

ACTIVITY MONITOR *Silme™ W11*

Model No. TK011AM00

Instruction manual
Ver. 1.00

CEC BC Mark

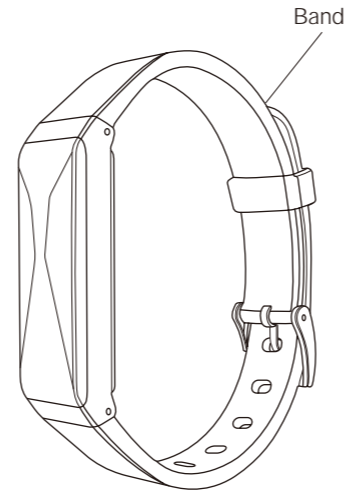


Thank you for purchasing TDK's Activity Monitor.

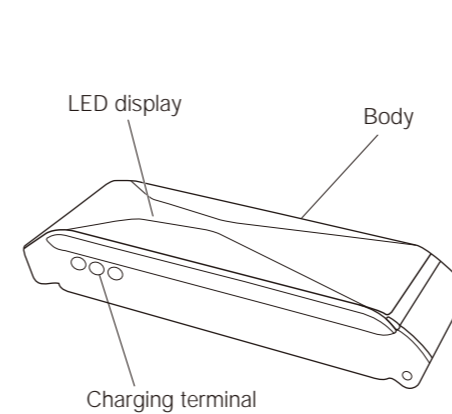
- To use TDK's Activity Monitor (this "Product") correctly and safely, please carefully read the instruction manual provided by TDK (the "Manual") and keep it in mind before using this Product.
- After reading the Manual, please keep it on hand so that others can refer to it at any time.

Body and Components

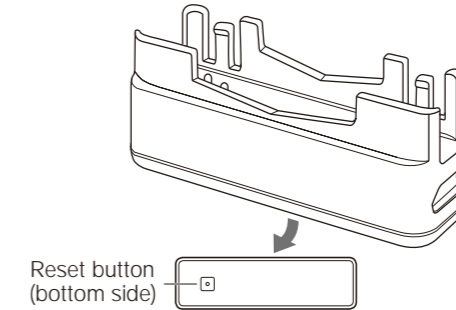
[Body + band (for fixation)]



[Body]



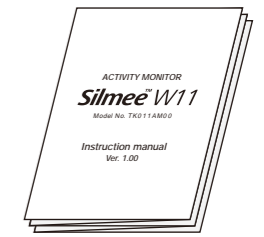
[The dedicated charging cradle]



[Micro USB cable for the charging cradle]



[Instruction manual]



This Product is a wrist-worn device capable of measuring daily activities such as walking, running, and sleeping when used in combination with the specialized application. Wireless communication by using Bluetooth® will connect this Product with the specialized application. The application can be used to set values such as those for activity targets and alarms. Results of the measurements made with this Product can be checked with the application.

2. SAFETY PRECAUTIONS

This section lists important precautions which users of this Product should observe in order to avoid injury and property damage to you and any third person, and to ensure to use this Product safely and correctly. Please be sure that you understand the meanings of the labels and graphic symbols described below before you move on to the detailed descriptions of this precautions, and comply with the precautions stated.

Explanation of Labels



Indicates "a hazardous situation which, if not observed, could result in death or serious injury".



Indicates "a potentially hazardous situation which, if not observed, may result in injury or cause property damage".

Explanation of Graphic Symbols



Indicates "prohibited actions" by using an appropriate picture or text within or near the above graphic symbol.



Indicates "actions that must be undertaken for safety purposes" by using an appropriate picture or text within or near the above graphic symbol.

Material List

	Parts	Materials/ Surface treatment
Body	Top cover	PC resin/ Vacuum deposition
	Charging terminal	Copper/ gold plating
	Bottom cover	PC resin
Band	Band	TPE
	Fastener	Stainless steel
Charging cradle	Charging cradle	PC resin
	Charging terminal	Copper alloy/ gold plating
	USB connector	Stainless steel/ Ni plating

⚠ WARNING			
⊘ Prohibition	<p>Keep this Product out of reach from small children. If the body of this Product is detached and accidentally swallowed, suffocation or injury may occur. In case of accidental swallowing, consult with a medical doctor immediately. The wristband buckle may cause injury.</p> <p>Perform exercises to consider your physical condition. Refrain from performing heavy or extreme exercises.</p> <p>Stop your exercise and consult with a medical doctor immediately, if you do not feel well or your physical conditions would be bad during exercise.</p> <p>The charging adapter of this Product is not waterproof. Do not connect with the body of the Product if it is wet by sweat or water.</p>	<p>⊘ Do not disassemble</p> <p>⚠ Instruction</p>	<p>Do not disassemble or reverse engineer this Product or modify the inner parts.</p> <p>Do not remove the built-in rechargeable battery from the body of this Product.</p> <p>Follow the instructions of a medical doctor or expert if you want to perform physical therapy, training, or diets.</p> <p>Please use the dedicated charging cradle when charging the device.</p> <p>Stop using this Product immediately if the built-in rechargeable battery leaks or overheats.</p> <p>Seek medical treatment immediately if liquid leaked from the built-in rechargeable battery of this Product comes into your eye or mouth.</p> <p>The Micro USB cable on this Product uses PVC. Handling the Micro USB cable will expose you to lead, a chemical known to the State of California to cause birth defects or other reproductive harm. Wash hands after handling.</p>

⚠ CAUTION		
⊘ Prohibition	<p>Do not use this Product in a sauna or near other heat sources. Attempting to do so may cause burn injuries.</p> <p>Using this Product may cause any persons with sensitive skin, skin rash or itch. If you feel such skin rash or itch, stop using this Product and consult with a medical doctor immediately.</p> <p>Persons with allergies to certain metals should confirm the Material List and consult with a medical doctor before using this Product.</p> <p>This Product can only withstand splashes, such as rain or washing your face or hands. Do not use this Product in water.</p>	<p>Do not use or store this Product in a place exposed to direct sunlight, near a heating appliance, or in dusty or moist surroundings. Do not store this Product on plastic.</p> <p>Do not drop, throw, hit, or impact this Product.</p> <p>There is risk of explosion if the battery is replaced by an incorrect type of BATTERY that can defeat a SAFEGUARD (for example, in the case of some lithium BATTERY types); disposal of a BATTERY into fire or a hot oven, or mechanically crushing or cutting of a BATTERY can result in an EXPLOSION; leaving a BATTERY in an extremely high temperature environment can result in an EXPLOSION or the leakage of flammable liquid or gas; a BATTERY subjected to extremely low air pressure may result in an EXPLOSION or the leakage of flammable liquid or gas.</p>

3. INSTRUCTIONS FOR USE

Bluetooth®

This Product does not warrant interoperability with all Bluetooth® compatible devices.

The frequency band for this Product is also used by home appliances such as microwave ovens; industrial, scientific, and medical equipment; private radio stations used to identify object movements on factory manufacturing lines (licensed radio stations); specific small-power radio stations (non-licensed radio stations).

Before using this Product, make sure that no private radio stations for identifying movement or specific small-power radio stations are used nearby, at any time.

Change the location of the use of this Product or stop use of this Product if it causes radio wave interference on a private radio station for identifying movement.

To avoid interference with the communication system, do not use the Bluetooth® functions of this Product on airplane.

Consult with a medical doctor before using this Product if you use a medical device, such as a pacemaker.

Do not use this Product with medical devices, systems related to human life directly or indirectly, or in

environments requiring high safety and reliability.

Do not use this Product in system environments related to equipment or computer systems directly or indirectly, requiring high safety and reliability.

Frequency band of this Product is as follows.



2.4: Indicates "radio equipment using the 2.4 GHz band".

FH: Indicates "the FH-SS modulation method is used".

1: Indicates "the expected interfering distance is 10 meters or less".

XX: Indicates "the modulation method is a different method".

4: Indicates "the expected interfering distance is 40 meters or less".

Indicates "the full 2400 MHz- 2483.5 MHz band is used for equipment that identifies object movement is unavoidable".

For Good Communication

In case you want to connect to other devices such as smartphone by using this Product, please use in a place without interference. Some of building structures or obstacles may reduce communication distance. In particular, communication may be disabled by reinforced concrete.

Do not use the Bluetooth® functions of this Product near radio LANs or other radio equipment, electric appliances generating radio waves such as microwave ovens, in places with many obstacles, or in places with bad radio wave conditions. Otherwise, the communication between this Product and other devices may shut down frequently, communication speed may be slowed down, or errors may occur.

IEEE 802.11g/b radio LAN equipment and Bluetooth® devices like this Product use the same frequency band (2.4 GHz). If they are used in close proximity, both may suffer radio wave interference and cause communication speed to slow down or to disable the connection. Turn off the power of unused equipment or devices in such cases.

Change location of use of this Product if proper communication is disabled near radio equipment or broadcasting stations.

4. DISCLAIMER

IN NO EVENT SHALL TDK BE LIABLE TO YOU AND ANY THIRD PERSON FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL OR INDIRECT DAMAGES OF ANY KIND (INCLUDING WITHOUT LIMITATION LOSS OF PROFIT) WHETHER OR NOT ADVISED OF THE POSSIBILITY OF SUCH DAMAGES OR LOSS.

TDK SHALL NOT BE LIABLE FOR ANY DAMAGES CAUSED BY FAILURE TO COMPLY WITH ANY PROVISION IN THE MANUAL.

TDK SHALL NOT BE LIABLE FOR THE DESTRUCTION, LOSS OF MEASUREMENT DATA THAT HAS BEEN RECORDED IN THIS PRODUCT AND ANY DAMAGES THEREOF, REGARDLESS OF THE CONTENT OR CAUSE OF THE DAMAGE. TDK SHALL NOT BE ABLE TO RECOVER OR RESTORE THE DATA.

THE DATA MEASURED BY USING THIS PRODUCT IS REFERENCE ONLY. THE ACTUAL VALUES MAY BE DIFFERENT FROM VALUE OF THE MEASURED DATA. PLEASE CHECK THE PRODUCT PAGE FOR DETAILS ON COUNTRIES AND REGIONS WHERE THE PRODUCT CAN BE USED.

IN CASE THAT ANY PROBLEMS AND DAMAGES SHOULD ARISE DUE TO THE USE OF A SMARTPHONE THAT IS NOT COMPATIBLE WITH THIS PRODUCT, TDK SHALL NOT BE LIABLE TO SUCH PROBLEMS AND DAMAGES.

5. PRECAUTIONS

Charge this Product when using it for the first time or when it has not been used for a long time.

When you charge this Product after exposure to water such as sweat or rain, wipe off water completely from the body and parts that will be in contact with the charging cradle with a soft cloth before charging.

Do not use this Product for any purposes other than measuring activity or checking sleeping conditions.

The body and band of this Product is in contact with your skin directly. Sweat, dirt, dust, or other unnoticeable elements may make this Product dirty. See Section "maintenance" in this instruction manual and use this Product properly.

Do not pull the band of this Product forcibly and bend it in the opposite direction. These conduct may cause.

- dropping of the body of this Product and may lead to waterproof performance deterioration or malfunction.

- it may lead to the deformation or destruction of the body, wristband, or buckle.

Do not put the body or the band in hot springs or in water containing hot spring components. Such conduct may cause the appearance of this Product to deteriorate.

Do not wear this Product when swimming, taking a bath, or while in a sauna. Do not expose the body of this Product to water from a faucet or place it in water.

If thinner, gasoline, solvent, oil, fat, cleaner, adhesive, paint, chemical, or cosmetics containing such materials are put on this Product, it may cause this Product to discolor, deform or destroy.

This Product uses a lithium ion battery. Observe the instructions of your local government when disposing of this Product.

This product is intended to be supplied by a DC Power Source marked "L.P.S." (or "Limited Power Source") and rated from 5Vdc, 100mA minimum.

Precautions about water resistance of this Product

Wipe off water on this Product immediately with dry and soft cloth, if this Product is exposed to the water.

The waterproof specifications are based on the test results of TDK or a third party consigned by TDK. TDK does not warrant any operations of this Product under any circumstances.

