



ACTIVITY TRACKER
Silmee™ W11
 Model No. TK011AM00
 Instruction manual

Thank you for purchasing TDK's Activity Tracker.

- To use TDK's Activity Tracker (this "Product") correctly and safely, please carefully read the instruction manual provided by TDK (the "Manual") and keep it in mind before using this Product.
- After reading the Manual, please keep it on hand so that others can refer to it at any time.

(Image)

3. INSTRUCTIONS FOR USE

- **Bluetooth®**
 - This Product does not warrant the interoperability with all Bluetooth® compatible devices.
 - The frequency band for this Product is also used by home appliances such as microwave ovens; industrial, scientific, and medical equipment; private radio stations used to identify object movements on factory manufacturing lines (licensed radio stations); specific small-power radio stations (non-licensed radio stations).
 - Before using this Product, make sure that no private radio stations for identifying movement or specific small-power radio stations are used nearby, at any time.
 - Change the location of the use of this Product or stop radio wave emission immediately if this Product causes radio wave interference on a private radio station for identifying movement.
 - To avoid interference with the communication system, do not use the Bluetooth® functions of this Product on airplane.
 - Consult with a medical doctor before using this Product if you use a medical device, such as a pacemaker.
 - Do not use this Product with medical devices, systems related to human life directly or indirectly, or in environments requiring high safety and reliability.
 - Do not use this Product in system environments related to equipment or computer systems directly or indirectly, requiring high safety and reliability.
 - Frequency band of this Product is as follows.

2.4FH1/XX4

- ①2.4: Indicates "radio equipment using the 2.4 GHz band".
- ②FH: Indicates "the FH-SS modulation method is used".
- ③1: Indicates "the expected interfering distance is 10 meters or less".
- ④XX: Indicates "the modulation method is a different method".
- ⑤4: Indicates "the expected interfering distance is 40 meters or less".
- ⑥: Indicates "the full 2400 MHz- 2483.5 MHz band is used the band for equipment that identifies object movement is unavoidable".

- **For Good Communication**
 - In case you want to connect to other devices such as smartphone by using this Product, please use it in the place without good visibility. Some of the building structures or the obstacles may

reduce communication distance. In particular, the communication may be disabled by reinforced concrete.

- Do not use the Bluetooth® functions of this Product near radio LANs or other radio equipment, electric appliances generating radio waves such as microwave ovens, in places with many obstacles, or in places with bad radio wave conditions. Otherwise, the communication between this Product and other devices may shut down frequently, communication speed may be slowed down, or errors may occur.
- IEEE 802.11g/b radio LAN equipment and Bluetooth® devices like this Product use the same frequency band (2.4 GHz). If they are used in close proximity, both may suffer radio wave interference and cause communication speed to be slow down or be disable the connection. Turn off the power of unused equipment or devices in such cases.
- Change location of use of this Product if proper communication is disabled near radio equipment or broadcasting stations.

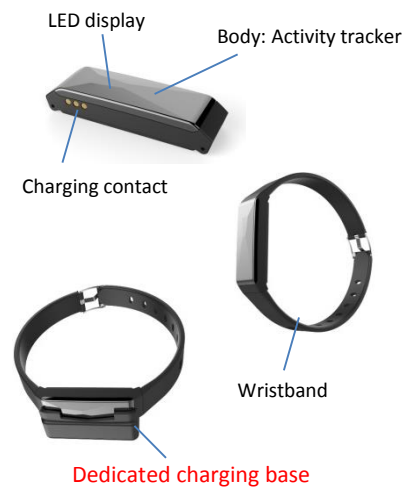
4. PRECAUTIONS

- IN NO EVENT SHALL TDK BE LIABLE TO YOU AND ANY THIRD PERSON FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL OR INDIRECT DAMAGES OF ANY KIND (INCLUDING WITHOUT LIMITATION LOSS OF PROFIT) WHETHER OR NOT ADVISED OF THE POSSIBILITY OF SUCH DAMAGES OR LOSS.
- TDK SHALL NOT BE LIABLE TO ANY DAMAGES CAUSED BY FAILURE TO COMPLY WITH ANY PROVISION IN THE MANUAL.
- TDK SHALL NOT BE LIABLE TO THE DESTRUCTION, LOSS OF MEASUREMENT DATA THAT HAS BEEN RECORDED IN THIS PRODUCT AND ANY DAMAGES HEREOF, REGARDLESS OF THE CONTENT OR CAUSE OF THE DAMAGE. TDK SHALL NOT BE ABLE TO RECOVER OR RESTORE THE DATA.
- THE DATA MEASURED BY USING THIS PRODUCT IS REGERENCE ONLY. THE ACTUAL VALUES MAY BE DIFFERENT FROM VALUE OF THE MEASURED DATA.
- Please check the Product page for details on countries and regions where the Product can be used.
- IN CASE THAT ANY PROBLEMS AND DAMAGES WOULD BE ARISEN DUE TO THE USAGE OF SMARTPHONE WHICH IS NOT COMPATIBLE WITH THIS PRODUCT, TDK SHALL NOT LIABLE TO SUCH PROBLEMS AND DAMAGES.

5. PRECAUTIONS

- Charge this Product at any time when using it at the first time or when it has not been used for a long time.
- When you will charge this Product after exposure to water such as sweat and rain, wipe off water completely from the body and parts hereof that will be in contact with the charging base with a soft cloth before charging.
- Do not use this Product for any purposes other than measuring activity or sleeping conditions.
- The body and wristband of this Product is in contact with your skin directly. Sweat, dirt, dust, or other unnoticeable soil may make clothes dirty. See Section "maintenance" in this instruction manual and use this Product properly.
- Do not pull the wristband of this Product forcibly and bend it in the opposite direction. These conduct may occur that:
 - this can cause it to fall, which may lead to the waterproof performance dropping or malfunctioning of the Product.
- deformation or destruction of the wristband or buckle hereof.
- Do not put this Product in hot springs or in water with hot spring components. Such conduct may occur the appearance of this Product to deteriorate.
- If thinner, gasoline, solvent, oil, fat, cleaner, adhesive, paint, chemical, or cosmetics containing such materials are put on this Product, it may occur this Product to discolor, deform or destroy.
- This Product uses a lithium ion battery. Observe the instructions of your local government when disposing of this Product.

6. COMPONENT NAMES



1. OVERVIEW AND FEATURES OF PRODUCT

This Product is a wrist-worn device capable of measuring daily activities such as walking, running, and sleeping when used in combination with the specialized smartphone application. Wireless communication by using Bluetooth® will connect this Product with the specialized smartphone application. The application may set the activity target values and time and, acquire and check measurement results.

2. SAFETY PRECAUTIONS

This section lists important precautions which users of this Product should observe in order to avoid injury and property damage to you and any third person, and to ensure to use this Product safely and correctly. Please be sure that you understand the meanings of the labels and graphic symbols described below before you move on to the detailed descriptions of this precautions, and comply with the precautions stated.

■ **Explanation of Labels**



Indicates "a hazardous situation which, if not observed, could result in death or serious injury".



Indicates "a potentially hazardous situation which, if not observed, may result in injury or cause property damage".

■ **Explanation of Graphic Symbols**



Indicates "prohibited actions" by using an appropriate picture or text within or near the above graphic symbol.

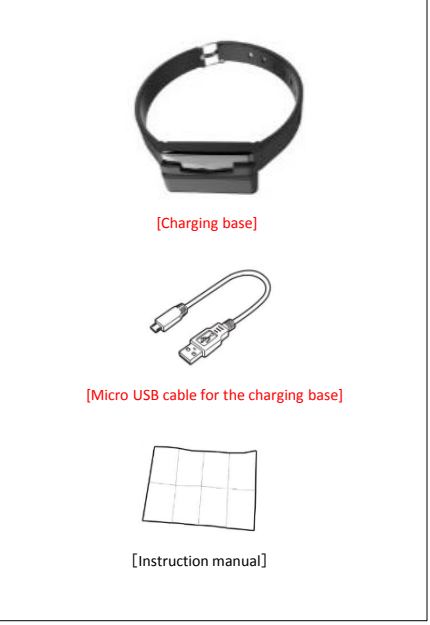


Indicates "actions that must be undertaken for safety purposes" by using an appropriate picture or text within or near the above graphic symbol.

⚠ WARNING	
Prohibition	Keep this Product out of reach from small children. If the body of this Product is detached and accidentally swallowed, suffocation or injury may occur. In case of accidental swallowing, consult with a medical doctor immediately. The wristband buckle may cause injury.
	Perform exercises to consider your physical condition. Refrain from performing heavy or extreme exercises.
Do not disassemble	Do not disassemble or reverse engineer this Product or modify the inner parts hereof.
	Do not remove the built-in rechargeable battery from the body of this Product.
Instruction	Please use the included charging adapter when charging the device.
	Stop using this Product immediately if the built-in rechargeable battery hereof leaks or overheats.
	Seek medical treatment immediately if liquid leaked from the built-in rechargeable battery of this Product comes into your eye or mouth.
The Micro USB cable on this Product uses PVC. Handling the Micro USB cable will expose you to lead, a chemical known to the State of California to cause birth defects or other reproductive harm. Wash hands after handling.	

⚠ CAUTION	
Prohibition	Do not use this Product in a sauna or near other heat sources. Attempting to do so may cause burn injuries.
	Using this Product may cause any persons with sensitive skin, skin rash or itch. If you feel such skin rash or itch, stop using this Product and consult with a medical doctor immediately.
	Persons with allergies to certain metals should confirm the Material List and consult with a medical doctor before using this Product.
	This Product can only withstand splashes, such as rain or washing your face or hands. Do not use this Product in water.
Do not use or store this Product in a place exposed to direct sunlight, near a heating appliance, or is the surroundings in a lot of dusty or moist. Do not store this Product on plastic.	
Do not drop, throw, hit, or make an impact this Product.	

■ Material List		
	Parts	Materials/ Surface treatment
Body	Top cover	PC resin/ Vacuum deposition
	Charging terminal	Copper/gold plating
Wristband	Bottom cover	PC resin
	Wristband	TPE
Charging base	Fastener	Stainless steel
	Charging attachment	PC resin
	Charging terminal	Copper alloy/ gold plating
	USB connector	Stainless steel/ Ni plating



7. HOW TO USE

- (1) Install the smartphone application.
 - (i) Install the smartphone application.
 - Access our following website from your smartphone and confirm the specialized smartphone application is available for your smartphone.
 - The website provides a link to the application download.
 - URL:
https://product.tdk.com/info/en/products/biosensor/biosensor/silmee_w10/index.html (TBD)
 - Download from the following site.
 - Android™ version: From Google Play
 - iOS version: From App Store
 - Install the application on your smartphone
 - (ii) **Open the app and go to the screen for selecting a device. Create a new user account or log in.**
 - (iii) **Select “Silme W11”**
 - (iv) **Turn the power ON**
 - (a) **Place it on the charging base**
 - (b) **The ON LED lights up (“power on” indicator)**
 - (c) **After a while, the LED shows the charging progress**
 - (v) **Search for “Silme W11”**
 - (vi) **Select your “W11” and start the connection**

The last 6 digits of the SN on the reverse side of the Product appears in the app
 (vii) The band that has been selected shows the connection (connection display)
 (viii) The screen that indicates the completion of the pairing appears in the app

- (2) Measure.
 - (i) Start the specialized smartphone application of this Product.
 - (ii) Follow the instructions of the application to setup the application.
 - (iii) Put this Product on your wrist.
 - * This Product may stop working due to the low battery, so it is recommended to charge the battery periodically.

(3) Communication with your smartphone.
Data is automatically transferred when the app is started up.

- (4) Charge of this Product.
 - (i) **Set it on the charging base.**
 - (ii) **A red LED blinks when the Product is being charged.**
 - (iii) **A green LED stays lit when the charging is complete.**

8. THE FOLLOWING CASES THAT MAY CAUSE INCORRECT MEASUREMENTS

- Random movement of this Product by
 - hanging from your waist or a bag, or
 - placing into a bag with random movement.
- Your irregular walking with this Product, such as
 - walking with a shuffle,
 - walking by sandals or
 - walking in a crowded area.
- Your usage of this Product in the surrounding with a lot of vertical movement or vibrations, such as
 - standing up and sitting down frequently,
 - doing sports other than walking or jogging,
 - going up and down stairs frequently or climbing a steep slope,
 - riding a bicycle, motorbike, car, train or bus or
 - doing physical training mainly for the upper half of your body.
- Walking extremely slow.
- Short-term walking less than five (5) seconds, repeatedly.
- Not walking such as
 - working or studying at a desk or
 - moving your arms frequently.
- Using in the surroundings with a loud noise or continuous vibrations.
- Moving your body a lot during your sleep.

9. SPECIFICATIONS

Product name	Silmee W11
Model No.	TK011AM00
Sensor	Acceleration sensor
Compatible OS	Android / iOS *Please check the website for the latest compatible versions.
Communication	Bluetooth® SMART NFC
Operating temperature range	14°F to 113°F (-10°C~45°C)
Humidity operating range	20% to 90% (Non-condensing)
Continuous operating hours	14 days * Time may vary depending on operating conditions.
Body size (without the band)	Approx. 11.8mm × 40.9mm × 8.4mm
Wristband size	135mm to 198mm

Built-in battery	Li-ion rechargeable battery
Recharged battery voltage	5 V ±10%
Ambient temperature during charging	50°F to 104°F (10°C~40°C)
Charging approach	USB charging with the dedicated charging base
Water Resistance	IPX5/IPX7 or equivalent
Weight	Approx. 12 g

- Bluetooth® is a registered trademark of Bluetooth SIG, Inc., USA.
- Android and Google Play are trademarks or registered trademarks of Google Inc.
- App Store is a trademark of Apple Inc, registered in the U.S. and other countries.
- iOS is a trademark or registered trademark of Cisco in the U.S. and other countries.
- Silme is a trademark of TDK.
- This product is not a medical instrument.
- The information and description in the Manual are subject to change without notice.

- Precautions about water resistance of this Product
 - Wipe off water on this Product immediately by a dry and soft cloth, if this Product is exposed to the water.
 - Do not wear this Product when swimming, taking a bath, or while in a sauna. Do not expose the body of this Product to water from a faucet or place it in water.
 - The waterproof specifications are based on the test results of TDK or a third party consigned by TDK. TDK does not warrant any operations of this Product under any circumstances.

10. EXPLANTION OF SYMBOLS

<U.S.>
FCC Statement



FCC ID: 2ADLXTK011AM00

This Product complies with part 15 of the FCC Rules. Operation is subject to the following two (2) conditions: (1) This Product may not cause harmful interference, and (2) this Product must accept any interference received, including interference that may cause undesired operation. This Product 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 Product generates, uses, and can send 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 Product does cause harmful interference to radio or television reception, which can be determined by turning this Product off and on, you are 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 this Product and receiver.
 ● Connect this Product into an outlet on a circuit different from that to which the receiver is connected.
 ● Consult the dealer or an experienced radio/TV technician for help.

FCC RF Radiation Exposure Statement:
 1) **This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.**
 2) **For body worn operation, this device has been tested and meets FCC RF exposure guidelines. When used with an accessory that contains metal may not ensure compliance with FCC RF exposure guidelines.**

NOTE: TDK IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS PRODUCT. SUCH MODIFICATIONS COULD VOID YOUR AUTHORITY TO OPERATE THIS PRODUCT.

