

GW-110L Tracking Watch Quick Start Guide



GW-110L is an emergency (HELP) watch with heart rate and activity tracking function. You can send emergency (HELP) message to corresponding gateway and cloud platform when you are in emergency (HELP) situation. Besides, you can check your heart rate whenever you want. Moreover, GW-110L also counts your daily step, distance and calorie. You can know your daily activity status by this information. GW-110L is a comprehensive watch for emergency (HELP) situation, heart rate detecting and daily activity tracking and it would be your best all day companion.

Function	Enable Method	Note
HELP	Hold [Enter] key for 3 seconds	Send alert to cloud by LPWAN
Man down	Detected by system	Send alert to cloud by LPWAN
Heart rate	Manually enable	Refresh every second
Step	Always on	Daily record
Distance	Always on	Daily record
Calorie	Always on	Daily record



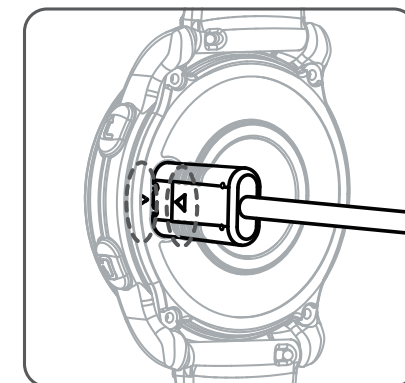
Key Definition



Icon	Key	Definition
	POWER	Power on/off (hold 2 sec.) or Backlight
	UP	Page up
	DOWN	Page down
	ENTER	Enter or HELP (hold 3 sec.)
	BACK	Back

Charge Battery

Please plug device's USB cable into the back of device. Please note that the arrows in USB cable and back cover of device should be in the same side as below picture. (Do not plug in inverse direction.)



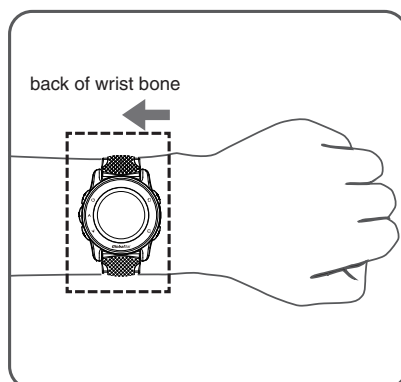
First Time Use

Please fully charge your device before first time use. Then, press and hold [Power] button for 2 seconds to turn on device. In addition, you can hold [Power] button for 10 seconds to do system reboot on device.



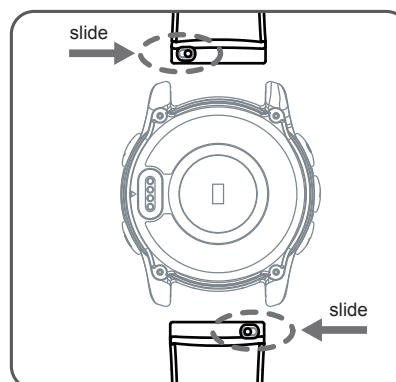
Wear Device on Your Wrist

To let device work properly, please wear device in below recommended part of your wrist (back of wrist bone). Device should be tied enough without slipping back and forth on your wrist.



Change Watch Band

You can easily change watch band by the design of quick change band. Just slide the latch in the direction as below picture and you can take the band apart from the watch main unit.



Cloud Platform: ezFinder

You can track device's location via the following two ways, when HELP or Man down alert is sent to cloud platform, ezFinder, by LPWAN. Please note that your device should be registered to cloud platform before you can track it.

- (1) ezFinder website: Please visit www.ezfinder.com.tw
- (2) ezFinder APP: Please download it from below QR code.



Firmware Upgrade APP: GS Tool

You can check if there is a new firmware for device to upgrade by firmware upgrade APP "GS Tool". Device is compatible with your mobile device's (smartphone / tablet) blue-tooth function.



Others:

For more detailed user guide, please visit <http://www.globalsat.com.tw> and search "LW-360HR".

Accessories: USB cable
FCC ID: RID-GW110L

FCC Caution:

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

FCC compliance statement:

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.

FCC statement:

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.