



OnePulse Quick Start Guide



Model: R03

FCC ID: 2AQKZR03

Welcome

We at OneLife Technologies would like to thank you for your purchase of the OnePulse and welcome you to our family of intelligent monitoring technology designed to protect active adults.

Please read the instructions carefully prior to using your OnePulse.

Please keep in mind that the OnePulse **cannot be used in place of a physician** as a diagnostic device.

Features

OnePulse monitors heart rate, location, movement, sleep quality, and activity (steps, calories).

OnePulse can, via Bluetooth, connect to FDA-certified medical devices should you have the need to collect additional health information not done on the OnePulse. You can monitor health conditions such as:

- ☞ Blood Pressure
- ☞ Blood Sugar Level
- ☞ Oxygen Saturation (SPO2)
- ☞ Temperature (optional)
- ☞ EKG/ECG (optional)

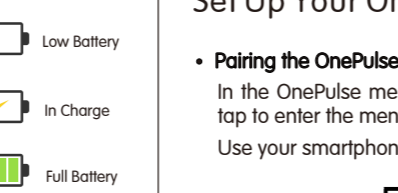
System Information

Product: OnePulse
 Model: R03
 Battery: 300mA, Lithium Polymer
 Network: LTE Bands 2/4/12
 Bluetooth: 4.2 BLE
 FCC ID: 2AQKZR03
 Input Voltage: 5V 300mA (Max)

Temperature: 32 0 F – 118 0 F
 Water Resistance: IP67 (IP67 means the OnePulse can be immersed in water of one meter (3.2 feet) in depth for 30 minutes. It cannot be used for swimming or bathing and cannot be operated under water.)

Using Your OnePulse

Charging
 You must fully charge the OnePulse prior to first use. To do so, place the OnePulse (as shown in the figure) on the charging base. Connect one end of the USB cable to the base and the other end to a USB outlet.



Screen/Menu/Feature Navigation
 Use the side button to turn your OnePulse on and off and to cycle through the menus.
 On/off: Hold the side button for 3 seconds to power the device on or off.

Cycle through menus: Quickly press the side button. Each press will advance to the next menu.
 Double-tap the screen: Some menus contain features which can be activated by double-tapping the OnePulse screen while the menu is present.

Set Up Your OnePulse

• Pairing the OnePulse to a Smartphone

In the OnePulse menu of “Bluetooth Pairing”, double tap to enter the menu “App Pairing”.
 Use your smartphone to scan the QR Code on the menu.



QR code for App download

• Download the OnePulse App to a Smartphone
 Use your smartphone to scan the QR code to download the App.
 Next, set up your new account.
 • Click “quickly register” to enter the register menu.
 • Choose your country.
 • Input your phone number and note that your phone number is also your account number.
 • Click “get verification code”.
 • Input the verification code.

• Bluetooth Device Pairing

The OnePulse will automatically begin the pairing process with the selected Bluetooth-enabled medical device you may choose (i.e. blood pressure cuff, glucometer, etc) by turning on the medical device while the OnePulse is next to it.
 When the Bluetooth medical device is paired with the OnePulse, and a test on the medical device is successfully executed, a menu will appear to display the testing results.

Menus and Features

Clock

The OnePulse will automatically connect to your phone provider’s server and set the time.
 You can choose between a digital clock or an analog clock.
 In addition to the time, the menu also displays the date, signal reception strength, weather, and battery life.

Step Counts

Press the side button quickly to switch from Clock to Step Counts menu.
 It displays the steps of the day, estimated distance and calories expended.
 Note: The number of steps is uploaded in 30-minute intervals. However, once the number of steps exceeds 500 steps within 10 minutes, the watch will be activated in a real time mode to refresh the display.

Heart Rate

Press on the side button quickly to switch from Step Counts to Heart Rate menu. This menu displays the latest, measured heart rate.
 Double tap the watch to activate a real-time measurement. The result will be uploaded to the server in the next connection between the device and the server.

Additional Menus Used with a Bluetooth Medical Device

When you have paired your OnePulse with a medical device, it enables the appropriate menu to be shown on the OnePulse.

Blood Pressure

A blood pressure monitor must be paired and within normal Bluetooth range.
 Use the blood pressure monitor as instructed by the manufacturer.

Blood Sugar Level

A glucometer must be paired and within normal Bluetooth range.
 Use the glucometer as instructed by the manufacturer.
 The blood sugar menu appears, and the data will be present on the screen and uploaded to the server.

Blood Oxygen Saturation Level (SPO2)

A SPO2 meter must be paired and within normal Bluetooth range.
 Use the SPO2 meter as instructed by the manufacturer.
 The SPO2 menu appears, and the data will be present on the screen and uploaded to the server.

SOS Feature

When the watch is powered on, press the side button for 3 seconds. OnePulse has a vibration of about 0.5 seconds. The screen will flash. “SOS” in red capital letters will appear to confirm that the SOS feature has been activated.
 The recording feature (recording for about 3 minutes) is also activated and the recording is uploaded to the server and the user’s smartphone app.
 To cancel SOS, press the side button for 3 seconds until “Double tap to cancel SOS” appears and then you must double tap the OnePulse screen to confirm. A short vibration indicates the cancellation is successful. An SOS call can also be cancelled in the smartphone app.

Location Based Services Feature

Location is implemented by use of GPS, WIFI and LBS triangulation.
 Predefined, timed locating is implemented by WIFI and LBS (without GPS activated).
 The time interval can be set in the APP (factory setting is every 30 minutes by default).
 Real-time locating is implemented by use of GPS, WIFI and LBS simultaneously.

FCC Statement

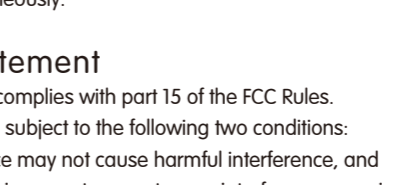
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
 (1) This device may not cause harmful interference, and
 (2) this device must accept any interference received, including interference that may cause undesired operation.
 Notice:
 Any changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.
 NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.
 This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.
 However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
 Reorient or relocate the receiving antenna.
 –Increase the separation between the equipment and receiver.
 –Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 –Consult the dealer or an experienced radio/ TV technician for help.

This product meets applicable national SAR limits of 1.6W/kg.

This specific maximum SAR values can be found in the section of this user guide. When carrying the product or using it while worn on your body, maintain a distance of 0mm from the body to ensure compliance with RF exposure requirements. an experienced radio/ TV technician for help.

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QR code