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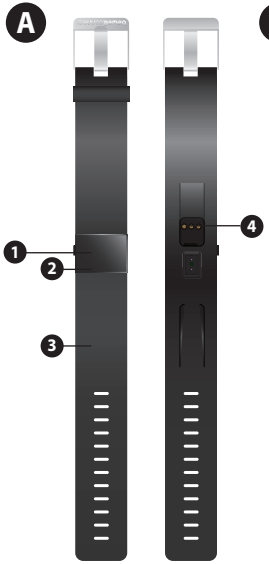
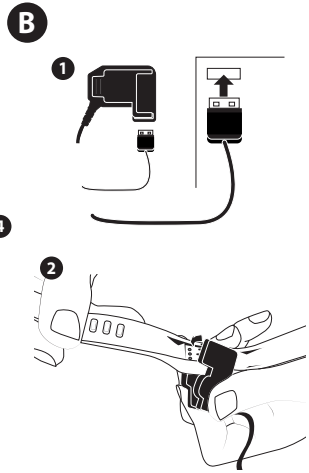
bewell® connect

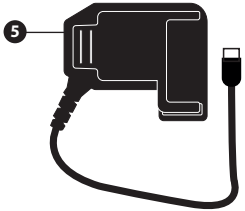
CE

BW-MyCoach®PULSE

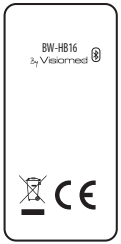
BW-HB16 By Visiomed®







Rating label



	Consult instructions for use
	Temperature limitation
LOT	Batch code
SN	Serial number
	Manufacturer
	Caution
	Humidity Limitation
	The device, accessories and the packaging have to be disposed correctly at the end of the usage. Please follow local ordinances or regulations for disposal.

SN Serial number

SN : ☐☐☐☐ ☐☐ ☐☐ ☐☐☐☐☐

Year Month Day Serial number

EN

bewell® connect

BW-MyCoach®PULSE

CE

BW-HB16 By Visiomed

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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.
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.

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Learn how to install and use the BewellConnect® application by logging onto our website **www.bewell-connect.com/install**

The manufacturer reserves the right to modify the product specifications without prior notice.

Dear Customer,
You have just purchased a BW-MyCoach®, the connected activity, sleep and heart rate tracker by BewellConnect® and we thank you for your confidence. We hope you will enjoy using it and recommend that you carefully read this instruction leaflet.
The manufacturer reserves the right to modify the technical characteristics of the product without any prior notice.

1. NOTICE

Although your BW-MyCoach®activity tracker is designed to be worn at all times, improper use could damage its electronic components. Please read the safety instructions and warnings to ensure correct operation and maintenance.

- Use this device only for its intended purpose as described in this leaflet.
- This device can be used for personal use at home.
- Use this device in an ambient temperature range between 10 and 40°C.
- Do not expose this device to conditions of extreme temperature > 60°C or < -20°C.
- Do not use this device in relative humidity greater than 85%.
- This device must always be placed in a clean, dry place.
- Do not expose this device to direct sunlight or water.
- Do not expose this device to electric shock.
- Never drop the device.
- Follow the maintenance instructions described in this leaflet.
- Do not attempt to open the device. In the event of a problem, contact your dealer.
- Do not leave this device within reach of children.
- Stop using the device in the event of a fault or malfunction.
- This device is not intended to be used by persons (including children) with reduced physical, sensory or mental abilities, nor by persons lacking experience or knowledge, unless they have received supervision or prior instructions concerning the use of the device from a person responsible for their security.

2. DESCRIPTION

See A page 2

❶ navigation button
❷ Display LCD
❸ Silicone wristband
❹ Contact point (Charging clip)
❺ Charging clip

3. INFORMATION

3.1 MEASUREMENT OF THE HEART RATE

The heart rate is the number of heartbeats (contractions) per unit of time (usually per minute).

AGE	HEART RATE
Infant	90 - 190
1-2 years old	70 - 150
3-5 years old	70 - 140
6-12 years old	65 - 125
Adolescent or adult	60 - 80
Elderly person	60 - 70

The pulse of a person in good health and at rest is between 50 (athlete with endurance training) and 80 heartbeats per minute. During an effort, the maximum heart rate is theoretically 220 minus

the age of the person (e.g.: 190 at 30 years old)
Biological rhythms (such as digestion, waking/sleep, etc.) and physiological reactions (such as fear, stress, etc.) influence the heart rate, which is not constant.

4. USE

4.1 PRECAUTIONS BEFORE USE

BW-MyCoach® is resistant to rain, splashing and sweat. Nevertheless, our tracker is not designed to be immersed in water. Be sure to remove it before any water activity or before taking a shower. We also recommend you do not wear your activity tracker 24 hours a day, in order to let your skin breathe. Be sure to dry it when wet.

4.2. GETTING STARTED

How to wear the BW-MyCoach®?

For optimal use and the greatest precision, wear your BW-MyCoach® on your wrist. You can also put it in your pocket or bag, but the indicators will not be as precise.

The accuracy of the heart rate is affected by various phenomena, such as the way the tracker is worn, body movements or the physiology of the wearer. This technology will not provide precise measurements for each activity, but we recommend you follow these instructions:

- Do not wear your activity tracker too tightly: this can decrease blood flow and alter the measurement. However, BW-MyCoach® must be adjusted to your wrist during physical activity.
- During physical activity requiring repeated movements of the wrists, we recommend you remain still for a few moments (approximately 10 seconds) in order to improve the measurement signal and to adjust your BW-MyCoach® on your wrist in relation to your movements to obtain a reliable measurement.

4.3. STARTING UP

Download the BewellConnect® application

Download the BewellConnect® application from the store of your smartphone or tablet (App Store for an iOS device, Play Store for an Android device) or scan the QR code on the side of the box.

First use – Programming personnal data

Begin by creating your profile or that of the wearer.

Making the measurement

- Before the first use, charge your BW-MyCoach® activity tracker with the cable provided for approximately two hours.
- Make sure that the Bluetooth function (Bluetooth Low Energy 4.0 only) of your smartphone is turned on and that the version of the operating system of your smartphone is up to date (Android 4.3 or iOS 7.1).
- Then synchronize your activity tracker with the BewellConnect® application (more information in chapter 3.6. Synchronization).
- Once synchronized, your activity tracker is ready for use.

4.4. DATA MONITORING

You can follow your physical activity during the day and monitor your sleep at night with your BW-MyCoach®.

4.4.1 DAILY DATA MONITORING

Your activity tracker allows you to automatically monitor your daily activity. Find the following information in the BewellConnect® application, as well as on the screen of your activity tracker:

	Your heart rate
	Calories burned

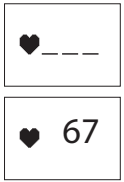
25.2km	Distance traveled
	Number of steps taken

- To scroll through the different measurements on the screen, press the button located to the left of the screen. The time, date and battery level is displayed. Press the button again to change the menu (heart rate, number of steps taken, distance traveled, calories burned, time of the next alarm, „Find Phone“ function).

These measurements are also displayed on the BewellConnect® application, as well as:
- The heart rate history
- The duration and quality of your sleep.

All your data are saved in the internal memory of your activity tracker for a period of 7 days.

4.4.2. MONITORING THE HEART RATE



Your heart rate is automatically measured every 5 minutes. The BewellConnect application allows you to obtain a tracking curve over a 24-hour period (view in the application).
To manually measure your heart rate, press the button located to the left of the screen twice to display the heart rate function.
The measurement is displayed on the screen after a few seconds.

4.4.3. SLEEP MONITORING AND ANALYSIS

BW-MyCoach® detects when you are asleep (drop in your heart rate, absence of movement) and automatically switches to Night mode, in order to analyze the quality of your sleep and its evolution throughout the night (movements, awakenings and duration). These data are transferred to your smartphone via the BewellConnect® application to help you analyze the quality of your sleep.

4.4.4. DAILY GOALS

Set your daily goals and save them in the BewellConnect® application.

Set a target number of steps to perform daily in the application. You can monitor your goals at any time of the day on your BW-MyCoach® thanks to the progress bar located below the number of steps.

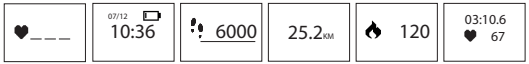
You can also set a goal for the duration of sleep per night, in order to improve your physical condition.

4.4.5. MODE SPORT

- You can monitor a specific sports activity thanks to the Sport mode. You can measure different metrics depending on the activity (a static activity such as fitness training will not measure the distance traveled).
- To activate the Sport mode, press and hold the button of your BW-MyCoach® until it vibrates. A screen with the last reading and the last heart rate registered appears.
- To start the stopwatch, press the button of your tracker twice. Training begins when it vibrates.

You can navigate between screens at any time (as in normal mode) by pressing the button of your tracker. You can view:
- Elapsed time
- Heart rate and heart rate range

- Number of steps taken
- Distance traveled
- Calories burned
- Time



To stop the session, press and hold the button of your BW-MyCoach® until it vibrates. After synchronization, your data will appear in the BewellConnect® application.

4.4.6. FIND PHONE & ANTI-LOST FUNCTIONS

A. FIND PHONE

You can locate your smartphone thanks to your BW-MyCoach®. Press the button on the tracker until the "FIND PHONE" menu appears.

- Press and hold the button until the tracker starts to vibrate. Your smartphone will then ring or vibrate (depending on the mode activated).

Attention: This function will only work if your tracker is located within the area of Bluetooth coverage of your smartphone and if the BW-MyCoach® application is open on your smartphone (even in the background).

B. ANTI LOST

Your activity tracker is equipped with an "ANTI-LOST" function. As soon as your BW-MyCoach® tracker is separated from your smartphone by a distance of more than ten meters, it begins to vibrate to indicate to you that you are moving away from it.

4.4.7. ALARM MODE

- You can program up to 10 daily alarms to trigger reminders (medication, drink water, do sport, etc.).
- To add, modify, or delete an alarm, open the BewellConnect® application and then click on the BW-MyCoach® icon. In the drawer, click on „Alarms" and follow the instructions.

4.4.8. NOTIFICATIONS

Over 120 compatible mobile devices allow you to receive notifications on your activity tracker.

Go to *http://www.bewell-connect.com/wp-content/uploads/2015/12/compatible_devices_list.pdf* to see if your device is compatible.

Management of call notification

- To enable or disable notifications, go to the BewellConnect® application on your smartphone and then click on the BW-MyCoach® icon.
- In the Settings, click on „Notifications" and follow the indications.

Notifications

- When you receive a call, text or a message (social networks), it is displayed on the screen of your BW-MyCoach®.

4.4.9. INACTIVITY

- BW-MyCoach® helps you remain active throughout the day!

Schedule an inactivity alert on your BewellConnect® application. BW-MyCoach® starts to vibrate and an icon appears on the screen when it detects prolonged inactivity.

In the drawer, click on „Alarms" and follow the instructions.

4.4.10. CONTROLING THE CAMERA

Remotely trigger the camera located in the BewellConnect® application by pressing the button of your BW-MyCoach®

4.4.11. WRIST SENSE

The screen of your BW-MyCoach® automatically turns on when it detects a movement of the wrist similar to the one that you make to look at a watch dial.

4.5. BATTERY LIFE - RECHARGING

- Your BW-MyCoach® activity tracker is equipped with a lithium-polymer rechargeable battery, which in normal conditions of use allows you to monitor your activity for approximately 5 days.
- Press the button to the left of the screen to display the battery level.
- The screen displays in the event of a low battery.
- To recharge your BW-MyCoach®, connect the USB cable to your computer or to a power adapter and then connect the other end to the place provided at the rear of the activity tracker (*See B page 2*).
- Allow one to two hours to fully recharge your BW-MyCoach®.

4.6. SYNCHRONIZATION

- Your activity tracker automatically syncs when you open the BewellConnect® application and press the BW-MyCoach® icon.
- To sync manually, go to the menu of the application by clicking on the icon and then press Synchronize.
- Your activity tracker is configured directly via the application. Remember to sync your tracker in the application for new settings to be taken into account.

5. CLEANING AND MAINTENANCE

Your BW-MyCoach® is designed for daily use. It is important to clean it regularly, including the inner part of the wristband that comes in contact with your skin.

- Use a soft, dry cloth to clean the device. If necessary, use a cloth slightly moistened with tap water.
- Do not use alcohol, benzene, thinner or other chemical products to clean the device.
- This product is not waterproof - avoid any contact with liquids. Be sure to dry the wristband before wearing it.

It is recommended to regularly clean the activity tracker using a soft, dry cloth to avoid the accumulation of microscopic dust and dirt that could affect the reliability of the measurements.

6. TECHNICAL SPECIFICATIONS

PRODUCT NAME	BewellConnect® BW-MyCoach®	
REFERENCE	BW-HB16	
SETTINGS	MIN.	MAX.
Steps	0	99999
Distance (km)	0	9999
Calories (kcal)	0	9999
TIME FORMAT	12/24 hours	
NIGHT MODE	Automatic	
ALARM	Up to 10 configurable alarms on the BewellConnect® application	

NOTIFICATIONS	Text messages Calls Facebook Facebook Messenger WhatsApp WeChat Twitter LinkedIn Instagram
ALARMS	Inactivity Anti-Lost Telephone localization
OTHER FEATURES	Wrist Sense Camera control
CHIPSET	Nordic nRF51822
SENSOR	Kionix KX022-1020
HEART RATE SENSOR	Silicon labs Si1142
SCREEN	OLED 0.49 inch
MEMORY	32KB RAM + 256KB ROM
WRISTBAND	TPE / high quality silicone
WRISTBAND DIMENSIONS	230 x 20 x 13 mm
WEIGHT	81 g

BATTERY	60mAh Lithium Polymer
OPERATING VOLTAGE	3.6 – 4.2 V
BLUETOOTH	BLE 4.0
AUTONOMY	5 - 10 days depending on use
CHARGING TIME	Approximately 2 hours depending on the charging mode (mains or computer)
DATA STORAGE	7 days
OPERATING TEMPERATURE	From -20 to 60°C (from -4 to 140°F)
CHARGING CABLE	Charging clip

7. TROUBLESHOOTING GUIDE

Problem	Solution
Nothing is displayed on the screen of the BW-MyCoach	Recharge the device with the USB cable provided.
No transfer of data to your phone / tablet	Bluetooth connection disabled: Enable Bluetooth on your phone / tablet. Phone or tablet incompatible: Check that your phone or tablet is equipped with Bluetooth 4.0.

The BewellConnect® application does not detect the BW-MyCoach® activity tracker when pairing.	Check that the Bluetooth function on your smartphone is enabled and that the version of the operating system of your smartphone is updated (Android 4.3 or iOS 7.1). Check that your activity tracker is located within range of the smartphone you want to synchronize with (50 cm maximum). If the problem persists, please contact customer service or your dealer.
You are unable to connect your BW-MyCoach® activity tracker to the BewellConnect® application.	Activate Bluetooth. Restart your smartphone. If the problem persists, please contact customer service or your dealer.

WARRANTY

GUARANTEE CARD
Purchase date Date :..... / ..... / .....
Serial number SN: .....
Retailer's seal Cachet / Stamp:

EN: Visiomed® will repair or replace this product free of charge in the case of defective parts or manufacturing defects, in accordance with the conditions mentioned below as follows:
DURATION: 24 MONTHS RETURN TO WORKSHOP
LIMITS AND EXCLUSIONS: This guarantee concerns only the original final purchaser. A purchase invoice, or another proof of purchase, with this guarantee card will be required to obtain an after-sales service, in accordance with this guarantee. This guarantee card will not be extended to another person only the original final purchaser. This guarantee becomes void if the serial numbers on the product are modified, replaced, illegible, absent, or if repair has been carried out by a service not approved, including the user.
This guarantee covers only the defects of the material or parts, occurring during normal use of the pro-duct. It does not cover the damage caused during the transport of the apparatus, causes due to repairs being carried out by the distributor, by any modifications undertaken, any connection of equipment not approved by Visiomed®, or causes contrary to those written in the user manual or notice. Moreover, the present guarantee does not cover damage due to falls, bad handling, bad installations, damage by fire, floods, lightning, or any other natural disaster. This guarantee does not cover the packing of the material, the accessories, the defects caused by commercial exposure of the product, show room, sale space, demonstration etc... Normal maintenance, cleaning and the replacement of parts where wear is normal, are not covered by the terms of this guarantee. Visiomed® and its representatives and agents will not in any case be held responsible for any damage and consecutive damages due to the mishandling of this product. This guarantee is the only valid one at Visiomed®, any other guarantee (commercial guarantee) except this one will not be taken into account.
IMPORTANT: During the guarantee period if you are dissatisfied with the repairs of this product, please contact the Visiomed® customer service.

EN: *Disposal of Waste Equipment by Users in Private Households in the European Union.*
The symbol on the product or on its packaging indicates that this product must not be disposed of with your other household waste. Instead, it is your responsibility to dispose of your waste equipment by handing it over to a designated collection point for the recycling of waste electrical and electronic equipment. The separate collection and recycling of your waste equipment at the time of disposal

will help to conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment. For more information about where you can drop off your waste equipment for recycling, please contact your local city office or your household waste disposal service.

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