Heart Watch
WA001B1
WA001B2

User Guide
June 2018

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iBeat

iBeat Heart Watch Overview

General Beta Watch Information

The beta watch has the basic features of the final iBeat Heart Watch: sensors which monitor for a cardiac emergency, the Emergency Help Button, and general watch features such as displaying time, date and a stopwatch. The watch is fully functioning with GPS and 4G (LTE) cellular service which sends alerts from the watch directly to your emergency contacts.

General Notifications

Cellular signal Watch cell signal is currently active. The cell radio is on standby except during an emergency.

Heart Protected Icon This icon will display on all watch faces indicating the watch is getting a good heart reading.

Global Positioning System The watch is equipped with GPS which helps to pinpoint your location in the event of an emergency.

The Button

There is a single large button located at the bottom of the watch. It acts to power on the watch and serves as the Emergency Help Button when held for 3-5 seconds. The Emergency Help Button button manually engages the emergency response flow in the event you feel unsafe or notice an irregularity with your health. Once the emergency response flow is engaged the watch will notify your emergency contacts, dispatch emergency services to your location, and a Heart Hero if you've opted into the Heart Hero network. For beta testing purposes the watch will NOT dispatch emergency services or a Heart Hero to your location.

Included in the box
iBeat Heart Watch
Charging Dock
Magnetic Battery Pack
Charging Adapter

Watch Battery Notifications

When the watches battery is low a green screen saying 'Low Battery' will display on the watch face indicating the watches needs to be charged. Once the watch is placed on the charging dock, a green screen saying 'Charging' will appear indicating the watch is charging. As soon as the watch is fully charged and ready for use, a green screen saying 'Watch Charged' will appear on the watch face.

Charging the watch with the dock

Place the watch on the dock facing away from the charging cable. You'll know the watch is snug in the dock and charging because a green charging screen will appear indicating that the watch was correctly placed on the charging dock. Charging the watch on the dock typically takes 3 hours to fully charge. Once the watch is fully charged a green screen will appear indicating that the watch is fully charged and ready for use.

Charging the external charging pack

The external charging pack is a great way to keep your beta watch charged while reading a book, watching television or spending time around the house. In order to charge the external charging pack simply place it on the back of the charging dock so that 3 pins on the dock match the 3 pins on the external magnetic battery. You'll know the external pack is charging because it will be snug on the dock and will flash blue. Typically, the external charging pack will fully charge after 2 hours.

Charging the watch with external charging pack

While wearing your beta watch, simply place the external charging pack so the 3 pins on the watch match the 3 pins on the external magnetic battery. The beta watch will start charging allowing you to continuously wear the beta watch.

Watch Menu

In order to access menu features, power on the watch by clicking the single large button at the bottom of the watch also know as the Emergency Help Button. Once the watch is powered on, tap the watch screen by using any finger. Scroll left to right until you locate the following menu options: Settings, Heart Rate, Stop Watch, and Beta Test. Stop scrolling once you've found your desired menu option and tap it. Depending on the menu option selected, a set of submenus will be available. For example, tapping Settings will display the batteries charge percentage, gesture toggle and night mode. See Beta Watch Guild to learn more about gesture toggle and night mode.

Emergency Help on Button

The Help on Demand button manual engages the emergency response flow in the event you feel unsafe or notice an irregularity with your health.

1. From any watch face or menu, hold the Emergency Help Button for 3-5 seconds until the entire watch face turns red. You'll notice while holding the Emergency Help Button a message will appear at the bottom of the watch that says "Hold for Emergency."
2. Once the watch face is entirely red the watch will engage the emergency response flow and you'll see a new screen with two options, "Contacts" and "911."
3. Tap "911"
   - Don't worry, 911 will not be contacted but your emergency contacts will receive a text message. This is redirected during the beta test period
   - You'll see a message indicating the message has been sent.
4. Click "Next" and indicate the "Type" of emergency
5. After you've selected the "Type" of emergency press the Emergency Help Button to exit or mute emergency
6. The next screen you'll see with be red and will allow you to "Exit Emergency." This is the final screen of the emergency flow

Settings

Settings are one of many menu options that allow you to access several sub menus.

1. In order to access "Settings" click the Emergency Help Button to power the watch on
2. With any finger touch the watch face and scroll right to left until you've located "Settings."
    • Tap "Settings."
3. Now that you've accessed Settings you have the option to utilize other sub menus such as "Battery %," "Airplane Mode," and "Watch info."

Raise to Wake and Night Mode

While wearing the watch you can raise your wrist and turn the watch so it's facing you. Doing this will power the watch on. If you'd like to turn on Raise to Wake or Night Mode:

1. Click the Emergency Help Button or raise your wrist to power the watch on
2. With any finger touch the watch face and scroll right to left until you've located Settings.
    • Tap Settings.
3. Scroll down until you see Raise to Wake or Night Mode
    • Tap Raise to Wake or Night Mode
    • Once tapped, Raise to Wake or Night Mode will turn green, indicating it's been activated
    • If you'd like to turn Raise to Wake or Night Mode back off, follow steps 1-3

Beta Test

Beta Test is one of many menu options that allow you to access several sub menus such as Activate RF
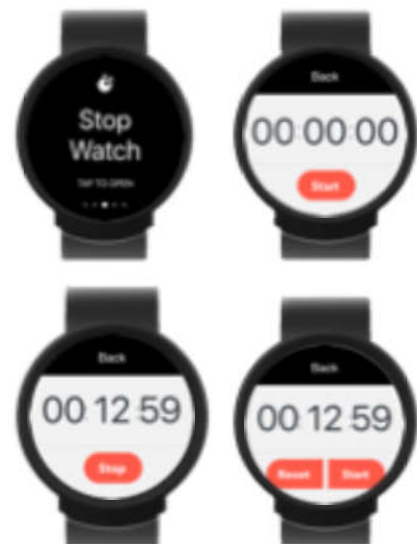
1. Click the Emergency Help Button to power the watch on
2. With any finger touch the watch face and scroll right to left until you've located Beta Test.
   - Tap Beta Test.
3. Now that you've accessed Beta Test you have the option to utilize other submenus such as Upload Data, Upload Debug, and Upgrade Firmware.
   - During beta testing, you may notice a "bug." If you do notice a bug follow steps 1-2, scroll down till you see Upload Debug and tap it. Once tapped, Upload Debug will turn blue indicating that it's working and green when the process is completed.
4. You also have access to Activate RF. Activating RF is one of your daily actives and allows the watch to determine the cellular coverage in your area.

Stop Watch

If you'd like to activate the Stopwatch simply:

1. Click the Emergency Help Button to power the watch on
2. With any finger touch the watch face and scroll right to left until you've located Stopwatch.
   - Tap Stopwatch
   - Tap Start
3. If you'd like to top the Stopwatch follow steps 1-2
   - Tap Stop
4. You can also reset the stop watch by following steps 1-2
   - Tap Reset

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Selecting a Watch Face

1. Click the **Emergency Help Button** to power the watch on
2. With any finger tap the watch face and hold down on the current watch face for 3 seconds until the other watch faces are displayed
   • Scroll up and down
3. Select your desired watch face by holding any finger down on your preferred watch face for 3 seconds

Accessing Heart Rate

1. Click the Emergency Help Button to power the watch on
2. With any finger touch the watch face and scroll right to left until you've located Heart Rate.
   • Tap Heart Rate
3. Make sure you're holding your wrist still, wait 5 seconds and your current heart rate will be displayed.

Resetting your Watch

1. Hold down the Emergency Help Button for 30 seconds
2. The watch will restart immediately

Shutting Down

Just in case you're interested in shutting down your beta watch, follow the below steps:
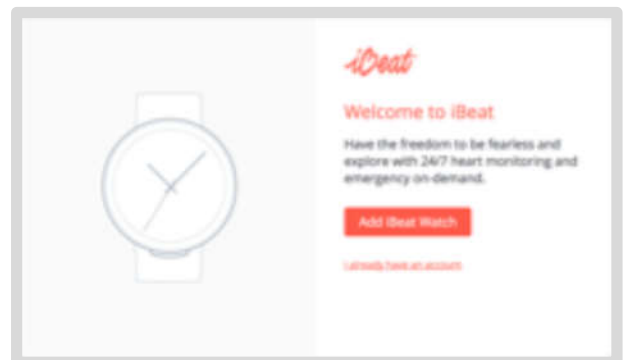
1. Click the Emergency Help Button to power the watch on
2. With any finger touch the watch face and scroll right to left until you've located Settings.
   - Tap Settings.
3. Scroll down till you see Shut Down
   - Tap Shut Down

Setting Up Your iBeat Web Portal

Below you'll find step-by-step instructions for creating your iBeat account.

1. Log in to the web portal by typing
   www.iBeat.com/setup into your web
   browser. Click **add iBeat watch**.

Heart Watch Variations

Product Dimensions:
- WA001B1 24cm x 1.5cm x 4.5cm: Watch, Black, S/M

- WA001B2 27cm x 1.5cm x 4.5cm: Watch, Black, M/L

Configuration information:

WA001B1 and WA001B2 are two possible configurations of the same hardware and software. The difference between two is the length of the straps as indicated above in Product Dimensions section.

FCC-ID eLabel

The FCC-ID eLabel can be accessed form the what main screen by following the below steps:

1. Power the watch on by clicking the single large button at the bottom of the watch.

2. With any finger scroll right to left until you see "System."

3. Tap "System" and scroll down till you see "Watch Info."

4. Tap "Watch Info" and scroll down till you see "Regulatory Info."

REGULATORY AND SAFETY NOTICES

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.

Modifications not expressly approved by iBeat Inc. could void the user's authority to operate the equipment.

NOTE: 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 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.

Radiofrequency radiation exposure Information:
For body worn operation, this Watch has been tested and meets the FCC RF exposure guidelines when used with the iBeat Inc. accessories supplied or designated for this product. Use of other accessories may not ensure compliance with FCC RF exposure guidelines.