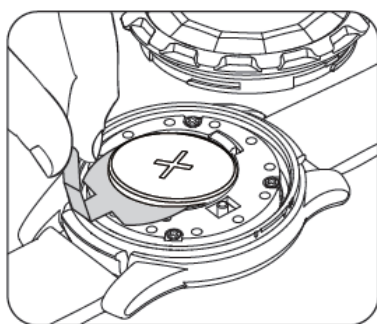


## HR-50/B/N Quick Start Guide

HR-50/B/N is a heart rate monitor device with activity tracking function (B/N model). You can know your heart rate when heart rate function is working. Besides, HR-50B/N also records your daily steps, calories and sleep pattern. By connecting to the APP in your device, you can check your heart rate status and daily activity information (B/N model). We believe HR-50/B/N would be your best sport and activity tracking (B/N model) fitness watch.

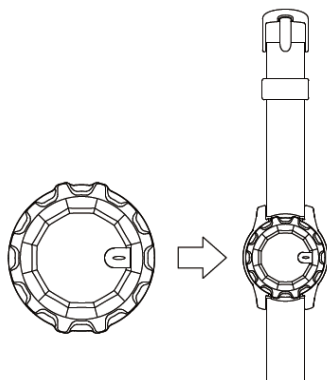
### First Time Use:

Please take out the battery insulation film to enable HR-50/B/N before first time use.

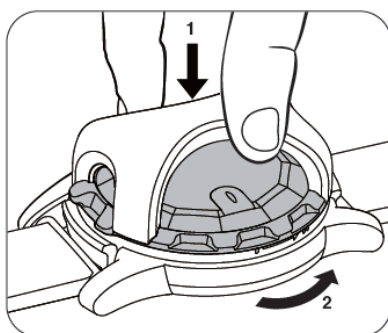


### Battery Change Method:

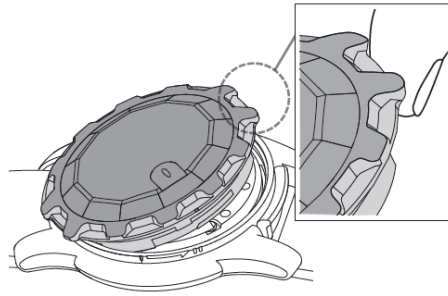
- ① Put HR-50/B/N main device into device holder.



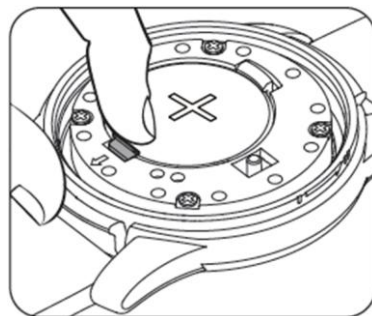
- ② Open top case by using the attached top case opener and rotate top case in counterclockwise direction for about 15 degree.



- ③ Lift top case by your hand. Please note that you could lift the top case easier by lifting the 12 or 6 o'clock direction tooth.

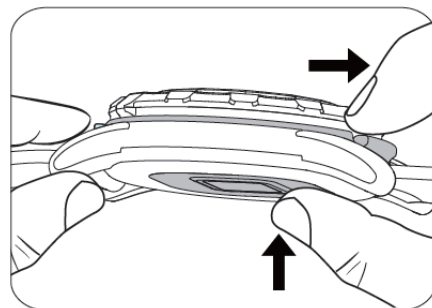


- ④ Open the battery latch and you could change a new battery.



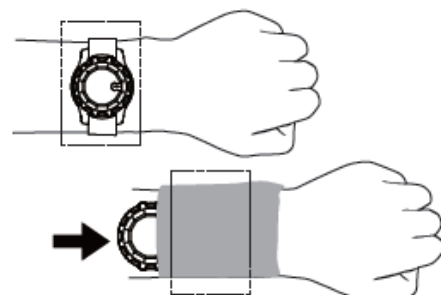
### **Take HR-50/B/N Out from Device Holder:**

You could take HR-50/B/N out from device holder by bending the latch of device holder (in 6 or 12 o'clock direction) and push HR-50/B/N from its back at the same time.



### **Wear HR-50/B/N on Your Wrist:**

Please note that it is suggested to wear HR-50/B/N in below recommended part on your wrist and HR-50/B/N should be tied enough without slipping back and forth on your wrist. By the way, you could also take out HR-50/B/N from its holder and wear HR-50/B/N by using your own wrist sleeve.



## Functions of HR-50/B/N:

Methods to enable each HR-50/B/N function are listed below.

Function	Enable Method	Support Model
Heart Rate	press button for 3 seconds (same way to disable)	HR-50/B/N
Time	click button	HR-50B/N
Step	always on	HR-50B/N
Calorie	always on	HR-50B/N
Sleep	always on	HR-50B/N
NFC	always on	HR-50N

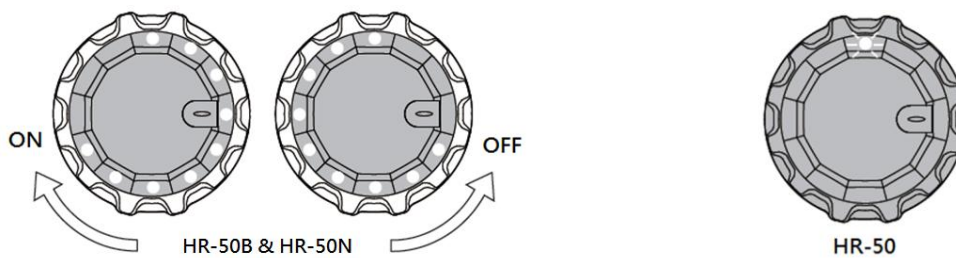


## Light Indication of HR-50/B/N:

① Heart rate:

(i) For HR-50B/N, when you turn on (off) heart rate function by pressing button for 3 seconds, LED will light in clockwise (counterclockwise) direction.

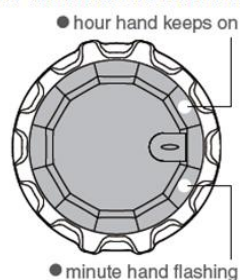
(ii) For HR-50, when you turn on (off) heart rate function by pressing button for 3 seconds, 12 o'clock LED will flash.



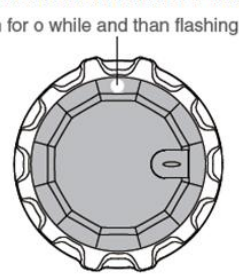
② Time of day:

When you click the button of HR-50B/N, LED will show current time of day with hour hand keeps on and minute hand flashing. If hour and minute hand overlaps, LED will be on for a while and then flashing.

hour and minute hand separated

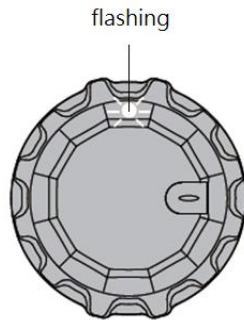


hour and minute hand overlaps



③ Low power indication:

When HR-50/B/N is going to run out of battery, LED in 12 o'clock direction will be flashing. This is a reminder for user to replace a new battery. Please note that when battery is low, heart rate / time / APP data transfer function will be off. However, step / calorie / sleep function will still be working until HR-50/B/N runs out of battery.



**APP Installation of HR-50/B/N:**

Please refer to below QR code for downloading HR-50/B/N iOS and Android APP. You could use your HR-50/B/N with APP. Then, you could understand your heart rate and daily activity status.



For more detailed user guide, please visit <http://www.globalsat.com.tw> and search "HR-50".