#### Set Up and Charging

Important: Fully charge your medical alert wrist watch before first use.

1. Plug in charger.

LED light is green.

Place watch into charger cradle. You will hear an audible confirmation when charging begins.
Charge the device until the

The watch's rechargeable battery can last 24-36 hours or through 2-4 hours of talk time.



#### How to Call for Help

We recommend testing your system every 30 days for optimal performance.

- 1. Press and hold the SOS button until the bar on the watch face turns gray.
- After a short delay, you will hear a two-toned beep followed by a sustained beep. A Command Center emergency response agent will answer your alert and stay on the line until help arrives.

#### Weather App

Tap sun/cloud icon to open; press SOS button to exit.

#### Using the Pedometer

- 1. Swipe left across the watch face and tap the shoe icon.
- 2. Tap the gear icon and then select Measure to enable tracking.
- 3. You can change your goals by tapping the + or icons OR reset your steps to 0 by tapping "reset" at this time.
- 4. Press and release the SOS button twice to return to the watch face. Your device is now ready to track your steps.



## On-the-Go Wrist Watch Medical Alert + GPS + Pedometer

QUICK START GUIDE



For assistance or questions, please call Member Care: 800-693-5433 ext 2 Or visit Alert-1.com



# Ready to Go in 3 Easy Steps!

- 1 Charge the watch LED glows green when charged.
- 2 Adjust the wristband The wristband should be snug, but not tight.
- 3 Press power button.

Enjoy more peace of mind with a wearable SOS button that links to a 24x7certified emergency response professional!





## On/Off Button

Adjustable Wristband

To resize, lift up on the wristband and disengage the hook, then adjust band.

## **Power Cord**

Plug in to back of charger.

### SOS Button

Press and hold the SOS button until the bar on the watch face turns gray.

Magnetic Charging Station Face SOS button up, align pins with watch back. Light turns from red to green when charged.

### **LED Button**

Light glows red while charging, green when fully charged.

Indicator Signs		
While on Charger		
"Your device is now charging."	•	Charging
LED on charger red	•	Charging
LED on charger green	<b>⊘</b>	Charged
Circle light on watch face green		Good service
Circle light on watch face yellow		Adequate service
Circle light on watch face red	8	Out of service
While off Charger		
Circle light on watch face green		Good service
Circle light on watch face yellow		Adequate service
Circle light on watch face red	8	Out of service
During a Call		
Two-toned ring followed by long beep	0	Call connecting
Two-toned ring followed by call ended	8	Call failed – contact Alert 1

### Need Help?

For support with your account or device, please call Alert1 Member Care: 800-693-5433 ext 2 To access your account online: www.Alert-1.com/myaccount