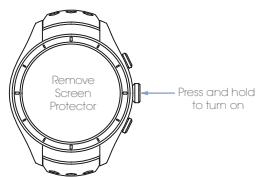


# RunIQ User's Guide

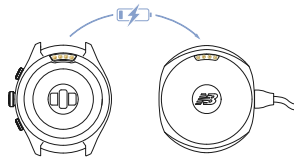
## Setup Guide

### 1. Power on



Press and hold the center button to turn it on.

## 2. Charging



Connect the RunIQ charger to a 5V, 1A USB charging port and place the RunIQ on the charger with the contacts aligned.

### 3. Pair and set up apps

Install the Android\* Wear app on your phone and use it to pair and setup your RunIQ\*.



Install the New Balance MyNB\* app and use it to connect RunIQ to Strava\*.



Install the Strava app to review your runs and share them with the Strava community



**NOTE:** RunIQ and Strava apps will ask for permission to use the device's location and sensor services.

#### 4. Start running!



Press the top button to start and pause your run.

For more information visit  
**[www.newbalance.com/RunIQ](http://www.newbalance.com/RunIQ)**

## Customer Support

Country	Phone Number
USA	(800) 595-9138
Canada	(888) 832-7084
EU	TBD
Japan	0120-85-7120
Korea	TBD
Australia	1800 850 363
New Zealand	+64 9 307 2015

## Other Languages

The RunIQ User's Guide is provided online in English.

The RunIQ User's Guide is provided online in French.

The RunIQ User's Guide is provided online in German.

The RunIQ User's Guide is provided online in Italian.

The RunIQ User's Guide is provided online in Spanish.

The RunIQ User's Guide is provided online in Korean.

The RunIQ User's Guide is provided online in Japanese.

[www.newbalance.com/runiq/setup](http://www.newbalance.com/runiq/setup)

## Safety Information

### IMPORTANT SAFETY INFORMATION—READ AND UNDERSTAND BEFORE USE

**WARNING:** Failing to read and follow these safety warnings could result in fire, electrical shock, other injury, or damage to the watch or other property.

**Electrical Safety.** The watch has a lithium-ion battery and electrical circuitry that can cause electrical shock or injury if mishandled.

- Do not attempt to open the watch and do not puncture it. The lithium battery and other internal components are not user replaceable. Damage to the battery could result in fire, shock, or chemical burns.
- Do not drop, impact, or apply excessive pressure to the watch, or place heavy objects on it.



- Do not use sharp objects or excessive force on the screen. Rough handling can damage the internal circuits.
- Do not use if the display or watch housing is cracked.
- Keep the watch away from flames. The battery could explode from fire or extreme heat.

**Skin Irritation or Sensitivity.** Some people have experienced skin reactions from jewelry, watches, and other wearable items. Some reactions can be caused by allergy or sensitivity to materials used in the watch or band, such as silicone, nickel, or adhesives. If you have skin allergies or sensitivities, use special care when wearing the watch. Start by wearing it for short periods.

Skin irritation can also be caused by wearing the watch too long or not cleaning the watch or adjacent skin. Follow the cleaning and wearing tips in the next section to reduce the risk of skin irritation.

Stop using the watch if you experience skin redness, blisters, a burning sensation, itchiness, swelling, or other skin conditions. Pausing use for a period, cleaning the watch and skin, or adjusting how you wear the watch may resolve the issue. Consult your doctor if symptoms persist.

**Overheating.** Your watch may seem warm if you use it in a hot environment or when exercising. But the watch itself should not generate heat that causes discomfort or skin damage. If the watch overheats, or if you experience blisters or burns, stop wearing it immediately and contact Customer Support.

**Charging.** Charge the watch in a cool dry place and out of direct sunlight to prevent overheating. Keep the charger and watch away from pillows, blankets, papers, and other materials that could prevent heat dissipation or that could pose a fire hazard if the charger overheats.

Remove the watch from the charger once it is fully-charged.

Do not wear your watch while it is charging. Doing so could result in electrical shock.

Your watch uses a USB charger to charge the battery. Follow these general safety principles with any USB charger and power source:

- Keep the power source, USB cable, charging cradle, and watch away from liquids.
- Thoroughly clean and dry the contacts and surrounding area before connecting the cable to the charging cradle, USB port, or power source. Liquid and other foreign objects in plug ports or contacts can cause a short circuit and overheating.
- Unplug the USB cable and charging cradle during long periods of non-use.
- Keep the cable, charging cradle, and your power source away from sources of heat, such as candles, fireplaces, radiators, stoves, and other appliances that radiate heat. Do not leave them in direct sunlight.

- Make sure the charging cradle, USB cable, and your power source are not damaged or broken. If there are breaks or other visible damage, do not use.

**Distraction.** The watch can display notifications, texts, emails, and other data. Looking at them can distract you from more important things like driving and paying attention to your surroundings, and cause an accident. Do not check messages and notifications when driving or doing other things that require your full attention. You are responsible for knowing and following all traffic and other rules for safely operating any vehicle.

**Maps and Directions.** The watch has a GPS receiver and can display maps, your location, and other navigation information. Your location and other navigation information may be inaccurate, incomplete, or unavailable at times.

**Exercise and Medical Conditions.**

The watch is a great exercise companion, but check with your doctor to make sure that you can exercise safely. Also check with your doctor if you have any medical condition that could be affected by using a watch, such as skin conditions, circulation problems, seizures, blackouts, eyestrain, or headaches.

**Keep Away from Small Children.** The watch is not a toy and is not intended for use by children below age 13. It has small parts that can be a choking hazard. Keep it out of reach of small children.

**Hearing Damage.** Loud sounds can damage your hearing. When listening to your device with headphones, set the volume to a reasonable level to avoid damage to your ears.

**Dangerous Activities.** The watch is not designed or intended to be used in any situation where a failure of the device could result in death, injury, or property damage. Do not use the watch in any such situation.

## Use and Care Instructions

**Cleaning and Skin Irritation.** Follow these cleaning and wearing tips to reduce the risk of skin irritation:

- Remove the watch and clean it regularly.
- Do not over-tighten the watch on your wrist. Wear it loosely enough to allow air to circulate between the watch and your skin.
- Take the watch off periodically, such as when bathing, and clean the skin surface.

**Cleaning your Watch.** Clean your watch regularly to protect its appearance and make it last. Follow these cleaning practices to avoid damaging your watch:

- Do not use harsh chemicals, cleaning solvents or strong detergents to clean the watch. Do not expose the watch to these substances: soap, detergent, acids or acidic foods, and any liquids

other than fresh water, such as salt water, soapy water, pool water, perfume, insect repellent, lotions, sunscreen, oil, adhesive remover, hair dye, or solvents.

- Do not put the watch in a dishwasher, washing machine, or dryer.

**Storage.** Improper storage can damage your watch. Follow these storage instructions for best results:

- Do not use or store the watch in dusty, dirty areas as its components may be damaged.
- Do not store the watch in warm areas or leave it in direct sunlight. High temperatures can shorten the life of electronic devices, damage batteries, and warp or melt certain plastics.
- Do not store the watch in cold areas. Condensation can form inside the watch and damage the electronic circuits after the watch is used and has reached its normal temperature.

**Water Resistance.** The watch has a water resistance rating of 5 ATM, **but it is not waterproof.** The watch should not be submerged below a depth of 50 meters and is not suitable for use when diving into water, scuba diving, and in high-speed water sports. If water splashes on the watch, wipe it with a nonabrasive, lint-free cloth.

**Not a Medical Device.** The watch and mobile app are *NOT* designed or intended to be used as a medical device and are not intended for use in the cure, mitigation, treatment, or prevention of any disease.

**Repair.** Do not open the watch or attempt to repair or replace its internal parts. It has no user-serviceable internal parts. Opening the watch can damage it and destroy its water resistance.

**Disposal.** This watch contains electronics and substances that can harm the environment or cause injury if you dispose of the watch improperly.



## Limited Warranty

### WHAT THIS WARRANTY COVERS

- 1) New Balance Athletics, Inc. ("New Balance") warrants to the original purchaser ("you") of the hardware with which this Limited Warranty is included ("Hardware") that the Hardware will be free from defects in workmanship and materials under normal use ("Defects") for a period of one (1) year from the date that the Hardware was first purchased by you ("Warranty Period"). During the Warranty Period the Hardware will be repaired or replaced at New Balance's choice ("Limited Warranty") without charge to you for either parts or labor. This Limited Warranty covers the replacement of the Hardware only. If the Hardware is repaired after the Warranty Period has expired, the Warranty Period for the repair will expire six (6) months after the date of repair.

### WHAT THIS WARRANTY DOES NOT COVER

- 2) The Limited Warranty does not apply to normal wear and tear, does not apply when the Hardware is opened or repaired by someone not authorized by

New Balance and does not cover repair or replacement of any Hardware or part thereof damaged by: misuse, moisture, liquids, proximity or exposure to heat and accident, abuse, noncompliance with the instructions supplied with the Hardware, neglect or misapplication. The Limited Warranty does not cover physical damage to the surface of the Hardware. This Limited Warranty does not cover any software that may accompany or be installed on the Hardware. The Limited Warranty does not cover the installation, removal or maintenance of the Hardware or any costs related herewith.

**HOW TO MAKE A WARRANTY CLAIM**

- 3) In order to make a claim of a Defect, you must contact New Balance Customer Support during the Warranty Period to explain the Defect and to obtain an RMA number (Return Materials Authorization) if necessary. You must return the Hardware during the Warranty Period, along with an explanation of the Defect, to the address provided to you by New Balance. If a defect arises and a valid claim under this Limited Warranty is received by New Balance after the first

one hundred and eighty (180) days of the Warranty Period, New Balance is entitled to charge you for any reasonable shipping and handling costs made in connection with the repair or replacement of the Hardware. You must comply with any other return procedures stipulated by New Balance, if any.

**YOUR LEGAL RIGHTS**

- 4) This Limited Warranty gives you specific legal rights, and you may also have other rights, which vary from state to state and jurisdiction to jurisdiction.
- 5) If any part of this Limited Warranty is held to be invalid or unenforceable, the remainder of the Limited Warranty shall nonetheless remain in full force and effect.
- 6) This Limited Warranty is the only express warranty made to you and is provided in lieu of any other express warranties or similar obligations (if any) created by any advertising, documentation, packaging, or other communications.
- 7) Except for the Limited Warranty and to the maximum extent permitted by applicable law, New Balance and its suppliers provide the Hardware "AS IS AND WITH ALL FAULTS", and hereby

disclaim all other warranties and conditions, whether express, implied or statutory, including, but not limited to, any (if any) implied warranties, duties or conditions of: merchantability, non-infringement, quiet enjoyment, system integration, satisfactory quality, fitness for a particular purpose, reliability or availability, accuracy or completeness of responses, results, workmanlike effort, lack of viruses, and reasonable care and skill, all with regard to the Hardware, and the provision of or failure to provide support or other services, information, software, and related content through the Hardware or otherwise arising out of the use of the Hardware. This exclusion does not apply to (i) any implied condition as to title and (ii) any implied warranty as to conformity with description. If applicable law requires any implied warranties with respect to the Hardware, all such warranties are limited in duration to ninety (90) days. Some states and/or jurisdictions do not allow limitations on how long an implied warranty lasts, so the above may not apply to you.

- 8) This Limited Warranty cannot be transferred to any other person.

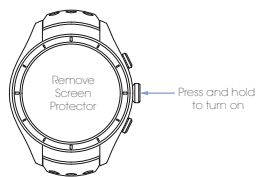
**LIMITATION OF LIABILITY**

- 9) Neither New Balance nor its suppliers shall be liable to you or to any third party for any indirect, incidental, consequential, special or exemplary damages (including in each case, but not limited to, damages for the inability to use the equipment or access data, loss of data, loss of business, loss of profits, business interruption or the like) arising out of the use of or inability to use the Hardware even if New Balance has been advised of the possibility of such damages.
- 10) Notwithstanding any damages that you might incur for any reason whatsoever (including, without limitation, all damages referenced herein and all direct or general damages in contract or anything else), the entire liability of New Balance and any of its suppliers shall be limited to the amount actually paid by you for the Hardware.
- 11) Notwithstanding the above, neither party's liability for death or personal injury resulting from its own negligence shall be limited.

12) Some states and/or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you.

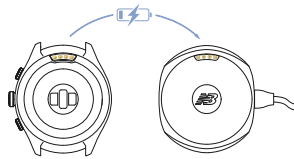
## Guide d'Installation (fr)

### 1. Power on



Press and hold the center button to turn it on.

## 2. Charging



Connect the RunIQ charger to a 5V, 1A USB charging port and place the RunIQ on the charger with the contacts aligned.



### 3. Pair and set up apps

Install the Android\* Wear app on your phone and use it to pair and setup your RunIQ\*.



Install the New Balance MyNB\* app and use it to connect RunIQ to Strava\*.



Install the Strava app to review your runs and share them with the Strava community



**NOTE:** RunIQ and Strava apps will ask for permission to use the device's location and sensor services.

#### 4. Start running!



Press the top button to start and pause your run.

For more information visit  
**[www.newbalance.com/RunIQ](http://www.newbalance.com/RunIQ)**

## Information de Sécurité

IMPORTANT FRENCH SAFETY  
INFORMATION—READ AND  
UNDERSTAND BEFORE USE

**WARNING:** Failing to read and follow these safety warnings could result in fire, electrical shock, other injury, or damage to the watch or other property.

**Electrical Safety.** The watch has a lithium-ion battery and electrical circuitry that can cause electrical shock or injury if mishandled.

- Do not attempt to open the watch and do not puncture it. The lithium battery and other internal components are not user replaceable. Damage to the battery could result in fire, shock, or chemical burns.
- Do not drop, impact, or apply excessive pressure to the watch, or place heavy objects on it.

- Do not use sharp objects or excessive force on the screen. Rough handling can damage the internal circuits.
- Do not use if the display or watch housing is cracked.
- Keep the watch away from flames. The battery could explode from fire or extreme heat.

**Skin Irritation or Sensitivity.** Some people have experienced skin reactions from jewelry, watches, and other wearable items. Some reactions can be caused by allergy or sensitivity to materials used in the watch or band, such as silicone, nickel, or adhesives. If you have skin allergies or sensitivities, use special care when wearing the watch. Start by wearing it for short periods.

Skin irritation can also be caused by wearing the watch too long or not cleaning the watch or adjacent skin. Follow the cleaning and wearing tips in the next section to reduce the risk of skin irritation.

Stop using the watch if you experience skin redness, blisters, a burning

sensation, itchiness, swelling, or other skin conditions. Pausing use for a period, cleaning the watch and skin, or adjusting how you wear the watch may resolve the issue. Consult your doctor if symptoms persist.

**Overheating.** Your watch may seem warm if you use it in a hot environment or when exercising. But the watch itself should not generate heat that causes discomfort or skin damage. If the watch overheats, or if you experience blisters or burns, stop wearing it immediately and contact Customer Support.

**Charging.** Charge the watch in a cool dry place and out of direct sunlight to prevent overheating. Keep the charger and watch away from pillows, blankets, papers, and other materials that could prevent heat dissipation or that could pose a fire hazard if the charger overheats.

Remove the watch from the charger once it is fully-charged.

Do not wear your watch while it is charging. Doing so could result in electrical shock.

Your watch uses a USB charger to charge the battery. Follow these general safety principles with any USB charger and power source:

- Keep the power source, USB cable, charging cradle, and watch away from liquids.
- Thoroughly clean and dry the contacts and surrounding area before connecting the cable to the charging cradle, USB port, or power source. Liquid and other foreign objects in plug ports or contacts can cause a short circuit and overheating.
- Unplug the USB cable and charging cradle during long periods of non-use.
- Keep the cable, charging cradle, and your power source away from sources of heat, such as candles, fireplaces, radiators, stoves, and other appliances that radiate heat. Do not leave them in direct sunlight.
- Make sure the charging cradle, USB cable, and your power source are not damaged or broken. If there are

breaks or other visible damage, do not use.

**Distraction.** The watch can display notifications, texts, emails, and other data. Looking at them can distract you from more important things like driving and paying attention to your surroundings, and cause an accident. Do not check messages and notifications when driving or doing other things that require your full attention. You are responsible for knowing and following all traffic and other rules for safely operating any vehicle.

**Maps and Directions.** The watch has a GPS receiver and can display maps, your location, and other navigation information. Your location and other navigation information may be inaccurate, incomplete, or unavailable at times.

**Exercise and Medical Conditions.** The watch is a great exercise companion, but check with your doctor to make sure that you can exercise safely. Also check with your doctor if you have any medical condition that could be affected by

using a watch, such as skin conditions, circulation problems, seizures, blackouts, eyestrain, or headaches.

**Keep Away from Small Children.** The watch is not a toy and is not intended for use by children below age 13. It has small parts that can be a choking hazard. Keep it out of reach of small children.

**Hearing Damage.** Loud sounds can damage your hearing. When listening to your device with headphones, set the volume to a reasonable level to avoid damage to your ears.

**Dangerous Activities.** The watch is not designed or intended to be used in any situation where a failure of the device could result in death, injury, or property damage. Do not use the watch in any such situation.



## Utilisation et Instructions d'entretien

**Cleaning and Skin Irritation.** Follow these cleaning and wearing tips to reduce the risk of skin irritation:

- Remove the watch and clean it regularly.
- Do not over-tighten the watch on your wrist. Wear it loosely enough to allow air to circulate between the watch and your skin.
- Take the watch off periodically, such as when bathing, and clean the skin surface.

**Cleaning your Watch.** Clean your watch regularly to protect its appearance and make it last. Follow these cleaning practices to avoid damaging your watch:

- Do not use harsh chemicals, cleaning solvents or strong detergents to clean the watch. Do not expose the watch to these substances: soap, detergent, acids

or acidic foods, and any liquids other than fresh water, such as salt water, soapy water, pool water, perfume, insect repellent, lotions, sunscreen, oil, adhesive remover, hair dye, or solvents.

- Do not put the watch in a dishwasher, washing machine, or dryer.

**Storage.** Improper storage can damage your watch. Follow these storage instructions for best results:

- Do not use or store the watch in dusty, dirty areas as its components may be damaged.
- Do not store the watch in warm areas or leave it in direct sunlight. High temperatures can shorten the life of electronic devices, damage batteries, and warp or melt certain plastics.
- Do not store the watch in cold areas. Condensation can form inside the watch and damage the electronic circuits after the watch is used and has reached its normal temperature.

**Water Resistance.** The watch has a water resistance rating of 5 ATM, **but it is not waterproof.** The watch should not be submerged below a depth of 50 meters and is not suitable for use when diving into water, scuba diving, and in high-speed water sports. If water splashes on the watch, wipe it with a nonabrasive, lint-free cloth.

**Not a Medical Device.** The watch and mobile app are NOT designed or intended to be used as a medical device and are not intended for use in the cure, mitigation, treatment, or prevention of any disease.

**Repair.** Do not open the watch or attempt to repair or replace its internal parts. It has no user-serviceable internal parts. Opening the watch can damage it and destroy its water resistance.

**Disposal.** This watch contains electronics and substances that can harm the environment or cause injury if you dispose of the watch improperly.

## Garantie limitée

### WHAT THIS WARRANTY COVERS **IN**

#### **FRENCH**

- 1) New Balance Athletics, Inc. ("New Balance") warrants to the original purchaser ("you") of the hardware with which this Limited Warranty is included ("Hardware") that the Hardware will be free from defects in workmanship and materials under normal use ("Defects") for a period of one (1) year from the date that the Hardware was first purchased by you ("Warranty Period"). During the Warranty Period the Hardware will be repaired or replaced at New Balance's choice ("Limited Warranty") without charge to you for either parts or labor. This Limited Warranty covers the replacement of the Hardware only. If the Hardware is repaired after the Warranty Period has expired, the Warranty Period for the repair will expire six (6) months after the date of repair.

**WHAT THIS WARRANTY DOES NOT COVER**

- 2) The Limited Warranty does not apply to normal wear and tear, does not apply when the Hardware is opened or repaired by someone not authorized by New Balance and does not cover repair or replacement of any Hardware or part thereof damaged by: misuse, moisture, liquids, proximity or exposure to heat and accident, abuse, noncompliance with the instructions supplied with the Hardware, neglect or misapplication. The Limited Warranty does not cover physical damage to the surface of the Hardware. This Limited Warranty does not cover any software that may accompany or be installed on the Hardware. The Limited Warranty does not cover the installation, removal or maintenance of the Hardware or any costs related herewith.

**HOW TO MAKE A WARRANTY CLAIM**

- 3) In order to make a claim of a Defect, you must contact New Balance Customer Support during the Warranty Period to explain the Defect and to obtain an RMA number (Return Materials Authorization) if necessary. You must return the Hardware during the Warranty Period,

along with an explanation of the Defect, to the address provided to you by New Balance. If a defect arises and a valid claim under this Limited Warranty is received by New Balance after the first one hundred and eighty (180) days of the Warranty Period, New Balance is entitled to charge you for any reasonable shipping and handling costs made in connection with the repair or replacement of the Hardware. You must comply with any other return procedures stipulated by New Balance, if any.

**YOUR LEGAL RIGHTS**

- 4) This Limited Warranty gives you specific legal rights, and you may also have other rights, which vary from state to state and jurisdiction to jurisdiction.
- 5) If any part of this Limited Warranty is held to be invalid or unenforceable, the remainder of the Limited Warranty shall nonetheless remain in full force and effect.
- 6) This Limited Warranty is the only express warranty made to you and is provided in lieu of any other express warranties or similar obligations (if any) created by any advertising, documentation, packaging, or other communications.

- 7) Except for the Limited Warranty and to the maximum extent permitted by applicable law, New Balance and its suppliers provide the Hardware "AS IS AND WITH ALL FAULTS", and hereby disclaim all other warranties and conditions, whether express, implied or statutory, including, but not limited to, any (if any) implied warranties, duties or conditions of: merchantability, non-infringement, quiet enjoyment, system integration, satisfactory quality, fitness for a particular purpose, reliability or availability, accuracy or completeness of responses, results, workmanlike effort, lack of viruses, and reasonable care and skill, all with regard to the Hardware, and the provision of or failure to provide support or other services, information, software, and related content through the Hardware or otherwise arising out of the use of the Hardware. This exclusion does not apply to (i) any implied condition as to title and (ii) any implied warranty as to conformity with description. If applicable law requires any implied warranties with respect to the Hardware, all such warranties are limited in duration to ninety (90) days. Some states and/or jurisdictions do not

allow limitations on how long an implied warranty lasts, so the above may not apply to you.

- 8) This Limited Warranty cannot be transferred to any other person.

**LIMITATION OF LIABILITY**

- 9) Neither New Balance nor its suppliers shall be liable to you or to any third party for any indirect, incidental, consequential, special or exemplary damages (including in each case, but not limited to, damages for the inability to use the equipment or access data, loss of data, loss of business, loss of profits, business interruption or the like) arising out of the use of or inability to use the Hardware even if New Balance has been advised of the possibility of such damages.
- 10) Notwithstanding any damages that you might incur for any reason whatsoever (including, without limitation, all damages referenced herein and all direct or general damages in contract or anything else), the entire liability of New Balance and any of its suppliers shall be limited to the amount actually paid by you for the Hardware.



- 11) Notwithstanding the above, neither party's liability for death or personal injury resulting from its own negligence shall be limited.
- 12) Some states and/or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you.

## Regulatory Statements

**Model: UW63100**

**FCC Statement (USA)**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio or television technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**Exposure to Radio Frequency**

**Radiation:** The radiated output power of this device is below the FCC and Industry Canada radio frequency exposure limits.

The Specific Absorption Rate (SAR) – In the United States and Canada, the allowable SAR limits are the following: 1.6W/kg (averaged over any 1 gram of

tissue) for the head, neck, mouth and trunk; 4 W/kg (averaged over any 10 grams of tissue) for limbs;

In the EU, the recommended SAR limits are the following: 2W/kg (averaged over any 10 grams of tissue) for the head and trunk; 4W/kg (averaged over any 10 grams of tissue) for limbs (these are legal requirements in France).

The SAR limit recommended by the ICNIRP (International Commission for protection against non-ion-izing radiation) is 2W/kg.

Additionally, the SAR limit that applies to residents of countries / regions that have adopted the SAR limit recommended by the IEEE (Institute of Electrical and Electronics Engineers), including the US, is 1.6W/kg averaged over one (1) gram of human tissue.

The highest SAR value for your Smart Watch (at the device's highest possible power level):

- when tested for use at the wrist was **FCC SAR** \_\_\_\_\_ W/kg, **EU SAR** was \_\_\_\_\_ W/kg;

- when tested for use at the mouth was **FCC SAR** \_\_\_\_\_ W/kg and **EU SAR** \_\_\_\_\_ W/kg.

This device must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by manufacture, may void the user's authority to use the device.

**Canada Notice:**

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must not accept any interference, including interference that may cause undesired operation of the device.

**FR-** Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions

suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

**Industry Canada ICES-003**

**Compliance Label:**

CAN ICES-3 (\*)/NMB-3(\*)

**Europe (CE Declaration of Conformity):**

This product complies with the Low Voltage Directive 2014/35/EU; EMC Directive 2014/30/EU, EU Directive R&TTE Directive 1999/5/EC, and RoHS Directive 2011/65/EU. Point of contact: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.



In the EU, this symbol means that this product must not be disposed of with household waste.

It is your responsibility to bring it to a designated collection point for the recycling of waste electrical and electronic equipment. For more information, please contact your local waste collection center or your point of purchase of this product.

**DA – Europa (CE overensstemmelseserklæring):** Dette produkt overholder Lavspændingsdirektivet 2014/35 / EU; EMC-direktiv 2014/30 / EU, EU-direktivet R & TTE-direktivet 1999/5 / EF, og RoHS direktiv 2011 / 65 / EU. Kontaktpunkt New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**DE – Europa (CE - Konformitätserklärung):** Dieses Produkt entspricht der Niederspannungsrichtlinie 2014/35 / EU; EMV-Richtlinie 2014/30 / EU, der EU-Richtlinie R & TTE-Richtlinie 1999/5 / EG und RoHS Richtlinie 2011 / 65 / EU. Ansprechpartner: New Balance Athletics Inc., Attn: Corporate Quality,

100 Guest Street, Boston, MA 02135-2088 USA.

**ES** – Europa (Declaración de conformidad CE): Este producto cumple con la Directiva de Baja Tensión 2014/35 / UE; Directiva EMC 2014/30 / UE, la Directiva de la UER & TTE 1999/5 / CE y la Directiva RoHS 2011/65 / UE. Punto de contacto: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**FI** – Europe (CE Vaatimustenmukaisuusvakuutus): Tämä tuote on pienjännitedirektiivin 2014/35 / EU; EMC-direktiivi 2014/30 / EU, EU-direktiivin R & TTE-direktiivin 1999/5 / EY ja RoHS direktiivin 2011 / 65 / EU. Yhteyspiste New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**FR** – Europe (Déclaration de conformité CE): Ce produit est conforme à la / 35 / UE Directive Basse Tension 2014; Directive CEM 2014/30 Directive / UE, la directive R & TTE UE 1999/5 / CE et la directive RoHS 2011/65 / UE. Point de contact: New



Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**IS** – Evrópa (CE Samræmisfyrirlysing): Þessi vara er í samræmi við Low Voltage tilskipun 2014/35 / ESB; EMC tilskipun 2014/30 / ESB, EU tilskipun R & TTE tilskipun 1999/5 / EC, og RoHS tilskipun 2011/65 / EU. Snertipunktur: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**IT** – Europa (Dichiarazione di conformità CE): Questo prodotto è conforme alla Direttiva Bassa Tensione 2014/35 / UE; Direttiva EMC 2014/30 Direttiva / UE; Direttiva UE R & TTE 1999 / 5 / CE, e della direttiva RoHS 2011/65 / UE. Punto di contatto: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**NL** – Europa (CE verklaring van conformiteit): Dit product voldoet aan de laagspanningsrichtlijn 2014/35 / EU; EMC-richtlijn 2014/30 / EU, EU -richtlijn R & TTE-richtlijn 1999/5 / EC, en de RoHS-richtlijn 2011/65 / EU.

Aanspreekpunt: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**NO** – Europa (CE -samsvarserklæring): Dette produktet er i samsvar med lavspenningsdirektivet 2014/35 / EU; EMC -direktiv 2014/30 / EU, EU-direktiv R & TTE-direktivet 1999/5 / EC, og RoHS -direktiv 2011/65 / EU. Kontakt: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**PL** – Europa (Deklaracja zgodności CE): Ten produkt jest zgodny z dyrektywą niskich napięć 2014 / 35 / UE; Dyrektywa EMC / UE, Dyrektywa Unii Europejskiej R & TTE 2014/30 1999/5 / WE oraz dyrektywę RoHS 2011/65 / UE . Punkt kontaktowy: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**SE** – Europa (CE försäkran om överensstämmelse.): Denna produkt uppfyller lågspänningsdirektivet 2014/35 / EU; EMC-direktivet 2014/30 / EU, EU-direktiv R & TTE-direktivet 1999/5 / EG, och RoHS direktiv 2011 /

65 / EU. Point of kontakta: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

Japan

この装置は、クラスB情報技術装置です。この装置は、家庭環境で使用することを目的としていますが、この装置がラジオやテレビジョン受信機に近接して使用されると、受信障害を引き起こすことがあります。

VCCI-B

取扱説明書に従って正しい取り扱いをして下さい。

この機器の使用関連数値では、電圧レンジ等の産業・科学・医療用機器のほか工場・製造ライン等で使用されている移動体通信装置の屋内無線局（免許を要する無線局）及び特定小電力無線局（免許を要しない無線局）が認められています。

1 この機器を使用する前に、近くで移動体通信装置の屋内無線局及び特定の電力無線局が運用されていないことを確認して下さい。

2 万一、この機器から移動体通信装置の屋内無線局に対して電波干渉の事象が発生した場合には、速やかに使用関連数値を変更するか又は電波の発射を停止した上、下記連絡先にご連絡頂き、調査依頼のための処置等（例えば、パワードインの調整など）についてご相談して下さい。

3 その他、この機器から移動体通信装置の特定小電力無線局に対して電波干渉の事象が発生した場合など何かお困りのことがありましたら、次の連絡先へお問い合わせ下さい。

連絡先： 株式会社アイ・シー・ピー 03-2010-1433

Korea

이 기기는 가정용 무선으로 전자파 적합성을 얻은 기기로서 주	
요 가정에서 사용하는 것을 목적으로 하며, 모든 가정에서 사	
용할 수 있습니다.	

## Taiwan

### 第十二條

經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

### 第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應改善至無干擾時方得繼續使用。前項合法通信，指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾

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New Balance Athletics, Inc.  
100 Guest St.  
Boston, MA 02135

Designed in USA, Made in Malaysia  
Part Number: #####

# New Balance RunIQ Safety Information, Use and Care, Limited Warranty, and Regulatory Statements

# Safety Information

## IMPORTANT SAFETY INFORMATION—READ AND UNDERSTAND BEFORE USE

**WARNING:** Failing to read and follow these safety warnings could result in fire, electrical shock, other injury, or damage to the watch or other property.

**Electrical Safety.** The watch has a lithium-ion battery and electrical circuitry that can cause electrical shock or injury if mishandled.

- Do not attempt to open the watch and do not puncture it. The lithium battery and other internal components are not user replaceable. Damage to the battery could result in fire, shock, or chemical burns.
- Do not drop, impact, or apply excessive pressure to the watch, or place heavy objects on it.

- Do not use sharp objects or excessive force on the screen. Rough handling can damage the internal circuits.
- Do not use if the display or watch housing is cracked.
- Keep the watch away from flames. The battery could explode from fire or extreme heat.

**Skin Irritation or Sensitivity.** Some people have experienced skin reactions from jewelry, watches, and other wearable items. Some reactions can be caused by allergy or sensitivity to materials used in the watch or band, such as silicone, nickel, or adhesives. If you have skin allergies or sensitivities, use special care when wearing the watch. Start by wearing it for short periods.

Skin irritation can also be caused by wearing the watch too long or not cleaning the watch or adjacent skin. Follow the cleaning and wearing tips in the next section to reduce the risk of skin irritation.

Stop using the watch if you experience skin redness, blisters, a burning sensation, itchiness, swelling, or other skin conditions. Pausing use for a period, cleaning the watch and skin, or adjusting how you wear the watch may resolve the issue. Consult your doctor if symptoms persist.

**Overheating.** Your watch may seem warm if you use it in a hot environment or when exercising. But the watch itself should not generate heat that causes discomfort or skin damage. If the watch overheats, or if you experience blisters or burns, stop wearing it immediately and contact Customer Support.

**Charging.** Charge the watch in a cool dry place and out of direct sunlight to prevent overheating. Keep the charger and watch away from pillows, blankets, papers, and other materials that could prevent heat dissipation or that could pose a fire hazard if the charger overheats.

Remove the watch from the charger once it is fully-charged.



Do not wear your watch while it is charging. Doing so could result in electrical shock.

Your watch uses a USB charger to charge the battery. Follow these general safety principles with any USB charger and power source:

- Keep the power source, USB cable, charging cradle, and watch away from liquids.
- Thoroughly clean and dry the contacts and surrounding area before connecting the cable to the charging cradle, USB port, or power source. Liquid and other foreign objects in plug ports or contacts can cause a short circuit and overheating.
- Unplug the USB cable and charging cradle during long periods of non-use.
- Keep the cable, charging cradle, and your power source away from sources of heat, such as candles, fireplaces, radiators, stoves, and other appliances that radiate heat. Do not leave them in direct sunlight.

- Make sure the charging cradle, USB cable, and your power source are not damaged or broken. If there are breaks or other visible damage, do not use.

**Distraction.** The watch can display notifications, texts, emails, and other data. Looking at them can distract you from more important things like driving and paying attention to your surroundings, and cause an accident. Do not check messages and notifications when driving or doing other things that require your full attention. You are responsible for knowing and following all traffic and other rules for safely operating any vehicle.

**Maps and Directions.** The watch has a GPS receiver and can display maps, your location, and other navigation information. Your location and other navigation information may be inaccurate, incomplete, or unavailable at times.

## **Exercise and Medical Conditions.**

The watch is a great exercise companion, but check with your doctor to make sure that you can exercise safely. Also check with your doctor if you have any medical condition that could be affected by using a watch, such as skin conditions, circulation problems, seizures, blackouts, eyestrain, or headaches.

**Keep Away from Small Children.** The watch is not a toy and is not intended for use by children below age 13. It has small parts that can be a choking hazard. Keep it out of reach of small children.

**Hearing Damage.** Loud sounds can damage your hearing. When listening to your device with headphones, set the volume to a reasonable level to avoid damage to your ears.

**Dangerous Activities.** The watch is not designed or intended to be used in any situation where a failure of the device could result in death, injury, or property damage. Do not use the watch in any such situation.

# Use and Care Instructions

**Cleaning and Skin Irritation.** Follow these cleaning and wearing tips to reduce the risk of skin irritation:

- Remove the watch and clean it regularly.
- Do not over-tighten the watch on your wrist. Wear it loosely enough to allow air to circulate between the watch and your skin.
- Take the watch off periodically, such as when bathing, and clean the skin surface.

**Cleaning your Watch.** Clean your watch regularly to protect its appearance and make it last. Follow these cleaning practices to avoid damaging your watch:

- Do not use harsh chemicals, cleaning solvents or strong detergents to clean the watch. Do not expose the watch to these substances: soap, detergent, acids or acidic foods, soapy water,

perfume, insect repellent, lotions, sunscreen, oil, adhesive remover, hair dye, or solvents.

- Do not put the watch in a dishwasher, washing machine, or dryer.

**Storage.** Improper storage can damage your watch. Follow these storage instructions for best results:

- Do not use or store the watch in dusty, dirty areas as its components may be damaged.
- Do not store the watch in warm areas or leave it in direct sunlight. High temperatures can shorten the life of electronic devices, damage batteries, and warp or melt certain plastics.
- Do not store the watch in cold areas. Condensation can form inside the watch and damage the electronic circuits after the watch is used and has reached its normal temperature.

**Water Resistance.** The watch has a water resistance rating of 5 ATM and should not be submerged below a depth of 50 meters. It is not suitable for use when diving into water, scuba diving, and in high-speed water sports.

**Not a Medical Device.** The watch and mobile app are *NOT* designed or intended to be used as a medical device and are not intended for use in the cure, mitigation, treatment, or prevention of any disease.

**Repair.** Do not open the watch or attempt to repair or replace its internal parts. It has no user-serviceable internal parts. Opening the watch can damage it and destroy its water resistance.

**Disposal.** This watch contains electronics and substances that can harm the environment or cause injury if you dispose of the watch improperly.

# Limited Warranty

## WHAT THIS WARRANTY COVERS

- 1) New Balance Athletics, Inc. ("New Balance") warrants to the original purchaser ("you") of the hardware with which this Limited Warranty is included ("Hardware") that the Hardware will be free from defects in workmanship or materials under normal use ("Defects") for a period of one (1) year from the date that the Hardware was first purchased by you (such period, the "Warranty Period" and such warranty, the "Limited Warranty"). During the Warranty Period the Hardware will be repaired or replaced at New Balance's choice without charge to you for either parts or labor. This Limited Warranty covers the repair or replacement of the Hardware only. Repairs have a 90 day warranty. If the Hardware sent in is still under its original warranty, then the new warranty is 90 days or to the end of the original one (1) year warranty, whichever is longer.

## **WHAT THIS WARRANTY DOES NOT COVER**

- 2) The Limited Warranty does not apply to normal wear and tear, when the Hardware is opened or repaired by someone not authorized by New Balance. The Limited Warranty does not cover repair or replacement of any Hardware or part thereof damaged by: moisture or liquids (except that the watch included in the Hardware is water resistant up to 5 ATM), proximity or exposure to heat, other acts of nature and accident, abuse, misuse, other external causes, noncompliance with the instructions supplied with the Hardware, neglect or misapplication. The Limited Warranty does not cover physical damage to the surface of the Hardware (for example, cosmetic damage, such as scratches, nicks and dents) or damage to Hardware that has been connected to power and/or data cables that are not supplied by New Balance. In addition, New Balance reserves the right to refuse warranty claims against Hardware that is obtained and/or used in contravention of the laws of any country. This Limited Warranty does not cover any software that may accompany or be installed on the Hardware.



## **YOUR LEGAL RIGHTS**

- 3) This Limited Warranty gives you specific legal rights, and you may also have other rights, which vary from state to state and jurisdiction to jurisdiction.
- 4) If any part of this Limited Warranty is held to be invalid or unenforceable, the remainder of the Limited Warranty will nonetheless remain in full force and effect.
- 5) This Limited Warranty is the only express warranty made to you and is provided in lieu of any other express warranties or similar obligations (if any) created by any advertising, documentation, packaging, or other communications.
- 6) EXCEPT FOR THE LIMITED WARRANTY AND TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE LAW, NEW BALANCE AND ITS SUPPLIERS PROVIDE THE HARDWARE "AS IS AND WITH ALL FAULTS", AND HEREBY DISCLAIM ALL OTHER WARRANTIES AND CONDITIONS, WHETHER EXPRESS, IMPLIED OR STATUTORY, INCLUDING, BUT NOT LIMITED TO, ANY (IF ANY) IMPLIED WARRANTIES, DUTIES OR CONDITIONS OF: MERCHANTABILITY, NON-INFRINGEMENT, QUIET

ENJOYMENT, SYSTEM INTEGRATION, SATISFACTORY QUALITY, FITNESS FOR A PARTICULAR PURPOSE, RELIABILITY OR AVAILABILITY, ACCURACY OR COMPLETENESS OF RESPONSES, RESULTS, WORKMANLIKE EFFORT, LACK OF VIRUSES, AND REASONABLE CARE AND SKILL, ALL WITH REGARD TO THE HARDWARE, AND THE PROVISION OF OR FAILURE TO PROVIDE SUPPORT OR OTHER SERVICES, INFORMATION, SOFTWARE, AND RELATED CONTENT THROUGH THE HARDWARE OR OTHERWISE ARISING OUT OF THE USE OF THE HARDWARE. THIS EXCLUSION DOES NOT APPLY TO (I) ANY IMPLIED CONDITION AS TO TITLE AND (II) ANY IMPLIED WARRANTY AS TO CONFORMITY WITH DESCRIPTION. IF APPLICABLE LAW REQUIRES ANY IMPLIED WARRANTIES WITH RESPECT TO THE HARDWARE, ALL SUCH WARRANTIES ARE LIMITED IN DURATION TO NINETY (90) DAYS. SOME STATES AND/OR JURISDICTIONS DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE MAY NOT APPLY TO YOU.

- 7) This Limited Warranty cannot be transferred to any other person.
- 8) New Balance retains the exclusive right to repair or replace (with new or newly-overhauled replacement product) the Hardware or offer a full refund of the purchase price at its sole discretion. SUCH REMEDY SHALL BE YOUR SOLE AND EXCLUSIVE REMEDY FOR ANY BREACH OF WARRANTY.

### **LIMITATION OF LIABILITY**

- 9) NEITHER NEW BALANCE NOR ITS SUPPLIERS WILL BE LIABLE TO YOU OR TO ANY THIRD PARTY FOR ANY INDIRECT, INCIDENTAL, CONSEQUENTIAL, SPECIAL OR EXEMPLARY DAMAGES (INCLUDING IN EACH CASE, BUT NOT LIMITED TO, DAMAGES FOR THE INABILITY TO USE THE HARDWARE OR ACCESS DATA, LOSS OF DATA, LOSS OF BUSINESS, LOSS OF PROFITS, BUSINESS INTERRUPTION OR THE LIKE) ARISING OUT OF THE USE OF OR INABILITY TO USE THE HARDWARE EVEN IF NEW BALANCE HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES.
- 10) NOTWITHSTANDING ANY DAMAGES THAT YOU MIGHT INCUR FOR ANY

REASON WHATSOEVER (INCLUDING, WITHOUT LIMITATION, ALL DAMAGES REFERENCED HEREIN AND ALL DIRECT OR GENERAL DAMAGES IN CONTRACT OR ANYTHING ELSE), THE ENTIRE LIABILITY OF NEW BALANCE AND ANY OF ITS SUPPLIERS WILL BE LIMITED TO THE AMOUNT ACTUALLY PAID BY YOU FOR THE HARDWARE.

- 11) Notwithstanding the above, neither party's liability for death or personal injury resulting from its own negligence will be limited.
- 12) SOME STATES AND/OR JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. IF YOU ARE FROM NEW JERSEY, THE ABOVE LIMITATIONS AND EXCLUSIONS ARE INTENDED TO BE ONLY AS BROAD AND INCLUSIVE AS IS PERMITTED UNDER NEW JERSEY LAW. IF ANY PORTION OF THE ABOVE LIMITATIONS AND EXCLUSIONS IS HELD TO BE INVALID UNDER NEW JERSEY LAW, THE INVALIDITY OF SUCH PORTION SHALL NOT AFFECT THE VALIDITY OF THE

REMAINING PORTIONS OF THE ABOVE  
LIMITATIONS AND EXCLUSIONS.

## **HOW TO MAKE A WARRANTY CLAIM**

13) In order to make a claim of a Defect, you must contact New Balance Customer Support at the postal or email address set forth in the applicable product user guide during the Warranty Period to explain the Defect and to obtain an RMA number (Return Materials Authorization) if necessary. You must return the Hardware during the Warranty Period, along with an explanation of the Defect, to the address provided to you by New Balance. Securely pack the Hardware and a copy of the original sales receipt, which is required as the proof of purchase for warranty claims. Write the tracking number clearly on the outside of the package. Send the Hardware, freight charges prepaid, to the address specified by New Balance. You must comply with any other return procedures stipulated by New Balance, if any.

# Informations sur la sécurité

INFORMATIONS IMPORTANTES SUR LA SÉCURITÉ - À LIRE ET BIEN COMPRENDRE AVANT TOUTE UTILISATION

**AVERTISSEMENT :** négliger de lire et comprendre les avertissements de sécurité qui suivent pourrait entraîner des blessures, un incendie, un choc électrique, ou des dommages à la montre ou à d'autres biens matériels

**Sécurité électrique.** La montre possède une batterie lithium-ion et un circuit électrique pouvant entraîner des chocs électriques ou des blessures en cas d'erreur de manipulation.

- Ne tentez pas d'ouvrir la montre ou de la perforer. La batterie lithium-ion et les autres composants internes ne peuvent pas être

remplacés par l'utilisateur. Tout endommagement de la batterie peut entraîner un incendie, un choc ou des brûlures chimiques.

- Évitez de faire tomber la montre, de la frapper, d'appliquer une pression excessive à celle-ci ou de placer des objets lourds dessus.
- N'utilisez pas d'objets pointus ni de force excessive sur l'écran. Un traitement brutal peut endommager les circuits internes.
- Ne pas utiliser si l'écran ou le boîtier de la montre est fissuré.
- Garder à l'écart des flammes. La batterie peut exploser en cas d'exposition à une flamme ou une chaleur extrême.

### **Irritation ou sensibilité cutanée.**

Certaines personnes ont des réactions cutanées lorsqu'elles portent des bijoux, montres ou autres articles vestimentaires. Certaines réactions peuvent être dues à une allergie ou à une sensibilité aux matériaux utilisés dans la montre ou le bracelet, comme la silicone, le nickel ou les adhésifs. Si vous souffrez d'allergies ou de

sensibilités, faites preuve de prudence lorsque vous portez la montre. Commencez par la porter pendant de courtes périodes.

Une irritation cutanée peut également apparaître en portant la montre trop longtemps ou en négligeant de nettoyer adéquatement celle-ci ou la peau adjacente. Suivez les conseils de nettoyage ou de port de la montre dans la section suivante pour réduire les risques d'irritation cutanée.

Arrêtez d'utiliser la montre en cas de rougeur de la peau, d'ampoules, de sensation de brûlure, de démangeaisons, d'enflure ou d'autres affections cutanées. Il est possible que le problème soit résolu en suspendant temporairement l'utilisation de la montre, en nettoyant celle-ci et la peau ou en ajustant le port de la montre. Consultez votre médecin si les symptômes persistent.

**Surchauffe.** Il est possible que vous ailliez l'impression que la montre est chaude si vous l'utilisez dans un milieu chaud ou lorsque vous prenez de l'exercice. Mais la montre elle-même ne doit pas générer de chaleur



pouvant causer de l'inconfort ou endommager la peau. Si la montre surchauffe, ou si vous constatez des ampoules ou des brûlures, arrêtez immédiatement de porter la montre et contactez l'assistance à la clientèle.

**Chargement.** Chargez la montre dans un endroit frais, sec et à l'abri des rayons directs du soleil pour éviter toute surchauffe. Gardez le chargeur et la montre à l'écart des oreillers, couvertures, papiers et autres matériaux pouvant entraver la dissipation de la chaleur ou pouvant présenter un danger d'incendie si le chargeur surchauffe.

Retirez la montre du chargeur une fois qu'elle est complètement chargée.

Ne portez pas votre montre en cours de chargement. Cela pourrait provoquer des chocs électriques.

Votre montre utilise un chargeur USB pour charger la batterie. Suivez ces principes de sécurité généraux avec tout chargeur USB et source d'alimentation:

- Gardez la source d'alimentation, le câble USB, le socle de chargement et la montre à l'écart des liquides.
- Nettoyez et séchez soigneusement les contacts et la zone environnante avant de brancher le câble au socle de chargement, le port USB ou la source d'alimentation. Les liquides et autres objets étrangers dans les ports de branchement ou les contacts peuvent provoquer un court-circuit et une surchauffe.
- Débranchez le câble USB et le socle de chargement lors des périodes de non-utilisation prolongées.
- Gardez le câble, le socle de chargement et votre source d'alimentation à l'écart des sources de chaleur, comme les bougies, cheminées, radiateurs, plaques chauffantes et autres appareils émettant de la chaleur. Ne les laissez pas au soleil.
- Veillez à ce que le socle de chargement, câble USB et votre source d'alimentation ne soient pas

endommagés ou cassés. Si vous constatez des fissures ou des dommages, ne les utilisez pas.

**Distraction.** La montre peut afficher des notifications, textes, e-mails et autres données. Leur consultation peut vous distraire de choses plus importantes, comme conduire et faire attention à ce qui vous entoure, et provoquer un accident. Ne vérifiez pas les messages et notifications lorsque vous conduisez ou lorsque vous faites autre chose exigeant votre attention totale. Il vous incombe de connaître et de suivre toutes les règles de circulation et autres règles permettant de conduire un véhicule en toute sécurité.

**Cartes et orientation.** La montre est équipée d'un récepteur GPS et peut afficher des cartes, votre emplacement et d'autres informations liées à la navigation. Il peut arriver que votre emplacement et autres information liées à la navigation soient imprécis, incomplets ou non disponibles.

**Exercice et troubles médicaux.** La montre est un excellent compagnon d'exercice, mais consultez votre médecin pour vous assurer que vous pouvez prendre de l'exercice en toute sécurité. Consultez également votre médecin si vous avez des troubles médicaux pouvant être affectés en utilisant la montre, comme des affections cutanées, des problèmes de circulation, des crises d'épilepsie, des évanouissements, une fatigue oculaire ou des maux de tête.

**Gardez hors de portée des enfants.** La montre n'est pas un jouet et elle n'est pas conçue pour être utilisée par des enfants de moins de 13 ans. Elle possède des petites pièces pouvant présenter des risques de suffocation. Gardez-la hors de portée des petits enfants.

**Domage auditif.** Les sons forts peuvent endommager votre ouïe. Lorsque vous écoutez votre appareil avec des écouteurs, réglez le volume à un niveau raisonnable pour éviter d'endommager votre ouïe.

**Activités dangereuses.** La montre n'est pas conçue ni prévue pour être utilisée dans toute situation où la panne de l'appareil pourrait entraîner la mort, des blessures ou des dommages matériels. N'utilisez pas la montre dans une telle situation.

# Consignes d'utilisation

## **Nettoyage et irritation cutanée.**

Suivez ces conseils de nettoyage ou de port de la montre pour réduire les risques d'irritation cutanée.

- Enlevez la montre et nettoyez-la régulièrement.
- Ne serrez pas la montre excessivement sur votre poignet. Portez-la de manière suffisamment lâche pour laisser l'air circuler entre la montre et la peau.
- Enlevez régulièrement la montre, comme lorsque vous prenez un bain, et nettoyez la surface de la peau.

**Nettoyage de la montre.** Nettoyez votre montre régulièrement pour préserver son aspect et prolonger sa durée de vie. Suivez ces pratiques de nettoyage pour éviter d'endommager votre montre.

- N'utilisez pas de produits chimiques forts, de solvants dégraissants ou de détergents

puissants pour nettoyer la montre. N'exposez pas la montre à ces substances: savon, détergent, acides ou aliments acides, de l'eau savonneuse, du parfum, de l'insectifuge, des lotions, de l'écran solaire, de l'huile, du dissolvant d'adhésif, du colorant capillaire ou des solvants.

- Ne mettez pas la montre dans un lave-vaisselle, une machine à laver ou un sèche-linge.

**Entreposage.** Un entreposage incorrect peut endommager votre montre. Suivez ces consignes d'entreposage pour obtenir les meilleurs résultats.

- N'utilisez pas et n'entrezposez pas la montre dans des endroits poussiéreux ou sales, car cela pourrait endommager ses composants.
- N'entrezposez pas la montre dans des endroits chauds et ne la laissez pas à la lumière directe du soleil. Les hautes températures peuvent réduire la durée de vie des appareils électroniques,

endommager les batteries et déformer ou fondre certaines matières plastiques.

- N'entreposez pas la montre dans des endroits froids. De la condensation peut se former à l'intérieur de la montre et endommager les circuits électroniques une fois que la montre est utilisée et atteint sa température normale.

**Résistance à l'eau.** La montre possède une résistance nominale à l'eau de 5 ATM. La montre ne doit pas être submergée à des profondeurs supérieures à 50 mètres et elle n'est pas adaptée à des utilisations comme la plongée sous-marine, la plongée en scaphandre autonome et les sports nautiques à grande vitesse.

**Pas un instrument médical.** La montre et l'application mobile ne sont PAS conçues ni prévues pour être utilisées comme instrument médical et ne sont pas prévues pour être utilisées pour le soin, l'atténuation, le traitement ou la prévention de maladies.



**Réparation.** N'ouvrez pas la montre et ne tentez pas de réparer ou de remplacer ses pièces internes. Elle ne possède pas de pièces internes pouvant être réparées par l'utilisateur. L'ouverture de la montre peut l'endommager et ruiner sa résistance à l'eau.

**Mise au rebut.** Cette montre contient des produits électroniques et des substances pouvant nuire à l'environnement ou provoquer des blessures si vous la mettez au rebut de manière incorrecte.

# Regulatory Statements

**Model: UW63100**

## **FCC Statement (USA)**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio or television technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

### **Exposure to Radio Frequency**

**Radiation:** The radiated output power of this device is below the FCC and Industry Canada radio frequency exposure limits.

The Specific Absorption Rate (SAR) – In the United States and Canada, the allowable SAR limits are the following: 1.6W/kg (averaged over any 1 gram of

tissue) for the head, neck, mouth and trunk; 4 W/kg (averaged over any 10 grams of tissue) for limbs;

In the EU, the recommended SAR limits are the following: 2W/kg (averaged over any 10 grams of tissue) for the head and trunk; 4W/kg (averaged over any 10 grams of tissue) for limbs (these are legal requirements in France).

The SAR limit recommended by the ICNIRP (International Commission for protection against non-ion-izing radiation) is 2W/kg.

Additionally, the SAR limit that applies to residents of countries / regions that have adopted the SAR limit recommended by the IEEE (Institute of Electrical and Electronics Engineers), including the US, is 1.6W/kg averaged over one (1) gram of human tissue.

Specific absorption rate (SAR) is a measure of the rate at which energy is absorbed by the human body when exposed to a radio frequency (RF), the max SAR value for your watch is

located at [www.newbalance.com/runiq](http://www.newbalance.com/runiq)

This device must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by manufacture, may void the user's authority to use the device.

### **Canada Notice:**

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must not accept any interference, including interference that may cause undesired operation of the device.

**FR-** Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas

produire de brouillage, et (2)  
l'utilisateur de l'appareil doit accepter  
tout brouillage radioélectrique subi,  
même si le brouillage est susceptible  
d'en compromettre le  
fonctionnement.

## **Industry Canada ICES-003**

### **Compliance Label:**

CAN ICES-3 (\*)/NMB-3(\*)

## **Europe (CE Declaration of Conformity):**

This product complies with the Low  
Voltage Directive 2014/35/EU; EMC  
Directive 2014/30/EU, R&TTE  
Directive 1999/5/EC, and RoHS  
Directive 2011/65/EU. Point of  
contact: Intel Corporation, Attn: New  
Balance Athletics Inc., Attn: Corporate  
Quality, 100 Guest Street, Boston, MA  
02135-2088 USA.



In the EU, this symbol means  
that this product must not be  
disposed of with household waste.

It is your responsibility to bring it to a designated collection point for the recycling of waste electrical and electronic equipment. For more information, please contact your local waste collection center or your point of purchase of this product.

**DA – Europa (CE overensstemmelseserklæring):** Dette produkt overholder Lavspændingsdirektivet 2014/35 / EU; EMC-direktiv 2014/30 / EU, EU-direktivet R & TTE-direktivet 1999/5 / EF, og RoHS direktiv 2011 / 65 / EU. Kontaktpunkt New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**DE – Europa (CE - Konformitätserklärung):** Dieses Produkt entspricht der Niederspannungsrichtlinie 2014/35 / EU; EMV-Richtlinie 2014/30 / EU, der EU-Richtlinie R & TTE-Richtlinie 1999/5 / EG und RoHS Richtlinie 2011 /65 / EU. Ansprechpartner: New Balance Athletics Inc., Attn: Corporate Quality,

100 Guest Street, Boston, MA 02135-2088 USA.

**ES** – Europa (Declaración de conformidad CE): Este producto cumple con la Directiva de Baja Tensión 2014/35 / UE; Directiva EMC 2014/30 / UE, la Directiva de la UE R & TTE 1999/5 / CE y la Directiva RoHS 2011/65 / UE. Punto de contacto: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**FI** – Europe (CE Vaatimustenmukaisuusvakuutus): Tämä tuote on pienjännitedirektiivin 2014/35 / EU; EMC-direktiivi 2014/30 / EU, EU-direktiivin R & TTE-direktiivin 1999/5 / EY, ja RoHS direktiivin 2011 / 65 / EU. Yhteyspiste New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**FR** – Europe (Déclaration de conformité CE): Ce produit est conforme à la / 35 / UE Directive Basse Tension 2014; Directive CEM 2014/30 Directive / UE, la directive R & TTE UE 1999/5 / CE et la directive RoHS 2011/65 / UE. Point de contact: New



Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**IS** – Evrópa (CE Samræmisyfirlýsing): Þessi vara er í samræmi við Low Voltage tilskipun 2014 /35 / ESB; EMC tilskipun 2014/30 / ESB, EU tilskipun R & TTE tilskipun 1999/5 / EC, og RoHS tilskipun 2011/65 / EU. Snertipunktur: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**IT** – Europa (Dichiarazione di conformità CE): Questo prodotto è conforme alla Direttiva Bassa Tensione 2014/35 / UE; Direttiva EMC 2014/30 Direttiva / UE, Direttiva UE R & TTE 1999 / 5 / CE, e della direttiva RoHS 2011/65 / UE. Punto di contatto: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**NL** – Europa (CE verklaring van conformiteit): Dit product voldoet aan de laagspanningsrichtlijn 2014/35 / EU; EMC-richtlijn 2014/30 / EU, EU -richtlijn R & TTE-richtlijn 1999/5 / EC, en de RoHS-richtlijn 2011/65 / EU.

Aanspreekpunt: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**NO** – Europa (CE -samsvarserklæring): Dette produktet er i samsvar med lavspenningsdirektivet 2014/35 / EU; EMC -direktiv 2014/30 / EU, EU-direktiv R & TTE-direktivet 1999/5 / EC, og RoHS -direktiv 2011/65 / EU. Kontakt: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**PL** – Europa (Deklaracja zgodności CE): Ten produkt jest zgodny z dyrektywą niskich napięć 2014 / 35 / UE; Dyrektywa EMC / UE, Dyrektywa Unii Europejskiej R & TTE 2014/30 1999/5 / WE oraz dyrektywą RoHS 2011/65 / UE . Punkt kontaktowy: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

**SE** – Europa (CE försäkran om överensstämmelse ): Denna produkt uppfyller lågspänningsdirektivet 2014/35 / EU; EMC-direktivet 2014/30 / EU, EU-direktiv R & TTE-direktivet 1999/5 / EG, och RoHS direktiv 2011 /

65 / EU. Point of kontakta: New Balance Athletics Inc., Attn: Corporate Quality, 100 Guest Street, Boston, MA 02135-2088 USA.

## Japan

この装置は、クラス B 情報技術装置です。  
この装置は、家庭環境で使用することを目的としていますが、この装置がラジオやテレビジョン受信機に近接して使用されると、受信障害を引き起こすことがあります。  
取扱?明書に?って正しい取り扱いをして下さい。 V C C I - B

この機器の使用周波??では、電子レンジ等の産業?科???療用機器のほか工場の製造ライン等で使用されている移動体識別用の機?無線局（免許を要する無線局）及び特定小電力無線局（免許を要しない無線局）が運用されています。

1. この機器の使用する前に、近くで移動体識別用の機?無線局及び特定小電力無線局が運用されていないことを確認して下さい。

2. 万一、この機器から移動体識別用の機?無線局に?して電波干?の事例が?生した場合には、速やかに使用周波?を?更するか又は電波の?射を停止した上、下記連絡先にご連

絡頂き、混信回避のための?置等（例えば、パ?ティションの設置など）についてご相談して下さい。

3. その他、この機器から移動体識別用の特定小電力無線局に?して電波干?の事例が生じた場合など何かお困りのことが起きたときは、次の連絡先へお問い合わせ下さい。

連絡先：日本ヒュ?レット?パッカ?ド株式?社  
T E L : 0 1 2 0 - 0 1 4 1 2 1

## Korea

급 기기

( 가정용 방송통신기기 )

이 기기는 가정용 (B 급 ) 으로 전자파적합등록을 한 기기로서 주로 가정에서 사용하는 것을 목적으로 하며, 모든 지역에서 사용할 수 있습니다 .

해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비는 할 수 없음 ( 무선모듈 제품이 설치되어 있는 경우 ).

## Taiwan

### 第十二條

經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

### 第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應改善至無干擾時方得繼續使用。前項合法通信，指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾

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New Balance Athletics, Inc.  
100 Guest St.  
Boston, MA 02135

Designed in USA, Made in Malaysia  
Part Number: J44172-001