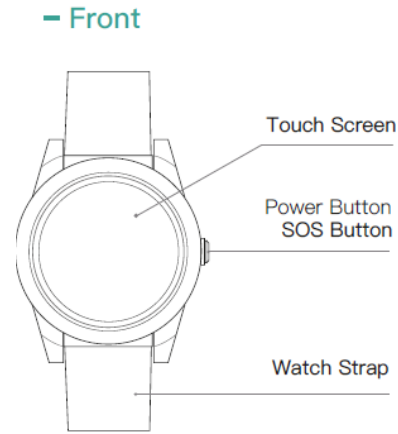




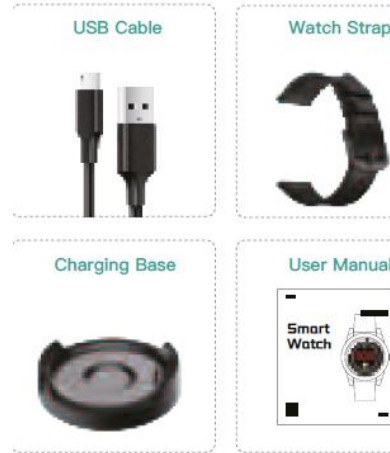
# Medical Watch

The medical watch is designed for the elderly and lone worker. The watch combines many intelligent functions, such as SOS alarm, two way talking, heart rate, pedometer and so on. The operation is very simple. Please read this operation guide carefully before using it.

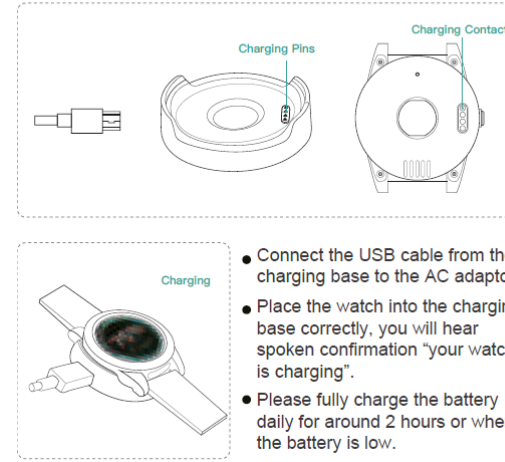
## 1 Getting To Know Your Watch



## 2 Accessories



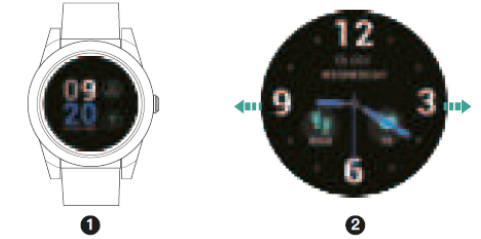
## 3 Charging your Watch



- Connect the USB cable from the charging base to the AC adaptor.
- Place the watch into the charging base correctly, you will hear spoken confirmation "your watch is charging".
- Please fully charge the battery daily for around 2 hours or when the battery is low.

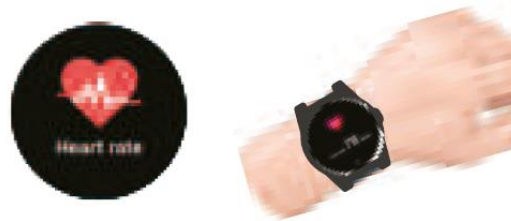
## 4 Functions and Basic Settings

When the watch is turned on, slide leftwards or rightwards to view all available functions. It displays Watch Face, Weather, Heart Rate, Contact, Steps and Settings.



- 1 At watch face, you can see time, date, heart rate and steps.
- 2 There are two watch faces for your option. Sliding right to the end and click settings, select watch face and choose what you like by sliding left and right.

## 5 Heart Rate Measurement



- Wear the watch on the left hand and click heart rate, after several seconds checking, the screen will display your heart rate BPM.

**TIP**

The watch battery is not removable. After a long period of inactivity, the watch may not be turned on due to low battery. Please charge it every day to ensure that the watch can work normally.

## 6 Activating an SOS alarm

There are two ways to activate an SOS alarm.

- 1 Press the side button for 3 seconds until you feel the watch vibrate.



- 2 When the screen is on, long press the screen for 3 seconds until you feel the watch vibrate.



- After an SOS alarm is activated, you will hear a voice prompt confirming the activation of the SOS alert and allowing you approximately 10 seconds to cancel the alarm. If the SOS is not cancelled in time an SOS alert text message is immediately sent to the emergency.

## 7 Fall Alarm

The watch can automatically detect a fall. When this occurs the watch will give a warning message to the user.



- Some daily activities like sports or even sitting down abruptly can trigger the fall alarm.
- The wearer has a short time to cancel a fall alarm by clicking Cancel on the watch. If the alarm is not cancelled, emergency contacts will be called.

**TIP**

It is possible that the watch will not detect every real fall. We **strongly** advise the wearer to press the SOS button in any emergency situation, if they are able.



**In case of emergency activate your SOS ALARM**



## 8 Getting a GPS fix

To get an initial GPS fix, go outdoors or near a window so that the watch can get a fix on the satellites. This could take few minutes depending on your environment.



**TIP**

GPS functionality may be unavailable or inaccurate in some locations (for example, availability or accuracy of GPS location may be impacted inside buildings, near tall buildings or other tall features, or underground).

- Please note GPS tracking service is not 100% accurate, it can be used to approximate your location only.

## HOW TO REACH US

### GLOBAL SECURITY ALERT

Customer Support  
Monday-Friday 8 a.m. - 8 p.m. (ET)  
Saturday, Sunday 10 a.m. - 4 p.m. (ET)

**1-877-575-3555**

[SERVICES@GLOBALSECURITYALERT.CA](mailto:SERVICES@GLOBALSECURITYALERT.CA)

## 9 General Specifications

- 1 Dimension: 47.5 mm \* 16.9 mm/1.87 in \* 0.66 in.
- 2 Weight: 65 g/2.29 oz.
- 3 Battery: Rechargeable, 3.7V, 580 mAh.
- 4 Charging voltage: 5V DC.
- 5 Waterproof: IPX8.

**TIP**

Please comply with the instructions to extend the watch life:

- Don't use & store the watch in dusty, hot, cold, electric, chemical, areas. Please always keep the watch and accessories dry.
- Don't drop, shake or knock the watch. Rough handling can break it.
- Clear the watch with a piece of dry cloth. Don't clean in chemicals or detergent.
- Don't disassemble or refit the watch as it will void your warranty.
- Using other batteries will cause unwanted situation.
- To avoid accident, never play the watch while driving.
- Please turn off the watch in aircraft and follow any restrictions. Wireless devices can cause interference in aircraft.