

## HRV Measurement



### Step 1:

Tap touchpad six times to locate the HRV option on LED display.



### Step 2:

Press touchpad for four seconds with index finger only until the 0% icon shows on LED Display flashing. While LED display shows 0%, remove finger from health watch, sit back, peacefully breathing, and remain motionless in a comfortable position until 100% complete. Takes approximately 2 minutes. Health watch vibrates when complete and results appear.



## Bluetooth (BT) No Connection

BT may lose connection due to interference from devices around even your Mini tablet. Health watch and Mini tablet BT range is 15 ~ 20 feet.

In case BT connection does not reconnect automatically, please close and open the APP to restore connection.

Restart your mini tablet as needed if relaunching the APP failed to sync with the health watch.

In LED Display for status, a “check mark” represents BT is connected and an “X” represents no connection.

### Disclaimer

All measurements are estimates and are for reference ONLY. Please consult a doctor as needed.

The device complies with Part 15 of the FCC Rules.

## TRKD Home Care App Manual

The App receives data from WB200 daily.

**Dashboard** Displays all latest data. Tap each subsection to see detail of the data received.

**Today's Steps** This is the steps equivalent or movement you have during the day. Your latest heart rate received.

**Heart Rate** Tap further to see heart rate history. Heart rate data is heart rate average every five minutes.

**HRV** Heart rate variability, is a measure of the variation in time between each heartbeat, usually during sleep.

**SpO2** Blood oxygen level.

**PTT** Pulse Transmit Time Index - Systolic & Diastolic

**BP Cuff** Blood pressure measured with Blood Pressure Cuff device.

**Heart Rate** Heart rate measured with Blood Pressure Cuff device.

**Total Active Minutes** Total active minutes today.

**Notification** Notifications received from TRKD team or generated by alerts.

## Federal Communications Commission (FCC) Statement

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

## FCC Statement (cont..)

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 of the device.

### FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

To display the FCC ID- Long tap on touch button in Vital Summary page to display FCC ID.



**TRKD**  
Wellness Technologies, Inc.

## TRKD RPM200 Kit Manual



IN THE BOX

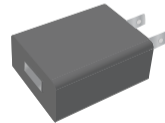
WB200 Health Watch x 1  
Health Watch Charger x 1  
USB Wall Adapter x 1  
Blood Pressure Cuff x 1  
MT100 Mini Tablet x 1  
Tablet Stand x 1

Customer Service (844) 447-1087

## WB200 Health Watch Components



USB Charger



USB Wall Adapter

## Health Watch - Battery Charging



Align the metal pins on the charger to the main console rear pin holes.



Secure console while battery is being charged.



When charging is complete, current time mode will be displayed.

Note: When battery is low, a blank screen or depleted battery icon will show on the display. Please charge your wristband immediately. 30 mins for full charge lasts typically 3.5 days.

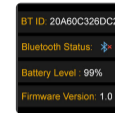
## Display Mode



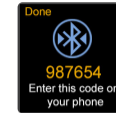
Watch Face



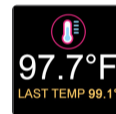
Vitals



BlueTooth ID



Pairing



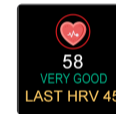
Temperature



ECG



PTT Systolic & Diastolic



HRV



Heart Rate



SPO2



Fall Detection



Low Battery

## PTT - Systolic & Diastolic Measurement



### Step 1:

Tap touchpad four times to locate the Systolic & Diastolic option on LED display.

### Step 2:

Hold touchpad down with index finger for four seconds until finger pointing on LED display begins. Lift finger and gently rest it over the front light sensor located right above the touchpad with no pressure applied for roughly 30-45 seconds. You will see a green and red light which indicates the health watch is processing. Do not lift your finger off the sensor until health watch vibrates and results appears.

Note: If the LED Display shows an error, please repeat the steps above again. This means your health watch needs additional calibration. After the health watch is calibrated, future results will appear after one measurement.

## SpO2 Measurement



### Step 1:

Tap touchpad five times to locate the SpO2 option on LED display.

### Step 2:

Hold touchpad down with index finger for four seconds until finger pointing on LED display begins. Lift finger and gently rest it over the front light sensor located right above the touchpad with no pressure applied for roughly 30-45 seconds. You will see a green and red light which indicates the health watch is processing. Do not lift your finger off the sensor until health watch vibrates and results appear.