

AUDAR[®]

User Manual

E1



August International Ltd

Rawmec Business Park
Hoddesdon EN11 0EE
United Kingdom
Tel: +44(0) 845 250 0586

EU Distributor:
Daffodil Germany GmbH
Bayernstr. 10
D-30855 Langenhagen
Germany
Tel: +49 (0) 511 97812978

www.audarwatch.com

- EN Smart Healthcare Watch
- FR Montre Connectée Santé
- DE Intelligentes Gesundheitsarmband
- IT Healthcare Intelligente d'Orologio
- ES Pulsera Inteligente para el Cuidado de la Salud
- JP スマートヘルスケアウォッチ

User Manual

Thank you for purchasing the Audar E1. This user manual is designed to familiarize you with all the features of this device. Please take the time to read this user manual carefully, even if you are already familiar with a similar product.

Safety

To ensure the safety of you and others, please read the Safety Instructions before using this device. Please do not disassemble the it can be unsafe and will invalidate the E1, manufacturer's warranty.

Disposal

Please ensure the product and accessories are disposed of in compliance with the WEEE (Waste Electrical and Electronic Equipment) Directive and any other regulations applicable to your country. Always check with the environment agency and any other relevant authorities for current disposal regulations.

Declaration of Conformity




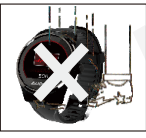
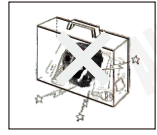

The Declaration of Conformity can be found on our website at <http://augustint.com/en/declaration/>

Customer Service

You can contact us by phone on: +44 (0)845 250 0586 or by email at: service@augustint.com should you require further technical support or customer service.

1. Safety Instructions

■ Storage and Use

	Do not store or use this device in extreme temperatures.		Do not store or use this device in wet or damp environments.
	Do not expose this device to dust, oil or smoke.		Do not drop or strike this device.
	When transporting this device store securely to avoid impact damage.		Do not scratch this device with sharp objects.

■ Maintenance

Please unplug all leads before cleaning this device.

	Wipe the device and buttons with a soft cloth.		Never wipe this device with an abrasive cloth or apply detergent, alcohol or chemical based cleaning products.
---	--	--	--

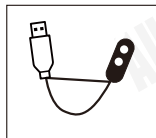
2. Main Features

- ECG/PPG Heart Rate and Blood Pressure Monitor
- Steps, Distance Travelled and Calorie Log
- Sleep Quality Monitoring
- Smart Call and Message Notifications
- Compatible with Apple iOS and Android

3. Box Contents



E1



USB magnetic charging cable



User Manual

4. Part Names and Functions



- 1.TFT Display
- 2.Touch Button
- 3.Power button
- 4.ECG Metal Ring
- 5.Watchband

Quick Start Guide

- 1.Scan the QR code below with your device or search for 'AUDAR' to download and install the app from Google Play or the Apple App Store.



Requires Android 4.4 and above or iOS 8.2 and above.

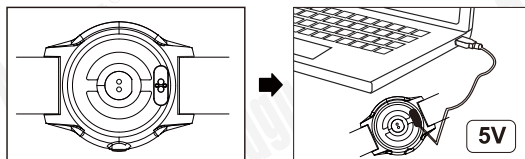
- 1.Please fully charge the E1 before the first use or if left unused for a long period of time. To charge the device, first connect the E1 with the magnetic charging cable, and plug the USB charging connector of the cable into a powered USB port.
- 2.The battery icon will fill up while charging. When charged, a full battery will be displayed, Ensure that the output voltage from the USB port or the charger is 5V.
- 3.Press and hold the touch button for 3 seconds to turn the E1 on.
4. Ensure that the E1 is within 10 meters of your device.To pair, launch AUDAR App on your phone and press « Pair wristband ».Ensure that you grant permission or accept the system requirement when prompted to do so.
- 5.Once paired, enter the personal information requested and press 'Save'. Then, set your health goal (the number of steps you aim to walk each day). Once finished, press save to go to the home page of the app.
- 6.The E1 is ready to use.

Table of Contents

1. Safety Instructions	1
2. Main Features	2
3. Box Contents	2
4. Part Names and Function	2
5. Charging	5
6. Operation	5
6.1 Watch	5
6.1.1 Time and Date (Default Display)	5
6.1.2 Steps	6
6.1.3 Calories	6
6.1.4 Distance	6
6.1.5 ECG	6
6.1.6 Heart Rate	7
6.1.7 Blood Pressure	7
6.1.8 Sleep	8
6.1.9 Stopwatch	8
6.1.10 Messages	8
6.1.11 Find Phone	9
6.1.12 Dials Setting	9
6.1.13 Brightness	10
6.1.14 E1 Information	10
6.2 AUDAR Application	11
6.2.1 Pairing	11
6.2.2 Personal Information	12
6.2.3 Home Page	12
6.2.3.1 Steps	13
6.2.3.2 Sleep	13
6.2.3.3 Heart Rate	14
6.2.3.4 HRV Analysis (ECG)	15
6.2.3.5 Blood Pressure	16
6.2.3.6 Fatigue	17
6.2.4 Device Options	18
6.2.4.1 Personal Information	18
6.2.4.2 Weekly Report	19
6.2.4.3 Activate Camera	19
6.2.4.4 Run	19
6.2.4.5 Device Management	20
6.2.4.6 General Settings	22
6.2.4.7 About	22
6.2.4.8 CareMate Information	22
7. Troubleshooting	24
8. Specifications	24
9. Warranty	25

5. Charging

To charge the E1, use the power cable to connect the E1 to a powered USB port.



The battery icon will fill up while charging. When charged, a full battery will be displayed. Ensure that the output voltage from the USB port or the charger is 5V.

6. Operation

6.1 Watch

Press and hold the touch button for 3 seconds to turn the E1 on.

To turn off the E1:

1. Press the touch button to choose E1 System Information mode.
2. Press and hold the touch button for 3 seconds.
3. Press the touch button to select yes.
4. Press and hold the touch button for 3 seconds to confirm that you wish to turn the E1 off.

Press the touch button to activate the screen. Once activated, the screen will light up for 5 seconds. While the screen is activated, press the touch button to cycle through the following modes: Time and Date (Default Display), Steps, Calories, Distance, ECG, Heart Rate, Blood Pressure, Sleep, Stop Watch, Messages, Find Phone, Dials, Brightness and E1 System Information.

Measurements are for reference only and are not for medical use.

6.1.1 Time and Date (Default Display)



Day
Date (DD/MM)
Time display
Steps Heart rate

6.1.2 Steps



Steps Walked

The E1 will display your step count. For an accurate reading, we recommend that you ensure that the details entered in the personal information section are as accurate as possible (please refer to 5.2.2).

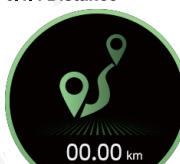
6.1.3 Calories



Calories

The E1 will calculate the calories you have burnt according to the number of steps you have taken.

6.1.4 Distance



Distance

The E1 will calculate the distance you have walked from the number of steps that you have taken. For an accurate reading, we recommend that you ensure that the details entered in the personal information section are as accurate as possible (please refer to 5.2.2).

6.1.5 ECG



ECG



ECG measurement gesture



When you enter ECG mode and press and hold the touch button for 3 seconds, the ECG measure is activated. To measure ECG, place your thumb and finger on the ECG metal ring as shown, and keep your fingers still during the measurement. This can take about 30 seconds. Once finished, the ECG data can be checked in AUDAR APP.

Note: If the ECG waveform is distorted or drifts seriously, the heart rate and blood pressure may not be accurate, so please re-measure. If the conductivity is poor during ECG test, please moisturize the wrist skin in the sensor connecting area with water before testing. Measurements are for reference only and are not for medical use!

6.1.6 Heart Rate



Heart Rate

When you enter heart rate mode, the E1 will begin measuring your heart rate. This can take up to a minute. Once finished, the E1 will vibrate and display your current heart rate in BPM (beats per minutes).

6.1.7 Blood Pressure



Blood Pressure

When you enter blood pressure mode, the E1 will begin measuring your blood pressure. This can take up to a minute. Once finished, the E1 will vibrate and display the measurement.

6.1.8 Sleep



Sleep Data

When you enter sleep mode, E1 will display data about your sleep.

6.1.9 Stopwatch



Stop Watch



Timer

Press and hold the touch button for 3 seconds to start the stopwatch. Press the touch button to pause or resume the stopwatch. Press and the hold the touch button for 3 seconds to reset the stopwatch and exit.

6.1.10 Messages



Messages

When you enter Messages mode, the E1 will show a summary of messages on your phone. Press and hold the touch button for 3 seconds, and the E1 will show details of the messages.

6.1.11 Find Phone



Find Phone

Find Paired Device

Press and hold the touch button for 3 seconds to activate the 'Find Paired Device' function. The paired device will ring or vibrate depending on its settings, allowing you to locate it.

Note: the paired device needs to be within Bluetooth range in order to be found (10m). If you are not able to hear the device, try moving to another room and activating the function again.

6.1.12 Dials Setting



Dials

Dials setting

When you enter Dials setting, press the touch button to choose different dials. Press and hold 3 second the touch button to confirm.



Dials 1



Dials 2



Dials 3



Dials 4

6.1.13 Brightness



Brightness

Press and hold the touch button for 3 seconds to activate brightness setting function. Then, press the button to set the brightness level.

6.1.14 E1 Information



E1's system information

The E1 Information section provides you with a unique identifier for the watch. This is useful if you are pairing the watch when there are multiple E1 watches nearby.

Press and hold the touch button for 3 seconds. Press the touch button to select yes. Press and hold the touch button for 3 seconds to confirm that you wish to turn the E1 off.



6.2 AUDAR Application

Scan the QR code below or search for 'AUDAR' to download and install the app from Google Play or the Apple App Store.

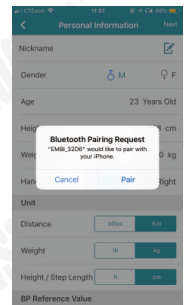
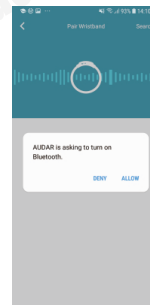
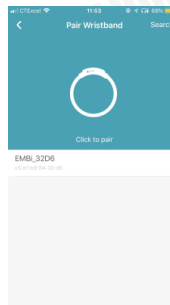


Requires either Android 4.4 and above or iOS 8.2 and above.

6.2.1 Pairing

1. Launch 'AUDAR' and choose the server as 'Other country', then click on 'Register' and follow the instructions to complete your account creation.
2. Launch 'AUDAR' and select 'Pair wristband' of the E1. Log in with your AUDAR account.
3. Select 'I am the user', then click on 'Pair Wristband' and choose E1 from the device list.
4. If more than one E1 is nearby, check the MAC address on the E1 in order to determine which one to select (please refer to 5.1.10).
5. Once paired, the Bluetooth connection status icon will appear on the screen of the E1.

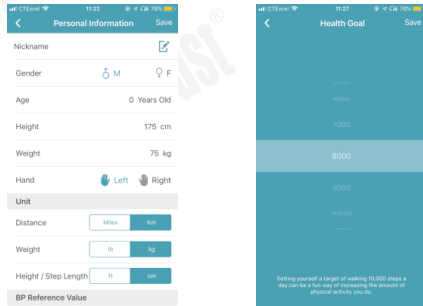
Please note: for Android devices, ensure that you grant system permission to 'AUDAR' when prompted to do so. For iOS devices, ensure that you confirm the Bluetooth connection requirement when prompted.



6.2.2 Personal Information

Once the E1 is paired, enter the personal information requested and press 'Save'. Then, set your health goal (the number of steps you aim to walk each day). Once finished, press save to go to the home page.

You can edit this information later. Please refer to 5.2.4.1 for further instructions.



6.2.3 Home Page

The home page allows you to see the number of steps you have walked, the time you have slept and the most recent measurements of your heart rate, HRV analysis, blood pressure and fatigue state.



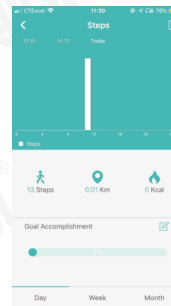
Note: Measurements are for reference only and are not for medical use.

6.2.3.1 Steps

The current step count will be displayed on the home page. Tap on the steps section on the home page to view more information.

Note: Measurements are for reference only and are not for medical use.

- Slide the date to the right to view older data.
- Tap a bar on the chart to view the exact number of steps walked.
- Underneath the bar chart, you can find more information about the steps taken, distance walked and calories burnt.
- Press <Notes> to change your health goal (the number of steps you aim to walk each day).
- Select day, week or month to change the length of the period displayed.
- Press share and choose a social media service to share the most recent information.

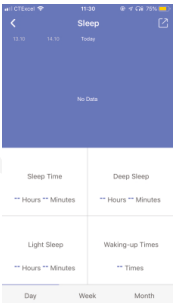


6.2.3.2 Sleep

The most recent sleep data will be displayed on the home page. Tap on the sleep section on the home page to view more information.

Note: Measurements are for reference only and are not for medical use.

- Slide the date to the right to view older data.
- Tap a bar on the chart to view the exact amount of sleep during that time.
- Select a day, week or month to change the length of the period displayed.
- Press share and choose a social media service to share your recent sleep data.

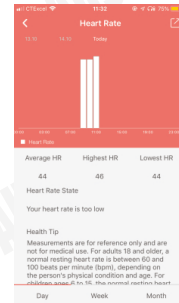
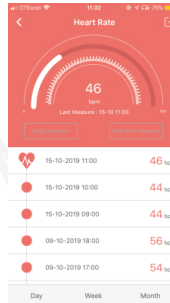


6.2.3.3 Heart Rate

The most recent heart rate measurement will be displayed on the home page. Tap on the heart rate section on the home page to view more information or conduct a measurement.

Note: Measurements are for reference only and are not for medical use.

- The most recent measurement is shown on the top half of the screen.
- Heart rate monitoring in the device and ECG testing can update heart rate data.
- Other recent measurements are shown on the bottom half of the screen. Slide up to view older measurements.
- Select a day, week or month to view a bar chart of your heart rate measurements. Tap on one bar in the chart to view more detailed information. Slide the date to the right to view older data.
- Press share and choose a social media service to share the most recent measurement.



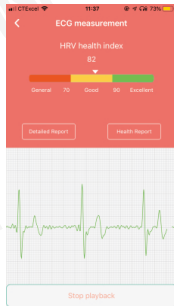
6.2.3.4 HRV Analysis (ECG)

Press "ECG measurement" and "start measuring", the ECG measure is activated. To measure ECG in APP, place your thumb and finger on the ECG metal ring as shown, and keep your fingers still during the measurement. This can take about 30 seconds. Once finished, the ECG data can be check.

- The most recent measurement is shown on the top half of the screen.
- Other recent measurements are shown on the bottom half of the screen. Slide up to view older measurements.
- Select to view previous data, you can see detail report / health report and playback ECG. If the conductivity is poor during ECG test, please moisturize the wrist skin in the sensor connecting area with water before testing.
- Press share and choose a social media service to share the most recent measurement.



ECG measurement

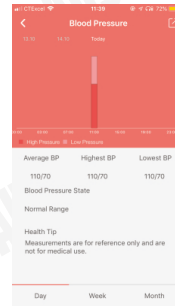
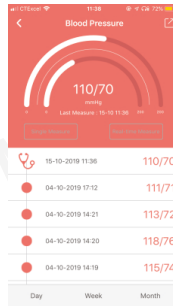


6.2.3.5 Blood Pressure

The most recent blood pressure measurement will be displayed on the home page. Tap on the blood pressure section on the home page to view older measurements or to carry out a new measurement.

Note: Measurements are for reference only and are not for medical use.

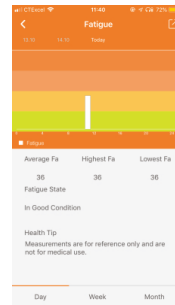
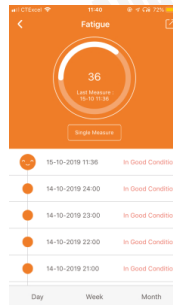
- The most recent measurement is shown on the top half of the screen.
- Other recent measurements are shown on the bottom half of the screen. Slide up to view older measurements.
- Select day, week or month to view a bar chart of your blood pressure measurements. Tap on one bar in the chart to view more detailed information. Slide the date to the right to view older data.
- Press share and choose a social media service to share the most recent measurement.



6.2.3.6 Fatigue

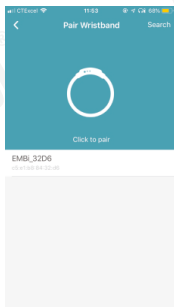
The fatigue state will be displayed on the home page. Tap on the fatigue section to view more detailed information or carry out a new measurement.

- The most recent measurement is shown on the top half of the screen.
- Other recent measurements are shown on the bottom half of the screen. Slide up to view older measurements.
- Select day, week or month to view a bar chart. Tap on one bar in the chart to view more detailed information. Slide the date to the right to view older data.
- Press share and choose a social media service to share the most recent measurement.



6.2.4 Device Options

Press <☰> and pair wristband to display the device options menu. Tap on one of the options to enter that section.



6.2.4.1 Personal Information

From this section, you can view and amend the following personal information:

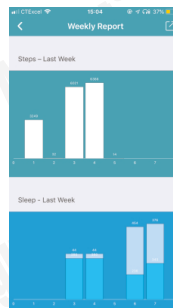
- Gender
- Age
- Height
- Weight
- Wearing hand
- Units used for distance, height and weight
- Time format
- Blood pressure reference values

Once finished, press save to go back to the main page of the app.



6.2.4.2 Weekly Report

The weekly report allows you to view all of the previous week's data on one screen.



6.2.4.3 Activate Camera

This function allows you to activate the camera on your phone remotely by shaking the E1.

1. Tap on 'Activate camera' to begin.
2. Once the camera is activated, shake the wrist wearing the E1 to take a photo.
3. Press "Cancel" to return to the home page.

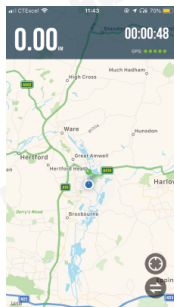
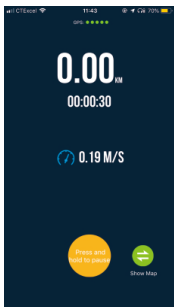
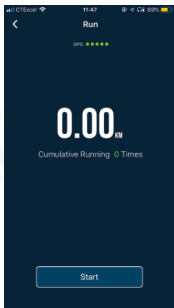
6.2.4.4 Run

This function will help you to monitor your running.

Press on 'Cumulative Running X Times' to view your running history.

Press on 'Start' to begin running.

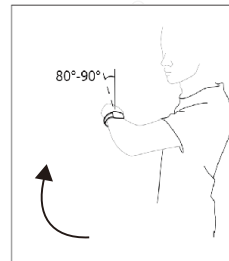
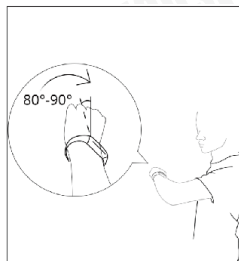
- Press <⊕> to switch between normal and map display.
- Press and hold the yellow button to pause.
- While paused, press the green button to resume.
- Press the red button to finish running.



6.2.4.5 Device Management

The device management screen allows you to check the battery level of the E1 and use the following functions:

- Connection Management
 - View the wristband's connection status
 - Pair or unpair the wristband
- Search Wristband
 - Pressing 'Search Wristband' will cause the wristband to vibrate, allowing you to find it. Note: the search function will work only if the wristband is within Bluetooth range (10m).
- Reminder (allows you to set silent vibrating notifications)
 - Phone Call Notification: <📞> will be displayed when there is an incoming call.
 - Message Notification: <💬> will be displayed when there is an incoming message.
 - Alarm Clock: The wristband will vibrate at the set time and <🕒> will be displayed on the screen.
 - App Notification: From this section, you can toggle whether to display notifications from a range of apps such as Facebook, Twitter, WhatsApp etc.
 - Do Not Disturb: The do not disturb function allows you to set a period during which all notifications will be ignored (e.g. at night time from 23:00 to 08:00).
- Automatic Screen Activation : While enabled, the screen will activate when you move your wrist.
- Automatic Hourly Measurement : While enabled, a measurement will be conducted automatically every hour on the hour. We recommend enabling this function in order to receive the most accurate data.
- Firmware Upgrade: This page displays the current firmware version of the Wristband and informs you whether a newer version is available.



6.2.4.6 General Settings

- Personal Information: please refer to section 5.2.4.1 for further information.
- Health Goal: allows you to set the number of steps you aim to walk each day.
- Third Party App Integration
 - Apple Health (Apple Devices Only)
 - Google Fit (Android Devices Only)
- Restore Factory Settings: allows you to perform a full factory reset, which will remove all data and delete the connection between the application and the wristband.
- Delete Data: allows you to delete all data saved on the application.

6.2.4.7 About

The About section displays the version number of the application and allows you to access the Help feature.

From the Help section, you can

- Send us feedback and suggestions about either the wristband or the AUDAR application, or report a bug.
- View a list of frequently asked questions (tap on one of the questions to read the answer).

6.2.4.8 CareMate Information

- Subscribe to Somebody Exercise & Health Data
- A request to become a CareMate can be submitted by looking up the mobile phone number or email address used to sign up for an AUDAR account.

After the request has been approved, you can click on 'My Guardian' in the top right corner to view a list of users you follow and monitor their exercise and health data in real time.

In addition, a follow request can be submitted by scanning another user's QR code. QR code information is located in the drop down menu in the top right hand corner.

- Care Request
- You can approve or reject any CareMate request by clicking on 'Care Request' in the drop down menu in the top right hand corner.

- Care Me
- By clicking on 'Care Me' in the drop down menu in the top right hand corner, you can access a full list of all CareMate's who have followed you.

The visibility of any single health data to your CareMate can be modified at any time after clicking on the individual CareMate in the list.

7. Troubleshooting

Problems	Solutions
Unable to turn on	<ul style="list-style-type: none">■ Fully charge the E1■ Press and hold the touch button for 3 seconds
Unable to charge	<ul style="list-style-type: none">■ Reconnect E1 with charging cable■ Use the provided charging cable to connect to the powered USB port
Unable to pair	<ul style="list-style-type: none">■ Confirm that Bluetooth is enabled on your device■ Confirm that the E1 is within 10m of the device■ Confirm that the Mac address on the E1 is the same as that shown in the app■ Ensure that you accept the system requirements when pairing
No data in the app	<ul style="list-style-type: none">■ Confirm that the E1 is paired to the device■ Try enabling Automatic Hourly Measurement in the Device Management
Unable to receive notifications	<ul style="list-style-type: none">■ Confirm that the E1 is paired to your device■ Check the Reminder settings in the Device Management section

8. Specifications

TFT color screen	1.22 inch
Bluetooth Version	v4.2BLE
Battery Type	Li-polymer battery220mAh
Working Time	Up to 10 days
Standby Time	Up to 20 days
Charging Time	About 2 Hours
Strap Material	TPU
Dustproof & waterproof	IP67
Net Weight	45g
Dimensions	260x46.5x12.5mm

9. Warranty

This product is guaranteed for twelve months from the date of the original purchase. In the unlikely event of any defect arising due to faulty materials or workmanship, the unit will be either replaced or repaired free of charge (where possible) during this period. An alternative product will be offered in case the product is no longer available or repairable.

This warranty is subject to the following conditions:

- The warranty is only valid within the country where the product is purchased.
- The product must be correctly installed and operated in accordance to the instructions given in this user manual.
- The product must be used solely for domestic purposes.
- The warranty only covers the main units, and does not cover the accessories.
- The warranty does not cover the damage caused by misuse, negligence, accident and natural disaster.
- The warranty will be rendered invalid if the product is resold or has been damaged by inexpert repairs. The manufacturers disclaim any liability for incidental or consequential damages.
- Please consult our customer adviser before returning any product; we are not responsible for any unexpected product returns.
- Any faulty product must be kept and returned in the original packaging with all the accessories and the original copy of the purchase receipt.

The warranty is in addition to, and does not diminish, your statutory or legal rights.

Customer Service:

Telephone: +44 (0) 845 250 0586

Email: service@augustint.com

This product is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. The Declaration of conformity may be consulted online at <http://www.augustint.com/en/>

Note: 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.

No Unauthorized Modifications: Do not make any changes or modifications to this product without the prior express written approval of August International Ltd. Any changes or modifications made without express written approval could void the user's authority to operate this product.

For details of further relevant technical standards, please contact us at the address above.

