

wireless activity tracker

SPOT

**User Manual** 

track your activities and sleep for a better, healthier you!











www.joinwego.com



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WeGo™ SPOT User Manual

### Welcome to WeGo™

Congratulations on the purchase of your new WeGo™ SPOT! Included in the package are the following:





**Quick Start** Guide



#### WeGo"SPOT QUICK START GUIDE

Congratulations on the purchase of the WeGo SPOT Activity Tracker. Included here are the initial steps to get you going.

Please visit www.JoinWeGo.com for more details.

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Operation Button

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# Downloading and Setting Up the Join WeGo™ App

Before you can sync the CLIP to your smartphone or tablet, you must download the Join WeGo™ app in the App Store or Google Play. You can find the app by typing "JOIN WEGO" in the search field within the app stores.

After the app download is complete, you will be asked to log into an existing MapMyFitness account or create a new one. Below account setup, please fill in your birthday and height. Once this has been completed, there are a few more details needed before your profile is ready to go. Add a profile picture, your current weight, and gender (this will help us calculate specific data to each person and their activities).

Once setup is complete, set your goals, and start tracking a happier, healthier you!

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# Syncing Your SPOT

Make sure that Bluetooth is enabled on your phone before proceeding.

To initiate the sync, open the app and make sure you are in the Dashboard. If you are not in the Dashboard press the menu icon (3 solid lines) and select.

Next, press the sync icon on the top right which will open up instructions to help you properly transfer data from your device to the app.

Once completed, you will receive a "SUCCESSFUL SYNC" message, and the device will go back to the normal display with the app showing all updated data.

Please note: A sync should be performed before you start using your new device.

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## Using Your SPOT Throughout the Day

#### How to Wear

You can wear and use the SPOT module in a variety of ways. When placed inside the waist clip holder it can be affixed to any piece of clothing. When used with the wristband it can be placed onto your wrist like a watch, or it can just be left out of both and placed inside your pocket.

### Viewing the Data

The SPOT is known as a passive activity tracker. There is no display on this device, only LED's. However, it will still sync and track the following metrics to your smartphone or tablet for analysis:



### How the Data is Captured

The SPOT captures activities from midnight to midnight. Each evening at 12:00am it resets to zero in order to begin capturing those activities/sleep for a new day

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## Using Your SPOT During Sleep Sessions

### How to Wear During Sleep

It is recommended that you place SPOT inside of the wristband for easy analysis.

### Initiating the Sleep Mode

- When Unit/LED is off, press, then release the button.
- If the SPOT is in Sleep mode, the Blue LED will flash 10 times.
- If the SPOT is in Active mode, the Green LED will flash 10 times. If you want to switch to Sleep mode, while the Green LED is flashing, press and hold the button for 5 seconds...and the Blue LED will flash 10 times.
- The unit will start the sleep recording function when it has been in Sleep mode for 10 sec. The sleep recording function will stop and save when the mode has changed from Sleep to Active.

### Waking from Sleep Mode

To exit Sleep mode (thereby entering into Active mode-vice versa)

- When Unit/LED is off, press, then release middle button.
- If the SPOT is in Sleep mode, the Blue LED will flash 10 times.
- If you want to switch to Active mode, while the Blue LED is flashing, press and hold the button for 5 seconds...and the Green LED will flash 10 times.

### Frequency of Sleep Mode

 You can enter into and out of multiple sleep sessions during a 24 hour period.
 The SPOT device will record these and you can view the data on the Join WeGo™ app after you sync the device.

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## Regulatory and Safety Notices

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.

- 1. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.
- 2. NOTE: This product 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 product 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 the product 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 product and receiver.
- Connect the product 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 digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus," ICES-003 of the Canadian Department of Communications.

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### **Battery Safety Information**

### Caution - Battery Safety Information

- Do not allow children to play with button cell batteries, and keep button cell batteries out of your child's reach.
- Never put button cell batteries in your mouth for any reason as they are easily swallowed accidentally.
- If a button cell battery is ingested, immediately seek medical attention.
- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Exhausted batteries are to be removed
- Do not mix old and new batteries
- Do not dispose of batteries in fire; batteries may explode or leak

- Do not dispose of product in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be shortcircuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an ecofriendly manner



The purpose of the crossed-out wheelie bin symbol is to remind us that most electrical products, and batteries, contain trace elements (including Mercury – Hg, Cadmium – Cd and Lead – Pb) which could be harmful to our environment and therefore our health. We must all be careful to dispose of them responsibly in a specifically designated way – either using a collection scheme or into the correctly labeled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

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### Warranty

Guarantee Certificate - For Purchases Made in the U.S.

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: **EB SPORT GROUP**, 585 OAK RIDGE ROAD, HAZLETON, PA 18202

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product. Please contact Customer Service at 866-694-4575 or Customer Service @Join We Go.com for a return authorization number, prior to sending in your product.

(PLEASE PRINT CLEARLY)

Name Phone

Address

Store Purchased From

Date Of Purchase Price

State Zip

Problem With Product

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## Warranty

### Replacement

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

#### For Purchases Made in the UK

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement.

EB BRANDS UK, BERKELEY BUSINESS PARK, WAINWRIGHT ROAD, WORCESTER WR4 9FA

#### Guarantee Certificate - For Purchases Made in Canada

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: ACI BRANDS INC., 2616 SHERIDAN GARDEN DRIVE, OAKVILLE, ON L6J 7Z2

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

Please contact Customer Service at 1-800-866-5593 or info@acibrands.com for a return authorization number, prior to sending in your product.

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#### (PLEASE PRINT CLEARLY)

Name Phone

Address

Store Purchased From

Date Of Purchase Price

Province Postal Code

**Problem With Product** 

#### www.JoinWeGo.com

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**Caution:** Not a medical device. Should not be used to diagnose or treat any medical condition. Consult your doctor for prevention, diagnosis and treatment. See the user guide for further guidance.

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