



YOO®RX User Guide

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Product ID: YX4850
Welcome to YOO. Let's Get Moving!

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The YOORX is a wireless activity band that uses a 3-Axis accelerometer to monitor your movements during the day and your sleep patterns at night. When you wear your YOORX you can view your stats in real-time 24 hours-per-day via the OLED high-definition display. You can also sync your progress to the YOO Fitness+ app via Bluetooth Smart where you can view your current and past stats and take the YOO Challenge.

The YOORX enables you to track how many steps you have taken, how much distance you have travelled and your total calorie-burn from exercise. You can also monitor the total amount of minutes you have been moving, the duration and quality of your sleep and view smart notifications right on the RX display.

Get the Latest and Greatest

We improve our devices all the time so to find an updated version of this Instruction Manual please visit:

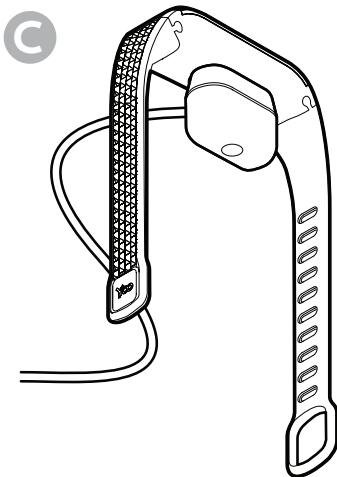
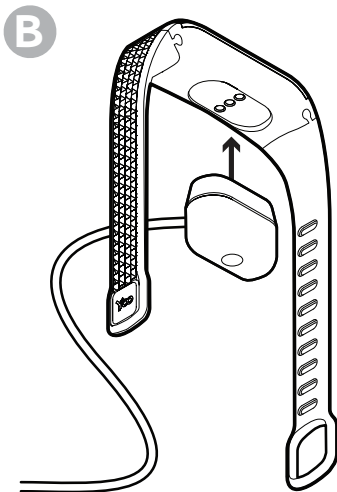
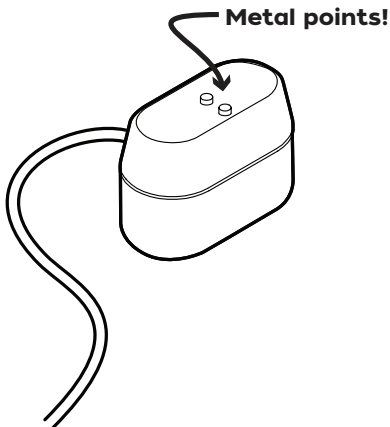
<http://www.YOOCHALLENGE.com/how-to>

STEP 1: Charge Your YOORX®

1. Your YOORX comes with a custom-designed USB charger that suction to the underside of your YOORX with magnets. (fig. A)

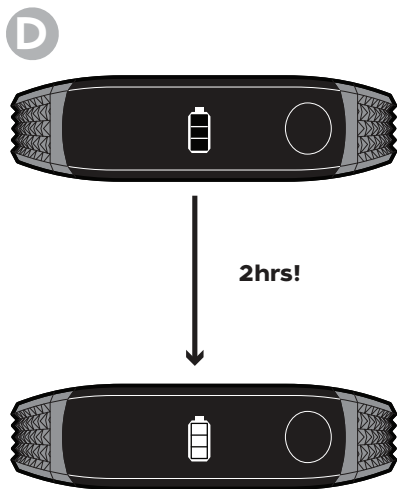
2. To attach simply bring the end of the charging cable that has the two metal points on it close to the underside of your YOORX (fig. B) and the magnets will do the rest. It should nest comfortably inside the oval indentation under your YOORX. (fig. C).

3. Insert the other end of the USB charger into your computer's USB port to charge, or plug into an outlet charger if you own one. (Please note that a wall plug-in accessory is not included with your YOORX purchase).



4. The display on the YOORX will show the battery icon while charging. When your YOORX is fully charged the display will indicate 100% on the battery level screen. (fig. D)

5. Your YOORX will charge very fast. A full re-charge only takes one to two hours.

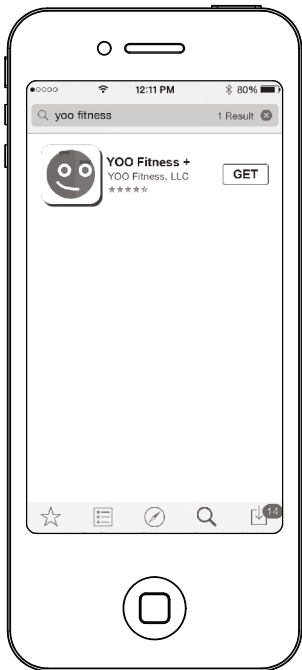


STEP 2: Download YOO®+ App

1. You'll need to download the YOO+ App next.
2. Go to the App Store or Google Play and download it for free. Search for **YOO+** , download the app and install it.
3. Follow the on-screen instructions to set up your YOO+ Account. If using iOS, you must pair your YOORX to your smart phone.
4. When setting up an account and profile **be sure to select YOORX as your YOO device.**

Important: YOORX is compatible with mobile devices that contain Bluetooth 4.0 technology. To view a list of compatible smart phones, go to:

www.YooChallenge.com/compatibility

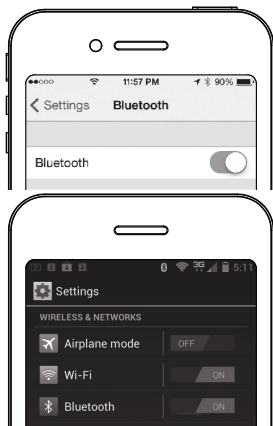


STEP 3: Sync Your YOO®RX

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1. Make Sure your phone has Bluetooth turned "ON". (fig. A)
2. Follow the App instructions to set up your YOO account and pair your YOORX.
3. Once you have completed your profile on the YOO+ app you will be prompted to sync your YOORX. Your YOORX is able to sync automatically each time you open the YOO+ app but you can also sync by tapping the "Sync Device" option within the left side menu on the YOO+ app.

Important: The YOORX will automatically RESET at MIDNIGHT. At that time, the data in the PREVIOUS DAY will automatically be saved. YOORX will store up to 14 days of activity so you can SYNC the wrist band & app at your convenience.



STEP 4: Use Your YOO®RX

The YOORX is easy-to-use and simple to navigate. Lightly touch the Tapspot (fig. A) to cycle through the screens. You will be able to cycle through the following stats:

A

softly TOUCH here!



TIME DAY / DATE -

Sync to the YOO+ app to set the date and time. The time can be displayed in a 12 HR or 24 HR format based on your phone's setting.



STEPS -

Total steps taken starting at midnight of the current day.



DISTANCE -

Total distance traveled based on the unit of measure selected in the YOO+ app (metric or imperial).



CALORIES -

Total active calories burned for the current day from physical movement and activity.



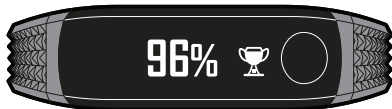
ACTIVE MINUTES -

Total number of minutes in which you were actively moving in the current day.



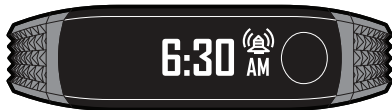
TARGET GOAL -

This screen displays your % to Goal based on the Daily Step Goal you selected in the YOO+ app.



ALARM -

Displays the alarm time setting. If you have activated more than one alarm in the YOO+ app this screen will display the next upcoming alarm. To turn off the vibration alert once it goes off simply touch the Tapstop several times. Your YOORX has 7 optional daily alarms that can be customized within the YOO+ app.



SLEEP MONITORING -

This screen displays your total sleep time from the previous night. You must sync your YOORX in the morning to view updated stats. A more detailed view of your sleep pattern can be viewed on the YOO+ app.



STEP 5: Tracking Sleep with your YOORX

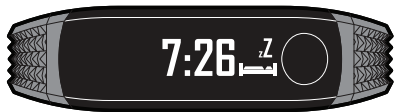
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Your YOORX will record both your sleep duration (fig.A) and sleeping patterns for you to track and review on the YOO app.

During SLEEP mode, the YOORX will track your movement to determine your stage of sleep (Light / Deep). While you sleep the YOORX will monitor the following data and patterns:

- The total amount of time you slept during the night.
- The total amount of light/restless sleep.
- Total amount of deep sleep.

Helpful Hint: To prevent your YOORX display from inadvertently activating during sleep and to ensure movement in bed isn't recorded as activity the YOORX will automatically enter into SLEEP MODE. In this mode only the Time-of-Day screen is accessible. Once you wake up and begin to move your YOORX will exit Sleep Mode and function as normal.



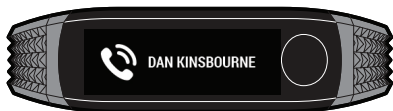
STEP 6: Setting Notifications on your YOO®RX

Your YOORX can notify you when you get a call, text, e-mail, calendar notification or a Facebook Messenger notification (see examples to the right). Just open the YOO+ app, tap on the 3 lines in the upper left hand corner to get to the main menu and tap on "Notifications". Then turn on the ones you want to use.

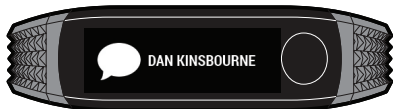
Important: Smart Notifications are turned OFF when you set up your account. You can turn all notifications on or only specific ones but it is important to note that activating Smart Notifications will shorten the battery life of your YOORX.

Important: The types of Smart Notifications varies between iOS and Android. Please refer to the YOO+ app for a complete list of notification options for your YOORX.

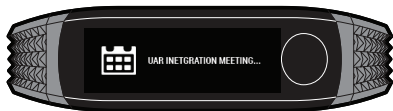
Call Notification



Text Notification



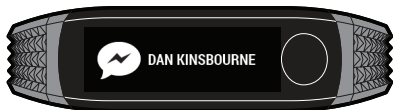
Calendar Notification



Email Notification



Social Network Notification



What Do I Need to Know About the Battery?

YOORX uses a rechargeable battery and comes with a custom designed USB charger. Once you have fully charged your YOORX it should run for about a 14 days before requiring another charge.

The length of time between charges depends on how often Smart Notifications are used and whether or not you activate the Display Auto-On feature within the YOO+ app. These optional features will shorten your battery life between charges.

Low Battery Warning

When the words “LOW BATT” appear on the display, your YOORX can still continue to record your activity for a LIMITED TIME. (fig. A) It’s recommended to “SYNC” the wristband immediately to update and save the data inside the unit. Then, recharge the YOORX by following the directions to avoid losing data.

Note that a faint or blank display is also an indicator of a low battery charge.

YOO@RX Memory

The YOORX can store up to 14 days of data. It is recommended that you sync your YOORX to the YOO+ app every day. If you do not sync your data for a period of time in excess of 14 days your will lose any data that is older than 14 days at the time of your next sync.



*Important:
The types of Smart Notifications varies between iOS and Android. Please refer to the YOO+ app for a complete list of notification options for your YOORX.*

HELP! My YOORX Won't Sync

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Don't worry. Try these steps!

Try these troubleshooting options to fix syncing problems:

1. Turn off Bluetooth on your smart device and then turn back on (fig. A).
2. Charge your YOORX.

Your YOORX battery may be too low to sync. Try recharging to full and then sync.

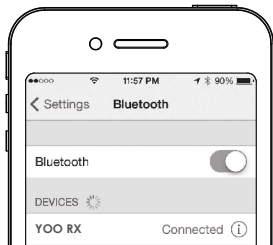
3. (For iOS users only) check Settings>Bluetooth and confirm your YOORX is connected.

If not, tap to connect your RX.

4. Try a manual sync.

Tap the menu icon at the top left corner of the YOO+ app. Tap "Sync Device".

5. Try a refresh by turning your smart device off and then turn back on.



Switching Devices for iOS Users



Switching Devices - from a YOORX to another YOO device (for iOS users)

1. Forget Current Device.

Go to Settings > Bluetooth on your iOS device. Search for your connected YOORX and tap the info icon.



info icon:

Tap "Forget this device" and confirm the action when prompted.

2. Connect to your new YOO device.

- Launch the YOO+ app.
- Tap the menu icon at the top left corner of the YOO+ app.
- Tap "Settings".
- Tap to select your new YOO device.
- Tap "Save Settings" at the bottom of the page.
- Return to menu and tap "Sync Device".



Helpful Hint: Try moving to a different location and away from the YOORX you are trying to disconnect.

Important:

It may take a minute to establish your new Bluetooth connection so have patience while your YOO locates your smart device and completes the connection process.

Switching Devices for iOS Users (cont)



Switching Devices - from a YOORX to a new YOORX (for iOS users)

1. Forget Current Device.

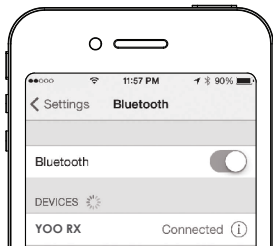
Go to Settings > Bluetooth on your iOS device. Search for your connected YOORX and tap the info icon.

info icon: 

Tap "Forget this device" and confirm the action when prompted.

2. Connect to your new YOORX

- Launch the YOO+ app.
- Tap the menu icon at the top left corner of the YOO+ app.
- Tap "Settings".
- Tap to select another YOO device.
- Tap "Save Settings" at the bottom of the page.
- Tap to reselect YOORX.
- Tap "Save Settings" at the bottom of the page.
- Return to menu and tap "Sync Device".
- Follow the YOO+ app prompts to pair your new YOORX.



Helpful Hint: Try moving to a different location and away from the YOORX you are trying to disconnect.

*Important:
It may take a minute to establish your new Bluetooth connection so have patience while your YOO locates your smart device and completes the connection process.*

Switching Devices for Android Users

Switching Devices - from a YOORX to another YOO device **(for Android users)**

1. Connect to your new YOO device.

- Launch the YOO+ app.
- Tap the menu icon at the top left corner of the YOO+ app.
- Tap "Settings".
- Tap to select another YOO device.
- Tap "Save Settings" at the bottom of the page.
- Return to menu and tap "Sync Device".

Helpful Hint: Try moving to a different location and away from the YOORX from which you are trying to disconnect.

*Important:
It may take a minute to establish your new Bluetooth connection so have patience while your YOO locates your smart device and completes the connection process.*

Switching Devices - from a YOORX to a new YOORX **(for Android users)**

1. Connect to your new YOORX device.

- Launch the YOO+ app.
- Tap the menu icon at the top left corner of the YOO+ app.
- Tap "Settings".
- Tap to select another YOO device.
- Tap "Save Settings" at the bottom of the page.
- Tap to reselect YOORX.
- Tap "Save Settings" at the bottom of the page.
- Return to menu and tap "Sync Device".

Care and Maintenance

Here are some smart things you can do to care for your YOORX.

- Clean YOORX with a soft dry cloth.
- Do not use any abrasive cleansers.
- Store YOORX in a safe and dry location.
- Do not expose your YOORX to saltwater.
- Do not subject YOORX to shock, extreme heat or long-term exposure to direct sunlight.

YOO®RX Support

If you have any questions or need help with your new YOORX device, please email us at Help@YOOChallenge.com. We'll do our very best to help!

Warranty

For purchases made in the U.S and Canada.
If at any time within one (1) year from the purchase date of this product, it fails to perform properly due to defects in material, workmanship or manufacturing, please return it prepaid to YOO Fitness.

Please go to:
www.YOOChallenge.com/returns to obtain the Returns Department address.

Replacement

Your YOORX has been carefully designed, manufactured and packaged. If any parts are missing or damaged please return it to the

above address and we will replace it free of charge. Please do not return your YOORX to the store where you purchased it.

FCC Compliance

FCC ID: 2ABPTYX4850

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.
2. This device must accept any interference, including intezrferece that may cause undesired operation of the device.

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 to 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.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Care related to Water Resistance

The YOORX is tested to be water-proof to 5 meters.
NOTE: Environments with saltwater, steam or extremely high humidity levels could cause water damage.

DO NOT expose the wrist band to sudden changes of temperature by going from a hot tub to cold water. This can make the rubber seals contract and allow water to penetrate.
DO NOT use the wrist band in a

hot tub or extremely hot shower / bath.
High temperatures and steam can damage the rubber seals.

DO NOT wear the wrist band in soapy dishwasher or bubble baths. The alkali contained in soaps can damage the rubber seals.

DO NOT use cleaning solvents to clean your wrist band. Solvents WILL damage the integrity of the plastic. The wrist band can be wiped clean with a lightly moistened cloth.

Salt is highly corrosive and can damage both the rubber seals and the water case.

NOTICE TO PEOPLE WEARING

PACEMAKERS: While Bluetooth is a passive system and should have no direct effect on a pacemaker, we strongly recommend anyone fitted with such a device contact their physician or cardiologist before using this product or starting an exercise program.

Industry Canada (IC) Statement

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the IC 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 different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Operation is subject to the following two conditions:

1. This device may not cause interference and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

Environmental Conditions

- Operating temperature: 32° to 104° F (0° to 40° C)
- Non-operating temperature: -0° to 130° F (-17.7° to 54.4° C)
- Maximum operating altitude: 30,000 feet (9,144 m)

Battery Safety Information

- Non-rechargeable batteries are not to be recharged
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Exhausted batteries are to be removed.
- Do not dispose of batteries in fire; batteries may explode or leak
- Do not dispose of product in fire; batteries may explode or leak
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner.

Warnings and Cautions

It is recommended that you consult with a doctor before starting any fitness program. Additionally please be advised of the following:

- Follow all instructions and use only as intended.
- Do not tamper with your YOORX.
- YOORX is not a toy or a medical device.
- Do not use abrasive cleaners to clean your YOORX.
- Do not place your YOORX in a Dishwasher, Washing Machine or Dryer.
- Do not expose your YOORX to extremely high or low temperatures.
- Do not leave your YOORX in direct sunlight for an extended period of time.
- Do not leave your YOORX near open flames.
- Do not attempt to disassemble your YOORX, it does not contain

serviceable components.



The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. For information about your recycling drop off point please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

Child Safety



YOO and its accessories contain small parts which can be a choking hazard. Please keep away from small children.

Magnet Warning

YOORX™ contains strong magnets which could cause electronic equipment to malfunction. If you use a medical device of any kind please consult your physician and the manufacturer of your medical device before handling or using the YOORX™.

