

Set Up and Charging

Important: Fully charge your medical alert wrist watch before first use.

1. Plug in charger.
2. Place watch into charger cradle. You will hear an audible confirmation when charging begins.
3. Charge the device until the LED light is green.

The watch's rechargeable battery can last 24-36 hours or through 2-4 hours of talk time.



How to Call for Help

We recommend testing your system every 30 days for optimal performance.

1. Press and hold the SOS button until the bar on the watch face turns gray.
2. After a short delay, you will hear a two-toned beep followed by a sustained beep. A Command Center emergency response agent will answer your alert and stay on the line until help arrives.

Weather App

Tap sun/cloud icon to open; press SOS button to exit.

Using the Pedometer

1. Swipe left across the watch face and tap the shoe icon.
2. Tap the gear icon and then select Measure to enable tracking.
3. You can change your goals by tapping the + or - icons OR reset your steps to 0 by tapping "reset" at this time.
4. Press and release the SOS button twice to return to the watch face. Your device is now ready to track your steps.



Never Face an Emergency Alone

On-the-Go Wrist Watch Medical Alert + GPS + Pedometer

QUICK START GUIDE



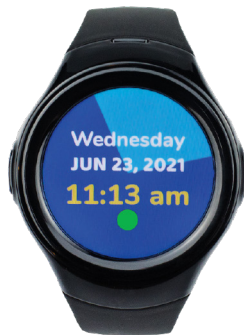
For assistance or questions, please call
Member Care: **800-693-5433 ext 2**
Or visit **Alert-1.com**



Ready to Go in 3 Easy Steps!

- 1 Charge the watch – LED glows green when charged.
- 2 Adjust the wristband – The wristband should be snug, but not tight.
- 3 Press power button.

Enjoy more peace of mind with a wearable SOS button that links to a 24x7 certified emergency response professional!



Adjustable Wristband
To resize, lift up on the wristband and disengage the hook, then adjust band.

Power Cord
Plug in to back of charger.

SOS Button
Press and hold the SOS button until the bar on the watch face turns gray.

Magnetic Charging Station
Face SOS button up, align pins with watch back. Light turns from red to green when charged.

LED Button
Light glows red while charging, green when fully charged.

On/Off Button

Indicator Signs

While on Charger	
"Your device is now charging."	🔌 Charging
LED on charger red	🔌 Charging
LED on charger green	✅ Charged
Circle light on watch face green	📶 Good service
Circle light on watch face yellow	📶 Adequate service
Circle light on watch face red	❌ Out of service
While off Charger	
Circle light on watch face green	📶 Good service
Circle light on watch face yellow	📶 Adequate service
Circle light on watch face red	❌ Out of service
During a Call	
Two-toned ring followed by long beep	📞 Call connecting
Two-toned ring followed by call ended	❌ Call failed – contact Alert 1

Need Help?

For support with your account or device, please call Alert1 Member Care: 800-693-5433 ext 2
To access your account online: www.Alert-1.com/myaccount