



ECG 125 (HRV)

Heart Rate Monitor

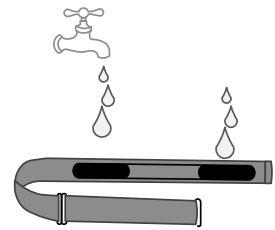
Getting Started Guide
Guide de Démarrage
Guía de introducción
入門指南



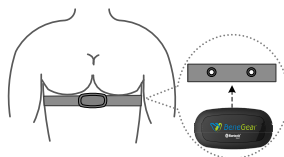
Design by BeneGear Inc.
www.benegear.com

Wearing method | Ponga Método | Mettez Méthode |
穿戴方法

1. Wet the electrode | electrodo húmedo | électrode humide | 沾濕電極



2. Wear a sensor | Use un sensor | Porter un capteur | 配戴傳感器

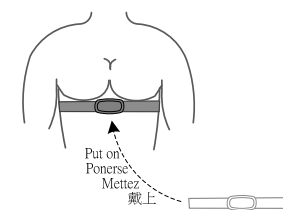


The sensor can not be reversed
El sensor no se puede revertir
Le capteur ne peut pas être inversée
感測器配戴不可顛倒

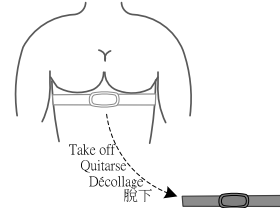
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Power ON/OFF | Encendido/apagado | Marche / arrêt |
電源開/關

1. Automatically open | abrir automáticamente | ouvrir automatiquement | 自動開啟



2. Automatically shut down | apagará automáticamente | Arrêter automatiquement | 自動關閉



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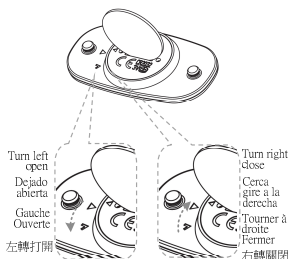
Supported App | apoyado App | App pris en charge
支援的App



<http://www.benegear.com/appdownload/>

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Replacement battery | Batería de repuesto | Batterie de
rechange | 更換電池



Product specifications | Especificaciones del producto
| Spécifications du produit | 產品規格

Wireless types/Tipos inalámbricos/Types sans fil/無線類型	Bluetooth Low Energy (Bluetooth 4.0)
Battery model/Tipo de batería/Type de batterie/電池型號	CR2032
Battery life/Duración de la batería/Vie de la batterie/電池壽命	over 200 hours /Más de 200 horas /Plus de 200 heures /超過200小時
Waterproof/Impermeeable/Imperméable/防水能力	1 ATM (10 meter)
Operating temperature/Temperatura de funcionamiento/temperatura de fonctionnement/操作溫度	-10°C ~ 50 °C /-14°F ~ 122 °F

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Important information | Información adicional
| Informations importantes | 重要信息

⚠ This product is not a medical device and can not be used for medical purposes in any case. The information and data generated by this product are for reference only. If you have a heart rate regulator or a cardiovascular disease, please follow the instructions of your physician. When the use of the process of physical discomfort, please immediately stop using, and as soon as possible medical treatment.

⚠ Este producto no es dispositivos médicos, en cualquier caso, no se utiliza con fines médicos. Información relacionada y los datos generados por este producto para fines de referencia. Si se utiliza un regulador de la frecuencia cardíaca o la enfermedad de usuario las instrucciones del médico cardiovascular seguimiento de usar este producto. Cuando se utiliza un proceso con una condición médica, por favor, dejar de usarlos inmediatamente y consultar a un médico tan pronto como sea posible.

⚠ Ce produit est destiné à utiliser le sport uniquement des produits non médicaux, ne peuvent pas être utilisés à des fins médicales. Si vous utilisez un régulateur de fréquence cardiaque ou les maladies cardiovasculaires, s'il vous plaît suivre les instructions du médecin pour utiliser ce produit. Si vous avez des malaises physiques en utilisant ce produit, cessez de l'utiliser immédiatement et consultez un médecin dès que possible.

⚠ 本產品非醫療設備，在任何情況下不能用於醫療用途。本產品所產生的相關資料與數據僅供參考。若有使用心率調節器或有心血管疾病的使用者請遵照醫師指示使用本產品。當使用過程有身體不適的情況請立即停止使用，並盡速就醫。

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Regulatory information | Información reglamentaria
Informations réglementaires | 監管信息

UNITED STATES

Federal Communication Commission Interference Statement

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 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.

FCC Caution: To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment (Example: use only shielded interface cables when connecting to computer or peripheral devices).

FCC Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. The antennas used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

FCCID: 2AHC141A

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.

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Regulatory information | Información reglamentaria
Informations réglementaires | 監管信息

CANADA

This Class B digital apparatus meets all requirements of the Canadian Interference-Causing Equipment Regulations. Cet appareil numérique de la classe B respecte toutes les exigences du Règlement Canadien sur le matériel brouilleur. This device complies with Industry Canada RSS Appliance radio exempt from licensing. The operation is permitted for the following two conditions: 1. the device may not cause harmful interference, and 2. the user of the device must accept any interference suffered, even if the interference is likely to jeopardize the operation.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: 1. l'appareil ne doit pas produire de brouillage, et 2. l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

TAIWAN

低功率射頻電機：
「依據低功率電波輻射性電機管理辦法」第十二條
經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者不得擅自變更頻率、加大功率或變更原設計之特性及功能。
第十四條
低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前項合法通信，指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

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