

Fitbit Alta HR



Product Manual
Version 1.0

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Getting Started

Welcome to Fitbit Alta HR™, a customizable fitness tracker that's as versatile as your personal style. Take a moment to review our complete safety information at <http://www.fitbit.com/safety>.

What's in the box

Your Fitbit Alta HR box includes:



Fitbit Alta HR



Charging cable



Wireless sync dongle

The Fitbit Alta HR has two parts: the removable wristband and the display.

What's in this document

We get you started quickly by creating a Fitbit® account and making sure the tracker can synchronize the data it collects with your Fitbit dashboard. The dashboard is where you can analyze your data, see historical trends, set goals, log food and water, keep up with friends, and much more. As soon as you're done setting up your tracker, you're ready to start moving.

Next, we explain how to find and use the features that interest you and adjust your preferences. To find more information, tips, and troubleshooting, please browse our comprehensive articles at <http://help.fitbit.com>.

Setting up your Fitbit Alta HR

To make the most of your Alta HR, use the free Fitbit app available for iOS®, Android™, and Windows® 10 mobile devices. If you don't have a compatible mobile device, you can use a computer and fitbit.com instead, but keep in mind that a mobile device is required for call, text, and calendar notifications.

Setting up your tracker on your mobile device

The Fitbit app is compatible with more than 200 mobile devices that support iOS, Android, and Windows 10 operating systems.

To get started:

1. Make sure the Fitbit app is compatible with your mobile device by checking <http://www.fitbit.com/devices>.
2. Find the Fitbit app in one of these locations, depending on your device:
 - The Apple® App Store® for iOS devices such as an iPhone® or iPad®.
 - The Google Play™ Store for Android devices such as the Samsung® Galaxy® S5 and Motorola Droid Turbo.
 - The Microsoft® Windows Store for Windows 10 mobile devices such as the Lumia™ phone or Surface™ tablet.
3. Install the app. Note that you'll need an account with the applicable store before you can download even a free app such as Fitbit.
4. When the app is installed, open it and tap **Join Fitbit** to get started. You'll be guided through the process of creating a Fitbit account and connecting (pairing) your Alta HR to your mobile device. Pairing makes sure the tracker and mobile device can communicate with one another (sync their data).

Note that the personal information you're asked during setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. This information is private unless you go into your Privacy settings and opt to share age, height, or weight with Fitbit friends.

After setup you're ready to get moving.

Setting up your tracker on your PC (Windows 10 only)

If you don't have a mobile device, you can set up and sync your tracker on your Windows 10 PC using the same Fitbit app available for Windows mobile devices.

To get the app, click the Start button and open the Windows Store (called Store). Search for “Fitbit app.” Note that if you’ve never downloaded an app from the store to your computer, you’ll be prompted to create an account.

Open the app and follow the instructions to create a Fitbit account and set up your Alta HR. You can set up and sync wirelessly if your computer has Bluetooth®, otherwise you’ll need to use the wireless sync dongle that came in the box with your Alta HR.

Setting up your tracker on your PC (Windows 8.1 and below)

If you don’t have a compatible mobile device, you can set up your tracker with a computer and see your Fitbit stats on fitbit.com. To use this method you’ll first install a free software application called Fitbit Connect that lets Alta HR sync its data with your fitbit.com dashboard.

To install Fitbit Connect and set up your tracker:

1. Go to <http://www.fitbit.com/setup>.
2. Scroll down and click the option to download.
3. When prompted, save the file that appears.
4. Double-click the file (FitbitConnect_Win.exe). The Fitbit Connect installer opens.
5. Click **Continue** to move through the installer.
6. When prompted, choose **Set up a New Fitbit Device**.
7. Follow the onscreen instructions to create a Fitbit account and connect your Alta HR.

Note that the personal information you’re asked during setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. This information is private unless you go into your Privacy settings and opt to share age, height, or weight with Fitbit friends.

Setting up your tracker on your Mac

If you don’t have a compatible mobile device, you can set up your tracker with a computer and see your Fitbit stats on fitbit.com. To use this setup method you’ll first install a free software application called Fitbit Connect that lets Alta HR sync its data with your fitbit.com dashboard.

To install Fitbit Connect and set up your tracker:

1. Go to <http://www.fitbit.com/setup>.
2. Scroll down and click the option to download.
3. When prompted, save the file that appears.
4. Double-click the file (Install Fitbit Connect.pkg). The Fitbit Connect installer opens.
5. Click **Continue** to move through the installer.
6. When prompted, choose **Set up a New Fitbit Device**.
7. Follow the onscreen instructions to create a Fitbit account and connect your Alta HR.

Note that the personal information you're asked during setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. This information is private unless you go into your Privacy settings and opt to share age, height, or weight with Fitbit friends.

Syncing your tracker data to your Fitbit account

Once you've set up and started using Alta HR, you'll need to make sure it regularly transfers (syncs) its data to Fitbit so you can track your progress, see your exercise history, earn badges, analyze your sleep logs, and more on your Fitbit dashboard. A daily sync is recommended but not required.

The Fitbit apps use Bluetooth Low Energy (BLE) technology to sync with your Fitbit tracker. Each time you open the app it syncs if the tracker is nearby, and it also syncs periodically throughout the day if you have the all-day sync setting enabled.

Fitbit Connect on a Mac® also uses Bluetooth for syncing (if available), otherwise you'll need to make sure your wireless sync dongle is plugged into the computer. Fitbit Connect on a PC requires that you plug in your wireless sync dongle. You can force Fitbit Connect to sync at any time or it will happen automatically every 15 minutes if:

- The tracker is within 30 feet of your computer.
- The computer is powered on, awake, and connected to the Internet.

Getting to know your Fitbit Alta HR

This section tells you how best to wear, navigate, and recharge your tracker. If you bought an accessory wristband, you'll also find instructions for taking off the original band and putting on a different one.

Wrist placement

Review these tips to make sure you're wearing your tracker correctly.

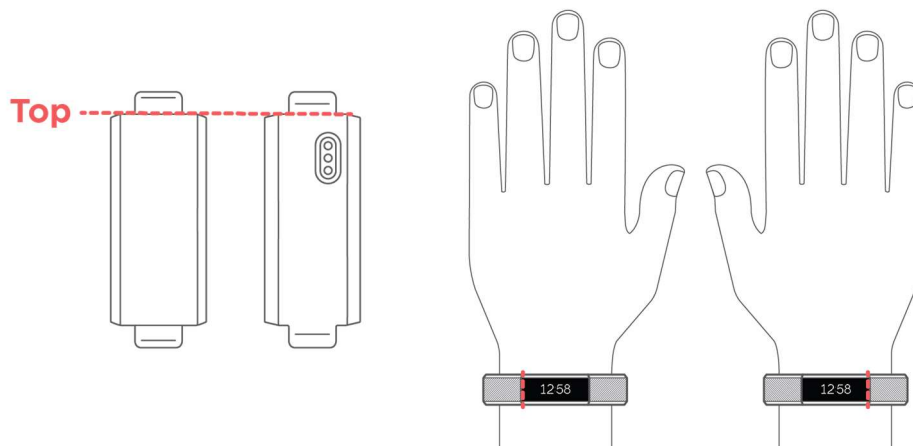
Wrist choice and dominant hand

For greater accuracy and ease of use, Alta HR needs to know which wrist you wear it on (right or left) and which hand you consider dominant (right or left). Your dominant hand is the one you usually write or throw with.

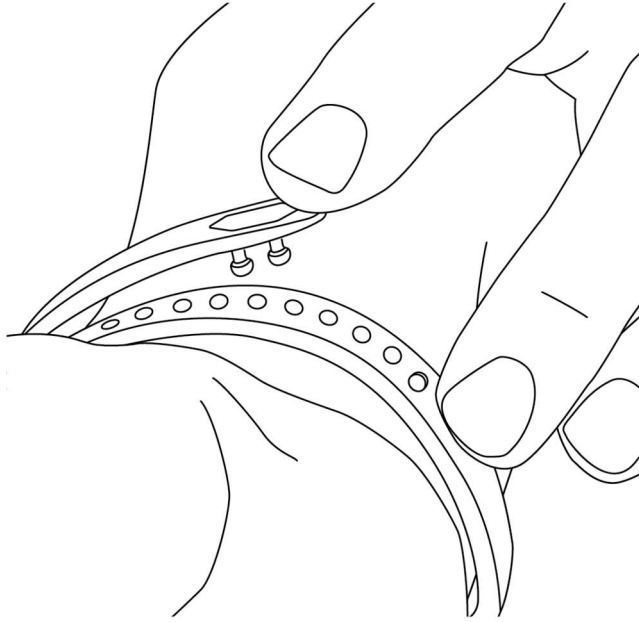
During setup you're asked to choose the wrist where you're going to wear Alta HR. Should you later decide to move Alta HR to the other wrist, change the Wrist setting. You can also change your dominant hand at any time with the Handedness setting. Both settings are found in the Account section of the Fitbit app.

Putting on your tracker

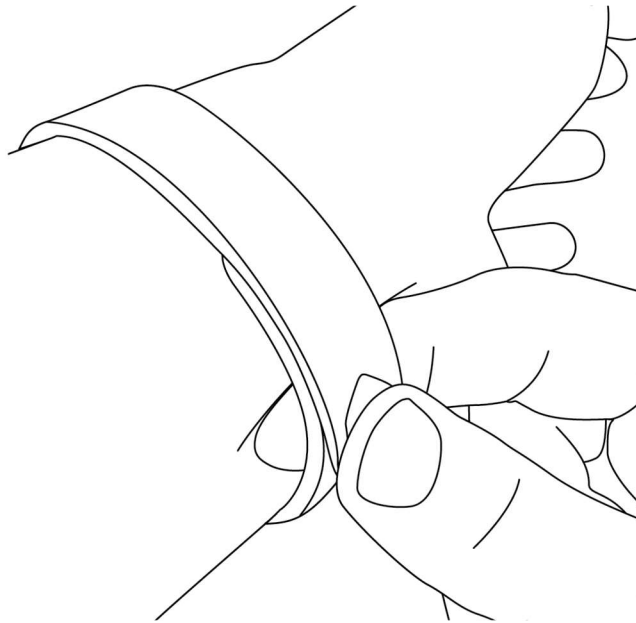
1. Place your Alta HR around your wrist. The top of the tracker is the side with the charging port. The top of the tracker should be on the outside or top of your wrist.



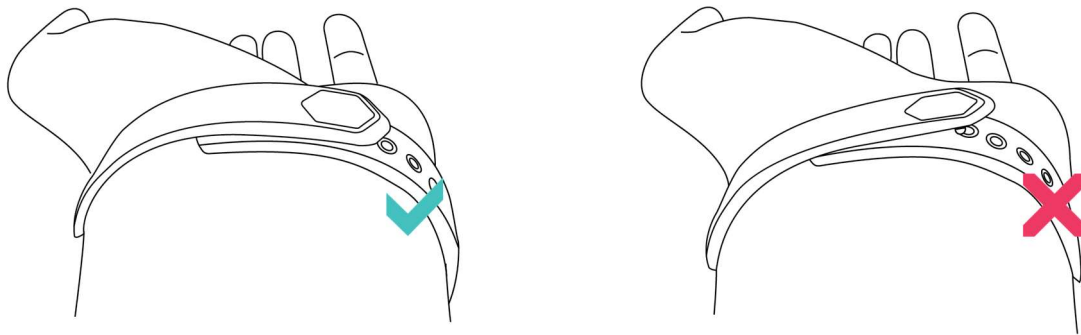
2. Align both ends of the wristband so they are directly overlapping each other with the clasp over the two holes that best fit your wrist.



3. Squeeze both the clasp and the wristband between your thumb and forefinger until you feel it snap into place.



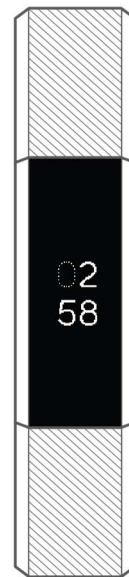
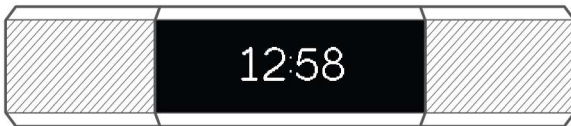
You'll know your Alta HR wristband is securely fastened if both pegs on the clasp are fully inserted. Do not wear your Alta HR too tightly.



TIP: If you're having trouble, try securing the wristband off your wrist to get a feel for how it securely clasps and then try again on your wrist.

Navigation

Alta HR has an OLED tap display that can be oriented horizontally or vertically. You can choose from several clock faces, each with a unique design.



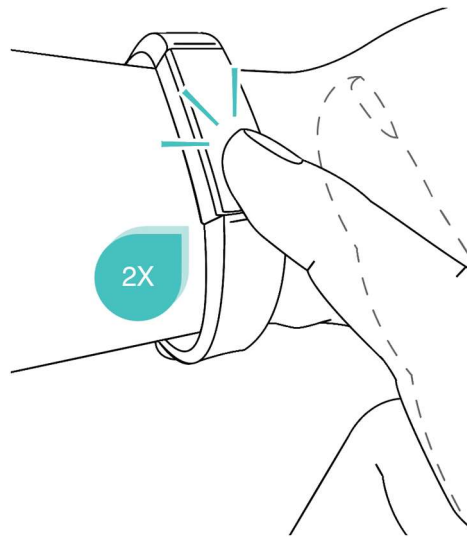
When you're not using Alta HR the display is off. To wake it up:

- Double-tap your tracker.
- Turn your wrist towards you. This behavior, known as Quick View, can be turned off in your tracker settings.

Single-tap to flip through your stats. Stats include steps taken, distance covered, calories burned, and active minutes.

Tapping your tracker

For best results, tap your tracker where the display meets the band as shown below. To wake up your tracker, double-tap it; to flip through your stats, single-tap it.



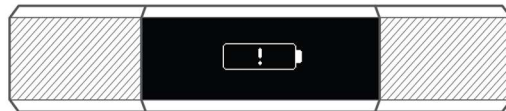
Alta HR doesn't respond to swipes; it must be tapped.

Battery life and charging

Your fully charged Alta HR has a battery life of up to 5 days. Note that battery life and charge cycles vary with use, settings, and many other factors. Actual results will vary.

Determining your current battery level

When you tap your Alta HR to flip through your stats, the first screen will show a low battery icon if your battery is low. If you see a critically low icon you'll be unable to flip through your stats.



Critically low battery

You can also check your battery level on your Fitbit dashboard.

Charging your tracker

To charge your Alta HR, plug the charging cable into the USB port on your computer or a UL-certified USB wall charger, then clip the other end into the port on the back of the Alta HR. The pins on the charging cable must be lined up with the charging port on the Alta HR and securely locked into place. You'll know the connection is secure when you see a battery icon on Alta HR's display.



Charging fully takes one to two hours. While the tracker charges, you can tap it to check the battery level. A fully charged tracker shows a solid battery icon. If you haven't set up your tracker yet, when you tap it you'll see a message directing you to <http://www.fitbit.com/setup>.

Care

It's important to clean and dry your Alta HR regularly. For instructions and more information see <http://www.fitbit.com/productcare>.

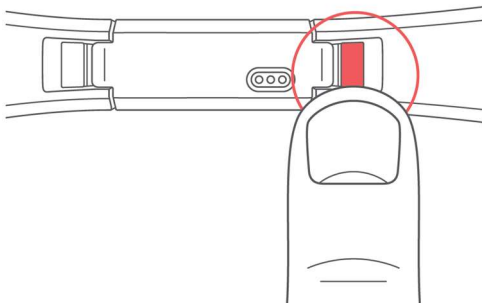
Changing the wristband

The wristband has two separate bands (top and bottom) that you can swap with accessory bands sold separately.

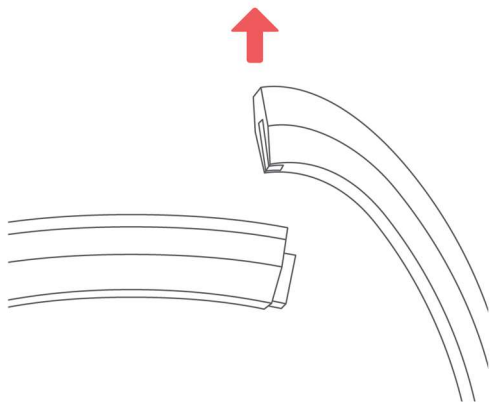
Removing a wristband


To remove the wristband:

1. Turn over your Alta HR and find the band latches—there's one on each end where the band meets the frame.
2. To release the latch, press down on the flat metal button on the strap.



3. Slide the band up to release it from the tracker.



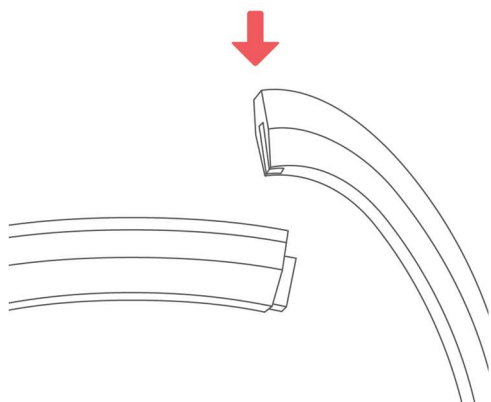
4. Repeat on the other side. 

If you're having trouble removing the band or if it feels stuck, gently move the band back and forth to release it.

Attaching a new wristband

Before you attach a new wristband, first identify the top and bottom bands. The top band has notches in it and should be attached on the side closest to the charging port. The bottom band has a clasp on it.

To attach a band, slide it down on the end of the tracker until you feel it snap into place.



Automatic Tracking with Fitbit Alta HR

Your Alta HR tracks a variety of stats automatically whenever you're wearing it. Your tracker's latest data is uploaded to your Fitbit dashboard whenever you sync.

Viewing all-day stats

Tap your Alta HR to see these all-day stats:

- Steps taken
- Distance covered
- Calories burned
- Active minutes

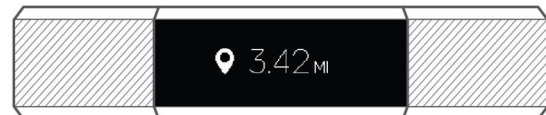
Other stats captured by your tracker are available on your Fitbit dashboard, including:

- Hours slept and sleep patterns
- Hourly activity and stationary time
- Exercise like running, outdoor biking, elliptical, sports, and aerobic activities

Double-tap your Alta HR to wake it up. When you see the clock, tap to see each of your stats in turn. If you have an alarm set, you'll also see the next alarm time.



Steps



Distance



Calories



Active minutes

Alta HR starts tracking your stats for the next day at midnight based on your time zone. Though your stats reset to zero at midnight, the previous day's data is not deleted. That data will be captured in your Fitbit account when you next sync your tracker.

Tracking sleep

Alta HR automatically tracks the time you sleep and your movement during the night to help you understand your sleep patterns. To track sleep, simply wear your Alta HR to bed. By default you have a customizable sleep goal of 8 hours of sleep per night.

Sync your tracker when you wake up to see last night's sleep data on your Fitbit dashboard.

Tracking a daily activity goal

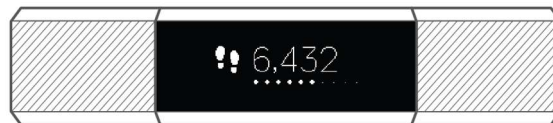
Alta HR tracks your progress towards a daily activity goal of your choice. When you reach your goal, the tracker vibrates and flashes in celebration.

Choosing a goal

By default your goal is 10,000 steps per day. You can change the goal to distance traveled, calories burned, or active minutes and select the corresponding value you prefer. For example, you may want to keep steps as your goal but change the target from 10,000 to 20,000 steps.

Seeing goal progress

A goal progress bar helps keep you motivated. The dots in the bar shown below indicate that you're more than halfway to your goal.



Tracking exercise

The SmartTrack™ feature automatically detects selected exercises and records the details in your exercise history.

By default, SmartTrack detects continuous movement at least 15 minutes in length. You can increase or decrease the minimum duration or disable SmartTrack for one or more exercise types.

For more information about customizing and using SmartTrack, see help.fitbit.com.

Tracking hourly activity

The Reminders to Move feature helps keep you active throughout the day for better health and fitness. If you haven't walked at least 250 steps in a given hour, at ten minutes before the hour you'll feel a vibration reminding you to walk. If you accumulate enough steps in time you'll see a congratulatory message.



You can find more information about your hourly activity and stationary periods on your Fitbit dashboard.

Using Silent Alarms

Alta HR can gently vibrate to wake or alert you with its silent alarm feature. You can set up to eight alarms to recur every day or on particular days of the week only.

Setting silent alarms

To set a silent alarm, choose a section below.

Fitbit app for iOS

1. On the Fitbit app dashboard, tap the tracker tile.
2. Tap the Alta HR tile.
3. Tap **Silent Alarms**.
4. Tap **Set a New Alarm**. Select the alarm time then tap **Save**.

To set the alarm for more than one day, tap **Repeat** and select the day(s) you want this alarm time to correspond with.

Fitbit app for Android

1. On the Fitbit app dashboard, tap the tracker tile.
2. Tap the Alta HR tile.
3. Tap **Silent Alarm**.
4. Tap the **+** icon.
5. Make your time and alarm setting selections.
6. Tap **Save**.

Fitbit app for Windows 10

1. On the Fitbit app dashboard, tap **Account**.
2. Tap the Alta HR tile.
3. Tap **Silent Alarms**.
4. Tap **Add Alarm**.
5. Select your alarm time. Tap the checkmark icon.
6. Select your repeating/day preference. Tap **Save**.

Dismissing or snoozing silent alarms

The tracker flashes and vibrates when an alarm goes off. To dismiss the alarm, double-tap your tracker. If you don't double-tap the tracker during the alarm, it will automatically repeat once.



Receiving Call, Text, & Calendar Notifications

Over 200 compatible iOS and Android mobile devices let you receive incoming phone call, text message, and calendar event notifications on your Alta HR. To determine whether your device supports this feature, go to <http://www.fitbit.com/devices>. Note that notifications aren't available with the Fitbit app for Windows.

Calendar requirements

Your tracker will show calendar events and any information sent from your calendar app to your mobile device. Note that if your calendar app does not send notifications to your mobile device, you won't receive notifications on your tracker.



If you have an iOS device, your Alta HR shows notifications from all calendars synced to the default iOS Calendar app. If you have a third-party calendar app that is not synced to your default app, you won't see notifications from that app.

If you have an Android device, your Alta HR shows calendar notifications from the calendar app you choose during setup. You can choose from the default Calendar app on your mobile device or several third-party calendar apps.

Enabling notifications

To turn on notifications, first make sure Bluetooth is enabled on your mobile device and that your Alta HR is nearby. Note that if you have an iOS device, call notifications are on by default.

After notifications are enabled, "Alta HR" appears in the list of Bluetooth devices paired to your mobile device.

Fitbit app for iOS

To turn on text or calendar notifications:

1. Open the Fitbit app and tap the Alta HR tile.
2. Tap **Notifications** and turn on or off any combination of text, call, or calendar notifications.
3. Follow the onscreen instructions to bond (connect) your mobile device with your tracker.

For more information and instructions on making sure your mobile device permits notifications, see help.fitbit.com.

Fitbit app for Android

To turn on call, text, or calendar notifications:

1. Open the Fitbit app and tap the Alta HR tile.
2. Tap the Alta HR tile again.
3. Tap **Notifications** and turn on or off any combination of text, call, or calendar notifications.
4. Follow the onscreen instructions to bond (connect) your mobile device with your tracker.

For more detailed instructions on setting up notifications, see help.fitbit.com

Viewing incoming notifications

If your tracker and mobile device are within 30 feet of each other, a call, text message, or calendar event causes the tracker to vibrate and the notification to appear on Alta HR's display. If the display is off, turn your wrist towards you or double-tap to wake it up. The notification is only visible for one minute.

For phone calls, the notification scrolls three times with the name or number of the caller.



For text messages and calendar events, the notification scrolls once.



The character limit for notifications is 40. Note that all notifications are shown horizontally, even if your clock orientation is normally vertical.

Customizing your Fitbit Alta HR

This section explains how to adjust your display and modify certain tracker behaviors.

Changing the clock face and orientation

Alta HR comes with several clock faces available in horizontal and vertical styles.

Note that call, text, and calendar notifications as well as reminders to move are shown horizontally, even if your clock orientation is vertical.

Fitbit app for iOS

To change the clock face:

1. Open the Fitbit app and tap the Alta HR tile.
2. Tap **Clock Face**.
3. Select your clock orientation and style.
4. Sync your tracker to see the change.

Fitbit app for Android

To change the clock face:

1. Open the Fitbit app and tap the Alta HR tile.
2. Tap the Alta HR tile.
3. Tap **Clock Face**.
4. Select your clock orientation and style.
5. Sync your tracker to see the change.

Fitbit app for Windows 10

To change the clock face:

1. Open the Fitbit app and tap **Account**.
2. Tap the Alta HR tile.
3. Tap **Clock Face**.
4. Select your clock orientation and style.
5. Sync your tracker to see the change.

Turning Quick View on or off

By default, Alta HR's display wakes up when you turn your wrist towards you. Known as Quick View, this setting can be turned on or off.

Note that for Quick View to work you must be wearing the tracker properly as described in Wrist placement.

Fitbit app for iOS

To turn Quick View on or off:

1. Open the Fitbit app and tap the Alta HR tile.
2. Tap **Quick View**.
3. Adjust your setting.

Fitbit app for Android

To turn Quick View on or off:

1. Open the Fitbit app and tap the Alta HR tile.
2. Tap the Alta HR tile.
3. Tap **Quick View**.
4. Adjust your setting.

Fitbit app for Windows 10

To turn Quick View on or off:

1. Open the Fitbit app and tap **Account**.
2. Tap the Alta HR tile.
3. Tap **Quick View**.
4. Adjust your setting.

Updating your Fitbit Alta HR

Free feature enhancements and product improvements are occasionally made available through firmware updates. We recommend keeping your Alta HR up to date.

You'll be notified in the Fitbit app when an update is available. After you start the update, you'll see a progress bar on your tracker and in the Fitbit app until the process is complete, followed by a confirmation message.

Note that updating your Alta HR takes several minutes and may be demanding on the battery. For this reason, we recommend plugging your tracker into the charging cable before updating.

Troubleshooting your Fitbit Alta HR

If you experience one of the following problems, it may be fixed by restarting your tracker:

- Not syncing despite successful setup
- Not responding to taps
- Unresponsive despite being charged
- Not tracking your steps or other data

Note: Restarting your tracker reboots the device but does not delete any data.

To restart your tracker:

1. Plug your charging cable into a USB port on your computer.
2. Insert the other end into the port on the back of your Alta HR. Your Alta HR will begin charging.
3. Press the button on your charging cable three times within eight seconds, briefly pausing between presses. The button is on the end of the charging cable that is plugged into the computer.

Eight seconds after the first button press, you'll see the Fitbit logo on the display. This is your indication that the tracker restarted.

4. After you see the logo you can unplug Alta HR from the charging cable.

For additional troubleshooting or to contact Customer Support, see <http://help.fitbit.com>.

Fitbit Alta HR General Info & Specifications

Sensors, wireless, and haptic feedback

Your Fitbit Alta HR contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks your motion patterns
- A Bluetooth 4.0 radio transceiver
- A vibration motor, which allows Alta HR to vibrate for alarms, goals, notifications, and reminders

Materials

The wristband that comes with Alta HR is made of a flexible, durable elastomer material similar to that used in many sports watches. It does not contain latex. Accessory wristbands are available in genuine leather and stainless steel.

The clasp and housing on Alta HR are made of surgical-grade stainless steel. While all stainless steel contains traces of nickel and can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

Battery

Alta HR contains a rechargeable lithium-polymer battery.

Memory

Alta HR stores detailed minute-by-minute information for five days, sleep data for seven days, SmartTrack data for two days, and summary totals for 30 days.

Stored data consists of steps taken, distance traveled, calories burned, active minutes, hourly activity, SmartTrack exercise, and sleep.

Display

Alta HR has an OLED tap display.

Size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly. Metal wristbands are one size fits all.

Small wristband	Fits a wrist between 5.5 and 6.7 inches in circumference
Large wristband	Fits a wrist between 6.7 and 8.1 inches in circumference
Extra large wristband	Fits a wrist between 8.1 and 9.3 inches in circumference

Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	-4° to 140° F (-20° to 60° C)
Water Resistant	Splash proof.
Maximum Operating Altitude	30,000 feet (9,144 m)

Help

Troubleshooting and assistance for your Fitbit Alta HR can be found at <http://help.fitbit.com>.

Return policy and warranty

Warranty information and the fitbit.com return policy can be found online at <http://www.fitbit.com/returns>.

Regulatory & Safety Notices

Model Name: FB408

USA: Federal Communications Commission (FCC) statement

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 Warning

Changes or modifications not approved by Fitbit, Inc. could void the user's authority to operate the equipment.

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 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 meets the FCC requirements for RF exposure in public or uncontrolled environments.

FCC ID: XRAFB408

Notice to the User: *The FCC and Industry Canada IDs can also be viewed on your device. To view content:*

- ***While your tracker is charging, tap your tracker to flip through the screens to the Regulatory screen.***

Canada: Industry Canada (IC) statement

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

IC: 8542A-FB408

Safety statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12: 2011 + A2:2013

European Union (EU)

Simplified Declaration of Conformity with regard to Directive 1999/5/EC: Fitbit Inc. hereby declares that the Fitbit Alta HR (Model FB408) complies with the fundamental requirements and the other relevant provisions of Directive 1999/5/EC. The CE Declaration of Conformity for this product can be found at <http://www.fitbit.com/safety>.

Déclaration simplifiée de conformité relative à la directive 1999/5/CE: Fitbit Inc. déclare par la présente que le Fitbit Alta HR (modèle FB408) est en conformité avec les exigences essentielles et autres dispositions pertinentes de la directive 1999/5/CE. La déclaration CE de conformité de ce produit est disponible à l'adresse suivante www.fitbit.com/safety.

Dichiarazione semplificata di conformità alla direttiva UE 1999/5/CE: Fitbit Inc. dichiara che Fitbit Alta HR (modello FB408) è conforme ai requisiti fondamentali e alle disposizioni applicabili della Direttiva 1999/5/CE. La Dichiarazione di Conformità CE per questo prodotto è disponibile all'indirizzo www.fitbit.com/safety.

Vereinfachte Konformitätserklärung bezüglich der Richtlinie 1999/5/CE: Hiermit erklärt Fitbit Inc., dass sich das Gerät Fitbit Alta HR (Modellreihe: FB408) in Übereinstimmung mit den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 1999/5/CE befindet. Der vollständige Text der EU-Konformitätserklärung ist unter der folgenden Internetadresse verfügbar: www.fitbit.com/safety.

Declaración simplificada de conformidad de acuerdo con la Directiva 1999/5/CE: Fitbit Inc. declara así que el Fitbit Alta HR (modelo FB408) cumple con los requisitos fundamentales y demás disposiciones pertinentes de la Directiva 1999/5/CE. La declaración de conformidad de la CE de este producto puede encontrarse en www.fitbit.com/safety.



Australia and New Zealand

Notice to the User: The approval marking can also be viewed on your device. To view content:

- **While your tracker is charging, tap your tracker to flip through the screens to the Regulatory screen.**



Japan

Notice to the User: The approval marking can also be viewed on your device. To view content:

While your tracker is charging, tap your tracker to flip through the screens to the Regulatory screen.



R 201-163255

South Korea

Notice to the User: The approval marking can also be viewed on your device. To view content:

While your tracker is charging, tap your tracker to flip through the screens to the Regulatory screen.

클래스 B 장치 (가정 사용을 위한 방송 통신 기기) : EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다
얼음이 장치.

“ 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. ”



- 사용 주파수 (Used frequency): 2402 MHz-2480 MHz

- 채널수 (The number of channels): 40

- 변조방식(Type of the modulation): Digital

- 안테나타입 (Antenna type): Vertical

- 출력 (Output power): -2.22dBm

- 안테나 종류 (Type of Antenna): Stamped Metal

KCC 인증정보approval information

1) 기기명 Equipment name (model name) : 무선데이터통신시스템용 특정소출력무선기기 FB408

2) 인증번호Certificate number : MSIP-CMM-XRA-FB408

3) 상호 또는 성명Applicant : Fitbit, Inc.

4) 제조자Manufacture: Fitbit, Inc.

5) 제조 년월Manufacture / Country of origin: P.R.C.

Taiwan



CCAJ16LP8650T2

注意！

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

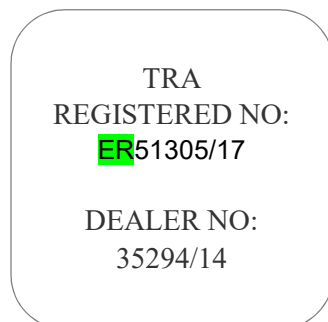
Article 12

Without permission, any company, firm or user shall not alter the frequency, increase the power, or change the characteristics and functions of the original design of the certified lower power frequency electric machinery.

Article 14

The application of low power frequency electric machineries shall not affect the navigation safety nor interfere a legal communication, if an interference is found, the service will be suspended until improvement is made and the interference no longer exists. The foregoing legal communication refers to the wireless telecommunication operated according to the telecommunications laws and regulations. The low power frequency electric machinery should be able to tolerate the interference of the electric wave radiation electric machineries and equipment for legal communications or industrial and scientific applications.

United Arab Emirates



Mexico



IFETEL: RCPFIFB16-2045

La operación de este equipo está sujeta a las siguientes dos condiciones: 1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y 2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

Israel

התאמה אישור 51-57868
המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Oman

OMAN-TRA/TA-R/3733/16
D090258

Philippines



Serbia



South Africa

<insert Cert ID>

Singapore

Complies with IMDA Standards
DA00006A