



Charging StepWatch

DO: To charge StepWatch, place it face down on the center of the charger. A light will illuminate when your StepWatch begins charging.

DON'T: Do not place StepWatch on the edge of the charger. Do not place StepWatch face up on charger.



The StepWatch battery should last more than **two weeks** when fully charged. A flashing light on the charger means charging error. If you see this, remove StepWatch, check connections, and place StepWatch back on charger. Light turns off when fully charged.

When you remove the StepWatch from the charger, the LED lights will indicate the current mode:

- ● ● 2 blue lights: StepWatch is in **recording mode**
- ● ● 2 purple lights: StepWatch is in **idle mode**, an app interaction is required to put it back into recording mode. The Bluetooth radio is on.
- ● ● All flashing pink: Battery ran out of charge and entered storage mode for more than 24 hours. Device is not recording. An app interaction is required to put it back into recording mode.
- ○ ● 2 white lights: StepWatch is in **storage mode** and is not recording steps. The Bluetooth radio is off. This will preserve the battery until the next use. To use StepWatch again, charge StepWatch.
- ● ● 1 green blinking light: StepWatch is **recording**, and will blink on each of the first 40 steps detected after setup, upload, or charging.

Note: If StepWatch is in recording mode when a low battery forces it into storage mode, it will come back into recording mode if charged within 24 hours. During the time StepWatch was in storage mode, data will show inactivity.

Checking Battery Level

Double tap the back of the StepWatch at any time to display the battery indication lights:

- ● ● 3 green lights for 3 seconds: Battery level is **67%-100%**
- ● ● 2 green lights for 3 seconds: Battery level is **34%-66%**
- ● ● 1 amber light for 3 seconds: Battery level is **10-33%**
- ● ● 1 blinking amber light: Battery level is **less than 10%**

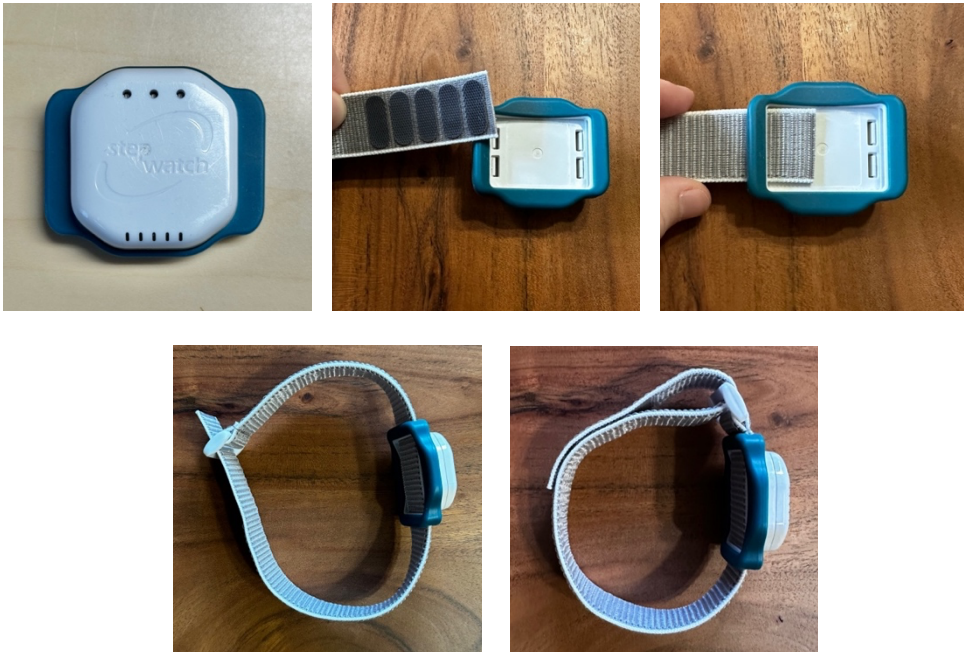
Cleaning StepWatch

If needed, you can clean StepWatch by rubbing gently with a wet cloth or alcohol wipe. Never heat the StepWatch to clean or dry it.

To clean the strap, hand-washing with soap and warm water is preferred. Air dry or set dryer heat to low.

Inserting the Strap With Plastic Ring

First, pull the strap through the slots on the back of the monitor, with the Velcro facing DOWN. Then, pull the strap through the plastic ring, and secure using Velcro tip.



Inserting the Strap Without Plastic Ring

Pull the strap through the slots with the Velcro facing UP.



Wearing StepWatch

The StepWatch should rest just above the ankle bone, on the outside or inside of the leg. The outside of the leg is the most comfortable. StepWatch does not require skin contact. It can be worn over a sock or directly on the bare leg.



Note: StepWatch 5 can be worn with the logo right side up or upside down.

Incorrect Wearing

StepWatch cannot be worn on the front or back of the leg.



StepWatch cannot be worn on the arm or any other body part.

