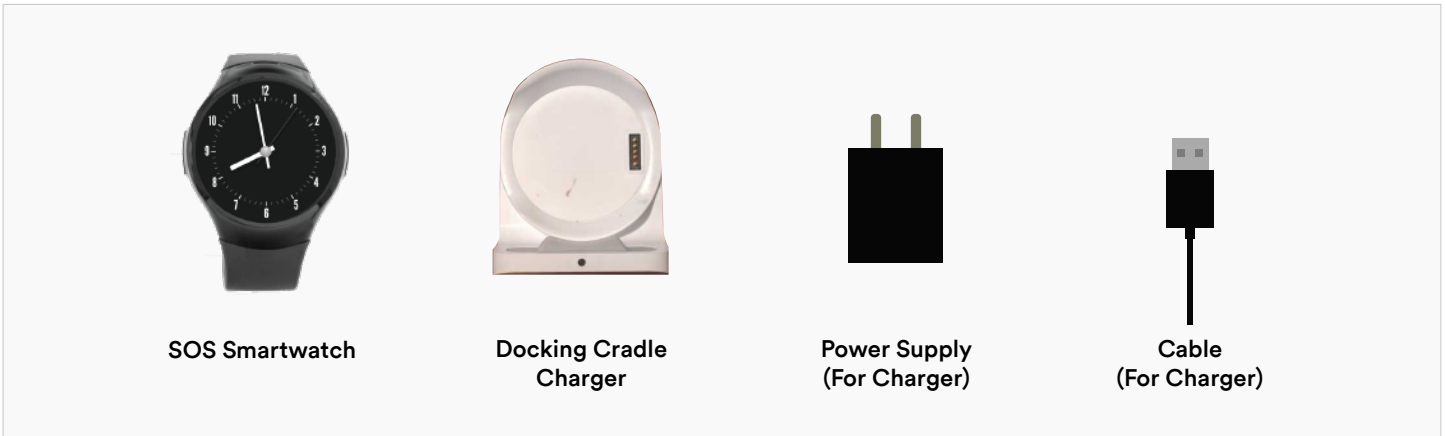**Bay Alarm Medical**

SOS Smartwatch
Quick Start Guide

SOS Smartwatch Package Items

| SOS Smartwatch | Docking Cradle Charger | Power Supply (For Charger) | Cable (For Charger) |

Understanding Your SOS Smartwatch

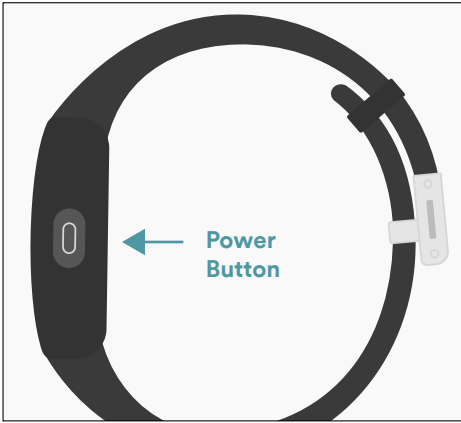SOS Button →   ← Power Button

Action	How To
To Place An Emergency Call	Press and hold the SOS down for 5 seconds until the watch places the call.
On/Off	Press and hold the ⬭ to turn ON or OFF the watch. It is HIGHLY RECOMMENDED that the watch is never turned off in case of an emergency.
Sleep Mode	Press ⬭ to turn off the screen. Press again to turn on screen
To Go Back	Press & release the SOS .

Understanding The Watch Screens

Screen	What It Is	Description
	Home Screensaver	This is the default screensaver and main screen.
	Main Menu	The Main Menu has 3 icons: (1) Yellow Phone - currently unavailable (2) Blue T Settings - for manufacturer use (3) Red Step Counter
	Settings Menu	The Settings Menu is visable but currently unavailable for customer use.
	Emergency Call Screen	When an emergency call is made by pressing and holding the SOS Button, the Emergency Call Screen will show, indicating how long the SOS Button needs to be held.
	Steps Tracker	The Step Tracker screen shows the number of steps taken. On this screen, the step records and the step settings can also be accessed.
	Step Tracker Settings	This is the Step Tracker Settings where a daily step goal can be set up.
	Battery Status	To check the battery life swipe the screen from the top to bottom.

SOS Smartwatch Quick Start Guide

1) Turning On/OFF The Watch

1) On the right-hand side of the watch, press and hold the Power Button until you feel the watch vibrate or start to light on.
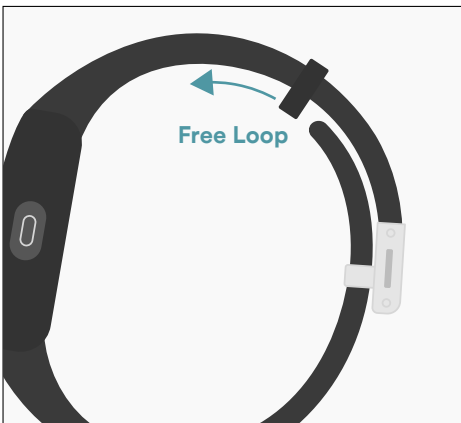
2) Once the watch is on, the watch will show the image above to indicate it is loading and setting up.
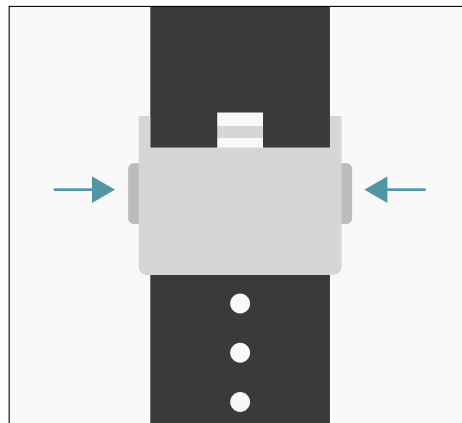
3) The watch screen will display the screen above indicating that it is ready to use.

It is HIGHLY RECOMMENDED that the watch is never turned off in case of an emergency.

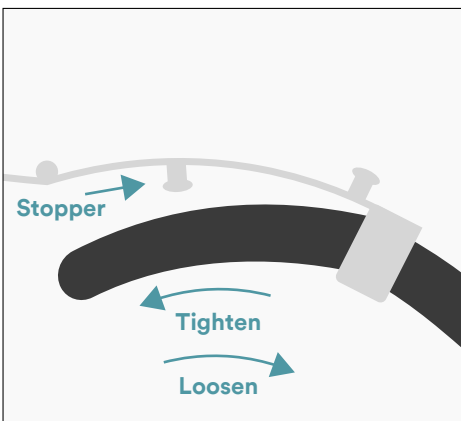## 2) Putting On & Adjusting the Watch

**1)** Push the Free Loop off the other strap so it is only on one strap.

2) There are two buttons on the side of the Metal Clasp. Press and hold both of them at the same time and lift up.
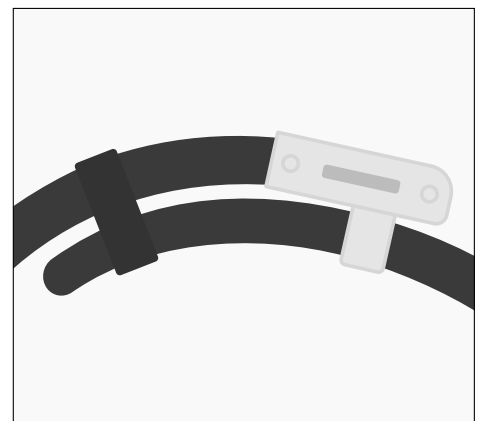
3) Place the watch on your wrist and close the Metal Clasp back into place.

4) To adjust the band size, lift the Metal Clasp and detach the bottom strap from the Stopper. Pull the strap towards the other strap to tightened or pull away to loosen the strap.
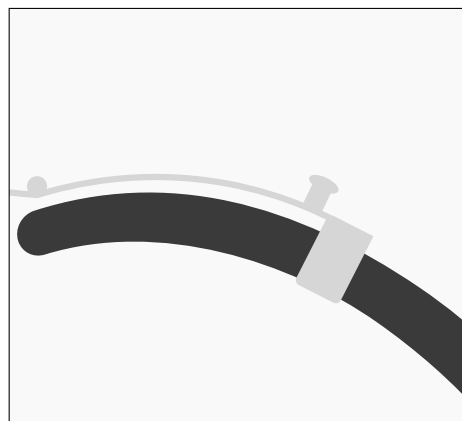
5) When the straps are adjusted to the desired length, place the Stopper back into the adjustment hole of the strap.

6) Snap the Metal Clasp back to the strap of the watch.

3) Placing An Emergency Call

**1)** Locate the SOS button on the left-hand side of the watch.

2) Press and hold the SOS button for 5 seconds. After 5 seconds, the watch should be making the call to the monitoring center.

Volume

Whisper Mode
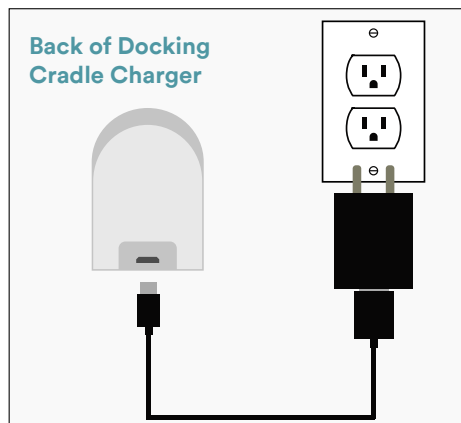
End Call
(EMS will still receive the call)

3) Once connected, an operator will ask if help is needed through the watch. Respond according to your situation. If there is no response from you, the operator will send emergency personnel.
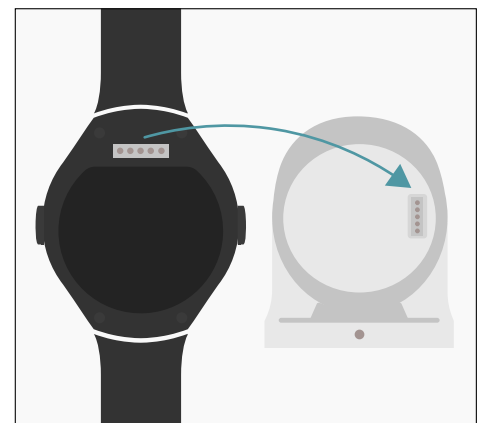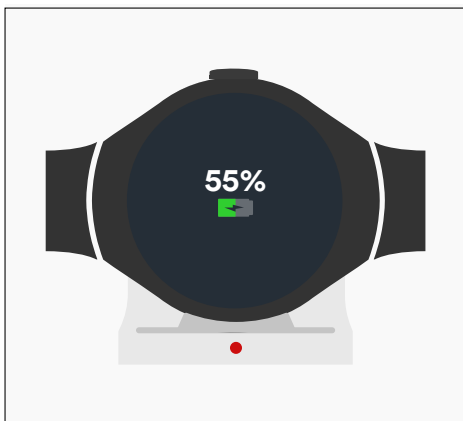
4) Charging The Watch
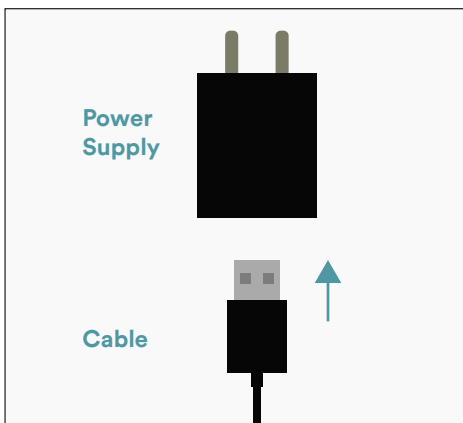
Power Supply

Cable

1) Connect the Cable to the Power Supply.

**Back of Docking Cradle Charger**

2) Plug the other end of the Cable into the port of the back Docking Cradle Charger. Then plug the Power Supply into the outlet.

3) Place the watch onto the Docking Cradle Charger aligning the 5 prong port of the watch to that of the Docking Cradle.

4) Check if the light on the Docking Cradle lights up red. This means the watch battery is charging.
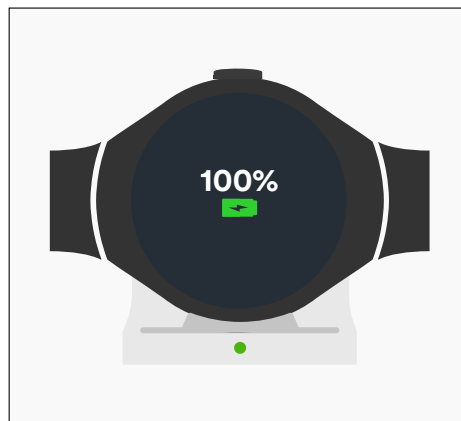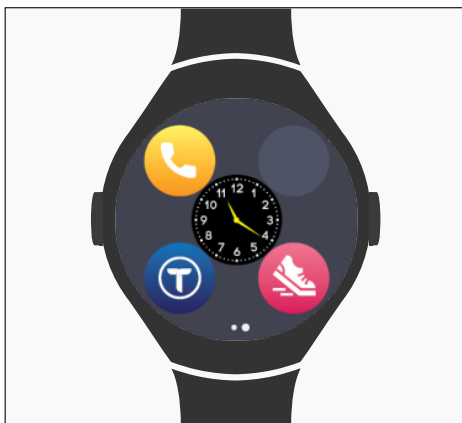

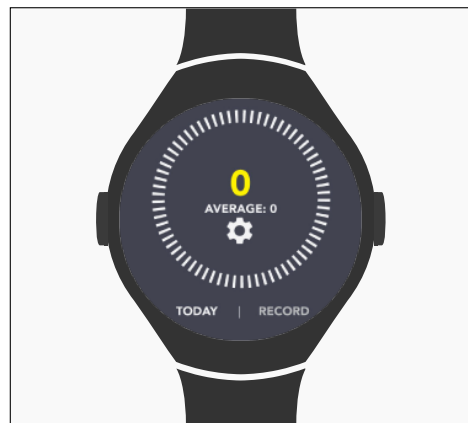**5)** Once the Docking Station light turns green, the watch is ready to use.

Need Help? Call 1-877-522-9633
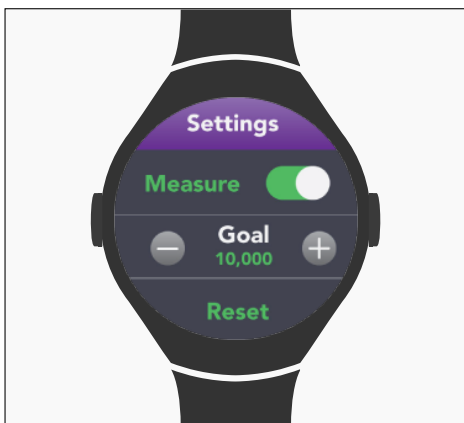
5) Tracking Your Steps

1) On the main screen, tap the screen once. It should direct you to the Main Menu screen.
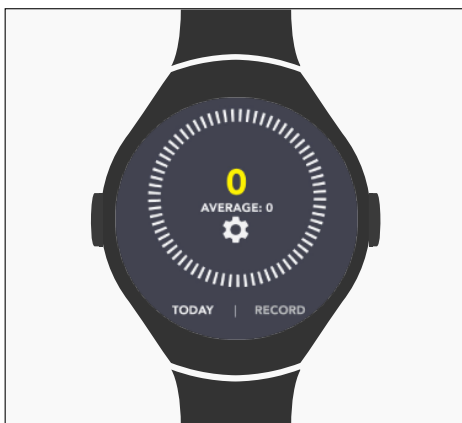
2) Then press the Step Counter button (red icon with the white shoe).

3) The Step Counter screen should show. To set a personal step goal, tap on the gear icon ⚙.

4) Tap the slide button to the right next to "Measure." Then press either the "-" or "+" to adjust to your desired goal.
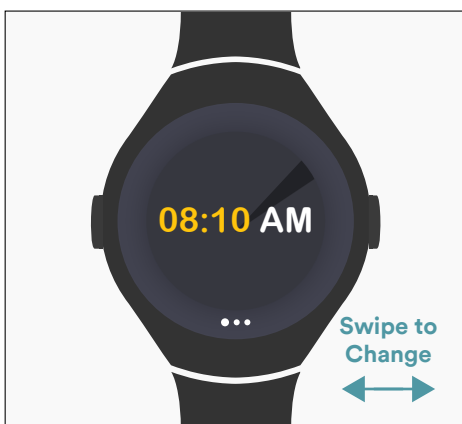
5) Press the SOS button to go back to your step counter. To see your personal record, tap Record on the bottom right.
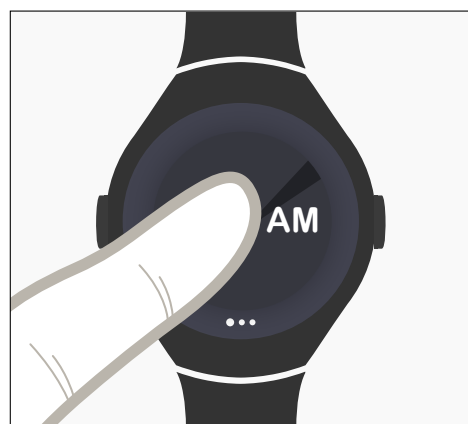
6) Changing The Home Screensaver

1) Press and hold the center of the main screen.

2) The screen image should minimize. Swipe left or right to look through the options. Below are the options:

3) When you see a screen you like, tap the center and it should be set.