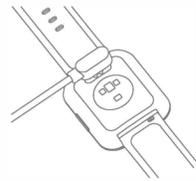# QUICK START GUIDE

iHealth Flow Activity Tracker

ACTIVATION

1. Please plug the charger into a standard USB port (5W, 1A) and attach the iHealth Flow Activity Tracker with the charging clip.

2. iHealth Flow Activity Tracker comes fully charged. Charging it will activate the Watch. Your iHealth Flow Activity Tracker screen will light up when it is ready for setup.

SETUP

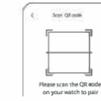1. Scan the QR code to install the Free "iHealth MyVitals" App.

Or download directly from the Apple App Store or Google Play.

Download on the **App Store**

GET IT ON **Google Play**

2. Sign up or login to your iHealth account. Please make sure that the Bluetooth is turned on for the iHealth MyVitals app.

3.

iHealth
Select New Device

Select the device you want to add
- iHealth Scale >
- iHealth Band >
- iHealth Flow AW6 >

Click on Add New Device and select iHealth Flow from the list.

4.

NFBU376E

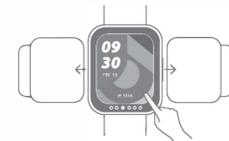Please scan the QR code on your watch to pair

Scan the QR code on the screen, or you can click the Manual pair to select your device ID and start pairing.

5.

Success

09
30

Wait for "Success" to appear on your iHealth Flow Activity Tracker. When it displays a clock, the setup process is complete. Enjoy your iHealth Flow.
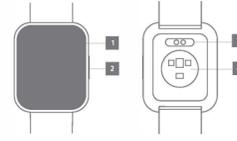

CONTROLS

Press the right button to unlock the iHealth Flow Activity Tracker screen. Press again and click on the icons to access each function.

If you want to change the watch face, press and hold the screen and swipe left and right to select different styles.

IN THE BOX

iHealth Flow Activity Tracker	x 1
USB Charger	x 1
Quick Start Guide	x 1

1. Touch Screen
2. Home Button
3. Charging Port
4. Heart Rate Sensor

FCC Warning:

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 received, including interference that may cause undesired operation.

Any 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

FCC ID: SLRAM6
For more compliance information, please see:
main function page -> setting -> compliance info