

Movband 4: User Guide

Ready to get moving? Here are the basics for using your Movband 4.

1. REGISTER

- Before you get started, please make sure you've registered your Movband with your HealthSpective Engage account. Please visit www.dhsgroup.com/hello for step by step instructions on getting started.
- The Movband 4 works exclusively with our HealthSpective app. Be sure to install the most updated version of the app on your mobile device or tablet for free in the Apple App store or Google Play store.
- When registering your Movband 4 for the first time, you will be prompted to add your Movband's ID. Your device will need to be charged in order to view your ID. Your ID can be found by pressing the tapspot on the front of the device to change screens on your display. The ID is 6 digits long and has both numbers and letters.
- After registration, be sure to sync immediately using the HealthSpective app. The Movband will not track your activity in the Dashboard until after your first sync.

2. SYNC

- Wirelessly sync your Movband 4 via Bluetooth using the HealthSpective app on your mobile device or tablet. Be sure you are connected to WIFI and that Bluetooth is enabled.
- The Movband 4 can hold up to 14 days worth of activity. It will display a message to sync if the memory is close to full. We recommend syncing at least 2-3 times a week to best track your performance and stay motivated.

3. CHARGE

- To charge, connect your Movband 4 to the included charging cable by connecting the gold dots on the charger to the gold dots on the back of the device with the magnets clicking together. Then, plug the USB end of the cord into a power source.
- Your Movband 4's battery, under normal use, should last between 10-14 days, however, full use of notifications could cause your battery to die sooner.

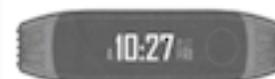
4. MOVE

- By wearing your Movband 4, you can track your daily steps and miles. Your steps and miles will reset to zero every night at midnight.
- Log into your HealthSpective Engage Move dashboard to view your activity, Challenge leaderboards, read your messages and more!

TIPS FOR USING YOUR MOVBAND 4

- Your Movband automatically displays the date and time and will update to your mobile device's time zone when you sync.
- Your Movband will display your progress towards your goal, which is automatically set to 10,000 steps a day, but can be changed in your Dashboard in a web browser. You must sync after changing your goals in order for your device to be updated.
- Your Movband 4 is waterproof up to 5 meters, so you can wear it swimming. Note: use caution in environments with steam or high humidity as these could damage it.
- Coming soon: Sleep tracking, Calories, Alarms and Text Notifications. Currently, these features are not enabled in the HealthSpective Dashboard and are only available as displays on the Movband 4 display.

MOVBAND 4 SCREENS & FUNCTIONALITY



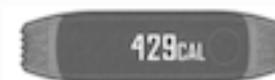
Time & Date



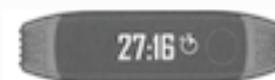
Daily Step Count



Daily Distance Traveled



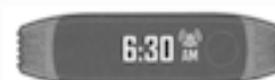
Calories Burned



Active Minutes



Goal Progress



Alarm



Sleep

The Fine Print

FCC ID: 2ABPTYX4850

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.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance 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.

Shielded cables must be used with this unit to ensure compliance with the Class B FCC limits.

Need some additional help? Please contact info@dhsgroup.com

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Trade Name: Movband 4
Model Number: MB4

