OPERATING THE DEVICE

Measures should always be followed including the unit. Please keep for future reference.

The unit comes with the battery installed. When you use the unit for the first time, follow the steps below. For setting range details refer to “SPECIFICATIONS”.

NOTE: If the initial settings are not correct, the measurement results may not be accurate.

1. Press and hold any button for 2 seconds.
   After “HELLO” has been displayed, “lb” and “kg” flash on the display.

2. Setting the weight units.
   A) Press or to select the mode.
   B) Press to confirm the setting.

3. To set the height/stride length unit, repeat steps A) and B) in step 2 above.

4. To set the distance unit, repeat steps A) and B) in step 2 above.

5. Setting the weight.
   A) Press or to select the desired value for a setting.
      • Press or to advance (go back) one.
      • Hold or down to advance (go back) rapidly.
   B) Press to confirm the setting.

6. To set the height, repeat steps A) and B) in step 5 above.

7. To set the stride length, repeat steps A) and B) in step 5 above.

8. To set the hour, repeat steps A) and B) in step 5 above.

9. To set the minute, repeat steps A) and B) in step 5 above.

All the settings are completed.

Adjust the settings

1. Press and hold and at the same time.
   “lb” or “kg” flash on the display.

2. Follow the procedure from step 2 of “SETTINGS”.

READING THE CURRENT DISPLAY

Press to view the various measurements.

1. Press to view the step count display.
2. Distance display
3. Calories display
4. Aerobic steps display

Calories

By measuring the intensity of your activity, the unit can calculate the amount of calories burned.

Aerobic steps are the physical exercise that helps us stay healthy. Aerobic steps are counted separately when walking more than 60 steps per minute and more than 10 minutes successively. If a rest of less than 1 minute is taken after a continuous walk of more than 10 minutes, this will be regarded as part of “a continuous walk”.

The battery saving mode

After 5 minutes with no button being pressed, the display will automatically turn off. However, the unit continues counting steps. This mode extends the battery life. Press or to activate the display again.

MEMORY FUNCTION

The unit stores up to 7 days of data on the unit. The current day’s data is automatically stored in memory when the time reaches 12:00AM (0:00). The display will return to 0.

NOTE: The time must be correctly set in the unit.

1. Press to select the type of measurement you want to see (steps, distance, etc.).
2. Press to view the results (days 1-7) in memory.
   The display changes with each press of as shown below.

NOTE: If no button is pressed for more than 1 minute, the display will return to the current day’s data.
Battery Power is Low.

3VDC (1 lithium battery CR2032)
Previous 7 days on display

Time: 12:00AM to 11:59PM

NOTES:
- Do not throw the battery into fire. The battery may explode.
- Do not disassemble or modify the unit.
- The polarieties of the battery (+ and -) are active.
- Connect the product into an outlet on a circuit different or more of the following measures:
- Increase the separation between the product and the receiver.
- Connect the product 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.

To protect the unit and to keep the unit in the best condition and protect the unit from damage follow the directions below:

CAUTION: Do not disassemble or modify the unit.
Changes or modifications not approved by Omron Healthcare will void the warranty.

Clean the unit with a soft dry cloth.
Do not use any abrasive or volatile cleaners.

Do not immerse the unit or any of the components in water.
The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.

Store the unit in a safe and dry location.
Avoid the unit being exposed to direct sunlight, high temperatures, high humidity, water and/or dust.

Do not subject the unit to strong shock, drop, or step on it.
Replace a worn battery with a new one immediately.

Remove the battery if the unit will not be used for three months or longer.
Use of the unit must be consistent with the instructions provided in this manual.

TROUBLESHOOTING TIPS

Problem
The low battery indicator blinks or appears continuously.
The battery is low or worn.
The battery saving mode is active.
The unit is positioned incorrectly.
The displayed values are incorrect.
The not values are wrong.
The display is unusual or the buttons do not operate normally.

The treasury.

Probable Cause
The battery is low or worn.
The battery saving mode is active.
The unit is positioned incorrectly.
The unit may set counts correctly in the following conditions: in "USING THE UNIT".
The display is unusual or the buttons do not operate normally.

How to Correct
Replace the battery with a new one (CR2032), refer to "BATTERY REPLACEMENT".
Press either of or , refer to "The battery saving mode is active" in "USING THE CURRENT DISPLAY".
Insert the battery in correct alignment, refer to "BATTERY REPLACEMENT".

Troubleshooting TIPS

Problem
Nothing is displayed.
The polarities of the battery (+ and -) are aligned in the wrong directions.
The battery is warm.
The unit is not running.

Probable Cause
The polarieties of the battery (+ and -) are aligned in the wrong directions.
The battery is warm.
The unit is not running.

How to Correct
Replace the battery with a new one (CR2032), refer to "BATTERY REPLACEMENT".
Insert the battery in correct alignment, refer to "BATTERY REPLACEMENT".

Troubleshooting TIPS

Problem
The displayed values are incorrect.

Probable Cause
Input incorrect value.

How to Correct
Check the settings, refer to "SETTINGS".

Troubleshooting TIPS

Problem
The unit is not running.

Probable Cause
Input incorrect value.

How to Correct
Check the settings, refer to "SETTINGS".

Troubleshooting TIPS

Problem
The battery is warm.

Probable Cause
Input incorrect value.

How to Correct
Replace the battery with a new one (CR2032), refer to "BATTERY REPLACEMENT".

Troubleshooting TIPS

Problem
Nothing is displayed.

Probable Cause
The polarities of the battery (+ and -) are aligned in the wrong directions.

How to Correct
Insert the battery in correct alignment, refer to "BATTERY REPLACEMENT".

Troubleshooting TIPS

Problem
The low battery indicator blinks or appears continuously.

Probable Cause
The battery is low or worn.

How to Correct
Replace the battery with a new one (CR2032), refer to "BATTERY REPLACEMENT".

Troubleshooting TIPS

Problem
The unit is positioned incorrectly.

Probable Cause
"The not values are wrong.

How to Correct
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Troubleshooting TIPS

Problem
Nothing is displayed.

Probable Cause
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How to Correct
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Troubleshooting TIPS

Problem
The unit is not running.

Probable Cause
Input incorrect value.

How to Correct
Check the settings, refer to "SETTINGS".

Troubleshooting TIPS

Problem
The displayed values are incorrect.

Probable Cause
Input incorrect value.

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Troubleshooting TIPS

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Probable Cause
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