Getting Started

Product Contents:
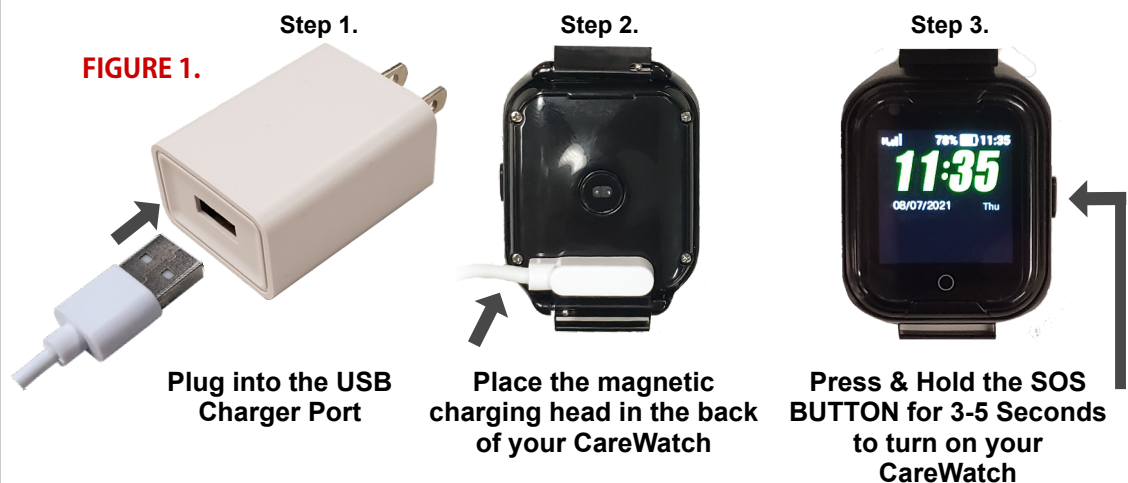
CareWatch

USB CHARGER

CHARGING CABLE

1. Insert the magnetic charging cable into the USB charger port. Plug the charger into the wall outlet. (Do not use with a power strip).

2. Place the magnetic charging head of the cable to the back of your CareWatch. The head of the charging cable magnetically snaps to the back of the CareWatch and will align properly.

Power On and Unlock (SEE FIGURE 1. BELOW)

Turn on CareWatch. If your CareWatch is off, press and hold the side button [SOS button] between 3-5 seconds, until the logo appears.

FIGURE 1.

Step 1.

Plug into the USB Charger Port

Step 2.

Place the magnetic charging head in the back of your CareWatch

Step 3.

Press & Hold the SOS BUTTON for 3-5 Seconds to turn on your CareWatch

3 Activating SOS Alarm

Press and hold the side button [SOS button] for 3 seconds until the CareWatch automatically connects you to the monitoring center.

After triggering the SOS ALARM, please do not press any button as you may interrupt the procedure.

The CareWatch has 2- way communication that is activated when the SOS button is pressed

CareWatch Operation

④ Turning off CareWatch

If you wish to turn off your CareWatch, simply slide from the right to left until you see the Settings screen and tap on the icon, scroll down and tap shut down. You will be asked "*Are you sure you want to shutdown the device?*" choose OK to confirm.

— Next Steps —

⑤ Call MedGuard Alert

1. To set up the Web Self Care App, call Customer Service (1-800-716-1433) and provide a valid email to start the registration process.
2. Register your account using the welcome email from True Kare.

⑥ Download The App

To download the app to your smart phone, scan the QR Code below using your scanner app or using your phone camera app. You may also search your app store.

Scan this QR Code with your smart phone

ANDROID APP ON
Google play

Download on the
App Store

App Name:
Web Self Care App

⑦ Check Your Vitals

For best results, the back of your CareWatch needs skin contact. The watch **MUST BE WORN ON YOUR WRIST -** not too tight, not too loose, and with room for your skin to breathe.

To use the health sensors, slide the screen from the right to left until you see the HR & BP icon. Tap on the HR & BP icon. You will see a message "**Non-professional medical equipment, 'test data for reference only!**" wait a few seconds for it to disappear. Tap [START] to take a reading.

Checks Heart Rate

Checks Blood Pressure

Checks Oxygen Saturation

⑧ Troubleshooting

If something isn't working right, try restarting your CareWatch.

To restart your CareWatch, press and hold the side SOS button for at least 15 seconds until a black screen with a logo appears.

If you still require assistance, please call us at 1-800-716-1433

Press and hold 15 seconds to restart your Smart Watch

⑨ To Lock / Unlock Your CareWatch

TO LOCK

TO UNLOCK

Press 1 sec to lock screen

Press 1 sec to unlock screen

Skin Irritations & Allergies

Some people may experience reactions to certain materials used in jewelry, watches, and other wearable items that are in prolonged contact with their skin. This can be due to allergies, environmental factors, extended exposure to irritants like soap, sweat, or other causes.

If you experience redness, swelling, itchiness, or other irritation or discomfort on your skin around, or beneath, your CareWatch please remove it and consult your physician before resuming wear. Continued use, even after symptoms subside, may result in renewed or increased irritation.

If you have known skin sensitivities, please take special care when wearing CareWatch. You may be more likely to experience irritation from your watch if you wear too tightly. Remove your CareWatch periodically to allow your skin to breathe. Keeping your CareWatch and the band clean and dry will reduce the possibility of skin irritation.

Non-Medical Device

The CareWatch health sensor is not a medical device and is intended for data references only. It's not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.

Repairing Your CareWatch

DO NOT open your CareWatch and don't attempt to repair the watch yourself. Disassembling the CareWatch may damage it, resulting in loss of water resistance, and may cause injury to you. If your CareWatch is damaged or malfunctions, contact MedGuard Alert, Inc. At 1-800-716-1433.

CareWatch Battery

DO NOT attempt to replace your CareWatch battery yourself - you may damage the battery, which could cause overheating and injury.

Exposure To Liquid

Your CareWatch is water resistant but not waterproof. You may, for example wear it during light exercise (exposure to sweat is OK), in the rain or while showering.