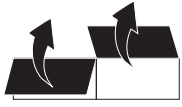
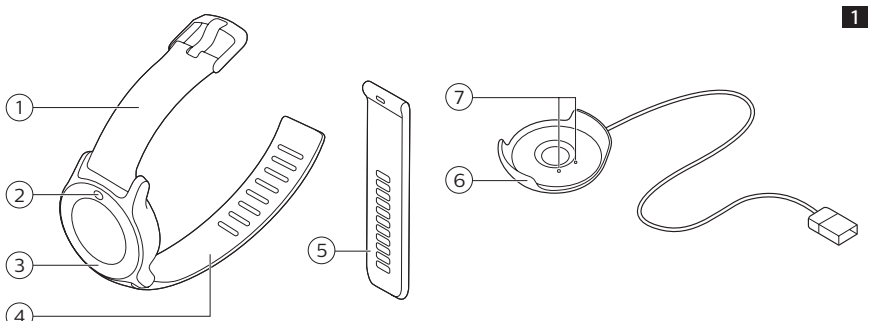
DL879X



EN User manual 5

PHILIPS




1
1
2
3
4
5
6
7

Contents

Introduction	7
Intended use	8
Operating principle	9
General description	10
Important safety information	11
Contraindications	11
Reactions	12
Warning	13
Caution	17
GENERAL RECOMMENDATIONS	18
Compliance with standards	20
Preparing for use	21

Charging 21
Battery charge indications 23
Pairing and personalizing the Philips health watch 24
Sync and store personal health data in the app 26
Wearing the health watch 28
Replacing the strap 29
User interface 30
User interface icons 31
Main menu 35
Shortcuts menu 36
Locking and unlocking the screen 38
Heart rate 38
Heart rate zones 42

Sleep 44
Food intake 45
Activity 46
Alarm, stopwatch and timer 48
Settings 49
Cleaning and storage 52
Ordering accessories 52
Recycling 53
Removing the rechargeable battery 54
Guarantee and support 55
Troubleshooting 55

Compliance information	69
Electromagnetic emissions and immunity	69
EMC Guidance	69
Declaration – electromagnetic immunity	72
Declaration – electromagnetic immunity	76
Recommended separation distances between portable and mobile RF communications equipment and the Medical device	79
Trademarks	82
BlueTooth wordmark	82
App Store and iPhone	82
Google Play and Android	82
Explanation of symbols	83
Specifications	88

Introduction

Congratulations on your purchase and welcome to Philips! To fully benefit from the support that Philips offers, register your product at **www.philips.com/welcome**.

The Philips health watch empowers you to live a healthier life by continuously tracking activity, calorie burn, sleep habits, heart rate and other key metrics of your cardio condition, and more. The watch can wirelessly connect to a smartphone. An always ON screen and battery charge of up to 4 days allows you to wear the watch every day and night. You can monitor your metrics and get personalized guidance with the Philips HealthSuite health app.

Intended use

The medical purpose is to measure and track the vital physiological parameter heart rate and movement, and derive resting heart rate and energy expenditure of adults at risk of getting a lifestyle related chronic disease or adult patients suffering lifestyle related chronic disease, specifically cardiovascular disease and diabetes type 2. Investigation of these parameters is used in the assessment of the physiological state of a person and their daily physical activity level. For people at risk of these lifestyle related chronic diseases or patients with a pre-existing condition, the continuous monitoring of these parameters can give insight in changes of heart rate and daily physical activity.

The non-medical purpose is measurement of: steps, heart rate recovery, resting respiration rate and sleep patterns, and providing: automatic activity recognition (cycling, running, walking), a heart rate zone indication, a VO2max estimate and sedentary behavior alerting, for wellness purposes.

Operating principle

The Philips health watch is a wrist-worn device for 24/7 home use (indoor and outdoor). The device uses a tri-axial accelerometer to measure motion and green Light-Emitting Diodes (LEDs) and a photodiode to create a photoplethysmogram (PPG).
The accelerometer output and the PPG-signal are analyzed to determine heartbeat, activity type, steps taken, and are used as input for estimation of energy expenditure and other parameters.

General description

An overview image of the Philips health watch can be found on the fold out page of this user manual.

1 Wrist band with buckle
2 Menu button
3 Touch ring
4 Large wrist band (M/L)
5 Small wrist band (S/M)
6 USB charging cradle
7 Charging pins

Important safety information

Read this important information carefully before you use the device and save it for future reference.

Contraindications

Do not use this device if:

- You have skin problems, including wounds, sores and burns, in the wrist area as this can result in prolongation or aggravation of these symptoms.

Reactions

It is possible that you can experience adverse reactions due to wearing a device that stays in contact with your skin for long periods at a time. These reactions can include:

- Skin reactions to pressure or friction of the device against the skin.
- Skin reactions to dirt or moisture trapped between the device and the skin.
- Allergic reactions to the materials used; stainless steel, plain plastic or thermoplastic polyurethane (TPU).

If you experience such reactions remove the watch from your wrist, stop using the watch and give your skin a couple of days to rest. Before refastening the watch, be sure to read the instructions on how to wear the watch mentioned in the chapter ‘Wearing the health watch’.

If you continue to experience reactions consult your doctor and notify Philips Consumer Care.

Warning



- Only use a double insulated IEC60950-1 class II USB-adapter or USB-port for **charging**.
  Check if the USB-adapter has the symbol for double insulation: ⧈.
  If you don't use a double insulated IEC60950-1 class II USB-adapter, the USB-adapter could malfunction and cause injury.
- Consult your doctor prior to starting an exercise regime if you have heart **disease,** kidney disease and/or diabetes mellitus type 1 or 2.
- Do not start or continue exercising before consulting your doctor if you experience any of the following **signs or symptoms:**
  - feeling dizzy, nauseated or about to faint
  - feeling unusual fatigue with usual activities,
  - feeling pain in your: chest, neck, jaw or arms,

- feeling that your heart is beating too hard or fast,
- having shortness of breath during rest/mild exertion, when lying flat or during the night,
- having a known heart murmur,
- having swollen ankles.

Exercising while experiencing any of these symptoms might increase the risk of heart problems.

- **It is important to always listen to your body first, instead of only relying upon measurements that the watch provides.**
- If you are taking **medicines** that lower your maximum heart rate (e.g. for high blood pressure), consult your doctor. Ask your doctor what your target heart rate zone should be.

- If you have a **heart condition** or you are in cardiac rehab, talk to a healthcare professional about what exercises you can engage in and what your target heart rate should be. Exercising with a too high heart rate could cause health problems, like temporary chest pain, heart overload or exhaustion.
- Do not share the device. The Philips health watch is designed **for personal use only.** The watch measures several health parameters, which are updated over time and are tailored to you. Switching the watch between different people would lead to inaccurate measurements.
- **Do not modify** this equipment. This may result in hazardous situations. Make sure the device is in proper working condition before use.
- Only use the **charging cradle and detachable parts** authorized by the manufacturer. The use of unauthorized parts or accessories may cause injury or damage to the device.

- To reduce the risk of skin irritation please follow these instructions:
  - **Clean** the device and skin underneath the device regularly and after each sports session. Take the watch off once in a while to give your skin some rest.
  - Always **dry** the device when it has become wet.
  - Do not wear the strap too tight, to ensure it is still comfortable to wear.
  - Follow the instructions in chapter ‚Wearing the health watch'.
- Keep the device **out of reach of infants, children or pets,** since inhalation or swallowing of small parts can be dangerous or even fatal.
- Keep the device away from fire and heat sources. The **internal batteries** can overheat and may explode or leak, causing fire or explosion.
- During **pregnancy,** always follow your doctor's advice with regards to weight management, exercise type, frequency, duration, intensity and rest intervals. Be aware that the heart rate zone indicator is not applicable when you are pregnant.

Make sure to update your weight in the app on a regular basis. Failure to do so might result in inaccurate energy expenditure (calorie burn) estimation.

- **Sleep** algorithms should not be used for diagnosis or treatment in case of sleep problems. They have not been validated for people with sleeping disorders.

Caution



- Do not use the device near **strong electrical or magnetic fields,** for example magnets, radio transmitters, microwave ovens. This could cause measurement errors.
- Use this device under the right **environmental conditions** as indicated in this user manual. If not, this could affect the performance and lifetime of the device and measurement results.
- If you have any **problems with this device**, such as setting up, malfunction, maintenance, please contact Philips Consumer Care or visit **www.philips.com/support.**

- If you have doubts about the **accuracy of the measurements** by the watch, stop using the watch and read the troubleshooting section. If you cannot find a solution there, please contact Philips Consumer Care or **visit www.philips.com/support**. Accurate measurement relies on three key factors: Placement of the sensor in direct contact with the skin, transmittance of light through the skin, and sufficient blood flow through the skin. There are conditions where accurate optical heart rate measurement is not possible.

GENERAL RECOMMENDATIONS

- Read this user manual carefully and always follow the instructions.
- Do not use this watch for any other purpose than what it is intended for.
- Make sure the device is in proper working condition before use.

- Do not wear the device when showering, bathing, swimming or scuba diving, as this may damage the device. The device is water resistant and is protected against rain and sweat.
- Exercising at the right intensity is important to improve your condition. The general recommendation for physical activity is to have at least 150 minutes of moderate intensity activity per week. This can made up of segments of at least 10 minutes duration. Additionally, it is important to note that even if you cannot achieve the recommended amount of physical activity, being physically active to a lesser amount (e.g. 90 minutes per week) is better than being inactive.
- To reduce chances of injury during exercise follow these recommendations:
  - Wear appropriate clothing and protective gear
  - Always perform proper warm-up and cool-down procedures

- Slowly progress your activity level; plan 2-3 months to gradually increase exercise duration and intensity. If you are not very active, it is a good idea to start with taking brisk walks on a regular basis.
- Avoid vigorous to near maximal activity if you are not very active or unaccustomed to this.

Compliance with standards

- This device complies with all applicable standards and regulations regarding exposure to electromagnetic fields.
- This is a Class IIa medical device. It meets the requirements of Medical Device Directive MDD 93/42/EEC and 2007/47/EC.

Preparing for use

Charge the device prior to first use (see ‚Charging'). A mobile device with the Philips HealthSuite health app installed is required to be able to use the Philips health watch. It is not possible to use third party apps. See the following chapters for more explanation on how to setup your account.

Note: The watch does not have a power-button. The device will be activated when it is charged and is always on unless the battery is depleted.

Charging

The device has a built-in rechargeable battery. Use the charging cradle supplied to charge the battery. Only use a double isolated IEC60950-1 class II USB-adapter for charging. Check if the adapter or the device with USB-port has the symbol for double isolation.⧈

When the battery is empty, the battery fully charges in approximately 90 minutes.

1 Place the device into the charging cradle.

Note: Check whether the charging pins in the charging cradle are aligned with the charging pads on the watch.

2 Plug the USB cable in a USB-port of a compatible charger, such as a computer or an adapter. When the watch starts charging, it will briefly vibrate.

3 When the battery is fully charged, the watch will display the battery charge indicator with 100%.

Tip: Charge your device during a meal or any other time when you are not active.

Battery charge indications

Battery symbol	Battery charge indication
	Battery is charging
	Battery is almost empty and requires charging

When initially charged properly, fully charged batteries can last for approximately four days. When the battery is almost empty and requires charging, the battery icon is shown on the clock screen. When the battery is empty, the display turns off and no further data will be stored.

Note: Tap on the right or left side of the touch ring in the clock screen to see your battery status.

Pairing and personalizing the Philips health watch

The device is equipped with Bluetooth® Smart. You can sync your personal health data to iOS® and Android™ smartphones and tablets using Bluetooth Smart wireless technology. Download the Philips HealthSuite health app from the App Store or Google Play. Use the search term ‚Philips HealthSuite health'. The app is available for iOS® 8.0+ and Android™ 4.4.2+ operating systems.

It is very important that you provide the right profile data in the app to enable accurate measurements.

1 Place the health watch in the charging cradle and charge the device.

2 Download the Philips HealthSuite health app on your mobile device.

3 Open the app and the setup wizard will guide you through the steps to create a user profile. In the page ‚Add a device' select the Health watch from the list of devices.

4 Tap the ‚>' icon on the watch to enable pairing mode.

5 When connected via Bluetooth Smart, the app will show a pop-up asking you to pair.

6 Make sure the app is active and Bluetooth is enabled when pairing is in progress.

- Keep the mobile device and the health watch within syncing range (no more than 6 feet / 2 meters from each other, in the same room).
- Do not close the app and do not turn Bluetooth off while pairing is in progress.

When the health watch is successfully paired with your mobile device, the firmware of the watch will be updated to match the local language, time, profile settings and the latest features. The watch can now automatically sync your personal health data to your mobile device via Bluetooth Smart.

Pairing the health watch to your mobile device is only necessary once, unless you want to pair to another smartphone.

If you already have another Philips health connected device, go to the settings of the app and add a new device.

Tip: If the pairing connection is lost and you want to pair the same phone again, see chapter ‚Troubleshooting' for more information.

Sync and store personal health data in the app

Your personal health data is stored in Philips' cloud-based platform and displayed in the Philips HealthSuite health app. Only when the health app is active (or active in the background) and Bluetooth is enabled on your smartphone, your personal health data can be synchronized.

1 Open the Philips HealthSuite health app and activate Bluetooth on your mobile device.

Keep the mobile device and the health watch within syncing distance (no more than 6 feet / 2 meters from each other, in the same room).

2 Once successfully connected, the measurement results are synced to the Philips HealthSuite health app.

If the sync is successful, the measurement results are displayed in the Philips HealthSuite health app, where you can check your personal health data.

Note: Some measurements take up to 24 hours to begin to display data.

Note: If you are unable to sync, see chapter ‚Troubleshooting' for more information.

Firmware update: the app will notify you when new firmware of the health watch is available and will ask you whether you want to update it.

Wearing the health watch

Always wear the Philips health watch on the outside of your wrist, in direct contact with your skin (Fig. 3). Make sure the watch is not on your wrist bone (Fig. 2).

The straps need to be tight, but comfortable around your wrist to ensure a correct heart rate measurement. If you feel any discomfort due to the straps, give your skin some rest by not wearing the watch for a short period of time. When refastening the watch, try loosening the strap a notch.

If you continue to feel discomfort after a short period of rest and loosening the strap, remove the device and consult Philips Consumer Care and/or your doctor.

Note: Please check and if necessary, change the setting ‚handedness' and ‚wearing position' in the device settings menu in the HealthSuite health app. This is to indicate if you are left or right handed and the side that you wear your watch on.

Remove the watch at least once a day (e.g. before or during a meal) to clean your wrist/arm with some mild soap and water. Clean the watch regularly, especially if your watch becomes dirty or wet during an activity. Make sure that your watch and arm are dry before refastening the watch to reduce the risk of skin irritation. If you use skin care products, do so sparingly on the areas of the skin that are covered by the watch. The watch is splash proof with a 1 atm rating, which allows you to use it outdoors in the rain.

Replacing the strap

The Philips health watch comes with a second strap that accommodates most common small size wrists. The straps have quick release pins which allow for easy change of straps.

If you want to use the smaller strap:

1 Turn the watch upside down.
2 Release the pin of the strap (Fig. 4).
3 Gently remove the strap.
4 Position the watch correctly, lock one side of the new strap in the watch, unlock the pin of the new strap and lock the strap in the watch (Fig. 5).

User interface

The Philips health watch has a touch sensitive ring around the display.
You can use the touch sensitive ring to navigate the menus.

User interface icons

Symbol	Description	Explanation
	Heart	Heart rate menu and indication of heart rate detection during measurement.
	Bed	Sleep
	Fork and knife	Food intake
	Clock	Menu icon for the stopwatch, timer and alarm menu and icon for the stopwatch.

Symbol	Description	Explanation
	Hourglass	Timer function
	Bell	Indicates alarm is set
	Cogwheel	Settings
	Battery status	Indicates status of battery
	Lock	Indicates display is locked

Symbol	Description	Explanation
	Walking person	Indication of the activity walking
	Running person	Icon used for the activity menu and indication for the activity running
	Cycling	Cycling activity
	Fire	Total amount of burned calories (total energy expenditure).
	Fire and active person	Amount of burned calories through sustained physical activity (active energy expenditure)

Symbol	Description	Explanation
	Steps	Steps taken
	Running person with clock	Active minutes
	Check mark	Indicates successful operation, e.g. for pairing or firmware update.
	Exclamation mark	Indicates an error, e.g. during pairing, syncing or firmware update

Main menu

The clock screen of the watch shows the current time that it synced with your smartphone. To access the main menu, tap on the menu button (Fig. 6). The main menu has 6 different menu options which provide information about your activity, heart rate, sleep, time functions and settings. You can manually add information about your food intake in the dedicated menu section.

Tap on the touch ring near the icon of the menu option you want to access (Fig. 7).
To return to the main menu, tap on the menu button. From the main menu, return to the clock screen by tapping the menu button again.

The watch does not have a touch screen, only the ring around the display responds to touch. The touch interface does not function when it is wet. Wipe the glass dry to enable it again.

Shortcuts menu

Use the shortcuts menu to go straight to your current heart rate, today's burned kilocalories (active and total energy expenditure), steps taken and active minutes.
In your clock screen, swipe left or right on the lower part of the touch ring (Fig. 8) to navigate through the shortcuts menu options.

Active energy expenditure

Active energy expenditure shows today's amount of burned calories through sustained physical activity.

Total energy expenditure

Your total energy expenditure is how many calories you have burned overall today. This number includes your active energy expenditure as well as the calories your body burns just to function normally.

Steps

Displays today's amount of steps.

Active minutes

This is the time, in minutes, that you've spent being active today. According to the World Health Organisation, your body only starts feeling the effects of increased activity after you've been moderately active for 9 minutes, so we start tracking your active minutes from then.

If you have set daily goals via the Philips HealthSuite health app, you can also track your progress here. A progress bar around the outside of the display lets you see how close you are to reaching your goal (Fig. 9).

Kilocalorie (kcal) is a measurement for energy expenditure as well as for energetic value of nutrients.

Locking and unlocking the screen

The device automatically returns to the clock screen and locks after 60 seconds of inactivity. To unlock the screen, quickly tap the lower part of the touch ring three times (Fig. 10). To lock a screen and prevent the watch from returning automatically to the clock screen after 60 seconds, quickly tap three times on the lower part of the touch ring at the 6 o'clock position (Fig. 11). You will feel a vibration and see a lock appear on the screen. To unlock, tap the lower part of the touch ring three times again.

Heart rate

Select the heart rate in the main menu to see your current heart rate. Swipe left or right to select heart rate, resting heart rate or heart rate recovery. Heart rate, resting heart and heart rate recovery are measured in beats per minute.

Heart rate

Your current heart rate is displayed in beats per minute (bpm).

Resting heart rate

Resting heart rate is the rate that your heart beats at when you are at rest (displayed as rhr). Resting heart rate values can differ from one person to another. However, changes in resting heart rate can be an indication of changes in your fitness level.

Active people often have a lower resting heart rate because their heart muscle is in better condition. It will take at least 24 hours of wearing the watch to get a first resting heart rate measurement.

Heart rate recovery

Heart rate recovery (HRR) is the difference in heart rate at peak exercise and the rate as measured after a one minute recovery period. The watch will measure HRR when you are exercising with your heart rate being at least 80% of your maximum heart rate for a minimum of ten minutes. The measurement starts when a change from high intensity activity (running or cycling) to low intensity activity (walking or other) is registered. The watch can detect these activities automatically or you can indicate them yourself (see 'activity recognition'). To obtain an estimate of HRR sit down immediately after stopping your activity and then rest for at least 2 minutes to let your heart rate recover. To make HRR estimates better comparable over time, try to estimate HRR in similar settings with respect to: time of day, type of activity and activity duration.

Important: Do not try to estimate your HRR if you are not very active or unaccustomed to high intensity activity. To reduce the chance of injury during exercise please read the information and follow the general recommendations (see ‚GENERAL RECOMMENDATIONS').

Heart rate measurement

Optical heart rate measurement has been shown to provide valid estimates of heart rate for most people under most normal conditions. However, for accurate measurement it is reliant on three key factors:

- Placement of the sensor in direct contact with the skin.
- Transmittance of light through the skin.
- Sufficient blood flow through the skin.

Note: When experiencing problems with your heart rate measurements, check if your problem is already mentioned in the troubleshooting chapter or contact your Philips Consumer Care center.

Heart rate zones

Heart rate zones span the range between your resting heart rate and your maximum heart rate and can help you in identifying the intensity of your exercise.

Your heart rate zone is displayed in your heart rate screen. The dot indicates in which heart rate zone you are exercising. If you have set a target heart rate zone in the app, this zone is displayed in black (Fig. 12).

- **Heart rate zone 1 - Light:**

  This zone mostly covers regular daily activities such as leisurely strolls, moving around or performing easy tasks within your house or workplace.

- **Heart rate zone 2 - Moderate:**

  Activities that get your heart rate to zone 2 include brisk walking, hiking, leisurely biking and swimming. During such moderate intensity activities, your breathing is often deep and you usually start to sweat after ten minutes.

- **Heart rate zone 3 -High:**

  Training in this zone will help you get fitter. It may also improve your cardiovascular system and help you control your weight.

- **Heart rate zone 4 - Anaerobic:**

  You'll be in this highest zone only for brief periods of time, as anaerobic exercise consists of bursts of high-intensity activity such as sprinting, interval training and heavy weight-lifting.

Sleep

The Philips health watch is designed to also be worn at night to allow automatic sleep tracking. If you are interested in collecting more sleep related information (for example the time to fall asleep), you can manually start the sleep mode when you intend to fall asleep, and stop the sleep mode at the moment of waking up in the morning.

To activate sleep mode select Sleep from the menu and press the play icon. The watch will automatically estimate the moment when you actually fall asleep. Press the stop icon when you wake up without the intention to resume sleep.
If you wake up in the middle of the night and get out of bed, you do not have to turn off sleep mode, the watch will automatically account for this. In case you have also set an alarm, stopping the alarm will also indicate that you have woken up and stop sleep mode.

Data about your sleep will appear in the app within a few hours after you have woken up.

Note: Activation of sleep mode deactivates Bluetooth and sedentary alerts.

Food intake

This option allows you to manually track your calorie intake in kilocalories directly on your watch.

Select the food option in the main menu. You have two options:

- The first screen shows Food. Enter the Food intake menu by tapping the ‚>‘ icon. Tap the arrows at the bottom of the screen to select breakfast, lunch, dinner, drinks or snacks to enter your food intake. Indicate the amount of food by selecting small, normal or large (an average number of calories is assigned).
- Swipe to the second page in the food menu which shows the calories you‘ve logged today (in kcal). In this screen, tap on the ‚+‘ icon to add calories manually. Tap and hold + or - to enter the desired amount of calories. Then select the check icon to confirm the amount of calories.

Tip: In the app you can select a type of food and corresponding amount of calories in the food database.

Activity

The Philips health watch can help you gain insight into your activity level by measuring several parameters such as: calorie burn, steps, active minutes, sedentary behavior, heart rate and heart rate zones. For explanation about heart rate zones, see ‚heart rate' chapter.

Activity recognition

The Philips health watch can recognize the activities walking, running and cycling and start and stop measurements itself. You can also start and stop measurements manually by selecting the activity option from the main menu.

If you want to start your activity manually, you can tap the ‚play icon' in the walking, running or cycling screens in the activity menu. You can stop or pause the activity when desired. During your activity you can see information about the activity: the activity duration, your current heart rate and heart rate zone, number of calories burned and steps (in case of walking and running).

Note: You cannot manually stop activities on the device that were started automatically. In User settings you can choose if you see activity screens or current time when an activity is detected.

Sedentary behavior

To counter the negative effect of prolonged periods of sitting, the sedentary behavior feature will remind you to move with a short vibrating alert. You can change the time interval when the sedentary alert will vibrate in the Philips HealthSuite health app.

Alarm, stopwatch and timer

Tap on the Clock icon in the menu. Swipe left or right to select the alarm, stopwatch or timer.

- Alarm: you can set the hours of the alarm time by tapping the + and - icons. Tap the check icon to confirm. Then set the minutes by tapping the + or - icons. Tap the check icon again to confirm and set the alarm. When the alarm goes off, the device vibrates until you stop the alarm by tapping the stop icon. You can tap the snooze icon to pause the alarm for 9 minutes.
- The stopwatch starts when you tap on the touch ring near the play icon and stops when you tap on the stop-button.
- Timer: you can set the hours of the timer by tapping the + and - icons. Tap the check icon to confirm. Then set the minutes by tapping on the + or - icons. Tap the check icon again to confirm. Then tap the play icon to start the timer. The timer can be paused or stopped by tapping on the pause or stop icon.

You can select analog or digital clock in the settings menu.

Note: You cannot change the time on the device. The time is synced with your mobile device settings when you connect the watch to your mobile device.

Settings

Select settings from the main menu. Settings can be adapted to your preference. Swipe left or right at the bottom of the touch ring and tap to start to set user settings, to select flight mode, regulatory information or to reset the device to the factory settings.

- User settings: Swipe left or right to select the active view, to invert screen colors or select the type of clock displayed (analog or digital) and to set up backlight and vibrations.

- Active view: When this function is enabled, the screen goes to the activity screen when an activity is detected.
- Invert colors: Select either black or white as your standard screen color.
- Clock: Select analog or digital display of the clock time.
- Backlight: When you enable backlight, the display lights up briefly when you touch the touch ring to improve visibility.
- Vibration: Turn vibration on or off. The alarm will still vibrate in case vibration is turned off.

- Flight mode: When you select the flight mode, Bluetooth automatically switches off. Select ‚turn off flight mode' to return to normal mode.
- Regulatory information and serial number.

- Unpair: This function unpairs the health watch and smartphone. Use this function if you want to pair the watch with a new phone or with your current phone in case of syncing issues. Pairing to the same phone might require to shut down the app and delete the health watch from your smartphone's Bluetooth settings first.
- Factory reset: This will reset your watch and will unpair your device with the Philips HealthSuite health app. This will also delete all your unsynchronized data from the Philips health watch. All settings will switch to default settings and the device will switch off. To activate the watch again, place it in the charger.

Cleaning and storage

To clean the watch, wipe the surface of the device with a dry or slightly damp cloth with water or mild detergent. Clean the charging cradle with a dry cloth. Never use compressed air, scouring pads, abrasive cleaning agents or aggressive liquids such as petrol or acetone to clean the device. This could damage the device.

Store the device in a dry, dust-free place away from direct sunlight or other heat sources. Avoid surroundings with fluctuating temperatures.

Ordering accessories

To buy accessories or spare parts, visit **www.shop.philips.com/service** or go to your Philips dealer. You can also contact the Philips Consumer Care Center in your country (see the worldwide guarantee leaflet for contact details).

Recycling

- This symbol means that this product shall not be disposed of with normal household waste (2012/19/EU) (Fig. 13).
- This symbol means that this product contains a built-in rechargeable battery which shall not be disposed of with normal household waste (2006/66/EC) (Fig. 14).
  We strongly advise you to take your product to an official collection point or a Philips service centre to have a professional remove the rechargeable battery.
- Follow your country's rules for the separate collection of electrical and electronic products and rechargeable batteries. Correct disposal helps prevent negative consequences for the environment and human health.

Removing the rechargeable battery

Note: We strongly advise you to take your product to an official collection point or a Philips service center to have a professional remove the battery.

The battery cannot be removed from the watch. Follow the procedure below to dispose of the battery.

1 Remove the straps from the watch.
2 Make sure the rechargeable battery is empty.
3 Dispose of the watch housing as described in chapter ‚recycling‘.

Guarantee and support

If you need information or support, please visit **www.philips.com/support** or read the separate worldwide guarantee leaflet.

If you need more information about the app, please visit **www.philips.com/healthprograms**

Troubleshooting

This chapter summarizes the most common problems you could encounter with the appliance. If you are unable to solve the problem with the information below, visit **www.philips.com/support** for a list of frequently asked questions or contact the Consumer Care Center in your country.

You can also visit the help section in the app.

Problem	Possible cause	Solution
Unable to find the Philips HealthSuite health app in the app store.	A typo in app store search is made.	Try to write the name 'HealthSuite' correctly in your app store or go to www.philips.com/healthprograms/ for further instructions.
Unable to download app.	Smartphone is not compatible with the app. Incorrect OS.	The app only works with iOS and Android. Make sure iOS 8.0+ or Android 4.4.2+ is installed on your mobile device.
Pairing was unsuccessful.	Bluetooth is switched off on your phone.	Activate Bluetooth on smartphone.

Symbol	Description	Explanation
		Hold device close to mobile phone and try again.
	Pairing was not enabled on the health watch.	Make sure to enable pairing on the health watch by tapping the '>'-button in the pairing screen.
	Devices are not within range or other devices interfere.	Make sure no other devices are nearby to avoid interference.
	Battery of the device is too low.	Make sure the battery of the device is charged.

Symbol	Description	Explanation
Pairing again with the same phone or tablet is not possible.	On the OS of the phone, in the app or in the health watch the former pairing bond still exists.	If you want to pair to the same phone again follow these steps below:
	For iOS:	1. Go to Settings on your health watch and choose the unpair function. 2. In the Philips HealthSuite health app, go to Health Watch in the Settings menu and choose 'Remove device'.

Symbol	Description	Explanation
		3. Shut down the app. 4. Remove the Philips health watch from the Bluetooth settings menu of your smartphone. 5. Open the Philips HealthSuite health app and pair again.
	For Android:	1. Go to Settings on your health watch and choose the unpair function.

Problem	Possible cause	Solution
		2. In the Philips HealthSuite health app, go to Health Watch in the Settings menu and choose 'Remove device'. 3. Try to pair again.
Syncing does not work.	Bluetooth is off on your phone or health watch.	Activate Bluetooth on your smartphone and make sure flight mode is not activated on the health watch.
	Devices are not within range.	Hold device close to mobile phone and try again.

Problem	Possible cause	Solution
Activate Bluetooth on your smartphone and make sure flight mode is not activated on the health watch.	Device is not paired.	Make sure device is properly paired. (see 'Preparing for use')
Device is not paired.	Battery of the device is too low.	Make sure the battery of the device is charged.
Touch interface is not working.	The screen is locked.	Unlock the screen by tapping three times on the bottom of the touch ring.

Problem	Possible cause	Solution
The device does not respond or the display is dark and the device seems switched off.	The battery is empty.	Put the device in the charging cradle and connect to a power socket. Wait until the device is fully charged.
	There is an internal error.	If the device fails to charge or the device still does not respond, contact the Philips Consumer Care Center in your country (see the worldwide guarantee leaflet for contact details).

Problem	Possible cause	Solution
The glass of the device is broken.	The watch was dropped.	Contact the Philips Consumer Care Center in your country (see the worldwide guarantee leaflet for contact details).Do not use the device when the glass is broken.

Problem	Possible cause	Solution
Heart rate signal is not showing.	Strap is not fastened tight enough around your wrist.	Make sure the watch is worn correctly (see 'Wearing the health watch'). Indicate the side you are wearing the watch on in the app. In the app you can also select if your wearing side is your dominant hand.
	Personal settings are incorrect in the app.	Update and correct your personal settings in the app.
	Watch or skin is not clean.	Clean the device and your skin under the device.

Problem	Possible cause	Solution
In doubt about accuracy. / My device is not measuring correctly.	Direct contact with the skin can be lost if e.g. the watch is worn too loosely, when the strap is positioned over the wrist bone or when there is a lot of hand/wrist movement.	Make sure to position the watch correctly (see 'Wearing the health watch') and provide a snug but comfortable fit. If this does not fix the issue, try re-positioning the watch at bit higher up on the arm or on the other arm. (if you place the watch on the other arm, do not forget to change the watch placement setting in the app).

Problem	Possible cause	Solution
	Blood flow in the skin can be impacted by increased pressure on the small blood vessels in the skin (e.g. when the watch strap is too tight).	Try loosening the strap a notch to relieve some pressure, but make sure the watch still retains a snug fit.
	Blood flow in the skin can be temporarily reduced during warm-up exercises as more blood is directed to the muscles.	Disregard inaccurate measures during warm-up exercises and provide some time for the blood flow to the skin to adjust to the exercising conditions.

Problem	Possible cause	Solution
	Blood flow in the skin can be temporarily reduced when going outside when it is very cold as more blood is directed to the body's core.	Try wearing long-sleeved clothing to cover the watch and starting the measurement inside. Disregard inaccurate measurements during the first couple of minutes and provide some time for the blood flow to the skin to adjust to the exercising conditions.

Problem	Possible cause	Solution
	Transmittance of light through the skin can be influenced by stark contrast in pigmentation of the skin (e.g. due to a pattern in a tattoo). This could result in inaccurate optical heart rate measurement.	Try re-positioning the watch at bit higher up on the wrist or on the other wrist (if you place the watch on the other arm, do not forget to change the watch placement setting in the app).

Compliance information

Electromagnetic emissions and immunity

The device is approved according to EMC safety standard EN 60601-1-2. It is designed to be used in typical domestic environments.

EMC Guidance

- The device needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the accompanying documents.
- Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance d = 3.3 m (11 ft) away from the equipment.

Note: As indicated in IEC 60601-1-2:2007 for ME equipment, a typical cell phone with a maximum output power of 2 W yields d = 3.3 m (11ft) at an immunity level of 3V/m.

Declaration – Electromagnetic emissions

Guidance and manufacturer's declaration – electromagnetic emissions.

The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

Emissions test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	

Declaration – electromagnetic immunity

Guidance and manufacturer's declaration – electromagnetic immunity.

The device is intended for use in the electromagnetic environment specified below.
The customer or the user of the device should assure that it is used in such an environment.

IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.

IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/ output Lines	± 2 kV for power supply lines ± 1 kV for input/ output Lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	± 1 kV line(s) to line(s)	Mains power quality should be that of a typical commercial or hospital environment.

IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 % UT (>95 % dip in UT)for 0,5 cycle 40 % UT (60 % dip in UT) for 5 cycles 70 % UT (30 % dip in UT)for 25 cycles <5 % UT (>95 % dip in UT) for 5 s	<5 % UT (>95 % dip in UT) for 0,5 cycle 40 % UT (60 % dip in UT) for 5 cycles 70 % UT (30 % dip in UT)for 25 cycles <5 % UT (>95 % dip in UT) for 5s	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.

IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

Note: UT is the a.c. mains voltage prior to application of the test level.

Declaration – electromagnetic immunity

Guidance and manufacturer's declaration – electromagnetic immunity.

The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 Mhz	3 Vrms
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2,5 Ghz	3 V/m

Note 1: At 80 MHz and 800 MHz, the higher frequency range applies.

Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Electromagnetic environment – guidance

Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.
Recommended separation distance
$d = 1.17 \sqrt{P}$
$d = 1.17 \sqrt{P}$ 80 MHz to 800 Mhz
$d = 2.33 \sqrt{P}$ 800 MHz to 2,5 GHz

Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol:

Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the

device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.

Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the Medical device

The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.

Separation distance according to frequency of transmitter m

Rated maximum output power of transmitter (W)	150 kHz to 80 MHz outside ISM bands d=1.17 √P	80 MHz to 800 MHz d=1.17 √P	800 MHz to 2,5 GHz d=2.23 √P
0,01	0,12	0,12	0,23
0,1	0,38	0,38	0,73
1	1,2	1,2	2,3
10	3,8	3,8	7,3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

Note 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Frequency range: 2400–2478 MHz.

Output power, highest setting: 5 dBm.

Modulation: 1-Mbps GFSK.

Trademarks

BlueTooth wordmark

The BlueTooth® Smart wordmark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Philips is under license.

App Store and iPhone

App Store and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

Google Play and Android

Google Play and Android are trademarks of Google Inc.

Explanation of symbols

The warning signs and symbols are essential to ensure that you use this product safely and correctly and to protect you and others from injury. Below you find the meaning of the warning signs and symbols on the label and in the user manual.



Read the user manual before you use the device.



This symbol means that the part of the device that comes into physical contact with the user (also known as the applied part) is of type BF (Body Floating) according to IEC 60601-1.
The applied part is the wrist band and back plate of the watch.



Indicates caution.The user should consult the instructions for use for important cautionary information such as warnings and precautions that cannot, for a variety of reasons, be presented on the medical device itself.



Indicates that an object is capable of being recycled - not that the object has been recycled or will be accepted in all recycling collection systems.

CE 0344

Symbol for 'the device complies with European Medical Device Directive 93/42/EEC requirements'. 0344 refers to the notified body.

IP67

This symbol means: Totally protected against dust. Protected against the effect of water immersion between 15 cm and 1 m for 30 minute. This applies to the watch and not the charging cradle.

	Indicates the manufacturer's model or type number of the device.		This symbol means: Protected against falling drops of water.
	Symbol for 'Class II Equipment'. The adapter is double insulated (Class II).		This means that this device emits non-ionizing radiation. All devices with RF transmitters or that use RF electromagnetic energy must have a label with this symbol.
	Manufacturer: Philips Consumer Lifestyle B.V, Tussendiepen 4, 9206 AD Drachten, Netherlands. Fax: +31 (0)512594316		Symbol for the 2 year Philips guarantee.



This symbol means that this product contains a built-in rechargeable battery which shall not be disposed of with normal household waste (2006/66/EC). See chapter Recycling for more information.



This symbol means that this product shall not be disposed of with normal household waste (2012/19/EU). See chapter recycling for more information.



The Green Dot ('Der Grüne Punkt' in German) is the license symbol of a European network of industry-funded systems for recycling the packaging materials of consumer goods.



This symbol is a certification mark. It is used on electronic products manufactured or sold in the United States. It confirms that the electromagnetic interference from the device is lower than the limits approved by the FCC.



Symbol for USB



Indicates the storage and transportation temperature limits to which the medical device can be safely exposed: -20°C to 40°C.



Indicates the relative humidity limits to which the device can be safely exposed: 10% to 93%.



Bluetooth® Smart symbol.

Specifications

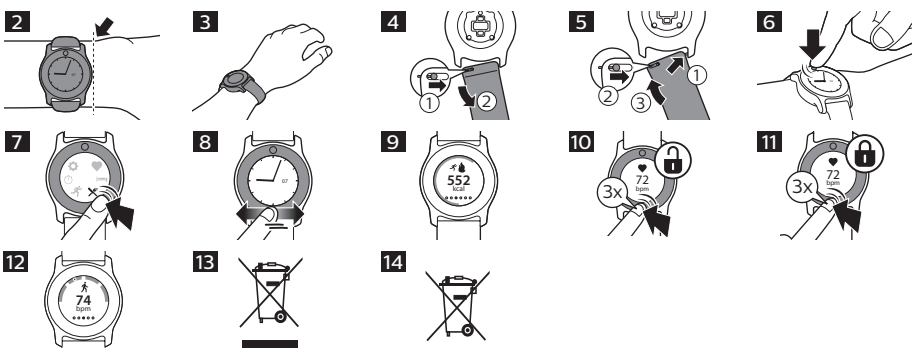
Power supply	3.7V 140 mAh Built-in rechargeable li-polymer battery
Charging cradle	5V DC and 500mA
Display	Monochrome display with backlight
Measurement range	Heart rate: 30-220 beats per minute. Resting respiration rate: 5-45 breaths per minute

Accuracy	Heart rate:± 10 bpm or 10% (whichever is greater) Resting heart rate:± 3 bpm Total energy expenditure:± 15% Resting respiration rate: ± 5 breaths per minute Steps: ± 5% Activity recognition (walking, running, cycling, other): 90% accurately classified
Normal operating conditions	Temperature: 5°C / 41°F to 40°C/ 104°F. Relative humidity: 15% to 93%RH. Atmospheric pressure: 700hPa to 1060hPa
Storage and transportation conditions	Temperature:-20°C/ -4° F to 60°C/ 140° F. Relative humidity: < 93%. Atmospheric pressure: 700hPa to 1060hPa

Net weight	Approx. 50g / 1.8 oz
External dimensions	Approx. 205.5mm× 38 mm× 10 mm
Accessories	Charging cradle, user manual, second strap size S/M.
Mode of operation	Continuous operation
Degree of protection	Type BF applied part
Device classification	Battery Powered Mode: Internally Powered ME Equipment. Class II ME Equipment

Materials	Housing: Surgical grade stainless steel 316L. Glass: Corning Glass. Charger bottom and top case: Plain plasctic. Material of straps: TPU (thermoplastic polyurethane) DN670.
Service lifetime	4 years
IP 67 for the watch	This means: Totally protected against dust. Protected against the effect of water immersion between 15 cm and 1 m for 30 minute. This applies to the watch and not the charging cradle.
IP21 for the charging cradle	This means: Protected against falling drops of water.

Caution: No modification of this equipment is allowed.



CE 0344

Specifications are subject to change without notice.
© 2016 Koninklijke Philips N.V.
All rights reserved

Philips Consumer Lifestyle BV
Tussendiepen 4,
9206AD Drachten, Netherlands
Fax +31 (0)512594316

4222.100.5310.1 (05/2016)

>75% recycled paper

