

medicare<sup>®</sup>

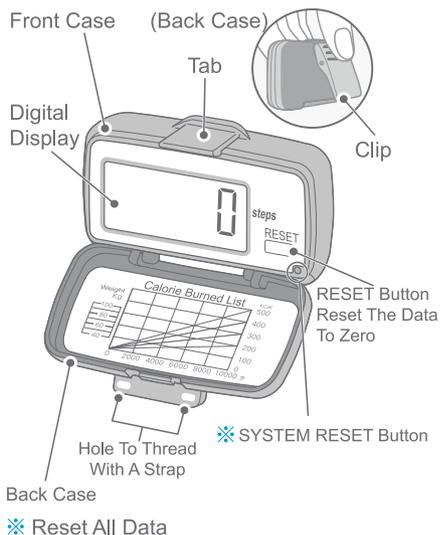
GO

Large LCD Display

## INSTRUCTION MANUAL

- Please read this instruction manual before using the product to ensure safe and correct use.
- Please keep this instruction manual always at hand for your future reference.

## 2 Components



STEP TOWARDS  
A HEALTHIER YOU

## 1 Safety Information

(Please read this section carefully before using this unit)

### Warning

Keep the unit out of reach of young children. If a child swallows battery, cover, or screw, consult a doctor immediately.

### Caution

- Do not disassemble, repair, or modify the unit. It may cause damage to the unit.
- Do not throw the battery into fire. It may cause explosion.

### General Advice

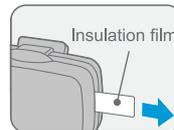
- Avoid exposing the unit to strong shock.
- Do not force open the main unit.
- Do not press too hard or twist the clip.
- The main unit is not waterproof. Do not wash it or touch it with wet hands.

## 3 Instructions For Use

### Walking For Good Health!



1. Turn on the power by pulling out the insulation film.  
(You do not need to re-insert the film.)



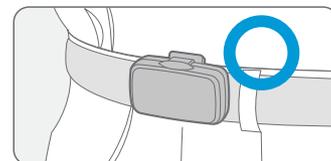
2. Slide off the protective backing.



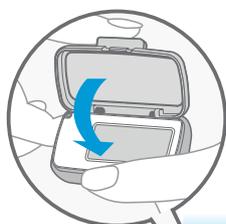
3. Reset system with a pin.  
(Do not use anything easily broken.)



1 Clip your pedometer to your belt or waistband for best results

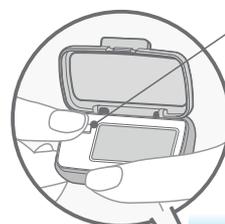


2 Open the front case



Pressing the tab with your hand to open the front case.

3 Reset the data to zero



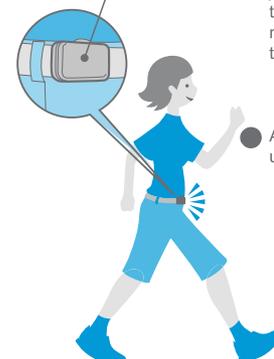
Press RESET Button

Pressing the RESET button for more than 2 seconds to reset the data to zero.

4 Close the front case and start walking.

### Start Counting Steps

Close the front case



- Once motion continues for 7 steps or more, the unit judges the motion to be walking and measure from that time.
- Avoid exposing the unit to strong shock.

## 4 Tips For Best Results

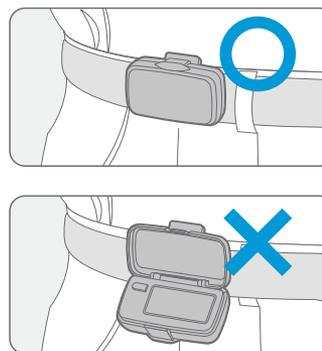
IMPORTANT

### 1 Clip to belt or waistband for best results



IMPORTANT

### 2 The case should be closed during use.



Your pedometer may not be able to display the step count correctly when:

- Walking at irregular pace.
- Walking in sandals, clogs, slippers etc.
- Engaging in intense sports or exercise with varying up and down movement.

For example:

- When sitting down and standing up.
- Climbing up and down stairs or steep slopes.
- When swaying aboard a vehicle.
- With irregular movement.

## 5 Maintenance

- Wipe the main unit with a soft dry cloth.

### Note

- Do not use benzine, thinner, or gasoline to clean the unit.

## 6 Storage

### Note

1. Do not store the unit in the following conditions:

- Direct sunlight
- Where water may get in
- Where there will be sudden shock, vibration
- In storage places of chemicals
- Where corrosive gas is generated
- Keep the unit out of reach of children

2. If you are not using the unit for a long period (three months or more), remove the battery before storage.

## 7 Replacement Of Battery

1. Open the back case.

(Fit a coin into the groove to remove the cover.)



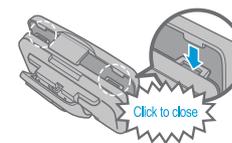
2. Remove the worn battery.

3. Insert a new battery with the correct alignment of polarities.

### Note

- Use a CR2032 battery.
- Replace the worn battery immediately when nothing is displayed.

4. Close the back case.



5. Reset system with a pin. (Do not use anything easily broken.)

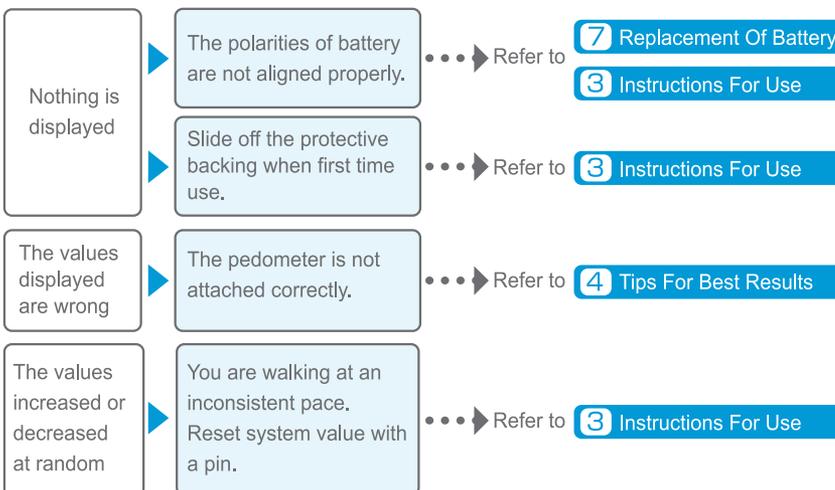


- Ensure the battery oriented correctly.
- Please read this instruction manual before replacement of the battery.

## 8 Specification

Display	Steps: 0-99,999 steps
Operating Temperature	0°C-40°C
Measurement Accuracy	±5%
Material	ABS
Dimension	60.0*26.3*37.4mm
Weight	26g(Battery included)
Battery	CR2032
Battery Lifetime	two years

## 9 Troubleshooting



## 10 FAQ

Q: How to reset the value?

A: Press the RESET button for more than 2 seconds.

Q: Why does the device measure from 7 steps later?

A: This is right to avoid wrong movements displayed.

