



Omate Limited

Product :Medical Guardian FRG01000 Trade Mark :Omate Model No. :O3VC

# How to use the watch everyday

Just wear the watch when you go. That's it !



1



Up Button  
iDisplay the  
time

2



Down Button  
Trigger the alert

Warning:  
the watch is not water-resistant,  
Do not use in the shower



# Charge your watch every evening

The easiest is to charge it during the night.

1

**Connect the back of the watch to the charging cradle provided in the box.**



2

**Insert the USB connector of the charging cradle into the adapter.**

# RECHARGER LA MONTRE **LE SOIR**

Le plus simple, c'est de recharger la montre pendant la nuit !

This device complies with part 15 of the FCC Rules. Operation is subject to the condition that this device does not cause harmful interference

Any changes or modifications not expressly approved by the party responsible for compliance

could void the user's authority to operate the equipment.

NOTE: 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.

Specific Absorption Rate (SAR) information:

This Watch 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.

FCC RF Exposure Information and Statement The SAR limit of USA (FCC) is 1.6 W/kg

averaged over one gram of tissue. Device types: O3VC (FCC ID: 2ABF5-O3VC) has also been tested against this SAR limit. The highest SAR value reported under this standard during product certification for use at the Front-of-Face is 0.459W/kg and when properly worn on the Back-of-Wristbands is 0.986W/kg. This device was tested for typical body-worn operations with the back of the handset kept 0mm from the body. To maintain compliance with FCC RF exposure requirements, use accessories that maintain a 10mm separation distance between the user's body and the back of the handset. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly. The use of accessories that do not satisfy these requirements may not comply with FCC RF exposure requirements, and should be avoided.

#### Body-worn Operation

This device was tested for typical body-worn operations. To comply with RF exposure requirements, a minimum separation distance of 10mm must be maintained between the user's body and the handset, including the antenna. Third-party belt-clips, holsters, and similar accessories used by this device should not contain any metallic components. Body-worn accessories that do not meet these requirements may not comply with RF exposure requirements and should be avoided. Use only the supplied or an approved antenna.