



fitbit alta HR™



User Manual
Version 1.5

Table of Contents

Get started	5
What's in the box	5
Charge your tracker	5
Set up with your phone	6
See your data in the Fitbit app	7
Wear Alta HR	8
Placement for all-day wear vs. exercise	8
Wrist choice and handedness	9
Change the band	9
Remove a band	10
Attach a new band	11
Basics	12
Navigate Alta HR	12
Tap your tracker	12
Check battery level	13
Change the clock face	13
Adjust the heart rate setting	14
Care for Alta HR	14
Notifications	15
Set up notifications	15
See incoming notifications	15
Timekeeping	17
Set an alarm	17
Activity Tracking	18
See your stats	18
Track a daily activity goal	18
Choose a goal	18
Track your hourly activity	19

Track your sleep	19
Set a sleep goal	19
Set a bedtime reminder	20
Learn about your sleep habits	20
Track your exercise automatically	20
Check your heart rate	20
Default heart-rate zones	21
Custom heart-rate zones	21
Share your activity	22
View your cardio fitness score	22
Update Alta HR	23
Troubleshooting	24
Heart-rate signal missing	24
Other issues	24
General Info and Specifications	26
Sensors	26
Materials	26
Wireless technology	26
Haptic feedback	26
Battery	26
Memory	27
Display	27
Band size	27
Environmental conditions	28
Learn more	28
Return policy and warranty	28
Regulatory & Safety Notices	29
USA: Federal Communications Commission (FCC) statement	29
Canada: Industry Canada (IC) statement	30
European Union (EU)	31
Australia and New Zealand	32
China	32
Indonesia	32

Israel	33
Japan	33
Mexico	33
Morocco	33
Nigeria	34
Oman	34
Philippines	34
Serbia	34
Singapore	35
South Africa	35
South Korea	36
Taiwan	36
United Arab Emirates	38
Safety Statement	38

Get started

Welcome to Fitbit Alta HR, the heart rate wristband that motivates you to reach your goals in style. Take a moment to review our complete safety information at fitbit.com/safety.

What's in the box

Your Alta HR box includes:



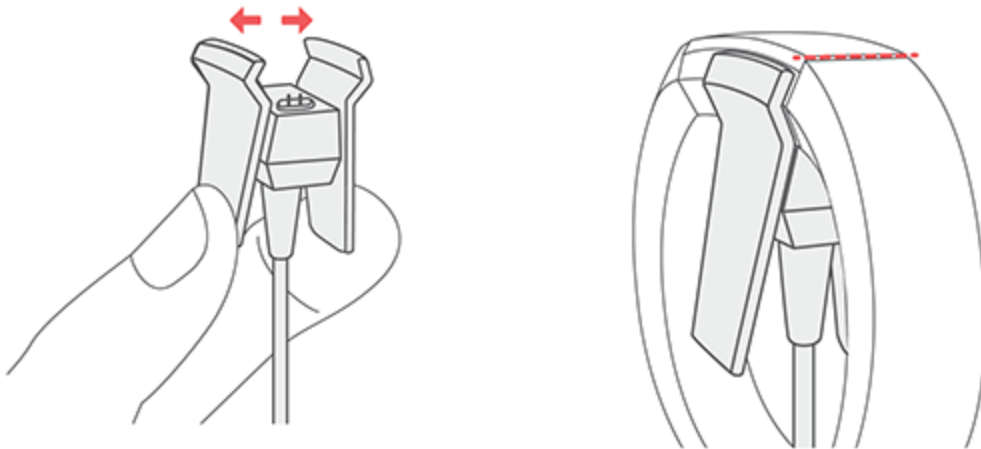
The detachable bands on Alta HR come in a variety of colors and materials, sold separately.

Charge your tracker

A fully-charged Alta HR has a battery life of up to 7 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Alta HR:

1. Plug the charging cable into the USB port on your computer, or a UL-certified USB wall charger, or another low-energy charging device.
2. Clip the other end of the charger into the port on the back of Alta HR. The pins of the charging cable must be lined up with the charging port on Alta HR and securely locked into place. You'll know the connection is secure when the tracker vibrates and you see a battery icon on the screen.




Charging fully takes up to 2 hours. While the tracker charges, tap it to check the battery level. A fully charged tracker shows a solid battery icon.

Set up with your phone

Set up Alta HR with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones and tablets. For more information, see [fitbit.com/devices](https://www.fitbit.com/devices).



To get started:

1. Download the Fitbit app:
 - [Apple App Store](#) for iPhones
 - [Google Play Store](#) for Android phones
2. Install the app, and open it.
 - If you already have a Fitbit account, log in to your account > tap the Today tab  > your profile picture > **Set Up a Device**.
 - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Alta HR to your account.

When you're done with setup, read through the guide to learn more about your new tracker and then explore the Fitbit app.

For more information, see help.fitbit.com.

See your data in the Fitbit app

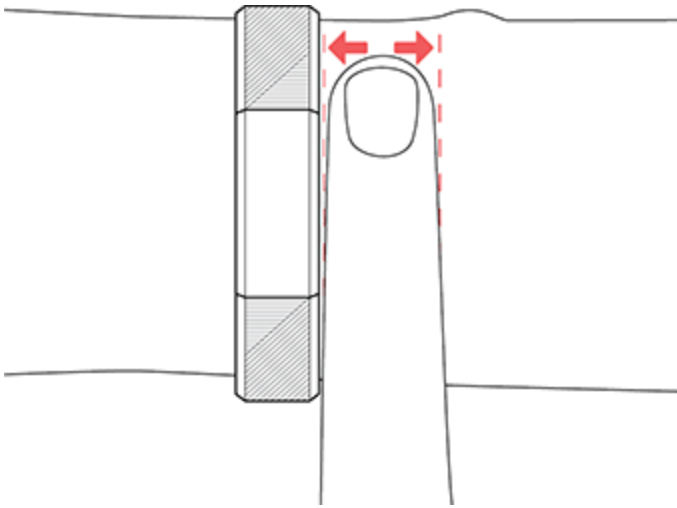
Open the Fitbit app on your phone to view your activity and sleep data, log food and water, participate in challenges, and more.

Wear Alta HR

Place Alta HR around your wrist. If you purchased another band, see the instructions in ["Change the band" on the facing page](#).

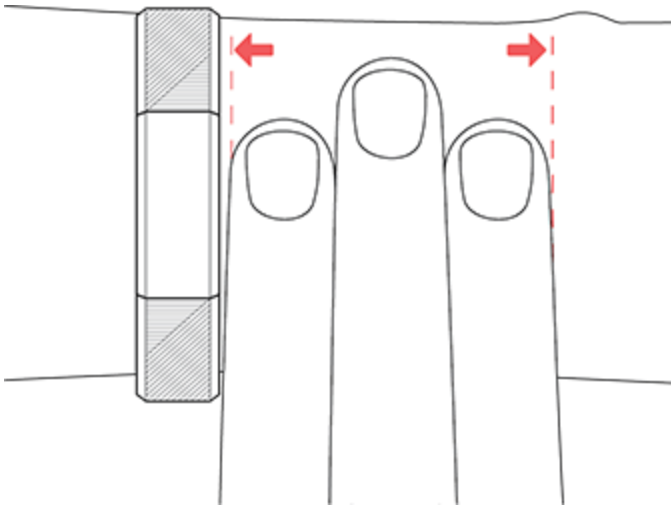
Placement for all-day wear vs. exercise

When you're not exercising, wear Alta HR a finger's width above your wristbone.



For optimized heart-rate tracking while exercising:

- During a workout, experiment with wearing the device higher on your wrist (3 finger widths) for an improved fit. Many exercises such as bike riding or weight lifting cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the watch is lower on your wrist.




- Wear your Fitbit device on top of your wrist, and make sure the back of the device is in contact with your skin.
- Consider tightening your band before a workout and loosening it when you're done. The band should be snug but not constricting (a tight band restricts blood flow, potentially affecting the heart-rate signal).

Wrist choice and handedness

For greater accuracy, you must specify which wrist you wear Alta HR on, and which hand you consider dominant. Your dominant hand is the one you use for writing and eating. To start, Wrist Placement is set to Left and Handedness is set to Right.

Change either setting in the Fitbit app:

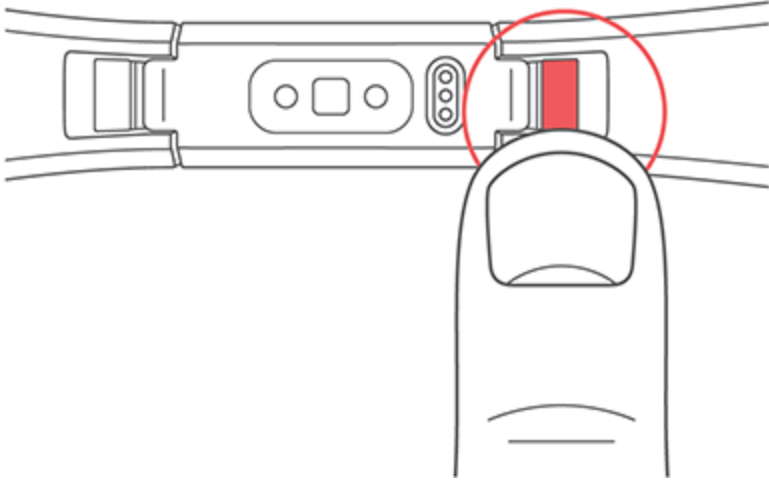
From the Today tab  in the Fitbit app, tap your profile picture > Alta HR tile > **Wrist Placement** or **Handedness**.

Change the band

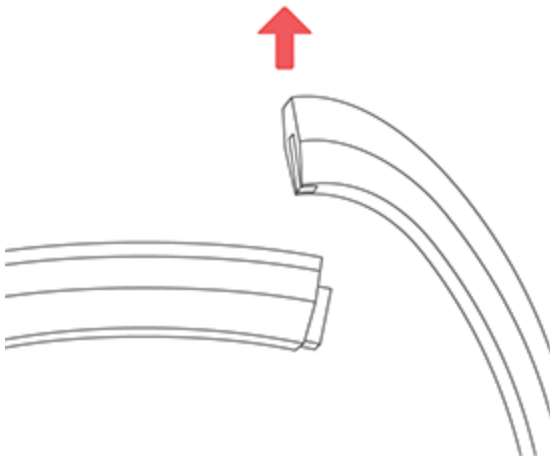
The wristband has two separate bands (top and bottom) that you can swap with accessory bands sold separately.

Remove a band

1. Turn over Alta HR and find the band latches.
2. To release the latch, press down on the flat button on the band.



3. Slide the band up from the tracker to release it.



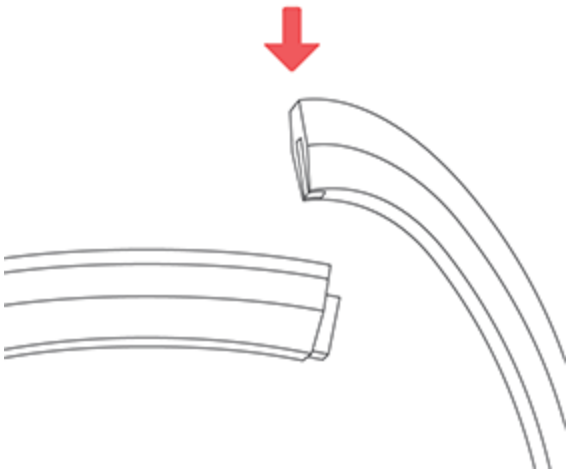
4. Repeat on the other side.

If you're having trouble removing the band or if it feels stuck, gently move the band back and forth to release it.

Attach a new band

Before you attach a new wristband, first identify the top and bottom bands. The top band has a buckle on it and should be attached on the side closest to the charging port. The bottom band has notches in it.

To attach a new band, slide it down on the end of the tracker until you feel it snap into place.

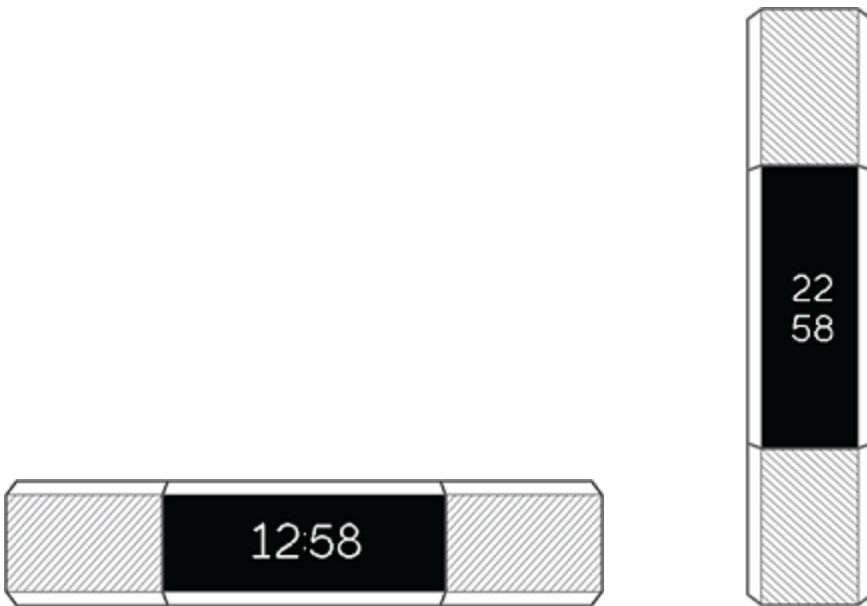


Basics

Learn how best to navigate, check the battery level, and care for your tracker.

Navigate Alta HR

Alta HR has an OLED tap display that can be oriented horizontally or vertically. You can choose from several clock faces, each with a unique design. Single-tap the display to flip through your stats.

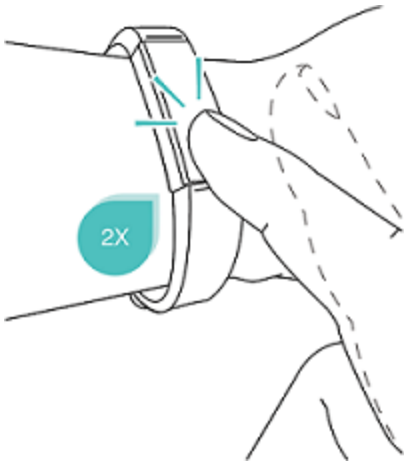


When you're not using Alta HR the display is dimmed. To wake it up:

- Double-tap your tracker.
- Turn your wrist towards you. This behavior, known as Quick View, can be turned off in your tracker settings.

Tap your tracker

For best results, tap your tracker where the screen meets the band.



Check battery level


If your battery is low, when you wake up your Alta HR you'll see a low battery icon after a few seconds. If you see a critical battery icon you'll be unable to navigate to any of the tracker screens until you charge your tracker. Your tracker continues to track your activity until your battery runs out. Note that heart rate tracking will stop when your battery level is at approximately 5%.



You can check your battery level at any time on the battery screen. To see the battery screen you must turn on the battery menu item in the Fitbit app.

Change the clock face

Alta HR comes with several clock faces. To change your clock face:

1. From the Today tab  in the Fitbit app, tap your profile picture > Alta HR tile.
2. Tap **Clock Display**.


3. Swipe left and right to browse the available clock faces. Tap **Choose** to switch to the selected clock face.

Adjust the heart rate setting

Your Alta HR tracks your heart rate automatically and continuously. The heart rate setting has three options:

- Auto (default)—Heart rate tracking is active when you're wearing your tracker.
- Off—Heart rate tracking is off.
- On—Heart rate tracking is on regardless of whether you're wearing your tracker.

To change your heart rate setting:

1. From the Today tab  in the Fitbit app, tap your profile picture > Alta HR tile.
2. Tap **Heart Rate**.
3. Select a setting.

Care for Alta HR


It's important to clean and dry Alta HR regularly. For more information, see [fitbit.com/productcare](https://www.fitbit.com/productcare).

Notifications

Alta HR can show call, text, and calendar notifications from your phone to keep you informed. Keep your tracker within 30 feet of your phone to receive notifications.

Set up notifications

Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then set up notifications:

1. From the Today tab  in the Fitbit app, tap your profile picture > Alta HR tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker if you haven't already. Call, text, and calendar notifications are turned on automatically.

Note that if you have an iPhone, Alta HR shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Alta HR shows calendar notifications from the calendar app you choose during setup.

For more information, see help.fitbit.com.

See incoming notifications

When your phone and Alta HR are within range, a notification causes the tracker to vibrate and the notification to appear on the display. If the display is off, turn your wrist towards you or double-tap to wake it up. The notification is only available for 1 minute after you receive it. If you have more than one unread notification, you'll see a plus sign (+) icon.

- Phone calls—the name or number of the caller scrolls 3 times.



- Text messages—the sender's name and message scroll once.



- Calendar alerts—the time and name of the event scroll once.



Note: Your device shows the first 40 characters of the notification. Check your phone for the full message.

Timekeeping

Alarms vibrate to wake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week.

Set an alarm

Alta HR vibrates to wake or alert you with an alarm. Set and delete alarms in the Fitbit app. When the alarm goes off, double-tap the tracker to dismiss it.

For more information, see help.fitbit.com.

Activity Tracking

Alta HR continuously tracks a variety of stats whenever you wear it. Data automatically syncs when in range of the Fitbit app throughout the day.

See your stats

From the clock face, tap the screen to see your daily stats:

- Steps taken
- Current heart rate
- Distance covered
- Calories burned
- Active minutes

Find your complete history and other information detected by your tracker, such as sleep data, in the Fitbit app.

Track a daily activity goal

Alta HR tracks your progress toward a daily activity goal of your choice. When you reach your goal, your tracker vibrates and shows a celebration.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your goal to distance, calories burned, or active minutes.

For more information, see help.fitbit.com.

Track your hourly activity

Alta HR helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

Reminders nudge you to walk at least 250 steps each hour. You feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't walked 250 steps.



When you meet the 250-step goal after receiving the reminder, you feel a second vibration and see a celebration.

Turn on reminders to move in the Fitbit app.

For more information, see help.fitbit.com.

Track your sleep

Wear Alta HR to bed to automatically track your time asleep, and sleep stages (time spent in REM, light sleep, and deep sleep). To see your sleep stats, sync your tracker when you wake up and check the Fitbit app.

Set a sleep goal

To start, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

For more information, see help.fitbit.com.

Set a bedtime reminder

The Fitbit app can recommend consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. Turn on bedtime reminders to be reminded nightly when it's time to start getting ready for bed.

For more information, see help.fitbit.com.

Learn about your sleep habits

Alta HR tracks several sleep metrics including when you go to bed, how long you're asleep, and your time spent in each sleep stage. Track your sleep with Alta HR and check the Fitbit app to understand how your sleep patterns compare to your peers.

For more information, see help.fitbit.com.

Track your exercise automatically

Alta HR automatically recognizes and records many high-movement activities which are at least 15 minutes long. Sync your device to see basic stats about your activity in your exercise history.





For more information, including how to change the minimum duration before an activity is tracked, see help.fitbit.com.

Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Alta HR shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. In the Fitbit app, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available, or you can create a custom zone if you have a specific heart rate you're targeting.

Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

Icon	Zone	Calculation	Description
	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
	Fat Burn	Between 50% and 69% of your maximum heart rate	This is a low-to-medium intensity exercise zone. This zone may be a good place to start for those new to exercise. It's called the Fat Burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
	Cardio	Between 70% and 84% of your maximum heart rate	This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
	Peak	Greater than 85% of your maximum heart rate	This is a high-intensity exercise zone. This zone is for short intense sessions that improve performance and speed.

Custom heart-rate zones

Set a custom heart-rate zone or a custom max heart rate in the Fitbit app if you have a specific target in mind. For example, elite athletes might have a target that differs from the American Heart Association's recommendations for most people.

For more information, see help.fitbit.com.

Share your activity

After you complete a workout, sync your tracker with the Fitbit app to share your stats with friends and family.

For more information, see help.fitbit.com.

View your cardio fitness score

View your overall cardiovascular fitness in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers. From the Fitbit app dashboard, tap the heart-rate tile, and swipe left to see your detailed cardio fitness stats.

For more information, see help.fitbit.com.

Update Alta HR

Update your tracker to get the latest feature enhancements and product updates.

When an update is available, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Alta HR and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

Note: Updating Alta HR takes several minutes and may be demanding on the battery. We recommend plugging your tracker into the charger before starting the update.

For more information, see help.fitbit.com.

Troubleshooting

If Alta HR isn't working properly, see our troubleshooting steps below. Visit help.fitbit.com for more information.

Heart-rate signal missing

Alta HR continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your tracker has difficulty detecting a signal, dashed lines appear.



If your device doesn't detect a heart-rate signal, first check the Heart Rate setting in the Fitbit app and make sure it's set to On or Auto. Next, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Alta HR should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

For more information, see help.fitbit.com.

Other issues

If you experience any of the following issues, restart your tracker:

- Won't sync
- Won't track steps or other data
- Won't respond to taps

To restart your tracker:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Clip the other end of the charging cable to the port on the back of the tracker. The pins on the charging cable must lock securely with the port. You'll know the connection is secure when the tracker vibrates and you see a battery icon on your tracker's display. The battery icon disappears after three seconds.
3. Press the button on your charging cable 3 times within 8 seconds, briefly pausing between presses. The button is on the end of the charging cable that is plugged into the computer. When you see the Fitbit logo and the tracker vibrates, this means the tracker has restarted.

After your tracker restarts you can unplug it from the charging cable and put it back on.

For more information or to contact Customer Support, see help.fitbit.com.

General Info and Specifications

Sensors

Fitbit Alta HR contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- A vibration motor
- An optical heart-rate tracker

Materials

The band that comes with Alta HR is made of a flexible, durable elastomer material similar to that used in many sports watches. It does not contain latex. Accessory bands are available in genuine leather.

The clasp and housing on Alta HR are made of surgical-grade stainless steel. While all stainless steel contains traces of nickel and can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

Wireless technology

Alta HR contains a Bluetooth 4.0 radio transceiver.

Haptic feedback

Alta HR contains a vibration motor for alarms, goals, notifications, and reminders.

Battery

Alta HR contains a rechargeable lithium-polymer battery.

Memory

Refer to the following table for information on how long Alta HR stores stats and data in between the times when it syncs. Stored data consists of steps, distance, calories burned, active minutes, heart rate, sleep, and stationary vs. active hours.

Type of data	Days stored
Minute-by-minute stats	7
Sleep data	7
Sleep stages	5
SmartTrack data	7
Summary totals	30

Display

Alta HR has an OLED tap display.

Band size

Band sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

Small band	Fits a wrist between 5.5 - 6.7 inches (140 mm - 170 mm) in circumference
Large band	Fits a wrist between 6.7 - 8.1 inches (170 mm - 206 mm) in circumference
Extra large band	Fits a wrist between 8.1 - 9.3 inches (206 mm - 236 mm) in circumference

Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	-4° to 140° F (-20° to 60° C)
Water Resistance	Splash proof. Do not shower or swim with the device.
Maximum Operating Altitude	30,000 feet (9,144 m)

Learn more

To learn more about your tracker, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit help.fitbit.com.

Return policy and warranty

Find warranty information and the fitbit.com return policy at fitbit.com/legal/returns-and-warranty.

Regulatory & Safety Notices

Model Name: FB408

USA: Federal Communications Commission (FCC) statement

Notice to the User: The FCC and Industry Canada IDs can also be viewed on your device. To view content:

- While your tracker is charging, press the button on the charging cable 6 times to see the Regulatory screen.

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

FCC Warning

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

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:

- 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.

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

FCC ID: XRAFB408

Canada: Industry Canada (IC) statement

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

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

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.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. Cet appareil ne peut pas provoquer d'interférences et
2. Cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

CAN ICES-3 (B)/NMB-3(B)

IC ID: 8542A-FB408

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB408 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB408 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB408 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB408 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB408 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: www.fitbit.com/safety



Australia and New Zealand



China



部件名称	有毒和危险品					
	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
Alta HR Model FB408						
表带和表扣	○	○	○	○	○	○
电子	X	○	○	○	○	○
电池	○	○	○	○	○	○
充电线	X	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求

Indonesia

51233/SDPPI/2017
6953

Israel

התאמה אישור 51-57868

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Japan



201-163255

Mexico



IFETEL: RCPFIFB16-2045

La operación de este equipo está sujeta a las siguientes dos condiciones:

1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

Morocco

AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR 16116 ANRT 2018

Date d'agrément: 26/3/2018

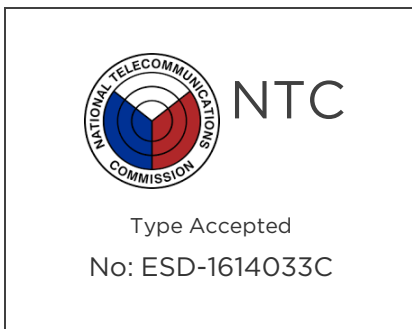
Nigeria

Connection and use of this communications equipment is permitted by the Nigerian Communications Commission.

Oman

OMAN-TRA/TA-R/3338/16

Philippines



Serbia



И005 016

Singapore

Complies
with IDA
Standards
DA00006A

South Africa



TA-2016/2940

APPROVED

South Korea

클래스 B 장치 (가정 사용을 위한 방송 통신 기기): EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치.

*** 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다.***



- 사용 주파수 (Used frequency):	2402 MHz-2480 MHz
- 채널수 (The number of channels):	40
- 변조방식 (Type of the modulation):	Digital
- 안테나 유형(Antenna Type):	Vertical
- 출력 (Output power):	-2.22dBm
- 안테나 종류 (Type of Antenna)	Stamped Metal

KCC approval information

1) Equipment name (model name): 무선데이터 통신시스템용 특정소출력무선기기	FB408
2) Certificate number :	MSIP-CMM-XRA-FB408
3) Applicant :	Fitbit, Inc.
4) Manufacture:	Fitbit, Inc.
5) Manufacture / Country of origin:	P.R.C.

Taiwan



CCAJ16LP8650T2

注意!

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

Low power warning:

According to the management method of low power radio wave radiating motor.

Article 12

Low-power RF motors that have passed the type certification are not allowed to change the frequency, increase the power or change the characteristics and functions of the original design without permission.

Without permission, any company, firm or user shall not alter the frequency, increase the power, or change the characteristics and functions of the original design of the certified lower power frequency electric machinery.

Article 14

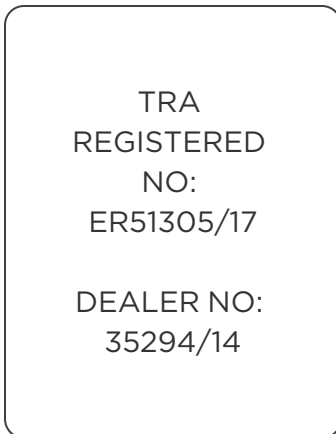
The use of low-power RF motors shall not affect flight safety and interfere with legal communications; if interference is found, it shall be immediately deactivated and improved until no interference is required.

Legal communication in the preceding paragraph refers to radio communications operating in accordance with the provisions of the Telecommunications Act. Low-power RF motors must withstand interference from legitimate communications or radiological electrical equipment for industrial, scientific, and medical use.

The application of low power frequency electric machineries shall not affect the navigation safety nor interfere a legal communication, if an interference is found, the service will be suspended until improvement is made and the interference no longer exists. The foregoing legal communication refers to the wireless telecommunication operated according to the telecommunications laws and regulations. The low power frequency electric machinery should be able to tolerate

the interference of the electric wave radiation electric machineries and equipment for legal communications or industrial and scientific applications.

United Arab Emirates



Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013.

©2020 Fitbit, Inc. All rights reserved. Fitbit and the Fitbit logo are trademarks or registered trademarks of Fitbit in the US and other countries. A more complete list of Fitbit trademarks can be found at <http://www.fitbit.com/legal/trademark-list>. Third-party trademarks mentioned are the property of their respective owners.