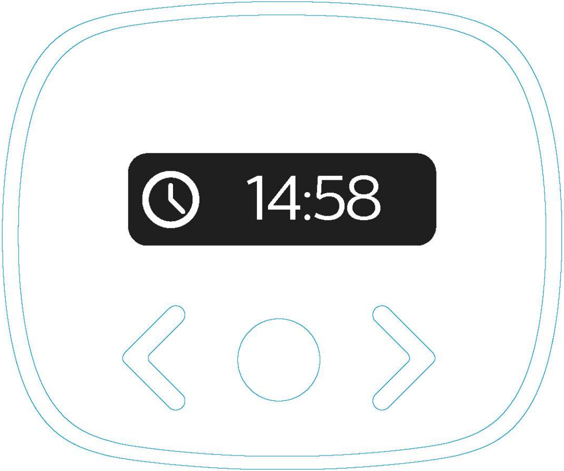
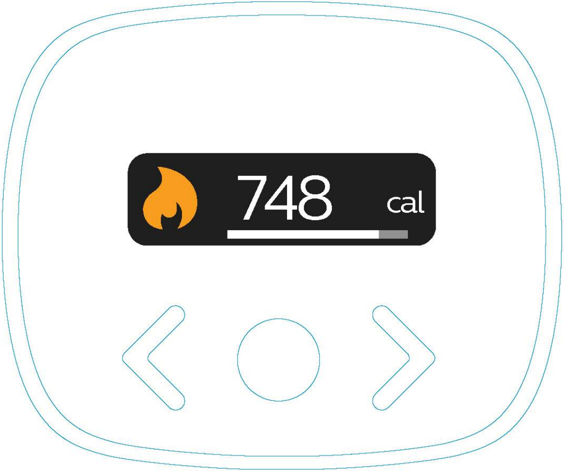
Time

Shows the current time. You can adjust the time on the website or app, not directly on the monitor.

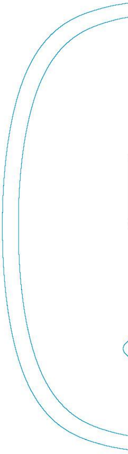


Activity

Shows the calories you burned so far today as well as how you're doing in relation to your calorie target.

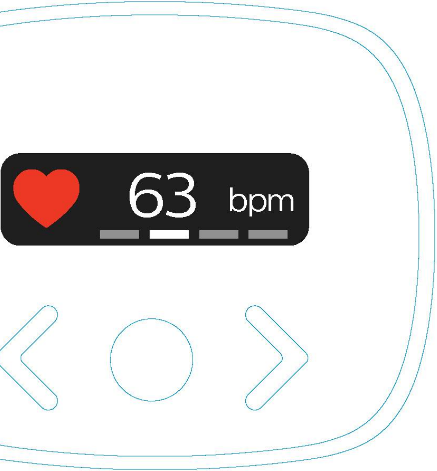


Shows yo
heart rate
zone 1, the
middle but
activate or



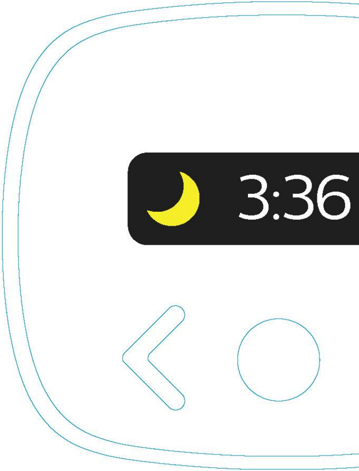
Heart Rate

r heart rate as well as your current
zone. The most left block indicates
right one indicates zone 4. Keep the
ton pressed until the heart is filled, to
deactivate this feature.

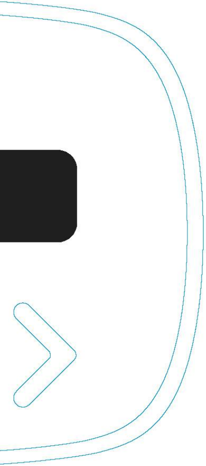


Sleep

Shows how long you have sle
on the website you can check
slept. Keep the middle button
moon is filled, to activate or
feature.

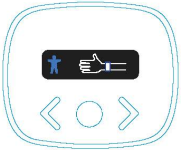


pt. In the app or
how well you've
pressed until the
deactivate this



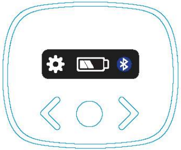
Wearing Position

Shows your selected wearing position. Press the middle button to navigate through the wearing positions. Then keep the middle button pressed until the icon is filled, to select your wearing position.



Status

Shows the battery status and Bluetooth pairing status.



PHILIPS

User trial

Activity Monitor
Quick Start Guide

Model: DL8770

Model: DL8770

BC

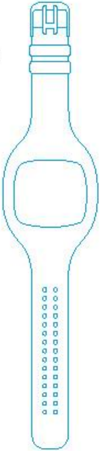
YY/WW:14/25 — MANUFACTURING DATE LABEL

YY/WW:14/25
means week.(for example:25 means twenty-fifth week)
means year. (for example: "14"=2014)

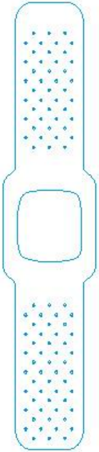
What's in the Box?

1. Activity Monitor
2. Wristband
3. Sleep band
4. Belt clip
5. Necklace clip
6. USB Charger

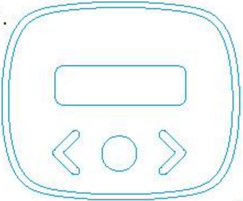
2.



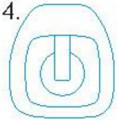
3.



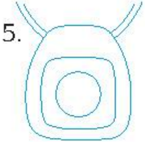
1.



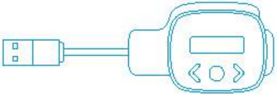
4.



5.



6.

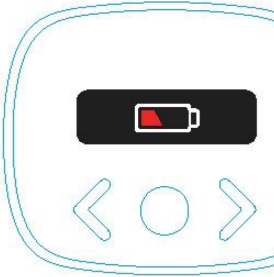


The Activity Monitor is intended to be used for healthy adults who want to gain insight into their activity, exercise and sleep behavior.

Setting Up

Charge the Activi

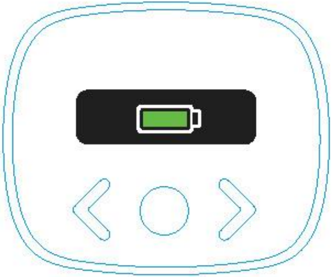
Before using it for the fi
battery status on the m
life depends on the usa
regularly to keep it char
the battery is low.



Your Activity Monitor

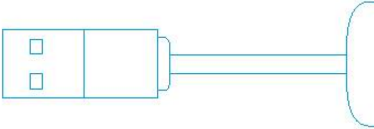
ty Monitor

rst time, fully charge the monitor until the
onitor's display turns green. The battery
ge. We recommend that you connect it
rged. A red light on the display indicates



How to charge the Activi

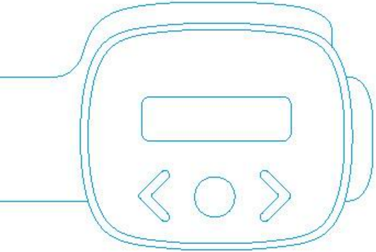
1. Connect the monitor to the cha
   - Insert the monitor with the
   - Make sure the contact poin
     the contacts inside the cha
   - Push the side with the cont
     then push the other side in
   - Connect the charger to you
2. Once properly connected, you'
   display of the monitor.
3. Charge until the battery icon tu



ty Monitor

rger as follows:
display facing up.
ts on your monitor point toward
rger.
act points into the charger, and
until it clicks.
r computer or a USB charger.
ll see a battery animation on the

rns green.



Link the Activity Monitor to your account

Don't have an account yet?

Computer (PC/Mac)

Go to www.getmanual.io/ahrm to download the software onto your computer and follow the online tutorial to create an account.

Smartphone

Download the mobile app in the Apple App Store or Google Play Store and click 'Create an account' to set up your account.

Already have an account?

Computer (PC/Mac)

Visit the 'Manage Devices
on the website (und
Account') to add your new

Smartphone

Visit the 'Manage Devices
on the mobile app (un
Account') to add your new

Success! Your monitor is ready to use.

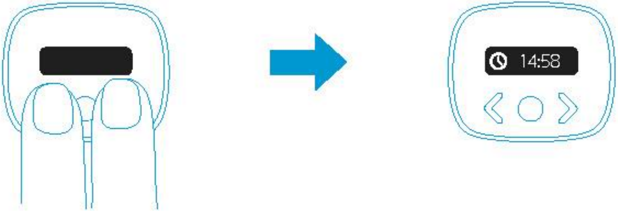
' section
ler 'My
device.

' section
der 'My
device.

How to Use Your Activity Monitor

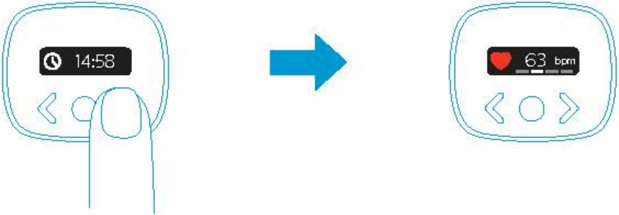
Turn the display on

To start using the monitor, briefly touch the two outermost buttons at the same time.



Switch main modes

Use the right or left arrow to navigate through the main modes.



Regulatory

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.

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

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 complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

WARNING: Choking hazard. Not a toy. Keep away from pets and children.

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.
(2) This device must accept any interference received,
including interference that may cause undesired operation.

CE0890

Visit www.getmanual.io/help for help, tips and more information.