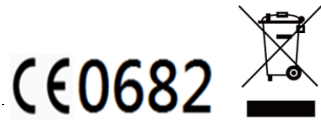


# Quick Start Guide

- Brand: iampius
- Model: IAM1110
- Marketing: dial
- FCC ID: 2AB2S-IAM1110



## Operating Quick Guide:

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## **GET STARTED**

### **A Quick Overview of PULS**

#### **Setup**

To start, turn on your PULS by pressing and by holding the side button until you see the i.am.plus logo.

Follow the on-screen instructions to continue set-up. Go to [www.my.puls.com](http://www.my.puls.com) to set up your email and social networking accounts.

Swipe left to view the status bar. Swipe right to activate the app list.

You might need to charge your PULS before set up. For more information on charging, see Charge Section.

#### **Keyboard**

The keyboard expects you to be sloppy. Start typing, get as close as you can to the letter you want, and the keyboard will suggest words. There are two ways to navigate the keyboard:

- Tap a character and select from the list above the keyboard
- Long press a character and select from the pop-up

Icons for keyboard (images to be included)

- Alternative characters
- Speech to text
- Enter
- Delete
- Swipe from left for a space

## **BASICS**

#### **Gestures**

Press wake button, then swipe up on watch face to unlock

Swipe from right to view main menu options

App list

Notifications

AneedA Voice Control

In the app list, scrip up and down to view apps. Tap to open.

Within an app, swipe right for menu

Press and hold screen to access volume on phone and music apps. To increase volume, slide up. To decrease volume, slide down.

### **AneedA Voice Control**

Tap the AneedA icon located on the bottom edge and speak when prompted

### **Settings**

Scroll App List and tap Settings

Swipe from right for the In-App Menu

Scroll and select from list

### **Pair a Bluetooth Audio Device**

Scroll App List and tape Bluetooth

Tap Bluetooth Icon

Scroll and tap the name of the device that you would like to pair

Tap and pair to complete pairing of device

For more options, swipe down to access action panel

Tap to remove pairing or rename device

### **Charge the Battery**

Align the charging clip with the gold contacts located below the screen

### **Extender for Larger Wrists**

Open the cuff and push default extender towards the center

Slide in the extender until you hear a click

## **NOTIFICATIONS**

### **Manage Notifications**

Swipe from left to reply to or delete a message

Number of notifications available

Swipe from right to dismiss the notification

Press and hold a notification to be able to scroll through all notifications

## **IMPORTANT HANDLING INFORMATION**

### **Important handling information**

#### **Exposure to liquid**

PULS is water resistant but not waterproof. You may, for example, wear and use your PULS during exercise (exposure to sweat is OK), in the rain, and while washing your hands. If water splashes on to the PULS, wipe it off with a nonabrasive, lint-free cloth. Try to minimize exposing your PULS to these substances and follow the instructions below in the “Cleaning and care” section if your PULS comes into contact with them:

- Soap, detergent, acids or acidic foods, and any liquids other than fresh water, such as salt water, soapy water, pool water, perfume, insect repellent, lotions, sunscreen, oil, adhesive remover, hair dye, or solvents.

Submerging your PULS is not recommended. PULS has a water resistance rating of IPX7 under IEC standard 60529.

The following may affect the water resistance of your PULS and should be avoided:

- Dropping your PULS or subjecting it to other impacts.
- Submerging your PULS in water for long periods of time.
- Swimming or bathing with your PULS
- Exposing your PULS to pressurized water or high velocity water, for example, showering, water skiing, wake boarding, surfing, jet skiing, and so on.
- Wearing your PULS in the sauna or steam room

#### **Operating temperature**

PULS is designed to work best in ambient temperatures between 32° and 95° F (0° and 35° C) and be stored in temperatures between -4° and 113° F (-20° and 45° C). PULS can be damaged and battery life shortened if stored or operated outside of these temperature ranges. Avoid exposing PULS to dramatic changes in temperature or humidity. If the interior temperature of PULS exceeds normal operating temperatures (for example, in a hot car or in direct sunlight for extended periods of time), you may experience the following as it attempts to regulate its temperature:

- Charging may slow or stop.
- The display may dim.
- A warning screen may appear.
- Some data transfer may be paused or delayed.
- Some apps may close

**Learn more, service, and support**

Refer to the following resources to get more PULS-related safety, software, and service information:

**Iamplus dial**

**Model: IAM1110 FCC ID: 2AB2S-IAM1110**

#### **FCC Regulations:**

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.

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.

#### **FCC RF Exposure Compliance**

This equipment complies with radio frequency (RF) exposure limits adopted by the Federal Communications Commission for an uncontrolled environment. This equipment should be installed and operated with minimum distance 10 mm between the radiator & your face.

#### **Declaration of Conformity**

Hereby, i.am.plus electronics inc., declares that this wireless device is in compliance with the essential requirements and other relevant provisions of the R&TTE Directive.

A copy of the EU Declaration of Conformity is available online at <http://iamplus.com>

#### **RF Exposure Information (SAR)**

This device meets the EU requirements (1999/519/EC) on the limitation of exposure of the general public to electromagnetic fields by way of health protection.

To reduce exposure to RF energy, keep this device away from your body (trunk) at least 10 mm when operating this device.





## **Waste Electrical and Electronic Equipment (WEEE)**

This symbol means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by

local authorities.

Proper recycling of your product will protect human health

and the environment.