

Activity Monitor

HCW-WAM01 Series

Manual

Thank you for purchasing this product.

This manual describes the operating instructions and safety precautions for use.

Ensure that you have read this manual before using the product.

After reading this manual, store it somewhere safe for future reference.

Package Contents

Activity monitor x 1
Wristband x 1
* The activity monitor has been attached to the wristband beforehand.
USB charger cable (USB A to micro B) (approximately 13 cm) x 1
Manual x 1

Safety Precautions

■ Meaning of symbols

	DANGER	Failure to observe precautions increases the risk of serious personal injury or death due to fire, electric shock, or other causes.
	WARNING	Failure to observe precautions may result in serious personal injury or death due to fire, electric shock, or other causes.
	CAUTION	Failure to observe precautions may result in personal injury due to electric shock or other causes, and may damage other equipment.

- Prohibited action
 Mandatory action

Observe these precautions carefully to avoid personal injury, damage, fire, and other problems.

DANGER

- Do not use this product if it has a leak.
Do not use this product if the internal rechargeable battery is leaking, as this may cause overheating or an explosion.
- Discontinue use if you notice any problem with this product.
Discontinue use if you notice any leakage, discoloration, deformation, or any other abnormal conditions. Continued use under such conditions may result in overheating or an explosion.
- Rinse with clean water if any fluid leaking from the activity monitor comes into contact with skin or clothes.
Injury may result if fluid from the internal rechargeable battery comes into contact with skin or clothes.
- Blindness may result if fluid from the internal rechargeable battery enters the eyes. Without rubbing, rinse immediately and seek medical attention.

WARNING

- If a foreign object (water, metal chip, etc.) enters the product, immediately discontinue use.
Continuing to use the product under these conditions may cause a fire or electric shock.
- Do not drop the product or otherwise subject it to impacts.
If this product is damaged, immediately discontinue use.
If you continue to use the product in a damaged condition, it may cause a fire or electric shock.
- Do not disassemble, modify or repair this product, as this may cause a fire, electric shock or product damage.
Any modification will void the warranty of this product.
- Do not put this product in fire, as the product may burst, resulting in a fire or injury.
- Do not use this product underwater.
This product has a water resistance rating equivalent to IPX4. Do not throw the activity monitor into or allow it to float in water.
- Always keep out of the reach of children as there is a danger of suffocation if accidentally swallowed.
Immediately consult a physician if you believe the unit has been swallowed.

CAUTION

- Do not place this product in any of the following environments:
 - In a car exposed to sunlight, a place exposed to direct sunlight
 - In a place that becomes hot (around a heater, etc.)
 - In a moist place or a place where condensation may occur
 - In an uneven place or a place exposed to vibration
 - In a place where a magnetic field is generated (near a magnet, etc.)
 - In a dusty place
- Discontinue use if you feel any abnormality in any part in contact with skin.
Continuing to use the product under these conditions may cause an inflammation or a rash.
- Charge on a regular basis.
Charge the product at least once a month, even when not using for a long period of time, to prevent battery expansion or deterioration.

- When you no longer need to use this product, be sure to dispose of it in accordance with the local ordinances and laws of your area.

■ Precautions

- Periodically remove the activity monitor and dry the wristband.
- Discontinue use if the device causes any reaction on your skin (itchiness, discomfort, etc.).
- Do not use for intense sports.
- Mind your surroundings when looking at the screen. Do not look at the screen while driving.

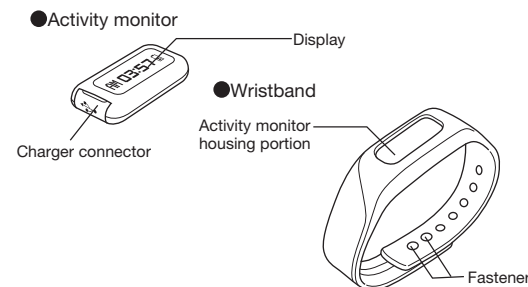
■ Handling While Charging

- Do not charge in extremely hot or cold environments.
- Do not charge in locations where exposure to water may occur. Do not initiate charging with wet hands.
- Do not wear this product while charging.
- Remove the activity monitor from the wristband when charging.
- Do not leave the product charging for long periods of time.
- Do not use damaged cables for charging.

■ Health Disclaimers

- This product is not a medical device. The activity monitor and associated application should not be used for diagnosis, treatment, or prevention of any disease or symptom.
Do not attempt weight loss or exercise therapy without seeking the guidance of a doctor or specialist.
- This product is not a device for promoting excessive exercise or weight loss. Be sure to rest if you feel fatigue or pain when exercising. See a doctor if symptoms such as pain or discomfort persist.
- This product is not a device for promoting excessive exercise or weight loss. Be sure to rest if you feel fatigue or pain when exercising. See a doctor if symptoms such as pain or discomfort persist.
- Do not use if you are prone to allergic reactions or if you have sensitive skin.
- Do not use this product if any abnormal conditions, such as scratches or fractures, rashes or eczema, or numbness or swelling, are present where the activity monitor will be worn.

Part Names



Before Using

1 Charge

Before using for the first time, make sure to charge the product.

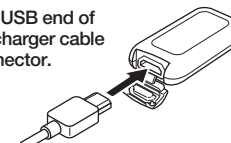
- ① Remove the activity monitor from the wristband.



- ② Open the charger connector cover.

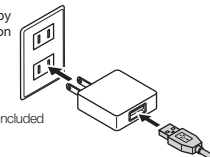


- ③ Connect the micro USB end of the supplied USB charger cable to the charger connector.



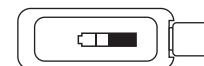
- ④ Connect the Type A end of the USB charger cable to a commercially available USB AC adapter, and then connect the USB AC adapter to a household power outlet.

• Charging is also possible by connecting to a USB port on a PC.



A USB AC adapter is not included with this product.

- ⑤ Charging starts.



One charge (approx. 2 hours) allows approx. 5 days of use. Results may vary depending on the usage environment.

- ⑥ After charging is complete, insert the activity monitor in the wristband to use.

2 Install "HELLO!"

Install the "HELLO!" application on your smartphone to use this product.

CAUTION Downloading the app through a data communication service may incur additional packet communication fees.

- ① Go to the "HELLO!" download page.

Access via the following QR code. Enter the URL into a browser directly.
<http://app.elecom.co.jp/hello/>



For iOS

Tap "Download on the App Store".
The App Store download page will appear.

For Android

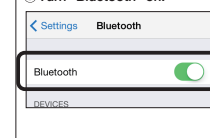
Tap "GET IT ON Google play".
The Google Play download page will appear.

Follow the instructions on the screen to install "Hello!"

3 Turn on the smartphone's Bluetooth® function

For iOS

- ① Tap "Settings" on the home screen.
② Tap "Bluetooth."
③ Turn "Bluetooth" on.



For Android

- * The following are the steps on the Nexus 5.
① Press the "Menu" key and tap "Settings."
② Turn "Bluetooth" on under "WIRELESS & NETWORKS."



4 Initialize with "HELLO!"

- ① Tap the "HELLO!" icon and follow the on-screen instructions to configure the settings.
② The "Device Search" screen will appear. Place the activity monitor close to the smartphone.



If a message saying "Set Bluetooth ON on device settings." appears, turn Bluetooth® on according to "③ Turn on the smartphone's Bluetooth function."

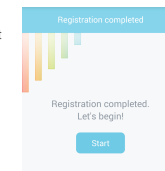
- ③ Select the product (HCW-WAM01) from the list.



Refer to the following if the product (HCW-WAM01) is not shown on the list.
• Confirm the activity monitor is charged.
• Turn on the smartphone's Bluetooth® function.
• Restart the device.

- ④ The activity monitor will be automatically registered by the device.

Refer to the following if the activity is not registered even after selecting the product (HCW-WAM01) from the list.
• Turn the smartphone's Bluetooth® function off and then back on.
• Restart the "HELLO!" app.



Using the Activity Monitor

1 Walk wearing the device like a wristwatch



Insert the fasteners so that the wristband is tight, and press firmly to secure.

Use as a wristband to measure accurately.

2 Check the measurement results

- 1 Tap the display twice with your finger.
The screen will be displayed.

PM 08:24



If the battery meter is flashing, charge as soon as possible.
If the battery is completely depleted, the activity data will be initialized. Take sufficient care to prevent losing data.



- 2 Shake your wrist from side to side to switch the display.
The display can be switched between the time, pedometer, and calorie consumption displays, in that order.



Time display

PM 08:24

Pedometer display

93468

Calorie consumption display

759



The screen will turn off automatically after three seconds of inactivity.

3 Transfer activity data to "HELLO!"

- 1 Start "HELLO!"
- 2 Place the activity monitor close to the smartphone to begin transferring activity data.



• The activity monitor can store up to seven days of activity data. Data older than seven days will be automatically deleted.
• The activity monitor should be within 3 m of the smartphone.
Data transfers may be slow or may not be possible at distances over 3 m.

"HELLO!" is also capable of managing and displaying travel distance and activity time in a graph. It also allows goals to be set.

For more on how to use and configure "HELLO!", refer to the "Online Manual" available through the app.



Cleaning

- If the product body becomes dirty, wipe it with a soft, dry cloth.
Use of a volatile liquid (paint thinner, benzene, alcohol, etc.) may affect the material quality and colour of the product.
- Remove the activity monitor from the wristband and clean separately.
- Do not clean while charging.

Troubleshooting

Q The monitor values are low or high.

- A The following cases may prevent correct measurement.
- If you wear the device in a location other than on the wrist.
 - If your gait is irregular (shuffling, etc.) or if you walk slowly.

Q The battery drains quickly.

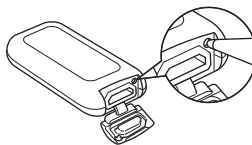
- A
- The battery life will decrease rapidly if data is transferred multiple times in one day.
Reduce the number of data transfers.
 - The battery life will also decrease rapidly if the display is shown frequently.

Q Data cannot be transferred to the smartphone.

- A
- Confirm the activity monitor is charged.
 - Data communication is not possible while charging. Transfer the data after charging is complete.
 - Turn the device's Bluetooth® function off and then back on.
 - Close and then restart the "HELLO!" app.
 - Unpair the activity monitor and the smartphone, and then reconnect.

■ To unpair the activity monitor and the smartphone

To unpair the activity monitor and the smartphone, open the charger connector cover and press the reset button next to the connector for a few seconds.



* After unpairing, follow the steps under "Before Using" to reconnect.

Cautions for Wireless Equipment

This product is wireless equipment using the entire range of the 2.4 GHz band and it is possible to avoid the band of mobile object identification systems. GFSK is used for the radio wave method. The interference distance is 10 m. The 2.4 GHz band is also used by medical equipment, Bluetooth, and wireless LAN equipment conforming to the IEEE802.11b/11g/11n standard.

- Before using this product, check that there are no other "radio stations" operating nearby.
- If electromagnetic interference occurs between this product and other "radio stations," move this product to another location or stop using this product.
- Other "radio stations" refer to industrial, scientific and medical devices using the 2.4 GHz band like this product, other radio stations of this type, licensed radio station premises for mobile object identification system that is used in factory production lines, certain non-licensed low-power radio stations and amateur radio stations.
- This product is intended for use within Japan. Do not use this product outside Japan.



WARNING

- Do not use this product with any device that may significantly affect other equipment in the event of a malfunction. There are rare cases where an external radio wave at the same frequency or a radio wave emitted from a mobile phone causes this product to malfunction, slow down, or fail to operate.
- Do not use this product in a hospital or other locations where the use of radio waves is prohibited. The radio waves of this product may affect electronic and medical devices (e.g., pacemakers).
- The use of the activity monitor in an aircraft is prohibited by aviation law because doing so may interfere with flight safety. Turn off the smartphone's Bluetooth® function and close the "HELLO!" app before boarding an aircraft and do not use either in the aircraft.
- ELECOM is not liable for any accident or social damages incurred by the failure of this product.

Waterproof performance

This product has a water resistance rating equivalent to IPX4 (splash-proof). The device is protected against splashing water, but it is not protected against strong streams of water or being submerged. Please note that the product warranty does not cover failure caused by submersion.

IPX4	Splash-proof	Water splashing from all directions does not adversely affect this device.
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Do not bathe or shower while wearing this product. Also, do not use this product for water sports or the like.

Built-in battery

A battery is a consumable part that can deteriorate even when used properly. This is a characteristic of the battery and not a fault. A cost for repairs to the built-in battery is to be expected even within the warranty period.

- When the product is stored for a long time without being used, the built-in battery loses its capacity. Repeatedly charging and discharging should restore it.
- When the ambient temperature is low, the battery's life expectancy will be shortened.
- This product uses a lithium polymer battery for the built-in battery. Lithium polymer batteries are a recyclable resource. Refer to the ELECOM Information Center if you wish to support recycling.

Basic Specifications

Article No.	HCW-WAM01 Series
Sensor	3-axis accelerometer
Connection method	Bluetooth® 4.0 (Low Energy)
Radio wave frequency	2.4 GHz band
Radio wave method	GFSK
Communication distance	Within a maximum radius of 10 m (with no obstructions) * This is a test value determined under ELECOM's testing conditions and is not a guaranteed value. * Transfer data to a smartphone within 3 m.
Dimensions	Approx. 38 mm (W) × 19 mm (D) × 9.5 mm (H) (activity monitor only)
Weight	22 g (including wristband and fasteners)
Band size	13.5 to 19 cm (wearable size for wrist)
Memory	Max. 7 days (only current day viewable on activity monitor)
Display	Pedometer: Viewable on activity monitor and on app (Activity monitor display: 0 to 99,999 steps) Distance walked: Viewable only on app Goal management: Viewable only on app Calorie consumption: Viewable on activity monitor and on app (Activity monitor display: 0 to 99,999 kcal) Activity time: Viewable only on app Sleep amount: Viewable only on app Time: Viewable on activity monitor (12-hour display)
Continuous usage time	Approx. 5 hours (varies depending on usage)
Standard charging time	Approx. 2 hours
Guaranteed operating temperature	-10 to 50°C (0 to 40°C while charging)

Limitation of Liability

- In no event will ELECOM Co., Ltd be liable for any lost profits or special, consequential, indirect, punitive damages arising out of the use of this product.
- ELECOM Co., Ltd will have no liability to any loss of data, damages, or any other problems that may occur to any devices connected to this product.

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