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**HEALTHsense™**

## User Manual

HealthSense Smart Pedometer Watch

Model : PD 102



We Care **Health**

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## INTRODUCTION

Congratulations on your purchase of a HealthSense Smart Pedometer Watch PD 102. Please keep in mind your watch is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop functioning.

### NOTE

1. Before using your Pedometer watch, we suggest please read this manual carefully and always keep this manual with you for future reference
2. The Pedometer watch goes into Power Saving Mode when not in use for a period of time. You can press any button to reactivate the display when this happens.

## HOW TO USE THIS MANUAL

HealthSense Smart Pedometer Watch PD 102 have many unique features and functions. Please read all sections of this manual carefully and become familiar with the operation of the pedometer watch before using it in the field.

Proper setup and operation will greatly enhance the watch's usefulness and your enjoyment.

The manual is divided into sections outlining each of the major functions of the watch. A drawing of the watch screen that represents the starting point or other important screen for each operational process is shown adjacent to the instructions for the process; important keys are shown indicating **PRESS & HOLD** and **PRESS**.

The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

## WATCH FUNCTIONS

### TIME

- TIME/DAY/DATE/MONTH
- 12/24hr Format
- 2 Daily Alarms

### PEDOMETER

- Exercise Time
- Steps
- Calories Burned
- Distance
- Speed
- Target Goal
- Exercise file memory 7 daily records
- Stopwatch Mode
- Countdown Timer

### OTHER

- EL Backlight System
- Water Resistant 10m

## KEYS AND THERE FUNCTION



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## KEYS AND THERE FUNCTION

### MODE KEY (MODE)

- Scroll through operating modes
- Scroll through exercise modes
- Advance through variables in setting sequence

### START/STOP KEY (ST/STP)

- **Press & Hold:** View Daily Alarm in Time Mode
- Start/Stop Stopwatch Timer
- Start/Stop Countdown Timer
- Increase setting values during setting Sequence

### RESET KEY (RESET)

- Turn ON/OFF Dual Alarm
- **Press & Hold:** Reset Stopwatch & Countdown Timer
- Decrease setting values during setting Sequence

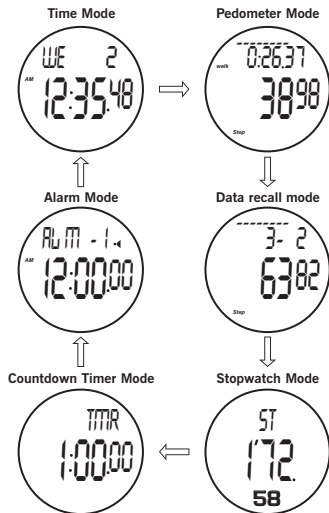
### ADJUSTMENT & RESET KEY (ADJ/EL)

- **Press & Hold:** Enter/Exit the setting Sequence for each setting mode
- Activates (EL ) backlight system

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## MAIN OPERATING MODES

The HealthSense PD 102 has 6 main operating modes: Time, Pedometer, Data recall record, Stopwatch, Countdown timer and Alarm mode



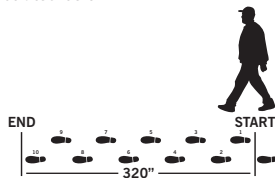
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## CALCULATING STRIDE LENGTH

Measure your stride length before beginning to set the pedometer.

### HOW TO MEASURE YOUR STRIDE LENGTH

- Walk 10 steps with your normal stride as illustrated below



- Measure the distance from START to END inches
- Calculate your stride length by dividing the total distance by 10.

### EXAMPLE

- Total distance = 320"  
 $320 \div 10 = 32$  inches (2 feet 8 inches)

### CONVERSION CHART

- 12 inches = 1 feet
- 24 inches = 2 feet
- 36 inches = 3 feet
- 48 inches = 4 feet

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## SETTING THE WATCH FUNCTIONS

### SETTING TIME

1. In Time mode **PRESS & HOLD** the **ADJ/EL** key for 3 sec and ADJ will blink 3 times to enter the Time Setup mode
2. Adjust Hour by pressing **ST/STP** or **RESET** key
3. Set Hour and advance to Set Minutes by **PRESSING** the **MODE** key
4. Adjust Minutes. Advance to Set Seconds by **PRESSING** the **MODE** key
5. Adjust Seconds. Advance to Set Year by **PRESSING** the **MODE** key
6. Adjust Year. Advance to Set Month by **PRESSING** the **MODE** key
7. Adjust Month. Advance to Set Day by **PRESSING** the **MODE** key
8. Adjust Day. Advance to Set 12/24hr format by **PRESSING** the **MODE** key
9. Adjust Date Display. Press **ADJ/EL** key to return to TIME mode.

**TIP** : Pressing & Holding the ST/STP or Reset key in any Setting Sequence will fast advance the variable being set.

## SETTING THE WATCH FUNCTIONS

### SETTING PERSONAL PROFILE

The HealthSense PD 102 is equipped with an advanced 3D Pedometer that measures Steps, Speed, Distance, Calorie Expenditure, Target Goal and Exercise Time Accurately. In order to ensure exercise data is as accurate as possible, you must enter your personal profile.

1. In Pedometer mode, **PRESS & HOLD** the **ADJ/EL** key for 3 sec and ADJ will blink 3 times to enter the Pedometer Setup mode
2. Adjust Age by pressing **ST/STP** or **RESET** key
3. Set Age and advance to Set Weight Unit (kg or lb) by **PRESSING** the **MODE** key
4. Adjust Weight unit (kg or lb). Advance to Set Body Weight by **PRESSING** the **MODE** key
5. Adjust Body Weight. Advance to Set Walking Stride by **PRESSING** the **MODE** key
6. Adjust Walking Stride. Advance to Set Running Stride by **PRESSING** the **MODE** key
7. Adjust Running Stride. Advance to Set Target Goal by **PRESSING** the **MODE** key
8. Adjust Target Goal up to 999900 Steps. Press **ADJ/EL** key to return to PEDOMETER mode.

## SETTING THE WATCH FUNCTIONS

### SETTING COUNTDOWN TIMER

The HealthSense PD 102 is equipped with a 100-hour Countdown Timer with 1-second resolution.

1. In Timer mode, **PRESS & HOLD** the **ADJ/EL** key for 3 sec and ADJ will blink 3 times to enter the Timer Setup mode Sequence.
2. Adjust Hours by **PRESSING** the **ST/STP** or **RESET** key. Advance to Set Minutes by **PRESSING** the Mode key.
3. Adjust Minutes by **PRESSING** the **ST/STP** or **RESET** key. Advance to Set Seconds by **PRESSING** the Mode key.
4. Adjust Seconds by **PRESSING** the **ST/STP** or **RESET** key. Press the **ADJ/EL** key to return to Timer mode.

**TIP :** Pressing & Holding the ST/STP or Reset key in any Setting Sequence will fast advance the variable being set.

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## SETTING THE WATCH FUNCTIONS

### SETTING DAILY DUAL ALARM

The HealthSense PD 102 is equipped with a Daily Dual Alarm that may be turned On or Off:

1. In Daily Alarm Mode you can shuffle between dual **ALM-1** and **ALM-2** by pressing **ST/STP** key
2. In **ALM-1** or **ALM-2** mode, **PRESS & HOLD** the **ADJ/EL** key for 3 sec and ADJ will blink 3 times to enter the Alarm Setup mode Sequence
3. Adjust Hours by **PRESSING** the **ST/STP** or **RESET** key. Advance to Set Minutes by **PRESSING** the Mode key.
4. Adjust Minutes by **PRESSING** the **ST/STP** or **RESET** key. Press the **ADJ/EL** key to return to Alarm mode

### TURN DUAL ALARM ON/OFF

1. In Daily Alarm Mode you can shuffle between dual **ALM-1** and **ALM-2** by pressing **ST/STP** key
2. In **ALM-1** or **ALM-2** mode, Press **RESET** key to turn **ON/OFF** the alarm

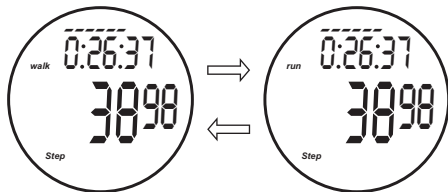
**NOTE :** When Daily Alarm is active, the Alarm Icon -))) will appear in lower display line.

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## WALKING & RUNNING MODE

The HealthSense PD 102 is equipped with Sensable feature which allow user to change pedometer mode to Walking or Running mode as per activity. This feature enables user to get high accuracy as stride varies while walking and running from each other of every individual.

To change between Walking and Running mode go to Pedometer Step option and **PRESS & HOLD RESET** key for 3 sec and you will see **WALK** turning to **RUN** or Vice-Versa



## OPERATING THE PEDOMETER WATCH

### TIME OF DAY MODE

The day of week and date are displayed on the upper display line. The current time (hour, minute, second) is displayed on the center display line.



### PEDOMETER MODE

#### TIPS FOR INCREASING YOUR DAILY STEPS

Studies have shown that walking may contribute to your health. Some tips to help you increase your daily step total:

- Walk to your office by getting off the bus earlier or park your car farther away from your office.
- Establish a walking habit every day.
- Set a goal: e.g. specific distance or time per day.





## OPERATING THE PEDOMETER WATCH

### HOW THIS WATCH GUIDES YOU FOR ACHIEVING YOUR GOAL

This watch includes advanced pedometer functions that not only count your walking steps, but can also calculate the distance, speed, exercise time, target Goal and calorie expenditure for your walking or running. These unique pedometer features will guide you for achieving your goal.

**EXAMPLE 1 :** Set a specific distance goal for every day: Start the pedometer when you start walking (Stop the pedometer when you stop walking) each time, the daily record will display the distance you have achieved towards your goal.

**EXAMPLE 2 :** Set a daily time goal: Start the pedometer when you start walking (Stop the pedometer when you stop walking) each time, the daily record will tell you the exercise time you have achieved towards your goal.

## OPERATING THE PEDOMETER WATCH

### DISPLAY INSTRUCTIONS

**First Row :** Displays the exercise time


**Second Row :** Displays Steps, Calorie burned, Distance, Speed & Target goal %



The progress of target goal is showed on the top by symbol ---

### OPERATING INSTRUCTIONS

**PRESS & HOLD** the **ST/STP** key for 3 seconds to turn pedometer **ON/OFF**

**NOTE:** The Pedometer Icon (  ) will flash in the lower display line in all operating modes when the pedometer is activated.

1. Scroll through Pedometer sub modes by pressing the **ST/STP** key in Pedometer / exercise mode.

## OPERATING THE PEDOMETER WATCH

### DATA RECALL MODE

The HealthSense PD 102 can store up to 7 Daily records of Pedometer / exercise data for review.

**NOTE :** If memory is full ( 7 Daily Records ), watch will automatically delete the oldest file in memory



### DISPLAY INSTRUCTIONS

**First Row :** Display the date of the record

**Second Row :** Displays the Steps, Calorie burned, Distance, Speed, Exercise time & Target goal%,  
(if there is no data, 'DATA--' will be displayed)

### OPERATION INSTRUCTION:

1. Press **ST/STP** key to switch to the record date of last 7 days and **TOTAL** data of all the recorded days.
2. Press **RESET** key to view the info as below order: Steps, Calorie burned, Distance, Speed, Exercise time, Target goal %
3. **PRESS** the **MODE** key to exit Daily record mode.

**NOTE :** Data will automatically be saved to memory at 12:00 midnight.

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## OPERATING THE PEDOMETER WATCH

### STOPWATCH MODE

HealthSense PD 102 is equipped with Stopwatch mode to track an activity and see performance for a specific period of time

1. Press **ST/STP** key to **START** or **STOP** the stopwatch  
(stopwatch may be restarted again from where it was stopped)
2. Press **RESET** key to reset the stopwatch to 0
3. **PRESS** the **MODE** key to exit Stopwatch mode.



### COUNTDOWN TIMER MODE

The HealthSense PD 102 is equipped with a 100-hour Countdown Timer with 1-second resolution.

1. Press **ST/STP** key to **START** or **STOP** the Timer  
(timer may be restarted again from where it was stopped)
2. Press **RESET** key to reset the Timer to the set Time.
3. **PRESS** the **MODE** key to exit Timer mode.



**NOTE :** The Stopwatch & Timer will be still running even if you change two different modes

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## OPERATING THE PEDOMETER WATCH

### DUAL ALARM MODE

The HealthSense PD 102 is equipped with Dual-Alarm Mode which allow you to Two Alarm for each day

**First Row** : Display the **ALM-1** and **ALM-2** (to shuffle press **ST/STP** key)

**Second Row** : Displays the alarm time (hour, minute) and ON and OFF (press **RESET** key to turn on/off)

**NOTE** : When Daily Alarm is active, the Alarm Icon ())) will appear in lower display line.

### OPERATING THE BACKLIGHT

The HealthSense PD 102 is equipped with an Electro-Luminescent (EL) backlight system.

Press the **ADJ/EL** key. Green Backlight will illuminate for approximately 3 seconds.

**NOTE** : Excessive use of Backlight system will decrease battery life.



## RANGES & SPECIFICATIONS

### TIME

- AM/PM, hour, minute, second
- 12/24 hour format
- Calendar: month, date, day of week

### PEDOMETER

- Daily Step Range: 0-345600
- Steps Display Range: 0-999999
- Exercise Timer: Maximum 0-24 hours
- Calorie Range: 0-99999
- Distance: 0-864 km
- Speed: 0-36 Km/h
- Target Goal: 0-100%
- Memory: 7 daily records

### ALARM

- Daily Dual Alarm
- Alarm duration: 30 seconds

### STOPWATCH & COUNTDOWN TIMER

- Resolution: 1 second
- Measuring Range: 23 hr, 59 min, 59 sec

### OTHER

- Electroluminescent (EL) backlight
- Water resistant up to 10 meters.

## POWER SAVING MODE

This Feature is interesting it allow you to completely switch off your pedometer watch (even clock) and saves its battery power.

**PRESS & HOLD** the **MODE + ST/STP** key together for 3 sec to switch off the pedometer watch. To turn on **PRESS & HOLD** the **ADJ/EL + RESET** key together

## MASTER RESET YOUR PEDOMETER

HealthSense PD 102 is one of the smartest Pedometer watch which allow user to completely **MASTER RESET** the pedometer data and its profile

To Master Reset the Pedometer **PRESS & HOLD** all the four keys (**ADJ/EL + MODE + ST/STP + RESET**) together for 3 sec and data will be reset.



**NOTE :** Make sure before you Master Reset the pedometer as it will delete everything stored in watch.

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## REPLACING THE BATTERY

The HealthSense PD 102 Pedometer Watch uses one CR 2032 battery.

Battery replacement will be required from time to time, and should occur when:

1. The display fades in part or completely
2. The pedometer function will not activate

To replace the battery of your HealthSense PD 102 Pedometer Watch, we recommend you take it to a watch repair service center or certified jeweler. This will ensure that the water resistance will be retained after battery replacement.

## WARRANTY TERMS

HealthSense India warranty covers defects in material and workmanship of the product under normal use for a period of one (1) year from the date of retail purchase. The warranty does not cover damages resulting from misuse, battery, abuse, immersion, normal wear and tear or unauthorized modification.

Should this Pedometer require service (or replacement at our option) while under warranty, please contact HealthSense for return authorization and troubleshooting.

**HealthSense India**  
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