

10.9cm

18.5cm

Disposal Method

Dispose of item in accordance with the local/regional/national/international regulations.

WARNING:

- Use only specified battery types
- Replace battery compartment cover securely
- Keep away from water and excessive moisture
- Do not use if electronic components are exposed
- Dispose of batteries according to local regulations

FET Fabrication Enterprises Inc.
250 Clearbrook Road, Suite 240
Elmsford, NY 10523 (USA)
tel: +1-914-345-9300 • 800-431-2830
fax: +1-914-345-9800 • 800-634-6370
FabEnt.com



MedEnvoy
NL-IM-000000248
Prinses Margrietplantsoen 33, Suite 123
2505 AM, The Hague (NL)

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Baseline® LiTE® Pedometer Instructions

*NOTE: Before initial use, pull off insulation film from your pedometer.

REF 12-1954



Button Definition:

- RESET: press to clear the value to zero.

FUNCTIONS:

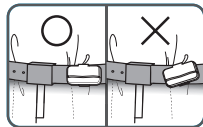
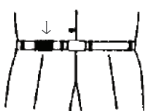
Step Counter: counts steps taken up to 99999.

FEATURES:

1. High accuracy: whether tracking steps or distance traveled, the pedometer is 98% accurate while walking and 99% accurate while running.
2. Low power consumption: the battery life can last for more than one year.
3. The pedometer remains in standby mode until 5 continuous steps are counted.
4. LCD screen will automatically shut down after four minutes to save battery life when no activity is detected.

ATTENTION:

1. The pedometer emits a clicking sound when in use.
2. Because this device is a high precision instrument, please do not take the device apart and avoid dropping in order to maintain accuracy.
3. Keep away from moist areas and water.
4. Please consult your physician before undertaking any new exercise program.



(Fig 2)

WHERE TO WEAR PEDOMETER:

Clip pedometer to your belt, pants, or skirt as close to hip bone as possible (Fig 2). Ensure pedometer is positioned properly and straight for greatest accuracy.

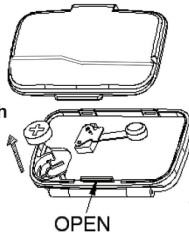
RESETTING:

Press and hold RESET to clear all data.

BATTERY REPLACEMENT:

When display is dim or flickering, replace the battery with a new LR1130 button cell battery or equivalent.

1. Use a flathead screwdriver to open the battery cover. Take the old battery out and insert a new one into the battery holder with + side up.
2. Close the battery cover.



OPEN

(Fig 3)