

Dear *LifeWatch V* owner:

Thank you for selecting the *LifeWatch V* mobile medical phone.

This user manual includes information and instructions for using your new *LifeWatch V* device. Please read this manual carefully before you start using the device.

If you have any questions about your *LifeWatch V*, please contact your representative:



Illustrations included in this manual are general representations only and are not meant to comply with specific regulatory requirements.

By default, your phone is provided with pre-set applications.

Installation of new applications may affect the performance of your phone and is the sole responsibility of the user.



Before using the *LifeWatch V* medical and wellness functions please read the Warnings and Precautions, Appendix A, thoroughly.

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LifeWatch V Kit Contents

- ◆ *LifeWatch V*
- ◆ Adapter
- ◆ Earphones
- ◆ User manual
- ◆ Quick user guide
- ◆ USB cable

Optional – LifeWatch V Gluco Accessories Kit Contents

- ◆ 1 lancing device
- ◆ 10 lancets
- ◆ Gluco strip vial
- ◆ Control solution
- ◆ 10 Alcohol pads
- ◆ Disinfection pads
- ◆ Gluco strip Quick user guide
- ◆ Lancer Quick user guide

Contraindications

In order to use this device, you must be able to:

- Understand the operation principles as described in this manual
- Operate a *LifeWatch V* and the *LifeWatch V* Application
- Operate a touch screen

General contraindications for all medical modules:

- The *LifeWatch V* is not intended for use by persons with external defibrillators
- The *LifeWatch V* is not intended for the treatment or alleviation of disease
- The *LifeWatch V* is not to be used in a magnetic resonance imaging (MRI) environment

Warning:

- Do not expose the unit to rain or moisture
- Servicing of the device shall be done by qualified personnel only
- The user of the *LifeWatch V* should not take any actions of a medical or clinical nature based on his/her understanding or interpretation of test results without consulting a healthcare professional.
- Classifications of test results obtained for medical modules or for wellness applications into categories such as “Low”, “Normal”, “Average”, etc. are based on well-established and widely accepted clinical sources; as other classifications may exist, the test results should not constitute the sole basis for diagnosis or for deciding on the appropriate course of medical treatment or therapy.

Important Symbols

A number of symbols are used throughout this manual in order to draw attention to safety items and other important information.

Symbols on Equipment and Labeling

The following section contains a description of symbols that may be located on either the equipment or the documentation.

Label	Description
	Warning, consult accompanying text or documents
	Precaution; consult accompanying text or documents
	Warning, potential biohazard
	Notes, indicates important general information for using the system successfully.
	Consult instructions for use
	Manufacturer and date of Manufacture
	Type BF Applied Part

Label	Description
	In vitro device
	Store at specified temperatures; location of thermometer
	WEEE Directive for disposal of Electrical and Electronic Equipment
	Symbol for no alarms
	Symbol indicating a USB connector
	Symbol indicating location of glucose meter

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WARNINGS

- Use the device only for the purposes described in the instructions for use.
- To prevent fire, do not expose the device to moisture or excessive heat. Refer servicing to qualified personnel only.
- Do not use this device if it is not working properly, or if it has suffered any damage.

WARNING

Device not suitable for use in the presence of flammable anesthetic mixture with air or with Oxygen or Nitrous Oxide.

WARNING

- For optimal use of the LifeWatch V it should be connected to the Internet.
- By default, your phone is provided with pre-set applications.
- Installation of new applications may affect the performance of your phone and is the sole responsibility of the user.”

WARNING

The user of the *LifeWatch V* should not take any actions of a medical or clinical nature based on his/her understanding or interpretation of test results without consulting a healthcare professional.

Intended Use

The *LifeWatch V* is a medical device designed for self-testing in order to measure and display blood oxygen saturation, blood glucose, ECG (1 lead), heart rate, body fat percentage, stress level analyzer and body temperature. The *LifeWatch V* is intended for use in the following population groups:

- Adults
- Pediatrics as defined per medical module

The following applications of the *LifeWatch V* as described in this User Manual, are not within the scope of the Medical Device Directive 93/42/EEC and are therefore not considered as medical devices, nor are they covered by the this Directive:

- Stress Level Analyzer
- Drug Management
- Body Fat Analysis
- Diet Management

Test	Age Group
Pulse oximeter	Adults, 21 years and older
Blood Glucose meter	Adults and pediatrics above 12 years Pediatrics below the age of 12 years: under adult supervision only Excluding neonates and infants less than one year
1 Lead ECG	Adults and pediatrics above 12 years of age
Heart Rate	Adults and pediatrics above 12 years of age
Stress Level Analyzer	Adults, 21 years and older

Body Fat Analyzer	Adults, 21 years and older
Thermometer	Adults and pediatrics above 12 years Pediatrics below the age of 12 years: under adult supervision only Excluding neonates and infants less than one year

Device Definition

The *LifeWatch V* is a state-of-the-art mobile device (smartphone) with medical and non-medical capabilities designed for the maximum convenience of its users. The *LifeWatch V* includes the following modules and applications:

- Pulse oximeter/SpO2 (oxygen saturation)
- Blood Glucose meter
- 1 Lead ECG
- Heart Rate
- Thermometer
- Body Fat Analyzer
- Stress Level Analyzer
- Diet Management
- Drug Management

NOTE: The *LifeWatch V* can be used as a stand-alone device or via a subscription plan; full functionality is available only to paying subscribers.

LifeWatch V Basic Operation

For Your General Safety (Precautions)

As the *LifeWatch V* device is a medical device that can be used both as a regular cell phone and as a medical device, this manual includes both warnings and precautions relating to the use of the *LifeWatch V* as a cell phone, AND warnings and precautions concerning the use of the *LifeWatch V* as a medical device.

	Do not make or receive handheld calls while driving; do not text while driving.		Keep the device away from pacemakers, ICDs and other electronic medical devices (at least 6 inches/15 cm).
	Don't use the device at gas/petrol stations.		Do not expose the device to extreme temperatures.
	Keep your phone at least 15 mm away from your ear or body while making calls.		Switch the device off when asked to in hospitals and medical facilities.
	Your phone may produce a bright or flashing light.		Avoid contact with liquids. Keep your phone dry.
	Small parts may cause choking.		Switch the device off when told to in aircrafts and airports.

	Don't dispose of your device in fire.		Don't take your device apart.
	Your device can produce a loud sound.		Switch your device off when near explosive materials or liquids.
	Avoid contact with anything magnetic.		Only use approved accessories.
	Don't rely on your device for emergency communications.		



Before using the *LifeWatch V* medical and wellness functions please read Appendix A Warnings and Precautions thoroughly.

Getting Started

Overview



Biocompatible Thermometer Loudspeaker Camera
Electrode

Biocompatible
Electrode
with SP02
sensor

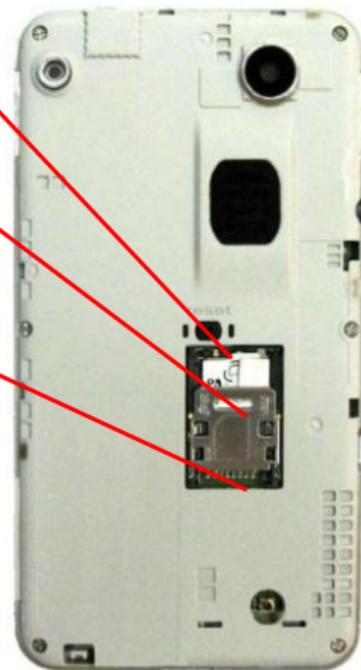


Back cover removed

Reset button

microSD card

SIM card



Icons



LifeWatch V icon



Call icon



Contacts icon



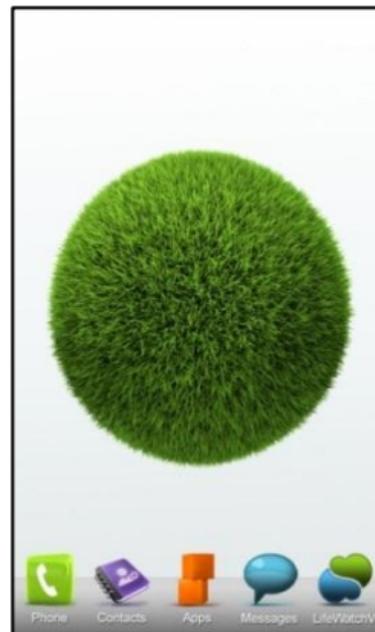
Messages icon



Applications icon

Keys Explained

Key	Function
Power	<ul style="list-style-type: none">• Hold to turn on or off Silent or Airplane mode, or to power off.• Press to switch your device to Sleep mode.• Press to wake up your device.
Home	<ul style="list-style-type: none">• Press to return to the Home Screen from any application or screen.• Hold to see recently used applications.
Menu	Press to get the options for the current screen.
Back Key	Press to go to the previous screen.
Volumes	Press or hold to turn the volume up or down.

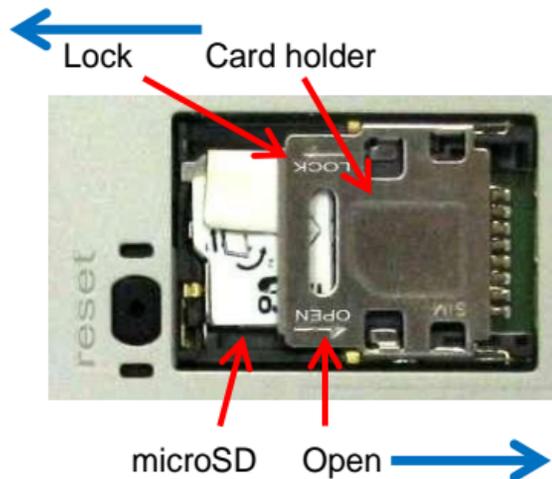


Starting up

Installing the SIM/microSD Card

Switch off your device before installing, SIM, or memory card.

1. Remove the back cover.
2. Open the SIM card holder by sliding it in the direction of the OPEN arrow.
3. Hold the SIM card by the cut corner and slip it into the card holder.
4. Pull the microSD cover tag.
5. Hold your microSD card with the metal contacts facing down and slide it in.
6. Press the microSD cover down.
7. Press the SIM card holder gently back into place, sliding it in the direction of the LOCK arrow, until you hear a click.



Removing the SIM/microSD Card

1. Switch off your device.
2. Remove the back cover.
3. Open SIM card holder by sliding it in the direction of the OPEN arrow.
4. Slide the SIM card out.
5. Pull the microSD cover tag.
6. Slide the microSD card out.
7. Press the microSD cover down.
8. Press the SIM card holder gently back into place, sliding it in the direction of the LOCK arrow, until you hear a click.

NOTE: microSD logo  is a trademark of the SD Card Association.

Charging the Battery

1. Connect the supplied USB cable's micro USB plug to the LifeWatch USB/adaptor jack. Ensure that the plug is inserted with the correct orientation. Do not force the plug into the jack.



USB input is 5 VDC: maximum 5.25VDC to minimum 4.75VDC at 1.7A max.

2. Connect the USB cable's USB plug to the adapter.
3. Connect the adapter to a standard AC wall outlet.
4. Disconnect the adapter when the battery is fully charged.

NOTE: When you first receive your device you will need to charge the battery for 12 hours with the device turned off.



Use only the supplied adaptor with the LifeWatch V.
Input is 100 to 240 V, ~50 to 60 Hz, 0.3A;
Output is 5 V, 0.7A, 3.5 W maximum

How much charge is in the battery?

If the battery is low, there will be a message on the screen. As you charge your device, the screen tells you the exact battery level each time you wake up your device.

If the device is on, you can see a charging icon on the status bar. As soon as charging is finished, this icon  appears on the status bar.

Switching Your Device On/Off

- ◆ Hold Power to switch on your device.
- ◆ To switch it off, hold Power to get the device options. Select Power off, and then tap OK.

Always place the adapter in easily accessible main plugs.



In case of electrical malfunction of device during connection to adapter, remove adapter from main plug immediately.

Setting Up Your Device for the First Time

When you first turn on your device after you purchase it or after resetting it to factory settings, the following should be performed:

1. If the default language needs to be changed, tap Change language and select the language you want to use.
2. Tap the Android icon on the screen.
3. Configure the date and time options, and then tap Next.

Switching to Sleep Mode

To save battery power, Sleep Mode suspends your device setting it to a low-power-consumption state while the display is off. Your device also goes into Sleep Mode by itself when the display is automatically turned off after a certain amount of time. You can define the period of time in **Settings > Display > Screen timeout**. Press Power to switch to Sleep Mode.

Waking Up Your Device

1. Press **Power** to activate your screen display.
2. Drag the  icon to the right.

NOTE: If you have set an unlock pattern, PIN or password for your device you'll need to draw the pattern or enter the PIN/password to unlock your screen.

Getting Around Your Device

Touch Control

You can use finger gestures to control your device. The controls on your touchscreen change dynamically depending on the tasks you're performing.

1. Tap the buttons, icons, or applications to select items or to open applications.
2. Keep your finger on an item to see the available options.
3. Flick the screen to scroll up, down, left or right.
4. Point, drag and drop to move particular items across the screen.
5. Pinch with two fingers or double-tap the screen to zoom in/out on a web page or an image. **NOTE:** You can view the device screen in portrait or landscape orientation simply by holding it upright or turning it on its side. Not all screens are viewable in landscape.

Home Screen

You can modify your *Home* Screen.

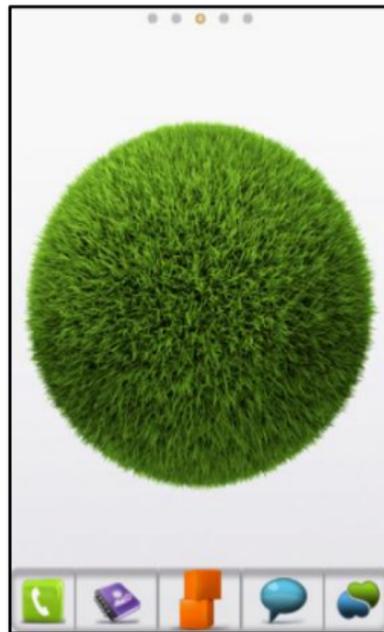
Set your own wallpaper, add the widgets or application shortcuts you need, or remove them as you like.

Extended Home Screen

The *Home* Screen extends beyond the screen width, giving you lots more space to add more stuff. Simply slide your finger to the left or right to see the extended *Home* Screen.

Changing Your Wallpaper

1. Tap **Home** to return to the *Home* Screen.
2. Tap **Menu** and select **Wallpaper**.
3. Tap **Gallery**, **Live wallpaper**, or **Wallpaper** and choose the image or animation you want to use as the wallpaper. Some cropping may be needed for **Gallery** images.
4. Tap **Save** or **Set wallpaper**.



Adding Items to Your Home Screen

1. Tap **Home** to return to the *Home* Screen.
2. Slide left or right to find a part of the *Home* Screen with free space.
3. Tap **Menu** and select **Add**.
4. You can also tap and hold the blank area of the *Home* Screen until the **Add to Home screen** menu is displayed.
5. Select a category, either shortcuts, widgets, or folders.
6. Choose the item you want to add to the *Home* Screen.

Removing Items from Your Home Screen

1. Tap **Home** to return to the *Home* Screen.
2. Tap and hold the item you want to delete until the trash can  appears on the screen.
3. Drag the item to the trash can .

Status and Notification Icons

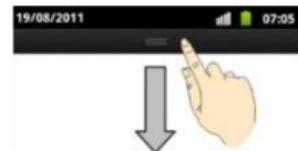
	GPRS connected		No signal		Connected to a Wi-Fi network
	GPRS in use		Signal strength		New Wi-Fi network detected
	EDGE connected		Phone speaker off		Portable Wi-Fi hotspot is on
	EDGE in use		Phone microphone off		Airplane mode
	3G connected		No SIM installed		Call in progress
	3G in use		GPS on		Call on hold
	Roaming		Error or warning		Call forwarding
	USB connected		Recording phone call		Missed call
	Battery flat		microSD card removed		USB tethering is on
	Battery very low		Preparing microSD card		Sending data
	Battery low		Battery full		Content downloaded and installed successfully

	Battery partially drained		Battery charging		Downloading data
	Vibrate mode		Wired headset		Song is playing
	Syncing		Bluetooth on		Bluetooth connected
	New mail		Speaker on		Alarm set
	New MMS		Upcoming event		New SMS
	Problem with SMS/MMS delivery		ECG result notification icon		Reminder notification icon

Using the Notification Panel

Flick the status bar downwards from across the top of the screen to open the *Notification Panel*, where you can see your calendar events, new messages, and current settings – such as call forwarding or call status.

TIPS: You can also open the *Notification Panel* by tapping **Menu > Notifications** from the *Home Screen*.



Applications and Settings

Applications

Your device has lots of functions such as shown below. Tap  to see the following.

Applications	Benefit
Browser	Browse the Internet.
Calculator	Do basic calculation.
Calendar	Schedule appointments and events.
Camcorder	Shoot video clips.
Camera	Take pictures.
Contacts	Manage your contacts information.
Email	Send and receive Emails.
File Manager	Manage files on your device and microSD card.
FM Radio	Search for, listen to, and save radio channels (needs earphone).
Gallery	Manage multimedia files.
Messaging	Send and receive SMS and MMS messages.
Music	Browse your audio files and listen to them.
Places	Find restaurants, ATMs, and other businesses or attractions near you.

Search	Search for information online or on your device.
Settings	Adjust device settings.
SIM Tool Kit	Appears if your SIM card provides this function.
Sound Recorder	Capture audio clips.
Videos	Browse and watch video files.

Settings

To change or view your device's settings, tap **Home** >  > **Settings** or from the *Home* Screen tap **Menu** > **Settings**.

Wireless & networks	Configure and manage wireless connections, such as Wi-Fi, Bluetooth®, mobile networks, mobile data connection sharing, and Virtual Private Networks.
Call settings	Set up fixed dialing numbers, voicemail, speed dial, call blocking, call forwarding, call waiting, caller ID, and Internet call settings.
Sound	Set sound settings, such as ringtones and notifications.
Display	Set display settings, such as screen brightness.
Location & security	Create you screen unlock pattern, set a SIM card lock, or manage the device's credential storage. You can also select the sources to use when determining locations from My Location.

Applications	Manage your applications.
Accounts & sync	Manage your accounts and configure synchronization settings.
Privacy	Configure privacy settings, such as back-up and restoration, and personal data.
Storage	Check available memory on the external card and on the internal device storage.
Language & keyboard	Set operating system language, region and text input options.
Voice input & output	Set up voice recognition and text-to-speech options.
Accessibility	Set up accessibility options after installing accessibility-related applications.
Date & time	Set the date, time, time zone, and date/time format.
About phone	View device status, battery use, and legal information. You can also check for system updates.

Opening Recently-Used Applications

1. Hold **Home** from any screen. The device displays application icons you have recently used.
2. Tap the application you want to open.



Phone Calls

Dialer Screen

This screen is used for phone call actions.

Tap  or  on the *Home* Screen to open the dialer.

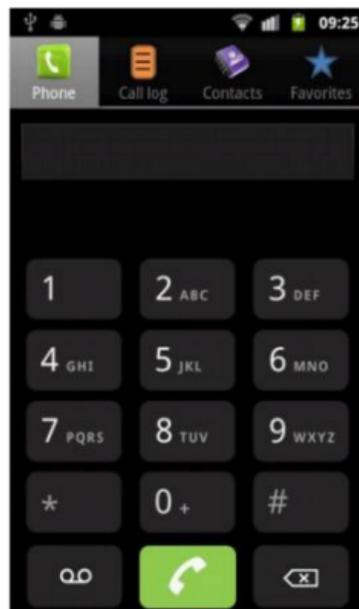
You can select dialing, check voicemail, view call log, contacts and favorite numbers.

Making Calls

Calling from the Dialer

1. Tap  on the *Home* Screen or tap **Home** >  > **Phone**.
2. Enter the phone number with the on-screen keypad. Tap  to delete wrong digits.
3. Tap  to initiate the call.
4. Tap  to dial to your voicemail.

TIPS: To make international calls, hold  to enter the “+”.



Calling from Your Contacts

1. Tap  on the *Home* Screen **or tap Home >  > Contacts.**
2. Slide your finger to scroll the contacts list and tap the contact you want to call. You can search for a contact by tapping  on the bottom of the screen.
3. Tap  to initiate the call.

Calling from Your Call History

1. Tap  or  on the *Home* Screen, select call log  or **Home >  > Call log.**
2. Tap  next to the number you want to call.

Calling from a Text Message

You can make the call while viewing the text message.

1. Tap  on the *Home* Screen or **Home >  > Messaging.**
2. Tap the conversation and then the message that contains the phone number you need.
3. Tap the number.
4. Tap  to initiate the call.

Call Screen

This appears during a call, you are able to perform the following:

Dialpad - Open dialer

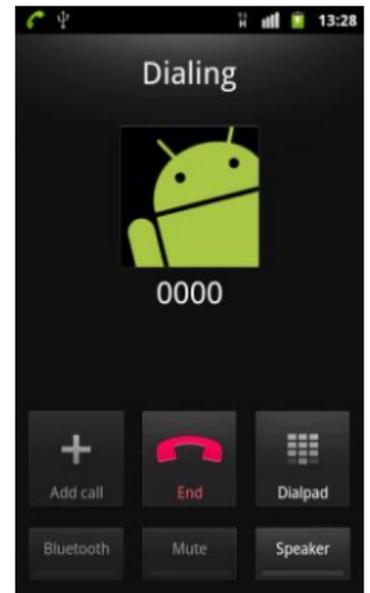
End call

Add call (conference call)

Speaker – switch between speaker and loud speaker

Mute – turns off the device microphone

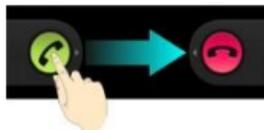
Bluetooth – connects to a Bluetooth handsfree or earphone device



Receiving Calls

Answering a Call

Drag  to the right to answer the call.



Rejecting a Call

Drag  to the left to reject the call.

Muting a Call

During a call, you can mute your microphone so that the person you are speaking to cannot hear you, but you can still hear them:

Tap **Mute** to turn your microphone off. The mute icon  appears on the status bar. To turn your microphone back on, tap **Mute** again.

Putting a Call on Hold

During a call, you can place it on hold by tapping **Menu > Hold**. The  icon appears on the screen.

TIPS: If you accept an incoming call while you're on another call, the first call is automatically placed on hold. Just tap **Menu > Swap calls** to switch between the two callers.

Turning the Speakerphone On/Off

Tap **Speaker** during a call to turn the speakerphone on. This icon  appears in the status bar. Tap **Speaker** again to turn off the speakerphone.

Ending a Call

Tap  to finish a call.

Adjusting Your Call Settings

From the *Home* Screen, you can open the call settings menu by tapping **Menu > Settings > Call settings > Call Feature Settings**.

Fixed dialing numbers	Restrict outgoing calls to a fixed set of numbers. To do this you must know your SIM's PIN2 code.	
Voicemail service	Select a voicemail service provider.	
Voicemail settings	Specify a voicemail number.	
Call forwarding	Forward your incoming calls to a different number. And choose when to forward: Always forward; Forward when busy; Forward when unanswered, or Forward when unreachable.	
Additional settings	Caller ID	Choose whether people you call can see your number.
	Call waiting	See new incoming calls while you're on another call.
Accounts	Set up Internet calling (SIP) accounts.	
Use Internet calling	Choose when to use the Internet calling function.	

Contacts

You can add contacts to your device and synchronize them with the contacts in your account that support contact syncing.

To see and edit your contacts, tap  on the *Home* Screen or **Home** >  > **Contacts**.

Importing and Exporting Contacts

You can import or export contacts from/to your SIM card or microSD card. This is especially useful when you need to transfer contacts between different devices.

Importing Contacts from the SIM Card or Exporting to the Card

1. Tap **Menu > More > Import/Export** from the *Contacts* Screen.
2. Choose **Import from SIM card** or **Export to SIM card**. Your device automatically displays the contacts.
3. Tap the contacts you want to import or export.
Or, just tap Menu > Select all.
4. Tap OK.

Importing/Exporting Contacts from/to the microSD Card

1. Tap **Menu > More > Import/Export** from the *Contacts* Screen.
2. Choose **Import from SD card** or **Export to SD card**.

- ◆ For import, you should have vCard files saved in the microSD card. If there's more than one vCard file, you need to select the vCard file and tap **OK**.
- ◆ For export, the device will prompt you with the name of the vCard file. Tap **OK** to create the file on the microSD card.

Sharing Contacts Information

1. Tap **Menu > More > Import/Export > Share visible contacts** from the *Contacts* Screen. Your device will export all the information for the contacts listed in the *Contact* Screen to a temporary vCard file.
2. Choose how you want to send the vCard file. You can send it via Bluetooth, mail or messages.

Creating a Contact

1. Tap **Menu > New contact** from the *Contacts* Screen.
2. Enter the **Contact Name, Phone** numbers, and other information.
3. Tap **Done** to save the contact.

Adding a Contact to Favorites

1. In the *Contact* Screen, tap and hold the contact you want to add to **Favorites**.
2. Tap **Add to favorites** from the pop-up menu.

TIPS: You can also tap a contact and then tap  next to the contact's name to add it to **Favorites**.

Searching for a Contact

1. Tap **Menu > Search**  at the bottom of the *Contacts* Screen.
2. Input the name you seek. The matching contact(s) are listed.

Creating a New Group

1. Tap **Menu > More > Group** Management from the *Contacts* Screen.
1. Tap **Menu > New Group**.
2. Enter the group name and tap **Done**.
3. Tap **Add Member**.
4. Tick the check boxes next to the contacts you want. Then tap **OK**.

To send messages to the group members, you can tap the group and select message recipients from the listed group members.

Entering Text

When you need text or numbers, a keyboard automatically appears on the screen. You can also press the **Back Key** or hold **Menu** to hide the onscreen keyboard.

Android Keyboard

The Android Keyboard provides a layout similar to a desktop computer keyboard. Turn the device sideways and the keyboard will change from portrait to landscape.

In order to select the keyboard type, hold the input box and select **Input method** from the pop-up menu to change the input method.

To use the landscape keyboard, just tick the **Auto-rotate screen** check box in **Settings > Display**. (The landscape keyboard is not supported in all applications.)

- Tap the alphabetic keys to enter letters. Tap and hold some specific keys to enter

associated accented letters or numbers. For example, to enter È, tap and hold  and the available accented letters and number 3 appear. Then slide to choose È.

- Tap  to use uppercase or lowercase. This key also changes to indicate the current case you are using:  for lowercase,  for uppercase, and  when locked in uppercase.

- Tap  to delete the text before the cursor.

- Tap  to select numbers and symbols. Tap  to see more choices. Often used symbols are displayed on top of the keyboard. Flick left or right to find the digit/symbol you need and tap to enter.

- Tap  to enter a smiley face; hold the key and swipe to choose more emoticons.



- Tap  to change input method or to set up the Android keyboard.
- Tap  to use Google's networked voice input.

Messaging

Your SMS (text message) and MMS (multimedia messaging service) are combined into one menu, tap  on the *Home* Screen or **Home** >  > **Messaging**.

The Message Box

All your messages both those you have sent and those you have received are located in the Message box. *Messages* with the same number are grouped into a single thread in the *Messages* Screen. You can tap a thread to see the conversation you have had with someone.

Message threads are sorted in chronological order with the newest message on top.

Sending a Message

1. Tap  on the *Home* Screen or **Home** >  > **Messaging**.
2. Tap **New message**.
3. Enter the recipient's number or name. As you type, matching contacts appear. Tap a suggested contact to add as a recipient.

4. Tap **Type to compose** and type your message.

- ◆ Tap **Menu** to insert Quick Text, signature, smiley, or contact.
- ◆ If you are sending an MMS, tap **Menu** to add a subject, or attach pictures, videos, audios, or slideshows.

5. Tap **Send** to send your message.

NOTE: When you add an attachment to a text message it is automatically converted into an MMS. Likewise if you remove all attachments and the subject from an MMS, it automatically becomes a text message.

Messaging Settings

The device's message settings are pre-configured for your immediate use. To change them, tap **Menu > Settings** from the *Messaging* Screen.

Storage settings:

- ◆ **Delete old messages:** Select to delete old messages when you reach your storage limits.
- ◆ **Text message limit:** Set the maximum number of text messages allowed in a single thread.
- ◆ **Multimedia message limit:** Set the maximum number of multimedia messages allowed in a single thread.

Text message (SMS) settings:

- ◆ **Delivery reports:** Request a delivery report for every text message you send.

- ◆ **Manage SIM card messages:** Manage the messages saved to your SIM card.

Multimedia message (MMS) settings:

- ◆ **Delivery reports:** Request a delivery report for every MMS message sent.
- ◆ **Read reports:** Request a read report for each MMS message sent.
- ◆ **Auto-retrieve:** Automatically retrieve MMS messages.
- ◆ **Roaming auto-retrieve:** Automatically retrieve MMS messages when you're roaming.

Notification settings:

- ◆ **Notifications:** Show message notifications in the status bar.
- ◆ **Select ringtone:** Choose a ringtone for your incoming messages.

Vibrate: Make your device vibrate when a new message arrives.

Cell Broadcast:

- ◆ **GSM/UMTS Cell Broadcast:** Configure GSM/UMTS CB messages.

NOTE: Tap **Menu > Restore default settings** to change all the message settings back to the original.

Email

Tap **Home >  > Email**. use the *Email* Screen to setup your Email account and to exchange Emails.

Creating an Email Account

1. When you open **Email** for the first time, enter your **Email address** and **password**. Then tap **Next**.
2. Select your account type and tap **Next**.
3. Edit the settings for the incoming server and the outgoing server. Tap **Next**. Your device will connect to the Internet and verify the settings before proceeding to the next step. Please contact your mobile service provider and Email service provider for additional help.

NOTE: Your device knows the client settings for many Email service providers. If the Email you use is from those providers, the device will automatically configure the incoming and outgoing settings after you enter your Email address and password.

4. Set the **Email checking frequency, download options, account name** and other settings. Tap **Done** when you finish.

Your Email account's inbox appears and the device will download your Email messages.

TIPS: To add more **Email** accounts, open Email to get the Inbox screen. Then tap **Menu > Accounts > Menu > Add account**.

Receiving Emails

Press **Menu > Refresh** to download recent Emails. Select **Load more messages** located at the bottom of the Email list to download earlier messages.

Composing and Sending an Email

After creating an Email account, you can compose and send Email messages.

1. Tap **Menu > Compose** from the *Inbox* Screen.
2. Tap **To** and enter the recipient's address. When you start to enter an address, auto-complete suggests matching contacts. Select one or more. Separate each recipient with a comma.

TIPS: You can also tap **Menu > Add Cc/Bcc** to add more recipients.

3. Enter the subject and the content of your Email. If necessary, change the email priority. Tap **Menu > Add attachment** to add files to the Email.
4. Tap **Send**.

Replying to or Forwarding an Email

1. Open the Email you want to reply to or forward in the *Inbox* Screen.
2. Tap **Reply** to start a reply or **Menu > Forward** to reply to/forward the Email. You can also tap **Reply all** to reply to all the email's recipients.
3. Enter/edit the contents/recipients of your Email.
4. Tap **Send**.

Deleting an Email Account

1. Open the **Email** application. If there is only one account, tap **Menu > Accounts** to get the **Accounts** list.
2. Tap and hold the account you want to delete and select **Remove account** from the pop-up menu.
3. Tap **OK** to confirm.

Email Settings

Tap the account you want to configure in the *Accounts* Screen and tap **Menu > Account settings**. You can obtain the settings for the Email account. You can also tap **Menu > System settings** to set up storage, exchange and other settings.

Getting Connected to the Internet

Your device's impressive networking capabilities allow you to access the Internet or your corporate network with ease. You can use the default connection settings to connect to the Internet via your mobile network (GPRS/EDGE/3G), or via Wi-Fi.

The GPRS/EDGE/3G connection can be enabled/disabled manually. Just select **Home >  > Settings > Wireless & networks > Mobile networks** from the *Home* Screen and select or clear the **Data enabled** check box.

Adding a New GPRS/EDGE/3G Connection

To connect via GPRS/EDGE/3G you need a data plan with your service provider. Also if the GPRS/EDGE/3G settings are not pre-configured on your device, please contact your provider to get the necessary information.

1. Tap **Home** >  > **Settings** > **Wireless & networks** > **Mobile networks** > **Network Settings** > **Access Point Names**.
2. Tap **Menu** > **New APN**.
3. Tap each item to enter the information you received from your service provider.
4. Tap **Menu** > **Save** to complete.

TIPS: To set the APN to default settings, tap **Menu** > **Reset to default**.

Turning On Wi-Fi

Wi-Fi provides wireless Internet access.

1. Tap **Home** >  > **Settings** > **Wireless & networks**.
2. Tick the **Wi-Fi** box to turn it on.

Connecting to a Wi-Fi Network

1. Tap **Home** >  > **Settings** > **Wireless & networks** > **Wi-Fi settings**.

The Wi-Fi access points, or “hotspots”, that your device has detected are displayed with their names and security settings.

2. Tap an access point to form a connection.

If security features are implemented, you'll need to enter a password.

Checking the Wi-Fi Network Status

You can check the Wi-Fi network by looking at the  icon in the status bar.

Or tap the access point that the device is currently connected to in **Wi-Fi settings**. You can then check the network status from the pop-up window.

Using the Device as a Wi-Fi Hotspot

You can use the device as a portable WLAN router, providing Wi-Fi connection for one or multiple PCs or other devices. The function needs a data connection to a mobile network and may result in data charges.

TIPS:

- ◆ The PC accesses the Internet via the device's mobile network. Make sure to set up the GPRS/EDGE/3G connection correctly before you try to use the device as a Wi-Fi hotspot.

- ◆ When the portable Wi-Fi hotspot function is enabled, you cannot access the Internet with any application on your device via its Wi-Fi connection.

Enabling the Wi-Fi Hotspot

1. Tap **Home > Menu > Settings > Wireless & networks > Tethering & portable hotspot** and tick the **Portable Wi-Fi hotspot** check box.
2. Tap **Portable Wi-Fi hotspot settings > Configure Wi-Fi hotspot**.
3. Change the name of the hotspot and its security settings, if necessary. The default hotspot is an open one. You can tap **Open** and choose **WPA2 PSK** to set up a password. The password must have at least 8 characters.
4. Tap **Save**. Now you can find the hotspot on other devices and connect to it.

Disabling the Wi-Fi Hotspot

Tap **Home > Menu > Settings > Wireless & networks > Tethering & portable hotspot** and clear the **Portable Wi-Fi hotspot** check box.

Browsing the Internet

You can use your device to connect to the Internet via a GPRS, EDGE, 3G, or Wi-Fi connection.

Tap **Home >  > Browser**.

There are different ways to open web pages:

Tap the address bar to enter the website you want to browse. Then tap **Go**.

Tap  beside the address bar or tap **Menu > Bookmarks**. Select the bookmarked webpage you want to open.

Tap  beside the address bar or tap **Menu > Bookmarks**. Choose an item from the **Most visited** tab or **History** tab.

Browsing Options

Press **Menu** to access the following options when browsing web pages.

- ◆ Open a **New window** for web browsing.
- ◆ Access **Bookmarks**, most visited web sites, and browsing history.
- ◆ Switch browsing **Windows**.
- ◆ **Refresh** the current web page.
- ◆ Tap **More** to forward to the next web page, add bookmarks, search for text, select text, share page URL, check page info or download history, or configure browser settings.

Tap and hold a URL link in a web page to open, bookmark, save, share the link, or to copy the link URL.

Using Bookmarks

To bookmark a web page, open it and tap  or **Menu > Bookmarks**. Then tap **Add** or **Add bookmark**. Give the bookmark a name and tap **OK**.

TIPS: You can press **Menu > List view/Thumbnail view** to change how you view bookmarks on your device screen.

Editing a Bookmark

1. Open a Browser window.
2. Tap  or **Menu > Bookmarks**.
3. Select an item you want to edit and press it until the shortcut menu pops up.
4. Select **Edit bookmark**.
5. Edit the name or location, and then tap **OK** to save.

Deleting a Bookmark

1. Open a Browser window.
2. Tap  or **Menu > Bookmarks**.
3. Select an item you want to delete and press it until the shortcut menu pops up.
4. Select **Delete bookmark** and tap **OK** to confirm.

Changing Browser Settings

Tap **Menu > More > Settings** from a browser window to change browser settings.

Bluetooth®

Bluetooth® is a short-range wireless communication technology. Phones or other devices with Bluetooth capabilities can exchange information wirelessly within a distance of about 10 meters. The Bluetooth devices must be paired before the communication is performed.

Turning Bluetooth On/Off

Tap **Home >  > Settings > Wireless & networks** and select **Bluetooth**. When Bluetooth is on, the  icon appears in the status bar.

If you want to turn Bluetooth off, just clear the Bluetooth check box.

NOTE: If you switch off your device while Bluetooth is turned on, when you switch on the device again, Bluetooth turns on automatically.

Making Your Device Visible

In order to work with other phones or devices that have Bluetooth, you need to make your device 'visible' to them.

1. Tap **Home >  > Settings > Wireless & networks > Bluetooth settings**.

2. Select **Bluetooth** if it isn't already selected.
3. Select **Discoverable** to make your device visible for 120 seconds. To make your device 'invisible', simply clear the **Discoverable** check box.

Changing the Device Name

When your device is visible to other Bluetooth devices it listed by its name, and you can choose – for example: 'Ben's Phone'.

1. Tap **Home** >  > **Settings** > **Wireless & networks** > **Bluetooth settings**.
2. Select **Bluetooth** if it is not already selected.
3. Tap **Device name**.
4. Edit the name and tap **OK**.

Pairing With Another Bluetooth Device

To pair with another Bluetooth device, you need to turn the Bluetooth function on, for both devices and make the other Bluetooth device visible.

1. Tap **Home** >  > **Settings** > **Wireless & networks** > **Bluetooth settings**.
2. Tap **Scan for devices**. Your device will show all visible Bluetooth devices (in range) in its **Bluetooth devices** list.
3. Select the device you want to pair with.

4. If required, enter your PIN and tap **OK**.

If a PIN is required, the same PIN should be entered on the other device.

Making the Most of Multimedia

Taking Pictures with Your Camera

Your device has a 5-megapixel camera. Open it by tapping **Home** >  > **Camera**. Tap  to take a picture. To view it, just tap the picture in the right corner of the screen. Or select **Menu** > **Gallery** to view your pictures.

Adjusting Camera Settings

From the Camera Screen tap  to set up focus mode, exposure, picture size/quality, color effect, ISO, anti-banding, saturation, contrast, sharpness, and to restore camera settings.

Tap  or  to choose whether to save the photo's geographic location.

Tap  to change the white balance.

Tap  or  to turn on or off flash.

Tap **1x** to zoom in or out.

TIPS: To change quickly from camera to camcorder or vice versa, use the switch  icon. Use the  bar to adjust the brightness.

Shooting Video with Your Camcorder

Open the camcorder by tapping **Home** >  > **Camcorder**. Then tap  to start shooting, and tap  to stop. Select the picture in the right corner of the screen to view the video you've just shot. Or tap **Menu** > **Gallery** to see all your video clips.

Adjusting Camcorder Settings

From the Camcorder Screen, tap  to adjust color effect, video quality, video/audio encoder, video duration, and restore camera settings.

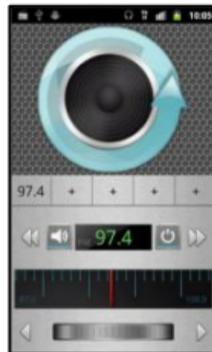
Tap  to change the white balance setting.

Tap  to change video quality, video/audio encoder, and video duration together, including **High**, **Low**, **MMS**, **YouTube**, and **custom** mode.

Listening to Your FM Radio

With the FM Radio, you can search for radio channels, listen to them, and save them on your device. Note that the quality of the radio broadcast depends on the coverage of the radio stations in your area. The wired headset that comes with your device works as an antenna, so always connect the headset when using the radio. When you receive an incoming call while listening to the radio, the radio will be turned off.

- ◆ To tune in, plug your headset into your device. Tap Home >  > FM Radio.



The  icon pops up in the status bar.
Tap Menu > Sleep to set the FM radio settings.

- ◆ Tap  to switch off the radio.

Playing Your Music

You can play digital audio files from your device's memory card.

1. Tap **Home** >  > **Music** to open the Music Screen.
2. Select **Artists/Albums/Songs/Playlists** to find the songs you want to play.
3. Tap an item from the list to start playing it.
4. Adjust the volume with **Volumes**.

Creating Playlists

Playlists help you organize your music files:

1. Select a music file that you want to add to a new playlist.
2. Tap and hold the file until a shortcut menu pops up.
3. Tap **Add to playlist**.
4. Tap **New**.
5. Type the playlist name and tap **Save**.

Managing Playlists

1. From the *Music* Screen tap **Playlists** to see them all.
2. Hold the playlist you want to play or edit until a shortcut menu pops up.
3. Tap **Play, Delete or Rename**.

Adding a Song to a Playlist

1. Open **Music** and find the song under **Artists, Albums, Songs, or Playlists**.
2. Hold the song until a shortcut menu pops up.
3. Select **Add to playlist**.
4. Select a playlist.

Configuring a Song as a Ringtone

1. Find the music file under **Artists, Albums, Songs, or Playlists**.
2. Hold the song until a shortcut menu pops up.
3. Select **Use as phone ringtone**.

Playing Your Videos

To play a video file, tap **Home** >  > **Videos**. This opens the Videos Screen and shows the video files saved to your memory card.

Tap a video file to start playing it. Tap on the screen and the control bar appears as seen below. You can play, pause, fast forward, rewind, etc.



Opening Your Gallery

Tap **Home** >  > **Gallery**. You can use the **Gallery** to view pictures and play videos. You can also do some basic picture editing – such as setting them as wallpaper or contact icons, and sharing with friends.

Making Voice Memos

The *Sound Recorder* enables you to record voice memos. You need a microSD card to use it.

1. Tap **Home** >  > **Sound Recorder**.
2. Tap  to start recording.
3. Tap  to stop recording.
4. Tap  to play back the voice recording.
5. Tap OK to save the voice recording, or tap Discard to delete the recording.

TIPS: To find your recordings press **Home**>  > **Music** > **Playlists** > **My recordings**.

Sorting out Your Phone Settings

Setting Date and Time

1. Tap **Home > Menu > Settings > Date & time**.
2. Clear the **Automatic** check box if you want to set the time and date by yourself.
3. Configure the **date, time, time zone, and date/time format**.

Display Settings

Tap **Home > Menu > Settings > Display**, to adjust the display settings:

- ◆ **Brightness:** Adjust the screen brightness.
- ◆ **Auto-rotate screen:** Rotate the screen display as you rotate the device.
- ◆ **Animation:** Choose the window animation.
- ◆ **Screen timeout:** Set the delay for the screen to automatically turn off.

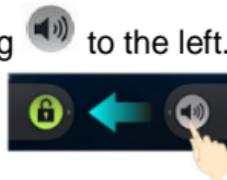
Sound Settings

Tap **Home > Menu > Settings > Sound**, to configure the sound settings, such as ringtones and alerts.

- ◆ **Silent mode:** Select to mute all sounds except media and alarms.

- ◆ **Silence Ringer When Face Down:** Enable this function, to mute the incoming call ringtone by flipping the device over.
- ◆ **Vibrate:** Enable vibration.
- ◆ **Volume:** Tap to adjust volume levels for ringtone, media, alarm, and notification.
- ◆ **Phone ringtone:** Select the default ringtone for incoming calls.
- ◆ **Notification ringtone:** Select the default ringtone for notifications.
- ◆ **Audible touch tones:** Select to play tones when you tap the dial pad.
- ◆ **Audible selection:** Select to play a sound when you touch the screen as you make a selection.
- ◆ **Screen lock sounds:** Select to play a sound when you lock or unlock the screen.
- ◆ **Haptic feedback:** Select to enable the device to vibrate when you press soft keys or on certain user interface interactions.

To quickly switch to silent mode, hold **Volume** (down) or, if the screen is locked, drag  to the left.



Language Settings

You can change the language of your device system in two simple steps.

1. Tap **Home** >  > **Settings** > **Language & keyboard** > **Select language**.
2. Select a language from the list.

Mobile Network Services

Tap **Home** >  > **Settings** > **Wireless & networks** > **Mobile networks** to enable or disable a data service, allow data services when roaming, or set access point names for data access.

Data Services When Roaming

1. Tap **Home** > **Menu** > **Settings** > **Wireless & networks** > **Mobile networks**.
2. Tick the **Data roaming** box.

IMPORTANT: Data roaming may incur significant roaming charges.

Disabling Data Services

1. Tap **Home** > **Menu** > **Settings** > **Wireless & networks** > **Mobile networks**.
2. Clear the **Data enabled** check box.

Switching Networks

1. Tap **Home** > **Menu** > **Settings** > **Wireless & networks** > **Mobile Networks** > **Network Settings** > **Network operators**.

2. Tap **Search networks** to scan for available networks, tap a network to register manually.
3. Tap **Select automatically** to select preferred network automatically.

Setting Access Point Names

To connect to the Internet you can use the default Access Point Names (APN). And if you want to add a new APN, please contact the service provider to find out more instructions.

1. Tap **Home > Menu > Settings > Wireless & networks > Mobile networks > Network Settings > Access Point Names**.
2. Tap **Menu > New APN**.
3. Set the necessary parameters.
4. Tap **Menu > Save**.

Security Settings

Here's how to protect your device and SIM card from unauthorized use.

Protecting Your Device With a Screen Unlock Pattern

Creating Your Screen Unlock Pattern

1. Tap **Home >  > Settings > Location & security > Set up screen lock > Pattern**.
2. Read the instructions and tap **Next**.
3. Watch the example pattern and tap **Next**.

4. Draw your own pattern and tap **Continue**.
5. Draw the pattern again and tap **Confirm**.
6. Press **Power** to lock the screen.

TIPS: Clear the **Use visible pattern** check box if you want to hide the pattern as you draw it on the screen.

Unlocking the Screen with Your Pattern

1. Press **Power** to wake up the screen.
2. Draw the pattern you set for unlocking the screen. If you make a mistake, your device will ask you to try again.

Cannot recall your screen unlock pattern?

You have up to five attempts to unlock your device. If you still cannot recall the screen unlock pattern, you can tap **Forgotten pattern?** and enter your account user name and password to reset the screen-unlock pattern.

Protecting Your Device with a PIN or Password

Creating a PIN or Password

1. Tap **Home** >  > **Settings** > **Location & security** > **Set up screen lock**.
2. Tap **PIN** or **Password**.
3. Enter the numeric PIN or any password you like, and tap **Continue**.

4. Enter it again and tap **OK** to confirm.

Unlocking the Screen with Your PIN or Password

1. Press **Power** to wake up the device.
2. Drag the  icon to the right.
3. Enter the PIN or password you set.
4. Tap **OK**.

Disabling Screen Lock Settings

If you have created an unlock-pattern, PIN or password, you can disable it.

1. Tap **Home** >  > **Settings** > **Location & security** > **Change screen lock**.
2. Draw the screen-unlock pattern or enter your PIN/ password.
3. Tap **None**.

Protecting Your SIM Card with a PIN

Every SIM card comes with a PIN. The initial PIN is provided by your mobile phone carrier. It's best to lock your SIM card as soon as you can.

1. Tap **Home** >  > **Settings** > **Location & security** > **Set up SIM card lock**.
2. Select **Lock SIM card**.

3. Enter the PIN you've been given and tap **OK**.

Changing Your SIM PIN

You can change the PIN you've been given to one easier for you to remember and harder for others to guess.

1. Tap **Home** >  > **Settings** > **Location & security** > **Set up SIM card lock**.
2. Make sure that **Lock SIM card** is enabled.
3. Tap **Change SIM PIN**.
4. Enter the old PIN and tap **OK**.
5. Enter your new PIN and tap **OK**.
6. Enter the new PIN again and tap **OK**.

Restoring a Locked SIM Card

Put all your confidential passwords in a safe place for future use. If you enter the wrong SIM PIN more times than allowed, your SIM card will be locked and you cannot access the mobile phone network. Contact your operator for a PIN Unlock Key (PUK) to restore the SIM card.

Setting Up Credential Storage

This lets you select applications to access secure certificates and other credentials.

Enabling Secure Credentials

1. Tap **Home** >  > **Settings** > **Location & security**.
2. Tap **Set password** and create a password for the credential storage.
3. Select **Use secure credentials**.

TIPS: You can also install encrypted certificates from your microSD card by tapping **Install from SD card**.

Deleting Secure Credentials

1. Tap **Home** >  > **Settings** > **Location & security**.
2. Tap **Clear storage** to clear credentials.

Managing Your Device Memory

Tap **Home** >  > **Settings** > **Storage**.

You can view the microSD card and the device storage details.

- ◆ **Unmount/Mount SD card:** You can unmount the microSD card to safely remove it, or mount the card.
- ◆ **Erase SD card:** Erase all data on the microSD card.

NOTE: The SD card is not accessible while connected with a USB cable to a PC.

Privacy: Reset to Factory Settings

Tap **Home** >  > **Settings** > **Privacy** > **Factory data reset** > **Reset phone** > **Erase everything**.

WARNING: All your personal information and applications that you have downloaded to your device will be erased.

Managing Applications

Managing Other Settings

Search Settings

You can manage search settings and search history by opening *Search* and tapping **Menu > Search settings**.

- ◆ **Searchable items:** Choose what to search on the device.
- ◆ **Clear shortcuts:** Clear shortcuts to recently chosen search suggestions.

Voice Input and Output

You can set the text-to-speech and voice recognition options by tapping **Home >  > Settings > Voice Input and Output**.

Other Applications

Calculator

Tap **Home >  > Calculator**.

TIPS: Tap **Menu > Advanced panel** to use the scientific calculator.

SIM Tool Kit

The **SIM Tool Kit** appears on the screen only if your SIM card provides this function. To use SIM services, first insert your SIM card into the device.

Tap **Home >  > SIM Tool Kit**.

LifeWatch V Health and Medical Functions

Getting Started with the LifeWatch V Medical and Wellness Applications

Press the *LifeWatch V* icon on the desktop. This activates the application and opens the license agreement.

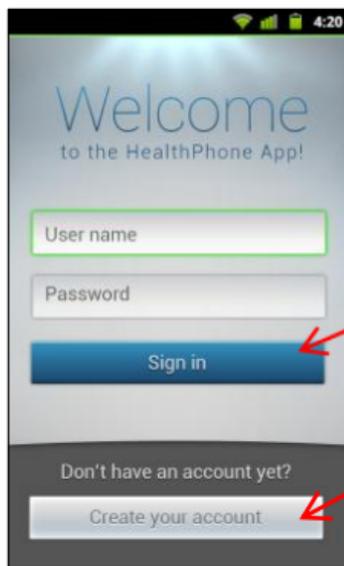


License Agreement

Please read the license agreement. The login screen appears after accepting the terms.

First Time Launch

The first time you open the application the registration screens are displayed.



For registered user - enter your user name and password and tap on the **“Sign In”** button.

For new user - tap on **“Create Account”** in order to start the registration process.

Quick access code

Create your Quick access code by selecting four numbers.

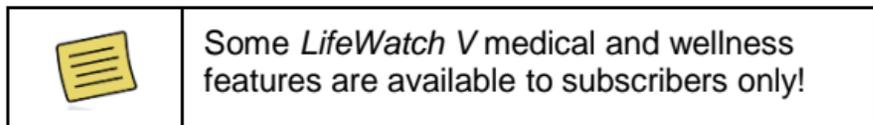
Quick access code confirmation

Re-enter your selected quick access code.

Login Screen

This is the log-in screen for *LifeWatch V* medical applications. Use the keypad to enter your quick access code.

The *Start* screen appears.



Guest Login

Select **Guest Login** to start **Guest Mode**.

The guest-login allows non-subscribed users to perform certain tests.

The tests are not saved, there is no connection to the remote server and the guest has a limited amount of tests that can be performed per month.

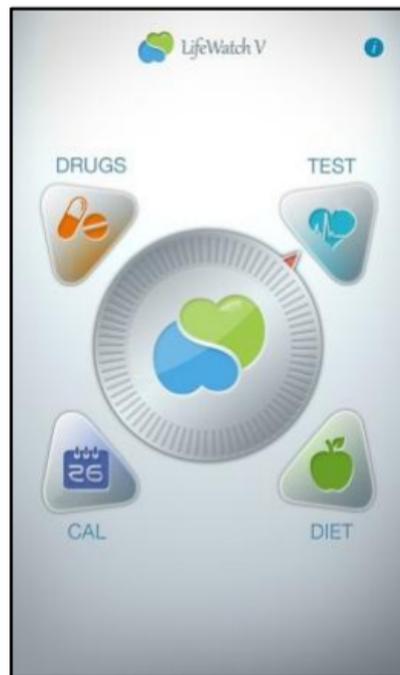


Guest log-in

Start Screen

Select the required application to start.

Application	Icon
Test	
Diet	
Drug	
Calendar	
Information	



Test Application

Test General Description

The *LifeWatch V* implements the following test features in a single device to help you track and record your health/wellness:

- ◆ **ECG** - The graphical recording of your heart activity, to be used whenever you are concerned about your heart rhythm or if you experience the following symptoms of abnormal heart rhythms:
 - ◆ Skipped Beats
 - ◆ Pounding Heart (Palpitations)
 - ◆ Heart Racing or Irregular Pulse
 - ◆ Lightheadedness or Faintness
 - ◆ History of Arrhythmias
- ◆ **HR** – Measures the pulse rate (minimum, maximum and average rate that your heart beats).
- ◆ **Stress Level Analyzer** – Analyze the pulse rate to determine the level of mental and physiological stress.
- ◆ **BFA (Body Fat Analyzer)** – BFA uses bioelectrical impedance to determine the body fat percentage.
- ◆ **Glucose meter** – Measures the blood glucose level.
- ◆ **Body temperature** – Measures the forehead's temperature. Use to determine the body temperature.

Test Screens Description

	Wheel	Use to cycle between tests and select the relevant test
	Information icon	Press to open the relevant information about the selected test type
	Test type	Displays test type
	Start button	Press to start test
	History button	Press to display test history (3 last tests)
	Reminder icon	Press to display the calendar
	Calendar	Displays the current week's reminders with the test type icon

Note: a green outline to a button means it is selected.

Press a button to change the display on the *Start* screen.

Press	To display
<p>Reminder</p> 	 <p>NOTE: Tapping  opens the <i>Reminder Creation</i> window for the current type of test.</p>
<p>History</p> 	 <p>Note: Tapping the graph opens History, see page 84.</p>

Test Wheel Icons

Glucose testing



BFA (body fat analysis)



Temperature



ECG
(electrocardiogram)



HR (heart rate)



Stress Level
Analyzer



SP02
(blood oxygen saturation)



NOTE:

For tests involving the use of electrodes it is important to:

- a. Clean electrodes with a lint free dry cloth.
- b. Clean your fingers with soap and dry them.
- c. To receive accurate measurements it is important to set up all the parameters under **Settings** prior to conducting the tests.
- d. Sit comfortably so that you can be relaxed during the test

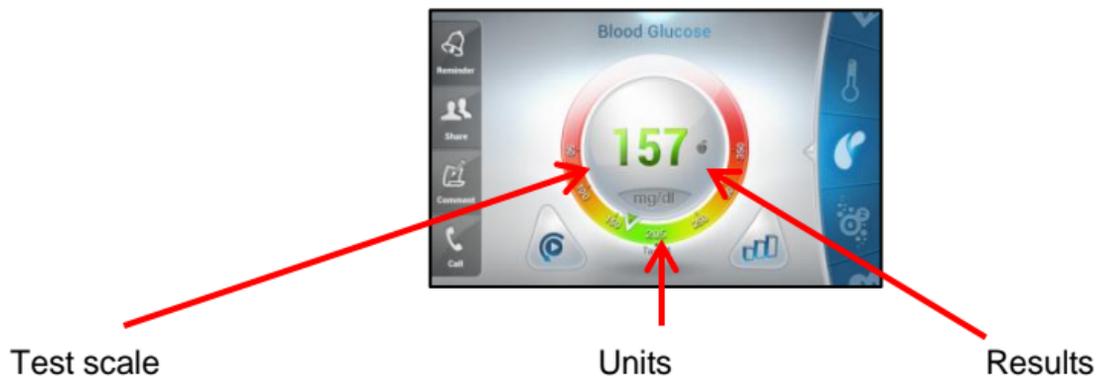


Before starting medical tests please disconnect the earphones/USB cable.

Test Results

After a test has been performed the screen displays the results and provides extra functions.

Example



 Each test type has its own units and scale values.

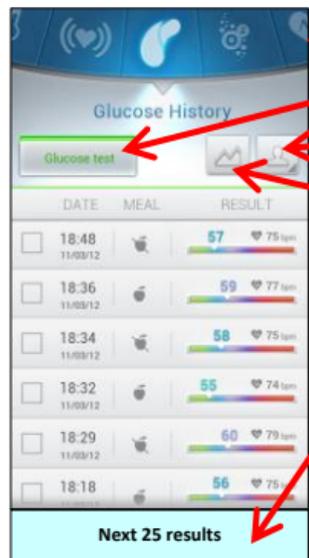
 **Warning** - The user of the *LifeWatch V* should not take any actions of a medical or clinical nature based on his/her understanding or interpretation of test results without consulting a healthcare professional.

Test Results Icons

 Reminder	Reminder - Opens the <i>Reminder</i> window.
 Share	Share - Opens the <i>Sharing Selection</i> popup, share the results via Email or SMS.
 Comment	Comment - Pop-up <i>Notepad</i> for commenting on results. Auto sharing results are sent without the comments.
 Call	Call - Initiate a call to the Call Center (Premium Users).
 Before After	Crossed-out apple means before meal
	Apple means after meal
	Retake test
	History

History

The screen default is to show the last test type chosen. Scroll using the wheel to change test type.



Wheel – scroll to change test type

All Tests– show all tests (all types)

Other Users – displays the test results of other users that you “follow”

Graph – display the test results graph

Next 25 results – displays the next 25 test results

History displays the following for each test:



Share box

Test type

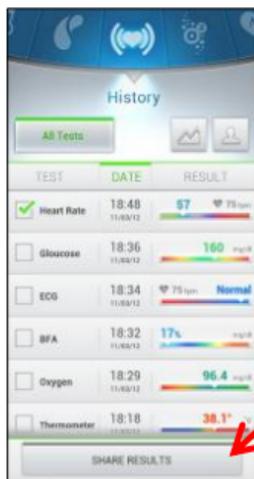
Date & time

Result and threshold

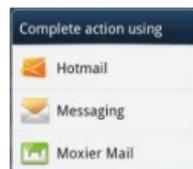
Select a test to share.



Once selected a Share button is added to the end of the test list.



Share Results– select to open **Sending** (SMS/email) option.



Performing Tests

The screen automatically goes to the last test type. Use the scroll-wheel to cycle between the various tests.

NOTE: see page 107 for instructions on changing the glucose measurement units.

Blood Glucose Test

Be sure to read carefully this section, the test strip insert and the lancing device insert found in the Gluco kit before testing. Make sure you have all items needed to test:

LifeWatch V, Test Strips, Lancing Device, and Sterile Lancet

Wash and dry your hands.



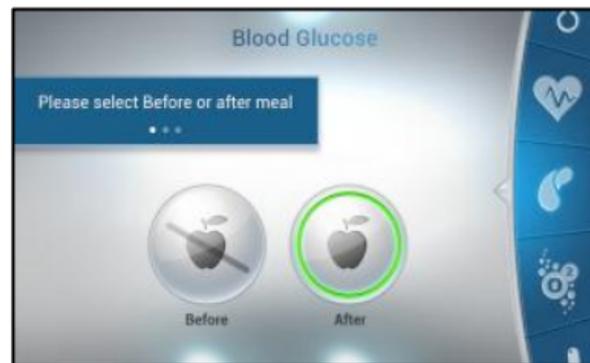
Use only the glucose strips provided with the LifeWatch V device.

1. To start the glucose test press **Start**.

The screen rotates to the horizontal mode, please hold the *LifeWatch V* horizontally.



2. A new screen opens, select **Before** or **After** meal.

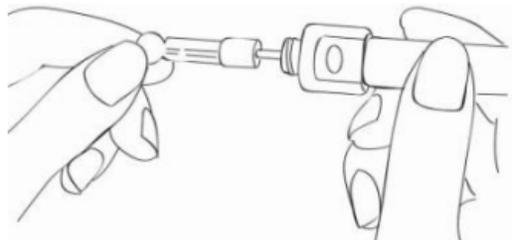


3. Please insert a new glucose strip into the glucose slot when instructed.

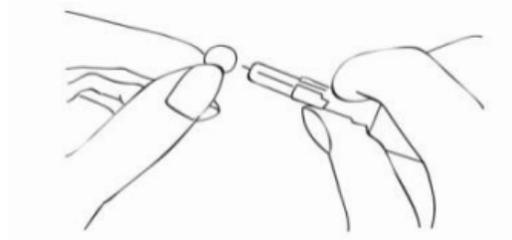


4. Prepare the lancing device:

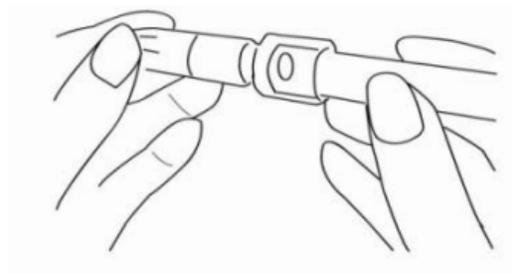
Screw off the cap of Lancing Device. Insert a lancet into the lancet holder and push down firmly until it is fully seated.



Twist the protective disk until it separates from the lancet.



Replace the lancet device cap. Turn the cap until it is snug but not too tight.

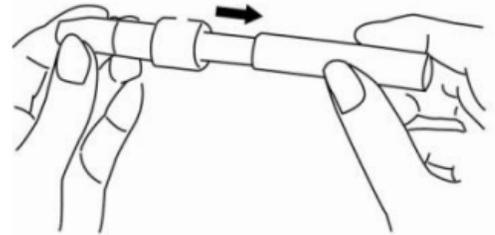
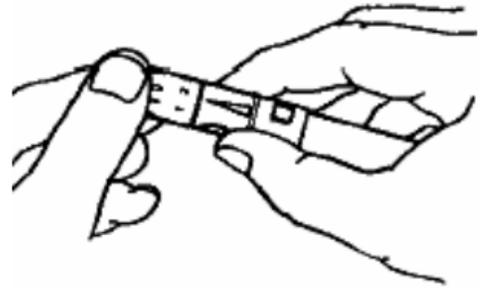


The adjustable tip offers 5 levels of skin penetration. Twist the adjustable tip in either direction until the number lines up with the Arrow:

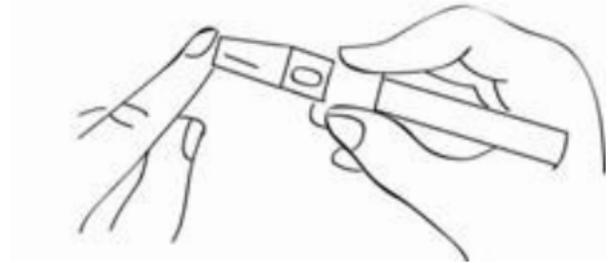
- 1-2 for soft or thin skin,
- 3-4 for average skin,
- 5 for thick or calloused skin.

Please select the most suitable depth for you to avoid unnecessary pain.

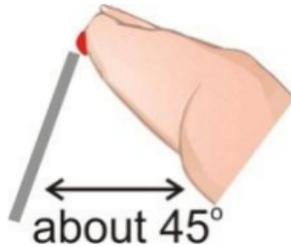
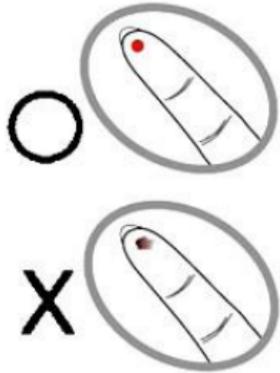
Slide the ejection/cocking control back until it clicks. If it does not click the device may have been cocked when the lancet was inserted.



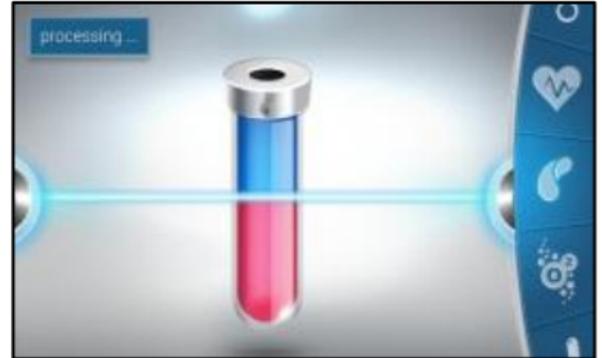
5. Take a blood sample using the lancing device (see supplied lancing device instructions).



6. Place the finger with the acquired drop of blood at the tip of the glucose strip, as shown on the screen and below.



7. The *Processing* screen appears, after a few seconds the results screen appears.



8. When the test is completed the results screen appears. Remove the used test strip and lancet; dispose of them.

	Glucose strips are for single use only; dispose of used strips as per the instructions included with the strips.
---	--

It is now possible to:

- ◆ Retake the test by pressing the Retest button
- ◆ Use the Scroll Wheel to scroll to another test
- ◆ Display test History
- ◆ Use the options available on the left bar





Important Information

Severe dehydration resulting from excessive water loss may cause false low results. If you believe you are suffering from severe dehydration, consult a healthcare professional immediately.

Test results below 70 mg/dL (3.9 mmol/L) mean low blood glucose (hypoglycemia). Test results greater than 240 mg/dL (13.3 mmol/L) mean high blood glucose (hyperglycemia). If you get results below 70 mg/dL or above 240 mg/dL, and do not have symptoms, repeat the test once. If you have symptoms or continue to get results that fall below 70 mg/dL or above 240 mg/dL, follow the treatment advice of your healthcare professional.

If you are experiencing symptoms that are not consistent with your blood glucose test results AND you have followed all the instructions described in the *LifeWatch V* User Manual, call your healthcare professional.

A red blood cell count (hematocrit) that is either very high (above 55%) or very low (below 30%) can cause false results.

Glucose Test Troubleshooting

Problem	Possible Cause(s)	Solution
Blood glucose results are inconsistent.	<ol style="list-style-type: none">1. Not enough blood is placed on the Test Strip.2. Test Strips have passed their expiration date.3. Deteriorated Test Strip caused by heat or humidity.4. Device, and/or Test Strip were not at room temperature when used.	<ol style="list-style-type: none">1. Rerun test with a new Test Strip and apply a sufficient blood to fill the Test Strip tip.2. Obtain new Test Strips have not yet exceeded their expiration date.3. Run a Control Solution Test using a new Test Strip. If the results are still out of range, replace the Test Strip package. See package for proper storage instructions.4. Allow time for the Device, Control Solution and/or Test Strips to come to room temperature before use.

Alternative Site Testing (AST)

Important: There are limitations for doing AST.

Please consult your healthcare professional before you do AST.

What is AST?

Alternative site testing (AST) means that people use parts of the body other than fingertips to check their blood glucose levels.

This system provides you to test on the palm, the forearm, the upper arm, the calf, or the thigh with the equivalent results to fingertip testing.

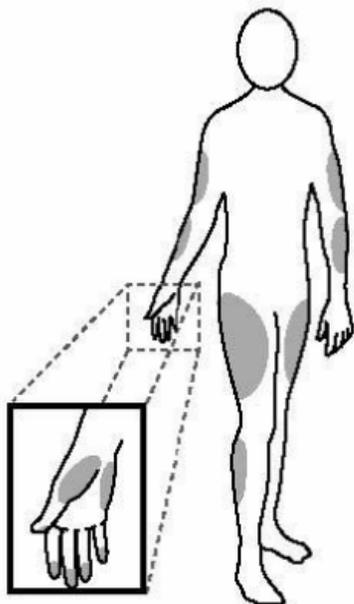
What's the advantage?

Fingertips feel pain more readily because they are full of nerve endings (receptors). At other body sites, since nerve endings were not so condensed, you will not feel as much pain as at the fingertip.

When to use AST?

Food, medication, illness, stress and exercise can affect blood glucose levels.

Capillary blood at fingertip reflects these changes faster than capillary blood at other sites. Therefore when testing blood glucose during or immediately after meal, physical exercise, or any other event, take blood sample from your finger only.



We strongly recommend you do AST ONLY in the following intervals:

- ◆ In a pre-meal or fasting state (more than 2 hours since the last meal).
- ◆ Two hours or more after taking insulin.
- ◆ Two hours or more after exercise.

Do NOT use AST if:

- ◆ You think your blood glucose is low.
- ◆ You are unawareness of hypoglycemia.
- ◆ Your AST results do not match the way you feel.
- ◆ You are testing for hyperglycemia.
- ◆ Your routine glucose results are often fluctuating.
- ◆ You are pregnant.

How to increase the accuracy?

Stimulating blood perfusion by rubbing the puncture site prior to blood extraction has a significant influence on the glucose value obtained. Blood from the site without rubbing exhibits a measurably different glucose concentration than blood from the finger. When the puncture site was rubbed (20 seconds) prior to blood extraction, the difference was significantly reduced.

Control Solution Test

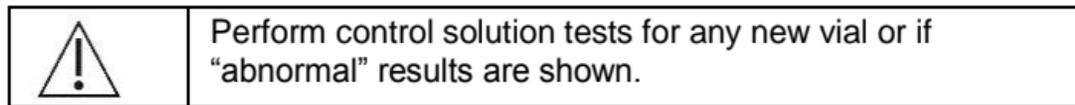
Why Use the Control Solution?

Ensure that your LifeWatch V and LifeWatch V Test Strips are working together properly.

Practice testing without having to use your own blood.

Perform Control solution tests when:

- ◆ First receive your LifeWatch V.
- ◆ You feel your LifeWatch V or test strips are not working properly.
- ◆ You feel your test results are not accurate.
- ◆ After dropping or damaging your LifeWatch V or exposing it to liquids.
- ◆ Your healthcare professional advises you perform the test.



4. Select the Control Solution test from the options menu.
5. The following screen appears. To start the test press **Start**.
6. The screen rotates to the horizontal mode, please hold the LifeWatch V horizontally.



7. Insert the new glucose strip into the glucose slot when instructed.



Glucose strips are for single use only; dispose of used strips as per the instructions included with the strips.



8. Place the Control Solution:
- ◆ Shake the control solution vial.
 - ◆ Place the first drop of control solution in a disposable container.
 - ◆ Clean the bottle tip using a tissue or paper towel.
 - ◆ Place a second drop at the tip of your finger



9. Using your finger place the drop of control solution on the strip in the LifeWatch V as shown. The drop is drawn into the test strip. Move your finger away when the strip window is filled



10. The *Processing* screen appears, after a few seconds the results screen appears.



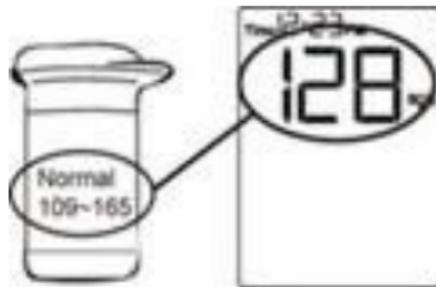
11. When the test is completed the results screen appears.
12. Remove the used test strip and dispose of it.



13. Compare the result of your control solution test to the range printed on your LifeWatch V Blood Glucose Test Strip vial label for the control solution level that you used.

Your control solution result should fall within this range.

If your control solution test results are out of the range, repeat the test and refer to *Control Solution Troubleshooting* of this guide to see potential causes of error.



Control Solution Troubleshooting

Problem	Possible Cause(s)	Solution
Control solution test results are inconsistent, or control solution test results are not within the specified range.	<ol style="list-style-type: none"><li data-bbox="427 156 895 225">1. Not enough control solution is placed on the Test Strip.<li data-bbox="427 244 916 313">2. Test Strips or control solution have passed their expiration date.<li data-bbox="427 332 907 401">3. Deteriorated Test Strip caused by heat or humidity.<li data-bbox="427 420 916 529">4. Device, Control Solution and/or Test Strip are not at room temperature when used.	<ol style="list-style-type: none"><li data-bbox="977 156 1650 265">1. Rerun the test with a new Test Strip and apply sufficient control solution to fill Test Strip tip.<li data-bbox="977 283 1569 392">2. Obtain new Test Strips and/or Control Solution that have not yet exceeded their expiration date.<li data-bbox="977 411 1616 520">3. If the results are still out of range, replace the package of Test Strips. See package for proper storage instructions.<li data-bbox="977 538 1624 647">4. Allow time for the Device, Control Solution and/or Test Strips to come to room temperature before use.

ECG/HR/BFA/SP02/Stress Level Analyzer Tests

Recommended Preparations - Wash and dry your hands.

If your fingers are too dry or are extremely cool, accurate measurements may not be possible.

Condition	Actions
Hands are dry.	Slightly moisten hands with a wet towel, then measure.
Your hands are cold	Warm your hands by immersing in warm water or staying in a warm room. Start the measurement again.

Special Instructions for BFA Test

The following physical conditions change the water content in the body, the measured body fat percentage may differ significantly from the real number.

- ◆ Right after vigorous exercise
- ◆ Right after taking bath or sauna
- ◆ When drinking large amounts of alcohol
- ◆ When drinking a large amount of water or after a meal

Exceptions for BFA Test

The measured body fat percentage may differ from the actual body fat percentage for people with changing amounts of water and tissue density within their bodies.

- ◆ Children of growing stage
- ◆ Elderly people and women after menopause
- ◆ Having osteoporosis (very low bone density)
- ◆ People with a fever or swelling
- ◆ Bodybuilders or professional athletes
- ◆ Patients undergoing dialysis
- ◆ Pregnant women

Start the Test

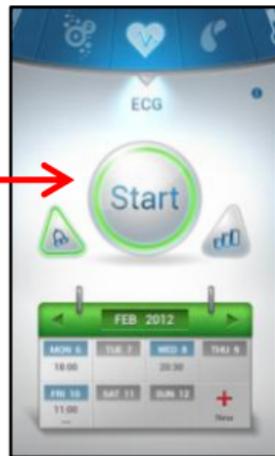
Use the scroll wheel to cycle between the various tests.

1. To start the test press **Start**.

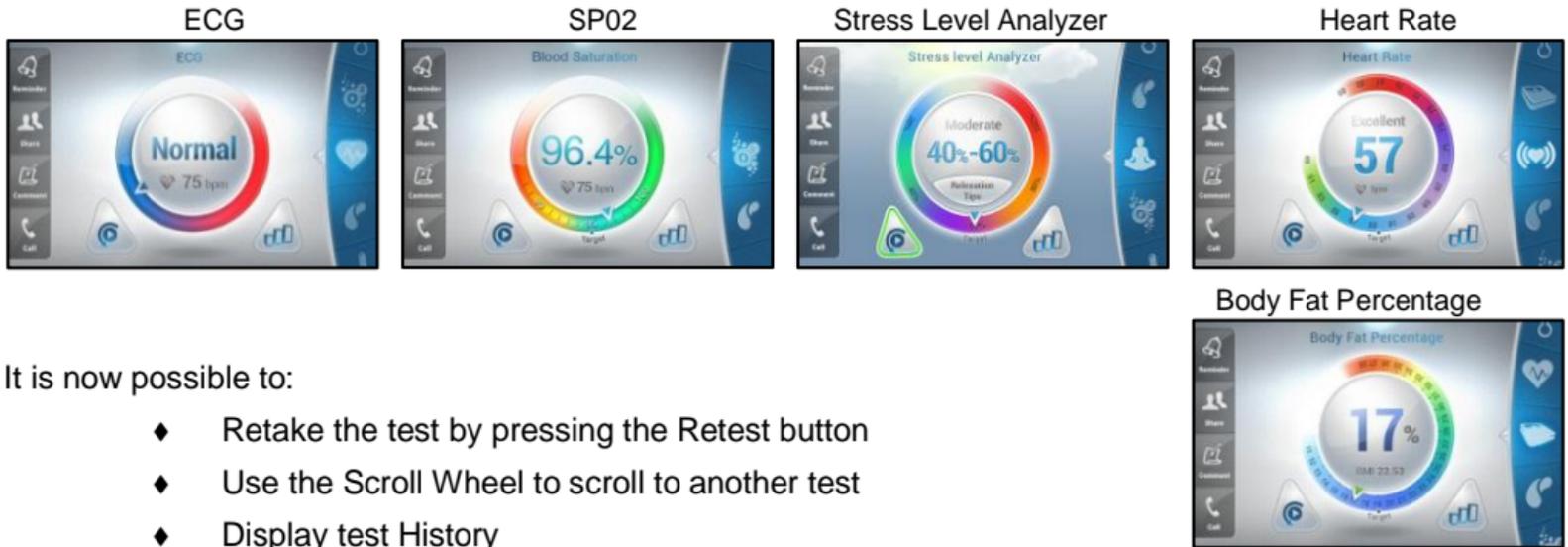
The screen rotates to the horizontal mode, please hold the *LifeWatch V* horizontally.

NOTE: The ECG test is shown as an example.

2. Follow the on-screen instructions (place fingers on the three electrodes).



3. When the test is completed the results screen appears.



It is now possible to:

- ◆ Retake the test by pressing the Retest button
- ◆ Use the Scroll Wheel to scroll to another test
- ◆ Display test History
- ◆ Use the options available on the left bar

Body Temperature Test

Scroll to the **Thermometer** icon on the wheel.
The following screen is displayed.

1. To start the test press **Start**.



A high fever or low body temperature requires you to seek immediate medical attention

2. The screen rotates to the horizontal mode, please hold the LifeWatch V horizontally.
3. Follow the screen instructions and place the thermometer on your forehead when instructed.



4. When the counter reaches 0 the test starts followed by beeps. Move the device from left to right, until the beeping stops (about 5 seconds).



5. The processing screen appears while you are moving the device on your forehead, the test ends when the beeping stops.

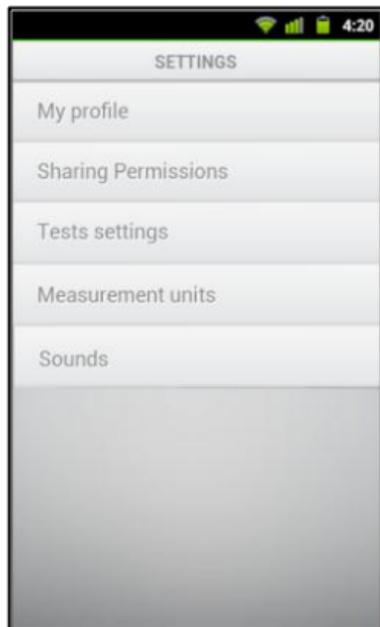


6. When the test is completed the results screen appears. It is now possible to:
- ◆ Retake the test by pressing the Retest button
 - ◆ Use the Scroll Wheel to scroll to another test
 - ◆ Display test History
 - ◆ Use the options available on the left bar



LifeWatchV Medical Application Settings

The *LifeWatch V* medical application settings are divided into categories:



My Profile

Sharing Permissions

Test Settings

Measurement units

Sounds

My Profile

Press **My Profile** to open the profile details. The details that have been entered during the registration process are displayed.

To change a detail, select it by pressing it and then either enter the new details in the field or if there is a pop-up box, change the setting.

Pop-up Example

Gender



Sharing Permissions

Select **Sharing Permissions** to display the list of people already assigned for sharing and to add new sharing contacts.

Test Settings

Press on **Test Settings** to open the tests options screen. It is possible to set the desired test goal for each test.

Measurement Units

Select to open the sub menu, tap on the measuring type you want to change.

Sounds

Select Sounds options.



Diet Application

General

The Diet application assists users in staying on track and gaining their fitness goals through fitness and nutrition planners. It also includes diet and wellness support through personal nutrition and fitness management, along with personalized information.

Meal Planner



The *Meal Planner* is designed to track the user's caloric intake. The system is categorized into meals and the user is able to note all of the food consumed on each day. The user's calculated calorie budget appears in the right column. The user can also use the right column to track water intake, and favorite food items. The daily meals' nutritional value is displayed visually in a pie chart located at the bottom of the page. The *Meal Planner* includes a *Meal Plan Wizard*, for first time use of the *Meal Planner* section of the application.



Exercise Tracker



Exercise Tracker presents the recent exercise logs, and lets the user add new logs.

Tap '**Exercise** Tracker on the scroll wheel to open this application. The screen shows the user all the previously reported exercise logs. The *Exercise Tracker* includes a pedometer that counts each step a person takes and uses it to calculate the distance the user has walked.

Weight Tracker



Weight Tracker presents the recent weight logs, and lets the user add new logs.

Water Tracker



Water Tracker supports the tracking and logging-in of the daily intake of water. Tap **Water Tracker** on the scroll wheel to access the *Recent Logs* screen and to add new logs.

Measurement Tracker



Measurement Tracker presents the recent body measurements logs and lets the user add new logs.

Calendar Application

The *Calendar* application displays the set test times and medication use in a calendar format.

You can select to display only tests or only medications. The details are presented at the bottom of the screen.

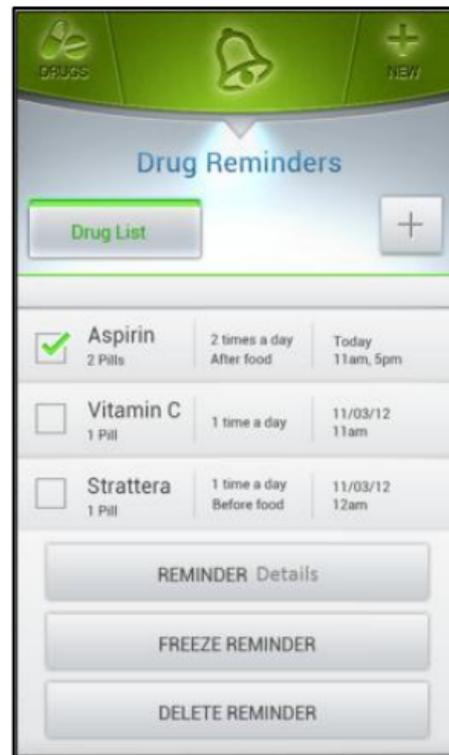


Drug Reminder

Using the *Drug Reminder* application to create reminders for the medications that you are taking, including usage monitoring.

The dosage, time periods, length of use and any special instructions may be added.

It is possible to check the *Reminder* details, freeze (pause) the *Reminder* or delete the *Reminder*.



Heart Rate Calculation Method

Introduction

This section describes the heart rate (HR) calculation within the LifeWatch V. HR is defined as the number of heart beats during a GIVEN TIME INTERVAL (usually one minute). It is reported by the algorithm each time a QRS complex is detected.

Method of Calculation

The momentary HR is the inverse of the time lasting between two consecutive heart beats. As the momentary HR fluctuates due to inaccuracies in detecting the exact R wave timing eight momentary HR values are averaged to generate the displayed HR. Therefore the reported HR is the mean of the last momentary HR values WHICH CORRESPOND TO THE DETECTED R COMPLEXES FOR THE LAST 8 SECONDS.

OCCASIONS IN WHICH THE HR IS NOT REPORTED: If during a specific QRS complex the signal is considered as too low to be considered accurate or is considered as noise, the displayed HR will be 0.

Maintenance

Conditions of Use

Your *LifeWatch V* conforms to international regulations insofar as it is used under normal conditions and in accordance with the instructions detailed in this manual.

Caring for your *LifeWatch V*

- ◆ Do not open or attempt to repair your *LifeWatch V* yourself; do not tamper or attempt to remove the battery. Only authorized service personnel may repair the device.
- ◆ Do not drop your *LifeWatch V* or subject it to severe impact. Do not use extreme force when pressing the display or keys.
- ◆ Take care to dispose of the device, including the battery and electronic components, as per local/national environmental regulations.

Cleaning

Clean device daily using a dry lint free cloth.

Disinfecting

Disinfection is performed after each use of the *LifeWatch V* glucose meter using EPA registered germicidal disposable wipes (such as Nice-Pak Products, Inc. "Super Sani-Cloth+® Germicidal Disposable Wipe").

Environment

- ◆ Keep the device away from extreme heat. Do not leave it on the dashboard of a car or near a heater.
Do not leave it in any place that is extremely damp or dusty.
- ◆ As this device is not waterproof, do not use it or store it where liquids such as water, juice, coffee, etc. can splash it.
- ◆ Keep accessories that might be swallowed, away from children.
- ◆ Do not store the device under the following ambient conditions:
 - Locations exposed to direct sunlight.
 - Locations subject to high temperatures and high humidity.
 - Dusty locations.
 - Near fires or open flames.
 - Locations exposed to strong vibrations.
 - Locations exposed to strong electromagnetic fields.

Preventive Maintenance

The following simple preventive maintenance tasks should be performed weekly to ensure the continued maximum capacity performance of the device, and to reduce the possibility of failure:

- ◆ **Mechanical Inspection** - Check for splits, cracks or imperfections in the case. If you have any questions or doubts, call your service provider.

NOTE:

- ◆ Clean the thermometer with a dry, lint free cloth.
- ◆ Do not allow any liquid to enter the case, and avoid pouring water or other liquids on the device while cleaning.
- ◆ Never use abrasives such as wire wool or metal polish.
- ◆ During cleaning, make sure you do not expose the device to temperatures in excess of 45°C (113°F).

Troubleshooting

Bad contact	1. Clean fingers and electrodes. 2. Gently touch electrodes.	
Inaccurate Body temperature	Make sure the thermometer lens is placed properly on your forehead while testing.	
Low/critical battery Message	Recharge the device for at least one hour.	
A medical function is not working	1. Exceeding device temperature 2. Device battery is low 3. USB cable or earphone are connected to the device	1. Device temperature is too high or low, device temperature should be 10 to 40° C. 2. Charge the device 3. Disconnect USB cable or earphone before use.
No device communication during tests	The test function has disabled the phone communication.	By the end of the test the communication will be restored.
No charging animation	Check if the adapter is properly connected; if the phone battery was completely drained it may take up to one hour until the charging animation appears.	
No history records/cannot receive ECG analysis from server	Make sure the internet connection is available and that your LifeWatch V service plan is active.	
Phone is frozen, a black screen is shown	Click on the restart button located under the device back cover.	

Specifications

Environmental and Dimensions	
Operating temperature (C ^o)	Cellphone -10 to +55 Medical tests 10 to +40
Transport & storage temperature (C ^o)	-25 to +75
Relative humidity (%)	0 to 95, non-condensing
Atmospheric pressure range (hPa)	700 to 1060
Height (mm)	132
Width (mm)	70
Depth (mm)	13
Net Weight (gr.)	156
Main Features	
Bands	WCDMA/HSPA 850/1900/2100, GSM/GPRS/EDGE 850/900/1800/1900
Touch Lens	Yes (Capacitive Touch screen)
LCD Parameter	4.3 inch 480*800 Pixels (WVGA)
Camera	5M AF+300K FF
Processor	Qualcomm MSM7227Turbo, 800 MHz
Memory	1GB Flash + 512MB RAM

Battery Capacity (internal) LI-IO	1480mAh, 5.47 Wh, nominal voltage3.7 V, limited charge 4.2 V; battery model BAK5128800
Wi-Fi(WLAN)	IEEE 802.11b/g/n
GPS	Yes, support A-GPS also, but need network support
G-Sensor	Yes
FM Radio	Yes
Storage Card	microSD , up to 32GB
Main Camera	
Pixel	5M pixel
Camera technology	CMOS
White Balance	Yes
Brightness Setting	Yes
Front Camera	
Pixel	0.3M pixel
Camera technology	CMOS
Picture Size	Max 640*480
Communication	
GSM	
EDGE	Yes
GPRS functionality	GPRS Class 12

WCDMA	
HSPA	Yes (HSDPA)
USIM support	Yes
Maximum Downlink Data Rate	7.2 Mbps
USB revision	USB 2.0 high speed
USB charging	Yes
System I/O connector	Micro USB
Audio Jack	3.5 Audio jack
Bluetooth	
Bluetooth revision	Ver. 2.1 with BT/WiFi coexistence
Bluetooth power class	Class 2
USIM	
USIM support	Yes
USIM card slot USIM	One
Software OS	
Software OS	Android 2.3
Language options	
Default language pack	English
Certification	
Certification	CE marking (pending)

Medical Module	
ECG	
ECG sample rate transmission	250 samples /sec
Sample resolution	12 bits
Heart Rate	
HR measurement range	40 to 240 bpm
HR accuracy	± 5 bpm or 10% whichever is greater
R-R interval measured range	225 to 2000 msec
R-R interval measured resolution	± 2 msec
R-R interval accuracy –	4 msec
QRS detection sensitivity	> 98 %
QRS detection predictability	> 98 %
Stress Level Analyzer	
Number of R-R intervals which have to be measured is variable	≥40
SPO2	
Oxygen saturation range:	70 to 100 %
Pulse rate range:	18 to 300 pulses per minute
Measurement wavelengths:	Red 660 nanometers Infrared 910 nanometers
Accuracy SPO2	Standard deviation ± 1 digits Maximal Error ± 2 digits

Accuracy Pulse rate	3 % ± 1 digits
BFA	
Body fat accuracy percentage	15 % relative the Caliper measurement
IR thermometer	
Body temperature range	34 to 41 C°
Ambient temperature	10 to 40 C°
Measurement accuracy (vs. black body)	± 0.2 C°
Glucometer	
Sample Size	0.7 µL
Reaction Time	7 seconds
Hematocrit Range	20-60% (35-55)
Blood Detect	No Blood Detect
AST - Alternative Site Testing	Yes AST
Applicable Sample Type	Capillary
Code Type	Auto coding
Precision	±5%
Accuracy	±15mg/dL if ≤75mg/dl; ±20% if >75mg/dL
Measuring Range	20 ~ 600mg/dL (1.1 ~ 33.3mmol/L)

Declaration of RoHS Compliance

To minimize the environmental impacts and take more responsibilities to the earth we live on, this document shall serve as a formal declaration that the LifeWatch V manufactured by LifeWatch Technologies Ltd. complies with Directive 2011/65 /EC of the European Parliament - RoHS (Restriction of Hazardous Substances) - with respect to the following substances:

- Lead (Pb)
- Mercury (Hg)
- Cadmium (Cd)
- Hexavalent Chromium (Cr (VI))
- Polybrominated biphenyls (PBBs)
- Polybrominated diphenyl ethers (PBDEs)

Disposal of Your Device



The LifeWatch V device is covered by the European Directive 2012/19/EC.

All electrical and electronic products should be disposed of separately from the municipal waste stream via designated collection facilities appointed by the government or the local authorities.



The correct disposal of your old appliance will help prevent potential negative consequences for the environment and human health.

Appendix A Warnings and Precautions



WARNING Potential Biohazard

Healthcare professionals or persons using the *LifeWatch V* device on multiple patients should be aware of the following and should follow the infection control procedure approved by their facility.

All products or objects which come in contact with human blood, even after cleaning, should be handled as if capable of transmitting viral diseases.

The user should follow the recommendations for prevention of blood-borne transmissible diseases in healthcare settings, as recommended for potentially infectious human blood specimens in National Committee for Clinical Laboratory Standards, Protection of Laboratory Workers from Instrument Biohazards and Infectious Disease Transmitted by Blood, Body Fluids and Tissue: Approved Guideline. NCCLS document M29-3. This document has complete information on the area of user protection and can be used as background material for instruction.

Warnings

Warning



- The LifeWatch V is intended to be used in conjunction with a monitoring service that reviews the recorded transmissions and provides information to the physician for his/her final diagnostic interpretation.
- The LifeWatch V is not intended for use as an emergency medical response system and should not be used by patients at risk for serious or life-threatening cardiac arrhythmias, such as ventricular tachycardia and ventricular fibrillation.
- The LifeWatch V is not intended for use in the diagnosis of myocardial infarction or for chest pain monitoring.
- Due to the risk of ignition or fire, the *LifeWatch V* is not intended for use in a hyperbaric chamber, within an oxygen tent or in the presence of flammable anesthetics / medical gases.
- To prevent fire or shock hazard, do not expose the *LifeWatch V* to moisture, liquids or condensation.
- To prevent an allergic reaction, do not use the *LifeWatch V* or accessories if you have a known allergy to nickel, silver or other metals.
- The *LifeWatch V* is not defibrillation-proof. Exposure to defibrillation may damage the *LifeWatch V*, or the *LifeWatch V* may interfere with the operation of the defibrillator.
- The user of the *LifeWatch V* should not take any actions of a medical or clinical nature based on his/her understanding or interpretation of test results without consulting a healthcare professional.
- Classifications of test results obtained for medical modules or for wellness applications into categories such as “Low”, “Normal”, “Average”, etc. are based on well-established and widely accepted clinical sources; as other classifications may exist, the test results should not constitute the sole basis for diagnosis or for deciding on the appropriate course of medical treatment or therapy.
- If you are experiencing symptoms that are not consistent with any of your test results, you should consult your healthcare provider, doctor or other appropriate medical professional.
- If you are taking medications you should consult your healthcare professional concerning the possible effect of the medications on the test results.

Warning



- Seek immediate medical attention in the event of a high fever or low body temperature.

Contraindications Heart Rate/ECG Use

• Due to the possible seriousness of the abnormal heart rhythms that can be associated with the following conditions, persons with these conditions should consult their physician before using this device:

- Coronary heart disease
- Valvular heart disease
- Heart transplant
- Heart failure

• The LifeWatch V device should not be used to monitor chest pain and it cannot predict or diagnose a heart attack (myocardial infarction).

• Do not operate the LifeWatch V in combination with the following medical electronic devices as this may cause a malfunction of this device:

- Electronic life support systems such as an artificial heart/lung.

Contraindications Glucose Model use:

- The Blood Glucose function is not intended for the diagnosis of, or screening for, diabetes
- The Blood Glucose function should not be used by users whose vision is impaired to the extent that their sight does not enable them to operate the device, nor by neonates or infants less than one year.

Precaution



- The *LifeWatch V* generates, uses, and can radiate radio frequency energy and, if not used in accordance with the instruction manual, may cause harmful interference to radio communications.
- The *LifeWatch V* employs cellular technology. The location of the *LifeWatch V* and the associated environment, including cellular phone coverage in the particular area, may cause transmission interruption or delay.
- Do not open or attempt to repair the device. Only authorized service personnel may repair the system components.
- To avoid damage to the system, the system and accessories should be kept away from extreme heat, including placement of the *LifeWatch V* on the dashboard of a car or near a heater.
- The system should not be subjected to severe impact or bending force. Exposure to these types of stresses can damage the system components.
- The device is not waterproof. Do not use it or store it where liquids such as water, juice, coffee can splash.

SP02 Test

- Poor peripheral blood circulation may reduce the arterial pulsation, making it difficult to pick up a signal.

Examples: hypovolaemia (state of decreased blood volume); cold; cardiac failure; arrhythmias; peripheral vascular disease; and the position of a noninvasive blood pressure cuff.

- There is no SP02 or pulse rate alarm.
- Invalid signal will generate an alarm message.
- In cases of smoke inhalation the blood absorbs COHb* having similar wavelengths of light as oxyhaemoglobin; therefore COHb* will lead to an overestimation of the actual oxygen saturation.

* Carboxyhaemoglobin (COHb)

Gluco Test

Precaution



- Use only the supplied or recommended glucose strips.
- Glucose strips are for single use only; dispose of used strips as per glucose strip instructions.
- Perform control-solution tests for any new vial or if “abnormal” results are shown.
- Disinfection is performed after each use of the LifeWatch V glucose meter using an EPA registered germicidal disposable wipes (such as Nice-Pak Products, Inc. "Super Sani-Cloth+® Germicidal Disposable Wipe").

ECG/HR/BFA/Stress Level test

- ECG analysis is through the service as per subscription.
- Fingers which will be in contact with electrodes must be clean and free from obstructions in order to have proper contact.

Thermometer

- Clean thermometer to allow proper readings.
- Clean the thermometer lens with a lint free dry cloth.
- Do not use the thermometer shortly after exercising, bathing or coming indoors.
- Do not use the thermometer on children under 1 year of age.
- Do not rely only on the temperature reading of children if there are health concerns; in such cases parents should seek medical advice.
- Consult your healthcare provider, doctor or other appropriate medical professional if or when using drug therapies that may raise the forehead temperature



Note: Modifications not expressly approved by the manufacturer could void the user authority to operate the equipment. THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

Radio Frequency (RF) Exposure (Precautions)

General Statement on RF Energy

Your phone contains a transmitter and a receiver. When it is ON, it receives and transmits RF energy. When you communicate with your phone, the system handling your call controls the power level at which your phone transmits.

EMI Considerations

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

Body Worn Operation

Important safety information regarding radio frequency radiation (RF) exposure: To ensure compliance with RF exposure guidelines the phone must be used with a minimum of 15 mm separation from the body.

Failure to observe these instructions could result in your RF exposure exceeding the relevant guideline limits.

Limiting Exposure to Radio Frequency (RF) Fields (Precautions)

For individuals concerned with limiting their exposure to RF fields, the World Health Organization (WHO) provides the following advice:

Precautionary measures: Present scientific information does not indicate the need for any special precautions for the use of mobile phones. If individuals are concerned, they might choose to limit their own or their children's RF exposure by limiting

the length of calls, or using 'hands-free' devices to keep mobile phones away from the head and body when using the LifeWatch V device as a cell phone.

Further information on this subject can be obtained from the WHO home page <http://www.who.int/peh-emf> (WHO Fact sheet 193: June 2011).

NOTE: During medical tests the RF function is turned off.

Distraction

Driving (Precautions)

Using the device as a phone or medical device while driving (even with a hands free kit) can cause distraction and lead to an accident. You must comply with local laws and regulations restricting the use of wireless devices while driving.

Operating Machinery (Precautions)

Full attention must be given to operating the machinery in order to reduce the risk of an accident.

Product Handling (Precautions)

General Statement on Handling and Use

Please switch the device off whenever the use of a phone is prohibited. Use of your phone is subject to safety measures designed to protect users and their environment.

- ◆ Always treat your device and its accessories with care and keep it in a clean and dust-free place.
- ◆ Do not expose your device or its accessories to open flames or lit tobacco products.
- ◆ Do not expose your device or its accessories to liquid, moisture or high humidity.
- ◆ Do not drop, throw or try to bend your device or its accessories.
- ◆ Do not use harsh chemicals, cleaning solvents, or aerosols to clean the device or its accessories.
- ◆ Do not paint your phone or its accessories.
- ◆ Do not attempt to disassemble your phone or its accessories, only authorized personnel can do so.
- ◆ Do not expose your device or its accessories to extreme temperatures.

- ◆ Please check local regulations for disposal of electronic products.
- ◆ Do not carry your device in your back pocket as it could break when you sit down.

Children

Do not leave your device and its accessories within the reach of small children or allow them to play with it. They can hurt themselves or others, or they can accidentally damage the device.

Your device contains small parts with sharp edges that can cause an injury or may become detached and create a choking hazard.

Demagnetization

To avoid the risk of demagnetization, do not allow electronic devices or magnetic media close to your device for a long period of time.

Electrostatic Discharge (ESD)

Do not touch the metal connectors of the SIM card.

Antenna

Do not touch the internal antenna.

Normal Use Position

When placing or receiving a phone call, hold your phone to your ear, with the bottom towards your mouth.

Air Bags

Do not place a phone in the area over an air bag or in the air bag deployment area as an airbag inflates with great force and serious injury could result.

Store the phone safely before driving your vehicle.

Seizures/Blackouts

The phone can produce a bright or flashing light. A small percentage of people may be susceptible to blackouts or seizures (even if they have never had one before) when exposed to flashing lights or light patterns such as when playing games or watching video. If you have experienced seizures or blackouts or have a family history of such occurrences, please consult a physician.

Repetitive Strain Injuries

To minimize the risk of Repetitive Strain Injury (RSI) when texting or playing games with your device:

- ◆ Do not grip the device too tightly.
- ◆ Press the buttons lightly.
- ◆ Use the special features which are designed to minimize the times of pressing buttons, such as Message Templates and Predictive Text.
- ◆ Take occasional breaks to stretch and relax.

Emergency Calls

This phone, like any wireless phone, operates using radio signals, which cannot guarantee connection under all conditions; therefore, you must never rely solely on any wireless phone for emergency communications.

Loud Noise

This phone is capable of producing loud noises, which may damage your hearing. Turn down the volume before using headphones, Bluetooth stereo headsets or other audio devices.

Phone Heating

Your phone may become warm during charging and during normal use.

Electrical Safety (Precautions)

Accessories

Use only approved accessories. Do not connect with incompatible products or accessories. Take care not to touch or allow metal objects, such as coins or key rings, to contact or short-circuit in the battery terminals.

Connection to a Car

Seek professional advice when connecting a phone interface to the vehicle electrical system.

Faulty and Damaged Products

Do not attempt to disassemble the phone or its accessories.

Only qualified personnel are allowed to service or repair the device or its accessories. If your device or its accessories were submerged in water, punctured, or subjected to a severe fall, then do not use the device or its accessories until they have been checked at an authorized service center.

General Statement on Interference

The precautions listed below must be taken when using the phone in close proximity to personal medical devices, such as pacemakers and hearing aids.

Pacemakers

Pacemaker manufacturers recommend that a minimum separation of 15 cm be maintained between a mobile phone and a pacemaker to avoid potential interference with the pacemaker. To achieve this, use the phone on the opposite ear to your pacemaker and do not carry it in a breast pocket.

Hearing Aids

People with hearing aids or other cochlear implants may experience interfering noises when using wireless devices or when one is nearby.

The level of interference will depend on the type of hearing device and the distance from the source of interference, increasing the separation between them may reduce the interference. You may also consult your hearing aid manufacturer to discuss alternatives.

Use of LifeWatch V with other Medical Devices

Please consult your doctor and the device manufacturer to determine if operation of your phone may interfere with the operation of your medical device.

Hospitals

Switch off your wireless device when requested to do so in hospitals, clinics or health care facilities. These requests are designed to prevent possible interference with sensitive medical equipment.

Aircraft

Switch off your wireless device whenever you are instructed to do so by airport or airline staff. Consult the airline staff about the use of wireless devices on board the aircraft. If your device offers a 'flight mode', this must be enabled prior to boarding an aircraft.

Interference in Cars

Please note that because of possible interference to electronic equipment, some vehicle manufacturers forbid the use of mobile phones in their vehicles unless a hands-free kit with an external antenna is included in the installation.

Explosive Environments (Precautions)

Petrol Stations and Explosive Atmospheres

In locations with potentially explosive atmospheres, obey all posted signs instructing to turn off wireless devices such as your phone or other radio equipment.

Areas with potentially explosive atmospheres include fuelling areas, below decks on boats, fuel or chemical transfer or storage facilities, areas where the air contains chemicals or particles, such as grain, dust, or metal powders.

Blasting Caps and Areas

Power off your mobile phone when in a blasting area or in areas posted power off “two-way radios” or “electronic devices” to avoid interfering with blasting operations.

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