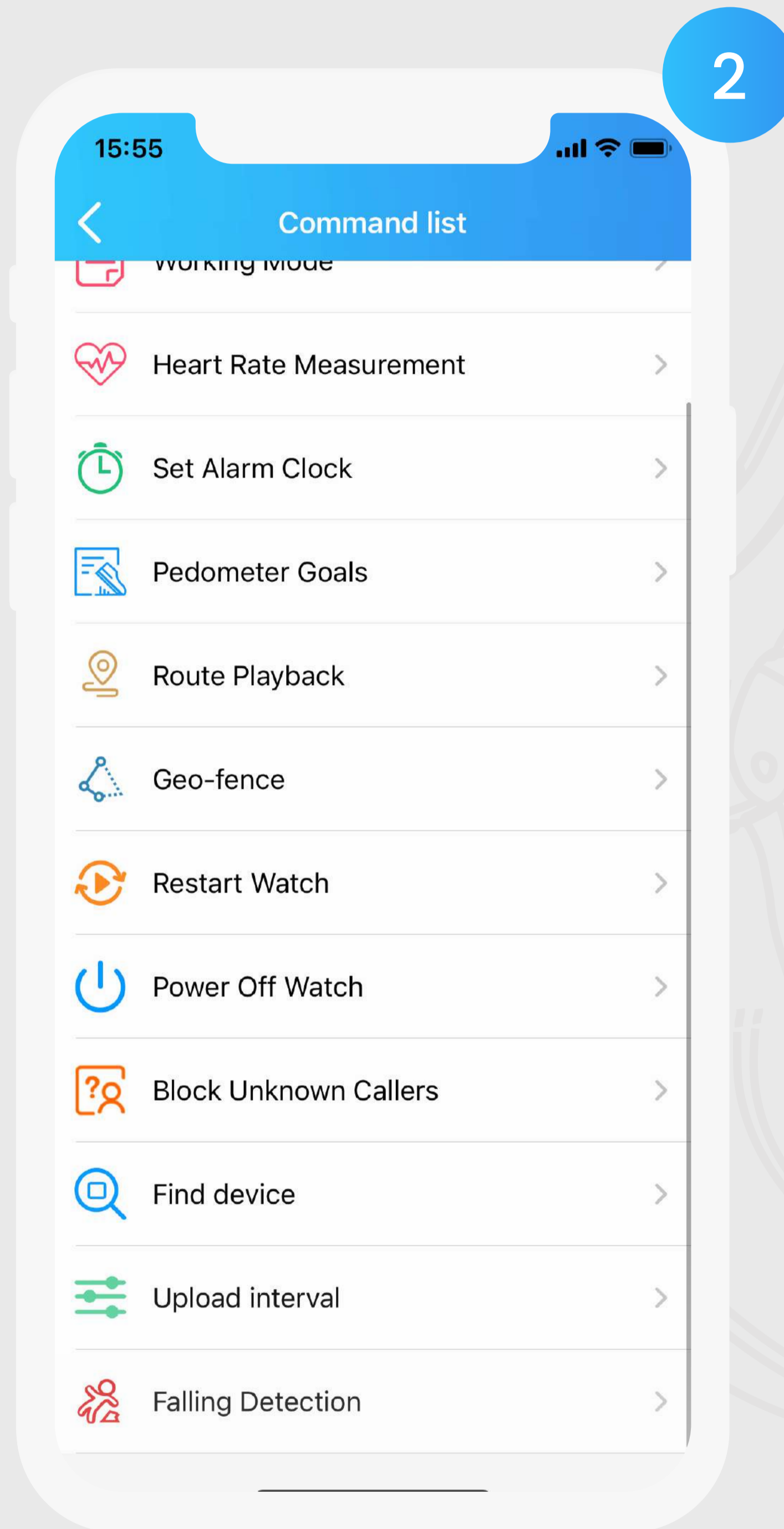
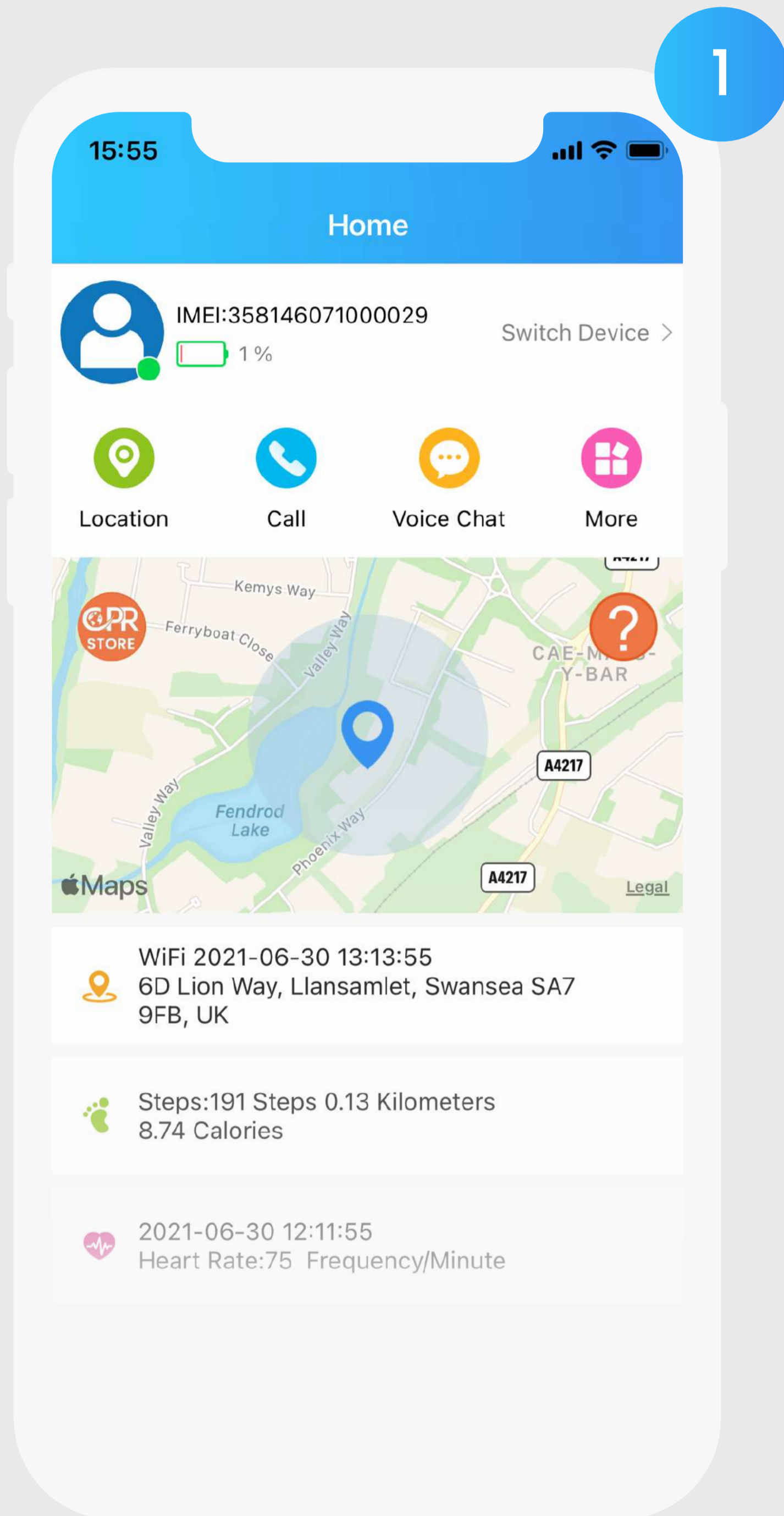


Using The Guardian App

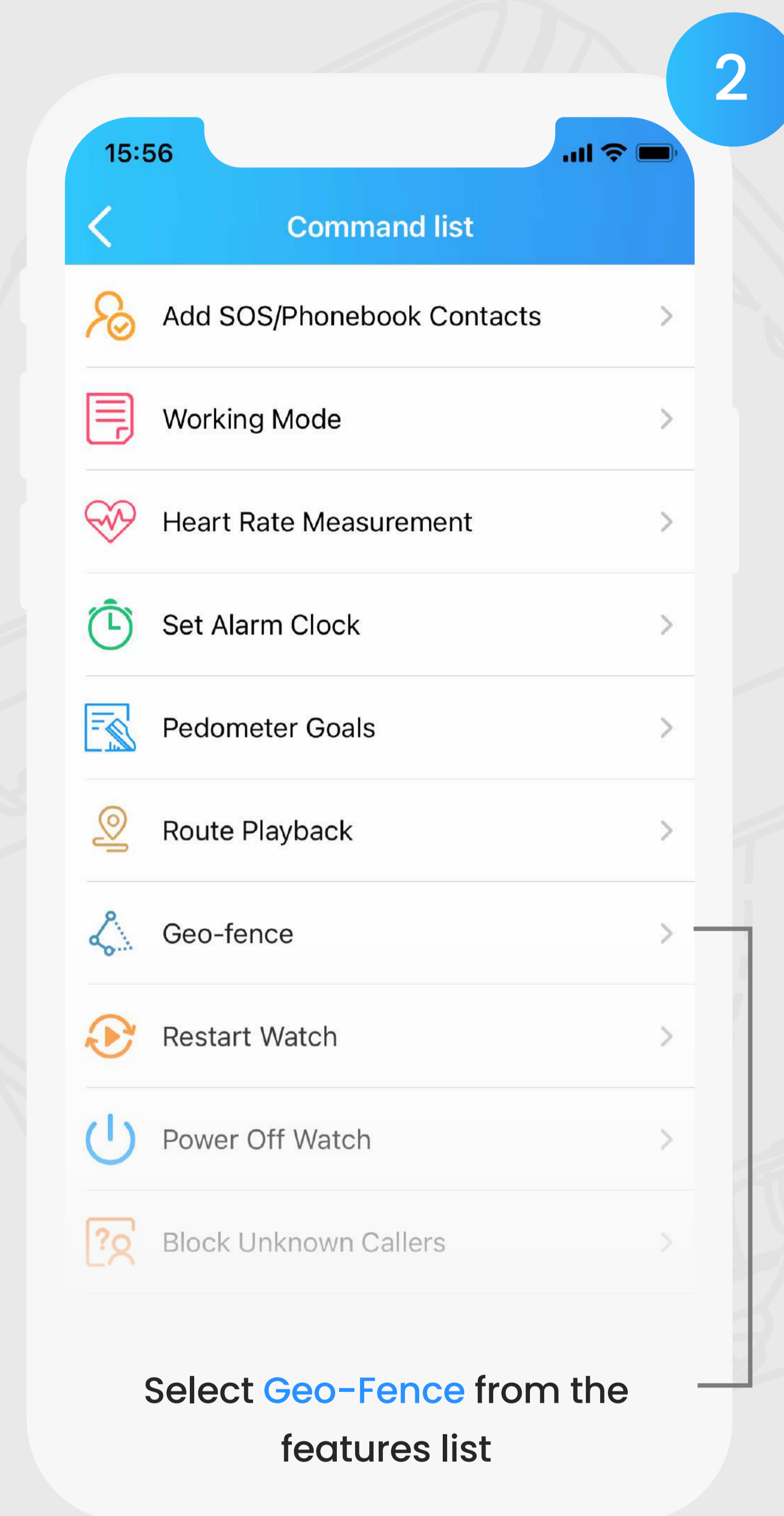
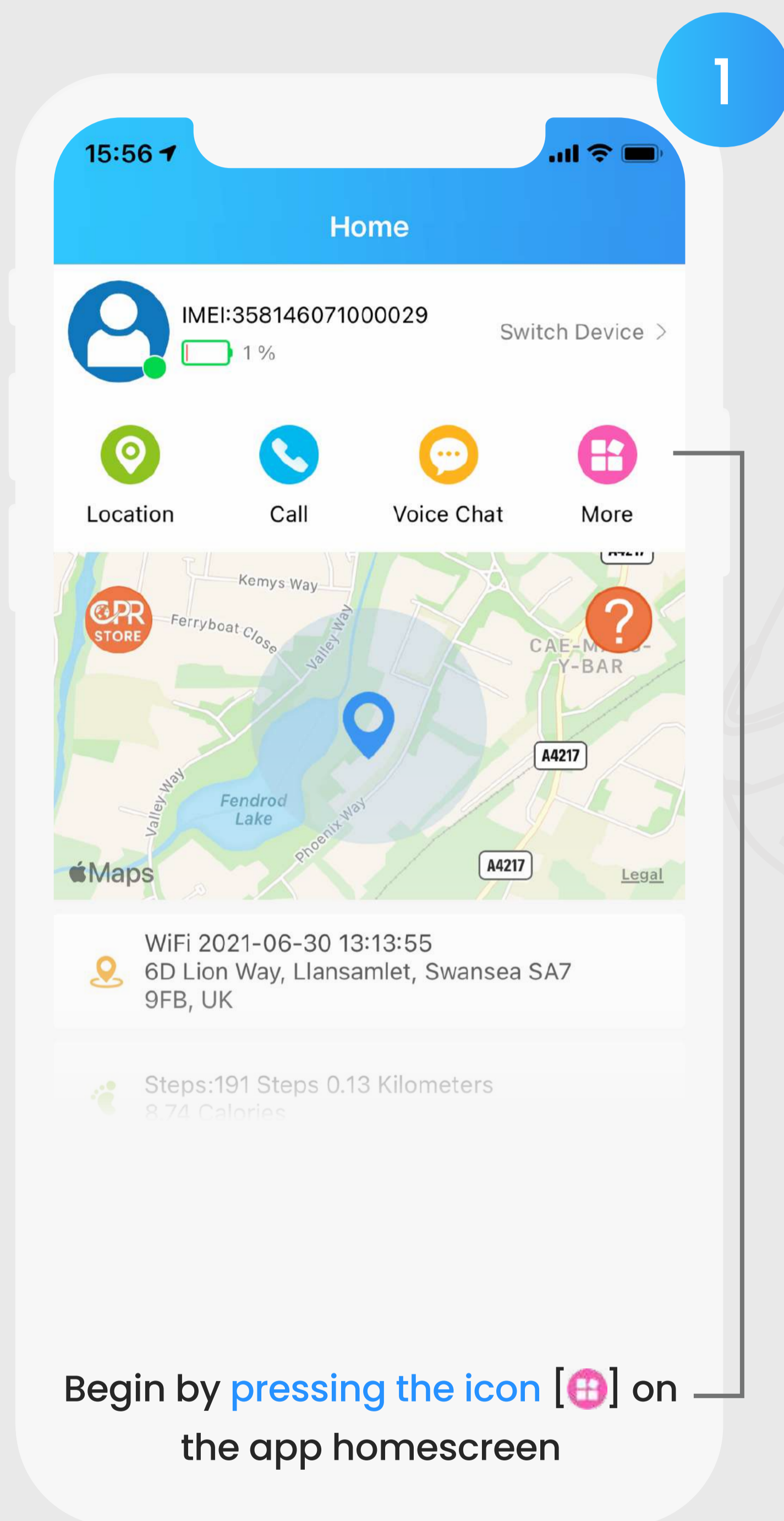
2.6 Unpair The Watch From The App



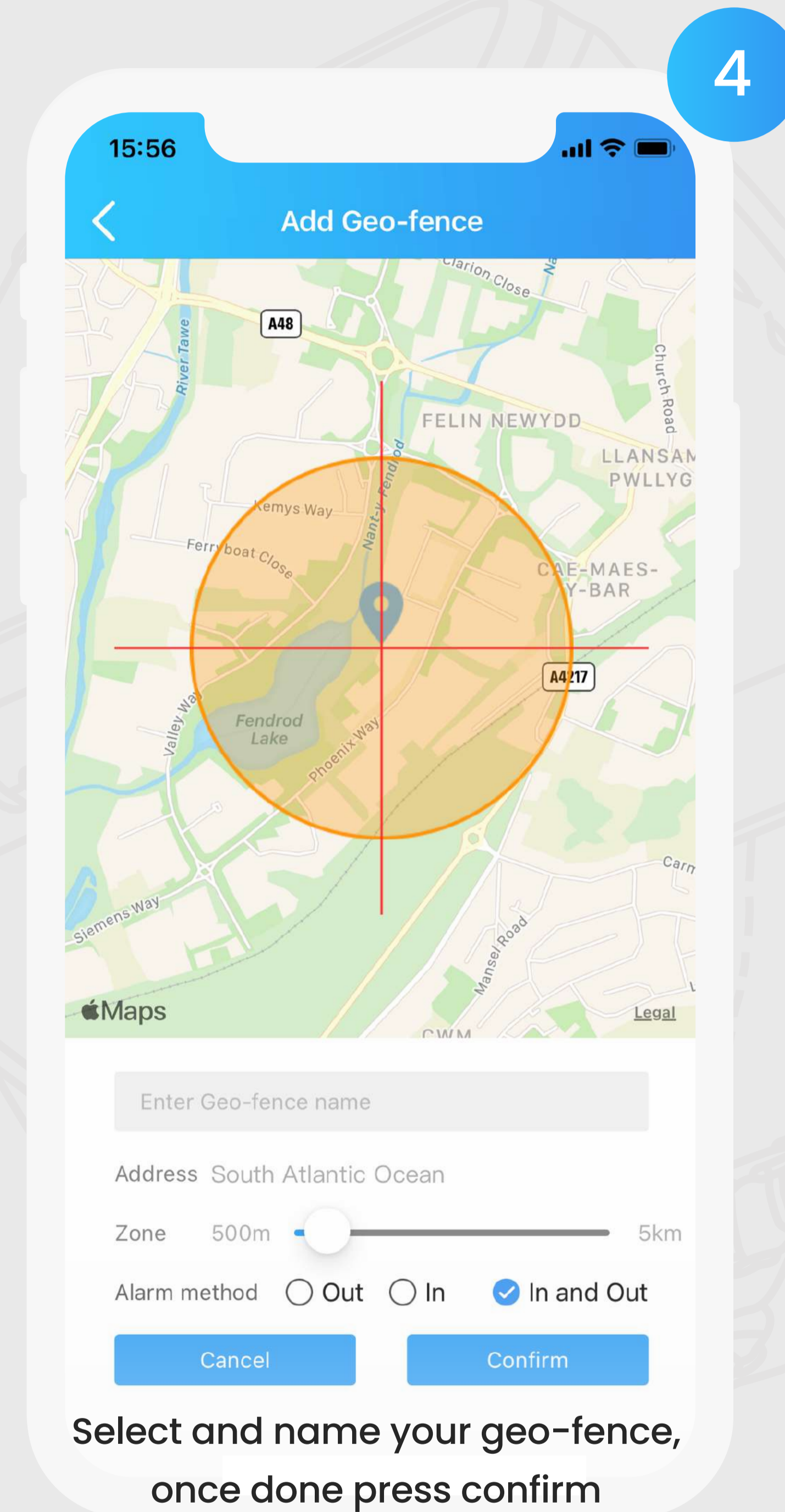
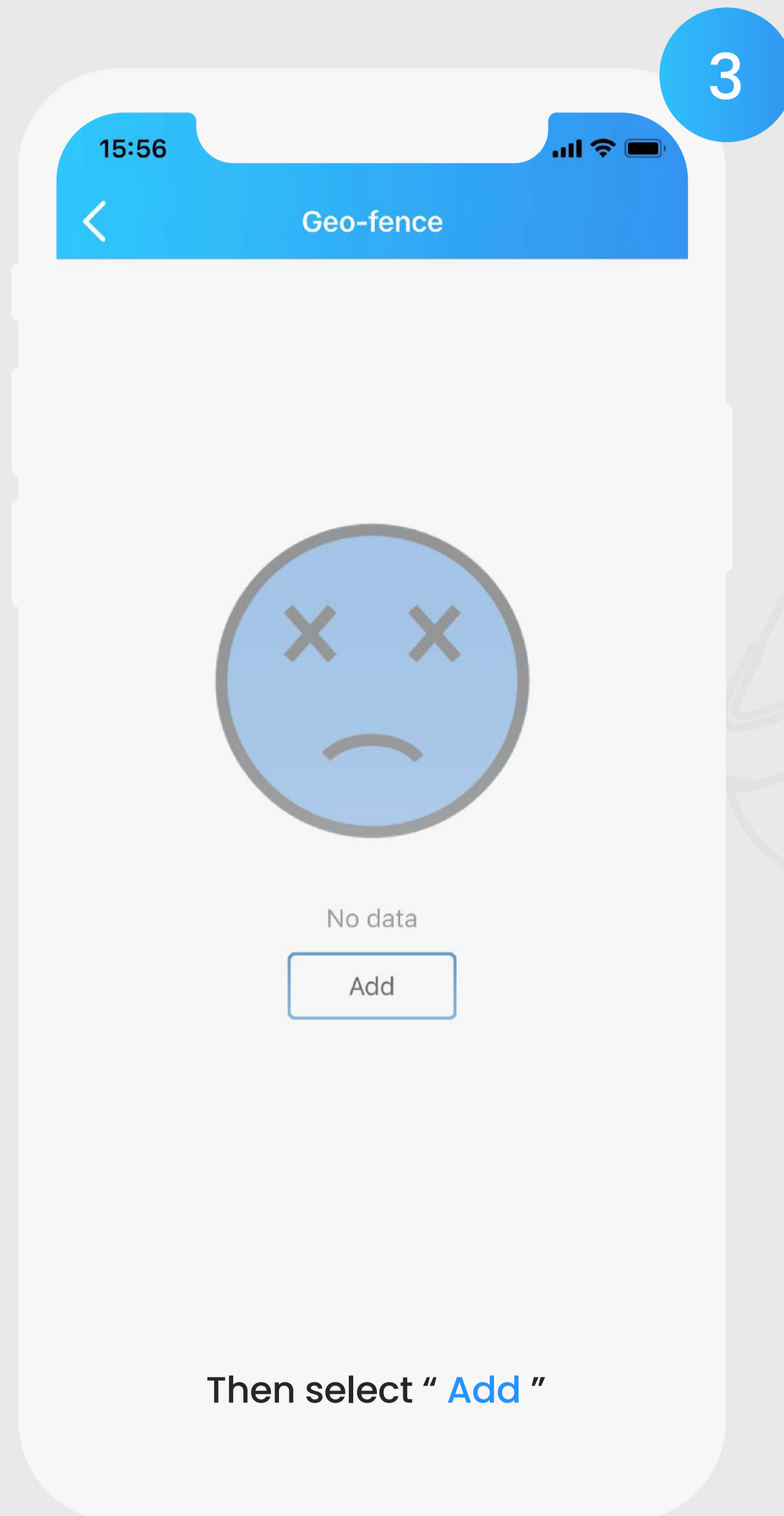
Fall Detection



Geo - Fence

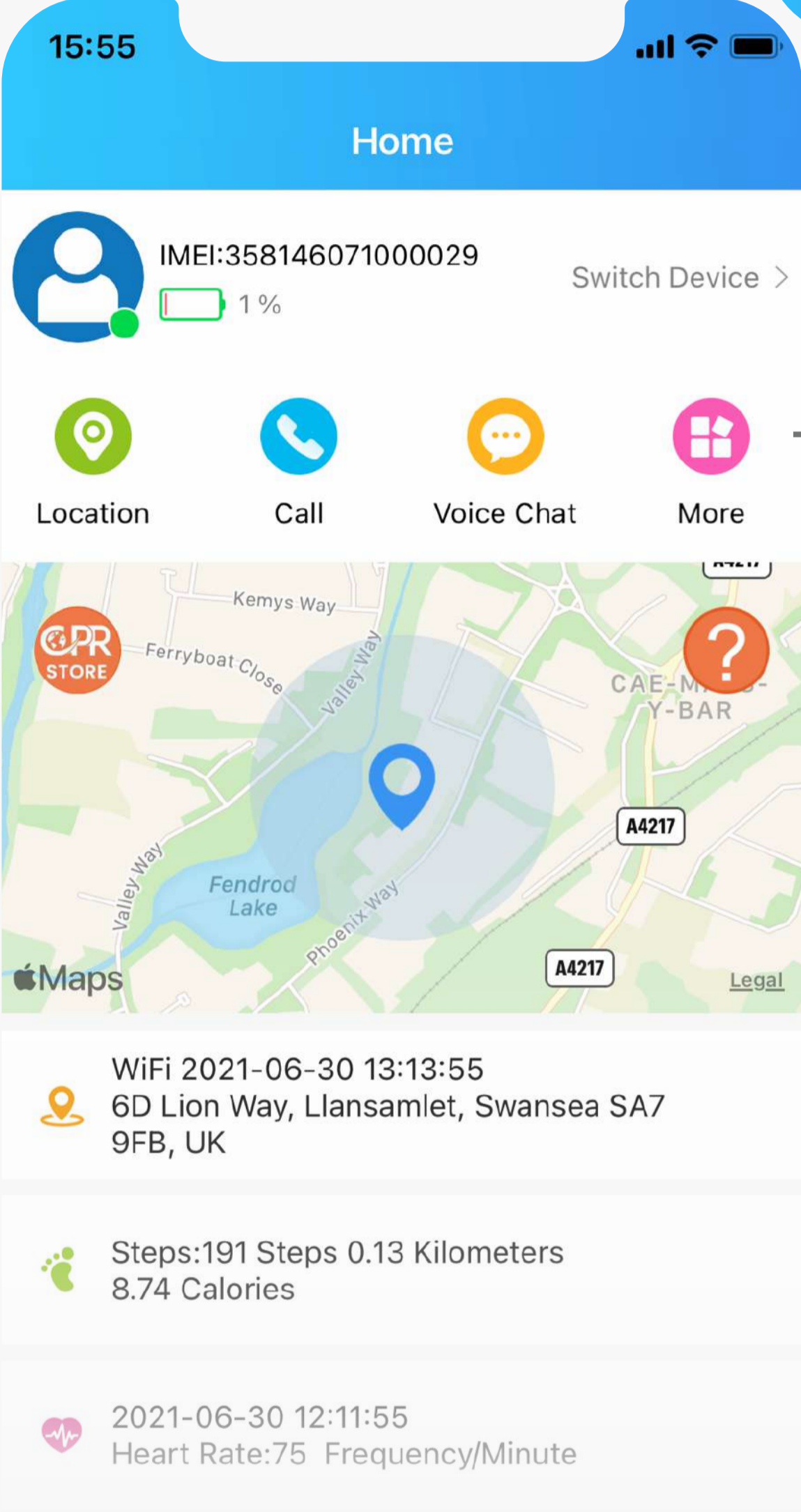


Geo - Fence



Auto to Manual

1



15:55

Home

IMEI:358146071000029 Switch Device >

1%

Location Call Voice Chat More

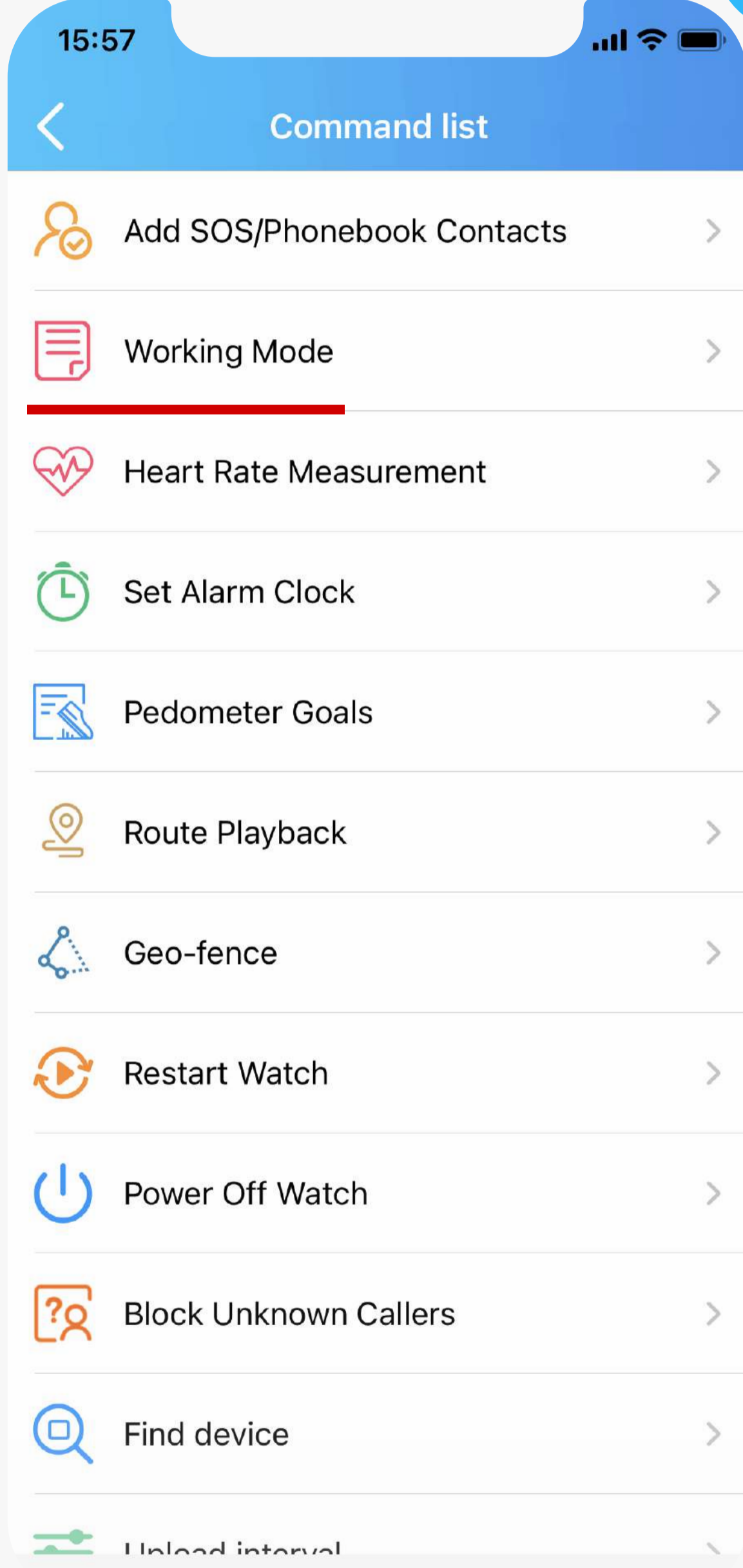
WiFi 2021-06-30 13:13:55
6D Lion Way, Llansamlet, Swansea SA7 9FB, UK

Steps:191 Steps 0.13 Kilometers
8.74 Calories

2021-06-30 12:11:55
Heart Rate:75 Frequency/Minute

Begin by **pressing the icon** [More] on the app homescreen

2

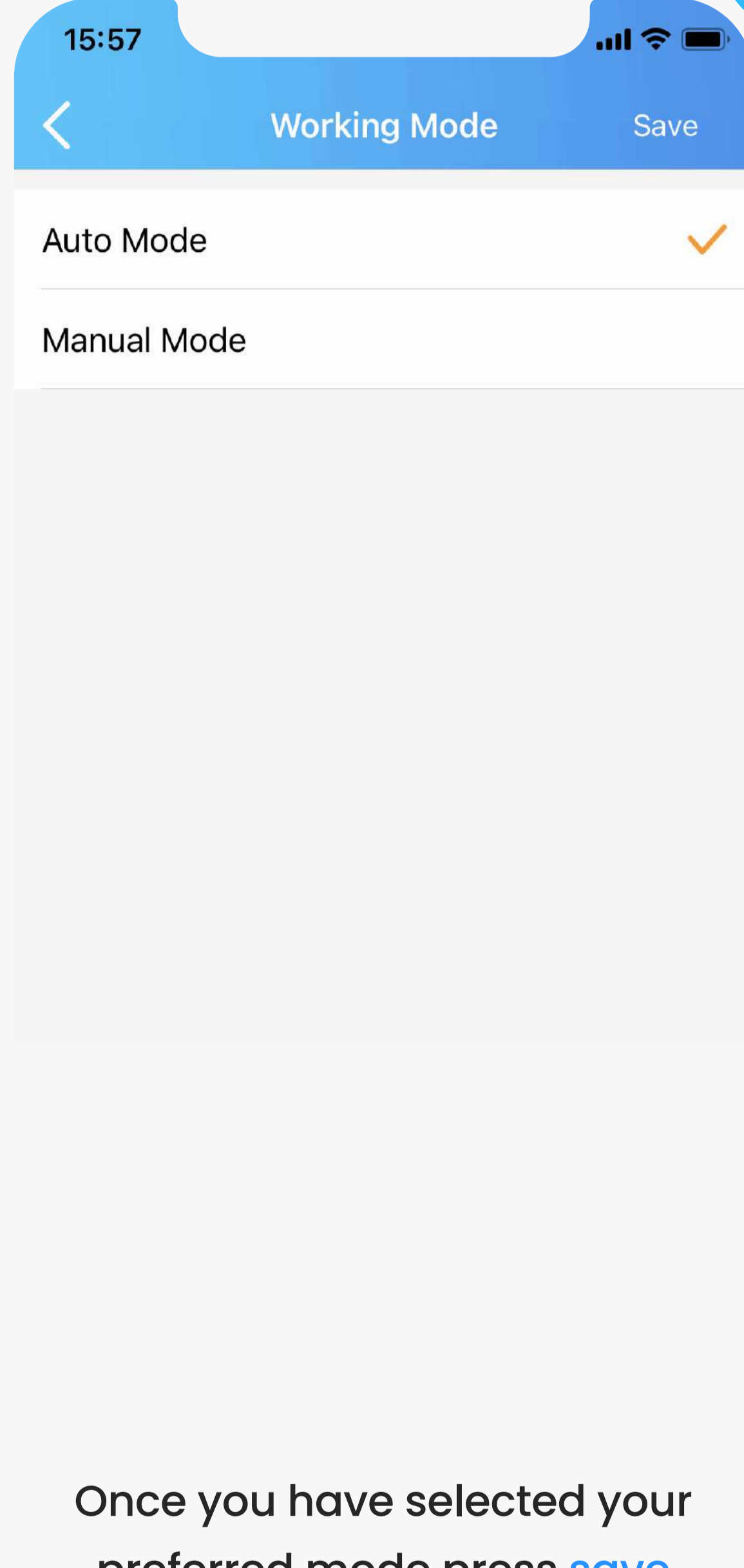


15:57

Command list

- Add SOS/Phonebook Contacts >
- Working Mode >**
- Heart Rate Measurement >
- Set Alarm Clock >
- Pedometer Goals >
- Route Playback >
- Geo-fence >
- Restart Watch >
- Power Off Watch >
- Block Unknown Callers >
- Find device >
- Unload interval >

3



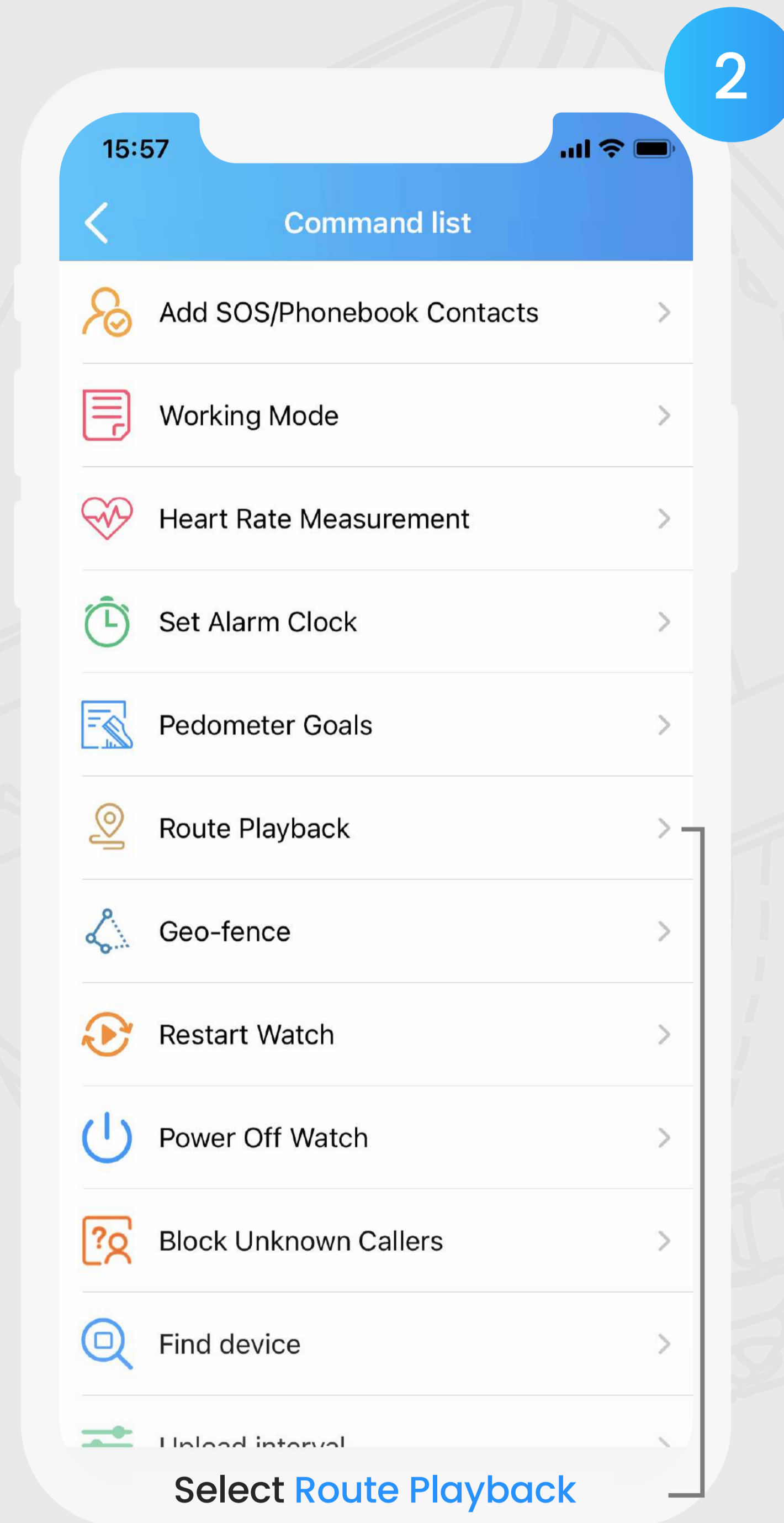
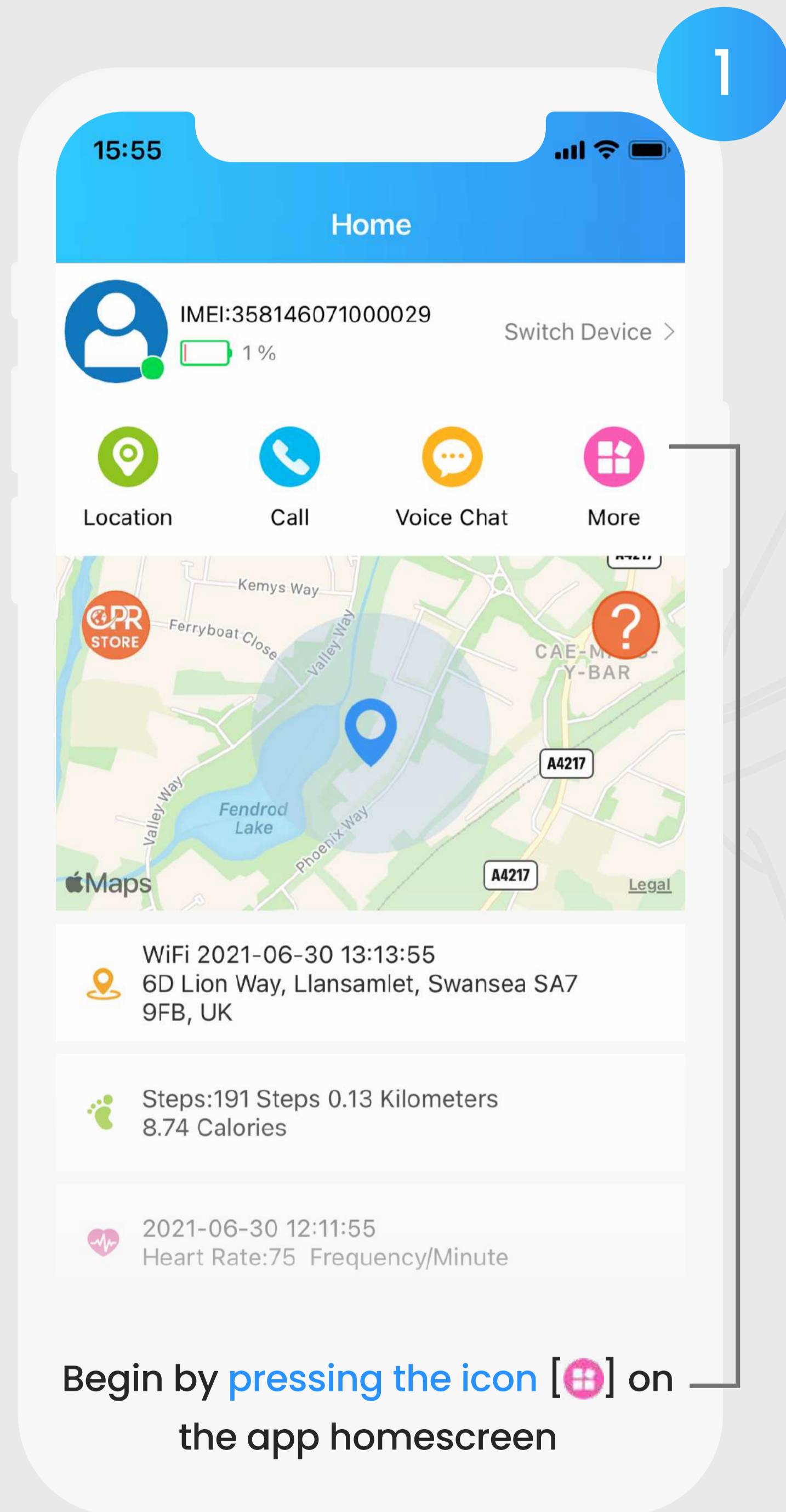
15:57

Working Mode Save

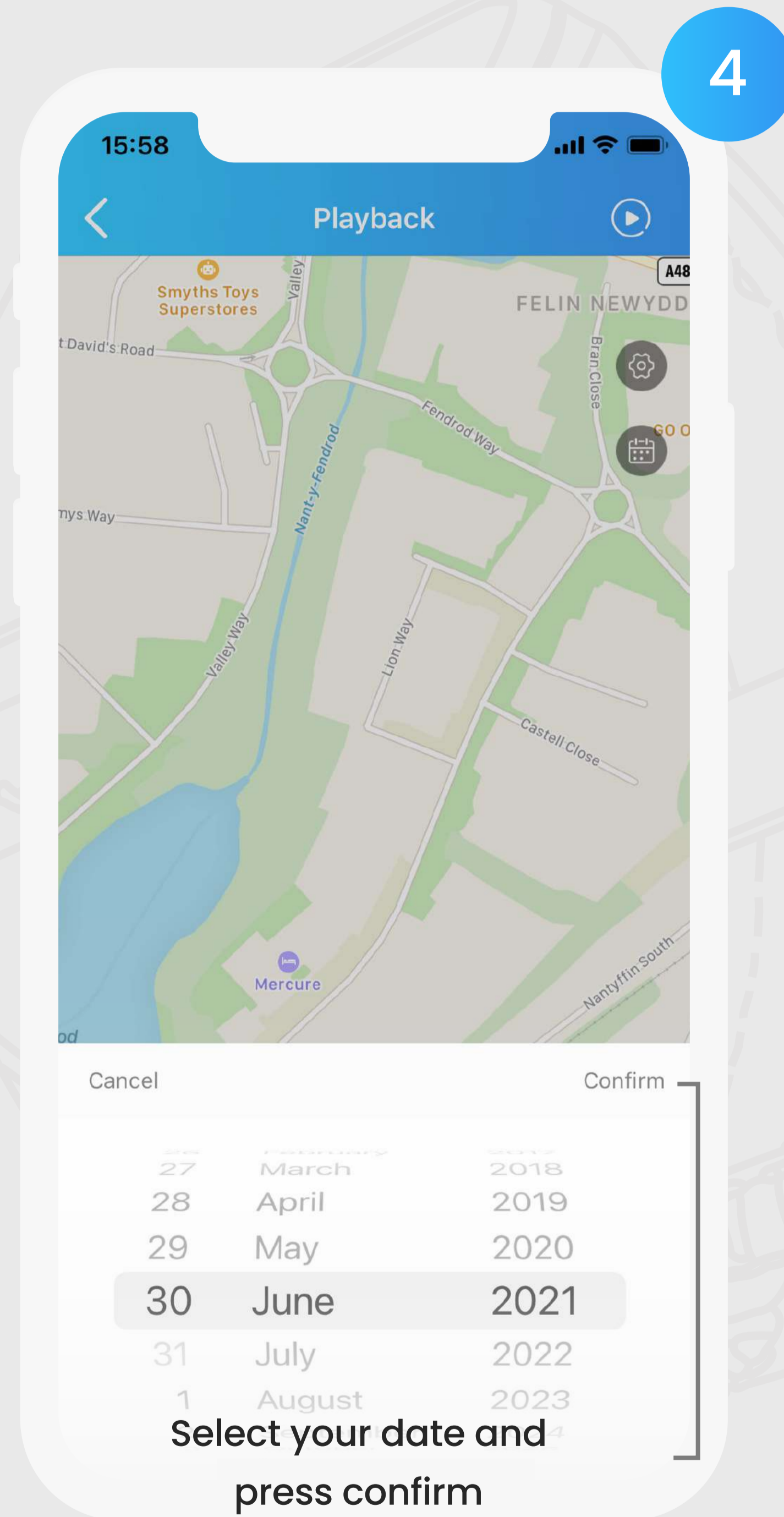
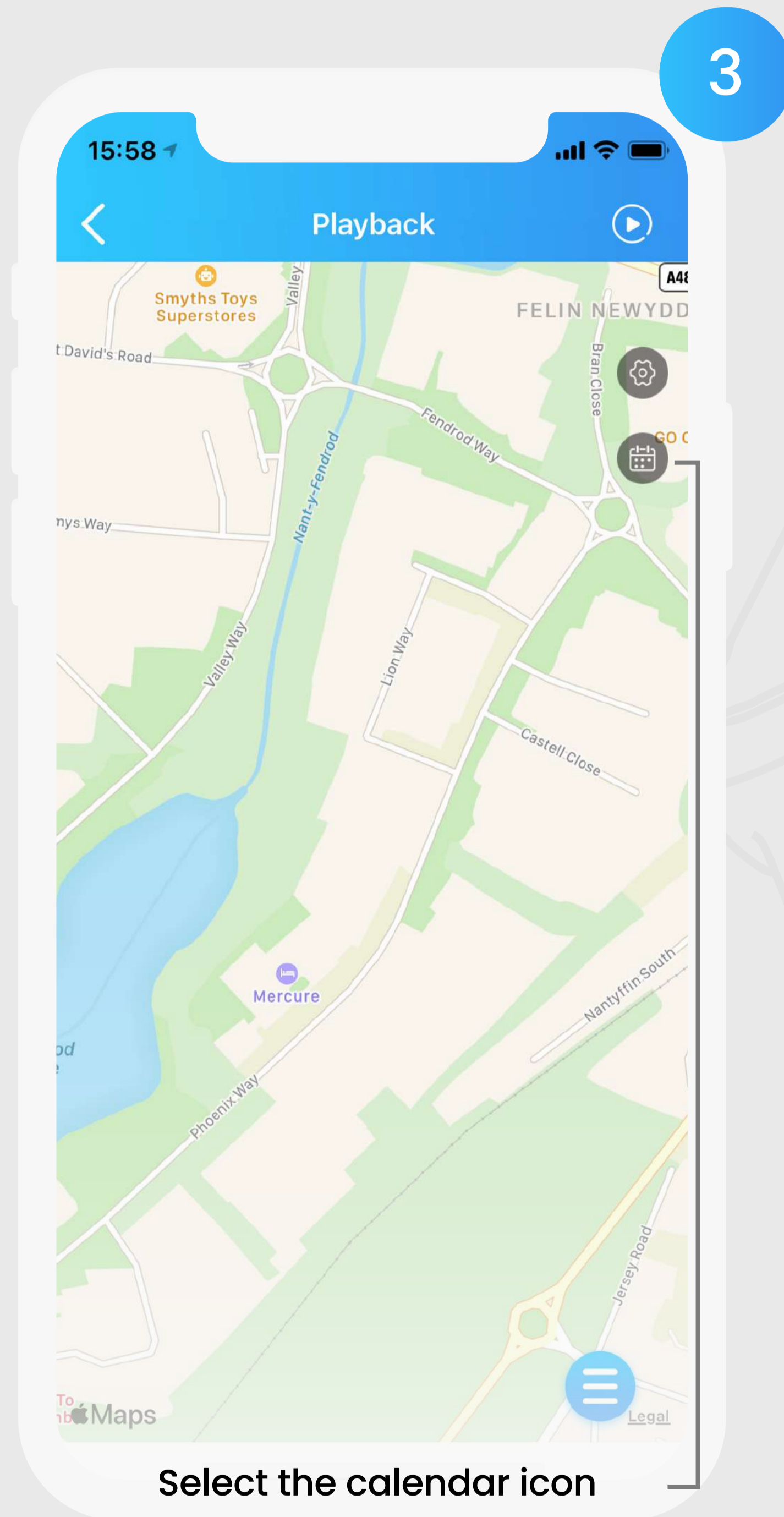
- Auto Mode ✓
- Manual Mode**

Once you have selected your preferred mode press **save**

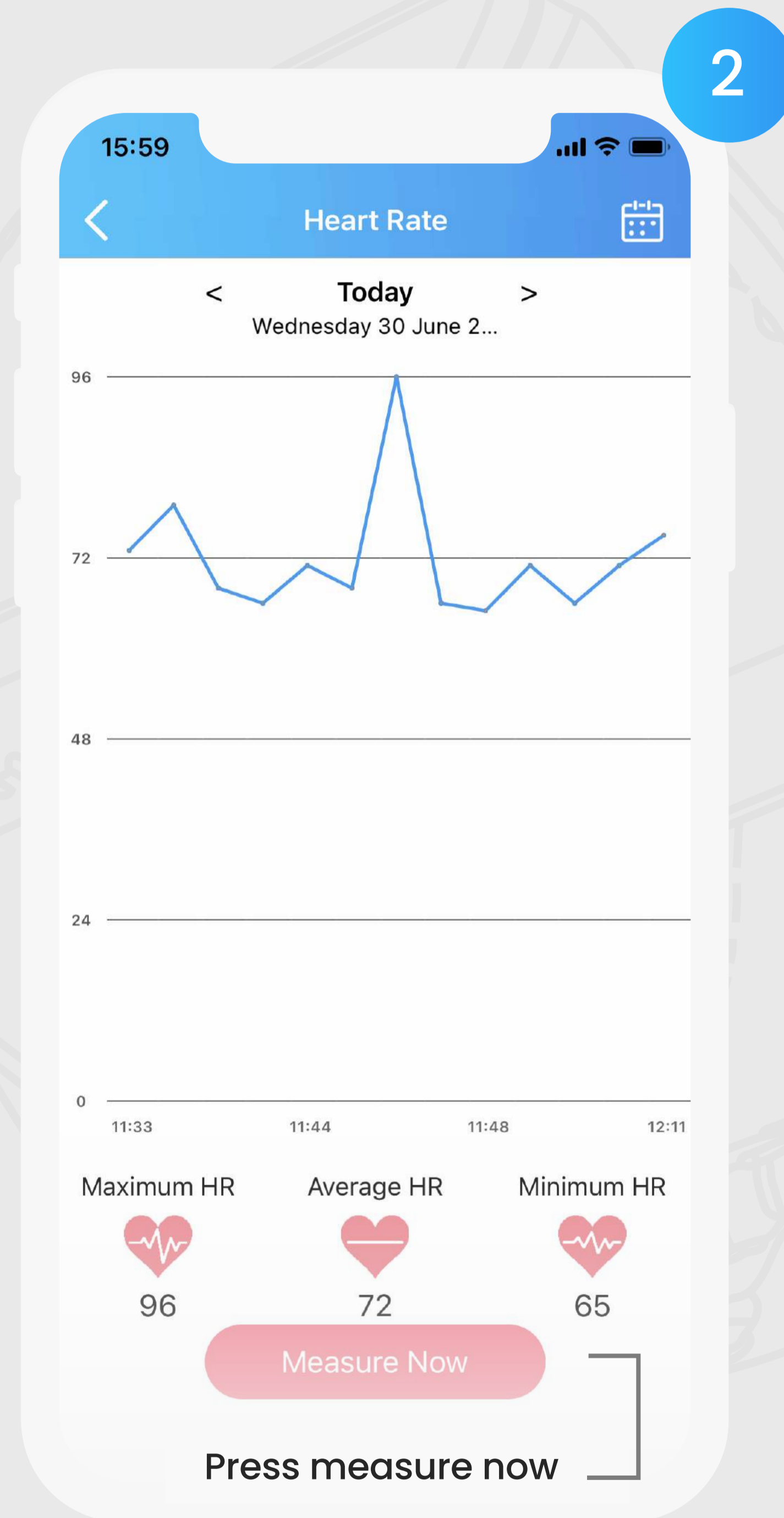
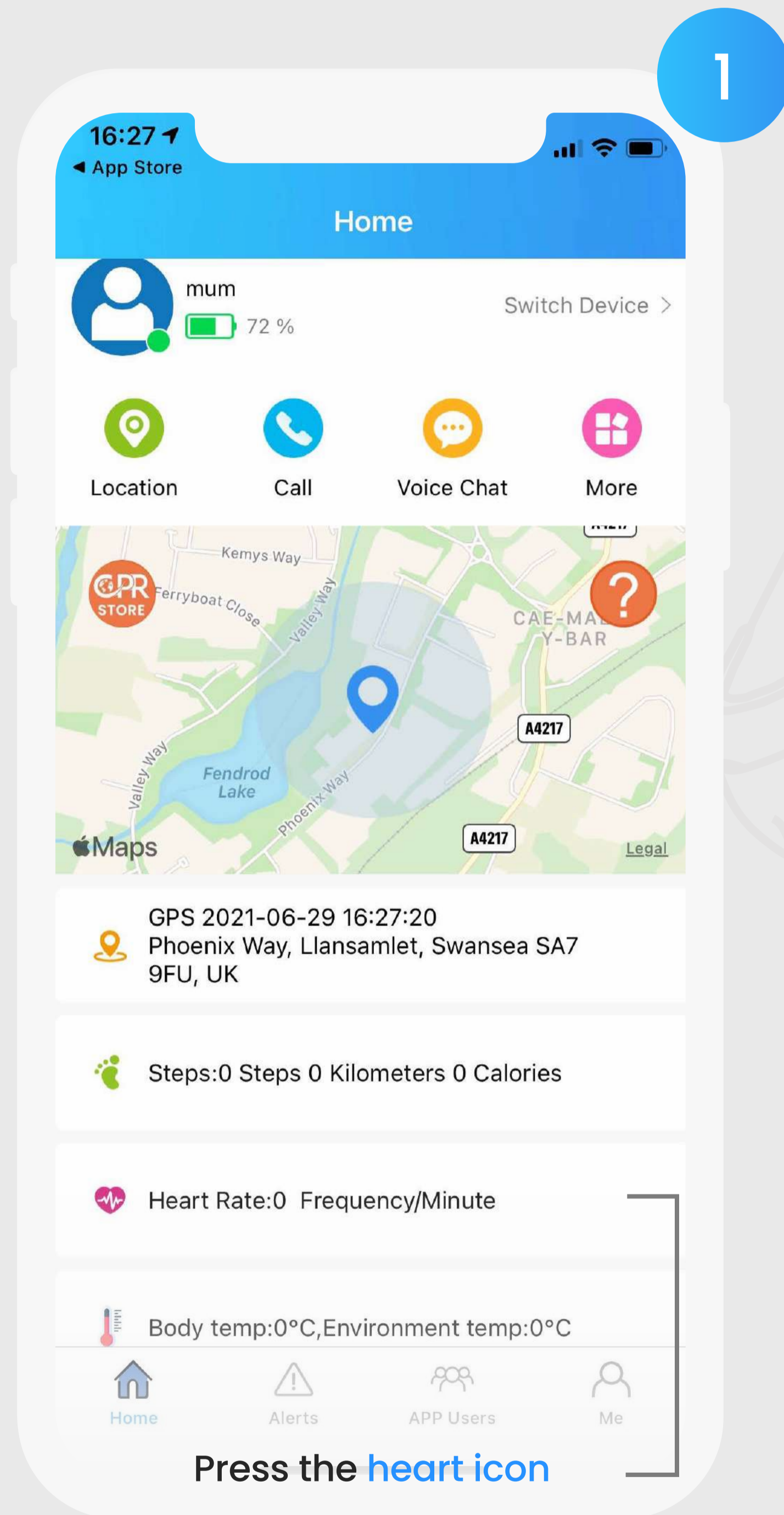
Route Playback



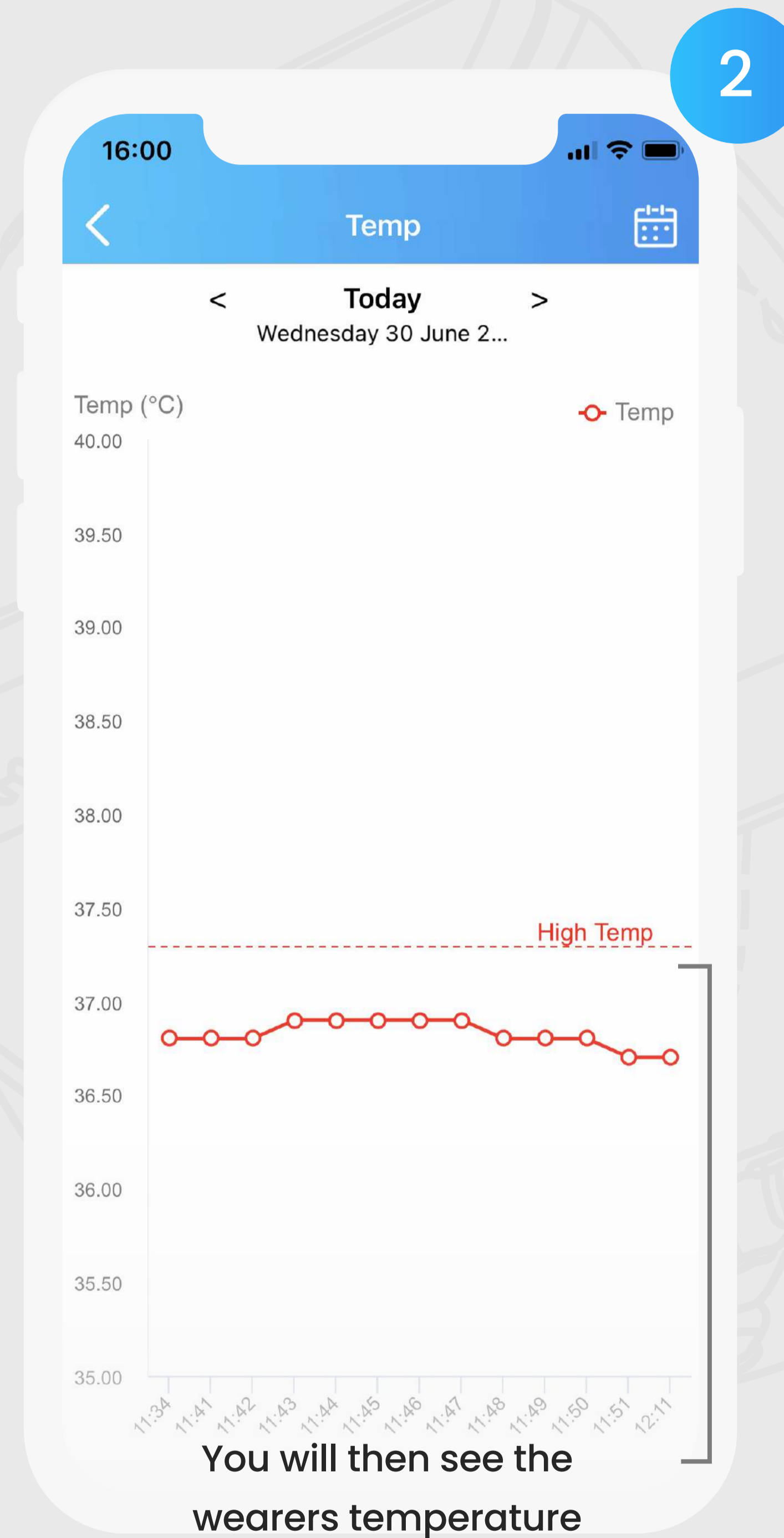
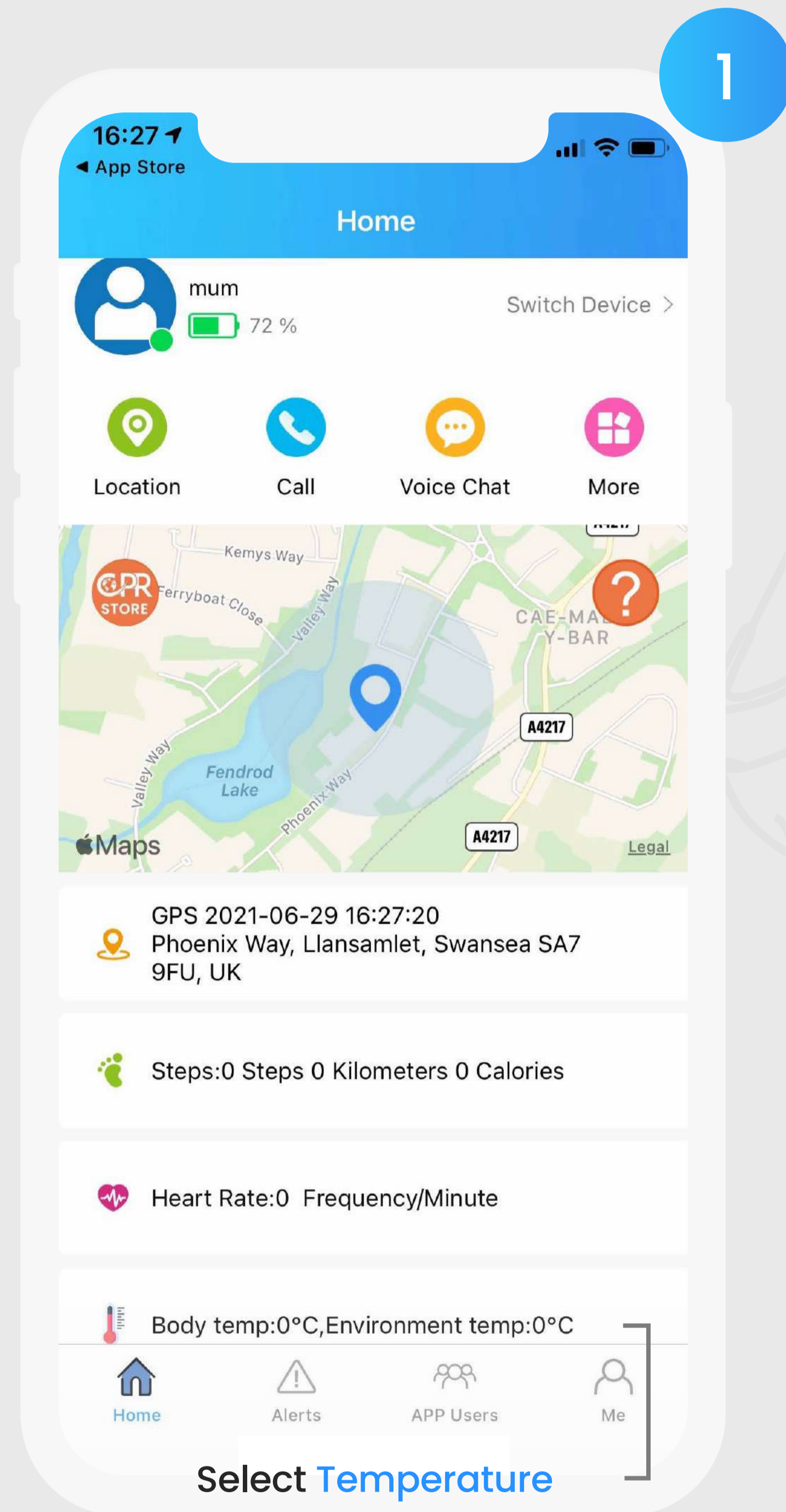
Route Playback



Heart Rate Graph



Temperature Graph



Using The CPR Guardian

3.1 Make A Phone Call

1



To make a normal call, **swipe right to left** on the watch face

2



Next, tap the **'Phonebook'** icon

3



Select who you wish to call & **hold down** on the contact to call

Using The CPR Guardian

3.2 Make An SOS Call

To make SOS calls from the watch hold down the red **SOS button** for **3 seconds**

1



The watch will the begin to repeatedly call the **SOS contacts** until the call is answered

Using The CPR Guardian

3.3 Send A Voice Message

1



To send a voice message
swipe right until you see
the 'Voice Chat' icon

2



Next, tap the
'Voice Chat'
icon

3



To record your message,
press & hold the
microphone icon

Using The CPR Guardian

3.4 Test Your Heart Rate



To test your heart rate, **swipe right** on the watch face until you see the Heart Rate icon.



Next, **wait up to 60 seconds** for the result. To re-test, tap the screen again

Using The CPR Guardian

3.5 Change The Clock Face



To change the watch clock face **press the home screen** on the watch for **3 seconds**



Repeat the first step again to cycle through the watch faces

Using The CPR Guardian

3.6 Charge The Watch

1



To charge the watch insert the USB end into a **power supply**

2



Next, connect the magnetic end to the **back of the watch**

Additional Information

2.2 Functions & Usage

SOS Button Hold down the “SOS button” for 3 seconds, the watch will automatically update the GPS location and continually dial the phone book numbers until answered.

Phone Call Make a phone call: enter the watch “Phone Book” interface, choose the App preset contact and press to dial the number. Answer a phone call: when you receive an incoming call on the watch, just press the Green icon on the watch screen to answer the call.

* Only the App preset mobile contact numbers can make calls to the watch, and the watch can only dial the preset mobile contact numbers in the phone book.

Location Enter the App to check the current location of the watch.

Pedometer Enter the watch “Pedometer” interface and press the icon to check the Steps/Distance/Calories, and all the data will transfer to the App automatically.

Heart Rate Enter the watch “Heart Rate” interface and press the icon to start the hear rate testing. The test data will show on the watch after the test is complete.

Voice chat Send a voice message: enter the watch “Voice chat” interface, tap the microphone icon shown on the screen to start and record the voice message, then send the voice message when you finish. Every voice message can record for up to 15 seconds.

> **Power ON** Long Press the power button for 3 seconds.

* If the new watch does not power on, it may not be sufficiently charged, please recharge the watch.

* If there is a problem with the watch display (such as: black screen), please press and hold the power button for 15 seconds to power on the watch again.

> **Power OFF** Press and hold the power button for 15 seconds to turn off the watch.

* Light up the screen: Press the power button once.

* Light off / Lock the screen: Press the power button once (when there is no operations on the watch, the illuminated screen will go off after 5 seconds).

> **Change The Watch Faces** Press and hold the watch screen in the main interface, to enter and change the different watch faces.

* Slide to Left / Right: enter the watch function menu Phone Book, Heart Rates, Pedometer, Voice Chat

* Slide from Top to Down: display the watch status such as the SIM card network connection signal and battery life.

Additional Information

2.2 Cautions & Warranty

Cautions

- GPS and other telephone functions require SIM credit. The GPS will not work when the watch is powered off or the SIM card/GSM network does not have coverage or is out of service.
- Please note the Guardian III is IP67 water resistant.
- Do not allow children to chew or ingest parts of the watch.
- Avoid using the watch in excessive temperatures.
- Opening the watch will make your warranty null and void.

Warranty

This product is guaranteed by the manufacturer for a period of 1 year from the date of purchase. This guarantee does not cover defects arising from accidental damage, misuse or wear and tear and is available only to the original purchaser of the product.





GUARDIAN III

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Website cprguardian.com



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