Heart Rate Monitor Watch with Calorie Counter

Model: IHM80004

USER MANUAL

EN

Introduction

Thank you for selecting the Oregon Scientific™ Heart Rate Monitor Watch with Calorie Counter (IHM80004) as your sports fitness product of your choice. This precision device includes the following features:

- Infra-red Heart rate sensor
- Calorie consumption after exercise
- Exercise strength analysis (Represent by bar level 1 to 5)
- Stopwatch
- Clock and alarm functions
- 3 ATM – up to 30 meters water resistant

Key Features

Watch

1. Top display: Shows Month/day - Sub-menu items / gender
2. Reverse function of the exercise strength
3. Heart icon ♣: Flash when heart beat detected by infra-red sensor
4. P: Means PM when appear, means AM when not exist
5. Large Display: Shows current time / alarm time / date of birth / heart rate / calorie consumption
6. Alarm icon, Alarm on / off indicator
7. Bell icon ♣ in mode / off indicator
8. Running human ♣: Flash when stopwatch starts

LCD Display

- Time limit
- Day
- Date
- Alarm
- Time zone

Exercise mode - Measure the strength of activity after exercising by measuring pulse rate.

1. *Press ST / SP button to start, and then press and hold the button for three seconds to start the timer.
2. *Press ST / SP button to set the alarm.

Stopwatch Mode - time counting.

1. *Press ST / SP button to start and pause the stopwatch on / off.
2. *Press ST / SP button to reset the stopwatch.

Exercise Timer (Calorie Calculation) (EXRCS)

Exercise timer mode - Measure the strength of activity after exercising by measuring pulse rate.

1. *Press ST / SP button to start, and then press and hold the button for three seconds to start the timer.
2. *Press ST / SP button to set the alarm.

Battery Replacement

The unit uses a CR2032 lithium battery which is included with the unit.

1. Turn the watch over so that you are looking at the back plate.
2. Using a small screwdriver remove the four screws that hold the back plate in position.
3. Slightly band the watch towards front plate and remove the back plate.
4. Use the screwdriver again to remove the three screws and metal battery cover inside.
5. Remove the old battery.
6. Place one new CR2032 battery into the compartment (CAUTION: With + to +, and - to - otherwise it may cause permanent damage for wrong placement)
7. Place metal battery cover and screws.

Aquatice and outdoor activities

- The watch is water-resistant up to 30 meters.
- Though Daily use enhanced waterproof design, the watch avoid immerse with tape water since potentially go inside into the water.
- The watch is water resistant for face washing, rain drops and water droplet.
- Although, it is made with waterproof design, it is not recommended use under warm water such as shower or bath with this watch.
- The watch is designed for daily use enhanced waterproof, cannot use on deep diving activities (Scuba diving).
- Do not press the keys under water or with wet fingers.
- Keep your watch water resistant, avoid chemicals (gasoline, chlorine, perfumes, alcohol, hair sprays, etc.). Rinse after use.
- Reduce exposure to heat. Have your watch serviced by an approved service center annually.

Precautions/ Warning and Care instructions

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product. The warnings given here provide important safety information and should be observed at all times.

- The product is a precision instrument. Never attempt to take the device apart. Contact our authorized service representative for any repair.
- Do not touch the exposed electronic circuitry, as there is a risk of electric shock.
- Take precautions when handling batteries.
- Remove the batteries before storing the product for a long period of time.
- Check all major functions if the device has not been used for a long time. Maintain regular testing and cleaning of your device.
- Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is recommended.
- Use a soft, slightly moistened cloth to clean the product. Do not use abrasive or corrosive cleaning agents, as these may scratch the plastic parts and corrode the electronic circuitry.
- Avoid pressing the keys with wet fingers, under water, or in heavy rain, as this may allow water to gain entry into the electronic circuitry.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity.
- Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction, a shorter electronic life span or damage to batteries, or distorted parts.
- Do not tamper with the internal components. Doing so will terminate the warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this manual.
- Verify the battery direction before replacing a new battery.
- The watch will have permanent damage with wrong battery placement.
- Do keep your finger position light and steady for pulse measurement.

Specifications

Have your watch serviced by an approved service center annually.

<table>
<thead>
<tr>
<th>TYPE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASIC INFORMATION</td>
<td>Weight: 42 g (with battery)</td>
</tr>
<tr>
<td>Display Size</td>
<td>24mm x 19mm</td>
</tr>
<tr>
<td>Timing accuracy</td>
<td>± 90sec/month</td>
</tr>
<tr>
<td>Sensor accuracy</td>
<td>± 6 pulse per minute</td>
</tr>
<tr>
<td>Water resistant</td>
<td>30 m (not actuating keys)</td>
</tr>
<tr>
<td>Battery Type</td>
<td>1 x CR2032 3V Lithium battery</td>
</tr>
<tr>
<td>Battery Life</td>
<td>28 months (approx.)</td>
</tr>
<tr>
<td>Operating temperature</td>
<td>-10°C ~ +40°C</td>
</tr>
<tr>
<td>Storage temperature</td>
<td>-10°C ~ +60°C</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SETTING</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time format</td>
<td>12hr</td>
</tr>
<tr>
<td>Date format</td>
<td>MMM – DD</td>
</tr>
<tr>
<td>Weight: 50-600 pounds</td>
<td></td>
</tr>
<tr>
<td>Alarm</td>
<td>Chime mode and time alarm</td>
</tr>
</tbody>
</table>

STOPWATCH

Time limit: 23:59:59 (HH:MM:SS)
EXERCISE TIMER / PULSE MEASUREMENT

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time limit</td>
<td>23:59:59 (HH:MM:SS)</td>
</tr>
<tr>
<td>Heart rate measuring range</td>
<td>40 to 240 bpm (beats per minute)</td>
</tr>
<tr>
<td>Calories calculation range</td>
<td>0 to 99999 kcal</td>
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</tbody>
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About Oregon Scientific

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products. If you’re in the US and would like to contact our Customer Care department directly, please visit: www2.oregonscientific.com/service/support.asp

Declaration of Conformity

The following information is not to be used as contact for support or sales. Please visit our website at www2.oregonscientific.com/service/support for all inquiries.

We

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Declarations

Product No.: IHM8004
Product Name: Heart Rate Monitor Watch with Calorie Counter

is in conformity with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference
2. This device must accept any interference received, including interference that may cause undesired operation

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