

**Smart
Health**

Heart Rate Watch

USER MANUAL

To Turn Your Watch On:

1. Remove the LCD display sticker on the watch face.
2. Hold any button for 3 seconds until the screen turns on.

Introduction to Your Smarthealth Heart Rate Watch

Our **S-Pulse™** technology measures the electronic signals that pass through your body as a result of the beating of your heart. This measurement is obtained by the watch's two sensors: the top heart rate sensor and back battery door. The battery door is actually the primary sensor plate that measures these electronic signals off your arm.

The ECG (electrocardiogram) measurement is done when you place your fingers from the opposite hand onto the top sensor of the watch. This creates a loop across your body the watch can now read.

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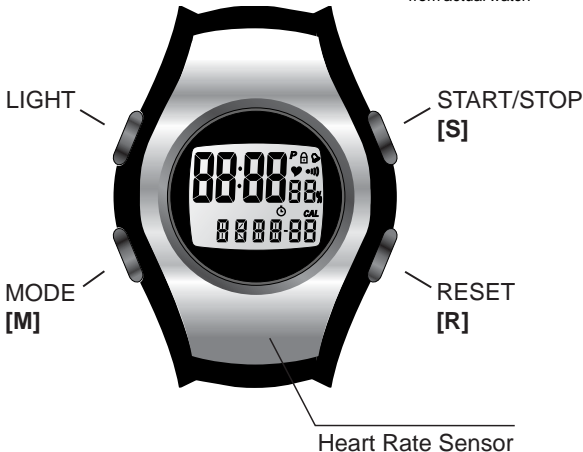
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Watch Display and Button Overview

* Image may vary
from actual watch

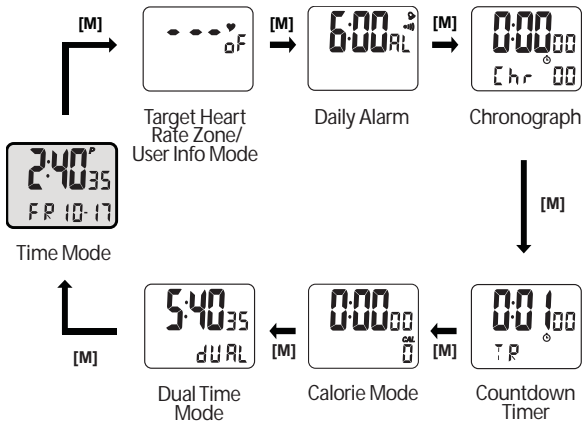


⚠ *The watch buttons are not intended for use in or under water as this may force water past the seals.*

Display Icons and Descriptions

Icon		Description
	HEART RATE	Indicates heart rate values; flashes during acquisitions
	RELATIVE HEART RATE	Indicates percentage of maximum heart rate
	HEART RATE LOCK	Indicates heart rate function is disabled
P	PM	Indicates PM time
	ALARM	Indicates alarm function is ON
	HOURLY CHIME	Indicates hourly chime function is ON
	CHRONO / TIMER	Indicates Chronograph and Timer modes; flashes when mode is ON

Operation Overview



Measuring Your Heart Rate

To get your heart rate reading, follow these three simple steps:

1. Strap the watch snugly around your wrist.
2. Place your fingers on the watch's **Heart Rate Sensor** and touch gently for 3-8 seconds.
3. Once detected, a beep tone sounds and your heart rate will be displayed in beats per minute (bpm). It's that easy!



Your % of maximum heart rate will display along with your heart rate reading if Target Heart Rate Zone is turned ON (refer to *Target Heart Rate Zone*; p.9). Your reading will remain displayed for 6 seconds after you release the **Heart Rate Sensor**.

This watch is a sensitive monitoring device that reads your ECG signals and reading times may vary. If you do not get a reading, wait a couple of minutes and try again, or refer to page 18 (*Troubleshooting - Heart Rate*).

Heart Rate Lock

To prevent triggering the heart rate feature from accidental contact and environments where excessive water/moisture are present. An example would be in a pool where the watch is submerged in water. Since water acts as a natural conductor, it can accidentally trigger the heart rate feature.

1. In Time mode, hold **Reset** for 3 seconds.
2. The “🔒” icon will appear.
3. To unlock the heart rate feature, repeat Step 1.



Relative Heart Rate

Relative Heart Rate is your current heart rate divided by your maximum heart rate, and can be a useful reference to manage how hard you are working during your exercise.

- Maximum Heart Rate is calculated as:

Male: 220 minus your age (220 – your age)

Female: 226 – your age

- Your Relative Heart Rate will be displayed as a percentage when displaying your heart rate.

• *Example of Relative Heart Rate:*

Tom is 30 years old.

Maximum Heart Rate: $220 - \text{age } 30 = 190 \text{ bpm}$.

His current heart rate measured at: **133 bpm**.

$133/190 = 70\%$ is Tom's Relative Heart Rate.

Target Heart Rate Zone

The Target Heart Rate Zone feature helps you compare your acquired heart rate with your targeted heart rate zone.

- **If your heart rate is within the target zone**, the watch will beep once and your heart rate will display.
- **If your heart rate is lower** than your target zone lower limit, the watch will beep twice and your heart rate will display with the letter "L".
- **If your heart rate is higher** than your target zone upper limit, the watch will beep twice and your heart rate will display with the letter "H".



☛ *Example: Debbie's target zone is 80 bpm (L) to 120 bpm (H). After 5 minutes of walking, Debbie measures her heart rate.*

If Debbie's heart rate is "72", she is under her target zone and can decide to pick up her pace so her next reading falls within her zone.

Target Heart Rate Zone - Standard Setup

By entering your age and gender, the watch will automatically calculate your standard heart rate range (H/L).

1. In Target Heart Rate Zone/User Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
 - Age
 - Gender (male/female)
3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.



Target Heart Rate Zone - Manual Setup

You can manually override the standard heart rate

settings to those of your own preference.

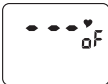
1. In Target Heart Rate Zone/User Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
 - Target Zone Upper Limit (H)
 - Target Zone Lower Limit (L)
3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.



Heart Rate Zone Alert

While in Target Heart Rate Zone/User Info mode, press **Start/Stop** to toggle the Heart Rate Zone Alert function ON or OFF.

- **When OFF**, your upper and lower limits will be “hidden” and your Heart Rate Zone Alert function will be disabled.



- **When ON**, your upper and lower limits will appear in the display and your Heart Rate Zone Alert function will be enabled.



User Information Setup

To use your Calorie mode properly and ensure accurate data, it is important to first set your user information.

1. In Target Heart Rate Zone/User Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
 - Age
 - Gender (male/female)
3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.



Calorie

Calorie mode is coupled with an exercise timer and will inform you of your calories burned. Calorie is calculated from the *last heart rate acquired*. So for more accurate readings, obtain your heart rate often throughout your workout.

1. In Calorie mode, press **Start/Stop** to begin timer.
2. Press gently on the two **Heart Rate Sensors** until your heart rate is acquired (refer to p.7).
3. Press **Start/Stop** again to stop timer.
4. To reset the calorie and timer data, press **Reset** (the timer must be stopped).



Time and Date Setup

1. In Time mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
 - Seconds
 - Minutes
 - Hours
 - Year
 - Month
 - Day
 - Month/Day format
 - 12/24 hr format
 - Key Beep (beep with every button press)
3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.



Alarm and Hourly Chime Alert

1. In Alarm mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
 - Hours
 - Minutes



- Edit these settings by using **Start/Stop** or **Reset**.
 - To save the new settings, hold **Mode** for 3 seconds.
- In Alarm mode, press **Start/Stop** to toggle the Alarm alert ON/OFF (●||); press **Reset** to toggle the Hourly Chime alert ON/OFF (🔔).

Chronograph

- In Chronograph mode, press **Start/Stop** to begin timing.
- Press **Start/Stop** again to stop timing.
- To reset the chronograph, press **Reset** (the chronograph must be stopped).



Countdown Timer - Setup

- In Countdown Timer mode, hold **Mode** for 3 seconds until the display flashes.



2. Press **Mode** to advance thru settings:
 - Seconds
 - Minutes
 - Hours
3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

Countdown Timer - Operation

1. In Countdown Timer mode, press **Start/Stop** to begin the timer.
2. Press **Start/Stop** again to stop the timer.
3. To reset the countdown timer, press **Reset** (the timer must be stopped).

Dual Time

Dual Time is the watch's secondary form of time.

1. In Dual Time mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
 - Hours
 - Minutes



3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

Care and Maintenance

To ensure proper function of your Heart Rate Watch:

- The watch buttons are not intended for use in or under water as this may force water past the seals.
- Avoid rough usage or severe impacts to the watch
- Keep the top 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.

Troubleshooting - Heart Rate

If you are having difficulty measuring your heart rate, you may want to try the following steps. Try each of these in succession until you are able to measure your heart rate:

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 pressing the heart rate sensor, make sure you are using the soft, flat *pads* of your fingers, not the tips of your fingers.
3. Press 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 (battery door) 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.

(CONTINUED ON NEXT PAGE)

Troubleshooting - Heart Rate

6. Stay still, and relax your arms on a stable surface while taking your heart rate.
7. Clean the top 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 top sensor on the face of the watch.
9. Moisten, with water, the surface between the back metal plate of the watch and the skin on your wrist.
10. If the watch was exposed to excessive water/moisture, such as being in a pool or in the shower, dry the watch before attempting to acquire a heart rate.

Specifications

Heart Rate

Heart Rate Range: 30-240 BPM

Upper and lower limit heart rate zones/alerts

Percentage of maximum heart rate (%MHR)

Calorie

Calorie range: 0-9999

Exercise timer range: 99 hours, 59 minutes, 59 seconds

Time

AM, PM, hour, minute, second

12/24 hour format

Calendar: month, date, day display with auto leap year adjustment

Dual time

Alarm

One (1) alarm time

Hourly chime

Alarm duration: 30 seconds

Chronograph

Resolution: 1/100 second

Measuring range: 99 hours, 59 minutes, 59 seconds

Countdown Timer

Resolution: 1 second

Measuring Range: 99 hours, 59 minutes, 59 seconds

Other

Electroluminescent (EL) backlight
Water resistant up to 50 meters
Key beep ON/OFF

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 and heart rate 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's lifetime during long periods of inactivity, hold the "**Mode**", "**Start/Stop**" and "**Reset**" buttons for 3 seconds. The watch will turn off and enter Power Off Mode. To activate the watch again, simply hold any button for 3 seconds until the screen turns on.

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

Patents

The Heart Rate Watch and **S-Pulse™** technology are a result of, and protected by, the following **Salutron, Inc.** patents:

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

Europe: EPO 0861045B1

Limited One (1) Year Warranty

Your Heart Rate 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 Heart Rate 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.

S-Pulse is a trademark of Salutron, Inc.

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