

Smart Health<sup>TM</sup> *FOR*  
**WALKING**




USER MANUAL

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





*NOTE: Image may vary from actual watch*

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

## 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 **TIME** for 5 seconds until the screen turns on.

## Time

1. To set the time, press and hold **TIME** for 2 seconds.
2. The hours will flash. Press **START STEP** or **STOP/RESET** to set the hours.

**START STEP** = +

**STOP/RESET** = -

3. Press **TIME** and minutes will flash. Press **START STEP** or **STOP/RESET** to set the minutes.
4. Press **TIME** to exit and save.



**1** HOLD FOR 2 SECONDS  
TO SET TIME





**2** PRESS TO ADJUST



**3** PRESS TO ADVANCE

*NOTE: Image may vary  
from actual watch*

## Step Counter

1. Strap the watch on your wrist.
  2. Press **START STEP**. The “” icon will flash.
  3. Start walking. The step counter will start after 10 consecutive steps.
  4. Press **STOP/RESET** to stop.
  5. To reset the step count, press and hold **STOP/RESET** for 2 seconds. The step counter must be off to reset.
-  The step counter automatically turns off if there is no step count for 15 minutes to save battery.



- 1** PRESS TO START  
STEP COUNTER



- 2** STEP COUNTER WILL  
BEGIN AFTER TAKING  
10 CONSECUTIVE STEPS



- 3** PRESS TO STOP  
STEP COUNTER

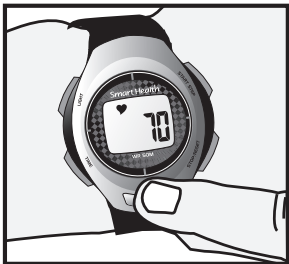


- 4** WHEN STOPPED, HOLD  
FOR 2 SECONDS TO  
RESET STEP COUNTER

*NOTE: Image may vary  
from actual watch*

## Heart Rate

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



*NOTE: Image may vary  
from actual watch*

## *Troubleshooting | Heart Rate*

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

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. When touching the heart sensor, make sure you are using the soft, flat pads of your fingers, not the tips of your fingers.
3. Touch gently with enough pressure to activate the heart rate measure mode. Muscle “noise” from pressing too hard can make it difficult to measure your heart rate.

4. Make sure the back metal plate of the watch is laying flat on your skin.
5. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.
6. Stay still, and relax your arms on a stable surface while taking your heart rate.
7. Clean the heart sensor 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.
9. Moisten with water the surface between the back metal plate of the watch and the skin on your wrist.

## 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 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: 0-19999 steps

### Heart Rate

Heart Rate Range: 30-240 BPM

### Time

AM, PM, hour, minute

### 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**, **START STEP** and **STOP/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 Salutron, Inc. 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 Salutron, Inc., 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. Salutron, Inc. 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

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