

QUESTIONS? CALL (800) 998-2400

SIDEKICK^{SMART}

GETTING STARTED WITH
YOUR MEDICAL ALERT SMARTWATCH



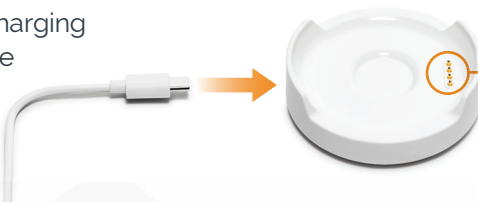
Charging Your Device

IMPORTANT: Before using your Sidekick Smart, it should be **fully charged**.

1. Plug the charging cable into the enclosed adaptor.



2. Insert the other end of the charging cable into the cradle.



Align charging contacts on the bottom of Sidekick with charging pins on base.

3. Plug the adaptor into an electrical outlet.



4. Place the Sidekick Smart into the charging cradle. You will hear **"your watch is charging"**.



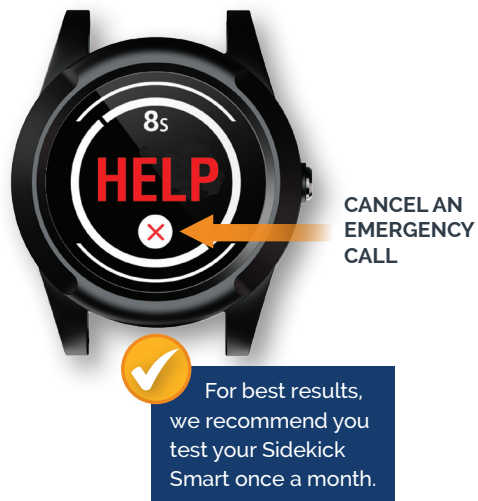
While on the charging cradle, the screen will display the battery percent. At 100% your device is fully charged.

In Case of Emergency

If you need assistance, press and **HOLD** the Home Button until you hear the emergency alert message.



IMPORTANT: To cancel an accidental activation, press the **X** on the display prior to the countdown reaching 0.



Know Your Sidekick Smart

If the screen is blank, Press the home button to display the Time & Date.



For best results charge your **Sidekick Smart** every night.

When viewing the Time/Date, swipe left or right to access additional options.



Menu Options

Heart Rate

Press the watch face to measure your heart rate.



The heart rate monitor is for informational purposes only and is not intended to replace traditional methods of diagnosis or treatment.

Pedometer

Press the watch face to track your daily steps and activity.



Weather

Press the watch face to get today's weather forecast.



Turn Watch Off

Press the watch face to turn off your Sidekick Smart.



To turn watch back on, press and hold the Home Button.

We recommend for safety purposes not to turn your watch off, unless necessary.

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Battery Warning

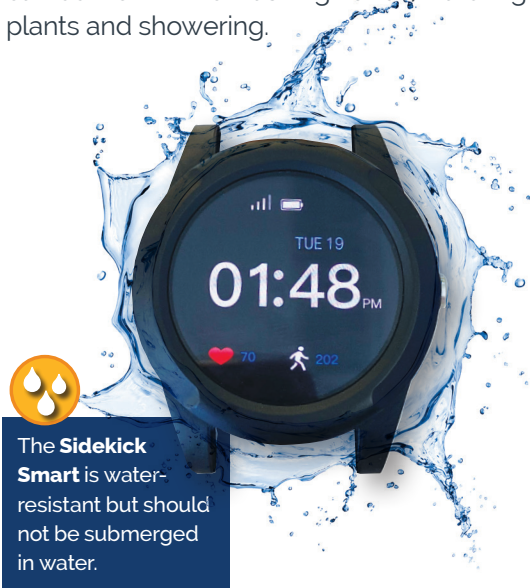
When the battery level is low, you will hear a low battery message and the battery level indicator will turn red. When this happens, you should charge your device as soon as possible.



For best results charge your **Sidekick Smart** every night.

Shower Safe

The Sidekick Smart is water-resistant and can be worn while washing hands, watering plants and showering.



The **Sidekick Smart** is water-resistant but should not be submerged in water.

**We are here to help.
Call (800) 998-2400
for assistance.**

This device is dependent on cellular coverage to work. Where cellular coverage is limited, you may encounter diminished device capabilities.