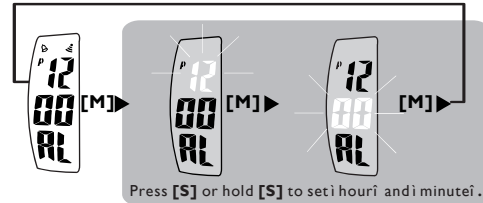


6.0 Setting the Daily Alarm

Hold [M] during the **Daily Alarm Mode** to select the setting display, the 'hour' digits will start flashing.



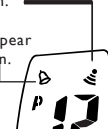
6.1 Turn the Alarm and Chime ON/OFF

There are 4 status can be switched by pressing [S]:

1. Alarm off / Chime off
2. Alarm on / Chime off
3. Alarm off / Chime on
4. Alarm on / Chime on

This icon will appear when alarm is on.

This icon will appear when chime is on.



7.0 Heart Rate Mode - Getting a Heart Rate Reading

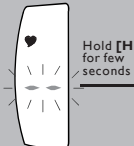
1 Press the [HR1] with your index finger for more than 1 second.



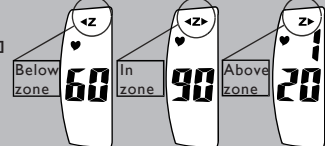
2 Make sure [HR2] on the back of the watch sits firmly on your skin.

NOTE: The user **MUST** input the "zone alert on/off", "below zone limit" & "upper zone limit" into the watch, please refer to chapter 5.0.

3 " - - " will flash when you enter Heart Rate Mode.



Hold [HR1] for few seconds



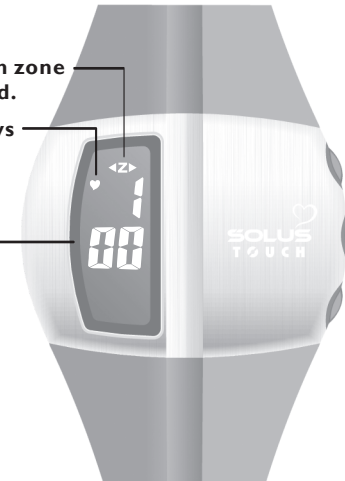
4 When zone alert is on, there are three possible results: Bi-Bi will be heard for below zone. No sound will be heard for in zone. Bi-Bi-Bi will be heard for above zone.

8.0 Heart Rate Mode Display

Icon is on when zone alert is enabled.

Flashing follows the heart rate pulse.

100 beats per minute



9.0 Potential Causes for NO Heart Rate Reading or Long Response Time

- 1) **Cause:** Dry skin.
Solution: Apply conductive gel or saliva thoroughly to fingers and the wrist area. (Even water will help if conductive gel is not available).
- 2) **Cause:** Fingers are not placed firmly over the sensors.
Solution: Make sure fingers (not the tips) lay flat and firmly over the sensors and the watch is placed securely on the wrist. Do not use the very tips of your fingers (e.g. visualize tip toeing with your fingertips). Fingertips do not allow for enough contact, therefore, electrocardiogram will not be picked up.
- 3) **Cause:** Muscle tremors, caused by:
A) Pressing down too hard on the sensors with fingertips. B) Person is in motion and hold the watch in an awkward manner.
Solution: It is best to place your index finger on the "front" contact [HR1]. This will ensure good and consistent readings even while walking or jogging with arms swung naturally.
- 4) **Cause:** Dead skin on the wrist.
Solution: Usually rubbing your skin with a towel will help.
- 5) **Cause:** A thin layer of body grease can insulate the electrocardiogram signal from the back sensor on the watch.
Solution: Wipe the wrist and the back of watch [HR2] with a tissue or a soft towel.
- 6) **Cause:** Hairy arms.
Solution: Apply conductive gel to the wrist area.
- 7) **Cause:** Irregular heart beats.
Solution: N/A
It is difficult to consistently pick up a reading for those with irregular heart beats. Inconsistent response times are expected for those with arrhythmia.

10.0 Precautions for Water Resistance & Battery

Water Resistance

Water damage may occur if the push buttons are pressed under water. Should water or condensation appear in the watch, please check the watch immediately, as corrosion of electronic parts can occur inside the case.

Battery Life

The battery in your SOLUS watch is estimated to last for 2 years, depending on frequency and use of certain features.

Battery Replacement

If the display dims or the EL backlight is dim, you are recommended to go to the authorized SOLUS service center for correct battery replacement and power on set in order to retain a valid warranty and avoid any damage on the water resistance function.

WARNING!

Always keep watch batteries away from children. If swallowed, contact a doctor immediately. Batteries contain chemical substances. They should be disposed of properly according to local regulations.

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USER MANUAL

SM - 704.1



1.0 General Guide

Thank you for purchasing this watch. With this watch, you can get electrocardiogram heart rate without using a chest strap.

Simply put the watch on your wrist, place your finger on the metal contact located on the face of the watch, and read your heart rate in the digital window within seconds!

IMPORTANT Notes

1) Do not use this watch for commercial or professional purposes.
2) Make sure that you read this user manual thoroughly and fully understand the functions and limitations of this watch before using it.
3) This watch is a supplementary device for measuring heart rate; it is not a substitute for medical devices. You should periodically compare the heart rate reading acquired by this watch with the reading from your doctor.
4) Do not use heart rate measurement under water.

2.0 Care and Maintenance

1) This watch contains electronic components. Never attempt to open the case or remove the back cover.
2) Avoid exposing the watch to extreme temperature, chemicals which will damage the watch.
3) Keep the watch away from the conditions of strong electric field and static electricity.
4) Avoid rough usage or severe

impact. The watch is designed to withstand impact under normal use. It is advisable to subject it to severe impact or rough usage.

5) Clean your watch occasionally with a soft moistened cloth only. Avoid using chemicals, especially soap as the waterproof gasket will corrode.
6) For PU straps, please wash them with mild soapy water only and not to apply perfume or moisturizers around your wrist as the chemicals can erode them.
7) There may be discoloration for light colors and transparent straps after normal wear for some time. An original replacement on straps is possible to be re-ordered through an authorized service center.
8) Store the watch in a dry place when it is not in use.

3.0 Specifications

Current Time Mode

Measuring range: 30 to 240 beats per minute
Hour, minute and second
12 / 24 hour format selectable
Hourly chime on the hours

Current Date Mode

Month and date

Daily Alarm Mode

Daily alarm: 1 daily alarm
Alarm duration: about 30 seconds

Heart Rate Mode

Measuring range: 30 to 240 beats per minute

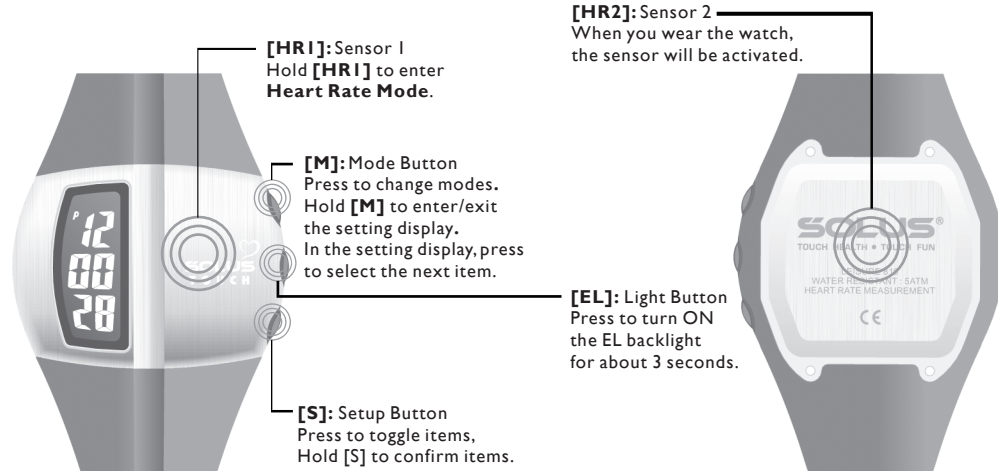
Others

5 ATM water resistance
*Water-related usage for 5 ATM:
Light spray perspiration, light rain, bathing, etc

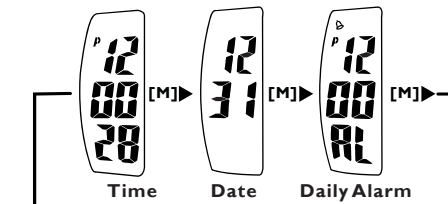
Electro-luminescent backlight

*The illumination provided by the backlight may be hard to see when viewed under direct sunlight

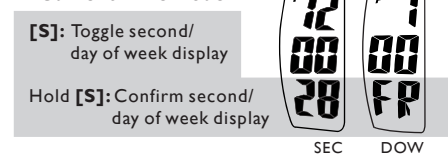
3.1 Design of the Watch



4.0 Functional Modes & Displays



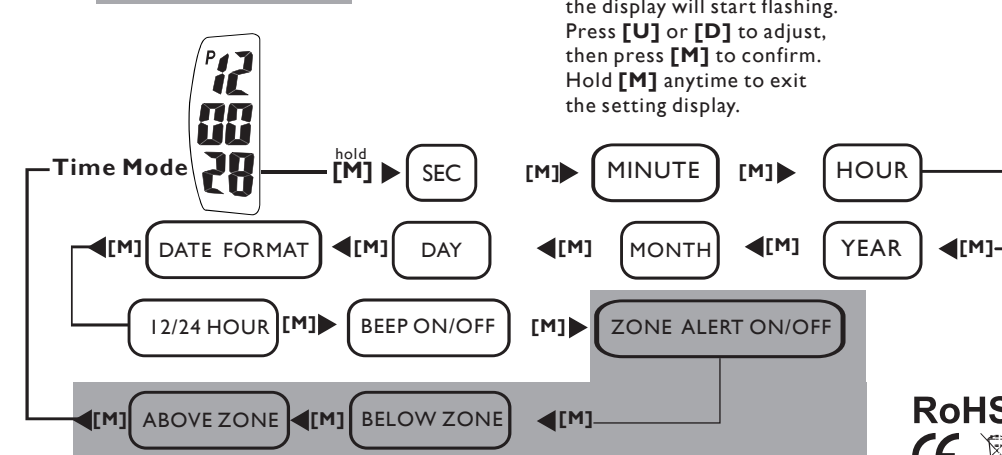
Two alternative displays in Current Time Mode



4.1 Power Saving Mode

During **Date Mode**, hold [M] for 4 seconds to enter **Power Saving Mode**, LCD will be off. Press any buttons to resume normal.

5.0 Setting the Current Time & Heart Rate Zone Alert



Hold [M] to switch to the setting display, the display will start flashing. Press [U] or [D] to adjust, then press [M] to confirm. Hold [M] anytime to exit the setting display.

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