

Unpack Activity Tracker
and
charge the unit fully
by inserting into a laptop
or
any suitable USB charger.

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Download
MedM Health app.



Go onto the MedM Health app and register.



Here you will be asked to enter your email address and create a password for the app. Once registered you will receive an email to confirm your registration.



Once registered you will come to this screen. At this point you will need to pair the device with the app. To begin this process, select the menu.



After selecting the menu,
select 'My Devices'.

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My Devices

You have no devices. To add a device
use 'Add New' button.

Add New

You can now pair the device.
Ensure that your Bluetooth
is on and press
the 'Add New' button.



Hold down the button on the Activity Tracker until two blue square boxes appear.
The app will now search for the device.



When found, the Smart Activity Tracker will appear. Select the Activity Tracker.



Add the Activity Tracker
to your devices.

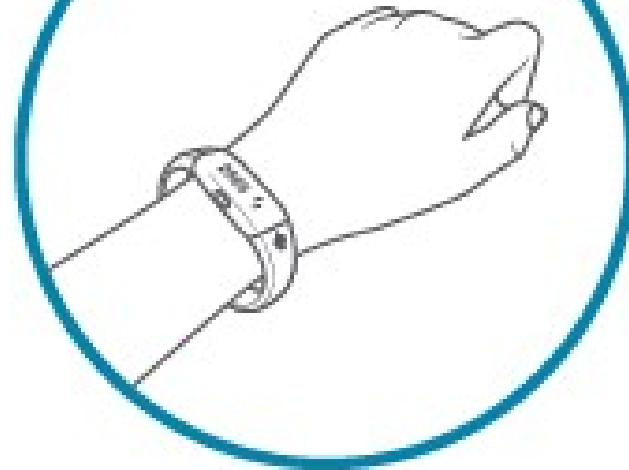


Your device is now pairing.
When completed the Activity
Tracker will show 'Success'.



Your device is now paired!
To look at data,
simply press on the first icon
which measures steps,
calories etc.

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The device is now ready to use, simply set to active or sleep mode as desired.