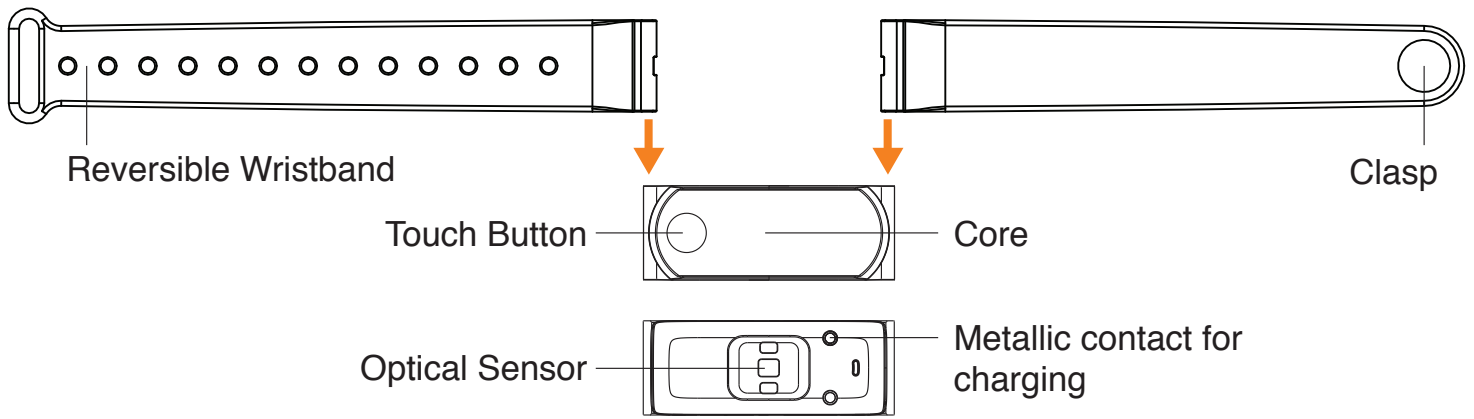
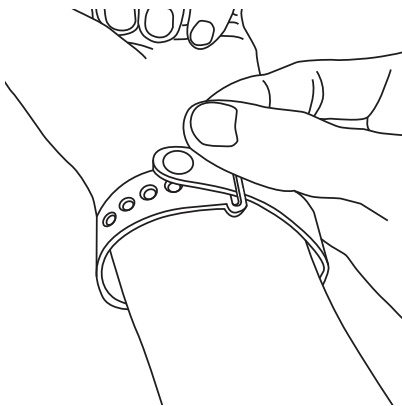


Device Overview



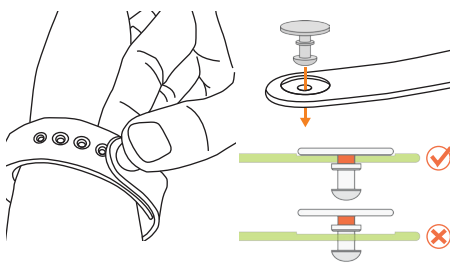
How to wear your Exercise Tracker

1 Wear the Exercise Tracker on your wrist



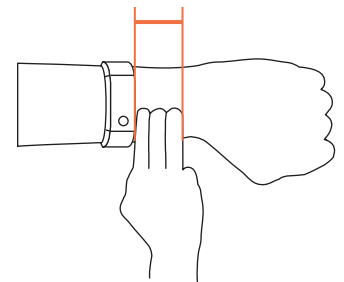
Put on the wristband with the screen facing up and the band wrapped around your wrist. Slide one band through the loop of the other band, and align the clasp along the band to find the holes where best fit the clasps.

2 Fasten the Exercise Tracker with clasp



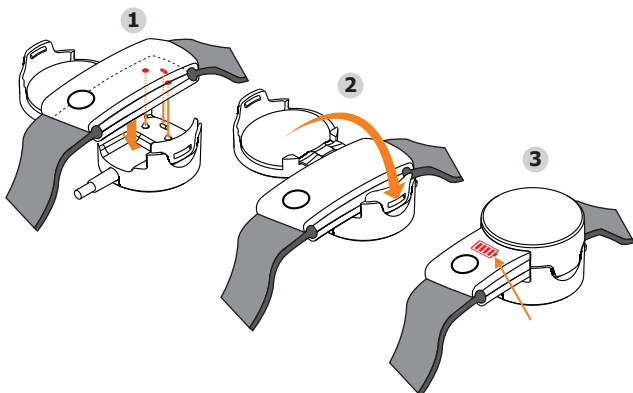
Squeeze both clasps into the holes on the wristband until you hear a click, indicating the band is securely fastened.
Note: The wristbands are both replaceable and reversible.

3 Detecting your Heart Rate



1. Please make sure the wristband is worn as tightly as possible on the wrist without any discomfort, in order to enhance the accuracy of heart rate signals that are detected.
2. Wear the wristband three fingers away from your wrist. When "----" text appears on the screen, please stay still briefly for about 10 seconds to obtain a heart rate reading.

4 Charging the Exercise Tracker

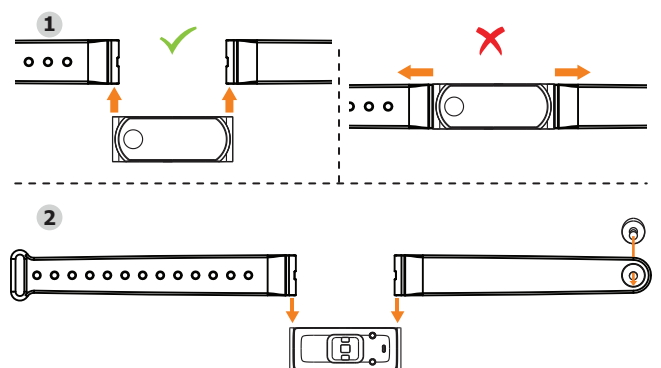


To charge your Exercise Tracker, place it in the charging box at the other end of the USB cable. Close the box afterwards, and make sure the Exercise Tracker is securely covered. Plug the USB connector to either a PC or power adapter to start charging.

Important Notice:

The product is shipped with the screen and keys locked, and will be unlocked once it is charged via USB connection. Please make sure the "Charging" icon appears while it is being charged, indicating the device is connected correctly and getting charged.

5 Change the wristband



1. Remove the wristbands by sliding out both bands from the slots on both sides of the core.
2. Insert the new bands into the slots on both sides of the core.

Important Notice:

Failure to follow the instructions above might cause damage to the device.

Get Started with the Exercise Tracker

1 Download My Fit Log App



Download My Fit Log app from Google Play or App Store on your smartphone:



Supported Device

- Any Android smartphone (v4.3 and up) with built-in 4.0 Bluetooth connectivity; or
- iPhone 4s and later models, iPad 2 and later models, and iPod Touch (all with iOS version 7.0 and up).

2 Set Up the Exercise Tracker

Your Exercise Tracker can be configured directly on the My Fit Log app.

First time setup:

1. Charge the device to unlock the key and screen.
2. Open the My Fit Log app.
3. A Setup Wizard will be launched automatically.
4. Follow the on-screen instructions to proceed with more settings.

Set up a new device from Settings:

1. Open the My Fit Log app.
2. Tap the app icon at the upper left corner to open function menu.
3. Choose **Settings**.
4. Tap **Setup New Device** under **MORE DEVICE SETTINGS**.
5. Follow the on-screen instructions to continue.

Note: Your personal information is used to calculate your Base Metabolic Rate (BMR), which determines your calories burned.

3 Start Using the Exercise Tracker

1. Switch between different function modes

1. Tap the button twice to wake up the device screen.
2. Long-press the button on the exercise tracker until you see 4 icons on the screen for mode selection.
3. Tap the button twice to switch mode.
4. You'll be entering the selected mode in 3 seconds.

2. Change display information

Information shown on the screen will vary as you press the button on the exercise tracker to toggle between screens.

3. Exercise Tracker modes

- Daily mode:** Analyzes your daily data, including steps taken and calories burned.
- Sleep mode:** Tracks your sleep pattern and quality.
- Sports mode:** Starts a workout and displays information including duration, steps taken, calories burned, and distance traveled during the workout.
- Nap mode:** Awakes you via vibration after a short nap.

4 Features of the Exercise Tracker and My Fit Log App

Silent Alarm

Silent alarm of the exercise tracker gives you a wake-up alert via soft vibrations. While in the sleep mode, the alarm can be dismissed by long-pressing the button on the exercise tracker. By pressing the button once, the alarm will not be dismissed but alert you again in 5 minutes. Alarm settings can be changed in: **open My Fit Log app > Menu > Silent Alarm**.

Notification

You will be notified with incoming calls, SMS, E-Mail, or alerts from the social apps via vibration. When notified about an incoming call on an Android smartphone, you may reject the call by long-pressing the button on the exercise tracker. Notification can be set up from: **Open My Fit Log App > Menu > Notification**.

5 Screen Description

- | | |
|---|--------------------------------|
| 1. Connecting | 8. Steps |
| 2. Disconnected | 9. Calories |
| 3. Alarm | 10. Heart Rate |
| 4. Daily Mode | 11. Aerobic (Zone 3 and above) |
| 5. Date | 12. Duration |
| 6. Overall Progress (the average of Calories + Steps) | 13. Distance |
| 7. Battery Status | 14. Time |



The Exercise Tracker has a 1 year warranty to be free of manufacturing defects in materials and workmanship under normal applications for 1 year of the original owner. If this product becomes inoperable due to defect and requires repair, return the product with all component pieces and proof of purchase to the address listed below. This warranty does not cover any shipping/transport costs. This warranty does not apply if the product is subject to misuse, neglect, rough handling or damage. Warranty does not apply to damage or defects caused by normal wear and tear or aging of the product such as discoloration or stretching; or operating the product not in accordance with instructions provided by BIOS Medical or with improper voltage or power supply.

For manual download or frequently asked questions please go to <https://biosmedical.com/products/bios-living-exercise-tracker>.

Ship the unit prepaid and insured (at owners option) to:
Thermor Ltd.
Attn: Repair Department
16975 Leslie Street
Newmarket, ON L3Y 9A1

www.biosmedical.com
Email: support@biosmedical.com

Important Notice

1. Please make sure your Exercise Tracker is fully charged when used for the first time. It takes about 2 hours before it is fully charged.
2. Although the device is usable in the rain, its use under water is prohibited. Please avoid showering or sauna/steam bathing because high temperature, steam and water jet may cause damage to the device.
3. Please do not use any corrosive chemical to clean the device.
4. The built-in Li-Polymer Battery might be damaged if it remains low voltage for a long time. It is suggested that you charge the battery once every three months to prolong the battery's lifetime, even though you don't use the device very often or do not plan to use it for a while.



Note on environmental protection:
After the implementation of the European Directive 2002/96/EU in the national legal system, the following applies:
Electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return electrical and electronic devices at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

Federal Communications Commission (FCC) Statement 15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment. 15.105(b)
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.
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 of the device.

FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Operating temperature:-10° to 65°C (14° to 149°F)
Charging temperature:0° to 45°C (32° to 113°F)
Power input type:DC 5V USB cable
Battery type:Rechargeable Li-Poly, 3.7 Vdc
Input.Maximum DC 5V, 0.1A

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