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### TAP2 Health Monitor, A Smartwatch with Temperature/Blood Oxygen/Heart Rate/HRV/Activity/Sleep Status, plus Medical Alert and Family Connect App

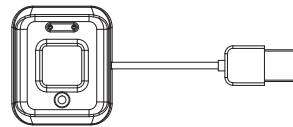


Disclaimer: TAP2 is not a medical device and is not intended to diagnose and/or treat any medical condition or disease. People who need body temperature, SpO2 and heart rate measurements because of a medical condition should consult with their physician.

## Get Started

What is included:

- (1) Smart Watch
- (2) USB Charger
- (3) User Manual
- (4) Gift Box



1. USB charger



2. Home Button



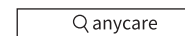
3. PPG Sensor

4. Temperature Sensor

01

## 1. Download the APP

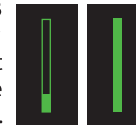
Go to the Apple Store or the Android Play Store and search “AnyCARE” to download our application.



Ensure Bluetooth is enabled on your smart phone. Important: Please ensure that your Android OS is version 4.3 or above and iOS version is 8.0 or above.

## 2. Activate the Device

Before use, please connect the USB charger to activate the device. After activation, the device will start charging the battery. Please use the device after it has been fully charged.

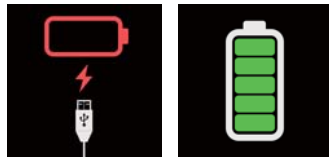


02

### 3. Battery Charge

If the battery level is less than 5%, the device will display an empty battery symbol to remind you to recharge. Please use the USB charger to recharge the device.

During charging, the screen lights up and then turns off automatically. It takes about 1.5 hours for a full charge. Simply tap the screen to check the charging status.



03

### 4. Basic Operation

#### Home Button:

Return to the main screen with one tap, or return to the previous screen.

#### Swipe Up:

#### SOS Call screen.

To call for help and alert SOS contacts, double TAP the center of the watch. An alert will be sent to all contacts connected to Family App. The family or caregiver will contact the user. This feature enables for the user to get emergency help in case the user can't get to the phone nearby due to an injury or emergency situation. If the TAP2 loses Bluetooth connection with user's smart-phone, a Bluetooth Disconnect Alert screen will be displayed instead of SOS Call screen.



04

**IMPORTANT NOTE:** The user must maintain Bluetooth connectivity between their TAP2 and smartphone with the AnyCARE app, in order for the SOS, and Find my phone functions to be enabled. If the connection is lost between the TAP2 and the smartphone with the AnyCare app, the TAP2 will vibrate and a message will be displayed.

**Swipe Down:**

Navigate each of the screens below by swiping down:

1. Daily Temperature display
2. Daily Heart Rate display
3. Daily Activity data display

4. Daily Sleep Status
5. Manual Heart Rate measurement
6. Manual Blood Oxygen level measurement
7. Manual Heart Rate Variability(HRV) measurement
8. Find My Phone
9. My Watch
10. Reset

**Automatic Screen Display Control:**

The home screen can be turned on with a turn of the wrist to turn the watch face up, and can be turned off by dropping the wrist back down.

While in night mode, 6 pm to 7 am, simply tap the home button to illuminate the display.

## 5. TAP2 User Interface Description

### 5.1 Daily Temperature Display

A daily display of Temperature trend starting 12 am to 12 am measured at 30 minute intervals.



### 5.2 Daily Heart Rate Display

A daily display of Heart Rate trend starting 12 am to 12 am measured at 30 minute intervals.



07

### 5.3 Daily Activity Data Display

A daily display of Activity trend starting 12 am to 12 am measured at 30 minute intervals.



### 5.4 Daily Sleep Status Display

A daily display of Sleep status.



08

### 5.5 Manual Heart Rate Measurement

Scroll down from Home screen for the Heart Rate icon, tap the screen to start heart rate measurement. The time interval of automatic HR measurement can be set via APP. Please wear tightly for accurate heart rate measurement, otherwise the device will gently vibrate to remind you to wear tightly.



09

### 5.6 Manual SpO2 Measurement

Scroll down from home screen for the SpO2 icon, tap the screen to start the SpO2 measurement.



**How to measure blood oxygen level (SpO2), HR and other Vital Signs correctly?**



10

(1) For better accuracy, do keep your arm still, fasten the strap tightly, and make sure the screen is facing up. Please make sure the watch is worn on the correct position of the wrist, which is at least one-index-finger-width away from the carpal bone.

(2) If you are not wearing your band, or wearing it incorrectly, an error message will be displayed. Please follow the instructions on the screen about how to wear it correctly and touch Retry to restart the measurement.

(3) During the measurement, please keep the screen facing up and don't move. The SpO2 measurement will be paused if you move your arm and the screen will show "Don't Move". Please always stay still to get accurate measurement. Each measurement lasts for about 1 minute, and the displayed SpO2 is updated every second.

(4) The SpO2 measurement will be interrupted while receiving a notification for an incoming call or alarm.

(5) Make sure the sensor area on the back of the watch is clean, dry and free from foreign objects.

(6) In case in low temperature environment (such as high altitude, winter and other low temperature scenes), please take off the watch, try to rub the wrist to stimulate blood circulation, and then wear the watch again for measurement.

(7) Thick hair, tattoos might affect the measurement of SpO2/Vital Signs, please try to avoid wearing the watch on those areas.

(8) In order to make the measurement more accurate, it is recommended that you wear it for 3-5min before measuring SpO2/Vital Signs.

(9) The watch supports oxygen saturation measurements in the range of 70% to 100%.

### 5.7 Manual HRV Measurement

Scroll down from home screen to find the HRV icon and tap the screen to measure HRV. Please stay still while measuring.



### 5.8 Find My Phone

Tap the screen to make the Bluetooth paired phone ringing to locate the phone.



13

### 5.9 My Watch

Scroll down from home screen to find the My Watch screen, it displays the name, phone number, TAP2 MAC address (to indentify the owner of the TAP2), and the FCC ID of this device, namely, 2ASWN-TAP2.



### 5.10 Reset

Tap to reset TAP2 in case of lockup condition.



14



## 6. Notification and Alert Messages

TAP2 can display various notifications and alert messages coming from the smartphone app, which include:

1. Incoming phone number or caller's name.
2. Incoming SMS.
3. Alerts based on the smartphone alarm setup.
4. SOS out going call number or receiver's name.
5. Notification about various social media message.
6. Message from Connected Family Service.

## 7. Specification

- Communications: Bluetooth 4.2.
- Sensors: PPG, Heart Rate Sensor, G-Sensor, Temperature Sensor.

15

- Main Body Size: 42\*35\*10.9mm.
- Band: 20 mm x 220mm, Woven Nylon fabric.
- Weight: about 41g.
- Battery: 230 mAh rechargeable lithium polymer battery.
- Battery Charging time: 1.5 hours.
- Display: 1.3 " TFT, 240x240 pixels.
- Battery Life Time: > 7 days under normal usage.
- Data storage: 30 days.
- Water Proof: IP67.
- Measures Body Temperature, Heart Rate, SpO2, HRV, Activity.
- Body temperature should be measured under room temperature.
- Family Connection app for Medical Alert, and sharing daily and historical health status data from the TAP2.

16

## 8. Precautions for Use

▲ Warning! Children swallowing risk! Children are not allowed to play with the device. Keep children away from the device.

▲ Warning! Risk of fire / explosion or chemical burns! This product contains a lithium-ion battery. Do not remove, disassemble, or throw into fire.

♻️ Caution! Do not dispose of the device in domestic waste! If you have any questions, please contact your municipal waste disposal authority. Do not dispose of used batteries in domestic waste. Instead, take them to a special waste disposal site or a retailer's battery collection point. Packaging is recyclable or can be recycled into raw materials. Please dispose

of unnecessary packing materials properly.

⚠️ Caution! Possible property damage! Do not drop the device and protect it from impact. Do not expose the device to extreme temperatures or extreme temperature fluctuation. Protect the device from direct sunlight and dust. When cleaning, do not use any strong chemical, abrasive or foam cleaning materials. Protect the display from hard objects.

## 9. FCC Statement

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

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 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.

FCC ID: 2ASWN-TAP2