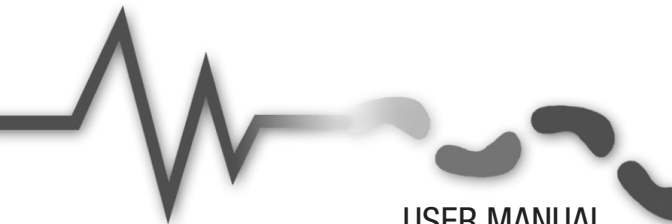


# Smart Health<sup>®</sup>

*WALKING* **FIT**

A thin black line representing an ECG waveform, starting from the right, moving left, then up, down, and up again, ending on the right.

USER MANUAL

[www.smarthealthusa.com](http://www.smarthealthusa.com)

# Watch Buttons



*NOTE: Images may vary from actual watch*



**The watch buttons are not intended for use in or under water.**

Thank you for choosing Smart Health®. Your watch will automatically record your calories, step count and distance traveled after putting it on.

No button presses needed to start. It's that simple!

## *To Turn Your Watch On*

If the watch is off at time of purchase:

1. Remove the LCD display sticker on the watch face.
2. Hold down **TIME** for 5 seconds until the screen turns on. Time (home) screen will display.



***Time screen is the home screen. Your watch will always return to Time screen.***

## Time and Basic Setup

1. While in Time screen, hold down **TIME** for 2 seconds. The hours will flash.



2. Press **VIEW** or **RESET** to set the hours.

**VIEW** =  
increase setting

**RESET** =  
decrease setting



3. Press **TIME** and minutes will flash.



4. Press **VIEW** or **RESET** to set the minutes.



5. Press **TIME** and distance unit will flash.



6. Press **VIEW** or **RESET** to set to miles or kilometers.



7. Press **TIME** to complete setup.



# Using Your Step Counter

1. Put the watch on your wrist and begin walking. Your data will automatically record!

2. Press **VIEW** to view your current data. All data will be displayed as a snapshot.



3. Continue to press **VIEW** to scroll thru calorie burn, step count, and distance traveled.



4. To manually reset all your current data, hold down **RESET** for 3 seconds. You must be in your current data screens to reset.



***Manually resetting your data will only clear the current data displayed. It will NOT affect data stored in your 1-day Memory.***



## Helpful Hints | Step Count

If you are having difficulty acquiring your steps, try the following:

1. Take 30 - 40 steps before checking your step count.
2. If your steps are being over or undercounted, try adjusting the sensitivity level (see p.16 - 19).



***Step count is determined by actual steps. Arm motion can affect this count.***

## *All-Day Calorie*

Your watch allows for a more comprehensive calorie count by factoring in calories burned simply through living, in addition to any exercise/activity. This is a great tool to compare against your daily calorie intake!

Your watch will also provide a more accurate calorie count by calculating in your heart rate reading whenever it is taken. So remember to get your heart rate throughout the day and more frequently during your exercise.

## *Auto-Calculated Distance*

For a more accurate distance, your watch adjusts your stride length based on how fast you are walking.

## *Helpful Hints | All-Day Calorie*

1. Your body is always burning calories, even when sleeping or not in motion. Our All-Day Calorie meter accounts for these calories burned.
2. You will see calories burned even during periods of non-activity.

## 1-Day Memory (Autosave)

Your watch has a 1-day memory and will store data from the previous day. **All data will clear and autosave at 12:00am (midnight) everyday.**

1. Press **VIEW** to view calorie burn, step count or distance traveled.



2. Hold down **VIEW** for 2 seconds to view 1-day Memory.





***The screen will flash to indicate you are viewing your 1-day Memory.***

3. Press **VIEW** to scroll thru your previous day's data.

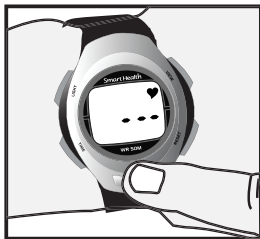


***After viewing each of your previous day's data once, you will return to your current data.***

## Heart Rate

Put the watch snugly around your wrist.

1. Place your finger on the **HEART SENSOR** button.
2. Gently press and hold for 3-8 seconds until your heart rate appears.
3. Your heart rate will be displayed.



**1**, **2** PRESS AND HOLD FOR 3-8 SECONDS



**3** HEART RATE WILL DISPLAY IN BEATS PER MINUTE

*NOTE: Images may vary from actual watch*

## *Helpful Hints | Heart Rate*

If you are having difficulty acquiring your heart rate, try the following:

1. Make sure the watch is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. Upon putting the watch on for the first time, allow one minute to warm up before trying to obtain your heart rate.
3. When touching the heart sensor button, make sure you are using the soft, flat pads of your fingers, not the tips of your fingers.
4. Touch gently with enough pressure to activate the heart sensor button. Pressing too hard can make it difficult to measure your heart rate.

5. Make sure the back metal plate of the watch is laying flat on your skin.
6. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.
7. Clean the heart sensor button and back metal plate with a mild soap and water, or similar cleaning solution.
8. Moisten with water the pads of the fingers you are using to contact the heart sensor button.
9. Moisten with water the surface between the back metal plate of the watch and the skin on your wrist.



## Advanced Setup (optional)

Advanced Setup uses your personal information in the distance and calorie burn calculations, allowing you to get more out of your watch.

1. While in Time screen, hold down **TIME** for 2 seconds. The hours will flash.



2. Hold down **TIME** for another 2 seconds to enter Advanced Setup. The age value will flash.



3. Press **VIEW** or **RESET** to set your age.



4. Press **TIME** and gender will flash. Press **VIEW** or **RESET** to set your gender.



5. Press **TIME** and the height value will flash. Press **VIEW** or **RESET** to set your height.



6. Press **TIME** and the weight value will flash. Press **VIEW** or **RESET** to set your weight.



7. Press **TIME** and the step counter sensitivity will flash. Press **VIEW** or **RESET** to set the sensitivity.



***If you feel the step counter is overcounting your steps, set the sensitivity to LOW. If it is undercounting, set the sensitivity to HIGH. Default setting is MEDIUM.***

8. Press **TIME** to complete setup.



## Care & Maintenance

- The watch buttons are not intended for use in or under water, as this may cause water leakage into the watch.
- Avoid rough usage or severe impacts to the watch.
- Keep the heart sensor button and back metal plate free from dirt, oils, or other contaminants.
- Periodically clean the watch using a soft cloth with mild soap and water, or similar cleaning solution.
- Keep the watch out of extreme heat or cold.
- Do not expose the watch to intense direct sunlight for long periods of time.
- Do not expose the watch to chemicals such as gasoline, alcohol, or solvents.

# *Specifications*

## Step Counter

Step range: 0-99,999 steps

Calorie range: 0-99,999

Distance range: 621.3 mi / 999.9 km

Memory: 1-day memory

## Heart Rate

Heart rate range: 30-240 BPM

## Time

AM, PM, hour, minute

## Advanced Setup

Age range: 5-99

Height range: 36-84 in / 100-220 cm

Weight range: 44-440 lb / 20-200 kg

## Other

Backlight

Water resistant up to 50 meters

## *Battery*

Battery replacement will be required from time to time, and should occur when:

- The display fades in part or completely
- The Heart Rate function will not activate

The battery life will vary depending on usage of the light, heart rate and step count features (which have high power consumption).

We recommend battery replacement be done by a watch repair service center to ensure the water seals are not compromised during the process.

The watch uses one (1) standard lithium replacement battery: **CR2032**

## Power Off Mode

To conserve the battery during long periods of inactivity, hold the **TIME**, **VIEW** and **RESET** buttons for 3 seconds. The watch will turn off and enter Power Off Mode. To activate the watch again, simply hold **TIME** for 5 seconds until the screen turns on.



**CAUTION: Entering Power Off Mode will reset the watch and all of its data.**



## *Patents*

The watch and S-Pulse™ technology are a result of, and protected by, the following patents:

US: 5,738,104 & 5,876,350

Europe: EPO 0861045B1

## *Limited One (1) Year Warranty*

Your watch is warranted for a period of **one (1) year** from the date of purchase from an authorized retailer.

If defective, return the watch with the original receipt, or copy, to your original retailer or to Smart Health for a replacement watch.

This warranty covers defects in materials and workmanship only. It does not cover the battery, damage due to abuse or misuse, accidents, or any commercial use.

## *Limitations*

The warranty stated above is the only warranty applicable to this product. All other warranties, expressed or implied, including all implied warranties of merchantability or fitness for a particular purpose, are hereby disclaimed. No verbal or written information given by Smart Health, its agents or employees shall create a guarantee or in any way increase the scope of this warranty.

Repair or replacement as provided under this warranty is the exclusive remedy of the consumer. Smart Health shall not be liable for incidental or consequential damages resulting from the use of this product or arising out of any breach of any express or implied warranty on this product. Except to the extent prohibited by law, any implied warranty of merchantability or fitness for a particular purpose on this product is limited to the applicable warranty period set forth above. Consumer rights may vary from state to state.

## *Disclaimer*

The watch is not a medical device, nor intended for use in medical or patient monitoring applications. It is not intended for use in any commercial application.

Always consult a physician before starting any physical activity.

The features and/or images of your watch may vary slightly from those described in this instruction manual. The information in this manual is intended to be for informational purposes only, and is subject to change without notice.

## *Contact Information*

- Email: [support@smarthealthusa.com](mailto:support@smarthealthusa.com)
- Website: [www.smarthealthusa.com](http://www.smarthealthusa.com)
- Phone: 1-800-799-9951
- Mail:

Smart Health  
39962 Cedar Blvd, Ste 285  
Newark, CA 94560





Copyright © 2012 Smart Health®. All rights reserved. Duplication or copying of all or part of this manual without the express written consent of Smart Health is prohibited.