

The CareWatch User Guide

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Unboxing

What's in the box

- CareWatch



-Charging Base



-USB Charging Cord



- USB Wall Charger



Note: Plug the Mirco USB side of the cord into the cradle -> plug USB end of cord into the Wall Charger -> plug Wall Charger into Wall

Getting Started

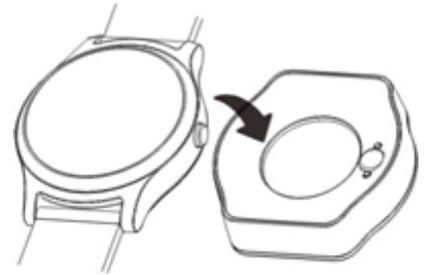
3 simple steps to security, safety and independence

1.) Charge the Battery

Before use, fully charge the battery. It will take approximately 60 minutes.

Place the watch (from the back) onto the magnetic charging base, the watch will magnetically snap into place when it is positioned correctly. The watch will automatically turn on.

The battery bar will start moving to indicate device is charging. Once fully charged the battery bar will be green.



2.) Download the OneCare Guardian App on your smartphone from the Apple App Store or Google Play Store

The OneCare Guardian app provides wellness information from your CareWatch.

Once the app is downloaded follow the onscreen directions.



3.) Pair your CareWatch with the OneCare Guardian App

- Press the side button of the watch 5 times until the App Pairing screen with the QR code appears.

- Use your phone to scan the QR code when Adding Account.

The App and CareWatch are paired and ready to use.



Getting Started

CareWatch Features



Steps



Heart Rate



Sleep Monitoring



SOS Button



Falls Detection



GPS and Geo-fencing



Extended Battery Life



Data and Analytics



Mobile



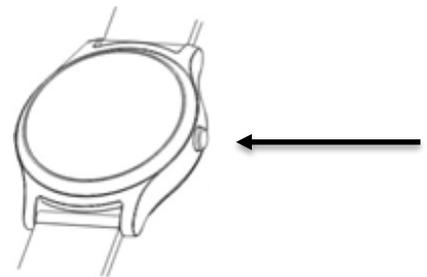
Getting Started

Turning CareWatch off & on:

Off: Press the side button on the side of the CareWatch 6 times until the Power Off screen appears.

Press and hold the side button and you will see the device power off.

On: Push and hold the side button of the CareWatch for 5 seconds or place CareWatch on the charger.



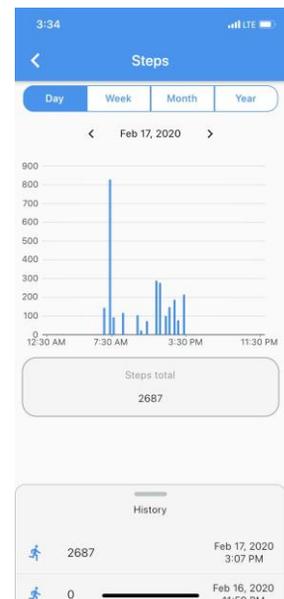
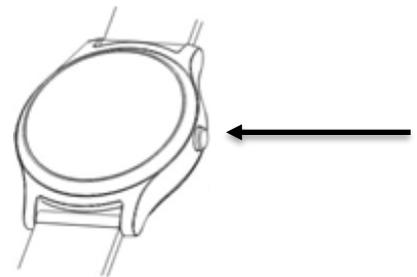
Steps

The CareWatch will count your steps while you are wearing it.

The steps will be displayed on the watch face.

You can also view steps by pushing the side button 2 times until the Step Screen appears.

Daily, weekly, monthly, and yearly step data can also be viewed in the OneCare Guardian app, providing your step history.



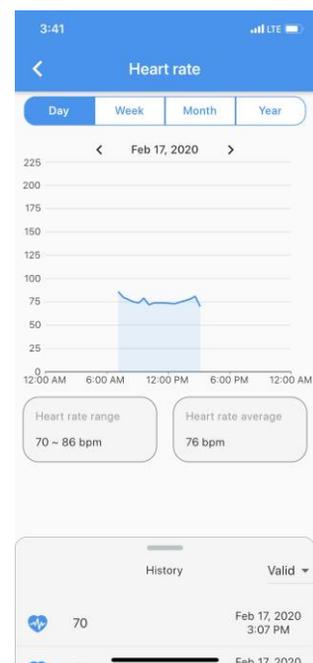
Heart Rate

The CareWatch will measure your heart rate while you are wearing it.

The heart rate will be displayed on the watch face.

You can also view the heart rate by pushing the side button 3 times until the heart rate screen appears. Double tap the screen for continuous Heart Rate.

Daily, weekly, monthly, and yearly heart rate data can also be viewed in the OneCare Guardian App, providing Heart Rate history.



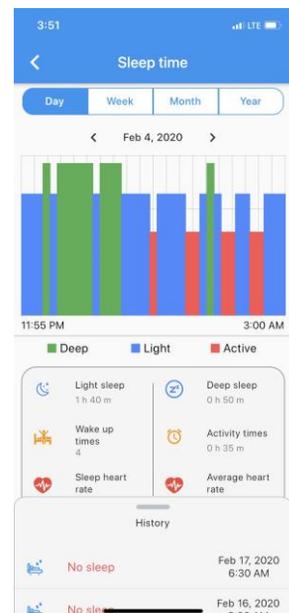
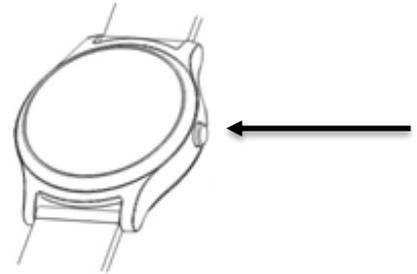
Sleep

The CareWatch will measure your sleep time and quality while you are wearing it.

You can view sleep by pushing the side button 4 times until the sleep screen appears. This screen will display the number of hours and minutes you slept the previous night.

Sleep time and quality can also be viewed in the OneCare Guardian App, along with daily, weekly, monthly and yearly Sleep data and history.

* Important Note: You must wear your CareWatch to bed to track sleep time.



SOS



Sending an SOS in the event of an emergency:

IF YOU NEED HELP PRESS AND HOLD THE SIDE BUTTON FOR 5 SECONDS.

The screen will flash “SOS” in red capital letters and will vibrate to indicate the SOS feature has been activated.

A text message with your location is sent to the pre-set SOS numbers and Monitors.

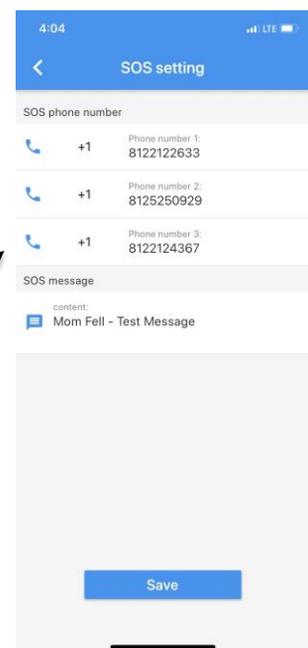
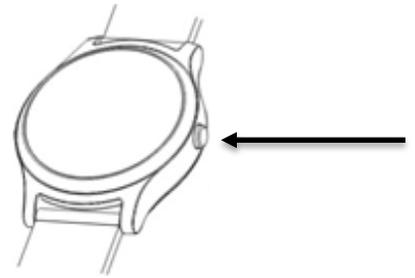
Note, if it is an accidental SOS you have 15 seconds to Quick Press the side button to cancel or Long Press a second time to Confirm SOS immediately.

To Cancel a confirmed SOS:

- 1.) Press and hold the side button for 5 seconds
- 2.) “Double tap to cancel SOS” appears and then you must double tap the CareWatch screen to confirm.

A short vibration indicates the cancellation is successful.

*You must set up the SOS setting in the Guardian App to include phone numbers of those who should be notified via text. If you do not have someone monitoring you with the app on their phone, you must enter SOS phone numbers so that someone is notified in the event of an SOS or Fall



Falls Detection

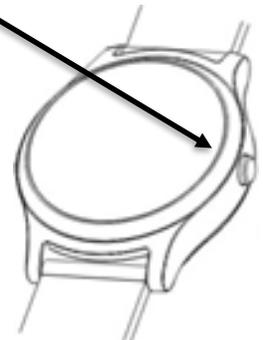


If the CareWatch senses you have fallen , the fall screen will show on the watch face automatically, you may:

Quick press to the side button to cancel the alarm or a long press to the side button to confirm it is a help request.

If you are unable to push the side button, the CareWatch will automatically send a text message alert after 15 seconds.

*The CareWatch cannot detect all falls, and more physically active people may experience false positive falls, use app to manage.



Troubleshooting

Watch Not Charging or Screen Went Black?

1.) See Getting Started: Turning CareWatch Off & On to try and turn on your device.

2.) See Getting Started: 3 Simple Steps, for charging instructions and indicators.

If your CareWatch does not turn on and start charging or remains black, please try the following.

3.) Try turning on the CareWatch while the watch is securely on the charger.

4.) If CareWatch is still not turning on please clean the back of the CareWatch and the charger base to ensure that residue is not obstructing the connection, place back on charger and let it charge for up to an hour, then repeat step 3.

*If your CareWatch does not turn on or start charging please call Customer Service immediately at 866-987-0468.

