

bodybugg®

USER GUIDE



bodybugg

bodybugg.com

800.656.2739

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Table of Contents

Package Contents	3	Battery	33
Technical Requirements for the <i>bodybugg</i> Program		Memory	34
System Requirements	4	Uploading Armband Data	35
Software Requirements	4	Troubleshooting and FAQs	38
Getting Started		Warranty	45
Installation Scenario 1	6	Important Information About the Armband	47
Installation Scenario 2	9	Product Specifications	51
Special Installation for Mac Users	19	Sensor Accuracy	52
<i>bodybugg</i> Basics		Regulatory Statement	58
Wearing the Armband	29	Copyright, Patent and Trademark Notices	61
Removing the Strap/Wing Assembly from the Armband	30		
Armband Care and Maintenance	31		
Cleaning	31		
Skin Sensitivity	31		
Disinfecting	32		
USB Safety	32		

Notes

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Package Contents

The *bodybugg* armband package includes one of each item:

- Two arm straps (medium & large)
- 5' USB cable
- User guide
- Starter card

Technical Requirements for the *bodybugg* Program

NOTE: Please see the most updated Technical Requirements listed online at www.myapex.com

Browsers supported for PC (32 bit only)

- IE7, IE8
- FireFox 3, FireFox 4

Browsers supported for Mac (32 bit only)

- Safari 4, Safari 5

OS Supported

- WinXP (32 bit)
- Vista (32 bit and 64 bit)
- Windows 7
- Intel-based Mac 10.5 (Leopard) (32 bit)
- Intel-based Mac 10.6 (Snow Leopard) (64 bit)

Java Supported

- Sun Microsystems Java Plug In version 1.6.22 or greater

Other

- 256 MB RAM or higher
- Internet access (high-speed strongly recommended)
- Internet settings: allow cookies, pop-ups and JavaScript

Getting Started

If you are already the owner of *bodybugg* and are upgrading to the new version, you will follow the instructions detailed under Scenario 1.

If you are a new owner of the *bodybugg* whether you purchased it online, through a fitness facility or received as a gift, you will follow the instructions detailed under Scenario 2.

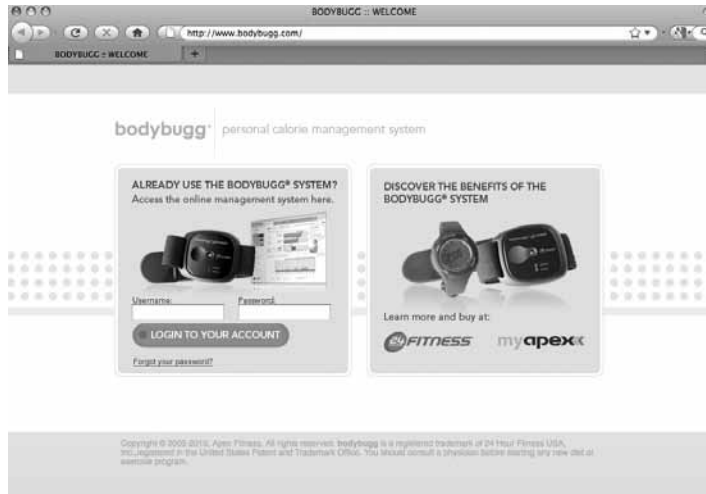
For questions, please contact Customer Service at 800.656.2739.

Installation Scenario 1

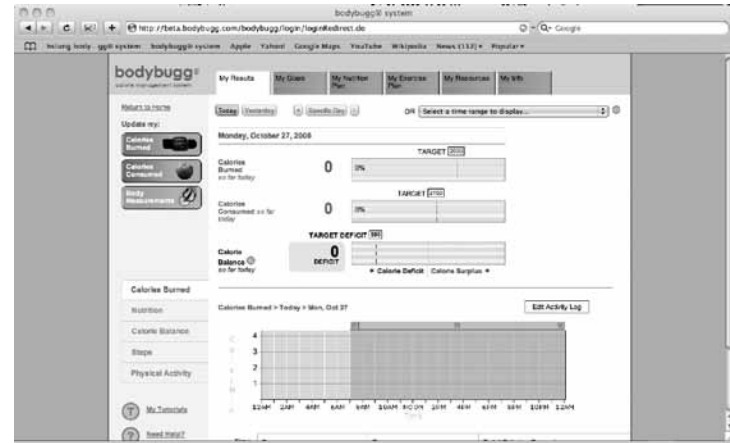
For current myapex members and/or bodybugg users:

Note: Please fully charge your new armband prior to wearing:

- Connect one end of the USB cable to the *bodybugg* and the other end to your computer.
- Go to:
<http://www.bodybugg.com/login.php>
- Log in with your *bodybugg*/myapex username and password.



- If you have been using the current *bodybugg* application, upload your data prior to registering your new *bodybugg* armband to empty all collected data.
- Click the "Calories Burned" icon and upload the data from the old *bodybugg*.



- Select the “My Info” tab then click “Register Armband” button.

- Note: If you are prompted to install the new *bodybugg* drivers, follow the online prompts. Because you do not have the most recent *bodybugg* installed on your computer.

- Plug the USB cable into the *bodybugg* and your computer.

- Remove the sensor from the strap wing assembly and plug the other end of the USB cable into your armband.

- Click “Next”.

- Click “Register Armband”.

- Your new *bodybugg* is ready to wear. When the armband makes secure contact with your body, it will power on automatically. Activation is indicated by a series of audio tones.



Installation Scenario 2

If you are a new *bodybugg* owner:

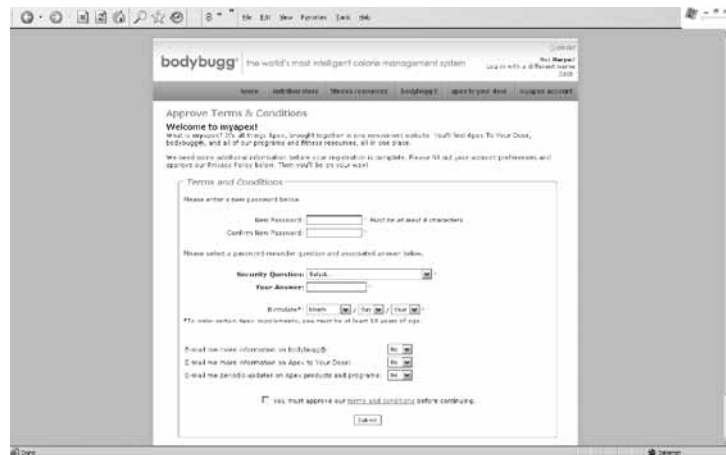
- Go to www.bodybugg.com/activate
- Complete the online enrollment process.
 - Have the armband available. You will be asked for the serial number on the right side of the device.
 - Create a *bodybugg*/*myapex* account if you do not have one.
 - After creating an account, you will receive an e-mail confirmation.

Please fully charge your new armband prior to wearing.

- Go to: <http://www.bodybugg.com/login.php>
- Log in with your *bodybugg*/*myapex* username and password.



- Complete “Terms and Conditions”.



- Open the *bodybugg* program.



- Complete the medical history and waiver. Follow directions to the *bodybugg* “Welcome” page.
- Complete the following steps to create program:
 - Fill out food preferences questionnaire.
 - Enter the body parameters.
 - Set up the *bodybugg* armband* (see next page).
 - Create a *bodybugg* program (this is the last step on the Welcome screen).
 - Upon creating your program, you’ll be redirected to the “My Results” tab of the *bodybugg* program.



*Setting up the *bodybugg*:

- Set up armband — Click “Go”.
- Follow online prompt instructions from Installation Wizard.
 - Download the *bodybugg* installer — Select “Run” then follow instructions.
 - This and all other browser windows must be closed while the installation updates your computer.



You'll see this screen after clicking "Set Up Armband" on the Welcome screen. Use the link provided to download the *bodybugg* installer.



Important Note: If you are a Mac user skip this sequence for PCs and proceed to page 19 for the Mac installation process.

Click "Run" and close all other browser windows.



Click Install.



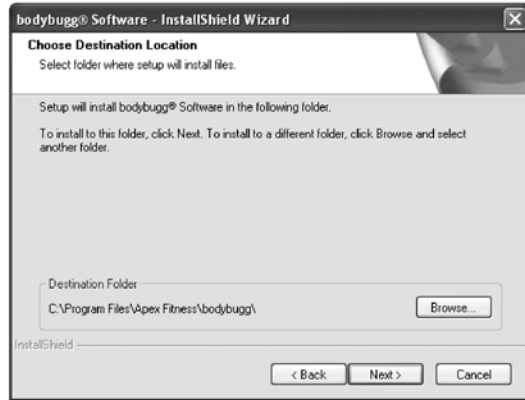
The Install Shield Wizard will launch automatically. Please follow all prompts.



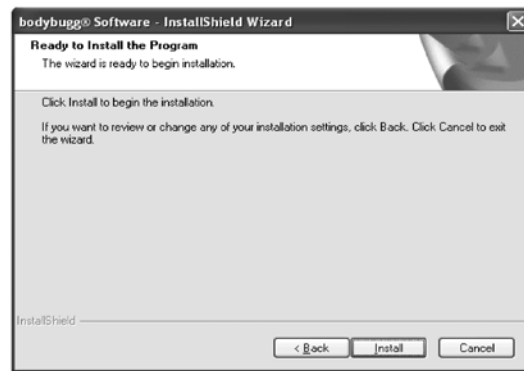
Click "Accept" to accept software license agreement and click "Next".



Click "Next".



Click "Install".



Allow USB Driver installation.



Armband installation is complete. Click "Finish".

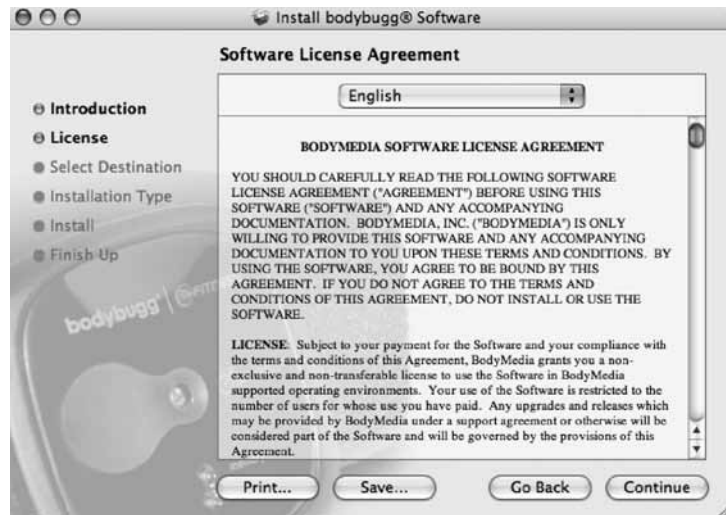


Mac Installation Sequence

Click "Continue".



Click "Continue".



Click "Agree".



Click "Continue".



Click "Install".



Type in your password and click "OK".



Click "Install".



Click "Continue Installation".



Click "Restart".



After the installation is complete, restart your browser and log back in to continue with your armband registration.

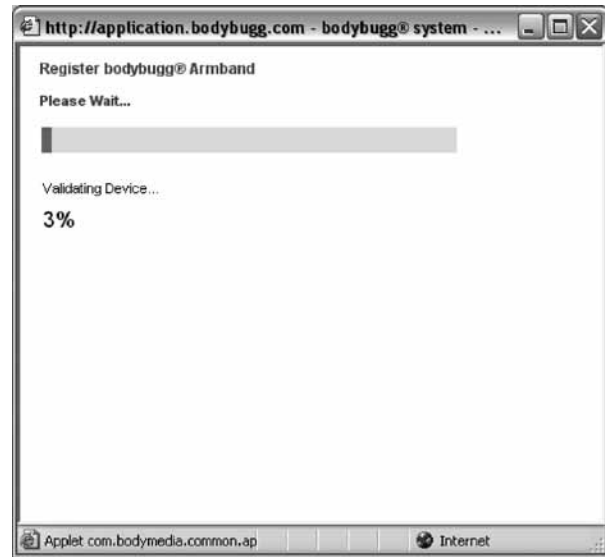
- Set up armband — Click “Go”



Click “Next”



- To begin registration, plug the new (black) USB cable into your computer. Next, remove strap/wing assembly and plug the other end of the USB cable into your V3 armband.
- The USB port is located on the side of the unit.
- An automatic installation will occur at this time to load necessary armband drivers.
- Click “Register Armband” to link the armband with your account.



IMPORTANT — the *bodybugg* is designed to be worn on the LEFT ARM.

Click “Close” and your armband is ready to wear.



bodybugg Basics

Wearing the Armband

The *bodybugg* armband is designed to be worn on the back of the upper left arm (the triceps) with the *bodybugg* logo towards the shoulder and the sensors touching the skin.

1. Slide the armband onto your left arm.
2. Adjust the strap so that it fits on your arm comfortably, and secure the pull-tab. Confirm that the sensors maintain continuous contact with your skin at all times and that the armband does not slide off your arm. Be sure not to secure the strap too tightly.



Removing the Strap/Wing Assembly from the Armband

1. Start with the armband text facing up. Apply continuous downward pressure to the right side of the armband until it separates from the strap/wing assembly.
2. Reattach by first aligning the USB port with the indentations on the left side of the strap/wing assembly. Apply upward pressure to the right side until it snaps into place.



Armband Care and Maintenance

Clean the armband daily especially after sweating or when it becomes noticeably moist or dirty. Disinfecting the armband with isopropyl alcohol may be required occasionally. Failure to keep the armband clean or improper cleaning may irritate the skin and affect the sensor performance.

Cleaning

To clean the armband: Gently wipe the side of the armband touching the skin with a soft cloth or towel moistened with a mild soap and water. Wipe with a clean damp cloth to remove any excess soap remaining. Use a dry, soft cloth or towel to completely dry the armband before wearing. Additionally, your arm should be cleaned and thoroughly dry.

Never use solvents to clean the armband.

To clean the strap/wing assembly: Hand wash with mild soap and warm water, rinse, then air dry. Machine drying may affect the performance and lifespan of the strap.

Skin Sensitivity

If at any time you develop a rash where the armband comes in contact with your skin, discontinue use. Consult your physician before continuing regular use of the armband.

The design of the armband involved many materials experts, physicians and suppliers who are familiar with wearable materials and products. Each material was chosen for its precedent in other skin contact

products or has been independently approved for skin contact. However, everyone's skin is different and users with very sensitive skin may experience irritation while wearing the armband. If this occurs, discontinue use and consult your physician. If you have known metals allergies, you should consult your physician prior to wearing.

Disinfecting

The armband may need to be disinfected occasionally. Wipe the entire armband with a soft cloth dampened with 70% isopropyl alcohol. Allow the armband to dry for 5-10 minutes before wearing it. Always replace the armband strap between users.

DO NOT STERILIZE THIS UNIT.

Water Resistance

DO NOT IMMERSE THE ARMBAND IN WATER. The armband is not designed to be used underwater or to come into continuous contact with water.

USB Safety

Never connect your armband to a computer with the USB cable while the armband is being worn.

To prevent possible damage to the cable, grasp the plug, not the cable, when disconnecting the USB. Replace the cable if it becomes frayed.

Power

The armband does not have a power button. When the armband makes secure contact with your body, it will power on automatically. This may take up to 10 minutes. Activation is indicated by a series of audio tones.

Battery

It is recommended to fully charge the battery before use. To charge the battery, remove the strap/wing assembly and plug the USB cable into your PC. Then plug the other end of the USB cable into the armband. The battery charges via the USB cable from a completely depleted state to full capacity in approximately 3 hours. The battery light will flash green when the armband is fully charged.

Starting with a fully charged battery, the armband battery will last for 5-7 days of steady use before needing to be recharged. It is recommended that you do not let the battery fully drain before recharging.

To check the status of the battery, remove the armband from your arm and press the Status Button. The battery light will turn on as follows:

- Green (solid) = More than 24 hours of battery life remain.
- Amber (pulsing) = Less than 24 hours of battery life remain.
- Red (flashing) = The armband will not collect data. Charge the battery before continuing use.

Memory

During steady use the armband will hold 14 days of data. To check the memory status, remove the armband and press the Status Button. The memory light will turn on as follows:

- Green (solid) = More than 24 hours of memory life remain.
- Amber (pulsing) = Less than 24 hours of memory life remain.
- Red (flashing) = The armband will not collect data. You must upload to the **bodybugg.com website** before continuing use.

For more information on each component of *bodybugg* or troubleshooting, please refer to the Online Help section of the **bodybugg.com website**



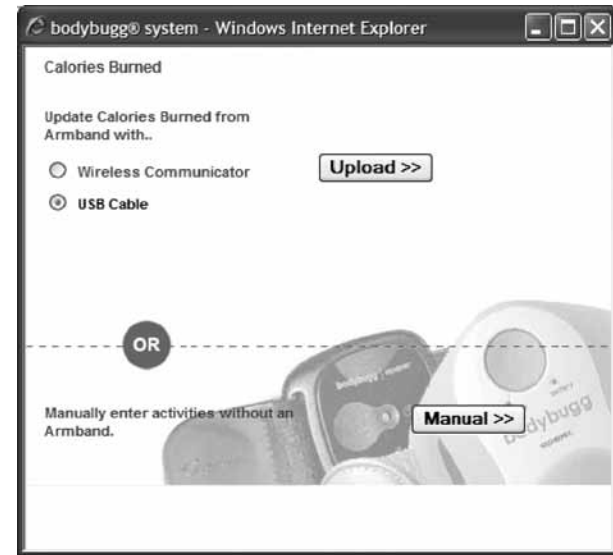
Uploading Armband Data

Connect the USB cable to the *bodybugg* and your computer.

Once you've completed the installation process, simply log into your *bodybugg* program and click the Calories Burned button on the left side of the screen. Upload your armband data via the USB cable (you must remove the armband from your arm when uploading via USB). Click "Upload". Only select Manual if you would wish to manually enter all your activities since the last time you uploaded.

Manual entry is only recommended if your armband is not available to upload and you would like to record activities for times in which you were not wearing your armband.

1. Choose your preferred upload method.



2. Upload is complete when status bar reaches 100%.



Logging Food

While it's not necessary to log food while using the *bodybugg* program, it is strongly recommended. Recording food intake is a characteristic of successful dieting.

To do so, simply log into your *bodybugg* program and click the "Calories Consumed" button on the left side of your screen. If a period of time has passed, you will be asked to specify the time period for which you are logging the meal. Otherwise, the program will default to the next unlogged meal. Begin entering your calories consumed.

If you don't find one of your favorite foods, use the green Enter Nutrition Data button at the bottom of the food log dialogue box to create a custom food that you can save in your program. You can also enter recipes if you have the nutrition data for your recipe. Custom foods may be created from within the food logging dialogue box or from the My Resources tab.

Troubleshooting and FAQs

NOTE: Please see most updated FAQ section listed online at www.myapex.com

Frequently Asked Questions

What are the technical requirements to run the *bodybugg* program?

Browsers supported for PC (32 bit only)

- IE7, IE8
- FireFox 3, FireFox 4

Browsers supported for Mac (32 bit only)

- Safari 4, Safari 5

OS Supported

- WinXP (32 bit)
- Vista (32 bit and 64 bit)
- Windows 7
- Intel-based Mac 10.5 (Leopard) (32 bit)
- Intel-based Mac 10.6 (Snow Leopard) (64 bit)

Java Supported

- Sun Microsystems Java Plug In version 1.6.22 or greater

Other

- 256 MB RAM or higher
- Internet access (high-speed strongly recommended)
- Internet settings: allow cookies, pop-ups and JavaScript

Is the program supported by Mac?

See above.

What happens when my initial six-month subscription expires?

You must maintain an active subscription in order to access the data collected by the *bodybugg* armband. There are several renewal options currently available, if you decide to extend your subscription:

- Monthly recurring (\$9.95)
- 6 month (\$49.95)
- 12 month (\$79.95)
- NOTE: prices subject to change without prior notice.

Does the *bodybugg* measure my heart rate?

Not at this time. While heart rate information can be useful, it is not necessary to accurately measure total calorie burn. In fact, there are many factors, such as prescription drugs, cardiovascular disease and abnormalities, which can affect heart rate, making it more difficult to obtain an accurate overall assessment of calories burned.

Is there a warranty that comes with the armband?

Yes, the *bodybugg* armband comes with a one-year warranty which begins the day you activate your armband. For warranty to apply, the *bodybugg* armband purchase must be made through an authorized and approved (licensed) reseller of 24 Hour Fitness. The *bodybugg* armband warranty is not transferable to secondary users. Please note: water damage (and abuse) is not covered by the warranty. The elastic strap is intended to last 6 months from purchase date, provided it is hand-washed and allowed to air-dry (do not tumble dry).

How do I order a replacement strap?

Log into www.myapex.com with your *bodybugg* user name and password, and point your mouse to the *bodybugg* tab in the gray navigation bar across the top of the screen. A menu will drop down. Select the "Purchase Accessories" option. Please note: you must be logged into myapex.com before you will see the accessories option. If you open your *bodybugg* program, simply click "Return to Home" and look for the gray *bodybugg* tab described above.

How do I contact *bodybugg* technical support?

Please call 866.314.9423 between the hours of 7am and 7pm PST, Monday through Friday. You can also send an email to support@bodybugg.com. If you're calling from outside the US, please dial 636.537.3480.

Can I use the *bodybugg* system online without the *bodybugg* armband?

Yes. Actually, the online program is the foundation of the *bodybugg* system. Based on your measurement changes, the system will determine your actual daily calorie deficit (or surplus) according to your one-week average. To help you stay on track without the *bodybugg* armband, there's an easy-to-use food logging function so you can keep track of calories consumed. There's also an exercise calculator with hundreds of activities to choose from to determine how many calories you've burned. Through the *bodybugg* online interface, you can customize and print menus as well as view and print your exercise programs. There are also several informative knowledge builders, tutorials, newsletters, and daily questions and answers to help you stay on track. Check out www.myapex.com for even more educational resources.

Can one *bodybugg* armband be used by multiple people?

No, we do not recommend multiple users on one *bodybugg* armband. Each armband is linked to a particular *bodybugg* online program. Having multiple users wearing the same device simultaneously would negate the accuracy and effectiveness of the overall *bodybugg* program.

Do I have to wear the *bodybugg* device 24 hours a day?

Remove the armband for at least one hour for every 24 hours of continuous use. The more you wear your *bodybugg*, the more accurate and effective you will be at maintaining your calorie deficit goal. During times of low activity (such as sleeping), the program will estimate your calorie burn at rest, based on your body parameters, so it is not 100% necessary to wear to sleep. We advise removing the device for at least an hour during the day to allow your skin to breathe.

Why is the *bodybugg* more accurate than a pedometer?

The *bodybugg* is more accurate than a pedometer for calculating calories burned because it is "watching" your body from four different perspectives. A pedometer only measures steps. In addition to measuring motion and steps, the *bodybugg* is able to see how much you are sweating, your skin temperature and the rate at which heat is being dissipated from your body. These additional physiological parameters give the *bodybugg* a more complete picture of what your body is doing and its level of exertion, all of which means a much more accurate estimation of your calories burned.

Does the *bodybugg* come in any other colors?

Not at this time.

Can I get the *bodybugg* wet?

The *bodybugg* should be protected from water and should be removed before showering, bathing or swimming. The armband should not be worn in saunas or steam rooms.

Does the *bodybugg* armband track what I eat?

No, the armband itself tracks the calories you burn, but not the calories you eat. Your calories consumed are calculated by the *bodybugg* web interface based on your weekly body mass change. To better track your calorie input, the program also offers an easy-to-use food log so you can monitor the calories you eat throughout the day.

When I press the armband button, the armband does not respond?

Press the armband button again to see if it responds. Press and hold the status button for 15 seconds to reboot. Go into the software and retrieve your data (upload) to re-sync your armband.

My armband is beeping while it is on my arm.

- 1: Press the Status button. If the battery lights are flashing red or amber, charge batteries according to instructions via the USB cable.
- 2: Press the Status button. If the memory lights are flashing red or amber, go to the website and upload your data.
3. Reminders that are set in the *bodybugg* software will also cause the armband to beep.

My armband is not automatically turning on when I slide it on.

If your armband has not turned on within 10 minutes of putting it on, try very lightly moistening the back of your upper arm with water and slide the armband on again. Do not use enough water to form drops — your skin should be no more than slightly damp. It should turn on within a few minutes. If the problem persists, please contact Technical Support.

When I try to upload data from my armband, I get an error message.

If you are having difficulty uploading your armband data, it could be one of several reasons. Please double check the following and try again.

If the problem still persists, contact *bodybugg* Technical Support:

- If you are uploading wirelessly, make sure you are within 10 feet of your PC. If you move outside of this range, the upload may not work. Also, make sure that your armband has had a chance to turn on. It can take up to 10 minutes for the armband to turn on after you have put it on your arm.

- If you are not wearing the armband when uploading wirelessly, make sure you press the Status button prior to uploading.
- If you are uploading via the USB cable, make sure the cable is connected to the armband and the port on the back of your PC.
- Make sure your battery or available memory is not too low. If the battery light is red, it needs to be charged before you can upload. If you are uploading directly through the USB, a low battery will not create an issue with uploading.
- Make sure you have the most up-to-date *bodybugg* software installed on your computer.

My armband is not responding. It seems to be off, and I cannot get it to come back on.

Press the Status button. If the battery or memory lights are flashing red, either the battery needs to be charged or the memory is full. If after pressing the Status button you still receive no feedback (no lights or sound), try charging the battery, it may have drained while you were not wearing the armband. If after replacing the battery you still do not receive feedback, please contact Technical Support.

Data that I thought was on my armband has been erased.

Your armband may not have turned on. If this is the case, the armband did not collect data, but you will be prompted to manually enter your activities during any detected off-body time the next time you upload your armband. Off-body time occurs only during the non-sleeping hours you've established in your program, and you've had the armband off for at least 30 minutes.

What should I do if my skin becomes red or irritated?

In most cases the redness or irritation is the result of heat and moisture build up between the armband and skin due to prolonged wearing. Discontinuing use for a few days should allow the affected area to breathe and clear up. If the area does not seem to clear by itself or remains irritated for several days following discontinuation, consult your physician before wearing again. If you are allergic to any of the materials in the armband, consult your physician.

How do I help ensure a comfortable wearing experience?

1. Always clean and dry the back of the armband, as well as the upper arm, prior to wearing. This will help prevent dirt and moisture from getting trapped between the sensors and skin.
2. Remove the armband for at least one hour for every 24 hours of continuous use. This will allow the skin to breathe, helping prevent irritation.
3. Do not use moisturizers or lotions in the area that the armband touches the skin. This may increase irritation over prolonged wearing and affect the performance of the sensors.

Warranty

The *bodybugg* armband comes with a one-year warranty which begins the day you activate your armband. For warranty to apply, the *bodybugg* armband purchase must be made through an authorized and approved (licensed) reseller of 24 Hour Fitness. The *bodybugg* armband warranty is not transferable to secondary users. Please note: water damage (and abuse) is not covered by the warranty. The elastic strap is intended to last 6 months from purchase date, provided it is hand-washed and allowed to air-dry (do not tumble dry).

FCC Statements

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:

Re-orient or relocate the receiving antenna.

- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit separate from the receiver.
- Consult the dealer or an experienced radio/TV technician for help.

Important Information About the Armband



Follow operating instructions



Caution



Non-ionized radiation.



The waste and electronic equipment regulations indicate separate collection for electrical and electronic equipment.



Electrical safety



Type B applied part



FCC logo

CAUTION: Always consult a physician before beginning in this or any exercise program. This program is not intended as a substitute for the medical advice or supervision of your personal physician.

CAUTION: This product is not defibrillation proof.

CAUTION: Do not get the device close to other devices that can cause electromagnetic interferences of any nature.

CAUTION: EQUIPMENT not suitable for use in the presence of a **FLAMMABLE ANAESTHETIC MIXTURE WITH AIR or WITH OXYGEN OR NITROUS OXIDE.**

CAUTION: Medical electrical equipment needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided on pages 54 –57. Portable and mobile RF communications equipment can affect medical electrical equipment.

CAUTION: The equipment or system should not be used adjacent to or stacked with other equipment and if adjacent or stacked use is necessary, the equipment or system should be observed to verify normal operation in the configuration in which it will be used.

CAUTION: Keep the armband out of reach of children and pets. It contains smaller, removable parts which can become choking hazards.

CAUTION: The device and wireless accessories should not be used in airplanes, hospitals, or locations where cellular telephones or electronic devices are prohibited.

CAUTION: Do not use unapproved accessories with the armband.

CAUTION: Do not use Reminders for any life critical purpose.

CAUTION: When the armband is on the arm, DO NOT connect it to the USB cable.

CAUTION: If you have known metal allergies, you should consult your physician prior to wearing.

CAUTION: Check armband for sharp edges or damage before each use.

CAUTION: Avoid wearing the armband when it has been exposed to excessively hot temperatures (i.e., direct sun exposure) to avoid burns to the skin.

CAUTION: Users should avoid wearing the armband excessively. To reduce potential for skin irritation wear the armband for a maximum of 23 hours per day.

CAUTION: The tab should be aligned with the strap to avoid unintended contact with the skin which may cause scratching.

CAUTION: Do not wear the armband on an open wound, sore or burn.

CAUTION: Be careful not to over-tighten the armband while on your arm. If you feel constriction or loss of circulation at any time, simply loosen the adjustable strap and re-fasten it to a more comfortable setting.

CAUTION: Each material was chosen for its precedent in other skin contact products or has been independently approved for skin contact. However, everyone's skin is different and you may experience irritation or redness after wearing the armband. If this occurs, discontinue use and consult your physician.

CAUTION: To reduce the risk of skin irritation, be sure to dry your arm thoroughly before wearing the armband.

CAUTION: DO NOT IMMERSER THE ARMBAND IN WATER. The armband is not designed to be used underwater or to come in continuous contact with water.

CAUTION: Though the armband was designed for wearability and long-term use, it is a sensitive monitoring device. Rough handling can break internal components. Never drop or shock the armband and always store it in a safe place when not in use.

CAUTION: Avoid exposing the armband to extreme temperatures, direct sunlight, moisture, sand, dust, or mechanical shock.

CAUTION: To prevent possible damage to the USB cable, grasp the plug end when disconnecting the USB cable. Replace the cable if it becomes frayed.

CAUTION: Do not incinerate.

CAUTION: Dispose of device in accordance with local, state, federal, or country specific regulations.

CAUTION: Do not attempt to open the armband yourself. It contains no user-serviceable parts. Refer all servicing to qualified Service Personnel. Opening the armband yourself will void the warranty.

CAUTION: Changes or modifications to this equipment not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Product Specifications

- Sensors:
 - Accelerometer (3-axis)
 - Heat Flux
 - Skin Temperature
 - Galvanic Skin Response (GSR)
- Materials:
 - Armband: ABS, polycarbonate, thermoplastic polyurethane, 304 grade stainless steel
 - Adjustable strap/wing assembly: Nylon, polyester, Lycra (no latex content) or polyisoprene, polycarbonate, thermoplastic polyurethane, silicone
- Battery type: Internal lithium polymer cell battery
- RF frequency: 2.4 GHz
- Transmitter output power: <1mW
- Battery power: about 5-7 days under steady use
- Memory capacity: about 14 days under steady use
- Armband size: (l) 55mm x (w) 62mm x (h) 13mm (2.2" x 2.4" x 0.5")
- Armband weight (with adjustable strap): 45.4g (1.6 oz.)
- Water resistance: IP64 classified
- Operating temperature/humidity: 5°C - +40°C (40°F to 104°F) / 5 - 95% RH non-condensing
- Non operating temperature/humidity: -20°C - +60°C / 5 - 95% RH non-condensing

Design and specifications are subject to change without notice.

Sensor Accuracy

Accelerometer (3-axis)

- Calibrated range is +/- 2.0g
- The minimum resolution is 0.01g
- Two-standard-deviation accuracy of +/- 0.05g, up to 1.0g on longitudinal axis
- Two-standard-deviation accuracy of +/-12.0% of expected value otherwise on the longitudinal axis
- Two-standard-deviation accuracy of +/- 0.06g up to 1.0g on the transverse axis
- Two-standard-deviation accuracy of +/-12.0% of expected value otherwise on transverse axis
- Two-standard-deviation accuracy of +/- 0.06g up to 1.0g on the forward axis
- Two-standard-deviation accuracy of +/-12.0% of expected value otherwise on forward axis

Heat Flux

- Calibrated Range is 0.0 W/m² to 300.0W/m²
- A minimum resolution of 1.0W/m²
- Two-standard-deviation of +/-10.0W/m² at heat flux less than 50W/m²
- Two-standard-deviation of +/-35.0% of expected value otherwise

Galvanic Skin Response

- Calibrated Range is 56k Ohms to 20M Ohms (50.0 nSiemens – 17.0 uSiemens)
- Two-standard-deviation accuracy of +/- 7.0 nSiemen up to 233.34 nSiemens reading
- Two-standard-deviation accuracy of +/- 3.0% of expected value otherwise

Skin Temperature

- Calibrated Range is 20.0°C to 40.0°C
- A minimum resolution of 0.05°C
- Two standard deviation accuracy of +/- 0.8°C

Patient Environment

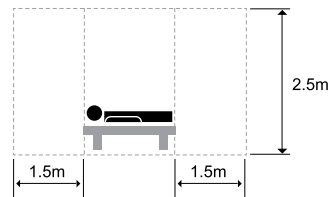
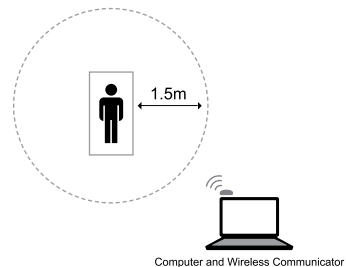


Diagram not to scale.

Guidance and Manufacturer's Declaration — Emissions

The armband is intended for use in the electromagnetic environment specified below. The customer or user of the armband should ensure that it is used in such an environment.

Emissions Test	Compliance	Electromagnetic Environment — Guidance
RF Emissions CISPR 11	Class B, Group 1	The armband uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
Harmonics IEC 6100-3-2	N/A	The armband is suitable for use in all establishments, including domestic, and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Flicker IEC 6100-3-3	N/A	

Guidance and Manufacturer's Declaration — Immunity

The armband is intended for use in the electromagnetic environment specified below. The customer or user of the armband should ensure that it is used in such an environment.

Immunity Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment — Guidance
ESD IEC 61000-4-2	±6kV Contact ±8kV Air	±6kV Contact ±8kV Air	Floors should be wood, concrete, or ceramic tile. If floors are synthetic, the r/h should be at least 30%.
EFT IEC 61000-4-4	±2kV Mains ±1kV I/Os	N/A	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-11	±1kV Differential ±2kV Common	N/A	
Voltage Dips/ Dropout IEC 61000-4-11	>95% Dip for 0.5 Cycles 60% Dip for 5 Cycles 30% Dip for 25 Cycles >95% Dip for 5 Seconds	N/A	Mains power quality should be that of a typical commercial or hospital environment. If the user of the armband requires continued operation during power mains interruptions, it is recommended that armband be powered from an uninterruptible power supply or battery.
Power Frequency 50/60Hz	3A/m	3A/m	Power frequency magnetic fields should be that of a typical commercial or hospital environment.
Magnetic Field IEC 61000-4-8			

Guidance and Manufacturer's Declaration — Emissions

The armband is intended for use in the electromagnetic environment specified below. The customer or user of the armband should ensure that it is used in such an environment.

Immunity Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment — Guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 KHz to 80 MHz	3 Vrms 150 KHz to 80 MHz	Portable and mobile communications equipment should be separated from armband by no less than the distances calculated/listed below: $D=(3.5/V1)(\text{Sqrt } P)$ $D=(3.5/E1)(\text{Sqrt } P)$ 80 to 800 MHz $D=(7/E1)(\text{Sqrt } P)$ 800 MHz to 2.5 GHz Where P is the max power in watts and D is the recommended separation distance in meters. Field strengths from fixed transmitters, as determined by an electromagnetic site survey, should be less than the compliance levels (V1 and E1). Interference may occur in the vicinity of equipment containing a transmitter.
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m 80MHz to 2.5 GHz	

Recommended Separations Distances for the Product


The armband is intended for use in the electromagnetic environment specified below. The customer or user of the armband can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF Communications Equipment and the armband as recommended below, according to the maximum output power of the communications equipment.

Max Output Power (Watts)	Separation (m) 150KHz to 80MHz $D=(3.5/V1)(\text{Sqrt } P)$	Separation (m) 80 to 800MHz $D=(3.5/V1)(\text{Sqrt } P)$	Separation (m) 800MHz to 2.5GHz $D=(7/E1)(\text{Sqrt } P)$
0.01	0.1166	0.1166	0.2333
0.1	0.3689	0.3689	0.7378
1	1.1666	1.1666	2.3333
10	3.6893	3.6893	7.3786
100	11.6666	11.6666	23.3333

Regulatory Statement

FCC Declaration of Conformity – We, BodyMedia, Inc., 4 Smithfield Street, 11th Floor, Pittsburgh, PA 15222, phone: 412-288-9901, declare under our sole responsibility that the products, BodyMedia, Inc. and *bodybugg*, 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. 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 separate from the receiver.
- Consult the dealer or an experienced radio/TV technician for help.

 **CAUTION:** Changes or modifications to this equipment not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

RF Exposure information: See 2.1093 of the FCC Rules.

This product is a Type B Applied Part complying with the specified requirements of the Standard to provide protection against electric shock, particularly regarding allowable Leakage Current.

This Class B digital apparatus complies with Canadian ICES-003.
Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

RF frequency: 2.4 GHz

Transmitter output power: <1mW

CENELEC EN 60601-1-2 - 2001 - Medical electrical equipment Part 1-2: general requirements for safety - collateral standard: electromagnetic compatibility - requirements and tests IEC 60601-1-2: 2001

CENELEC EN 60601-1-1 - Medical electrical equipment - Part 1: general requirements

CAN/CSA-C22.2 No.606.1-M90

ETSI EN 301 489-1 - Electromagnetic Compatibility and Radio Spectrum Matters (ERM); ElectroMagnetic Compatibility (EMC) Standard for Radio Equipment and Services; Part 1: Common Technical Requirements V1.3.1

ETSI EN 301 489-3 V1.2.1 (2005 -09) - Electromagnetic Compatibility and Radio Spectrum Matters (ERM); Harmonized EN for ElectroMagnetic Compatibility (EMC) of Radio Comms. Equipment and Services; Pt. 3: Specific Conditions for Short-Range Devices (SRD) Operating on Frequencies between 9 KHz and 40 GHz.

ETSI EN 300 440-1 V1.3.1 (2001-07) Electromagnetic compatibility and Radio spectrum Matters (ERM); Short range devices; Radio equipment to be used in the 1 GHz to 40 GHz frequency range.

FCC 47CFR 15C TCB - 47 CFR Part 15 Subpart C Intentional Radiator Certification Test

FCC 47CFR 15B cIA - 47 CFR Part 15 Subpart B Unintentional Radiators Class A Verification

UL 60601-1 - UL Standard for Safety Medical Electrical Equipment, Part 1: General Requirements for Safety First Edition.

Copyright, Patent and Trademark Notices

PATENT NOTICE AND TRADEMARK NOTICE: The *bodybugg* armband, display and wireless communicator are covered by one or more of the following patents: United States Patent Nos.: 6,527,711, 6,595,929, 6,605,038, 7,020,508, 7,153,262, 7,261,690, and 7,285,090; European Patent Nos.: 1,292,217, 1,292,218; Canadian Patent No. 2,413,220; S. Korean Patent No. KR 10-0831036 and 10-0821945; Israeli Patent No. 153516; Japanese Patent No. JP 4,125,132; Mexican Patent Nos. MX 242292, 236870, 250153, 245862; and various worldwide patents pending. This notice is accurate as of September 11, 2008. For latest information, please see www.bodymedia.com.

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Notes

