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**JAWBONE HEALTH DEVICE  
USER’S GUIDE**

# WRISTBAND OVERVIEW

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## PRODUCT

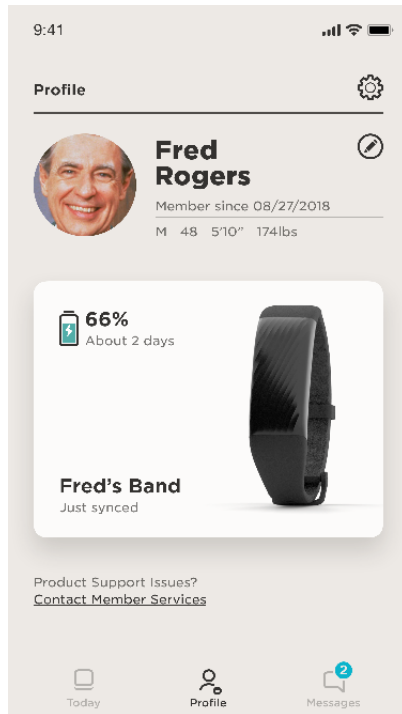
- Model Name: JH-01
- Brand Name: Jawbone Health
- Product Name: Band A

## FEATURES

- Automatically tracks your movement details including steps, distance, Heart rate, calories burned, and active vs. idle time.
- Sleep Mode monitors micro-movements while you sleep to capture total hours slept, time to fall asleep, light vs. deep sleep, number of times you woke during the night, time awake, and time in bed.
- Consumer grade device with active, passive and resting heart rate monitoring throughout the day and night
- Silent Smart Alarm vibrates to wake you at the best possible moment in your natural sleep cycle.
- Set an Idle Alert to gently vibrate if you've been inactive for a specified amount of time.
- Non-intrusive display which provides time-tracking and progress updates on steps, calories burn and lets you set activity mode, as well as event reminders.
- Up to 5 days of battery life which helps 24/7 tracking
- CE grade skin temperature sensor
- Capacitive touch sensor for user interaction
- Vibration motor for haptic feedback
- Bluetooth 4.0



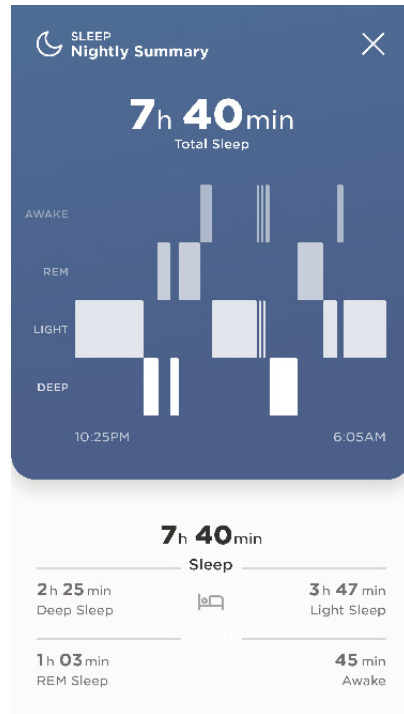
# APP OVERVIEW



## PROFILE

Get a quick snapshot of your profile and see account details.

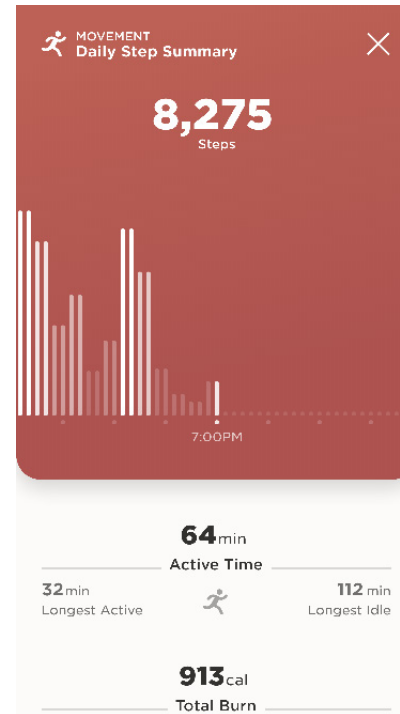
- Demographics
- Band status
- Battery life
- Member photo
- Settings



## SLEEP

See everything that happens while you sleep based on micro-movements tracked by your band.

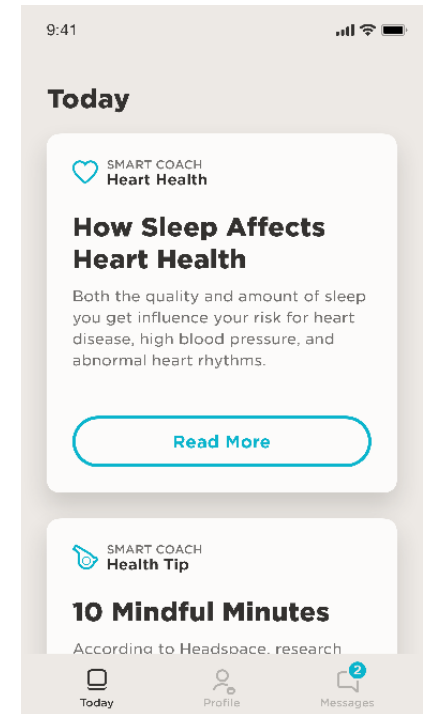
- Hours slept
- Time to fall asleep
- Light vs. deep sleep
- Wake up events
- Time awake
- Time in bed



## MOVE

Learn how active you are throughout the day with a complete record of your daily activity.

- Steps
- Distance
- Total calories burned
- Active vs. resting burn
- Active vs. idle time
- Workouts



## SMARTCOACH

Smartcoach provides personalized engagement tools for behavior change.

- Insights
- Today I Will
- Surveys
- Questions
- Education content and community

# SPECIFICATIONS

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## MATERIALS & CARE

- Durable, flexible design accommodates an 24/7 lifestyle.
  - Completely hypoallergenic rubber is soft and comfortable on the skin.
  - Medical grade plastic and metal sits comfortable on the skin.
  - IP68 Shower and splash resistant
  - 50m water resistance
- 

## POWER & BATTERY

- Charging: 1C; Discharging: 0.5C
  - Up to 5 days of battery life
  - About 90 minutes to fully charge
  - Built-in rechargeable Lithium Ion polymer battery
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## COMPATIBILITY

- Syncs with Jawbone Health iOS and Android app
  - Requires iOS 5.0 or greater, iPhone 3GS or later, iPod Touch (3rd Gen or later), or iPad
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## USE AND STORAGE

- Product operation temperature
  - 0 deg C - 50 deg C (32 F - 122 F) Normal use, battery mode
  - 0 deg C - 35 deg C (32F - 95F) Charge mode
- Avoid any extreme temperature changes
- Storage temperature: 20 deg C - 60 deg C

## IN THE BOX

- Wristband
  - Charger
  - USB Charging Cable
  - Quick Start Guide
- 

## COLORS

- Black color, No texture module
  - Black Elastomeric strap
  - OR Black Fabric strap
- 

## SIZE & WEIGHT

### Small

- 20mm W x 48mm L X 10mm H (module)
- 14mm W x 90mm H (Hole side)
- 14mm W x 70mm H (buckle side)
- 23gm

### Large

- 20mm W x 48mm L X 10mm H (module)
- 14mm W x 115mm H (Hole side)
- 14mm W x 90mm H (buckle side)
- 27gm

# REGULATORY STATEMENTS

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## FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT:

FCC ID: 2AVUF-JH01

**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.

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 meets the FCC requirements for RF exposure in public or uncontrolled environments.

1. This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.
2. For body worn operation, this device has been tested and meets FCC RF exposure guidelines. When used with an accessory that contains metal, it may not ensure compliance with FCC RF exposure guidelines.

The screenshots and product images in this user guide are used only for explanatory purposes. Your actual product image and screens may differ from the images in this guide.

This product is covered by Jawbone Health (1) Year Limited warranty.

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# SAFETY STATEMENTS

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## M. 10 Instructions to prevent reasonably foreseeable misuse:

A **battery** incorporated in the equipment and a **battery** together with its associated components (including **cells** and electric power generators) shall be so constructed that an electric shock or fire **safeguard** failure (for example, flammable chemical leakage causing fire or insulation damage) is unlikely, taking all reasonably foreseeable conditions into account. If applicable, this shall include extreme conditions as specified by the manufacturer, such as:

- high or low extreme temperatures that a **battery** can be subjected to during use, storage or transportation; and
- low air pressure at high altitude.

Where providing safety devices or design in a **battery** or equipment is not reasonably practical considering the functional nature of the **battery** or equipment containing a **battery**, **instructional safeguards** in accordance with Clause F.5 shall be provided to protect the **battery** from extreme conditions or user's abuse. Examples that shall be considered include:

- replacement of a **battery** with an incorrect type that can defeat a safeguard (for example, in the case of some lithium **battery** types);
- disposal of a **battery** into fire or a hot oven, or mechanically crushing or cutting of a **battery**, that can result in an **explosion**;
- leaving a **battery** in an extremely high temperature surrounding environment that can result in an **explosion** or the leakage of flammable liquid or gas;
- a **battery** subjected to extremely low air pressure that may result in an **explosion** or the leakage of flammable liquid or gas.

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.

## DOCUMENT HISTORY

v1.0	Nov 2019, first Release
v2.0	Feb 2020 update regulatory statements
v3.0	March 2020 updated storage conditions
v4.0	March 2020 updated IP68 statements
v5.0	March 2020 updated Safety statements
v6.0	March 2020 Final document ready