

# Movband 2: Setup Guide

Ready to get moving? Here are the basics for using your Movband 2.

## 1. REGISTER

- Before you get started, please make sure you've downloaded the Movband SYNC software on your computer. Visit [www.dhsgroup.com/hello](http://www.dhsgroup.com/hello) for instructions on installing the software.
- After you install the Movband SYNC software, the first time you plug your Movband 2 into the computer, you'll be prompted to create your account and register your device.
- **Important** – Be sure to plug the USB end of the charging cable into your computer. Then, plug the USB end of the Movband device into the other end of the charging cable with the four metal contacts on the device facing the white plastic in the charging cable (see image right).

## 2. SYNC

- When the Movband 2 is plugged in properly to a computer with the Movband SYNC software installed and running, it will automatically sync. When the sync occurs, the LCD screen will display "SYNC" and your internet browser will open your HealthSpective Engage account.
- The Movband 2's memory can hold approximately 3 weeks of activity. The Movband 2 will flash "SYNC" on the LCD screen when the memory is running low and a sync needs to be performed. Sync your Movband 2 regularly to avoid losing activity data if the memory becomes full.

## 3. CHARGE

- A battery icon will appear on the screen when your Movband is properly plugged in and charging. We recommend fully charging your Movband before getting started.
  - First charge: 8 hours or overnight
  - Subsequent charging: 3-4 hours
  - Charge frequency: recommended weekly
- The battery on the Movband 2 should last up to 3 weeks. The battery icon will flash when the device needs to be charged. Please keep your device charged regularly to avoid losing activity data if the battery dies.

## 4. INSERT

- **Before putting the Movband on your wrist, it is important that you properly insert the device into the wristband.** Insert the wide USB end of the device into the buckle end of the band. Then, pull the wristband around the other end of the device until you hear it snap snugly into place.

## 5. MOVE

- **Using your Movband 2**  
By wearing your Movband, you can track your daily moves and cumulative miles.
  - Press the bottom button on the device to change the display from time to moves and from moves to miles.
  - Your Movband 2 automatically displays the time. The device will update to your computer's time zone when you sync.
  - Please note, your moves on the Movband 2 will reset to zero every night at midnight however, the miles are cumulative and must be manually reset.
- **Resetting**  
Hold down the top button while on the moves or miles screen to reset the display to zero. Please note, this only changes the display, not the memory. When you sync your Movband, all data will be transferred to your Move account.
- **Tips**
  - Wear your Movband all day, except in the shower or pool (it's NOT waterproof)
  - Sync your Movband 2-3 times/week to track your performance and stay motivated.

