

# User Guide

Put on this easy-to-use STRIVE activity & sleep tracker and begin the steps to a healthier you!

## includes

- 1 Activity & sleep tracker  
\*water-resistant (shower/sink use)
- 1 USB charger
- 1 Wristband
- 1 Clip



- 1 Fit your activity & sleep tracker into your charger and plug it into a USB port. Charge it for at least one (1) hour before first use.



- 2 Download your clinic's app to your mobile device and follow in-app instructions to set up your tracker.



**3** Fit your activity & sleep tracker into your wristband, clip or pocket to wear it your way.

Tap the STRIVE logo on the touchscreen to display and switch screens.

You're ready to go!



**Need help?**

Go to the Support page in your clinic's app

This device comes with a limited warranty. Please contact your clinic for further information.

1. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
2. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
3. FCC Radiation Exposure Statement: This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
4. 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.
5. This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) This device may not cause interference. (2) This device must accept any interference, including interference that may cause undesired operation of the device.
  6. Under The Department of Innovation, Science and Economic Development Canada (ISED) regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.
  7. Apple <sup>®</sup>, the Apple logo and iPhone <sup>®</sup> are trademarks of Apple Inc., registered in the U.S. and other countries. App Store <sup>®</sup> is a service mark of Apple Inc. Android, Google and the Google Play logo are trademarks of Google Inc. <sup>™</sup>
  8. CoachCare declares that this STRIVE activity & sleep tracker is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [coachcare.com/compliance](http://coachcare.com/compliance).