

TomTom Touch Fitness Tracker User Manual



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Warnings & Indications for use

Indications for use

TomTom Touch Fitness Tracker tracks Body Composition (body fat and muscle mass), monitors heart rate, counts steps, calories burned, distance walked, active time and sleep time. These metrics will assist you in maintaining an active lifestyle.

Warning

TomTom Touch Fitness Tracker is not a medical device and should not be used for diagnostics or treatment. Do not use TomTom Touch Fitness Tracker if you are pregnant or have a pacemaker or other internal medical device.

Bioelectrical impedance cannot be measured accurately when you are pregnant, if there are metallic objects inside your body, right after exercise or a shower, bath or after swimming. Keep the electrodes on the band away from electricity.

The data provided is a close estimate of your body composition; fluctuations may occur. Please take your measurements at the same time of the day, in the same conditions and follow the instructions provided in the box and in the FAQs.

Always consult a physician before starting an exercise program. This heart rate monitor is not a medical device and it should not be used for diagnostics or treatment.

Interference with the signal from external sources, poor contact with your wrist and other factors may prevent accurate heart rate data readings or transmission. TomTom accepts no liability arising from any such inaccuracies.

The TomTom Touch Fitness Tracker is made in China.

This is not a toy. This product and its accessories contain small parts, which can be a choking hazard. Please keep away from children. If ingestion of the battery occurs, immediately seek medical assistance.

How TomTom uses your information

Information regarding the use of personal information can be found at tombom.com/privacy.

Battery and Environmental information

This product uses a lithium polymer battery that is not user accessible or user replaceable. Do not open the case or (attempt to) remove the battery. Substances in the product and/or battery may be harmful to the environment or your health if disposed of improperly. The battery contained in the product must be recycled or disposed of properly according to the local laws and regulations and always kept separate from household waste.



WEEE directive

The wheelie bin symbol on the product or its packaging indicates that this product shall not be treated as household waste. In line with EU Directive 2012/19/EU for waste electrical and electronic equipment (WEEE), this electrical product must not be disposed of as unsorted municipal waste. Please dispose of this product by returning it to the point of sale or to your local municipal collection point for recycling. By doing this you will help conserve the environment.



Battery operating temperatures

Operating temperatures: -20°C (-4°F) to 45°C (113°F).

Operating temperatures (USB charging): 0°C (32°F) to 35°C (95°F).

Do not expose to temperatures beyond this.

R&TTE directive

Hereby, TomTom declares that TomTom products and accessories are in compliance with the essential requirements and other relevant provisions of the EU Directive 1999/5/EC. The declaration of conformity can be found here: tomtom.com/legal.



FCC information for the user



Federal Communication Commission Interference Statement

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.

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 of the following measures:

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

FCC ID: S4L1AT00

IC: 5767A-1AT00

FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

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

Radiation Exposure Statement

The product complies with the FCC portable RF exposure limit set forth for an uncontrolled environment and is safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user's body or set the device to lower output power if such a function is available.

Responsible party in North America

TomTom, Inc., 2400 District Avenue, Suite 410, Burlington, MA 01803

Tel: 866 486-6866 option 1 (1-866-4-TomTom)

Emissions information for Canada

Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

Operation is subject to the condition that this device does not cause harmful interference.

This Class B digital apparatus complies with Canadian ICES-003. CAN ICES-3(B)/NMB-3(B)

The Country Code Selection feature is disabled for products marketed in the US or Canada.

Equipment is certified to the requirements of RSS-247 for 2.4-GHz.

Industry Canada statement: (both of English & France version)

This device complies with ISED's licence-exempt RSSs. 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.

Le présent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) le dispositif ne doit pas produire de brouillage préjudiciable, et (2) ce dispositif doit accepter tout brouillage reçu, y compris un brouillage susceptible de provoquer un fonctionnement indésirable.

Radiation Exposure Statement:

The product comply with the Canada portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Déclaration d'exposition aux radiations:

Le produit est conforme aux limites d'exposition pour les appareils portables RF pour les Etats-Unis et le Canada établies pour un environnement non contrôlé.

Le produit est sûr pour un fonctionnement tel que décrit dans ce manuel. La réduction aux expositions RF peut être augmentée si l'appareil peut être conservé aussi loin que possible du corps de l'utilisateur ou que le dispositif est réglé sur la puissance de sortie la plus faible si une telle fonction est disponible.

Regulatory Compliance Mark



This product displays the Regulatory Compliance Mark (RCM) to show that it complies with relevant Australian regulations.

Notice for New Zealand

This product displays R-NZ to show it complies with relevant New Zealand regulations.

Customer support contact (Australia and New Zealand)

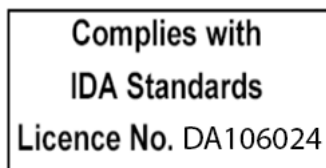
Australia: 1300 135 604

New Zealand: 0800 450 973

Model names

TomTom Touch Fitness Tracker: 1AT00

IDA Standard (Singapore)



Triman logo



BF Type Equipment



GET STARTED

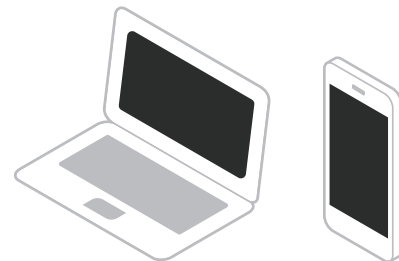
WWW.TOMTOM.COM/123



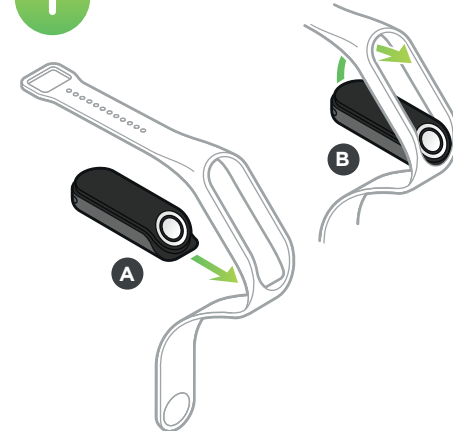
TOUCH

FITNESS TRACKER • BRACELET DE FITNESS

TomTom SPORTS



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BODY COMPOSITION

