Smart WRIST™

by Orbic®

User Guide

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Overview

Congratulations on your purchase of the Orbic Smart Wrist.

Orbic is a brand of products designed to help consumers connect to the things that are important to them. Orbic products offer consumers quality and value combined with up-to-date technology. This user guide will show you how to set up and use your Smart Wrist.

General Apperances –

1. Power button
2. Barometric balance hole
3. Mic hole
4. Barometric hole
5. Speaker
6. Temperature sensor
7. Heart rate / Blood oxygen sensors
8. Charging dots

Using your SmartWrist

The SmartWrist has touchscreen capability allowing you swipe up,down,left and right on the screen to switch the content . The watch has a button on the right side that would take you to the main menu.

| Swipe down, up, left, right | Long press home screen | Button function definition |
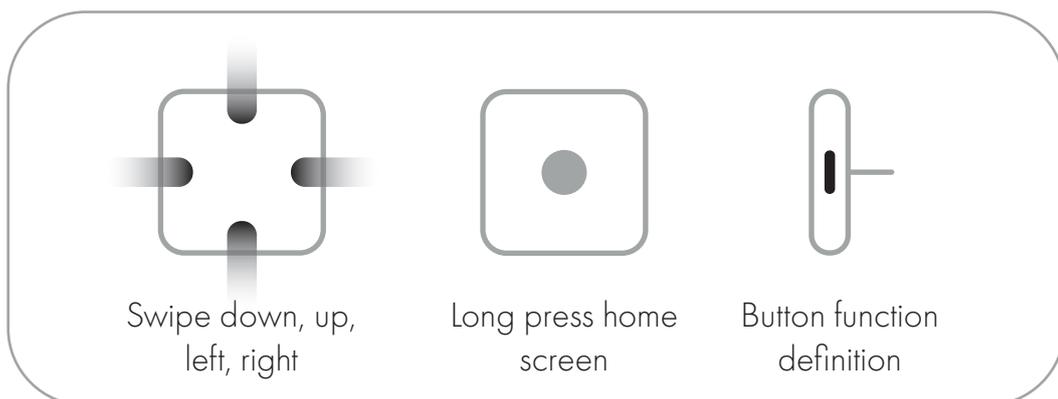
Power on

To turn on the Smart Wrist, make sure that the watch is charged once it is un-boxed and then long-press the button for 3 seconds. You will now see the Orbic logo screen.

Power off or Reset

Long press the button for 3 seconds, select power off or restart.
Long press the button for 3 seconds, select power off.
Force restart: Press the button for 10 seconds to force restart the watch

Home Screen

After powering ON the Smart Wrist, the home screen appears which hosts the details of –

a) Date and Time
b) Battery Status
c) Body Temperature
d) Heart Rate
e) SpO2 Levels
 f) Calories Count
g) Footsteps Count
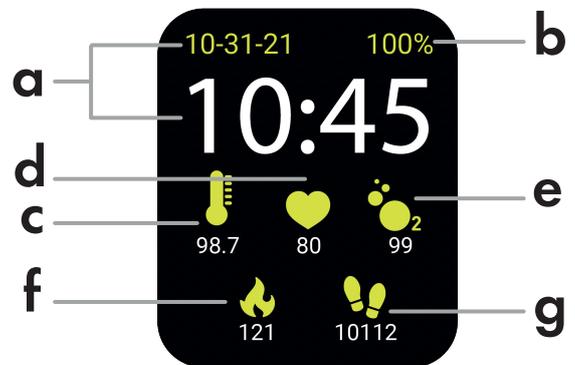
The user will be able to view all the important parameters at a glance on the home screen.

Control center
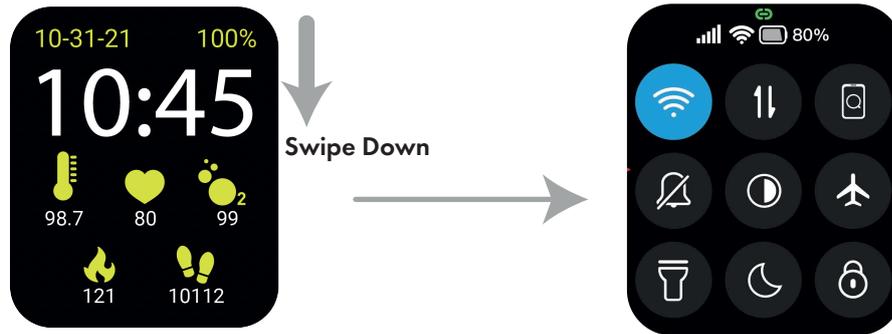
To access the control center of the phone, swipe down the home screen. The new screen with the multiple setting icons is the Control center screen.

On top of the screen, the green link shows the paired status with the Orbic Wear App, Network strength, Wi-Fi connectivity and the battery status.

To modify any of the setting on the Smart Wrist, tap on the below icons of the control center screen.

Network Signal Strength	.ıll	Network Signal Strength Indicator. More bars indicate more signal strength.
Wi-Fi On/Off	📶	To switch On the Wi-Fi, tap on the icon, And the icon turns blue.
		Long-press on the icon to change the Wi-Fi network, Activate WPS button and to setup WPS PIN code input.
Cellular Data	⇅	To turn on the cellular data, tap on the icon.
		Long-press the icon to get the advance settings such as Roaming, Preferred network type, Data usage, Access point names and SIM card lock.
Find Your Phone	🔲	If you are connected to your smart-phone, Orbic Smart wrist helps you find your phone.

Notification Bell   🔕   Tap the icon to set the Smart wrist to Ringer ON or Ringer OFF mode.

○   Low Brightness

◐   Medium Brightness

Brightness Control   ●   High Brightness

Ⓐ   Auto Brightness

Airplane Mode   ✈   Airplane mode is a mobile setting that switches off your phone's connection to cellular and Wi-Fi networks.

Flash Light   🔦   Lights up the face of the Smart Wrist for extra light.

**DND
(Do Not Disturb)**   🌙   Do Not Disturb feature mutes all calls, alerts and notifications on your Orbic Smart Wrist.

Lock Screen   🔒   Screen lock is used to prevent touch by mistake, And does not respond to any operations after opening.

Notifications

From Home screen swipe UP to view the notifications. User can respond to the notifications through the Smart wrist. Tap on the notification to reply, delete or clear the notifications

Main Menu

On the home screen, press the button to enter the main menu. User can access all the applications in the Smart Wrist from this Menu. To go back to home screen press the button on the right.

Watch face

To change or edit the watch face, long press on the home screen. User can edit or change the watch face. To customize or add new watch face install the Orbic wear app from iOS App store or Google Play store.

Charging the Battery

Please charge your device fully before turning it on. Follow the steps below to charge the device.

1. Watch

2.Charging Dock

3. Loading the Watch

4.Loaded the watch
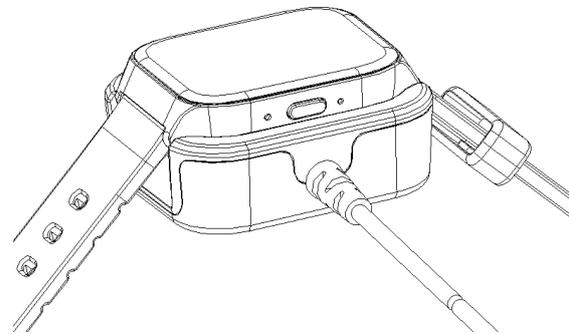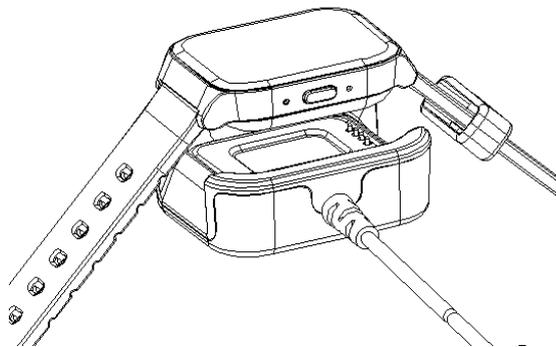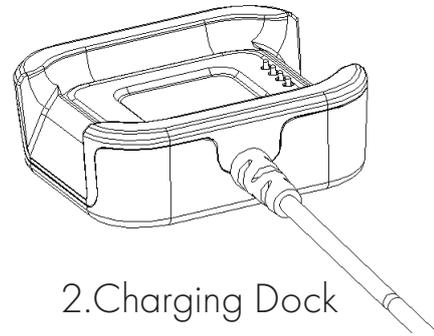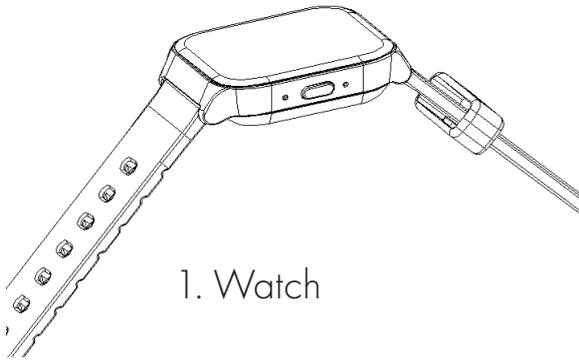
WARNING:

Only use the approved charger docks with your device, incompatible chargers or tampering with the charger port could damage and void the warranty.

How to Change Watch Strap

- 1. Press the hinge button.
- 2. Pull out the strap.

1

2
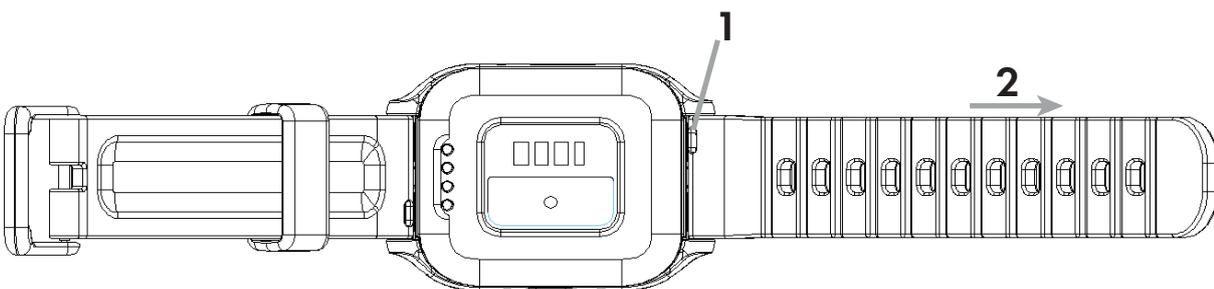
eSIM Activation

The first time the device is powered on, follow the setup wizard. You can activate the eSIM automatically or activate by calling (800) 922-0204 from any phone if has issue. If have any questions, you can go the nearest Verizon retail store to ask for help.

SOS Contacts Setting

Follow below steps to set up the SOS contacts:

Press the button to enter the Main menu-->Settings—>Security-->SOS Alert-->adding Emergency Contact and enable the Auto send SMS and Auto Call. After this setting been done. If you press the button 3 times continuously, it initiates SOS call automatically and send SMS automatic to the emergency contact.

Applications Used on Device

The SmartWrist is an Android 8.1 go OS watch, all the applications are similar to an Android smart phone.

Phone

Orbic Smart Wrist gives users the feature to call from the watch, check the call log. User can also setup call forwarding and access voicemails from the watch.
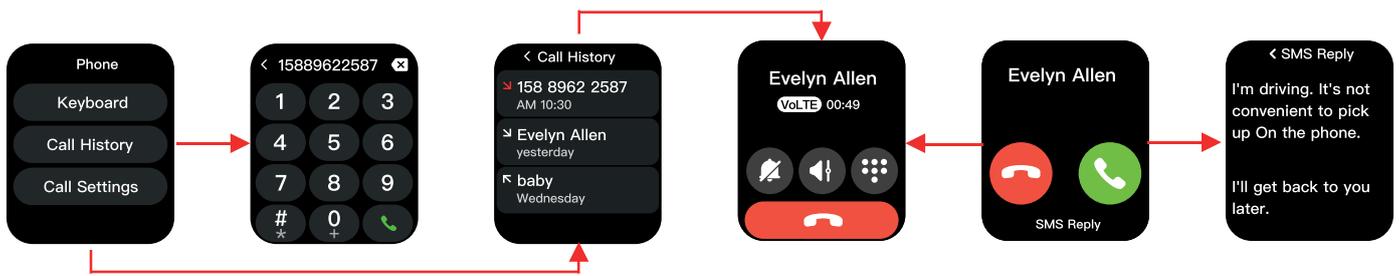
Contact

Users can access the contacts through Smart wrist or create new contacts through the watch itself.
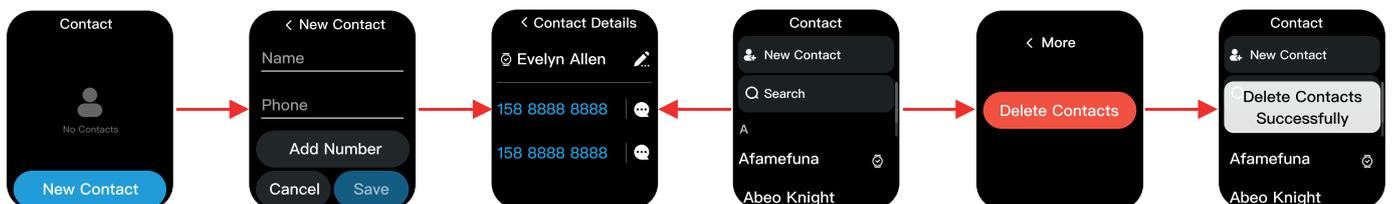
Find Phone

The Smart Wrist helps you to find connected smart phone via Orbic Wear app by ringing the phone. This is a very handy feature.
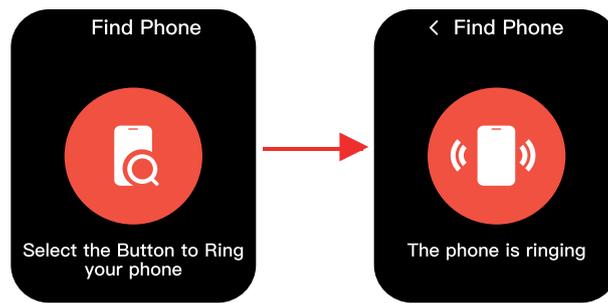
Heart Rate

You can record your heart rate any moment using the Heart Rate app. Open the app, wait for Smart Wrist to measure your heart rate. You can also view your resting, walking, breathe, exercise, and recovery rates throughout the day. To effortlessly open the app, add the Heart Rate complication to your watch face
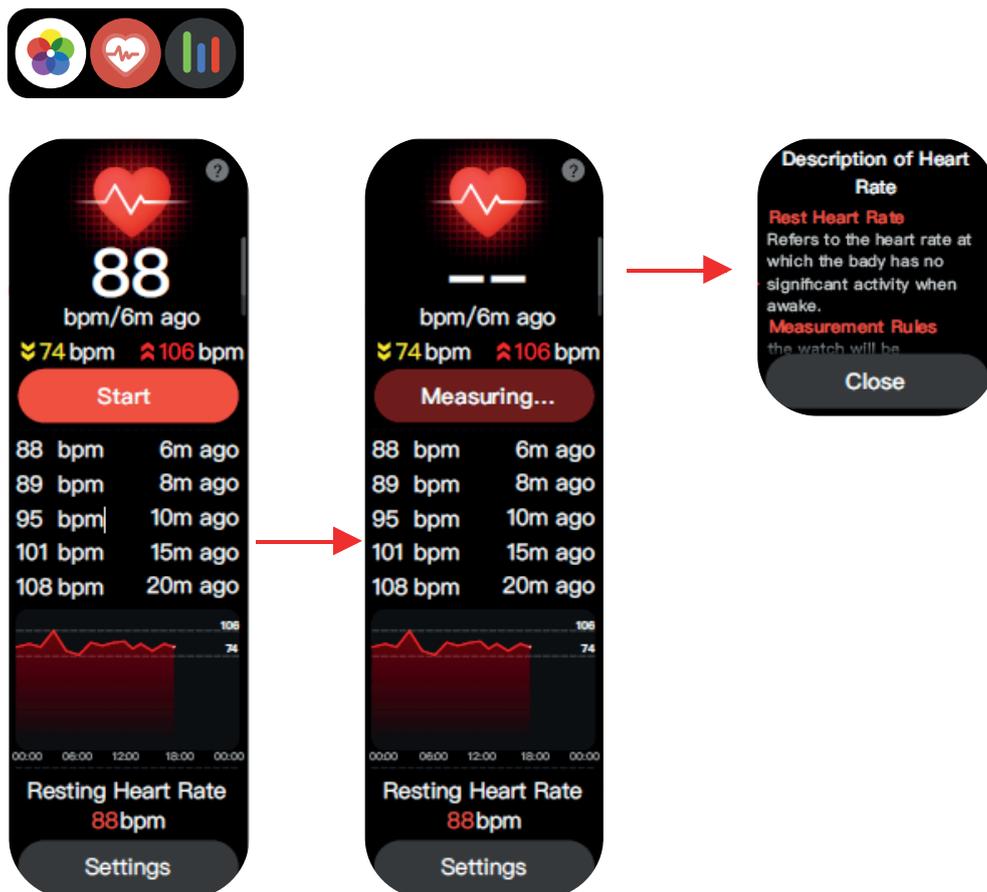
Temperature

User can check the body temperature anytime using the Smart Wrist. Open the temperature app and wait for the watch to record your temperature.
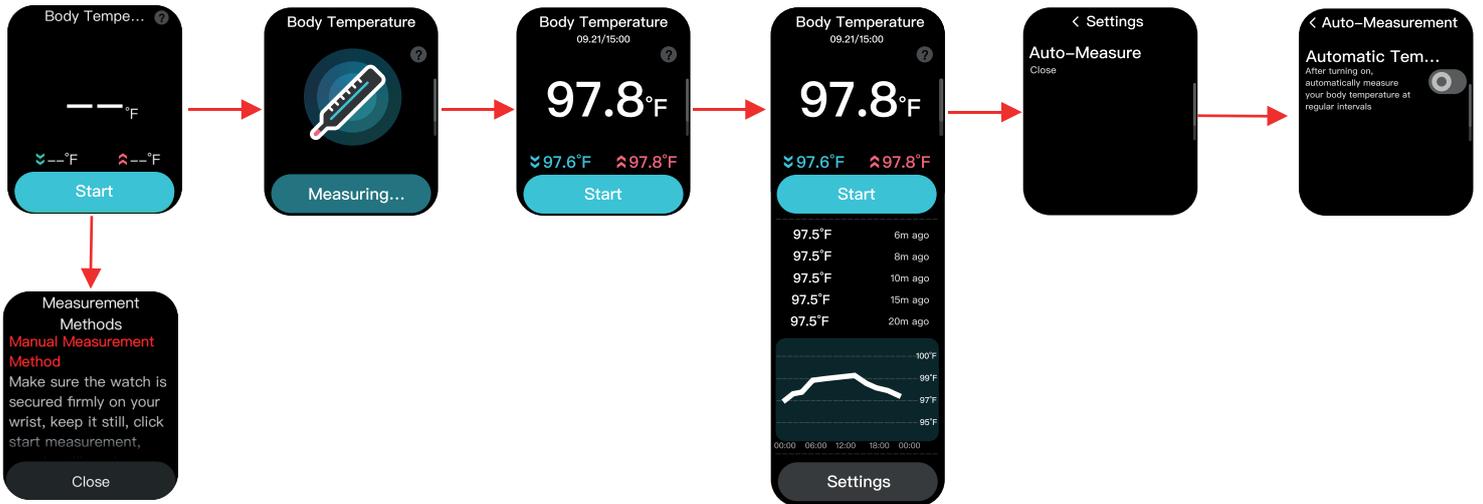
SpO2

The SpO2 app can allow you to measure the oxygen level of your blood on-demand directly from your wrist, providing you with insights into your overall wellness. Measurements taken with the SpO2 app are not intended for medical use and are only designed for general fitness and wellness purposes.
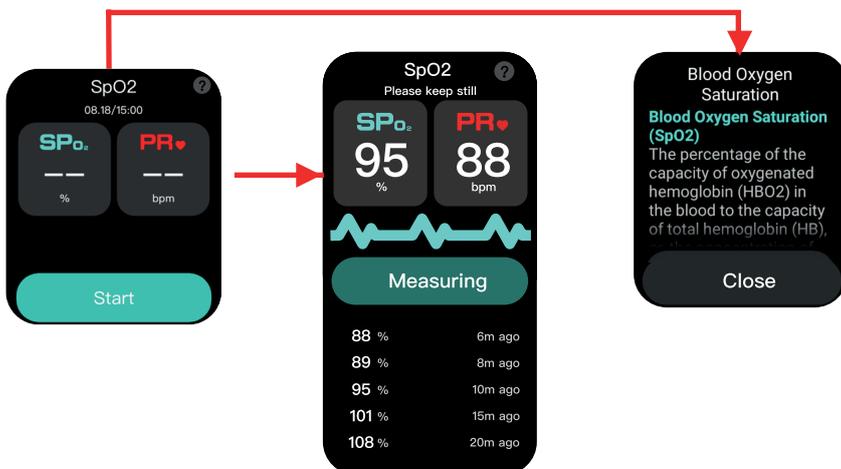
Activity

User can set different activity modes on the Smart Wrist as per the activity they perform. This tracks your activity and tracks your progress. The watch hosts different modes such as –

- Outdoor Running
- Brisk Walking
- Outdoor Cycling
- Hiking
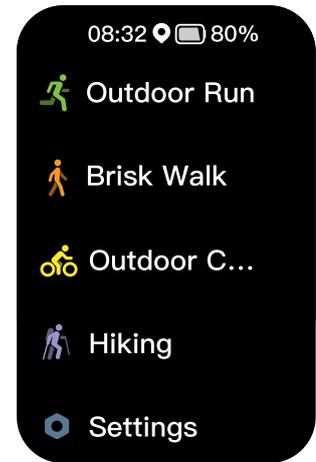
Using Fall Detection App

Tap the icon in the main menu to Enable / Disable the Fall Detection feature and change settings.

Hard Fall Settings

- By default, Fall detection set to OFF Enabling this function will detect the fall and activate SOS notification (Call and/ or Text) to saved number in SOS settings, based on status of auto messaging option.
- To enable the Fall detection feature, users must add an emergency contact number in SOS settings.
- To enable Fall detection feature users must accept the power consumption disclaimer.
- User can reject the disclaimer if user wishes to not use fall detection application
- By default, Auto messaging Alert is set to ON
  This setting will playback an audio file asking the user for a response using voice command.
  The user must respond by saying "Yes" or "No". Tap this setting to switch OFF and vice versa.
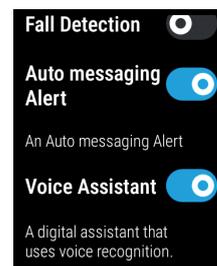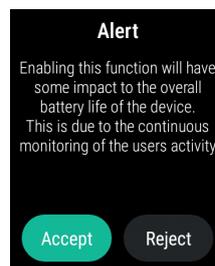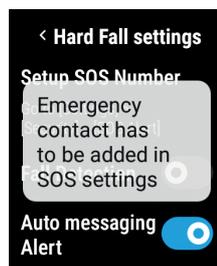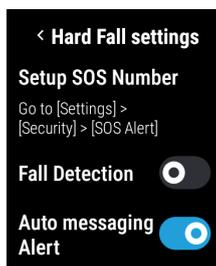
Fall detection SOS Screen

This screen is launched upon fall detection if the Fall detection feature is ON. This screen shows the microphone icon if the Voice Assistance feature is ON.
User has 3 options to respond to a fall detection event.
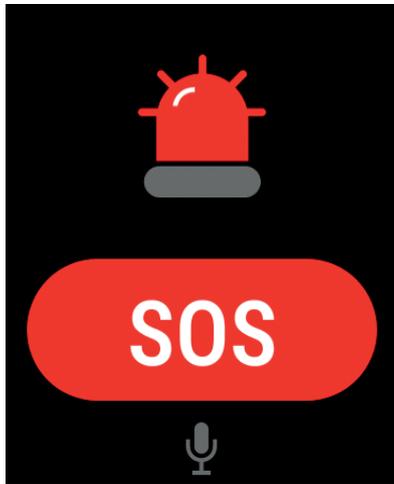
• Up to 30 seconds, if the user does not respond via voice command or swiping up the screen and if the auto messaging is ON, SOS call and message will be initiated.

• The user can provide a voice command response by saying "Yes" or "No" after the audio file playback.
On saying "Yes", if auto messaging is ON, SOS call and message will be initiated. On Saying "No", the SOS screen will be closed.

• The user can swipe up on this screen and choose the appropriate option displayed on the next screen.

Hard Fall Detected Screen

On swiping up from the SOS screen, the user can select one of the options presented.
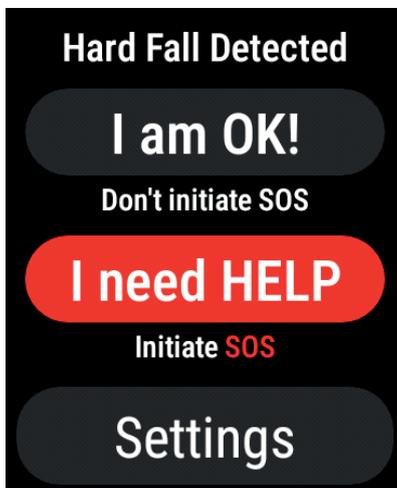
Sleep Tracking App

Tap the icon in the main menu to Enable / Disable the Sleep Tracking feature and change

Sleep Settings

Once Sleep monitoring is enabled, swipe up on the Sleep score screen, Sleep Summary, Average Sleep Time.

Sleep settings

Sleep monitoring ⬤

Time to fall asleep
22:00

Wake up time
08:00

Sleep Monitor

z z z

81%

Sleep Score
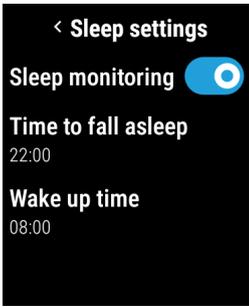
• By default, Sleep Monitoring is set to OFF Enabling this function will start monitoring your sleep within the set sleep duration.

• Time to fall asleep

The user can set the start time for the sleep duration. By default, this is set to 22:00hrs for the current date. Setting a new time will be considered for the current date only.

• Wake up time

The user can set the end time for the sleep duration. By default, this is set to 8:00hrs. Setting a new time will be considered for the current date only.

Sleep Summary

This screen shows your sleep summary for the elapsed sleep period.
You can check this screen during the active sleep period and after the sleep period has

Sleep Summary

06:20

Sleep Duration

00:45	00:50
Awake	REM
03:40	01:50
Light	Deep
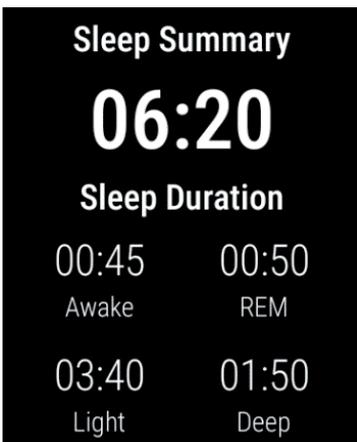
The Sleep summary shows your sleep categorized in 4 categories:

Awake: Within the set sleep period if your heart rate thresholds are high indicating you are active/awake.

REM: Rapid Eye Movements: Within a set sleep period your heart rate thresholds are sufficiently high, closer to Awake state, but not fully awake.

Light: Within the set sleep period the heart rate is relatively on the lower side as compared to Awake and REM state.

Deep: Within the set sleep period the heart rate is relatively on the lower side as compared to Awake, REM and light state.

Average Sleep Duration

This screen shows your average sleep time for the last one week. You can check this screen during the active sleep period and after the sleep period has elapsed.

The settings button given below will open settings screen that allows to switch ON/OFF sleep monitoring feature and set sleep start time and sleep end time.

05:03

Average Sleep Duration

F S S M T W T

Settings
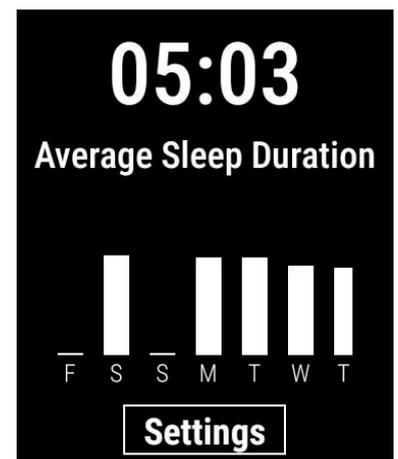
Connectivity

Installing the Orbic Wear App

Use the phone to scan the below QR Code to download the Orbic Wear App. Also, QR code will appear the first time the device is powered on. Then, follow the setup wizard, you can also find the QR code within the **QR app on the main menu.**

Android phone

IOS

Orbic Care App

Orbic Care Cloud platform (Web) - Orbic Care is a health platform that enables the user to remotely access the activity statistics, health vitals, etc. that are collected from the Orbic Smart Wrist on a secure cloud platform.

Orbic Care Registration App in Orbic Smart Wrist

Orbic Smart Wrist users can access their activity status remotely via Orbic Care Platofrm or Orbic Care Family mobile app. To access these services, one must register their email id from Orbic Smart Wrist using Orbic Care app comes pre-installed with watch.

Registration through Smart Watch

i.   Click on the Orbic Care Icon to access the application

ii.   User must enter a valid email-id and accept terms and conditions to register with Orbic Care Web and Family app

iii.   User must enter a valid email-id

iv.   After entering the email id, select the Terms and conditions checkbox, read and accept the terms and conditions provided in this app to register.

v.   Click on the "Register" button to register with Orbic Care Web.

vi.   Once the email id is registered with the Orbic Care web, user will receive a successful message and a temporary code to their email id to login to Orbic Care web portal.

User Web Portal

Make sure you're connected to the internet. This website can be browsed with:

1. Google Chrome
2. Firefox
3. Microsoft Edge
4. Safari

Click https://orbiccare.com/#/login to access the website. It can be accessed by:

1. User
2. Member
3. Admin
4. Super Admin

User Login

Logging in to the Website
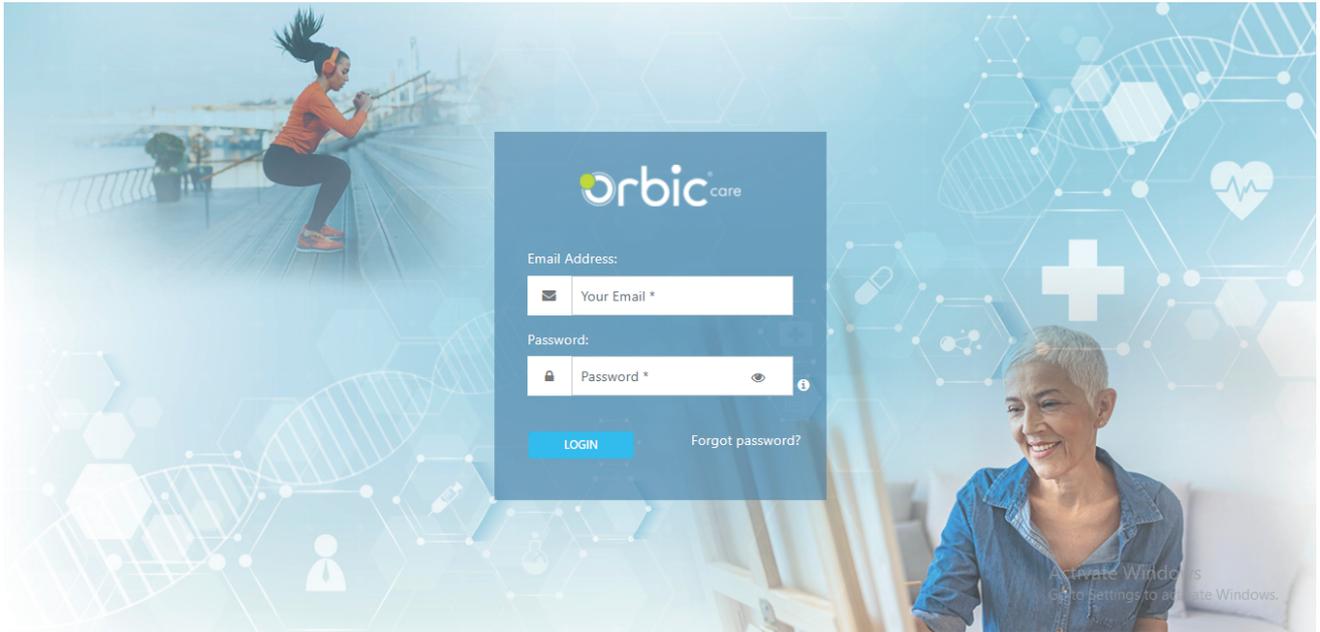
To login to the web portal, User must enter their valid registered email id and a temporary password (check email for the temporary password) that will be used as login information on the Orbic Care platform.
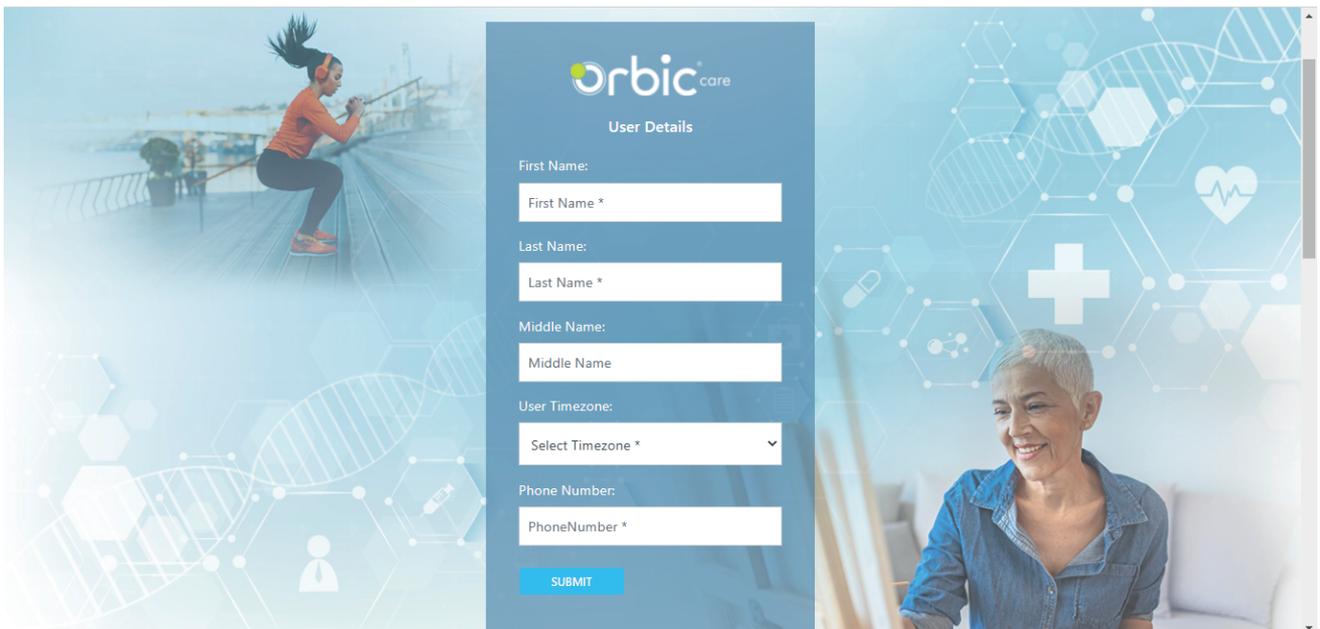
If the user is logging in for the first time in the website, then it is mandatory to fill their first name, last name, user time-zone and phone number.
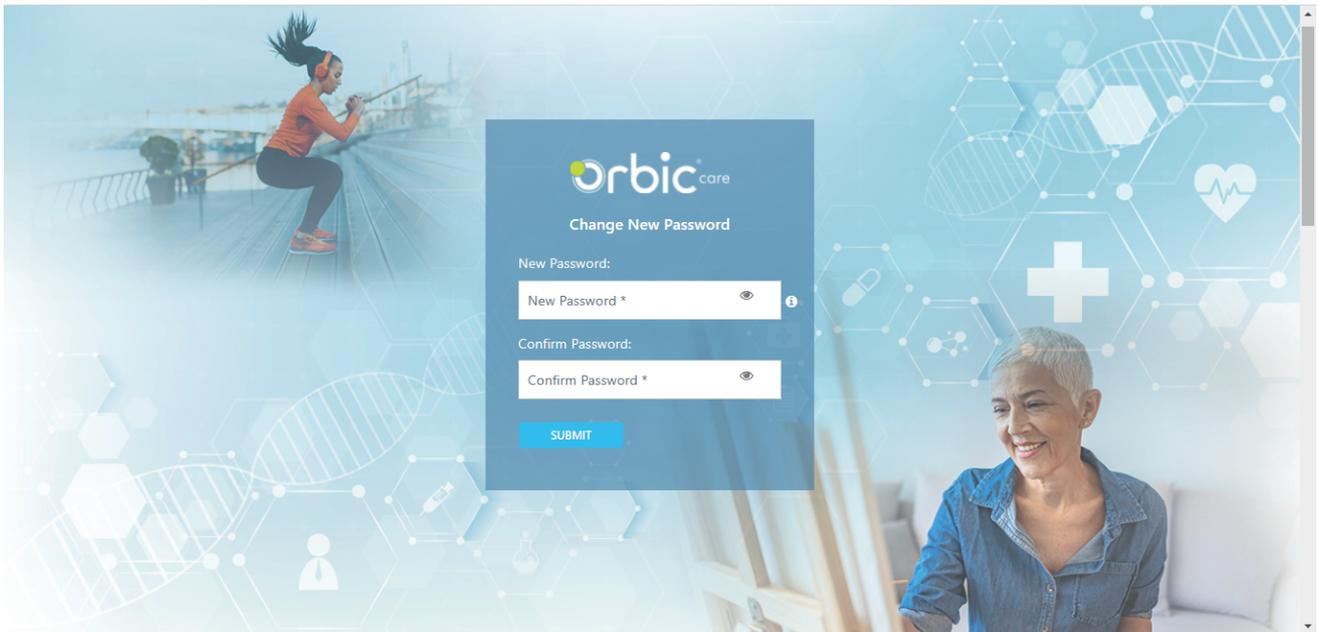
After submitting the details, user can reset their password. To reset their password user must provide a new password and click 'Submit' button for the new password to be saved.
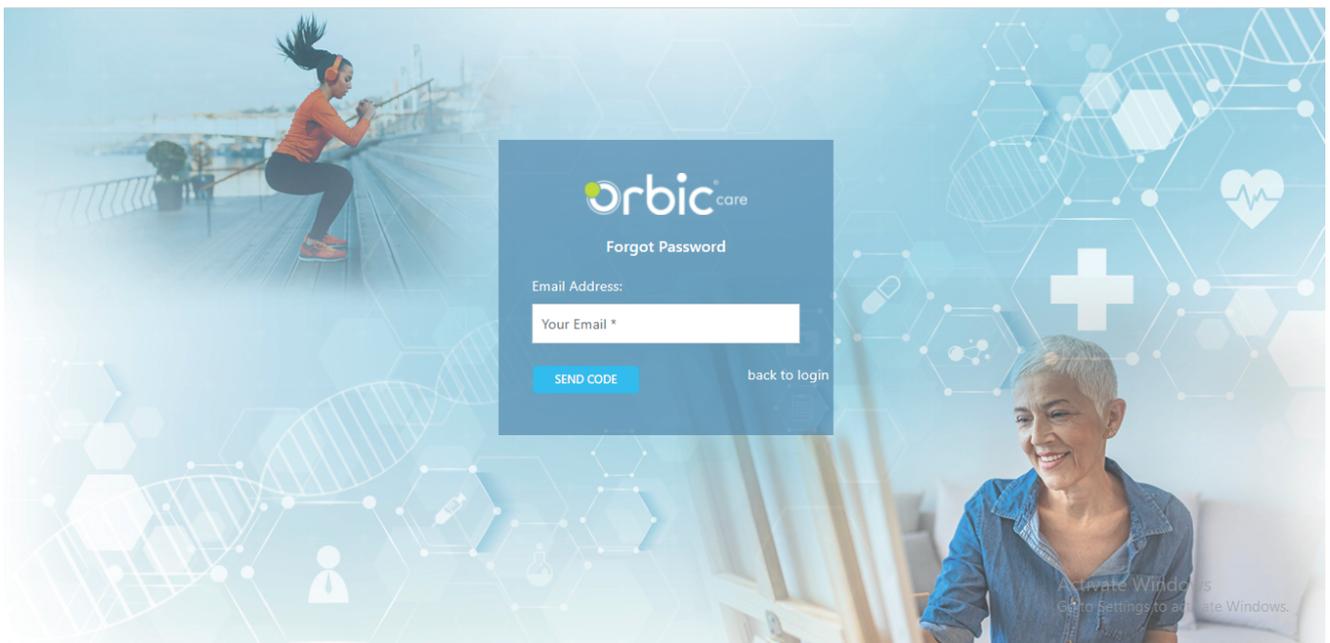
Once User has provided the necessary details, he/she will be guided to the login page.

Login

- After successfully registering in the website, User must login by providing their registered email id and password.
- If the user does not remember the password, they can click "Forgot password?" option.
- Upon clicking, the user will be navigated to a page where they can type their registered email id and click the "Send code" button to which a unique code will be e-mailed.
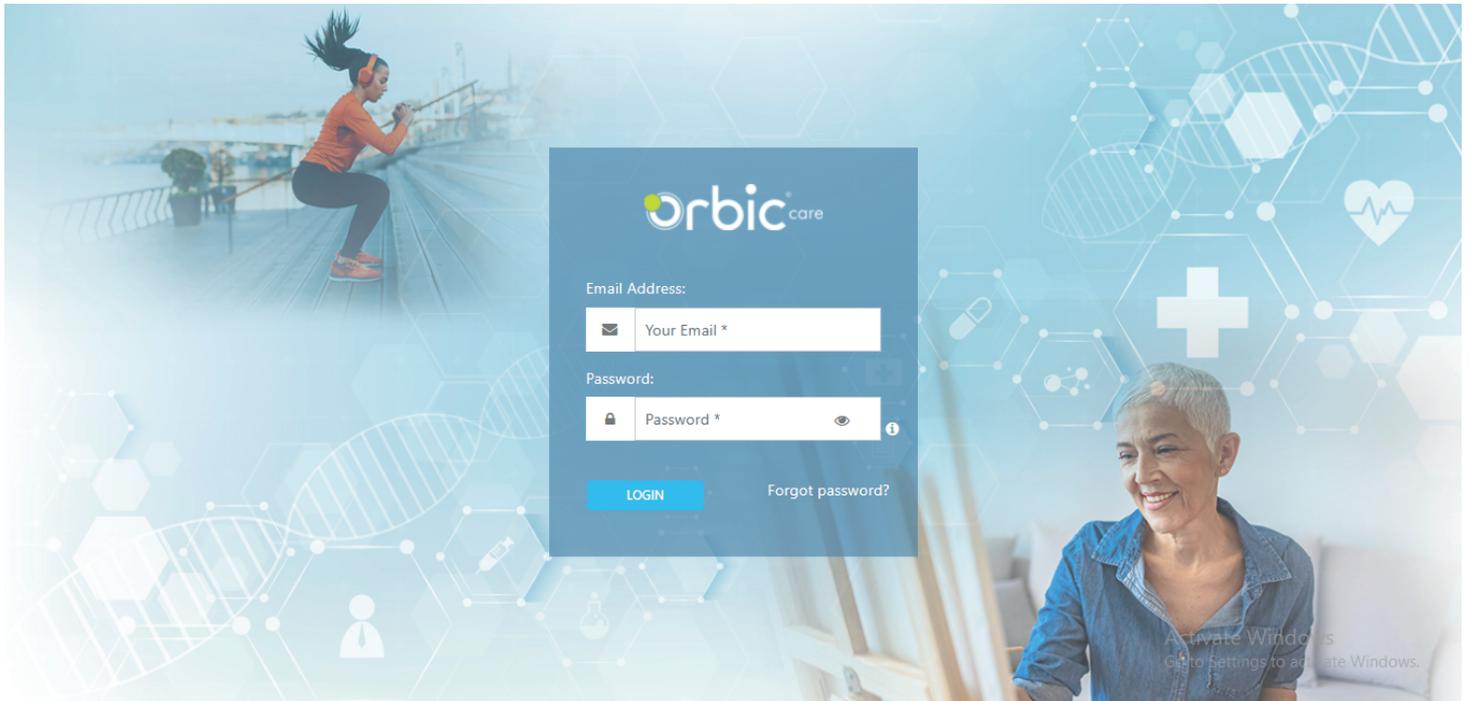
- The user will then be navigated to Confirm Forgot Password page containing:
  - Verification Code:
  - User must type the code they have received in their email
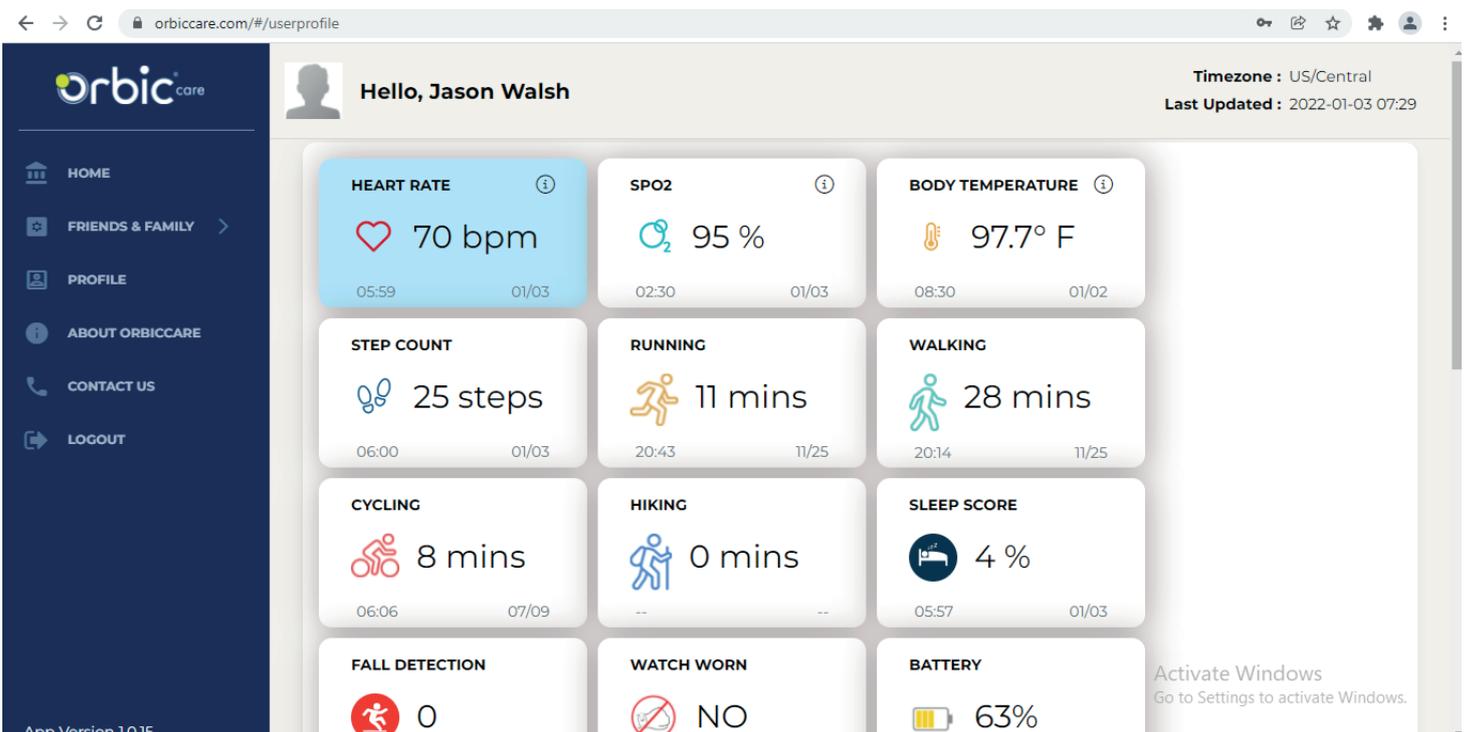
- New Password:
- User must type a new password and submit the details.
- A Confirmation pop-up appears stating the password has been updated successfully.
- When password is updated successfully, User can log in to the website with their email id and new password.

Home Page

When the user logs in successfully, they will be navigated to the Home page that displays:

- **Menu on the left-hand side:**
  - Home
  - Friends and Family
  - Profile
  - About Orbic Care
  - Contact Us
  - Log out

- **Vitals (Home screen) contains:**
  - User details
  - Cards representing each vitals with their values, date, time and icons respectively.
  - Graph that corresponds with individual vitals.

- **Vitals Graph contains:**
  i. Graph displays data for day, week and month:
    - Day – provides option to navigate from the current day to the last 6 days
    - Week – displays one week's graph
    - Month – displays one month's graph (only Heart rate).

  ii. Y-axis represents values and the x-axis displays date, day or time respectively.

  iii. Option to zoom in the graph and out of it is provided on the right-hand side:
    - Click to zoom in.
    - Click to zoom out.
    - Click to zoom the selected value.
    - Click to redirect to the default graph.

- iv. Graphs differ for vitals and exercise data:
    - A line graph is rendered for heart rate, SpO2, and body temperature.
    - A bar graph is rendered for all the exercise data.

- v. A tooltip is used to display the value on hover (attached image below):

Friends and Family

Friends and Family allows user to add a member to their Friends and family list and enable the vitals that can be visible to their members. Hence, we have:
- Member Settings
- Orbic care Settings

Member settings:
Member settings allows users to:
- Add a new or an existing member.
- search for the member.
- Remove a member.

Add a new member
Click "Add New Member" button to add a new member in the Friends and Family list.
- Fill in the details of the member you want to add. Once done, submit the details.
- The member will be registered as a Friends and Family companion for that user after verification.

Add Existing Member

- To add an existing member, User must provide the registered email id and relationship with the member.
- Once provided, User can click on the "Submit" button to add the member in their Friends and Family list.

ORBIC CARE FAMILY APP

OrbicCare Family app provides the ability for the family member to access user's vital information anytime, anywhere. The user of the smart wrist needs to provide access to the family member before information can be shared.

Make sure you have a good internet connectivity. This app is used by the Members. It can be installed via Google playstore or AppStore. Once installed, user can open and run the app.

OrbicCare Family App displays the following:

- Login Screen
- Home Screen
- Settings

Login to the App-

To login, type member's email id and password and click on the login button.
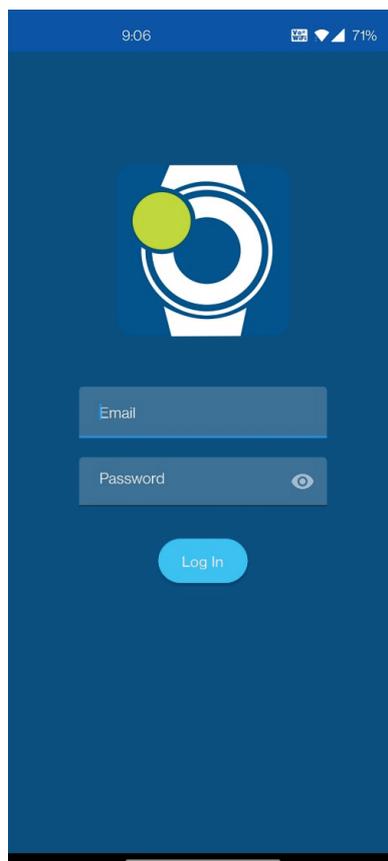
Home Screen

Home Screen displays:
- User's name
- User's profile picture
- Menu option
- Vitals - Cards displaying all the vitals with icon, values, date and time respectively

.

Vitals

Vitals card shows the following :
- Heart rate
- SpO2
- Body Temperature
- Sleep Score
- Fall Detection
- Watch worn
- Battery indicator

These cards hold the respective icons, last updated values with their respective date and
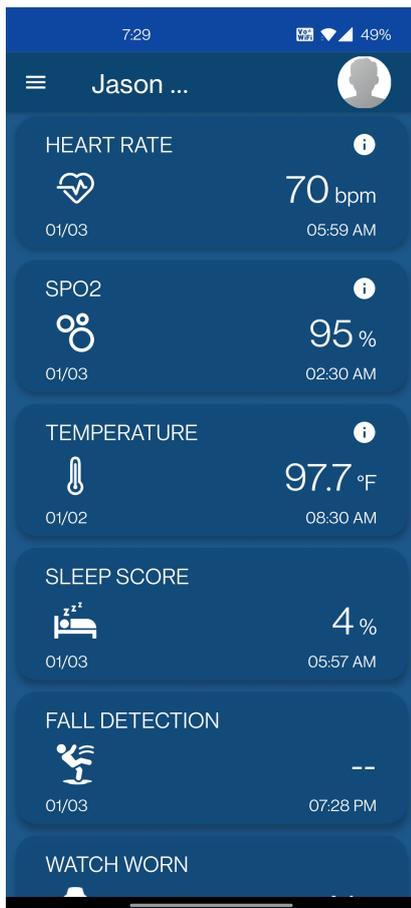
Heart Rate

Heart rate displays the following:
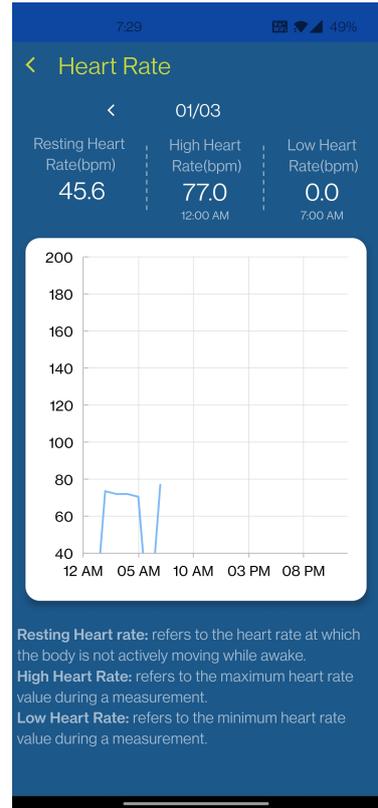
SpO2

Spo2 displays the following:

- Toggle between day, week,month and year to view respective data.
- Graph that renders data.
- Max and Min saturation levels with date and time.
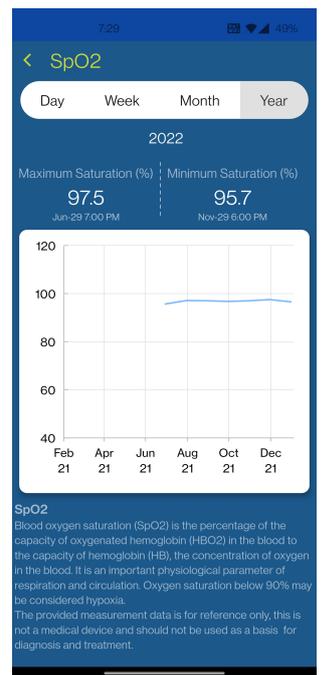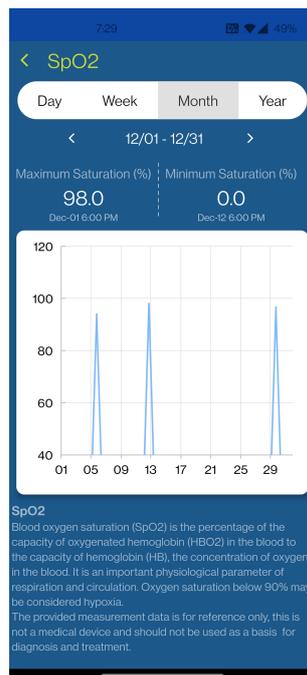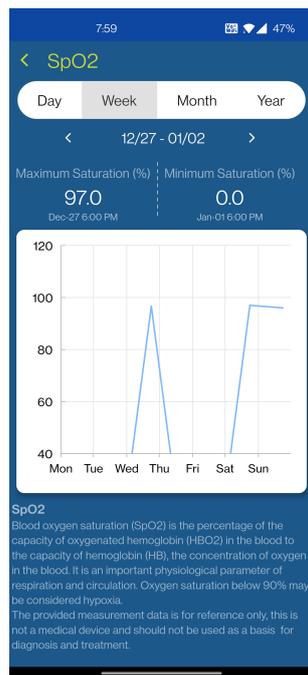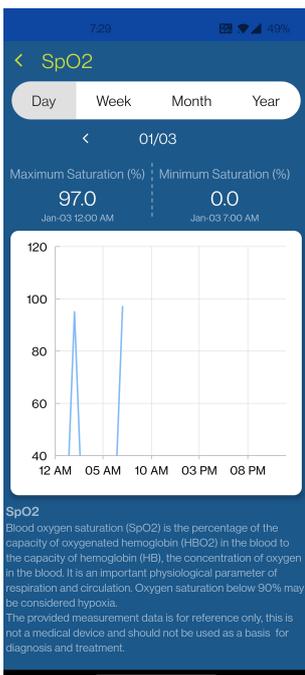
Body Temperature

Body Temperature view is similar to that of SpO2. You can see:

- Toggle buttons: day, week,month and year to view respecitve data.
- Graph that renders the data based on user selection.
- Max and Min Temperature % with date and time.

Sleep tracking displays:

- Date Navigation – one week data.
- Sleep Summary – Sleep Score, Average Sleep time, Awake time, deep sleep, light sleep and rem sleep.
- Graph
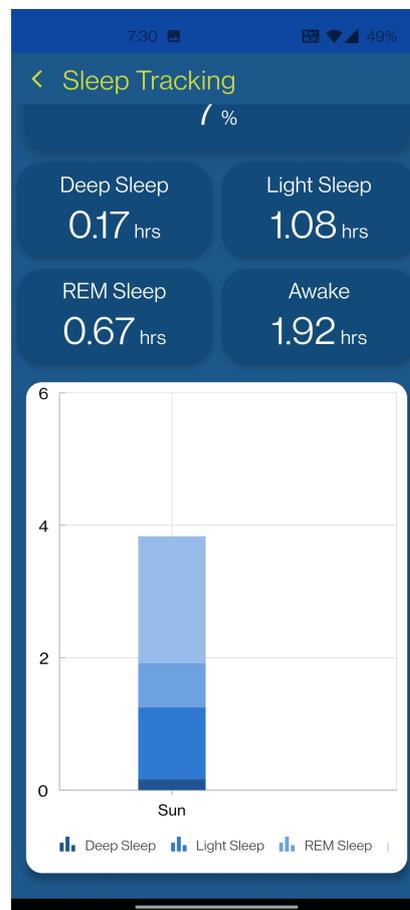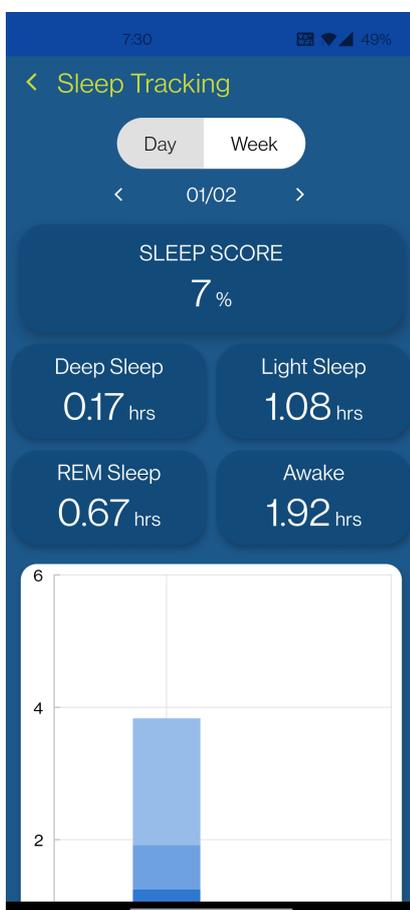
Fall Detection

Fall Detection displays:
- Date Navigation – one week data.
- Records for heart rate, Spo2 and body temperature
- Graph
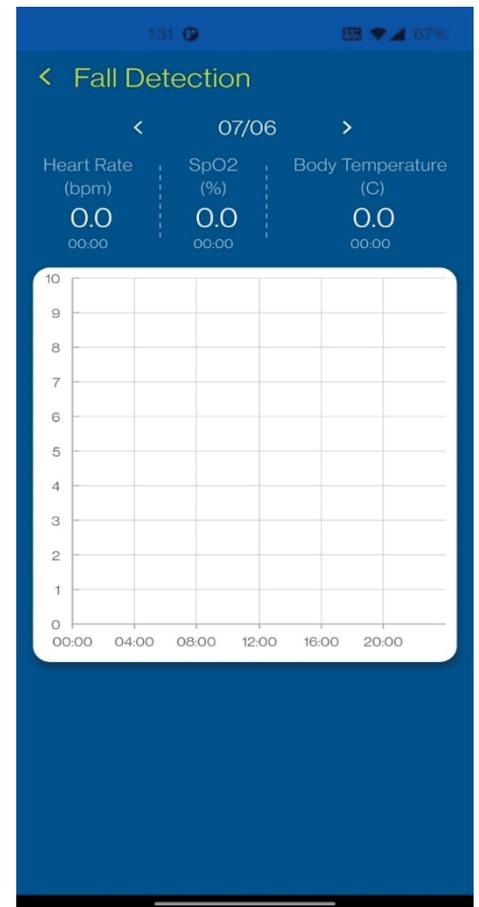
My Connections
- My Connections widget displays all the user's name with their profile image in individual cards.

Change Password

Member can update their password by tapping on the 'Change Password' menu item availabe on the Settings screen.
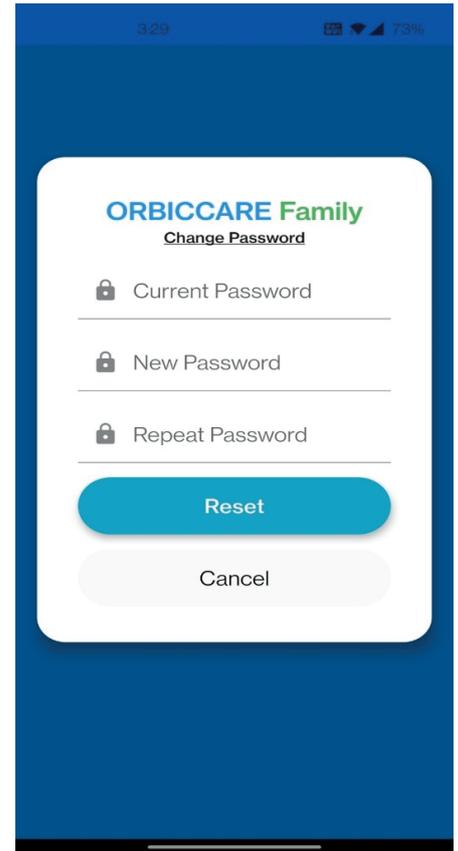
Terms and Conditions

- Terms and Conditions Screen provides all the information the member needs to know while using the app.
- User can view this screen by tapping on the "Terms and Conditions" provided on the Settings menu item.
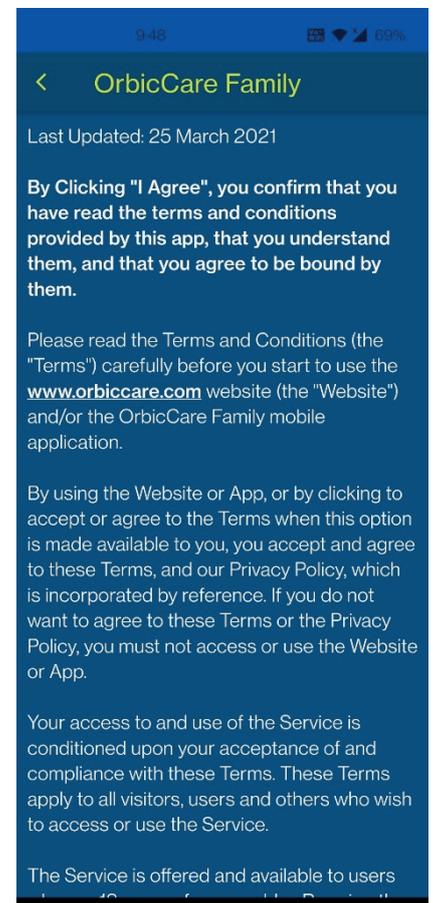
Log Out

- You can Log out of the application by selecting 'Log Out' option from the menu items provided.
- On tapping the option, a pop-up appears asking you to choose either yes or no to logout.
- If the you tap "Yes", you will be redirected to the login screen.
- If you click "No", you will be redirected back to the home screen.
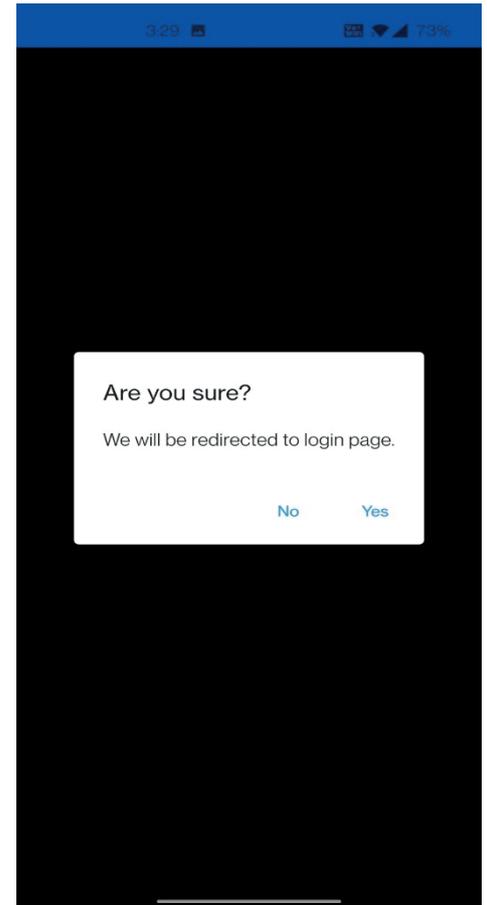
Orbic care settings

This setting allows the user to enable/disable the vitals that can be observed by their members. Users can enable/disable the following:

- Heart rate
- Blood Oxygen
- Body Temperature
- Sports Outdoor Running
  Walking Fitness
- Exercise Hiking
- Exercise Cycling
- Device Worn
- Step Counter
- Location
- Sleep Tracking
- Fall Detection
- If the user disables any of the above feeds, then the member will not be able to view that feed's data.
- "Select All" option is available to enable/disable all the given feeds.
- Once the feeds are enabled/disabled, the user will have to save the changes by clicking "Save Settings" button.

Orbic care
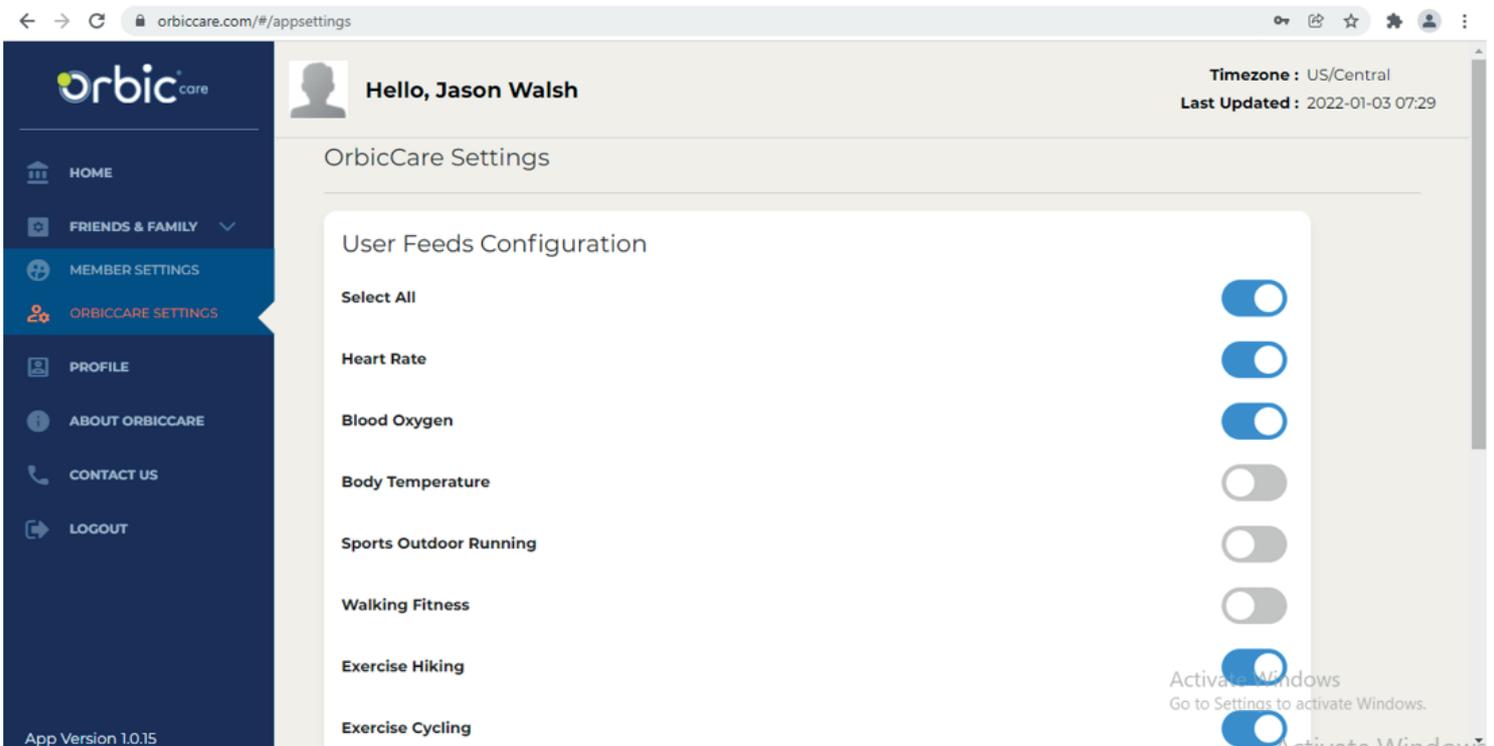
Hello, Jason Walsh

- HOME
- FRIENDS & FAMILY ⌄
- MEMBER SETTINGS
- ORBICCARE SETTINGS
- PROFILE
- ABOUT ORBICCARE
- CONTACT US
- LOGOUT

App Version 1.0.15

Exercise Hiking   ●—

Exercise Cycling   ●—

Device Worn   ●—

Device Battery   ●—

Step Counter   ●—

Location   ●—

Sleep Tracking   ●—

Fall Detection   ●—

SAVE SETTINGS

Activate Windows

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Profile

Profile displays User's details:

- Profile Image - User can upload a profile picture by clicking 'choose file' button.
- User Detail - It displays the details provided by the user during registration.
    - First name
    - Last name
    - Middle name
    - Email
    - User time-zone
- Device Information
    - IMEI number
    - User Group
    - Created date time
    - Status
- Settings
    - Enable/Disable MFA:
      If the user has enabled MFA, during log in, the user will have to provide a verification code sent to their number to access website.
    - Phone number
    - Deactivate
      User can deactivate their account by clicking 'Deactivate' button.
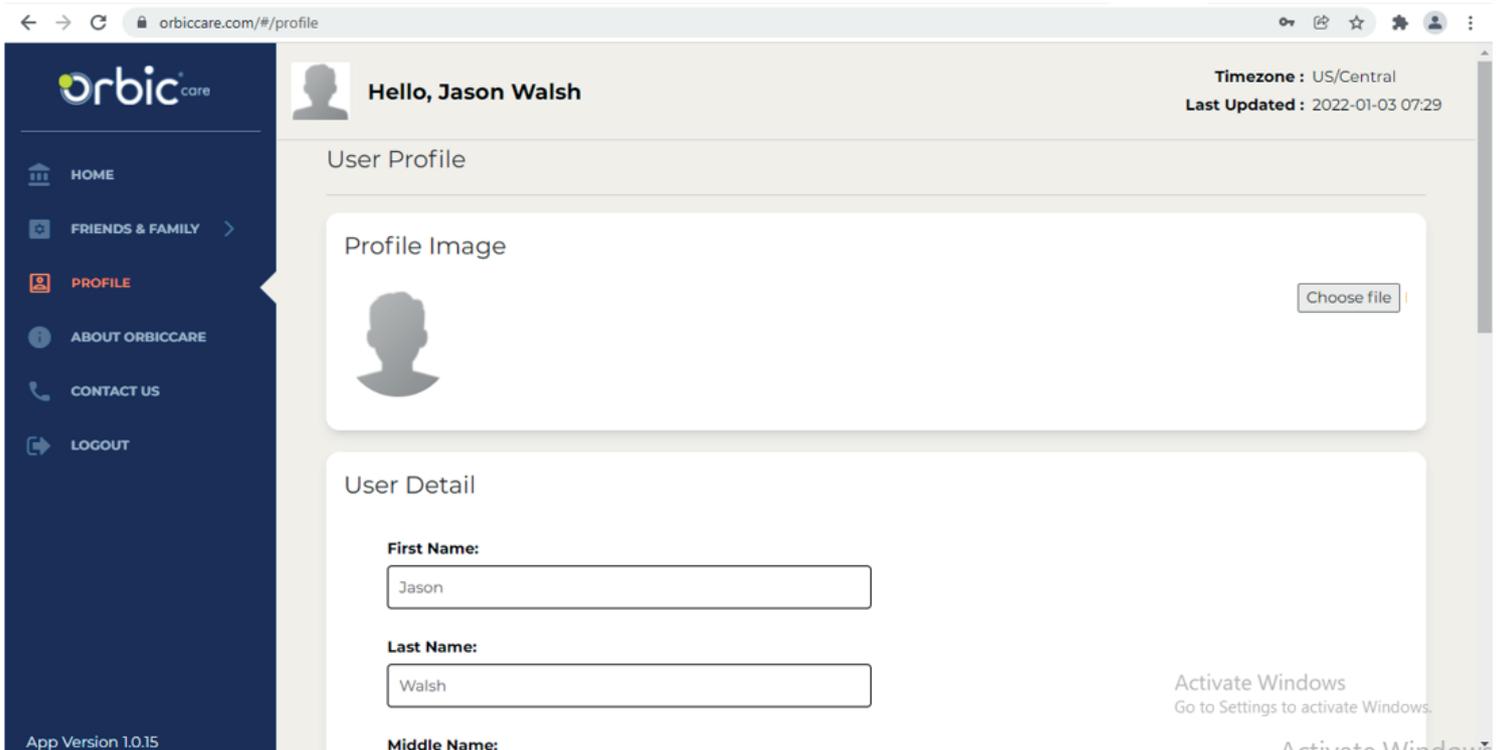
Software updates

Please follow the steps to update your watch to the latest software

- Press the power key to enter the main menu, click the settings menu, and then click the system update menu to enter the update page.
- Click to check for updates
- When new system software is available, it will download the package and show the available update on the watch screen. After the download is complete, click "Install Now" to install Or select "Install Later", you can also customize the installation time.
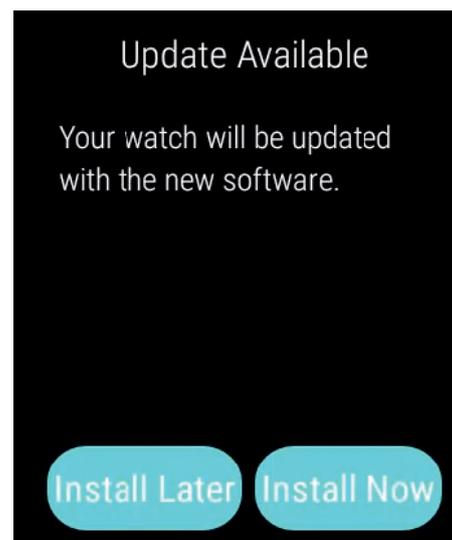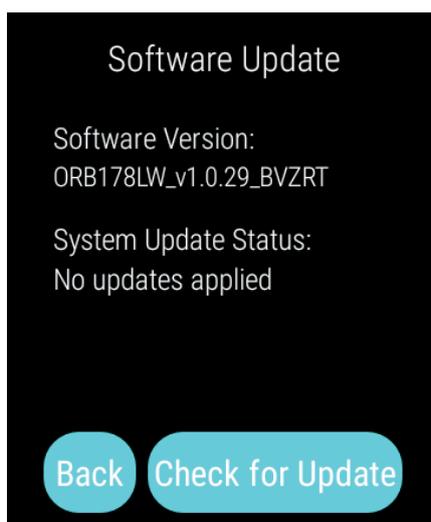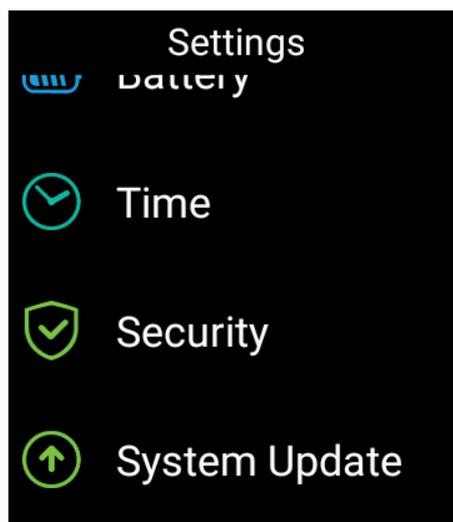
Troubleshooting

If you are having trouble with Smart Wrist, here are a few things you can do to get it to function properly.

- If the Smart Wrist is not responsive, force reboot it by pressing the "Power" button for about 10 seconds
- Orbic Wear App Run in Background Option

Some Android phones have the ability to put apps to sleep. If you want the application to be always ON, you will have to manually perform the following steps.

- Open the SETTINGS app and select Apps & Notifications.
- Scroll down (You might have to select All Apps) and select Orbic Wear.
- Click on PERMISSION-> LOCATION and select "Allow all the time"
- Click on BATTERY-> Select Not Optimized option.
  Restore to Factory Settings
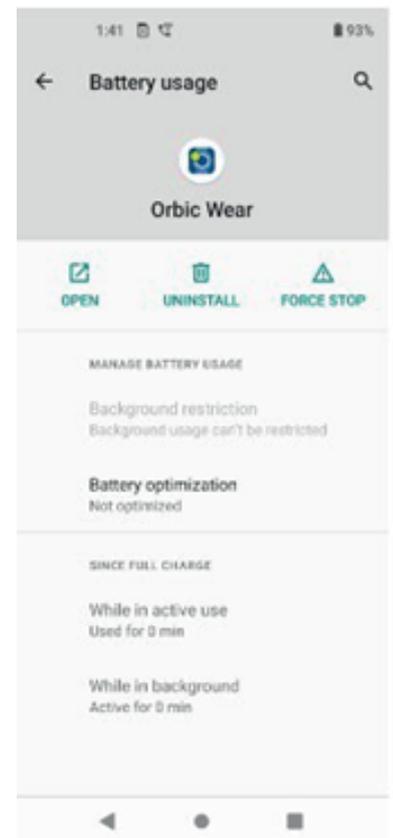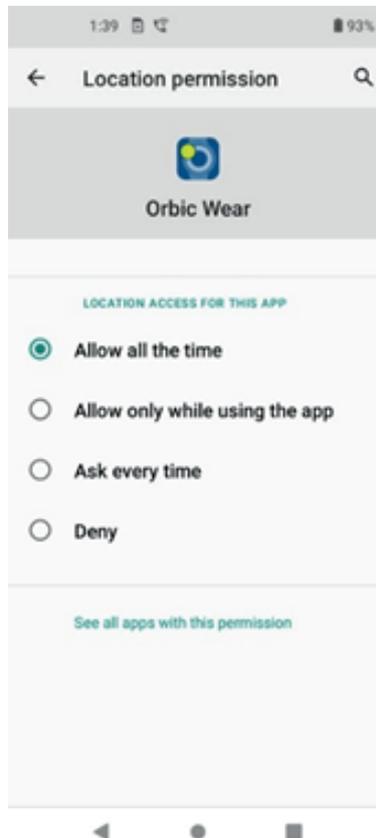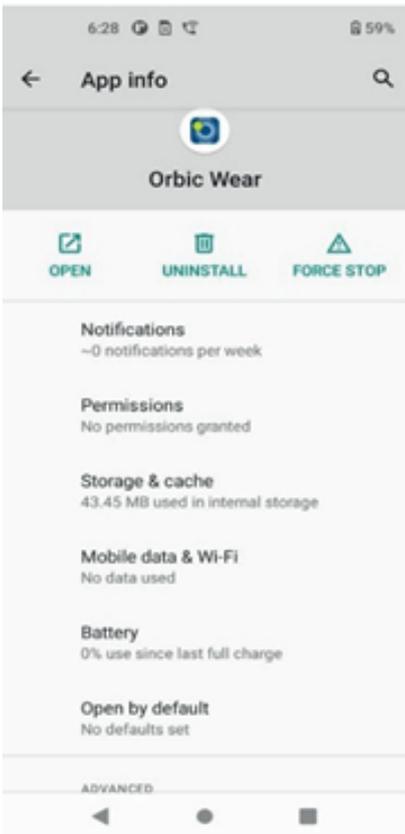
Software Update Issues

- The watch will give a Low Battery message if it is less than 30%.
- Download interruptions, you can check the network go to System Updates page to retry.
- Install failed, you can go to System Updates page to retry.

Low Battery

Charging needed. The battery on your watch is too low to begin the update. Please plug in your watch. Update will start when watch has 30% of battery.

OK

Download Unsuccessful

Sorry, we weren't able to download this update. Check your network connection or connect to a charger and try again.

To download this update in the future, go to **Settings > System update**.

OK

Update Unsuccessful

Sorry, we weren't able to install this update. No changes were made. Please try again.

OK

To the Owner

- Some electronic devices, such as the electronic system of vehicles, are susceptible to electromagnetic interference sent by your device if invades- partly shielded. Please consult the manufacturer of your device before using if necessary.

- Operating your device may interfere with medical devices like hearing aids and pacemakers. Please always keep them more than 20 centimetres away from such medical devices when they are turned on. Turn your device off if necessary. Consult a physician or the manufacturer of the medical device before using your device.

- Be aware of the usage limitation when using your device at places such as oil warehouses or chemical factories, where there are explosive gases or explosive products being processed. Turn off your device if required.

- The use of electronic transmitting devices is forbidden in aircrafts, at gas stations, and in hospitals. Please observe and obey all warning signs and power off your device in these conditions.

- Do not touch the inner antenna area if not necessary; it will affect your device's performance.

- Store your device out of the reach of little children. Your device may cause injury if used as a toy.

- Do not touch the metallic parts of your device when the device is operating as this may cause burns.

Using Your Device

- Please use original accessories or accessories that are authorized. Using any unauthorized accessories may affect your device's performance and violate related national regulations about telecom terminals.

- Avoid using your device near or inside metallic structures or establishments that can emit electromagnetic waves; it may influence signal reception.

- Your device is not waterproof. Please keep it dry and store in a shady and cool place. Do not use your device immediately after a sudden temperature change. In such case, it will produce moisture inside and outside your device. Wait until it becomes dry.

- Handle your device carefully. Do not drop, bend, or strike it; your device may get damaged.

- No dismantling by non-professionals and only qualified technicians can undertake repair work.

- An operating temperature range of -10°C - +55°C and humidity range of 5% - 95% are recommended.

Limited Warranty

This warranty does not apply to defects or errors in the Product caused by:
- Reasonable abrasion.
- End User's failure to follow device provider installation, operation or main- tenance instructions or procedures.
- End User's mishandling, misuse, negligence, or improper installation, disassembly, storage, servicing or operation of the Product.
- Modifications or repairs not made by device provider or a certified individual.
- Power failures, surges, fire, flood, accidents, actions of third parties or other events outside device provider reasonable control.
- Usage of third-party products, or usage in conjunction with third-party products provided that such defects are due to the combined usage.
- Any other cause beyond the range of normal usage intended for the Product.
- End User shall have no right to reject or return the Product or receive a refund for the Product from device provider under the above-mentioned situations.
- This warranty is End User's sole remedy and device provider sole liability for defective or nonconforming items, and is in lieu of all other warranties, expressed, implied or statutory, including but not limited to the implied warranties of merchantability and fitness for a particular purpose, unless otherwise required under the mandatory provisions of the law.

Support And More

Customer service
Call 1.800.922.0204
Twitter @VZWSupport

International travel
For features and rates when outside the US, visit "verizonwireless.com/ international."

Additional Information

Your wireless device and third-party services

Verizon Wireless is the mobile carrier associated with this wireless device, but many services and features offered through this device are provided by or in conjunction with third parties. Verizon Wireless is not responsible for your use of this device or any non-Verizon Wireless applications, services, and products, including any personal information you choose to use, submit or share with others. Specific third-party terms and conditions, terms of use and privacy policies apply. Please review carefully all applicable terms, conditions, and policies prior to using this wireless device and any associated application, product or service.

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