Fitbit hr inspire manual

l'm not robot!

Page 1User ManualVersion 2.0Page 2Table of ContentsGet startedWhat's in the boxSet up Inspire HRCharge your trackerSet up with your Windows 10 PCSee your data in the Fitbit appWear Inspire HRCharge your trackerSet up with your block of the wristband13Remove a wristbandAttach a wristband1313Basics15Navigate Inspire HRBasic navigationQuick settingsAdjust s and SleepSee your statsTrack a daily activity goalChoose a goalTrack your hourly activityTrack your sleepSet a sleep goalSet a bedtime reminderLearn about your sleep habitsSee your heart-rate settingPractice guided breathingFitness and ExerciseTrack your exercise automaticallyTrack and analyze exercise with the Exercise appGPS requirementsTrack an exerciseCustomize your exercise settings and shortcutsCheck your workout summaryCheck your heart-rate zonesShare your activityTrack your exercise settings and shortcutsCheck your workout summaryCheck your heart-rate zonesShare your exercise settings and shortcutsCheck your workout summaryCheck your heart-rate zonesShare your exercise settings and shortcutsCheck your workout summaryCheck your workout summaryCheck your workout summaryCheck your exercise settings and shortcutsCheck your workout summaryCheck signal missingGPS signal missing252626272727282828292929292929232323232334353535363737383838394040403Page 40ther issuesGeneral Info and Specifications4142SensorsMaterialsWireless technologyHaptic feedbackBatteryMemoryDisplayWristband sizeEnvironmental conditionsLearn moreReturn policy and warranty42424242424242424343434343444Regulatory & Safety Notices45USA: Federal Communications Commission (FCC) statementEuropean Union (EU)ArgentinaAustralia and New ZealandChinaIndiaIsraelJapanMexicoMoroccoNigeriaOmanPakistanPhilippinesSerbiaSouth KoreaTaiwanUnited Arab EmiratesZambia454647484949505151515252525353545456564Page 5Safety Statement575Page 6Get startedFitbit Inspire HR is a friendly heart-rate and fitness tracker for every day that helpsyou build healthy habits. Take a moment to review our complete safety informationat fitbit.com/safety. Inspire HR is not intended to provide medical or scientific data. What's in the boxYour Inspire HR box includes: Tracker with small wristband (colorand material vary) The detachable wristband (colorand wristband (colorand wristband (colorand wristband (colorand wristband (colorand wristband (co for iPhones and iPads or Androidphones. You can also set up Inspire HR on Windows 10 devices. If you dont have acompatible phone or tablet, use a Bluetooth-enabled Windows 10 PC. Keep in mindthat a phone is required for call, text, calendar, and smartphone app notifications. To create a Fitbit account, you're prompted to enter your height, weight, and sexto calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. After you set up your account, your first name, last initial, and photosare visible to all other Fitbit users. You have the option to share other information, but most of the information you provide to create an account is private by default. Charge your trackerA fully-charged Inspire HR has a battery life of up to 5 days. Battery life and chargecycles vary with use and other factors; actual results will vary. To charge Inspire HR:1. Plug the charging cable into the USB port on your computer or a UL-certifiedUSB wall charger. 2. Hold the other end of the charging cable near the port on the back of thetracker until it attaches magnetically. Make sure the pins on the charging cablealign with the port on the back of your tracker.7Page 8Charging fully takes about 1-2 hours. While the tracker charges, you can press thebutton to check the battery level. A fully-charged tracker shows a solid battery iconwith a smile. Set up with your phone or tabletThe free Fitbit app is compatible with most iPhones and iPads, Android phones, and Windows 10 devices. If you're unsure if the Fitbit app in one of the locations below, depending on your device. I Apple App Store for iPhones and iPads Google Play Store for Android phones! Microsoft Store for Windows 10 devices2. Install the app, and open it. I If you already have a Fitbit account, log in to your account, log in to your account, and tap theaccount icon> Set Up a Device. If you don't have a Fitbit account, tap Join Fitbit to be guided through aseries of questions to create a Fitbit account. 3. Continue to follow the on-screen instructions to connect Inspire HR to youraccount.8Page 9When you're done with setup, read through the guide to learn more about yournew tracker and then explore the Fitbit app.Set up with your Windows 10 PCIf you don't have a compatible phone, you can set up and sync Inspire HR with aBluetooth-enabled Windows 10 PC and the Fitbit app.To get the Fitbit app for your computer:1. Click the Start button on your PC and open the Microsoft Store.2. Search for "Fitbit app". After you find it, click Free to download the app toyour computer:3. Click Microsoft account to sign in with your existing Microsoft account. If youdon't already have an account with Microsoft, follow the on-screen instructions to create a new account.4. Open the app.l If you already have a Fitbit account, log in to your account, and tap theaccount icon> Set Up a Device.l If you don't have a Fitbit account, tap Join Fitbit to be guided through aseries of questions to create a Fitbit account.5. Continue to follow the on-screen instructions to connect Inspire HR to youraccount. When you're done with setup, read through the guide to learn more about yournew tracker and then explore the Fitbit app. See your data to the Fitbit app. See your data to the Fitbit app, where you can view youractivity and sleep data, log food and water, participate in challenges, and more. Forbest results, keep allday sync turned on, so that Inspire HR syncs periodically with the app.9Page 10If you turn off all-day sync, we recommend syncing at least once a day. Each timeyou open the Fitbit app, Inspire HR Place Inspire HR around your wrist. If you need to attach a different size wristband, or if you purchased an accessory wristband, see the instructions in "Change thewristband" on page 13. Note that the clip accessory isn't designed to fit Inspire HR. Placement for all-day wear vs exerciseWhen you're not exerciseWhen you'r optimized heart-rate tracking while exercising: ITry wearing Inspire HR higher on your wrist during exercises, such as bike ridingor weight lifting, cause you to bend your wrist.11Page 12lllMake sure the tracker is in contact with your skin.Don't wear your tracker too tight; a tight wristband restricts blood flow, potentially affecting the heart-rate signal. The tracker should be slightlytighter (snug but not constricting) during exercise. With high-intensity interval training or other activities where your wrist ismoving vigorously and nonrhythmically, the movement may limit thesensor's ability to provide a heart-rate reading. If your tracker doesn't show aheart-rate reading, try relaxing your wrist and staying still briefly. HandednessFor greater accuracy, you must specify whether you wear Inspire HR on yourdominant or non-dominant hand is the one you use for writingand eating. To start, the Wrist setting is set to non-dominant. If you wear Inspire HR comes with a small wristband attached and an additional large, bottomwristband in the box. Both the top and bottom wristbands can be swapped withaccessory wristbands, sold separately. For wristband measurements, see"Wristband size" on page 43.Remove a wristbandTo remove the wristbandTo remove the wristband awayfrom the tracker to release lever. 2. While pressing the quick-release lever. side.Attach a wristbandTo attach a wristband:1. Attach the wristband with the clasp to the top of the tracker. Slide the pin are inserted, release lever inward, slide the other end of thewristband into place.3. When both ends of the pin are inserted, release the quick-release lever.14Page 15BasicsLearn how best to navigate, check the battery level, and care for your tracker.Navigate Inspire HR by tapping the screen, swiping up and down, or pressing thebutton. To preserve battery, the trackers screen turns off when not in use.Basic navigationThe home screen is the clock. On the clock: IlSwipe down to scroll through the apps on Inspire HR. To open an app, swipeto find the app and then tap it. Swipe up to see your daily stats. 15Page 1616Page 17Quick settingsPress and hold the button on Inspire HR for a faster way to access certain settings. Tap a setting to turn it on or off. When you turn off the setting, the icon appears dimwith a line through it. On the quick settings screen:000Check the battery level. Adjust your Screen Wake setting is on, turnyour wrist toward you to turn on the screen. Turn notifications on or off. When the Notifications setting is on, Inspire HR displays notifications from your phone when your phone is nearby. For moreinformation, see "Notifications" on page 20. Adjust settings app and tap a setting to adjust it. Swipe up to see the full list of settings. 17 Page 18 Care for Inspire HRIt's important to clean and dry Inspire HR regularly. For more information, seefitbit.com/productcare.18Page 19Change the clock faces are available in the Fitbit Clock Gallery. To change your clock faces. All Clocks. Browse the available clock faces. Tap a clock face to see a detailed view.4. Tap Select to add the clock face to Inspire HR.19Page 20NotificationsInspire HR can display call, text, calendar, and app notificationsCheck that Bluetooth on your phone is on and that your phone can receivenotifications). Then set up notifications. Then set up notifications. Then set up notifications to pair your tracker. Inspire HR tile.2. Tap Notifications. Then set up notifications. Then set up notifications to pair your tracker. devices connected to your phone. Call, text, and calendarnotifications are turned on automatically.4. To turn on notifications from apps installed on your phone, including Fitbit andWhatsApp, tap App Notifications you want tosee. Note that if you have an iPhone, iPad, or Windows 10 device, Inspire HR showsnotifications and turn on the notifications and turn on the notifications and turn on the notifications you want tosee. Note that if you have an iPhone, iPad, or Windows 10 device, Inspire HR showsnotifications and turn on the notifications and turn on turn on the notifications and turn on the noti from all calendars synced to the Calendar app. If you have an Androidphone, Inspire HR shows calendar notifications from the calendar app you chooseduring setup. For more information, see help.fitbit.com. 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Press the button todismiss the notification.20Page 21llText messagesthe name of the event scrolls once above themessage. Swipe up to read the full message. Swipe up to read the full message.Note: Your device shows the first 250 characters of the notifications. Check yourphone for the full message.Turn off all notifications in the quick settings on Inspire HR, or turn off certainnotifications in the Fitbit app.To turn off all notifications:1. Press and hold the button on your tracker to reach the quick settings screen.2. Tap Notifications to turn off the notifications icon dims to indicate that off. To turn off certain notifications are turned off. To turn off the notifications icon dims to receive on your tracker.3. Tap Notifications > Inspire HR in the top left to return to device setting.22Page 23TimekeepingAlarms vibrate to awake or alert you at a time you set. Set up to 8 alarms to occuronce or on multiple days of the week. You can also time events with the stopwatchor set a countdown timer. Set an alarm goes off, the tracker vibrates. To dismiss the alarm, press the button. To snooze the alarm for 9 minutes, swipedown. Snooze the alarm for more than 1 minute. 24Page 25Use the Timers appTime events with the stopwatch or set a countdown timer with the Timers appon your tracker. For more information, see help.fitbit.com.25Page 26Activity and SleepInspire HR continuously tracks a variety of stats whenever you wear it. Dataautomatically syncs when in range of the Fitbit app throughout the day. See your stats Steps taken today, calories burned, distance covered, and activeminutesHourly stepsSteps taken this hour and the number of hours you met your heart rate coneExerciseNumber of days you met your exercise goal this weekCycle trackInformation on the current stage of your menstrual cycle, ifapplicableSleepTime spent asleepWaterWater intake logged todayWeightCurrent weight, progress toward your weight falls within a healthy range if your goal is to maintain yourweightIf you set a goal in the Fitbit app, a ring shows your progress toward that goal.26Page 27Find your complete history and other information detected by your tracker, such assleep data, in the Fitbit app.For more information, see help.fitbit.com.Track a daily activity goal of your choice. Whenyou reach your goal, the tracker vibrates and shows a celebration. Choose a goal Set a goal to help you get started on your health and fitness journey. To begin, yourgoal is 10,000 steps per day. Choose to increase or decrease the number of steps,or to change your goal on Inspire HR. For more information, see "See yourstats" on the previous page.Track your hourly activityInspire HR helps you stay active throughout the day by keeping track of whenyou're stationary and reminder on your screen at 10 minutes before the hour if you haven't27Page 28walked 250 steps When you meet the 250-step goal after receiving the reminder, you'll feel a second vibration and see a congratulatory message. For more information, see help.fitbit.com.Track your sleep states, sync yourtracker when you wake up and check the app. You may need to wait a few minutesto see your sleep goal of 8 hours of sleep goal of 8 hours of sleep goal to meet your needs. For more information, see help.fitbit.com.Set a sleep goal of 8 hours of sleep goal of 8 hours o help.fitbit.com.Set a bedtime reminderThe Fitbit app can recommend consistent bedtimes and wake times to help youimprove the consistency of your sleep habitsInspire HR tracks several sleep metrics including when you go to bed, how longyou're asleep, and your time spent in each sleep stage. Track your sleep patternscompare to your peers. For more information, see help.fitbit.com. See your heart rateInspire HR tracks your heart rate throughout the day. Swipe up from the clockscreen to see your real-time heart rate and heart-rate zone. For more information, see "See your stats" on page 26.During a workout, Inspire HR shows your heart-rate zone to help you target thetraining intensity of your choice. For more information, see "Check your heart rate" on page 35. Adjust your heart-rate settingTrack your heart rate day and night with Inspire HR. To preserve battery life, turnoff heart-rate tracking in the Settings app > Heart Rate.Note that the green LED on the back of Inspire HR continues to flash even if youturn off heart-rate tracking. For more information, see help.fitbit.com.Practice guided breathingThe Relax appon Inspire HR provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between 2-29Page 30minute and 5-minute session. 3. Tap the play icon to start the session and follows the first option. Swipe up to choose the 5-minute session and follows the day. the on-screen instructions. After the exercise, a summary appears that shows your alignment (how closely youfollowed the breathing prompt), your heart rate at the start and end of the session. For more automatically disabled during the session. information, see help.fitbit.com.31Page 32Fitness and ExerciseChoose to automatically track exercise, or to track activity with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise appand set goals based on distance, time, or calories.Sync Inspire HR with the Exercise apparent set goals based on distance, time, or calories.Sync Inspire HR with the Exercise apparent set goals based on distance, time, or calories.Sync Inspire HR with the Exercise apparent set goals based on distance, time, or calories.Sync Inspire HR with the Exercise apparent set goals based on distance, time, or calories.Sync Inspire HR with the Exercise apparent set goals based on distance, time, or calories.Sync Inspire HR with the Exercise apparent set goals based on distance, time, or calories.Sync Inspire HR with the Exercise apparent set goals based on distance, time, or calories.Sync Inspire HR with the Exercise apparent set goals based on distance, time, or calories.Sync Inspire HR with the Exercise apparent set goals based on distance, tis your exercise automaticallyInspire HR automatically recognizes and records high-movement activities at least15 minutes longincluding run, elliptical, and swim. Sync your device to see basicstats about your activity in your exercise history. For more information, see help.fitbit.com.Track and analyze exercise with the Exercise appTrack specific exercisessuch as run, bike, or weightswith the Exercise app onInspire HR to see real-time stats, including heart-rate data, calories burned, elapsedtime, and a post-workout summary on your wrist. For complete workout stats, androute and pace information if you used GPS, review your exercise history in theFitbit app.Note: The connected GPS feature on Inspire HR uses the GPS sensors on yournearby phone.GPS requirementsConnected GPS is available for all supported phones with GPS sensors. For moreinformation, see help.fitbit.com.To use GPS or location services.3. Make sure connected GPS is enabled on Inspire HR (open the Settings app >Phone GPS).4. Follow the steps below to track an exercise. In on your tracker, open the Exercise app2. Swipe to find an exercise, and tap to choose it.to begin the exercise, or swipe up to set a goal for time, 3. Tap the play icondistance, or calories, depending on the activity. 4. When you're done with your workout or want to pause, press the button. (Press the button again and tap Finish to end the workout.) 5. Swipe up to see your workout summary. 6. Press the button to close the summary screen. Note: IIInspire HR shows 3 real-time stats of your choice. Swipe the middle stat to seeall of your real-time stats. You can adjust the stats you see in the settings foreach exercise uses GPS, an icon appears in the top left as your tracker connects to your phone's GPS sensors. When the screen says "connected" and Inspire HR vibrates, GPS is connected. Customize settings and shortcuts in the Fitbit app. For example, turn connected GPS and cues on or off oradd a yoga shortcut to Inspire HR. To customize an exercise setting:> Inspire HR tile >1. From the Fitbit app dashboard, tap the account iconExercise Shortcuts.2. Tap the exercise you want to customize, and then sync your device. For more information, see help.fitbit.com.34Page 35Check your workout summaryAfter you complete a workout Inspire HR shows a summary of your stats for theworkout you chose. Stats can include: IllIIIIITime elapsedDistance coveredAverage paceAverage heart rateCalories burnedSteps takenNumber of lapsSync your tracker to save the workout in your exercise history, where you can findadditional stats and see your route and pace if you used connected GPS. Check your heart rate Heart-rate zones help you target the training intensity of your choice. Inspire HRshows your current zone and progress toward your maximum heart-rate reading. In the Fitbit app, you can see your time spent in zonesduring a particular day or exercise. Three zones based on American HeartAssociation recommendations are available, or you can create a custom zone if youhave a specific heart rate you're targeting.Default heart-rate zones are calculated using your estimated maximum heart rate you're targeting.Default heart-rate zones are calculated using your estimated maximum heart rate you're targeting.Default heart-rate zones are calculated using your estimated maximum heart rate you're targeting.Default heart-rate zones are calculated using your estimated maximum heart rate you're targeting.Default heart-rate zones are calculated using your estimated maximum heart rate you're targeting. CalculationDescriptionOut of Below 50% Your heart rate may be elevated, but notZoneof yourenough to be considered exercise. It's called the FatBurn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower. CardioBetween 70% and 84% of your maximum heart rate This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target. Peak Greater than 85% of your maximum heart rate This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target. Peak Greater than 85% of your maximum heart rate This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. rateThis is a high-intensity exercise zone. This zoneis for short intense sessions that improveperformance and speed. Custom heart-rate zone or a Associations recommendations for most people. For more information, see help.fitbit.com.36Page 37Share your activityAfter you complete a workout, sync your tracker with the Fitbit app to share yourstats with friends and family. For more information, see help.fitbit.com.36Page 37Share your activityAfter you complete a workout, sync your tracker with the Fitbit app to share your state with the Fitbit.com.36Page 37Share your activityAfter you complete a workout, sync your tracker with the Fitbit.com.36Page 37Share your activityAfter you complete a workout, sync your activityAfter you complete a workout, sync your tracker with the Fitbit.com.36Page 37Share your activityAfter you complete a workout, sync your tracker with the Fitbit.com.36Page 37Share your activityAfter you complete a workout, sync your tracker with the Fitbit.com.36Page 37Share your activityAfter you complete a workout, sync your tracker with the Fitbit.com.36Page 37Share your activityAfter you complete a workout, sync your activityAfter you complete a workout, sync your tracker with the Fitbit.com.36Page 37Share your activityAfter you complete a workout, sync Fitbit app. See your cardio fitnessscore and cardio fitness stats. For more information, see help.fitbit.com.37Page 38Update, Restart, and EraseLearn how to update, restart, and erase Inspire HR.Update Inspire HRUpdate your tracker to get the latest feature enhancements and product updates. When an update is available, a notification appears on Inspire HR and in the Fitbit app until theupdate is complete. Keep your tracker and phone close to each other during theupdate.Note: Updating Inspire HR takes several minutes and may be demanding on thebattery. We recommend plugging your tracker is the charger before starting theupdate.For more information, see help.fitbit.com.Restart Inspire HR takes several minutes and may be demanding on thebattery. unresponsive, restart your device: 1. Connect Inspire HR to the charging cable. For instructions, see "Charge yourtracker " on page 7.2. Press and hold the button on your tracker reboots the device but doesn't delete any data.38Page 39Erase Inspire HRIf you want to give Inspire HR to another person or wish to return it, first clear yourpersonal data:1. On Inspire HR, open the Settings app > Clear User Data.2. When prompted, press the screen for 3 seconds, then release. When Inspire HR to another person or wish to return it, first clear yourpersonal data:1. On Inspire HR to another person or wish to return it, first clear yourpersonal data:1. 40Troubleshooting If Inspire HR isn't working properly, see our troubleshooting steps below. Visithelp.fitbit.com for more information.Heart-rate signal missingInspire HR continuously tracks your heart rate while you're exercising andthroughout the day. If the heart-rate sensor on your tracker has difficulty detecting a signal, dashed lines appear. If your device doesn't detect a heart-rate signal, first make sure heart-rate trackingis turned on in the Settings app on your device. Next, make sure you're wearingyour tracker correctly, either by moving it higher or lower on your arm still and straight for a short time, you should see yourheart rate again.GPS signal missingEnvironmental factors including tall buildings, dense forest, steep hills, and eventhick cloud cover can interfere with your phone is searching for a GPS signal during an exercise, you'llsee an icon at the bottom of the screen.40Page 41For best results, wait for your phone to find the signal before you start yourworkout. Other issues or other dataSee "Restart Inspire HR" on page 38 for instructions on how to restart your tracker.For more information or to contact Customer Support, see help.fitbit.com.41Page 42General Info and SpecificationsSensorsFitbit Inspire HR classic wristband is made of apremium, comfortable silicone similar to that used in many sport watches, and thebuckle is made of anodized aluminum. While anodized aluminum. While anodized aluminum can contain tracesof nickel, which can cause an allergic reaction in someone with nickel sensitivity, theamount of nickel in all Fitbit products meets the European Union's stringent NickelDirective.Wireless technologyInspire HR contains a vibration motor for alarms, goals, notifications, and reminders.BatteryInspire HR contains a rechargeable lithium-polymer battery.42Page 43MemoryInspire HR contains a vibration, and exercisehistory, for 7 days. Sync your tracker with the Fitbit app to access your historicaldata. For best results, make sure the all-day sync option is turned on.Display.Wristband sizes are shown below. Note that accessory wristbands sold separatelymay vary slightly.Small wristband Fits a wrist between 5.5 - 7.1 inches (140 mm - 180 mm) in circumferenceEnvironmental conditionsOperating Temperature -4 to 14 F(-20 to -10 C)113 to 140F(45 to 60 C)Water ResistanceWater resistant up to 50 metersMaximum Operating Altitude 28,000 feet(8,534 m)43Page 44Learn more about your tracker and dashboard, visit help.fitbit.com.Return policy atfitbit.com/legal/returns-and-warranty.44Page 45Regulatory & Safety NoticesNotice to the User: Regulatory content for select regions for FB413 can also beviewed on your device. To view the content: Settings > Device InfoUSA: Federal Communications Commission (FCC)statementModel FB413Responsible Party U.S. Contact Information199 Fremont Street, 14th FloorSan Francisco, CA94105United States877-623-4997www.fitbit.comFCC Compliance Statement (for products subject to the following two conditions:45Page 461. This device may not cause harmful interference and2. This device must accept any interference, including interference that maycause undesired operation of the device. FCC WarningChanges or modifications not expressly approved by the party responsible forcompliance could void the users authority to operate the equipment. Note: This equipment has been tested and found to comply with the limits for aClass B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in aresidential installation. This equipment generates, uses and can radiate radiofrequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is noquarantee that interference will not occur in a particular installation. If this equipment off and on, the user is encouraged totry to correct the interference by one or more of the following measures: Ill Reorient or relocate the receiving antenna. Increase the separation between the equipment and receiver is connected. Consult the dealer or an experienced radio/TV technician for help. This device meets the FCC and IC requirements for RF exposure in public oruncontrolled environments. Canada: Industry Canada (IC) statementModel/Modle FB413:IC: 8542A-FB413Notice to the User: The IC ID can also be viewed on your device. To view thecontent: Settings > Device Info46Page 47Avis l'utilisateur: L'ID de l'IC peut galement tre consult sur votre appareil. Pour voir le contenu: Paramtres > Informations sur l'appareilThis device meets the IC requirements for RF exposure in public or uncontrolledenvironnements publics ou incontrelector de RF dans desenvironnements publics ou incontrelector de RF dans de Canada license exempt RSS standard(s).Operation is subject to the following two conditions:1. this device may not cause interference, and2. this device may not cause interference, and2. this device may not cause interference and a compare of the device. Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence(s). Son utilisation est soumise Les deux conditions suivantes: 1. cet appareil ne peut pas provoquer dinterfrences et 2. cet appareil doit accepter Toute interfrences quipeuvent causer un mauvais fonctionnement du dispositifEuropean Union (EU)Model FB413Simplified EU Declaration of ConformityHereby, Fitbit, Inc. declares that the radio equipment type Model FB413 is incompliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konformity is available at the following internet address: www.fitbit.com/safetyVereinfachte EU-Konform vollstndige Wortlaut der EU-Konformittserklrungenkann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safetyDeclaracin UE de Conformidad simplificadaPor la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB413cumple con la Directiva 2014/53/UE. El texto completo de la declaracin deconformidad de la UE est disponible en la siguiente direccin de Internet:www.fitbit.com/safetyDclaration UE de conformit simplifieFitbit, Inc. dclare par la prsente que les modles dappareils radio FB413 sontconformes la Directive 2014/53/UE. Les dclarations UE de conformit simplifieFitbit, Inc. dclare par la prsente que les modles dappareils radio FB413 sontconformes la Directive 2014/53/UE. Les dclarations UE de conformit simplifieFitbit, Inc. dclare par la prsente que les modles dappareils radio FB413 sontconformes la Directive 2014/53/UE. Les dclarations UE de conformit simplifieFitbit, Inc. dclare par la prsente que les modles dappareils radio FB413 sontconformes la Directive 2014/53/UE. Les dclarations UE de conformit simplifieFitbit, Inc. dclare par la prsente que les modles dappareils radio FB413 sontconformes la Directive 2014/53/UE. 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To view the content: Settings > Device InfoModel FB413: Frequency band: 2400-2483.5 Transmitted power: Max EIRP, 5.5dBmOccupied bandwidth: 2MHzModulation system: GFSKCMIIT ID displayed: On packagingCMIT ID: 2018DJ899049Page 50Part NameModel FB413 (Strap and Buckle) (Electronics) (Battery) GB/T 26572 (indicates that the content of the toxic and hazardous substance in at leastone Homogeneous Material of the part exceeds the concentration limit requirementas described in GB/T 26572). IndiaModel FB41350Page 51Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:Settings > Device InfoIsraelModel FB41355-01197. JapanModel FB413Device to the User: Regulatory content for this region can also be viewed on yourdevice. To view the content:Settings > Device Info201-180694MexicoModel FB413La operacin de este equipo est sujeta a las siguientes dos condiciones:51Page 521. Es posible que este equipo o dispositivo no cause interferencia perjudicial y2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo laque pueda causar su operacin no deseadaMoroccoModel FB413AGREE PAR LANRT MAROCNumro dagrment: MR 18211 ANRT 2018Date dagrment: 11/12/2018NigeriaModel Name FB413Connection and use of this communications equipment is permitted by the NigerianCommunications Commission.OmanModel FB413PakistanModel FB413SerbiaModel FB413SerbiaMode 55 Translation: Low power warning: According to the management method of low power radio wave radiating motor. Article 12 Low-power RF motors that have passed the type certification are not allowed tochange the frequency, increase the power or change the type certification are not allowed tochange the frequency. of low-power RF motors shall not affect flight safety and interference is found, it shall be immediately deactivated and improved until no interference is found, it shall be immediately deactivated and improved until no interference is found. Act. Lowpower RF motors must withstand interference from legitimate communications orradiological electrical equipment for industrial, scientific, and medical use.3010 221Translation: Excessive use may cause damage to visionRest for 10 minutes after every 30 minutes.55Page 56Children under 2 years old should stay away from this product. Children 2 years oldor more should not see the screen for more than 1 hour. injury.United Arab EmiratesModel FB413TRA Registered No.: ER68013/18Dealer No: 35294/14ZambiaModel FB413ZMB / ZICTA / TA / 2019 / 1 / 956Page 57Safety StatementThis equipment has been tested to comply with safety certification in accordancewith the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A12:2011 + A12:2001 + A12:2011 + A2:2013.57Page 582019 Fitbit, Inc. All rights reserved. Fitbit trademarks or registered trademarks or Fitbit in the US and other countries. A more complete list of Fitbit trademarks can be found at . Third-party trademarks or registered trademark from this product. Children 2 years oldor more should not see the screen for more than 1 hour.電池警語:此裝置使用鋰電池。若未遵照下列準則,則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、發生火災、化學品灼傷、電解液洩漏及/或受傷的風險。Translation:Battery warning:This device uses a lithium battery. If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemicalburn, electrolyte leakage and / or injury.United Arab EmiratesModel FB413TRA Registered No.: ER68013/18Dealer No: 35294/14ZambiaModel FB413TRA Registered No.: ER68013/18Dealer No. .TaiwanModel FB413低功率警語:依據 低功率電波輻射性電機管理辦法第十二條經型式認證合格之低功率射頻電機,非經許可,公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能54 Page 4 1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo laque pueda causar su operación no deseadaMoroccoModel FB413AGREE PAR L'ANRT MAROCNuméro d'agrément: 11/12/2018NigeriaModel FB413Connection and use of this communications equipment is permitted by the NigerianCommunications Commission. OmanModel FB413PakistanModel 规定编制O = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下(indicates that thecontent of the toxic and hazardous substance in all theHomogeneous Materialsof the part is below the concentration limit requirement asdescribed inGB/T 26572).X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardoussubstance in at leastoneHomogeneous Material of the part exceeds theconcentration limit requirementas described inGB/T 26572). IndiaModel FB41350 Page 6 Notice to the User: Regulatory content for this region can also be viewed on yourdevice. To view the content:Settings >Device InfoIsraelModel FB41355-01197 בומהלשיראלודומהקלחבינכטיונישלכעצבלויא JapanModel FB413Notice to the User: Regulatory content for this region can also be viewed on yourdevice. To view the content:Settings > Device Info201-180694MexicoModel FB413La operación de este equipo está sujeta a las siguientes dos condiciones:51 Page 7 Model: FB413Serial No: Refer to retail boxYear of Manufacture: 2018PhilippinesModel FB41353 Page 8 第十四條低功率射頻電機之使用不得影響飛航安全及干擾時方得繼續使用。前項合法通信, 經發現有干擾現象時, 應立即停用, 並改善至無干擾時方得繼續使用。前項合法通信, 之干擾Translation:Low power warning:According to the management method of low power radio wave radiating motor.Article 12Low-power RF motors that have passed the type certification are not allowed tochange the frequency, increase the power or change the characteristics and functions of the original design without permission.Article 14The use of low-power RF motors shall not affect flight safety and interfere with legal communications; if interference is found, it shall be immediately deactivated and improved until no interference is required. Legal communication in the preceding paragraph refers to radio communications per ating in accordance with the provisions of the Telecommunications Act. Low-power RF motors must withstand interference from legitimate communications orradiological electrical equipment for industrial, scientific, and medical use.使用過度恐傷害視力」使用30分鐘請休息10分鐘。 2歳以下幼兒不看螢幕,2歳以上每天看螢幕不要超過1小時。Translation: "Excessive use may cause damage to vision"Rest for 10

minutes after every 30 minutes.55 Page 9 Safety StatementThis equipment has been tested to comply with safety certification in accordancewith the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A2:2013.57 Page 10 © 2019 Fitbit, Inc. All rights reserved. Fitbit and the Fitbit logo are trademarksor registered trademarks of Fitbit in the US and other countries. A more complete list of Fitbit trademarks can be found at . Third-party trademarksmentioned are the property of their respective owners.

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