

healthengine Pedometer [Patent pending]

healthengine.net

HE-100

healthengine is registered trade mark

INSTRUCTION MANUAL

- Thank you for purchasing the healthengine Pedometer.
- Please read this INSTRUCTION MANUAL thoroughly before using this Pedometer to ensure correct and safe use.
- Please keep this INSTRUCTION MANUAL which includes one(1) year Warranty Certificate.
- For further information about how to use the Pedometer as well as questions, please access to our:

URL <http://www.healthengine.net>

Or

E-mail info@healthengine.net

FEATURES of MODEL HE-100 Pedometer

- ◆ The Pedometer can be used for your walking at NORMAL or FAST speed and JOGGING speed at your choice.
- ◆ Dual display for STEPS and CLOCK, simultaneously.
- ◆ Metal Clip attached to the Pedometer assures firm fitting to your body, more durable life than the plastic clip, strong clipping force prevent from unfastening accident, for the Pedometer to work without trouble the Metal Clip minimize the slant to the right or left angle regardless type of clothes.
- ◆ Designed for easy to use based on the most recent users' needs study.

SAFETY INFORMATION

The WARNING signs shown here are used to ensure safe and correct product usage. Please read all instructions to prevent injury and damage to the owner and others.

	WARNING	Indicates matters in which death or severe bodily injury may arise as a result of disregarding or incorrect handling.
	CAUTION	Indicates matters in which bodily harm or material damage (including house, household goods and pets) may arise as a result of disregarding or incorrect handling.

WARNING

Store the product away from babies and infants.
Consult your home doctor immediately if a battery and/or set screw(s) are swallowed.

CAUTION

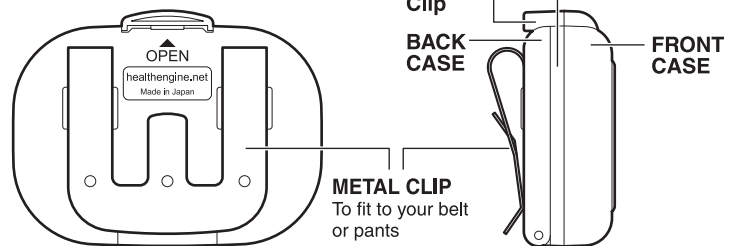
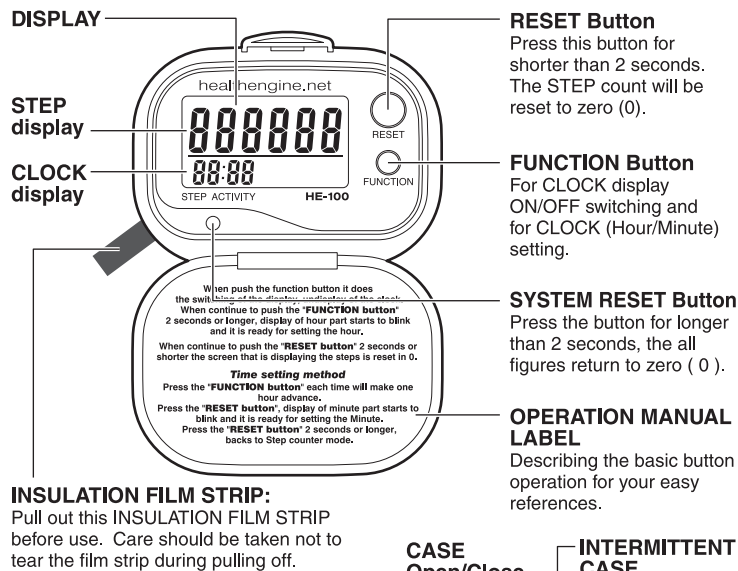
Do Not disassemble or modify any part of the Pedometer.
It may be the cause of trouble and accident.

OTHER IMPORTANT NOTICE

- This Pedometer is not a waterproof model.
Do not wash or touch with wet hands.
- Pay attention when handling the Metal Clip to prevent from damaging the clothes and/or your finger(s) during fitting and removing the Pedometer from your belt or pants/shorts.
- Do not drop the Pedometer or give strong shock deliberately. It may be the cause of trouble.

FEATURES IDENTIFICATION

- Before use, remove PROTECTIVE FILM from the face of display panel.
Also, PULL OUT the INSULATION FILM STRIP to turn the power ON. The battery is assembled in this Pedometer with the Insulation Film Strip to prevent power loss.



RESET: Press the RESET button for shorter than 2 seconds, today's STEP count can be reset to zero (0)

SYSTEM RESET: Press the SYSTEM REST Button for longer than 2 seconds, all figures will return to default setting of zero (0).

Note(1): The Pedometer is adjusted to SYSTEM RESET condition when it is shipped from the factory.
Note(2): In the case of irregular display is shown due to static electricity and/or electrical noise. By pressing the SYSTEM RESET Button for longer than 2 second, it return to normal display except CLOCK which should be re-adjusted by yourself.

CORRECT USAGE

● POSITIONING THE PEDOMETER TO YOUR BELT OR TOP EDGE OF PANTS

- With the Metal Clip open, insert the Pedometer into your belt or top edge of the pants/shorts deep enough and vertical direction to the ground.
- To prevent from losing the Pedometer during the use, we recommend the use of a Safety Strap and tie it to the Metal Clip. (Safety Strap is not included in the accessories)

● The Pedometer may not count STEPS when:

- The Pedometer is not attached correctly:
 - The Pedometer is not set horizontally to the ground but leaning right or left angle.
 - The Pedometer is leaning Forward or Backward against the body.

NOTE: In the latter case, try other part around your belt to find less leaning spot.

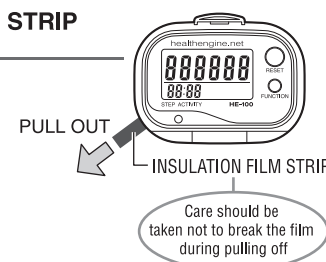
- Irregular walking or other behavior:

- Walk with a shuffle, or short stride with less impact to the ground.
- Walk with sandals or other strange footwear.
- Walk at an inconsistent pace in a crowded place or up/down stairs or steep path
- Sitting and standing motion without walking, during train and other vehicle ride or during playing sports, etc.

SETTING THE CLOCK

1 Pull out the INSULATION FILM STRIP to turn POWER [ON]

- Pull out the INSULATION FILM Strip with your fingers as shown, the supply power is turned ON and it is set to STEP Mode.
- ✱ STEP Mode shows STEP Count on upper display window and CLOCK on lower display window. At this point, the colon (:) mark starts to blink.

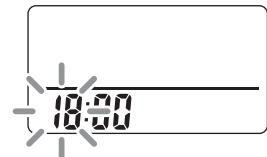


2 SETTING the TIME (displays in 24-hour clock system)

- EXAMPLE: To set PM 6:30

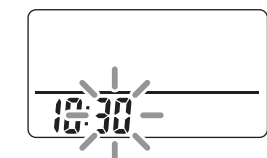
HOW TO SET the HOUR

- ① Press the FUNCTION Button for longer than 2 seconds, the [Hour] display starts to blink.
- ② Pressing the FUNCTION Button each time will increase by 1 hour. Keep pressing until you see the number 18 (hours).
- ✱ After 23 hours has past it will proceed to zero (0) hour.
- ✱ Press FUNCTION Button for longer than 2 seconds, the FAST FORWARD to increase the hour can be made.



HOW TO SET the MINUTE

- ① Press the RESET Button the display of MINUTE part starts to blink (RESET Button can be used for switching Hour to Minute vice versa)
- ② Press the FUNCTION Button each time will advance one(1) minute. Keep pressing the button until Minute display shows 30 (minute).
- ✱ After 59 minutes, it will return to 00 minute however the Hour will not be changed.
- ✱ By Pressing the FUNCTION Button for longer than 2 seconds, FAST FORWARD can be made.
- ✱ If you neither press the RESET Button for longer than 2 seconds nor operate the RESET Button for longer than 3 minutes, the display will return to STEP Mode.



BATTERY LIFE and HOW TO REPLACE THE BATTERY

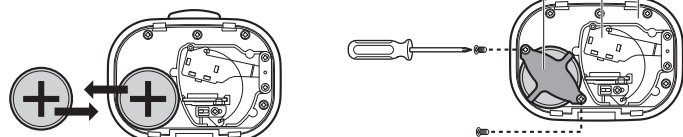
REPLACING the BATTERY and PRECAUTION

- When the capacity of the battery is consumed, the figures on display panel becomes light gray color and finally they are faded out or you feel difficult to read the display. Please replace the battery with a new type CR2032 battery.
- Please note that when you replace the battery, the STEPS records and CLOCK setting are cancelled and it will return to default setting. It is necessary for you to make CLOCK setting.

HOW to REPLACE the BATTERY

- ① Insert a coin into the slot of the bottom of body case and then twist with the coin to remove the FRONT CASE.
- ② You will find the BATTERY HOLDING PLATE at the bottom of left corner as shown. Remove the BATTERY HOLDING PLATE by loosening two Set Screws with a (+) tipped screwdriver.
- ③ Take out the old battery and replace it with a new battery by placing polarity of (+) to be the UPSIDE position.
- ④ Place the BATTERY HOLDING PLATE to the original position by tightening two Set Screws. To finish assembly of the Pedometer, put INTERMEDIATE CASE and FRONT CASE together and then press by your finger(s) the lower part of FRONT CASE until you hear the CLICK sound.

- ✱ Please DO NOT touch the parts such as the pendulum sensor mechanism, it may affect accuracy of the Pedometer.



SPECIFICATIONS

PRODUCT NAME:	healthengine.net Pedometer
MODEL & FUNCTIONS:	Model HE-100 Dual display of STEPS (Upper display) / CLOCK (Lower display)
POWER SUPPLY & TYPE OF BATTERY:	3 Volts DC One(1) Type CR2032 Lithium battery of a coin shape
DISPLAY:	
STEPS :	From 0 to 999999 steps in 6 digits display (minimum count from one step)
CLOCK:	00:00 to 23:59 (Hour and Minute in 24-hour clock system with minimum setting from one(1) minute)
CLOCK:	Setting range from 00:00 to 23:59 with minimum setting unit of one(1) minute and in 24-hour clock system.
OPERATING TEMPERATURE RANGE:	-10°C to +40°C
STEP COUNT ACCURACY:	±3 % (measured by the specified vibration test machine)
CLOCK ACCURACY:	Average monthly deviation within ±30 seconds (at room temperature)
BATTERY LIFE:	Approximately 2 years (with the use of 10,000 steps/day)
EXTERNAL DIMENSIONS :	Approx. 40 mm x 56 mm x 16 mm (exclude Metal Clip)
MATERIALS :	
BODY CASE :	ABS Resin
METAL CLIP :	Hardened steel with chromium plating finish
WEIGHT :	Approx. 32 grams (including battery)
ACCESSORIES :	One(1) Lithium battery Type CR2032 (which is assembled at the factory for the trial use by the owner) Instruction Manual with Warranty Certificate

*The Specifications are subject to change without notice.

FOR INQUIRIES & CUSTOMER SERVICES

For repairing request and inquiries about how to use the Pedometer, Contact at :

YOKOHAMA HEALTH ENGINE, INC
Attn: Customer Services

TEL 045-989-2251 FAX 045-989-2252

(Business Hours: AM 9 : 00 to PM 18 : 00 Closed on Saturdays, Sundays and Holidays)

OR
E-mail info@healthengine.net
(available in 24 hours)

Also, Information on the Setting Operation procedures with the photographs are available on our home page:

URL <http://www.healthengine.net>

CONDITIONS of WARRANTY

- ① healthengine.net Pedometer is warranted to be repaired free of charge for a period of one(1) year under normal use in accordance with our Instruction Manual.
- ② Should repair be needed within the warranty period, send Pedometer with Warranty Certificate duly filled in and the postage prepaid to YOKOHAMA HEALTH ENGINE, INC Attn: Customer Services.
- ③ The Warranty however will not apply to the following cases and repair charge will be charged.
 - Incorrect use and failure or damages due to improper repair or modifications and drop to the ground or floor or water, etc.
 - Warranty Certificate is not attached to the Pedometer to be repaired. Lack of Purchase Proof (Date of Purchase and the name of Retail Store).
 - The Warranty excludes the battery.

WARRANTY

Product Name : healthengine.net
Model : HE-100

Your Name:

Your Mailing Address:

TEL No: ()

Date of Purchase : Year Month Day

Name of Retail Store with its official seal :

Retail Store Telephone No.

YOKOHAMA HEALTH ENGINE, INC

4-7-201, Enokigaoka, Aoba-Ku, Yokohama, Kanagawa-Pref, JAPAN 227-0063
Office Tel No. 045-989-2251 Office FAX No. 045-989-2252