LET YOUR ADVENTURE BEGIN

TRACK ACTIVITY
SYNC WITH THE iPHONE OR ANDROID APP
OR ENTER VIA WEBSITE/APP
YOUR PULSE

1. PULSE BUTTON
   Standard mode: Reset button
   Sync mode: Sync/Pair button

2. MAIN DISPLAY
   Displays activity counter or time

3. BLUETOOTH ICON
   Flashes when pairing or syncing

4. LOW BATTERY ICON
   Displays when battery falls under 25%

5. CLOCK ICON
   Displays when showing the time

6. ACTIVITY ICON
   Displays when tracking your activity

7. LINK ICON
   Displays for Sync mode

8. FACTORY RESET
   Resets to Standard mode

9. BATTERY INSULATION STRIP
   Remove to activate your Pulse
TRACKING MADE EASY
Say hello to your Pulse and get ready for the Virgin Pulse Global Challenge. Your adventure is about to begin!

STANDARD OR SYNC MODE – YOU DECIDE
Whichever mode you choose – the Pulse is easy to use.

STANDARD MODE
Prefer to enter your activity yourself?
GO TO PAGE 7.

OR

SYNC MODE
Use the award-winning app to sync your activity.
GO TO PAGE 4.
SYNC MODE SET-UP

1. Download the latest ‘Virgin Pulse Global Challenge’ app.

2. Open the app > Menu > My Device > Sync Mode.

3. Hold down the Pulse button for up to 6 seconds.

4. Pair displays on your Pulse, then ‘Pairing successful’ displays on the app.*

TO SWITCH TO STANDARD MODE:
1. Take note of your current step count and sync your Pulse to avoid losing activity.
2. Press Factory Reset (see page 2, fig. 8) to switch to Standard mode.

*REPEAT STEPS IF SYNC MODE SET-UP IS UNSUCCESSFUL.
Open the app > Menu > Step Entry.

Hold down the Pulse button for 3 seconds or until the Bluetooth icon and Sync appear.

Your activity appears in the app.

Add any cycling or swimming distances and ‘Submit’ your activity.
SYNC MODE HELPFUL HINTS

• Your Pulse resets to zero at midnight, ready for the next day.
• To view the time, press the Pulse button once. The screen will go back to the activity tracker after 10 seconds.
• Your Pulse has a 14-day memory if you forget to sync your activity. However, it’s best to sync it every day to see how you’re tracking.

WILL MY SMARTPHONE WORK?

In Sync mode, your Pulse is compatible with most iPhone and Android devices.* For more information, visit: globalchallenge.virginpulse.com/pulse

*WINDOWS PHONE & BLACKBERRY ARE NOT COMPATIBLE.
STANDARD MODE

1. Reset your Pulse each day by pressing the button for 3 seconds. ‘0’ will appear, ready for a brand new day.

2. Enter your activity every day via the Global Challenge app or website.

3. Add any cycling or swimming distances and ‘Submit’ your activity.

4. Wear your Pulse each day to track your activity.

TO SWITCH TO SYNC MODE:

1. Take note of your current activity to avoid losing it.
2. Go to page 4 and follow ‘Sync set-up’ to switch to Sync mode.
YOUR PULSE – HIP TO THE BEAT

Your Pulse works best when worn as close to your hip as possible, so clip it to your clothing or keep it in your pocket. You can also clip it to your upper body – it’s best to avoid your arms, legs and feet.

FAQS

Need some help? Go to:
GLOBALCHALLENGE.VIRGINPULSE.COM/PULSE
PULSE BATTERY REPLACEMENT AND DISPOSAL

Your Pulse is designed to last the duration of the Global Challenge. If you need to change the battery, simply remove the screw located at the top of the flexi-clip, open the casing carefully and replace the battery. If you see an error message <ERR>, insert a fine point like a paperclip into the hole on the rear of your Pulse to activate the factory reset.

The battery type is a lithium metal cell (CR2032H). Dispose of this battery in an environmentally friendly way. Contact your local government for the nearest battery recycling facility.

It is most important that this battery is kept away from children at all times. It represents a choking hazard and can result in death if ingested.

THE LEGAL STUFF

FCC COMPLIANCE STATEMENT

This device complies with part 15 of the FCC Rules Operation and is subject to the following two conditions:
1. This device may not cause interference;
2. This device must accept any interference, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.

• Increase the separation between the equipment and receiver.

• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

• Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC requirements for RF exposure in public or uncontrolled environments.

CAUTION!

Any changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

EU COMPLIANCE STATEMENT

Virgin Pulse hereby declares that this wireless device is in compliance with the essential requirements and other relevant provisions of the R&TTE Directives 1999/5/EC.
• Do not attempt to disassemble your Pulse, it does not contain serviceable components.
• Keep the Pulse away from children. Small components can be a choking hazard.

DISPOSAL AND RECYCLING INFORMATION

The symbol on the product or its packaging signifies that this product has to be disposed of separately from ordinary household wastes at its end of life. It is your responsibility to dispose of electronic equipment at recycling centres so as to help conserve natural resources.

For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management or local municipal council.

• Do not dispose of the Pulse with household waste.
• Batteries are not to be disposed of in municipal waste stream and require separate collection.
• Disposal of the packaging and your Pulse should be done in accordance with local regulations.

IC COMPLIANCE STATEMENT

This device complies with Industry Canada’s exempt RSSs. Operation is subject to the following two conditions:
1. This device may not cause interference;
2. This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d’Industrie Canada applicables aux appareils radio exempts de licence. L’exploitation est autorisée aux deux conditions suivantes:
1. l’appareil ne doit pas produire de brouillage;
2. l’utilisateur de l’appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d’en compromettre le fonctionnement.

The device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS-102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

Le dispositif rencontre l’exemption des limites courantes d’évaluation dans la section 2.5 de RSS 102 et la conformité à l’exposition de RSS-102 rf, utilisateurs peut obtenir l’information canadienne sur l’exposition et la conformité de rf.