Bellpal One

User manual

Model number	BP01
FCC ID	2AQQN-BP01

Regulatory information

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.

BP01 is only compliant if no changes or modifications are made to the device.

BP01 is compliant with the requirement for RF exposure in US with < 5 mm separation distance between the user and/or bystander of the device.

Client hereby declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. See http://www.bellpal.se for more information.

Table of contents

Description and Intended use

Bellpal One is a watch with a fall detection alarm and positioning system for seniors and their caregiver ecosystem including relatives, care providers and senior homes. Bellpal One detects and prevents falls and enables personalized, preventative care improving the quality of life for seniors and their loved ones. Bellpal One is for seniors living in their own homes or in senior care facilities.

The watch connects with BLE to a smartphone which in turn connects to the internet.

1. Case back
2. Alarm button
3. LED (RGB)
4. Winding crown
5. Bracelet attachment pins
6. Battery for the sensor
7. PCBA with sensors
8. Quartz movement

Figure 1. The parts of the watch

User guide

Usage

Pairing the watch and the app (for the first time)

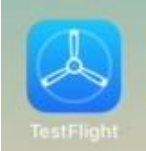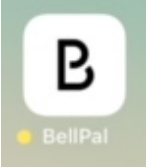|	
	1. Make sure Bluetooth is switched on in your smartphone 2. Open the BellPal app 3. Follow the instructions in the app, i.e. press the button on the watch for 2 seconds until the LED starts flashing blue

Start alarm manually

|	
	1. Press and hold the button for 3 seconds and release; the LED will start flashing RED.

Cancel manual alarm

	1. Press and hold the button for 10 seconds until the LED starts flashing green and then stops.

Pages in the App

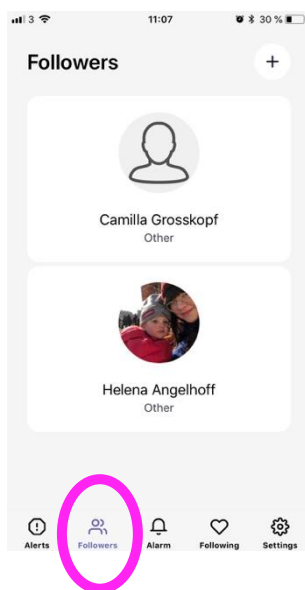| | | Testflight: app för att ladda ner BellPal appen för iPhone |
| | | Bellpal: appen du använder med BellPal-klockan. |

Alerts

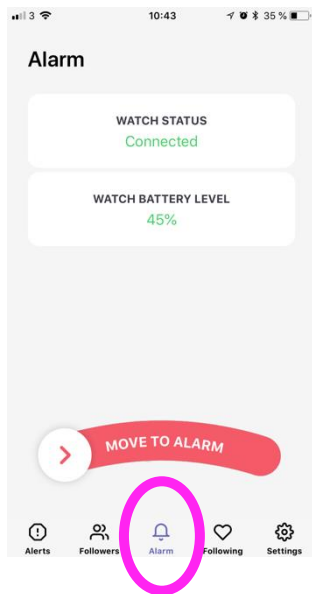Notifications of active alarms (your own and they you are following)
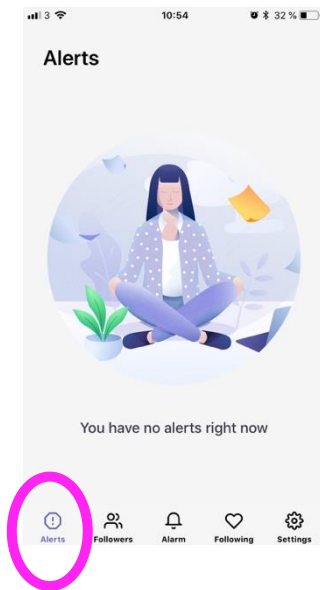
Followers

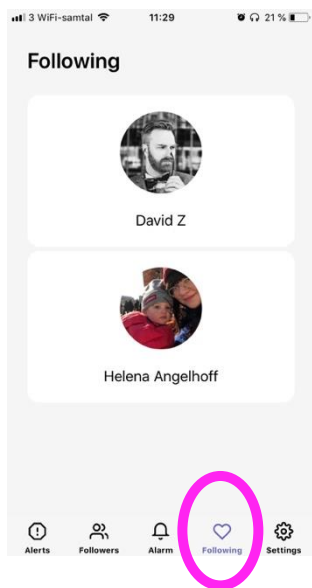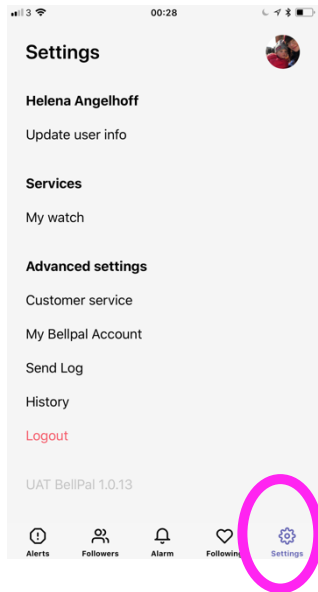The people that follow you (and can see your alarms)

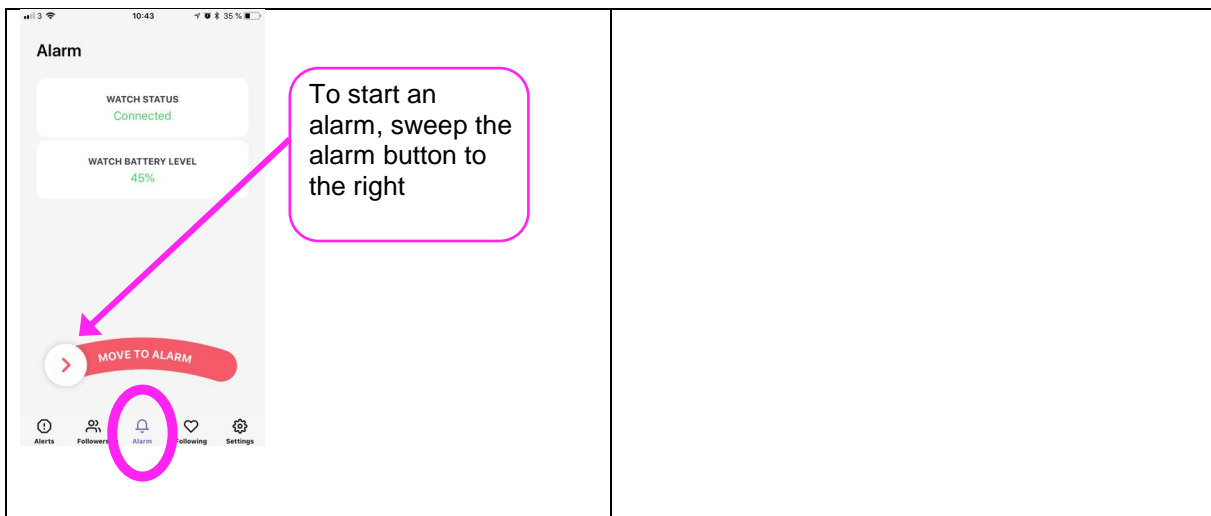
Alarm

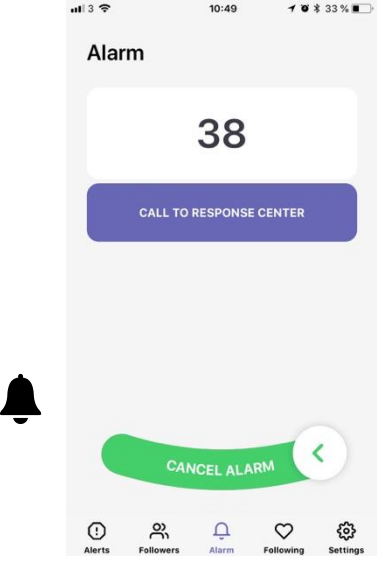Here you can start and stop your alarms

Following

Other users you are following
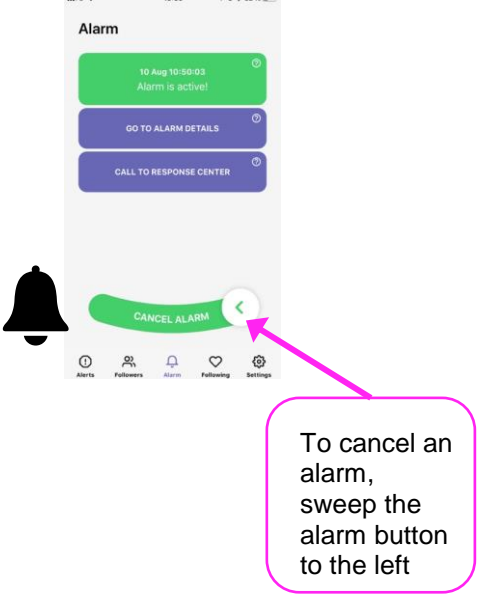
Settings

Here you can update your information, etc.
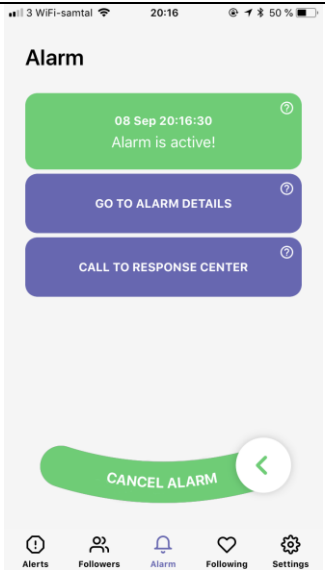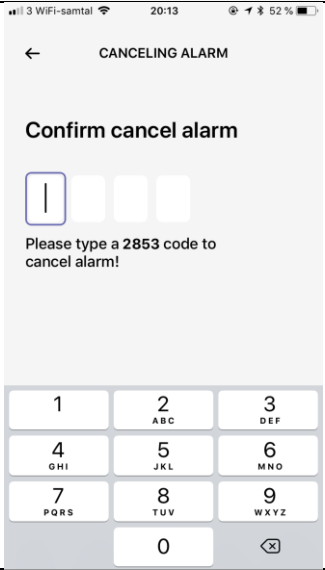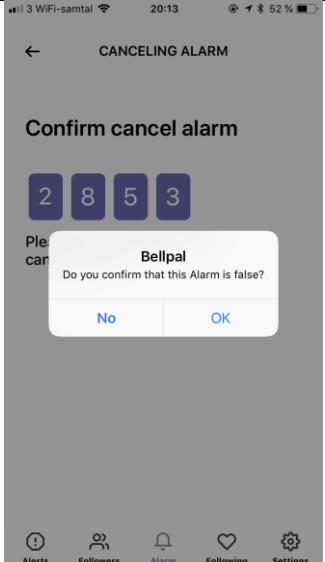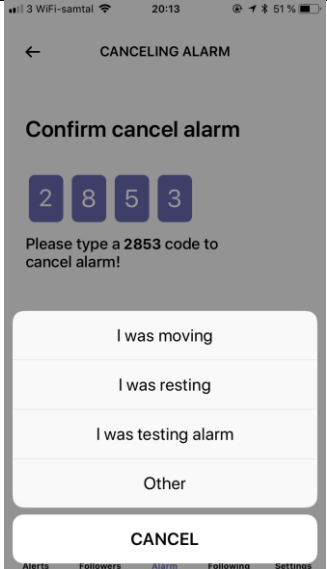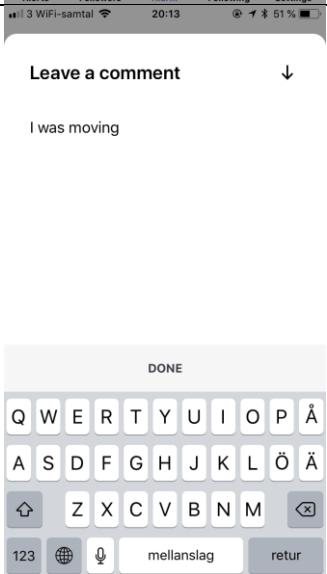
Alarm handling in the App

Starting and cancelling alarms

To start an alarm, sweep the alarm button to the right

	Initiated alarm with 45 seconds countdown. During this time the alarm is only visible in your app.
To cancel an alarm, sweep the alarm button to the left	**Confirmed alarm** that has been sent to the Response Center and the followers' apps.

False alarms

1		An automatic alarm has been activated, and is either
		   a) still in countdown
		   b) has been sent to the BellPal Response Center
		In either case you can cancel the alarm yourself.

2		To cancel the alarm: Swipe the button to the left and confirm with a PIN code (to ensure that it is not cancelled by mistake).
3		You will then confirm that the alarm is false.

4		If the alarm was false you will get another question about what you were doing when the alarm was activated: - I was moving - I was resting (not in motion) - I was testing alarm - Other (none of the above)
5		Finally a window is opened where you can write comments, especially important if you remember what you were doing when the alarm was activated, for example washing dishes, playing tennis, banging your fist on the table. Finish by pressing Done.

Updating app

You will get a mail from Testflight when there is a new version of the BellPal app available.

Do the following

Disconnect the watch and erase the old app

1. Enter the smartphone's settings and select Bluetooth
2. Choose BellPal Watch One by pressing Info (i)
3. Click "Forget this unit"
4. Erase the BellPal App: Hold your finger on the app until it starts moving and gets an X in the corner.
5. Click the X and confirm that you want to erase the app

Install the new app

6. Press Test Flight and choose "INSTALL" or "UPDATE" and a new BellPal app will be downloaded. Then open the app and pair the watch with the app as usual.'

1	2	3	4	5	6
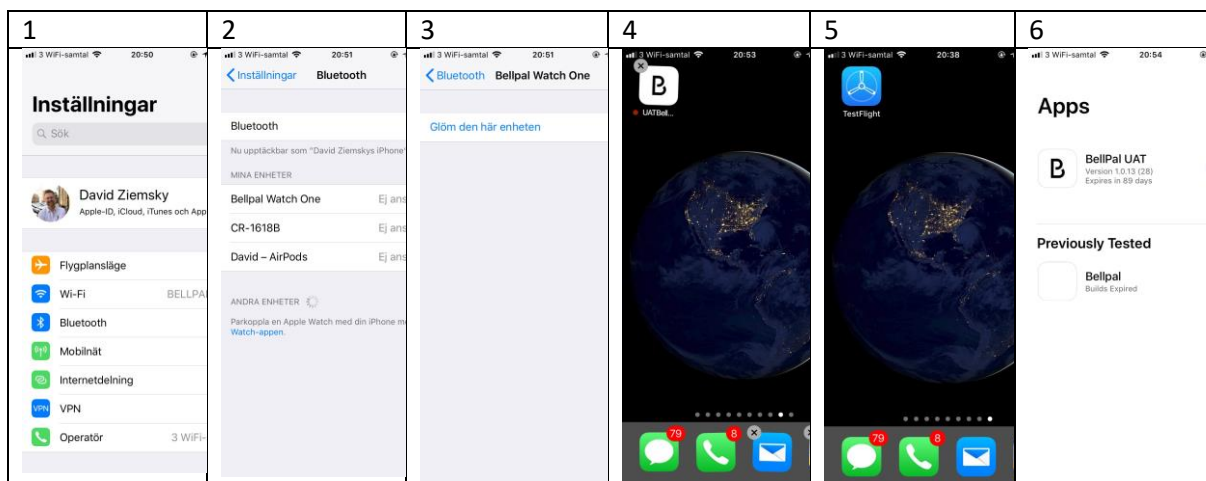
Restoring

If something locks up or stops working, restore the watch and app like this:

1. Remove the BellPal app
   Press the icon until an X appears in the top left corner, then click the X
2. Install a new app-version via Testflight
   Open the Testflight app and press the button to the right (INSTALL)
3. Enter the smartphone's Bluetooth settings and remove the watch
   Open settings, click Bluetooth, find the line with BellPal Watch One and press the "(i)" to the right. Then press "Forget this unit".
4. Reset the watch bu pressing the button for at least 30 s.
5. Open the BellPal app and click "I have a watch".
   Enter your mobile phone number and enter the code that is sent to you by SMS. You will see your name and picture. Press "Apply".
6. Follow the instructions with pairing the watch
   Click "Start pairing" and press the button on the watch for 2 s until it starts flashing blue.
7. Continue by accepting notifications and location tracking.

Technical specifications

Model number	BP01
FCC ID	2AQQN-BP01
Frequency band(s):	2400 – 2480 MHz
Maximum transmitted radio-frequency power:	below 1 mW
Distance to users	BP01 is to be used in contact with the user.
Main battery	CR3032
Movement battery	SR626