



Models FB412, FB413

Insert Product Photos Here



User Manual



# Table of Contents

---

<b>Table of Contents</b> .....	<b>3</b>
<b>Getting Started</b> .....	<b>5</b>
What's in the box .....	5
What's in this manual .....	5
<b>Set up Fitbit FB412 &amp; FB413</b> .....	<b>6</b>
Charge FB412 & FB413.....	6
Set up with your phone or tablet .....	6
Set up with your Windows 10 PC .....	7
Set up with your PC (Windows 8.1 and below).....	8
Set up with your Mac.....	8
Sync data to your Fitbit account .....	9
Wear FB412 & FB413 .....	9
Wrist choice and dominant hand.....	10
Change the wristband .....	10
Removing a wristband .....	10
Attaching a new wristband .....	11
<b>Basics</b> .....	<b>12</b>
Navigate FB412 & FB413 .....	12
Check battery level.....	12
Care for FB412 & FB413 .....	13
<b>Activity and Sleep</b> .....	<b>14</b>
View all-day stats .....	14
Track your sleep .....	14
Track a daily activity goal.....	15
Choose a goal .....	15
See goal progress.....	15
Track your exercise.....	15
Track your hourly activity.....	15
<b>Set a silent alarm</b> .....	<b>17</b>
<b>Notifications</b> .....	<b>18</b>
Set up notifications .....	18
Receive calendar notifications .....	18
See incoming notifications .....	19

<b>Customization</b> .....	<b>20</b>
Change the clock face and orientation.....	20
Use Quick View .....	20
<b>Updates</b> .....	<b>21</b>
<b>Troubleshooting</b> .....	<b>22</b>
<b>General Info and Specifications</b> .....	<b>23</b>
Sensors .....	23
Materials .....	23
Wireless technology .....	23
Haptic feedback .....	23
Battery .....	23
Memory .....	23
Display.....	24
Wristband size .....	24
Environmental conditions.....	24
Learn more .....	25
Return policy and warranty.....	25
<b>Regulatory &amp; Safety Notices</b> .....	<b>26</b>

# Getting Started

---

Welcome to Fitbit FB412 & FB413, 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 FB412 & FB413 box includes:

**Insert Photos Here**

**Insert Photos Here**

Fitbit FB412 & FB413

Charging cable

The Fitbit FB412 & FB413 has two parts: the removable wristband and the display.

## What's in this manual

We'll explain how to create a Fitbit® account and make sure your tracker can transfer the data it collects to your dashboard. The dashboard is where you'll set goals, analyze historical data, identify trends, log food and water, keep up with friends, and much more. As soon as you're done setting up FB412 & FB413, you're ready to start moving.

Next, we'll explain how to find and use the features that interest you and how to adjust your preferences. For more information, tips, and troubleshooting, browse our comprehensive help content at [help.fitbit.com](http://help.fitbit.com).

## Set up Fitbit FB412 & FB413

---

For the best experience, use the Fitbit app for iOS, Android, or Windows 10. If you don't have a smartphone or tablet, you can also use a computer and fitbit.com instead, but keep in mind that a phone is required for call, text, and calendar notifications.

Your Fitbit account asks for information such as height, weight, and gender in order to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. When you set up your account, your name and photos are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide is private by default.

### Charge FB412 & FB413

To charge FB412 & FB413:

1. Plug the included charging cable into the USB port on your computer or a UL-certified USB wall charger. Our chargers are designed to meet safety standards across the world. Third-party chargers may not be designed properly and could result in safety issues.
2. Clip the other end of the charger into the port on the back of the FB412 & FB413. The pins of the charging cable must be lined up with the charging port on FB412 & FB413 and securely locked into place. You'll know the connection is secure when the tracker vibrates and you see a battery icon on the screen.

[Insert Charge Photos Here](#)

Charging fully takes up to 2 hours. While the tracker charges, tap it to check the battery level. A fully charged tracker shows a solid battery icon. If you haven't set up FB412 & FB413 yet, you'll see a message instructing you to set up your tracker.

### Set up with your phone or tablet

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

To get started:

1. Find the Fitbit app in one of the locations below, depending on your device. If you're unsure if the Fitbit app is compatible with your phone or tablet, see <http://www.fitbit.com/devices>.
  - Apple App Store for iOS devices such as an iPhone or iPad.
  - Google Play Store for Android devices such as the Samsung Galaxy S6 and Motorola Droid Turbo 2.
  - Microsoft Store for Windows 10 devices such as the Lumia phone or Surface tablet.
2. Install the app. If you don't have an account with the store, you must create one before you can download the app.
3. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create your Fitbit account, or log in to your existing account.
4. Continue following the on-screen instructions to connect, or "pair," FB412 & FB413 to your phone or tablet. Pairing makes sure the tracker and phone or tablet can communicate with one another (sync data back and forth).

When you're done pairing, read through the guide to learn more about your new tracker and then explore the Fitbit dashboard.

## Set up with your Windows 10 PC

If you don't have a smartphone, you can set up and sync FB412 & FB413 using a Windows 10 PC and the Fitbit app. 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 FB412 & FB413.

To get the Fitbit app for your computer:

1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app". After you find it, click **Free** to download the app to your computer.
3. If you've never downloaded an app to your computer, you'll be prompted to create an account with the Microsoft Store.
4. Click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
5. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create your Fitbit account, or log in to your existing account.
6. Continue following the on-screen instructions to connect, or "pair," FB412 & FB413 to your computer. Pairing makes sure the tracker and computer can communicate with one another (sync data back and forth).

When you're done pairing, read through the guide to learn more about your new tracker and then explore the Fitbit dashboard.

## Set up with your PC (Windows 8.1 and below)

If you don't have a compatible phone or tablet, you can set up your tracker with a computer and see your stats at [fitbit.com](http://fitbit.com). To use this setup method, you'll first install a free software application called Fitbit Connect that lets FB412 & FB413 sync its data with your [fitbit.com](http://fitbit.com) dashboard. In order to set up and sync your FB412 & FB413, you'll need to use the wireless sync dongle that came in the box with your FB412 & FB413.

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 for Windows.
3. If prompted, save the file that appears.
4. Find and double-click the file to open the installer program (FitbitConnect.exe).
5. Click **Continue** to move through the installer
6. When prompted, choose **Set up a New Fitbit Device**.
7. Follow the on-screen instructions to create a Fitbit account, or log in to your existing account.
8. Continue following the on-screen instructions to connect, or "pair," FB412 & FB413 to your computer. Pairing makes sure the tracker and computer can communicate with one another (sync data back and forth).

When you're done with the setup, Fitbit guides you through an introduction to FB412 & FB413 and takes you to the [fitbit.com](http://fitbit.com) dashboard.

## Set up with your Mac

If you don't have a compatible phone or tablet, you can set up your tracker with a computer and see your stats at [fitbit.com](http://fitbit.com). To use this setup method, you'll first install a free software application called Fitbit Connect that lets FB412 & FB413 sync its data with your [fitbit.com](http://fitbit.com) dashboard. 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 FB412 & FB413.

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 for Mac.
3. If prompted, save the file that appears.
4. Find and double-click the file to open the installer program (Install Fitbit Connect.pkg).



5. Click **Continue** to move through the installer
6. When prompted, choose **Set up a New Fitbit Device**.
7. Follow the on-screen instructions to create a Fitbit account, or log in to your existing account.
8. Continue following the on-screen instructions to connect, or "pair," FB412 & FB413 to your computer. Pairing makes sure the tracker and computer can communicate with one another (sync data back and forth).


When you're done with the setup, Fitbit guides you through an introduction to FB412 & FB413 and takes you to the [fitbit.com](https://www.fitbit.com) dashboard.

## Sync data to your Fitbit account

Regularly sync FB412 & FB413 with the Fitbit app to transfer data to your dashboard. The dashboard is where you'll track your progress, see exercise history, track your sleep patterns, log food and water, identify trends, participate in challenges, and much more. We recommend syncing at least once a day.

The Fitbit app uses Bluetooth Low Energy technology to sync data with FB412 & FB413.

Each time you open the Fitbit app, FB412 & FB413 syncs automatically when it's nearby. FB412 & FB413 also syncs with the app periodically if All-Day Sync is on. To turn on this feature:

From the Fitbit app dashboard, tap or click the Account icon (  ) > FB412 & FB413 tile > **All-Day Sync**.

You can also use the **Sync Now** option in the app at any time.

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 periodically throughout the day if:

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

## Wear FB412 & FB413

Place your FB412 & FB413 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.

**Insert Photos here**

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.

**Insert Photo Here**

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

**Insert Photo Here**

You'll know your FB412 & FB413 wristband is securely fastened if both pegs on the clasp are fully inserted. Do not wear your FB412 & FB413 too tightly.

**Insert Photo Here**

---

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.

---

### Wrist choice and dominant hand

For greater accuracy and ease of use, FB412 & FB413 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 FB412 & FB413. Should you later decide to move FB412 & FB413 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.

## Change 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 FB412 & FB413 over 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. Insert Photo Here**

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

**4. Insert Photo Here**

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 a clasp on it and should be attached on the side closest to the charging port. The bottom band has notches in it.

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

**Insert Photo Here**

# Basics

---

Learn how best to navigate, check the battery level, and care for your tracker.

## Navigate FB412 & FB413

FB412 & FB413 has an OLED tap display that can be oriented horizontally or vertically. You can choose from several clock faces, each with a unique design. Single-tap the display to flip through your stats.

**Insert Photo Here**

When you're not using FB412 & FB413 the display is dimmed. 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.

For best results, tap your tracker where the screen meets the band as shown.

**Insert Photo Here**

## Check battery level

Your fully charged FB412 & FB413 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.

If your battery is low, when you wake up your FB412 & FB413 you'll see low battery icon after a few seconds. If you see a critical battery icon you'll be unable to flip through your stats until you charge your tracker. Your tracker continues to track your activity until your battery runs out.

**Insert Photo Here**

You can check your battery level at any time on the battery screen on your tracker or on your Fitbit dashboard. You must turn on the battery screen in the Fitbit app, it is not on your tracker by default.

## Care for FB412 & FB413

It's important to clean and dry your FB412 & FB413 regularly. For instructions and more information, see [fitbit.com/productcare](https://www.fitbit.com/productcare).

# Activity and Sleep

---

FB412 & FB413 continuously tracks a variety of stats whenever you wear it. The information is transferred to your dashboard every time you sync your tracker.

## View all-day stats

Tap your FB412 & FB413 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:

- Your sleep history, including hours slept and sleep patterns
- The hours of the day that you were stationary vs. active (walked at least 250 steps)
- Your exercise history and progress towards a weekly exercise goal

Double-tap your FB412 & FB413 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.

**Insert Photo Here**

Steps

**Insert Photo Here**

Calories

**Insert Photo Here**

Distance

**Insert Photo Here**

Active minutes

## Track your sleep

FB412 & FB413 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 FB412 & FB413 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.

## Track a daily activity goal

FB412 & FB413 tracks your progress towards a daily activity goal of your choice. When you reach your goal, the tracker vibrates and flashes in celebration.

### Choose 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.

### See 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.

**Insert Photo Here**

## Track your 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](https://help.fitbit.com).

## Track your hourly activity

FB412 & FB413 helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

If you haven't walked at least 250 steps in a given hour, at 10 minutes before the hour you'll feel a vibration reminding you to walk. When you meet the 250-step goal after receiving the reminder, you'll feel a second vibration and see a congratulatory message.

**Insert Photo Here**

For more information on hourly activity, including how to customize the hours you receive reminders, see [help.fitbit.com](https://help.fitbit.com).



## Set a silent alarm

---

FB412 & FB413 can gently vibrate to wake or alert you with a silent alarm. You can set up to eight alarms to recur every day or on particular days of the week only. When the alarm goes off, simply double tap to dismiss.

For more information about customizing and using silent alarms, see [help.fitbit.com](https://help.fitbit.com).

**Insert Photo Here**


# Notifications

---

Over 200 different iOS, Android, and Windows phones can send call, text, and calendar notifications to your tracker. Keep in mind the phone and tracker must be within 30 feet of each other to receive notifications. To check whether your phone is compatible with this feature, go to <https://www.fitbit.com/devices>.

## Set up notifications

Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then follow the steps below to set up notifications:

1. With your tracker nearby, from the Fitbit app dashboard, tap the Account icon (  ) > FB412 & FB413 tile.
2. Tap **Notifications**. When you're prompted to pair FB412 & FB413, follow the on-screen instructions. After you've paired your tracker, "FB412 & FB413" will appear in the list of Bluetooth devices connected to your phone. Call, text, and calendar notifications are turned on automatically.
3. Tap **Notifications > FB412 & FB413** in the top left corner to return to device settings. Your tracker syncs to complete the setup.

For detailed instructions on how to set up notifications, see [help.fitbit.com](http://help.fitbit.com).

## Receive calendar notifications

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

**Insert Photo Here**

If you have an iOS or Windows 10 phone, your FB412 & FB413 shows notifications from all calendars synced to the default 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 FB412 & FB413 shows calendar notifications from the calendar app you choose during setup. You can choose from the default Calendar app on your phone or several third-party calendar apps.

## See incoming notifications

If your tracker and phone 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 FB412 & FB413'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.

**Insert Photo Here**

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

**Insert Photo Here**

For calendar events, the event time scrolls, followed by the name of the event.

**Insert Photo Here**

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

## Customization

---

This section explains how to adjust the tracker's display and modify certain behaviors.

### Change the clock face and orientation

FB412 & FB413 has several clock faces available in horizontal and vertical styles.

Change the clock face using the Fitbit app. For more information, see [help.fitbit.com](https://help.fitbit.com).

### Use Quick View

To preserve battery, your tracker's screen turns off when not in use. It wakes up automatically when you turn your wrist towards you (known as Quick View), or you can wake it up by double tapping your tracker.

For more information about turning Quick View on or off, see [help.fitbit.com](https://help.fitbit.com).

Note that Quick View works best when wearing the tracker properly as described in "[Wear FB412 & FB413](#)" on page 9.

# Updates

---

We occasionally make free feature enhancements and product improvements available through firmware updates. We recommend keeping your FB412 & FB413 up to date.

When a firmware update is available you'll see a notification in the Fitbit app prompting you to update. When the update starts, a progress bar appears on the tracker and in the Fitbit app until the update is complete.

Keep your tracker and phone close to each other during the update process.

---

Note that updating your FB412 & FB413 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

---

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 the USB port on your computer or a UL-certified USB wall charger.
2. Insert the other end into the port on the back of your FB412 & FB413. Your FB412 & FB413 will begin charging.
3. Press the button on your charging cable 3 times within 8 seconds, briefly pausing between presses. The button is on the end of the charging cable that is plugged into the computer.

8 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, unplug FB412 & FB413 from the charging cable.

For additional troubleshooting or to contact Customer Support, see [help.fitbit.com](https://help.fitbit.com).

# General Info and Specifications

---

## Sensors

Fitbit FB412 & FB413 contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns

## Materials

The wristband that comes with FB412 & FB413 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 FB412 & FB413 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.

## Wireless technology

FB412 & FB413 contains a Bluetooth 4.0 radio transceiver.

## Haptic feedback

FB412 & FB413 contains a vibration motor for alarms, goals, notifications, and reminders.

## Battery

FB412 & FB413 contains a rechargeable lithium-polymer battery.

## Memory

Refer to the following table for information on how long FB412 & FB413 stores stats and data in between the times when it syncs. Stored data consists of steps, distance, calories burned, active minutes, sleep, and stationary vs. active hours.

We recommend syncing FB412 & FB413 at least once a day.

Type of data	Days stored
Minute-by-minute stats	5
Sleep data	7
SmartTrack data	2
Summary totals	30

## Display

FB412 & FB413 has an OLED tap display.

## Wristband size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

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 14° F (-20° to -10° C)  113° to 140°F (45° to 60° C)
Water Resistance	Splash proof.



Maximum Operating Altitude	30,000 feet (9,144 m)
----------------------------	--------------------------

## Learn more

To learn more about your tracker and dashboard, visit [help.fitbit.com](https://help.fitbit.com).

## Return policy and warranty

Warranty information and the fitbit.com return policy can be found at [fitbit.com/legal/returns-and-warranty](https://fitbit.com/legal/returns-and-warranty).

# Regulatory & Safety Notices

---

## Notice to the User

**Regulatory content for select regions can also be viewed on your device. To view the content:**

**Settings > About > Regulatory Info**

## USA: Federal Communications Commission (FCC) statement

**Models: FB412 and FB413**

**Notice to the User: The FCC ID can also be viewed on your device. To view the content:**

**Settings > About > Regulatory Info**

### **Responsible Party – U.S. Contact Information**

199 Fremont Street, 14<sup>th</sup> Floor  
San Francisco, CA  
94105  
[www.fitbit.com](http://www.fitbit.com)

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, including interference that may cause undesired operation of the device.

### FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance 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 and IC requirements for RF exposure in public or uncontrolled environments.

Model FB412:

**FCC ID: XRAFB412**

Model FB413:

**FCC ID: XRAFB413**

## Canada: Industry Canada (IC) statement

### Models FB412 and FB413

**Notice to the User: The IC ID can also be viewed on your device. To view the content:**

**Settings > About > Regulatory Info**

### Noms de modèles FB412 et FB413

**Avis à l'utilisateur: L'ID de l'IC peut également être consulté sur votre appareil. Pour voir le contenu:**

**Paramètres > À propos > Informations réglementaires**

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 English/French 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

Model FB412:

**IC: 8542A-FB412**

Model FB413:

**IC: 8542A-FB413**

## European Union (EU)

### Models FB412 and FB413

#### **Simplified EU Declaration of Conformity**

Hereby, Fitbit, Inc. declares that the radio equipment type Models FB412 and FB413 are in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Vereinfachte EU-Konformitätserklärung**

Fitbit, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB412, FB413 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Declaración UE de Conformidad simplificada**

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB412, FB413 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Déclaration UE de conformité simplifiée**

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB412, FB413 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Dichiarazione di conformità UE semplificata**

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB412, FB413 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: [www.fitbit.com/safety](http://www.fitbit.com/safety)



## Argentina

**Model FB412:**



**Model FB413:**



## Australia/New Zealand

**Models FB412 & FB413**



## China

**Regulatory content can also be viewed on your device. To view the content:  
Settings > About > Regulatory Info**

**Model FB412:**

**CMIIT ID: XXXXXXXXXX**

Model FB413:

CMIIT ID: XXXXXXXXXX

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Models FB412 & FB413	铅 (Pb)	水银(Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯醚 (PBDE)
表带和表扣 (Strap and Buckle)	O	O	O	O	O	O
电子 (Electronics)	--	O	O	O	O	O
电池 (Battery)	O	O	O	O	O	O
充电线 (Charging Cable)	O	O	O	O	O	O

本表格依据 SJ/T 11364 的规定编制

O = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下 (indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572).

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds the concentration limit requirement as described in GB/T 26572).



## India

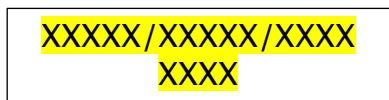
Models FB412 & FB413

**Notice to the User: Regulatory content can also be viewed on your device.  
To view the content:**

**Settings > About > Regulatory Info**

## Indonesia

Models FB412 & FB413



## Israel

Model FB412

התאמה אישור **XX-XXXXX** המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Model FB413

התאמה אישור **XX-XXXXX** המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

## JAPAN

Models FB412 & F413

**Notice to the User: Regulatory content for select regions can also be viewed  
on your device. To view the content:**

**Settings > About > Regulatory Info**

## Mexico

### Models FB412 & FB413



“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

## Morocco

### Model FB412

AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR 16935 ANRT 2018

Date d'agrément: 28/06/2018

### Model FB413

AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR 16934 ANRT 2018

Date d'agrément: 28/06/2018

## Nigeria

### Models FB412 & FB413

Connection and use of this communications equipment is permitted by the Nigerian Communications Commission.



## Oman

### Model FB412

OMAN-TRA/TA-R/XXXX/XX  
DXXXXXX

### Model FB413

OMAN-TRA/TA-R/XXXX/XX  
DXXXXXX

## Philippines

### Models FB412 & FB413



## Serbia

### Models FB412 & FB413



## South Korea

### Models FB412 & FB413

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

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

## Taiwan

### Models FB412 & FB413

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.

使用過度恐傷害視力」 使用30分鐘請休息10分鐘。 2歲以下幼兒不看螢幕， 2歲以上每天看螢幕不要超過1小時。

**Translation:**

“Excessive use may cause damage to vision”

Rest for 10 minutes after every 30 minutes.

Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour. see the screen for more than 1 hour.

電池警語：

此裝置使用鋰電池。

若未遵照下列準則， 則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、 發生火災、 化學品灼傷、 電解液洩漏及／或受傷的風險。

- 請勿拆解、鑿孔或損壞裝置或電池。
- 請勿取出或嘗試取出使用者不可自行更換的電池。
- 請勿將電池曝露於火焰、爆炸或其他危險中。
- 請勿使用尖銳物品取出電池。

**Translation:**

Battery warning:

This device uses a lithium battery.

If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and / or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

## United Arab Emirates

**Model FB412**

TRA Registered No: ER63685/18

Dealer No: 35294/14

**Model FB413**

TRA Registered No: ER63686/18

Dealer No: 35294/14

Zambia

Model FB412



Model Name FB413



Customs Union

**EAC**