

**PRODUCT**  
UP MOVE BY JAWBONE

**MODEL #**  
JL06

**UNITED STATES**



“FCC ID: V3J-JL06”

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.

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 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.

FCC CAUTION

The FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by Jawbone may void the user's authority to operate the equipment.

- This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

RF exposure information: This device meets FCC requirements for RF exposure in controlled or uncontrolled environment

**EUROPE**



EU Declaration of Conformity - The telecommunications functionality of this product may be used in the EU and EFTA countries. Products bearing the CE marking comply with one or more of the following EU Directives as may be applicable: Low Voltage

Directive 2006/95/EC; EMC Directive 2004/108/EC; R&TTE Directive 1999/5/EC; RoHS Directive 2011/65/EU. Jawbone EU Address: 11th Floor, Newcombe house, 45 Notting Hill Gate, London, W11 3LQ

## CANADA

“IC: 7589A-JL06”

This Class B digital apparatus meets all requirements of the Canadian Interference-Causing Equipment Regulations, CAN ICES-3(B)/NMB-3(B). This device has Bluetooth capability, the 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. RF exposure information: This device meets IC requirements for RF exposure in controlled or uncontrolled environment

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. Renseignements sur l'exposition RF : Cet appareil répond aux exigences IC d'exposition aux RF dans un environnement contrôlé ou non contrôlé

## JAPAN



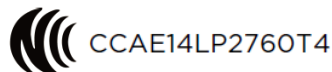
MIC ID: 204-420236

This is a Class B product. In a domestic environment this product may cause interference when it close radio or television. Please use the equipment in accordance with the user manual.

### Class B 警語

この装置は、クラスB 情報技術装置です。この装置は、家庭環境で使用することを目的としていますが、この装置がラジオやテレビジョン受信機に近接して使用されると、受信障害を引き起こすことがあります。取扱説明書に従って正しい取り扱いをして下さい。VCCI-B

## TAIWAN



低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

第十四條 低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前項合法通信，指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干

## KOREA



MSIP-CRM-V3J-JL06

Class B Equipment (For Home Use Broadcasting & Communication Equipment)

This equipment is a home use (Class B) electromagnetic wave suitability equipment and to be used mainly at home or in other areas.

B급 기기  
(가정용 방송통신기자재)

이 기기는 가정용(B급) 전자파적합기기로서 주로 가정에서 사용하는 것을 목적으로 하며, 모든 지역에서 사용할 수 있습니다.

## SINGAPORE

### **SINGAPORE WIRELESS NOTICE**

**COMPLIES WITH  
IDA STANDARDS  
IDA: DA00006A**

## TURKEY

Türkiye Cumhuriyeti: EEE Yönetmeliğine Uygundur

## BRAZIL

Este equipamento opera em caráter secundário, isto é, não tem direito a proteção contra interferência prejudicial, mesmo de estações do mesmo tipo, e não pode causar interferência a sistemas operando em caráter primário. Este equipamento atende aos limites de Taxa de Absorção Específica referente à exposição a campos elétricos, magnéticos e eletromagnéticos de radiofrequências adotados pela ANATEL.

## MEXICO

Declaración para México. La operación de este equipo está sujeta a las siguientes dos condiciones: (1) es posible que este equipo o dispositivo no cause interferencia perjudicial y (2) este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada. If your product is provided with wireless accessories such as a keyboard or mouse and you need to identify the model of the accessory, refer to the label included on that accessory.

# CHINA



部件名称 (Types of Components)	产品中有毒有害物质或元素名称及其含量 (Hazardous Substance)					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr+6)	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
元器件 (Component)	○	○	○	○	○	○
印刷电路板 (PCBA)	○	○	○	○	○	○
主动组件 (Active Component)	○	○	○	○	○	○
被动组件 (Passive Component)	X	○	○	○	○	○
锡膏 (Solder Paste)	○	○	○	○	○	○

**NOTE:**

1. Vibrator of passive component 显示“X”，表示含Pb，Vibrator of passive component, it is “X” for Pb.

2. ○: 表示该有毒有害物质在该部件所有均质材料中的含量均在SJ/T 11364-2006标准规定的限量要求以下。

Indicates that the concentration of the hazardous substance in all homogeneous materials in the parts is below the relevant threshold of SJ/T11363-2006 standard.

3. X: 表示该有毒有害物质至少在该部件的某一均质材料中的含量超出SJ/T 11364-2006标准规定的限量要求。

Indicates that the concentration of the hazardous substance of at least one of all homogeneous materials in the parts is above the relevant threshold of SJ/T11363-2006 standard.

本表格提供的信息事基于供货商提供的数据及本公司的检测结果。在当前技术水平下，所有有毒有害物质或元素的使用控制到了最底线，本公司会继续努力通过改进技术来减少这些物质和元素的使用。

This table express inclusion information of hazardous chemical substances in device and information of hazardous chemical substances about each part is prepared on the authority of information that cooperation company offers and result that we verify inside. Hazardous substance had included for some piece part is impossible to unsure by present technological level and we make every effort to improvement this technological limits.

## ANATOMY

Materials: Medical grade TPU rubber, anodized aluminum

Your tracker is rain, splash, sweat and shower-resistant, but avoid submerging in liquids. Remember to remove your tracker before swimming, surfing, bathing, or when in the sauna.



## Tracker Button

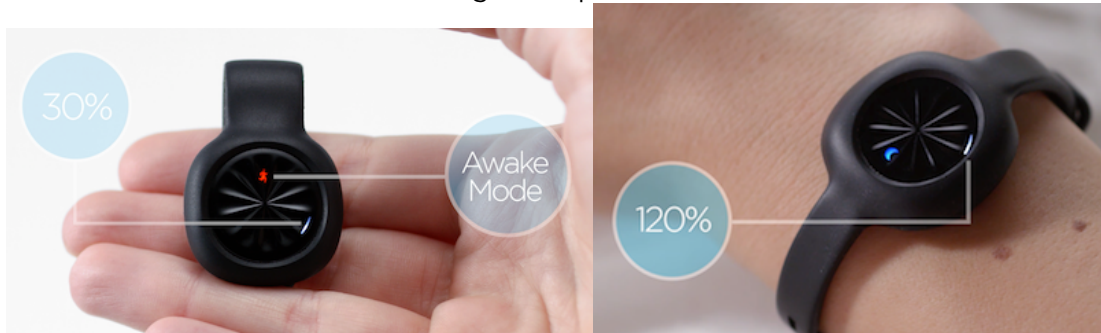
UP Move's button allows you to switch modes, view step progress, view sleep progress, and view current time.

	Enter	Exit	See Progress
<b>Awake</b>	Default	-	Press once in awake mode to see step progress for the day.
<b>Stopwatch</b>	From awake mode, press once, then press and hold.	Press and hold to return to awake mode.	-
<b>Sleep</b>	From awake mode, press and hold.	Press and hold to return to awake mode.	Press 3 times in awake mode.

To view the current time, press the button twice in any mode. To learn more about the time feature, see [Telling Time](#) article.

## Status Lights

UP Move has two icons: the runner icon and the moon icon. These icons flash to communicate current mode. Other icons also flash on UP Move to help you understand current time, step progress and sleep progress. See [this](#) video on how to switch modes and how the status lights respond.



## Clip

The clip allows you to wear your tracker throughout the day. Clip on your pants or

shirt pocket for best results. We recommend using the wristband to track sleep.



### Wristband

The wristband can be worn with the tracker throughout the day. It also provides optimal results when tracking sleep.



### CHANGING MODES AND USING THE DISPLAY

The display on UP Move allows you to check current mode, step progress, sleep progress and the current time.

Your tracker has 3 different modes:

- Awake mode
- Stopwatch mode
- Sleep mode

#### Awake Mode

Use awake mode to track your steps during the day. This is your tracker's default mode. From awake mode, press the button once to see your current step progress. The runner icon indicates that you are in awake mode, and the light on the tracker shows your current step count relative to your daily goal.

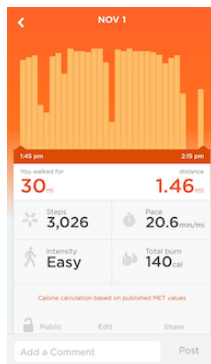


When you meet your step goal, the lights will spin and your total progress will be displayed.

### Stopwatch Mode

Use stopwatch mode to track the steps and duration of a specific activity. To start stopwatch mode, press the button once, then press and hold. The lights and the runner icon will flash. When you've finished your activity, press and hold the button to return to awake mode.

Your timed activity will appear in the UP app. You can always edit the details of the activity, including the duration, from the UP app. To learn more about Stopwatch mode, see [Logging a Workout](#).



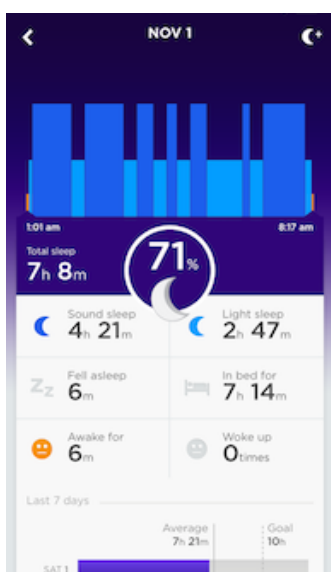
### Sleep Mode

Use sleep mode to track the quality and quantity of your Light and Sound sleep. We recommend wearing the tracker with the wristband to most accurately track your sleep. If you don't have a wristband, you can wear UP Move by attaching the clip to the sleeve of your pajamas.

To start sleep mode, press and hold the button. The lights and moon icon will flash. To exit sleep mode and return to awake mode, press and hold the button. The lights will indicate your sleep progress. When you meet your sleep goal, the lights will spin and your total progress will be displayed.



Open the app to view more sleep details, like the amount of Sound and Light sleep you experienced. To learn more about sleep mode, go [here](#).



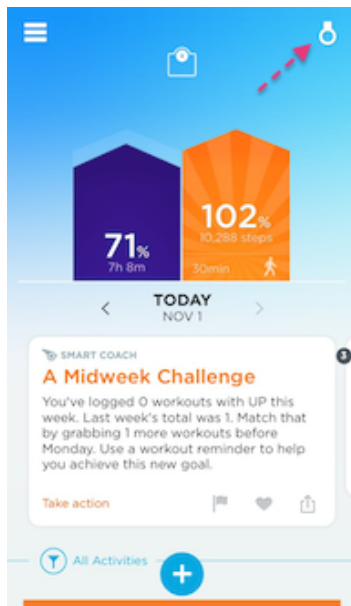
To check sleep progress throughout the day, press the button three times.

### SYNCING AND PAIRING

UP is a system. The tracker records your movements and sleep. The app displays your data. Data collected by the tracker is communicated wirelessly with Bluetooth LE. To sync data, your tracker must remain connected to your device via Bluetooth. Press the tracker button to connect at any time. Your data will sync with the app once it has connected. When syncing, a progress bar displays in the app. Your data also syncs every minute when the app is open and your tracker is connected and within 33 feet of an iOS device. When the app is running in the background, your data will sync every 20 minutes. Once the sync is complete, you can immediately review your progress in the activity log. You can review your activity log later by pulling down on the homescreen. Swipe up to close.



Check if device is synced: To check your tracker's connectivity, open the UP app and check the status badge in the upper right corner. If a tracker icon appears, your tracker is connected.



Adding a new device: If you'd like to connect a new tracker, please see [Add Another Tracker](#).

### Troubleshooting

If your tracker is disconnected, you'll see a red Bluetooth symbol in the upper right corner of your homescreen. To reconnect, try the following steps:

- Close the app, then relaunch.
- Turn off your device's Bluetooth. Wait 1 minute, then turn it on again. Finally, relaunch the app.
- Check your internet connection. The UP app needs the internet to sync.
- Restart your device.

Perform a soft reset on your tracker.

### BATTERY INSTALLATION INSTRUCTIONS

To install or replace the battery in UP Move, remove the tracker from its clip. Then, use the battery tool to unscrew the battery cap by twisting it counter-clockwise until the battery cap comes off.

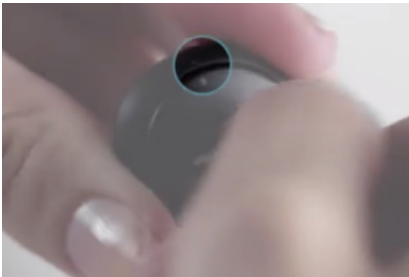
Next, insert a CR 2032 battery with the + sign facing outwards



Replace the cap by aligning the dot on the cap with the dot on the left side of the tracker.



Use the battery tool to push the cap down and turn it clockwise until the dot on the cap aligns with the top dot on the tracker. You'll feel a little click when the door is closed correctly.



Now, check to see if the device is responding. If not, open the battery door to check battery orientation. If the orientation is correct, try a different battery.

The battery typically lasts 4-6 months

**DECLARATION OF CONFORMITY**

DOC#:JL06-R1

**Product Name:** UP MOVE**Product Model:** JL06**Product Options:** All

Jawbone declares, that the above product, conforms to the following Product Standards and Regulations:

**EMC:**

EN 55022:2010 Class B

EN 55024:2010

**Safety:**

EN 60950-1:2006+A11:2009+A1:2010+A12:2011+A2:2013

IEC 60950-1:2005 (2<sup>nd</sup> edition) +A1:2009+A2:2013**Telecom:**

EN 300 328 V1.8.1:2012

EN 301 489-1 V1.9.2:2011

EN 301 489-17 V2.2.1:2012

EN 62479:2010

**RoHS:**

EN 50581:2012

The product herewith complies with the requirements of the Low Voltage Directive 2006/95/EC, the EMC Directive 2004/108/EC, the R&TTE Directive 1999/5/EC, and the RoHS Directive 2011/65/EU.

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.

Senior Compliance Manager  
678 W. Maude Ave, Sunnyvale, CA 94085

10-28-2014

Date