

# Digital Display

for the **bodybugg**

**USER GUIDE**



## Quick Start

1. Set up the *bodybugg* armband online.
2. While wearing the digital display, hold down the “Mode” and “View” buttons on the display.
3. Press *bodybugg* armband button to sync.



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The *bodybugg* digital display package includes one each of the following:

- A. *bodybugg* display
- B. *bodybugg* display clip
- C. *bodybugg* display watchband

The *bodybugg* display is an accessory to the *bodybugg* armband which records, analyzes and reports physiological parameters. It allows you to easily monitor and manage your daily metabolic and lifestyle data in order to reach your activity and weight goals.

## **1 Care and Maintenance**

### **Introduction — For Your Safety**

#### **Medical**

Always consult a physician before starting any new diet or exercise program. This system is not to be used for diagnostic purposes. This system is not intended as a substitute for the medical advice or supervision of your personal physician.

#### **Reminders**

The *bodybugg* software has a “reminders” feature. Reminders should not be used for life-critical events, such as taking certain medications if they are vital to your daily health.

## Sensitive Skin

If you experience a skin irritation from wearing the product, then discontinue use and contact your physician. See the product specifications for a list of materials used.

## Cautions

Refer to the important information about the digital display for cautions.

## Care and Maintenance

### Cleaning

You should always clean the digital display if it becomes noticeably moist or dirty.

To clean the digital display: Gently wipe skin touching surfaces of the digital display with a soft cloth or towel moistened with mild soap and water. Wipe with a clean damp cloth to remove any remaining soap. Use a dry, soft cloth or towel to completely dry before wearing. Never use solvents to clean the digital display!

The digital display may need to be disinfected occasionally. Wipe the entire digital display with a soft cloth dampened with 70% isopropyl alcohol. Allow to dry for 5-10 minutes before wearing. Always disinfect the digital display prior to use by others. Do not sterilize the digital display.

## 1.1 Water Resistance

The display is water resistant up to 30 meters.

## 1.2 Using the Digital Display Clip

The display comes pre-attached to the *bodybugg* clip. The clip functions much like a paper clip in that it allows you to attach the display firmly to thin material or clothing such as a shirt sleeve, trousers or belt.

Note: it is designed to fasten to soft materials. Fastening to hard materials may not hold the display securely. Never slide materials wider than the opening into the clip as it may strain and damage it.

To attach the clip to a desired area, gently lift the clip lever located between the mode and light buttons of the display. This will open the clip mouth.





Slide the material you wish to attach the clip to between the upper and lower portions of the clip mouth.



Then push the clip lever back down to close the clip. This will tighten the mouth around the material, attaching the display securely to the material.

To detach, lift the clip lever. This will loosen the grip of the clip mouth so you can remove the clip.

### 1.3 Using the Digital Display Watch Band

The display comes with a watch band. The watch band allows you to wear the display on your wrist just like a watch.

You must first remove the display from the clip. To do this, simply twist the display counter clockwise and lift.



To attach the display to the watch band, place the display in the band cradle, with the logo facing the nine o'clock position. Make sure the display is firmly tucked into the cradle evenly.



Then twist the display into the watch band cradle clockwise. The display is secure when the two lines along the side of the display line up. This is the "locked" position.

To remove it from the watch band, twist the display counter clockwise and lift.



## 1.4 Battery Replacement

If the digits on the digital display are faded, and you can not establish a connection to the armband, then the battery may require replacing.

The digital display comes equipped with a replaceable CR-2032 coin cell battery. When the battery needs to be replaced, we recommend that you take the digital display to a jeweler or watch vendor. To replace the battery yourself:

1. Make sure you have a fresh CR-2032 coin cell battery, a #0 size Phillips head screwdriver, and a soft cloth.
2. Remove the digital display unit from the watchband or clip.
3. Turn the unit over onto a soft cloth, revealing the underside, and remove the four small screws attaching the metal back plate to the digital display.

Only remove the screws on the metal back plate, do not remove the screws on the edge of the digital display.

4. Remove the old battery.
5. Press any button on the display for 10 seconds.
6. Replace the battery with the new one, with the (+) side facing up.

7. Ensure that the o-ring gasket is properly seated in the groove to provide a watertight seal.
8. Reattach the back plate, with the text facing up. Ensure that the arrow that says up (on the inside of the metal back) points towards the top of the device.
9. Once attached, turn the unit over and press any button to wake the digital display.
10. Dispose of the old battery properly.

The expected life of this battery under normal use is 6-12 months. Coin cell batteries can be readily purchased from a variety of online vendors, electronic stores and drug stores.



## 1.5 Warranty

BodyMedia warrants that the BodyMedia hardware (*bodybugg* display with clip and watch strap) is free of defects in materials and workmanship under normal use and service, for 12 months from date the product is shipped to the customer (“limited warranty period”). If a defect covered by this limited warranty occurs during the limited warranty period, BodyMedia will, at its option, repair, replace the entire unit or refund the original purchase price. **The foregoing remedies are the sole and exclusive remedy and BodyMedia’s sole and exclusive liability for breach of the limited warranty.**

This limited warranty is subject to compliance with the safety considerations or care and maintenance sections of this user guide and does not apply to defects that have been caused by improper or incorrectly performed maintenance, negligence, accident, misuse or unreasonable use, modification, tampering, normal wear and tear, or any other causes not related to defective materials or workmanship. This limited warranty excludes batteries.

**This limited warranty is in lieu of all other warranties and no other representations or claims of any nature shall be binding or obligate BodyMedia. Any implied warranties applicable to the BodyMedia hardware, including but not limited to any implied warranties of merchantability,**

**fitness for a particular purpose, or warranties of title or non-infringement, are limited to the limited warranty period above.**

Subject to applicable law, in no event shall BodyMedia’s liability exceed the purchase price of the BodyMedia hardware.

**In no event shall BodyMedia or any authorized BodyMedia service provider be liable for consequential, special, punitive, or incidental damages related to the BodyMedia hardware even if BodyMedia was aware of the possibility of such damages.**

## 1.6 Cautions



Follow operating instructions



Caution



Non-ionized radiation



The waste and electronic equipment regulations indicate separate collection for electrical and electronic equipment.



Electrical safety



Type B applied part



FCC logo



Battery orientation

## Important Information About the Armband and Digital Display

### Introduction and Cautions

Always consult a physician before starting any new diet or exercise program. This system is not to be used for diagnostic purposes. This system is not intended as a substitute for the medical advice or supervision of your personal physician.

CAUTION: This product is not defibrillation proof.

CAUTION: Do not get this equipment close to other devices that can cause electromagnetic interferences of any nature.

CAUTION: EQUIPMENT not suitable for use in the presence of a FLAMMABLE ANAESTHETIC MIXTURE WITH AIR or WITH OXYGEN OR NITROUS OXIDE. Follow operating instructions.

CAUTION: Non-ionized radiation.

The Waste Electrical and Electronic Equipment Regulations indicates separate collection for electrical and electronic equipment.

CAUTION: Medical electrical equipment needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the User Guides. Portable and mobile RF communications equipment can affect medical electrical equipment.

CAUTION: The equipment or system should not be used adjacent to or stacked with other equipment and if adjacent or stacked use is necessary, the equipment or system should be observed to verify normal operation in the configuration in which it will be used.

CAUTION: Keep this equipment out of reach of children. It contains smaller, removable parts which can become choking hazards.

CAUTION: This equipment and wireless accessories should not be used in airplanes, hospitals, or locations where cellular telephones or electronic devices are prohibited.

CAUTION: Do not use unapproved accessories.

CAUTION: Reminders should not be used for life-critical events, such as taking certain medications, if they are vital to your daily health.

CAUTION: If you have known metals allergies, you should consult your physician prior to wearing.

CAUTION: Check this equipment for sharp edges or damage before each use.

CAUTION: Avoid wearing this equipment when it has been exposed to excessively hot temperatures (i.e., direct sun exposure) to avoid burns to the skin.

CAUTION: Users should avoid wearing this equipment excessively. To reduce potential for skin irritation wear for a maximum of 23 hours per day.

CAUTION: Do not wear on an open wound, sore or burn.

CAUTION: Be careful not to over-tighten while on your arm. If, at any time, you feel constriction or loss of circulation, simply loosen the adjustable strap and re-fasten it to a more comfortable setting.

CAUTION: Each material was chosen for its precedent in other skin contact products or has been independently approved for skin contact. However, everyone's skin is different and you may experience irritation or redness after wearing. If this occurs, discontinue use and consult your physician.

CAUTION: To reduce the risk of skin irritation, be sure to dry your arm thoroughly before wearing.

CAUTION: Though the digital display was designed for wearability and long-term use, it is a sensitive monitoring device. Rough handling can break internal components. Never drop or shock the device and always store in a safe place when not in use.

CAUTION: Avoid exposing to extreme temperatures, direct sunlight, moisture, sand, dust, or mechanical shock.

CAUTION: Do not incinerate.

CAUTION: Dispose of this equipment in accordance with local, state, federal, or country specific regulations.

CAUTION: Changes or modifications to this equipment not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

CAUTION: Replace your digital display's battery only with CR-2032 (or equivalent) 3V lithium coin cell battery to avoid risk of personal injury or physical damage to your equipment.

CAUTION: The digital display battery may present a choking hazard for small children. Please keep the batteries out of reach of children.

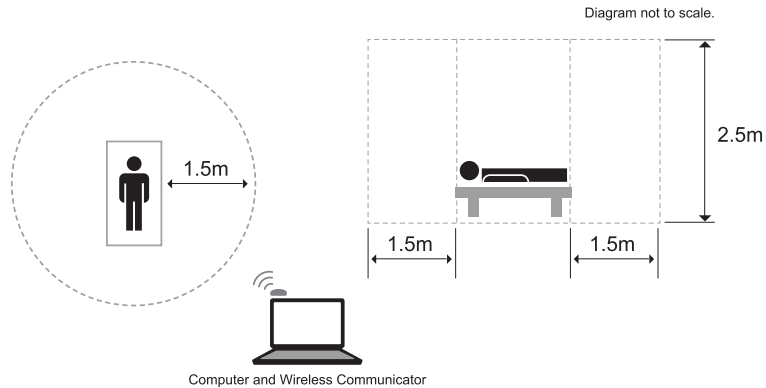
CAUTION: If this equipment is dropped, ensure that it is working properly and not physically damaged before relying on readings.

## 1.7 Disposal

Dispose the display in accordance with local, state, federal, or country specific regulations.

Always dispose of used batteries according to local ordinance, where applicable.

## 1.8 Manufacturer's Declarations



## Guidance and Manufacturer's Declaration — Emissions

The 908903prod1 (*bodybugg* display) is intended for use in the electromagnetic environment specified below. The customer or user of the bt-2.4-bg should ensure that it is used in such an environment.

Emissions Test	Compliance	Electromagnetic Environment — Guidance
RF Emissions CISPR 11	Group 1	The digital display uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF Emissions	Class B	The digital display is suitable for use in all establishments, including domestic, and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonics IEC 6100-3-2	Class A	
Flicker IEC 6100-3-3	Complies	


## Guidance and Manufacturer's Declaration — Immunity

The 908903prod1 (*bodybugg* display) is intended for use in the electromagnetic environment specified below. The customer or user of the 908903prod1 should ensure that it is used in such an environment.

Immunity Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment — Guidance
ESD IEC 61000-4-2	±6kV Contact ±8kV Air	±6kV Contact ±8kV Air	Floors should be wood, concrete, or ceramic tile. If floors are synthetic, the r/h should be at least 30%.
EFT IEC 61000-4-4	±2kV Mains ±1kV I/Os	N/A	N/A
Surge IEC 61000-4-5	±1kV Differential ±2kV Common	N/A	N/A
Voltage Dips/ Dropout IEC 61000-4-11	>95% Dip for 0.5 Cycles 60% Dip for 5 Cycles 30% Dip for 25 Cycles	N/A	N/A
Power Frequency 50/60Hz  Magnetic Field IEC 61000-4-8	3A/m	3A/m	Power frequency magnetic fields should be that of a typical commercial or hospital environment.

## Guidance and Manufacturer's Declaration — Emissions

The 908903prod1 (*bodybugg* display) is intended for use in the electromagnetic environment specified below. The customer or user of the 908903prod1 should ensure that it is used in such an environment.

Immunity Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment — Guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 KHz to 80 MHz	N/A  3 V/m	Portable and mobile communications equipment should be separated from digital display (195) by no less than the distances calculated/listed below: $D=(3.5/\sqrt{P})$ $D=(3.5/E_1)(\sqrt{P})$ 80 to 800 MHz  $D=(7/EI)(\sqrt{P})$ 800 MHz to 2.5 GHz  Where P is the max power in watts and D is the recommended separation distance in meters.  Field strengths from fixed transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range.  Interference may occur in the vicinity of equipment containing a transmitter symbol: 
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz		

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, and electromagnetic site survey should be considered. If the measured field strength in the location in which the 908903prod1 is used exceeds the applicable RF compliance level above, the 908903prod1 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the 908903prod1. Over the frequency range 150 KHz to 80 MHz, field strengths should be less than 3 V/m.

For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in meters (m) can be determined using the equation applicable to the frequency of the transmitter, where  $P$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

## Recommended Separations Distances for the 908903prod1

The digital display is intended for use in the electromagnetic environment in which radiated disturbances are controlled. The customer or user of the digital display can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF Communications Equipment and the digital display as recommended below, according to the maximum output power of the communications equipment.

Max Output Power (Watts)	Separation (m) 150KHz to 80MHz $D=(3.5/V1)(\text{Sqrt } P)$	Separation (m) 80 to 800MHz $D=(3.5/V1)(\text{Sqrt } P)$	Separation (m) 800MHz to 2.5GHz $D=(7/E1)(\text{Sqrt } P)$
0.01	0.1166	0.1166	0.2333
0.1	0.3689	0.3689	0.7378
1	1.1666	1.1666	2.3333
10	3.6893	3.6893	7.3786
100	11.6666	11.6666	23.3333

## 2 How to Use Your *bodybugg* Digital Display

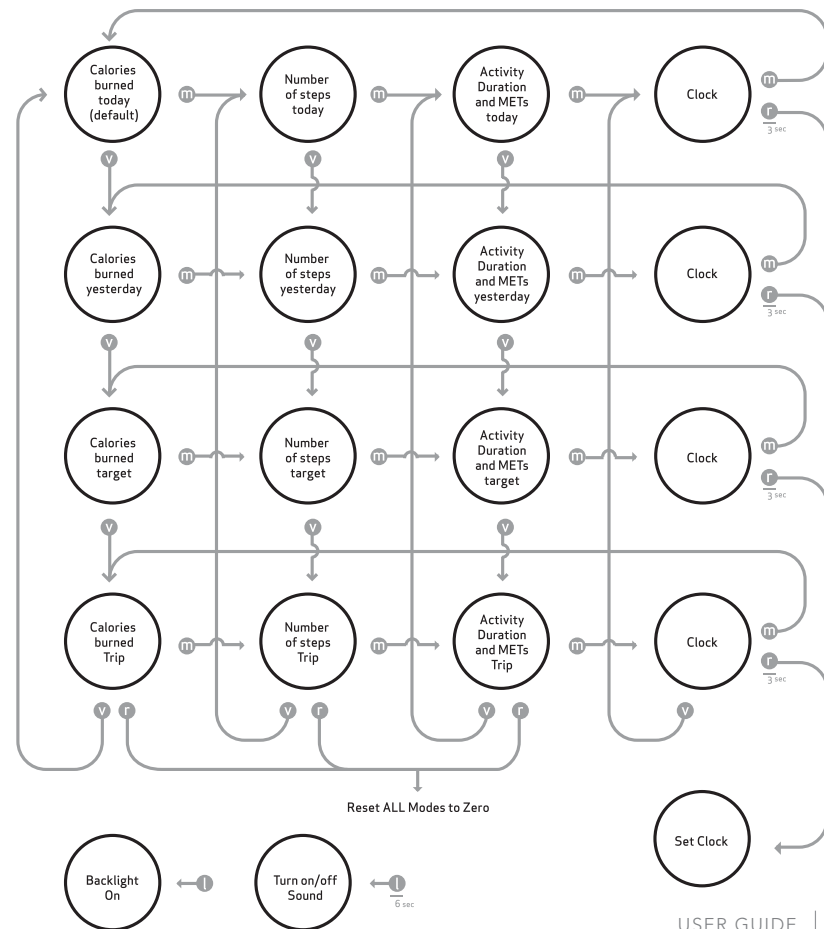
### 2.1 Digital Display Overview

The *bodybugg* display is a convenient way for wearers of the *bodybugg* armband to see up-to-the-minute information about their calories burned, METS, steps, and physical activity duration. Information is transmitted every 60 seconds to the display from the armband for you to view as long as the two units are in sync.

The display has an LCD display and four buttons: mode, view, light and reset trip.

Combinations of the mode and view buttons determine what value is displayed on the LCD. For example, from the default state, (calories burned so far today) pressing on the view button once, will display how many calories you burned yesterday. From here, pressing on the mode button once will display how many steps you took yesterday, and so on. The system map outlines the entire information architecture and navigation.

The following will describe the complete set of interactions for the proper use of your display.



Key

(m) Press mode button

(r) Press reset trip button

— Hold down button

(v) Press view button

(l) Press light button

## 2.2 Initializing

**NOTE:** To initialize the display, make sure your armband is on your arm and within 3 feet (1 meter) of the display. The bodybugg armband must be “on body” and collecting data in order for the digital display device to be able to be in sync.

- To have the display synchronize with the last known armband:

Press the “Mode” button.

The display will show a message asking for you to press the armband button.

- To enable the display to synchronize with a new armband:

Press and hold “View” then also press “Mode” for 3 seconds or more.

The display will beep.

- To reset the display:

Simultaneously press all 4 buttons, “Mode” + “View” + “Light” + “Reset” for 5 seconds or more.

The display firmware version will be shown and the backlight will flash.



Then it will prompt you to “Press Armband Button to Sync.” Press the button on the face of the armband.



This will initiate a syncing process whereby the armband establishes continuous communication with the display.

When the armband and display first sync up, the armband's initial message will scroll across the screen and then transition into its "display data" state (defaulting to the calories mode and today view).



Important: the initial message is set in the *bodybugg* web program and is a unique and recognizable message for you to verify your display has synced with the correct armband. Each time the display syncs with a different armband, the initial message will appear again.

If an armband is not within range of the display, it will display "Armband Not Found."

## 2.3 Mode Functions

The mode button, located on the top left, allows you to toggle between the different data modes being transmitted from the armband. The default selection when the device is first initialized, and every time the display establishes a connection with an armband will be in the calories mode. Clicking the mode button advances.

The mode selection from (1) calories, (2) steps, (3) activity, (4) time, and then back to (1) calories again.

### 2.3.1 Calories Mode



The calories mode is the default mode and displays up-to-the minute energy expenditure values of the wearer depending on what view (today, yesterday, target and trip) is selected.

The display includes off-body estimates using a simple calculation of your RMR or resting metabolic rate. Your RMR is the minimum number of calories your body needs to support its basic physiological functions. For example, if you wake up in the morning and put on your armband and sync the display, you will see that calories burned so far today is not “0”. The number that appears here is an off-body estimate using the RMR calculation for the time you were not wearing your armband.

### 2.3.2 Steps Mode



From the calorie mode, click the mode button once to navigate to the steps mode. This mode displays how many steps you have taken depending on what view (today, yesterday, target and trip) is selected. A step is defined as one footfall detected of the wearer while wearing the display. There is no off-body calculation of steps, so values presented are based only on steps counted while wearing the armband.

### 2.3.3 Activity Mode



From the steps mode, click the mode button once to navigate to the activity mode, this mode displays moderate physical activity duration (pad) of the wearer depending on what view (today, yesterday, target and trip) is selected. Pad is measured in minutes of sustained moderate activity. Unlike the other modes, your daily physical activity target as well as steps taken can be customized using the *bodybugg* web program. By default, physical activity “defined as activity requiring 3.0 METS or more, and is counted in minutes of physical activity.”

## 2.3.4 Time



From the activity mode, press the mode button once to navigate to the time mode. In time mode, the view button is disabled. This mode displays the current time as it is set on the armband in either 12 or 24 hour format. To set time preferences, please refer to the *bodybugg* help section in the web program. Clicking on the mode button again will return you to the calories mode. The time can be changed on your display when the display and armband are out of sync; however any change to the armband through the web-based program is made, the time on the display is overridden by the time on the armband (see 2.2).

## 2.4 View Functions

The view button, located on the lower left, allows you to toggle between the different data views of each mode being transmitted from the armband. The default selection when the display is first initialized, and every time the display establishes a connection with an armband will be the today view. Clicking the mode button advances the mode selection from (1) today, (2) yesterday, (3) target, (4) trip and then back to (1) today again.

### 2.4.1 Today



The today view is the default view when the display is initialized and every time the display syncs with the armband. The today view shows the current values for calories burned, steps and physical activity so far today when the display is in sync with the armband. When in sync, these values will update every 60 seconds. A day begins at 12:00 midnight, so this value will automatically return to “0” at the start of each new day.

## 2.4.2 Yesterday



Pressing the view button once will advance the view from today to yesterday. The yesterday view shows the total number of calories burned, steps and duration of physical activity from the previous day. These values are updated at the start of each new day.

## 2.4.3 Target



From the target view, pressing the view button once will advance the view from yesterday to target. The target view shows the total daily targets for calories burned, steps and duration of physical activity. These targets can only be set using the *bodybugg* web program. To set or change these targets, please refer to the my info tab of the *bodybugg* web program.

When an activity goal had been achieved, the display will notify you through a beep.

The user can stop the target message beep and display message by pressing the reset trip button. Pressing once will stop the beep and pressing twice will stop the scroll.

## 2.4.4 Trip



From the target view, pressing the view button once will advance the view from target to trip. The trip view functions much like a trip-odometer in a car. It enables you to measure values in this case calories burned, steps or physical activity duration, per activity. For example, if you want to know how many calories you burn while raking leaves in the yard, or how many steps you take at work, simply toggle to the trip view, and hold the reset trip button 3 seconds. This will return the trip values to 0 and the display will begin incrementing again. When you are finished with your activity, simply look at your display for your answer.

## 2.5 Backlight



The backlight button is located on the upper right of the display and is labeled "Light." Pressing this button will turn on the backlight for 5 seconds so you can better see the information on the LCD in low-light or no-light situations.

## 2.6 Reset Trip



The reset trip allows you to reset your trip-odometer to 0 and, if you are only using your display as a watch, to reset the time in the clock (watch) mode.

### 2.6.1 Resetting a Trip

To reset your trip-odometer to 0, navigate to the trip view using the view button. Press and hold the reset trip button for 3 seconds. This will reset all the current trip values to 0.

### 2.6.2 Resetting the Clock Using the Display Device

**CAUTION:** If you are using the display with an armband and want to change the time see section 2.2.4.

We only recommend that you reset your clock using the display device if you are using the display without an armband and only as a watch. The time on the display is automatically updated with the time on your armband every time the two units are synced. So if you change it using the device, it will revert back to the time stored on the armband the next time the units are re-synced.

To reset your clock, navigate to the time mode view using the mode button. Press and hold the “Reset Trip” button for 3 seconds. This will cause the hour to blink. Press the mode button to shift the hour forward, and the view button to shift the hour backward.

Once you have changed the hour time to the preferred setting, hit the “Reset Trip” button once. This will cause minutes to blink. Press the mode button to shift the minute forward, and the view button to shift the minute backward.

Holding the view or mode button down will “fast-scroll” the number.

## 2.7 Not in Sync Mode



If no data is received from the armband for 5 minutes, the display will go into a “Not in Sync” mode and revert to time mode.

To re-sync the display and armband, press the mode button on the display and then press the armband button. Doing so will re-sync the two devices.



## 2.8 Turning the Sound On/Off

With the exception of the light button, the display will play a brief sound/beep every time a button is pushed. To turn this sound off, hold down the light button until you see a confirmation message “beep off”. The sound should no longer play when you press any button. To turn this sound on, hold down the light until you hear a beep and see a confirmation message “beep on”. The sound should play when you press any button except the light button.

## 2.9 Syncing Your Digital Display with Another Armband

The *bodybugg* display is a passive device which takes information transmitted from any *bodybugg* armband and displays it. Therefore, you can enable your display to show information from multiple armbands, but not at the same time.

To do this, locate the armband you want to sync. Make sure it is the only armband within a 10 foot range of the display. Hold down the view then mode buttons simultaneously for 3 seconds. This will reset the display and re-initiate the synchronization process.

The display will then prompt you to “Press Armband Button to Sync.” While wearing the armband, press the button located on the face of the armband. This will initiate a syncing process between the two units. Once they are synced, you will be able to view the data stored on that armband, and that armband will update the values while the two units are in sync.

### 3 Technical Specifications

User-replaceable coin cell battery (2032)

RF frequency: 2.4 GHz wireless communication interface provided by the cc2500

Radio transmittal output power: <1mW

Size: 40mm diameter, height: 19mm with clip

Weight: 1.2 oz. with the clip

Materials: nylon, polycarbonate, ABS, polyurethane, stainless steel, no latex

Operating temperature/humidity: 0°C to +45°C (32°F to 113°F) / 100% RH non-condensing

Design and specifications are subject to change without notice.

### 4 Copyright, Patent and Trademark Notices

PATENT NOTICE AND TRADEMARK NOTICE: The *bodybugg*® Lifestyle and Calorie Management System, armband, display and wireless communicator are covered by one or more of the following patents: United States Patent Nos.: D439,981, 6,527,711, 6,595,929, 6,605,038, 7,020,508, 7,153,262, 7,261,690, and 7,285,090; European Patent Nos.: 1,292,217, 1,292,218; Canadian Patent No. 2,413,220; S. Korean Patent No. KR 10-0831036 and 10-0821945; Israeli Patent No.

153516; Japanese Patent No. JP 4,125,132; Mexican Patent Nos. MX 242292, 236870, 250153, 245862; and various worldwide patents pending. This notice is accurate as of August 15, 2008. For latest information please see [www.bodymedia.com](http://www.bodymedia.com). *bodybugg*® is a registered trademark of 24 Hour Fitness, Inc. and BodyMedia® is a registered trademark of BodyMedia, Inc.

### 5 Compatibility


The *bodybugg* display is an electronic input/output device intended for use ONLY with the *bodybugg* armband.

### Regulatory Statement

**FCC Declaration of Conformity** – We, BodyMedia, Inc., 4 Smithfield Street, 11th Floor, Pittsburgh, PA 15222, phone: 412-288-9901, declare under our sole responsibility that the products, BodyMedia, Inc. and *bodybugg*®, 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. 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 separate from the receiver.
- Consult the dealer or an experienced radio/TV technician for help.

 **CAUTION:** Changes or modifications to this equipment not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

CENELEC EN 60601-1-2 - 2001 - Medical electrical equipment Part 1-2: general requirements for safety - collateral standard: electromagnetic compatibility - requirements and tests IEC 60601-1-2: 2001

CENELEC EN 60601-1-1 - Medical electrical equipment - Part 1: general requirements

CAN/CSA-C22.2 No.606.1-M90

ETSI EN 301 489-1 - Electromagnetic Compatibility and Radio Spectrum Matters (ERM); ElectroMagnetic Compatibility (EMC) Standard for Radio Equipment and Services; Part 1: Common Technical Requirements V1.3.1

ETSI EN 301 489-3 - Electromagnetic Compatibility and Radio Spectrum Matters (ERM); Harmonized EN for ElectroMagnetic Compatibility (EMC) of Radio Comms. Equipment and Services.; Pt. 3: Specific Conditions for Short-Range Devices (SRD) Operating on Frequencies between 9 KHz and 40 GHz

ETSI EN 300 440-1 V1.3.1 (2001-07) Electromagnetic compatibility and Radio spectrum Matters (ERM); Short range devices; Radio equipment to be used in the 1 GHz to 40 GHz frequency range

FCC 47CFR 15C TCB - 47 CFR Part 15 Subpart C Intentional Radiator Certification Test

FCC 47CFR 15B cIA - 47 CFR Part 15 Subpart B Unintentional Radiators Class A Verification

UL 60601-1 - UL Standard for Safety Medical Electrical Equipment, Part 1: General Requirements for Safety First Edition.

## 6 FAQs

**NOTE:** Please see most updated FAQ section listed online at [www.myapex.com](http://www.myapex.com)

### 1. Will my display work without the armband?

No. The display provides a visual output for your armband. It is not a monitor in itself. It will only update and present your armband data when the armband is on your arm and “on-body” (sensing). Note: You can still use the display as a time piece when the display says “Not in Sync”.

### 2. Can I change the time on the display when it’s synced to the armband?

The display receives its time from the armband. You can only change the display time when the display is not in sync. When not in sync, you can change time by holding down the “Reset Trip” button and using the mode and view buttons as up and down buttons.

### 3. How often is the information on the display updated?

The display receives and presents your armband data once a minute. All parameters (calories, steps, activity) update at the same time. If the display says “Not in Sync” it will not update. Note: After the armband and display lose sync there is a 5 minute period where the display will continue to transmit and try to find the armband. During this period, the display will appear in sync. After 5 minutes of lost contact with the armband, the display will show “Not in Sync”. The expected life of the battery under normal use is 6 – 12 months.

### 4. How do I initially sync the display and armband?

For initial use, hold down the mode then view buttons simultaneously until the screen scrolls “Hello”. After the initial sync, you only need to press the mode button to re-sync with the armband. The quickest way to sync is to press the armband button and then press Mode on the display.

Quick tip: You can re-sync the display with the armband by first pressing the button on your armband, then press the “Mode” button on the display.

### 5. I have my armband on but my display says “Not in Sync”. Why?

A. The armband must be “on-body” (touching your skin and turned on). You can find out if the armband is on-body by pressing the status button. If the armband makes a sound, then it is on-body and recording.

If you take the armband off, the armband and digital display stop their communication because there is no new information to display.

If the display and the armband are separated by more than 3 feet (1m) then they may stop communicating.

- Try pressing the armband button first, then the “Mode” button on the digital display to initiate the communication between the armband and digital display. Now wait a few

seconds to allow the armband and digital display to synchronize. If the display message goes back to “Not in Sync,” then repeat this process.

– Avoid a long press of the armband button, of 15 seconds or more. This will reboot the armband and stop communication between the armband and the display.

1. If you are a V2 user and still unable to sync after trying the steps above. The battery may be dead and will need to be replaced. If you have the new *bodybugg*, the battery is low and you will need to recharge it.

2. If the memory is full you will need to upload your data before the system allows you to sync your armband and digital display again.

B. Lost contact: If your armband loses contact with the body, it will automatically break contact with the display. After the armband is back on-body, simply press the armband button and then the mode button on the display to re-sync.

C. Interference: The display uses a radio frequency similar to wireless networks, cordless and cellular phones. These products could temporarily interfere with the display, breaking its connection with the armband. Simply press the armband button and then the mode button on the display to re-sync.

D. Range: Make sure your display is within 3 feet of your armband.

## **6. How do I use my display to view another armband’s data?**

A. Make sure your display is within 3 feet of the armband whose data you wish to view.

B. Press the button on the new armband. This will tell it to begin looking for a new display.

C. Hold down the mode then view buttons on your display. This will tell the display to “look” for a new armband.

D. So long as the new armband has not been paired to another display in the last 10 minutes, it will communicate to your display and show the data for the new armband. Note: If the new armband has been connected to another display in the last 10 minutes, simply hold down the new armband’s button for 5 seconds or until it beeps. This will make it “forget” the previous display and look for your display.

## **7. Will I lose my display values (today, yesterday, trip, etc.) when I upload my armband?**

No. The values are processed and stored in the armband and will remain across uploads.

### **8. Sometimes the calorie, physical activity, and steps information on the display does not match what the website is reporting. Why?**

Human physiology often has a delayed response. For example, exercise started now may not show up as increased body temperature for a few minutes. The display is giving instant readings. When you upload, the computer takes account of the delayed response and “corrects” for this phenomena. This could result in a lower or higher value being reported on the computer. Additionally, if you enter some “off-body” activity to get calories while not wearing the armband, the display will not know about those calories and the display and website calorie values may not match.

Note: If you did not enter activities manually into the system, and you see a discrepancy that is greater than 5%, please contact *bodybugg* Technical Support at 866.314.9423 or support@bodybugg.com.

### **9. I just re-synced my armband and display. Why is the “MSG!” (Target message) displayed?**

The armband continues to collect your personal data even when the display is not worn. Once you re-sync it is possible that the armband has hit one or more of your targets since you last wore the display. Upon re-syncing, the display will notify you that you hit those targets even if the targets were met much earlier and while the display was off.

### **10. Can I turn the beep off?**

Yes. Hold down the light button until the display scrolls “Beep Off”. You can turn the beep back on by repeating this action. This action is for the button beeps only. Message alerts will still beep and cannot be turned off.

### **11. Will using the display impact the life of the battery in my armband?**

Yes. Depending on how frequently you sync your display to your armband, you may have to replace the AAA battery in your armband more often if you are a V2 armband user.

### **12. Why doesn't the display sync automatically when I upload to the web program?**

Technically, when the armband uploads to the web program, the armband goes “off-body.” The digital display can only be synced to the armband when it is on-body, which means that you must re-sync the display to the armband after uploading.

Notes

Notes

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03/2010