User Guide

Power LED
Sound and Volume Indicator Lights
Power and Screen On/Off

Volume keys
Pair button
Reset button

On back:
• Stand
• Belt Clip

USB Charging port
Select
Navigation
Talkback microphone
Speaker

Power LED
Pair button
Microphone

On back:
• AC port

Speaker

Power On/Off switch

Smart Trac™
Digital Audio Monitor

Model Number: 05000

What's mHealth?

mHealth, or mobile health, is the use of mobile devices to aid in health and wellness.

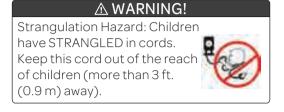Whether you want to keep track of feedings and diapers or monitor medicines and sleep patterns, with AT&T mHealth, you can quickly and easily keep all these data in the palm of your hand.

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?

Parent Monitor (1x)
USB power adapter for rechargeable battery (1x)
AC power adapter (1x)
Baby Unit (1x)
Cord Clips (6x)

Using your Audio Monitor

Placement

3 ft.

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.

⚠️ **WARNING!**

Strangulation Hazard: Children have STRANGLED in cords. Keep this cord out of the reach of children (more than 3 ft. (0.9 m) away).

Connecting Parent and Baby Unit

① Connect Baby Unit to power outlet using AC power adapter provided.
② 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 LED 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 is off.
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 minutes; this helps to conserve battery power. To turn screen back on, press the **Screen On/Off** button for one second.

Charging the Battery

The Parent Monitor has an internal, non-rechargeable, 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 be charged
- 1/4 Battery charge
- 1/2 Battery charge
- 3/4 Battery charge
- Full Battery charge
- Bars animate; battery charging

Stand

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

Talk Back

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 serve 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.

QUIET
LOUD

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 between the categories and **Select** button to select them. Use **Start/Stop** for Sleep and Breastfeeding timers and to log a time for any data entry.

Baby Unit signal
Memory accesses past inputs
Mode navigates categories
Select
Battery
Baby Name and Age display (wk. or mo.)
Start/Stop controls timers and logs start time
Navigation
Time

Setup

Set Time

① Use **Mode** button to highlight 🔧**Settings** and press Select button to select. Screen 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 advance to Set Time.

Set Date

① Screen displays "SET DATE" and the month digits flash.
② Use ↕ **Up/Down** buttons to increase. Use ▶ **Right** button to advance.
③ The day digits flash. Use ↕ **Up/Down** 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 Name.

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 advance.
③ 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.

① Select 🔧 **Settings**, screen displays "SET TIME" and hour digits flash.
② 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 **Memory** to Save.

Use

Feeding - Breast

① Change display to 🍼 **Feeding** and press **Select** button to select. Screen displays the last data saved, or it displays "L 00 min".
② Press **Start/Stop** to start the timer counting. "Start" will flash while timer is actively running.
③ Press **Start/Stop** to stop the timer; press **Memory** to Save.

Note: Other data cannot be entered while a timer is running.

④ Press **Start/Stop** to stop the timer; press **Memory** to save.

Note: Entries less than 1 minute will not save.

Feeding - Bottle

① Within 🍼 **Feeding**, Toggle "L" (left breast), "R" (right breast), or "b" (bottle) using ◀▶ **Left/Right** buttons.
② Select "b" for bottle; "00" flashes.
③ Use ↕ **Up/Down** to change the number of ounces consumed.
④ Press **Start/Stop** to log time of feeding; press **Memory** to save the entry.

Diapers

① Change display to 💧 **Diapers** and press **Select** button to select. Screen displays the last data saved, or it displays"00" Wet "00" BM.
② Wet "00" flashes. Use ↕ **Up/Down** buttons to 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 **Memory** to save.

Sleep

① Change display to 🌙 **Sleep** and press **Select** button to select. Screen displays the last data, or it displays "0 00" and "Duration".
② Press **Start/Stop** to start the timer counting. "Start" will flash while timer is actively running.
③ Press **Start/Stop** to stop the timer; press **Memory** to save.

Note: Entries less than 1 minute will not save.

Medicines

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 💊 **Medicines** and press **Select** button to select. Screen displays the last data saved, or it displays "min" and "00" flashes.
② Use ◀▶ **Left/Right** buttons to toggle to hours. Use ↕ **Up/Down** to set medicine alert.
③ Press **Start/Stop** to log the current time.
④ Press **Memory** to save.
⑤ Press **Start/Stop** to turn off alert once it has sounded.

Memory

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 saved data.

Use ◀▶ **Left/Right** buttons to move through past entries.

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 category.

Cleaning and Care

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.

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

Technical Specifications

Parent Monitor (MOD 05000PX)
• Freq: Digital 2.4 GHz
• Display: 2.9" diagonal TFT LCD
• Pwr Input: 100-240V-50-60Hz 0.2A
• Pwr Output: 5V-500mA
• Battery: Lithium-ion 3.7V 850mA
• Volume Control: 6 levels

Baby Unit (MOD 05000TX)
• Freq: Digital 2.4 GHz
• Pwr Input: 100-240V -50-60Hz 0.2A
• Pwr Output: 5V-500mA

Trouble Shooting

No Sound
Are the Parent Monitor and Baby Unit plugged in to a working electrical outlet?
• Make certain any light switches that control 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; the green Power LED is lit.
• Parent Monitor may be too far from the Baby 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 recommended 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.

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 the Parent Monitor. To pair, follow these steps:
① Bring Parent Monitor and Baby Unit within arm's reach.
② Press the **Pair** button located on top of the Baby Unit; the Power LED will blink for 12 seconds.
③ While the LED is blinking, use a paper clip to press, for one second, the **Pair** button on the side of the Parent Monitor; you will hear a beep sound. The signal bars will reappear on the screen indicating that the units are paired.

Parent Monitor Not responding
In the event that Parent Monitor and the Baby Unit are paired, but the Monitor's buttons are not responding, you may need to do a soft factory reset. To reset, use a paper clip to press and hold the **Reset** button on the side of the Parent Monitor - which will then turn off. To turn on, hold the **Power** button for 3 seconds.
Note: Data saved to memory will remain on unit.

Important Safety Instructions

CAUTION: Keep small parts out of the reach of children.
To prevent cord entanglement and strangulation:
• Do not place the Baby Unit or AC adapter cord within reach of children.
• Do not place the Baby Unit or AC adapter cord in, or attach to, a crib or playpen.
• Always use enclosed Cord Clips to help secure Baby Unit AC adapter cord away from children's reach.

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

Important Safety Instructions cont'd:
• Never use extension cords with AC adaptors. Use only AC adaptors provided.
• Adult assembly is required. Keep small parts away from child's reach.
• This product is not a toy. Do not allow children to play with it.
• This Audio Monitor is not a substitute for responsible adult supervision.
• Test the Audio Monitor and all its functions so that you are familiar with it prior to actual use.
• When the power adapter is plugged into an electrical outlet, do not touch exposed end.

CAUTION: Risk of heat generation, fire, or explosion.

Li-ion battery is built into the product.
• Charge the product by the designated charging method.
• Do not place the product in or near fire, or put the product in a microwave.
• Do not expose the product to high temperatures above 140˚ F.
• Do not disassemble the product.
• Do not expose the product to excessive shock such as dropping from a high place.
• Keep the product dry.
• 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 harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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 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 distance between 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.
To ensure safety of users, the FCC has established criteria for the amount of radio frequency energy that can be safely absorbed by a user or bystander according to the intended usage of the product.

Radiation Exposure Statement
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

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, Pawtucket, RI 02860 by either calling us at:

1-855-422-2975
or by contacting us via email at:
support@mhealthbabymonitors.com.

When contacting Baby's Journey, please provide (1) your name, address and telephone number, (2) date and place of purchase, (3) nature of the problem, (4) Model Number, and (5) Serial Number (on bottom of Baby Unit).

What Does this Warranty Cover? Subject to the terms, conditions and exclusions stated below, Baby's Journey warrants that this AT&T branded product ("Product") and certified accessory sold for use with this Product ("Accessory") are manufactured to be free from defects in materials and workmanship under normal consumer usage for the period outlined below. This Warranty is your exclusive warranty and is not transferable.

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 Accessory that does not conform to this Warranty. We may use a functionally equivalent reconditioned/ refurbished/ pre-owned or new Product, Accessory or parts.

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 REPLACEMENT 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 OR TORT (INCLUDING NEGLIGENCE) FOR DAMAGES IN EXCESS OF THE PURCHASE PRICE OF THE PRODUCT OR ACCESSORY, OR FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES OF ANY KIND, OR LOSS OF REVENUE OR PROFITS, LOSS OF BUSINESS, LOSS OF INFORMATION OR DATA, AND/OR OTHER FINANCIAL LOSS ARISING OUT OF OR IN CONNECTION WITH THE ABILITY OR INABILITY TO USE THE PRODUCT OR ACCESSORY TO THE FULL EXTENT THESE DAMAGES MAY BE DISCLAIMED BY THE LAW. Some jurisdictions do not allow the limitation or exclusion of incidental or consequential damages, or limitation on the length of an implied warranty, so the above limitations or exclusions may not apply to you. This Warranty gives you specific legal rights, and you may also have other rights that vary from one jurisdiction to another.

Product and Accessory Covered; Length of Coverage. AT&T branded product manufactured under license by Baby's Journey and certified accessory sold for use with the product one (1) year from the date of the product's original purchase by the first consumer purchaser of the product or accessory. AT&T branded product manufactured under license by Baby's Journey and certified accessory sold for use with the product that are repaired or replaced. The balance of the original one (1) year warranty, or for ninety (90) days from the date the repaired or replaced product or accessory is returned to the consumer, whichever is longer.

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 result 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 usage or conditions; 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, alteration, or modification in any way by someone other than AT&T, Baby's Journey or its authorized 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.

These terms and conditions constitute the complete warranty agreement between you and Baby's Journey regarding the Product or Accessory purchased by you, and supersede any prior agreement or representations, including any representations in any literature, publications or promotional materials issued by Baby's Journey or 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 Baby's Journey has authority to make any representations or promises except as stated above.

Find More Information

On the Web
For a digital copy of this guide and more about the Smart Trac Digital Audio Monitor visit:
www.att.com/mhealthbabymonitors

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

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