



### What's mHealth?

# mHealth, or mobile health, is the use of mobile

keep all these data in the palm of your hand.

devices to aid in health and wellness. Whether you want to keep track of feedings and diapers or monitor medicines and sleep patterns. with AT&T mHealth, you can quickly and easily

AT&T's line of mHealth monitors are designed to keep you and your baby connected and collect their key milestones and events.

## Welcome to your Smart Trac Monitor What's Included?









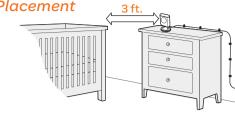








### Using your Audio Monitor



Place Baby Unit on a flat surface and use cord clips. To prevent entanglement, any cord must be **3 feet away** from children's reach.

nave STRANGLED in cords.
Keep this cord out of the reach (0.9 m) away).

# Connecting Parent and Baby Unit

### Connect Baby Unit to power outlet using AC power adapter provided. Turn on Baby Unit by sliding **Power** switch

- to right; Power LED illuminates. To turn off slide Power switch to left; Power LED is off. 3) Charge Parent Monitor before first use or when Parent Monitor indicates that battery is low.
- 4) Turn on Parent Monitor by holding **Power** button for 3 seconds Power LFD illuminates The Parent Monitor will link to Baby Unit and signal bars will display on screen. To turn off hold **Power** button for 3 seconds. Power LED
- (5) Audio Monitor is now ready to use.

### Screen On/Off

This feature allows you to turn the monitor screen off while still hearing audio from the Baby Unit. Simply press the **Screen On/Off** button for one second to turn the screen on or off.

Important: When the monitor is in battery mode, the screen will automatically turn off after 8 ninutes; this helps to conserve battery pow To turn screen back on, press the Screen On/Off button for one second.

## Charging the Battery

The Parent Monitor has an internal. non-replaceable, Li-ion rechargeable battery Charge the battery by connecting the Parent Monitor to a power outlet using the USB power adapter provided. Battery Indicator:

Flashes when battery is low; needs to





# Bars animate; battery charging

The back of Parent Monitor features a flip-out stand that keeps monitor at ideal viewing angle

Trouble Shooting

No Sound

With both units on, push and hold the Talk button on the Parent Monitor. Your baby will hear what you are saying until you release the Talk button

## Sound Indicator Lights and Volume

The Sound Indicator Lights on the Parent Monitor erve two purposes:

1) The default shows the level of sound coming into the monitor from the Baby Unit. A quiet baby = green lights; a loud baby = red lights. 2) When the Volume Keys (+) (-) are pressed, the lights briefly show the volume level that comes out of speaker in the Parent Monitor: there are 6 volume levels.



Baby Tracker Overview You can keep track of Feedings (Breast/Bottle) Diapers, Sleep, and Medicines while using the Baby Tracker. Use **Mode** button to move betweer the categories and **Select** button to select them Jse **Start/Stop** for Sleep and Breastfeeding timers and to log a time for any data entry.



## Setup -

### Set Time

- ① Use **Mode** button to highlight **#Settings** and press Select button to select. Sci displays"SET TIME" and hour digits flash.
- ② Use 🛊 **Up/Down** buttons to increase.
- Use ▶ **Right** button to advance. ③ Minute digits flash. Use ♥ **Up/Down** buttons to
- increase. Use **Right** button to advance. ④ AM/PM flashes. Use 🛊 **Up/Down** buttons to change. Use ▶ **Right** button to Save and





Set Date

- ① Screen displays "SET DATE" and the month diaits flash.
- ② Use \$\(\psi\) Up/Down buttons to increase. Use ▶ **Right** button to advance.
- 3 The day digits flash. Use \$\p\p\pown buttons to increase. Use ▶ **Right** button to Save and advance to Baby Birthday



## Set Baby Birthday

- ① Screen displays "BABY BDAY" and the month digits flash. ② Use 🗘 Up/Down buttons to increase. Use ▶ **Right** button to advance.
- 3) The day digits flash Use 🗘 **Up** to increase. Use ▶ **Right** button to Save and advance to Baby



## Set Baby Name

- ① Screen displays "BABY NAME" and the first letter flashes.
- 2) Use 🗘 **Up/Down** buttons to change letters. Use ▶ **Right** button to move characters. Use the "Blank Letter" to remove characters. Press **Memory** to Save.



## Edit Settings

- All information you have entered and saved during Setup can be edited in Settings Mode. Editing Time, Date, Baby Birthday, and Baby Name is done in the same way as in Setup.
- 🛈 Select 💣 **Settings**, screen displays "SET TIME" and hour digits flash.
- Use ▶ **Right** to advance between the fields (Time, Date, Baby Bday, and Baby Name.) Use Navigation buttons to edit numbers and letters within a field. 3 Once desired changes are made, press

# [&] 🕶 🚓 😿 💣 🐧 🕶 🗷 😿 🥳

Feeding - Breast

timer is running.

**Memory** to save.

① Change display to **& Feeding** and press

last data saved, or it displays "L 00 min".

**Select** button to select. Screen displays the

) Toggle "L" (left breast), "R" (right breast), or

③ Press **Start/Stop** to start the timer counting.

Note: Other data cannot be entered while a

Press Start/Stop to stop the timer; press

"b" (bottle) by using the **Left/Right** buttons.

"Start" will flash while timer is actively running.





## Feeding - Bottle

- 🛈 Within 🜡 **Feeding,** Toggle "L" (left breast), "R" (right breast), or "b" (bottle) using Left/Right buttons.
- Select "b" for bottle; "00" flashes. 2 Wet "00" flashes. Use \$\pi\Down \text{ bup/Down} buttons to 3) Use 🖣 **Up/Down** to change the number of
- Press Start/Stop to log time of feeding; press **Memory** to save the entry. **Memory** to save.







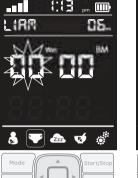
## change. Use **Left/Right** buttons to toggle ③ BM "00" flashes. Use **\$Up/Down** to change (4) Press **Start/Stop** to log the time; press

① Change display to **Diapers** and press **Select** 

button to select. Screen displays the last data

saved, or it displays"00" Wet "00" BM.

Diapers





① Change display to 📤 Sleep and press Select button to select. Screen displays the last data or it displays "O OO" and "Duration".

Smart Trac™

Digital Audio Monitor

- ② Press **Start/Stop** to start the timer counting. "Start" will flash while timer is actively running. Note: Other data cannot be entered while a timer is running.
- 3 Press **Start/Stop** to stop the timer; press **Memory** to save.
- Note: Entries less than 1 minute will not save.

**å** ₹ **222 √** 



Medicines mode allows you to set an alert reminding you when to provide the next dose. It also saves that alert in Memory.

- ① Change display to **w Medicines** and press **Select** button to select. Screen displays th last data saved, or it displays "min" and "00"
- ② Use ◀▶Left/Right buttons to toggle to hours. Use \$\rightarrow\$ Up/Down to set medicine alert.
- 4 Press **Memory** to save.



### Medicines

- © Press **Start/Stop** to turn off alert once it has

③ Press Start/Stop to log the current time.

saved data.

### Cleaning and Care

Keep your Audio Monitor away from direct sunlight, as well as hot or humid areas. Do not let the product get wet.

# Technical Specifications

- Freq: Digital 2.4 GHz
- Display: 2.9" diagonal TFT LCD • Pwr Output: 5V-500mA

Volume Control: 6 levels

 Battery: Lithium-ion 3.7V 850mA
 Pwr Output: 5V-500mA

Baby Tracker holds 12 inputs for Feeding, Sleep and Medicines, as well as the last 14 inputs for Diapers. While in a certain category (e.g. Feeding) press **Memory** to see past saved data. "Memory" will show in the upper left when viewing past

Use  $\P$  **Left/Right** buttons to move through past

Press **Select** to exit Memory and start a new entry in the category you have selected or press **Mode** to exit memory and navigate to a different

To clean your Audio Monitor, disconnect all cables and turn off. Use a soft, lint-free cloth. Avoid getting moisture in openings. Do not use cleaning solutions or compressed air.

> the green Power LED is lit. Parent Monitor may be too far from the Baby

- Parent Monitor (MOD:05000RX) Baby Unit
- (MOD:05000TX) Freq: Digital 2.4 GH Pwr Input: 100-240V~50-60Hz 0.2A • Pwr Input: 100-240\ ~50-60Hz 0.2A

### Are the Parent Monitor and Baby Unit plugged in to a working electrical outlet?

power to the wall outlet are on. Check for pinched power cords Are Parent Monitor and Baby Unit turned on'

- To turn Parent Monitor on, press and hold **Power** button for 3 seconds. To turn Baby Unit on, slide Power
- switch to right. Power LED illuminates The battery of Parent Monitor needs to be recharged.

### Parent Monitor is too far from the Baby Unit. The Volume is too low (volume is turned down). Audio Feedback

### The units may be too close, move Parent Monitor further away from Baby Unit. Find the noise source in the baby's room.

Remove source or move the Baby Unit away from noise. The Volume may be too high.

## Lost Signal (out of range)

- Make certain that Baby Unit is turned on;
- Unit, bring Monitor closer to Baby Unit. Ensure that Parent Monitor and the Baby Unit are away from obstacles that may interfere with signal such as walls, floors, ceilings, Wi-Fi routers, microwave ovens, cordless phones. Bluetooth devices, home computers and other electronic devices. It is recom-

mended to keep your Audio Monitor at least 5

ft. away from these types of devices. If signal

is weak, try moving Parent Monitor and the

Baby Unit to different places in the rooms

# Make certain any light switches that control

- the Parent Monitor. To pair, follow these steps:
  - Press the **Pair** button located on top of the Baby Unit; the Power LED will blink for 12
  - While the LED is blinking, use a paper clip to side of the Parent Monitor; you will hear a beep sound. The signal bars will reappear on

# Parent Monitor Not responding

responding, you may need to do a soft factory eset. To reset, use a paper clip to press and hold the **Power** button for 3 seconds. Note: Data saved to memory will remain on unit.

# reach of children.

Do not place the Baby Unit or AC adapter cord within reach of children

Baby Unit AC adapter cord away from

Always use enclosed Cord Clips to help secure

in, or attach to, a crib or playpen.

## Use only AC adaptors provided.

- Adult assembly is required. Keep small parts away from child's reach.
- to play with it. This Audio Monitor is not a substitute for
- that you are familiar with it prior to actual use. When the power adapter is plugged into an

# or explosion.

- Do not place the product in or near fire, or put the product in a microwave.
- Do not disassemble the product. Do not expose the product to excessive

# Dispose of the product appropriately.

FCC - Part 15 This device complies with part 15 of the FCC Rules. Operation is subject to the following 2 conditions: (1) this device may not cause harmfu interference, and (2) this device must accept any interference received, including interference

not expressly approved by the party responsible

for compliance could void the user's authority to

## device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable ates, uses and can radiate radio frequency

- does cause harmful interference to radio or can
- Reorient or relocate the receiving antenna.
- Increase distance between equipment and
- receiver is connected. Consult the dealer or an experienced

### energy that can be safely absorbed by a user of bystander according to the intended usage of the product.

This equipment complies to FCC radiation exposure limits set forth for an uncontrolled environment. The baby unit shall be installed and used such that parts of the user's body other than the hands are maintained at a distance of approximately 20 cm (8 in.) or more

# Warranty

Memory to Save

# When contacting Baby's Journey, please

- the terms, conditions and exclusions state
- radio/TV technician for help. To ensure safety of users, the FCC has established criteria for the amount of radio frequency

### Radiation Exposure Statement

Baby Monitor & Accessory Limited Warranty The AT&T brands are used under license. Thank you for purchasing this AT&T branded product manufactured under license by Baby's Journey, Inc. ("Baby's Journey"). Any repair, replacement or warranty service, and all questions about this AT&T branded product should be directed to Baby's Journey; 999 Main Street, Suite 703,

1-855-422-2975

## provide (1) your name, address and telephone number, (2) date and place of purchase, (3)

What Does this Warranty Cover? Subject to pelow, Baby's Journey warrants that this AT& branded product ("Product") and certified accessory sold for use with this Product "Accessory") are manufactured to be free from efects in materials and workmanship under normal consumer usage for the period outlined pelow. This Warranty is your exclusive warranty

Who is covered? Warranty extends only to the first consumer purchaser; it is not transferable.

What will Baby's Journey do? Baby's Journey or its authorized distributor at its sole option and within a commercially reasonable time, will at no charge repair or replace any Product or ccessory that does not conform to this Warranty. We may use a functionally equivalent reconditioned/refurbished/pre-owned or new

## Warranty Exclusions

Normal wear and Tear. Periodic maintenance, repair and replacement of parts due to normal wear and tear are excluded from coverage. Abuse and Misuse. Defects or damage that esult from: (a) improper operation or failure to follow the instructions; (b) storage, misuse, or abuse, accident or neglect, such as physical damage (cracks, scratches, etc.) to the surface of the product resulting from misuse; (c) contact with liquid, water, rain, extreme humidity or heavy perspiration, sand, dirt or the like, extreme heat, or food; (d) use of the Product or Accessory for commercial purposes or subjecting the Product or Accessory to abnormal usag onditions; or (e) other acts which are not the

fault of AT&T or Baby's Journey, are excluded. Use of Non-AT&T branded Products and Accessories. Defects or damage that result from the use of Non-AT&T branded or certified products or accessories or other peripheral equipment, are excluded.

Unauthorized Service or Modification. Defects

or damages resulting from service, testing,

adjustment, installation, maintenance, altera-

tion, or modification in any way by someone

other than AT&T. Baby's Journey or its autho-

rized service centers, are excluded from coverage. Altered Products. A Product or Accessory with (a) a serial number or date tag that has been removed, altered or obliterated; (b) a broken seal or that shows evidence of tampering; or (c) a mismatched board serial number, are excluded from coverage.

complete warranty agreement between you and Baby's Journey regarding the Product or Acces-

sory purchased by you, and supersede any prio agreement or representations, including repre promotional materials issued by Baby's Journey of representations made by any agent, employee or representative of Baby's Journey, that may have been made in connection with said purchase. No agent, employee, or representative of Babv's

On the Web For a digital copy of this guide and more about the Smart Trac Digital Audio Monitor visit:

# Call our Consumer Care at 1-855-422-2975 for assistance with your monitor.

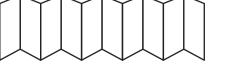
Product Registration Registering your AT&T mHealth monitor allows us to send important updates, service information and help related to your baby monitor. Registering your product also allows us to notify you in the

**AUDIO MONITOR** USER GUIDE REV N April 23, 2014

NOTES: User Guide is color printed as Front/Back sheet with accordion folds. 11 "pages" per side.

Grey lines are Cut and fold lines = DO NOT PRINT.





Important Safety Instructions cont'd:

- Connection Lost (pairing) The Parent Monitor and Baby Unit are already paired. In the event that the connection is lost you will notice that the Baby Unit signal bars disappear. You will need to pair the Baby Unit to
- Bring Parent Monitor and Baby Unit within arm's reach.
- seconds. press, for one second, the **Pair** button on the

# the screen indicating that the units are paired

In the event that Parent Monitor and the Baby Unit are paired, but the Monitor's buttons are not the **Reset** button on the side of the Parent Monitor - which will then turn off. To turn on, hold

# Important Safety Instructions CAUTION: Keep small parts out of the

oprevent cordentanglement and strangulation: that may cause undesired operation. Do not place the Baby Unit or AC adapter cord Warning: Changes or modifications to this unit

# Never use extension cords with AC adaptors.

- This product is not a toy. Do not allow children
- responsible adult supervision. Test the Audio Monitor and all its functions so

### electrical outlet, do not touch exposed end be determined by turning the equipment off and CAUTION: Risk of heat generation, fire,

- Li-ion battery is built into the product. Charge the product by the designated charging method.
- Do not expose the product to high tempera tures above 140°F.

## shock such as dropping from a high place. Keep the product dry.

# NOTE: This equipment has been tested and found to comply with the limits for a Class B digital

protection against harmful interference in a residential installation. This equipment gener-

## energy and, if not installed and used in accordance with the instructions, may cause harmfu interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment

### on, the user is encouraged to try to correct the interference by one or more of the following measures:

• Connect the equipment into an outlet on a circuit different from that to which the

Pawtucket. RI 02860 by either calling us at:

# or by contacting us via email at support@mhealthbabymonitors.com.

nature of the problem, (4) Model Number, and 5) Serial Number (on bottom of Baby Unit).

and is not transferable.

### What Other Limitations Are There? ANY AND ALL IMPLIED WARRANTIES, INCLUDING WITHOUT

LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED TO THE DURATION OF THIS LIMITED WARRANTY. THE REPAIR OR REPLACE: MENT OF THE PRODUCT AND/OR ACCESSORY PROVIDED HEREUNDER IS THE EXCLUSIVE REMEDY OF THE CONSUMER, IN NO EVENT SHALL AT&T OR BABY'S JOURNEY BE LIABLE, WHETHER IN CONTRACT

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balance of the original one (1) year warranty, o

consumer, whichever is longer.

for ninety (90) days from the date the repaired o

replaced product or accessory is returned to the

Product and Accessory Covered; Length of

you may also have other rights that vary from one

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event of a safety notification. Visit: www.mhealthbabymonitors.com/productregistration

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