

Let's get started

Unlock your device and turn on Bluetooth®

Press and hold the crown on your device for 3 seconds. Follow steps on your device to finish setup.

Attach a wrist band

Turn your device over, Use the band to press the band secure button, then slide the wrist band into place, repeat on other side

Detach a wrist band

Turn your device over, press the band secure button, then slide the wrist band over the band secure button, repeat on other side

How to Charge the Device

Plug the Charging Cable into a USB power adapter. Plug the adapter into a power outlet. Or plug the charging cable into a USB port directly. Position the back of your device on the charger. The charger's magnets align your device, and you'll see the battery charging icon on the screen of the device.

Basic Safety



WARNING: HEALTH AND SAFETY INFORMATION, READ BEFORE USE.

To avoid damaging your device, accessories, or any connected devices and to reduce the risk of personal injury, discomfort, property damage or other potential hazards, follow the precautions below:

- Handle your device and charger with care. You may damage the device or its battery, or the charger if you disassemble, drop, bend, burn, crush, or puncture your device. Do not use a device with a cracked screen or damaged enclosure. Be sure the power adapter, charging cable and device are well ventilated when in use or charging. Using a damaged device, damaged cables or power adapter or charging when moisture or debris is present, may cause overheating, fire, electric shock, injury or damage to your device or other property. Do not expose your charger to liquids, which can cause a short circuit and overheating. If the device or charger gets wet, do not attempt to dry it using an external heat source. Do not charge the device when wet or in direct sunlight. *Your device is designed to work best in ambient temperatures between 32° and 95° F*

(0° and 35° C) and should be stored between ambient temperatures of -4° and 113° F (-20° and 45° C). Do not expose the device to temperatures above 113° F (45° C) as this may damage the device, overheat the battery, or pose a risk of fire.

- This device must be used with a certified AC adapter with Limited Power Source (LPS) output per IEC 60950-1 and/or PS2 classified output per IEC 62368-1, rated: 5 Volts DC, maximum 3 Amp. Only charge this device with the included charging cable, which is available on the Google Store or at Google authorized resellers. Failure to use a compatible cable and charging accessories can cause fire, electric shock, injury, or damage to the device and the accessories.
- Do not place metallic or magnetic objects on the exposed pins of the charger when it is plugged in, as this could cause heating of the object or charger.
- Strangulation hazard. This device is not a toy. Children have been strangled on cords. Keep charging cables out of the reach of children (more than 3 feet (0.9 meters) away).
- Prolonged exposure to loud sounds (including music) can cause hearing loss. To prevent possible hearing damage, avoid listening at high volume for prolonged periods of time. Continued exposure to high volumes and background noise can make loud sounds seem quieter than they actually are. Check the volume before using headphones or earphones with your device.



HEALTH RELATED FUNCTIONS

Your device and its pedometer, sleep, exercise, heart rate, and associated wellness and fitness functions are not medical devices and are intended for information purposes only and should not be used as a substitute for medical judgment. They are not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, monitoring, mitigation, treatment, or prevention of disease or other conditions or as compensation for any injury or disability.

BATTERY

This device contains a rechargeable lithium-ion battery, which is a sensitive component that can cause injury if damaged. Do not attempt to remove the battery. Contact Google or a Google authorized service provider to replace the battery. Replacement by non-qualified professionals can damage your device. Use of a non-qualified battery and improper disposal may present a risk of fire, explosion, leakage, and/or other hazards. Do not open, crush, heat above 113°F (45°C), or incinerate.

SKIN IRRITATION

Some people may experience reactions to materials, such as nickel or latex, found in wearable items that are in extended contact with the skin. This can be due to allergies, the presence of skin irritants (like soap, sunscreen or sweat), or other causes. Keep your device clean and dry and do not wear it too tightly. Periodically remove the device for an hour after extended wear to reduce the chance of skin irritation. Remove the device, stop use and consult a physician if you experience skin irritation or if wear or fit of the device causes any discomfort.

DISPOSAL & RECYCLING

Dispose of and transport your device, batteries, and accessories according to local environmental and transportation regulations. Do not dispose of them in normal household waste. For more information on recycling your device, batteries, and accessories, visit g.co/HWR RecyclingProgram

Proper Handling and Usage

CARE AND CLEANING

Turn off your device. Wipe your device with a damp cloth (no soap). Let air-dry or wipe with a non-abrasive cloth.

DUST AND WATER RESISTANCE

Your device is designed to comply with dust and water protection rating IP68 under IEC standard 60529 and water protection rating 5 ATM under ISO Standard 22810:2010 when it leaves the factory, but it is not dust proof or water proof. Dust and water resistance are not permanent conditions and are diminished or lost over time due to normal wear and tear, device repair, disassembly, or damage. Dropping your device may result in loss of dust or water resistance. Liquid damage voids the Limited Warranty (see below). Do not expose your device or other accessories to liquids or to dust, which can cause short circuit and/or overheating. The charger and other accessories, including some device bands are not dust or water resistant and should not be exposed to either.

Regulatory Information

Regulatory information, certification, and compliance marks specific to device can be found on your device under **Settings > System > Regulatory Information** and on the back and within the band inserts of your device.

Manufacturer address: Google LLC, 1600 Amphitheatre Parkway, Mountain View, CA 94043.

EMC COMPLIANCE STATEMENT

Important: This device, power adapter and other in-box accessories have demonstrated Electromagnetic Compatibility (EMC) compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important

that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, televisions and other electronic devices.

RADIO FREQUENCY EXPOSURE

Radio frequency exposure information can be found on your device under Settings > System > Regulatory Information.

This device complies with radio frequency specifications when used against head with 10mm separation, limited to 1.6 W/kg and Limb with no separation, limited to 4 W/kg. Keep the device away from your body to meet the distance requirement.

FCC REGULATORY COMPLIANCE

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.

Changes or modifications not expressly approved by Google could void your authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following 2 conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

Model number: G4TSL

US Responsible Party

Google LLC
1600 Amphitheatre Parkway
Mountain View, CA 94043

Confidential