

# Allurion

HEALTH TRACKER

User Instructions



—— Date & Battery level

—— Time

—— Daily Steps



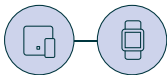
## Set up and Get Started

Remove the protective film from the health tracker screen. Open and turn on the watch by holding the side button. If the Health Tracker does not turn on, you might need to charge the device.

There are two lengths of wrist bands provided. To change bands, slide the pin towards the center and gently pull the band. To reattach, slide the pin towards the center and gently push the band into the Health Tracker.

## Charging the Health Tracker

Connect your health tracker to the charging base, ensuring that the charging prongs of the base are lined up with the charging receptors of the device. Connect the base to a USB port (computer or a USB wall charger).



## Syncing the Health Tracker with the Connected Scale & the App

The app works on both iOS and Android devices.

### Step 1: Install the Allurion App

Make sure that your phone or tablet is connected to the internet.  
Search and download Allurion from Google Play or Apple App Store.

### Step 2: Set up Your Profile

- Open the Allurion App on your mobile device and select the app language.
- Follow the prompts to set up your user profile.



### Step 3: Sync the Health Tracker with Your App

- Charge the health tracker
- Turn on the health tracker
- Follow the on-screen set up instructions



### Device Functionalities

After the health tracker is paired with a mobile device, the time and date will automatically update. To access other functionalities, scroll up or down and simply tap on the icon of the feature you want to explore. Swipe right to exit a feature.



## Steps

The steps screen displays the steps, distance and calories burned for that day.



## Sleep

The sleep screen shows your total sleep time as well as your deep and light sleep phases from the previous night. The health tracker must be worn while sleeping to gather this data.



## Heart Rate

The Heart Rate screen displays your heart rate in beats per minute (BPM). In order to display your heart rate, the health tracker should be worn 2cm from your wrist joint and should be in direct contact with the skin. Air between the sensor and the skin as well as dirt particles will impact the results. Staying still while heart rate is being measured is recommended.

Press the heart symbol to start your heart rate reading. The health tracker will vibrate once after the measurement has started and a second time when the measurement is done. Your heart rate will then be automatically displayed.

**CAUTION:** Do not look directly at the green emitted lights



## Exercise

The Exercise screen offers a variety of physical activities such as walking, running, cycling, climbing, soccer, basketball, and a gym workout. Tapping on the sport will start the recording of the activity. Swipe right to pause or stop the activity.

More | In this section you will find:

- **Brightness Settings**

Tap the brightness symbol to cycle through the various screen brightness settings.

- **Reset**

Resetting will delete the data stored in the health tracker and restore it to factory settings.



- **Shut Down**

Allows you to power-off the health tracker.

- **About**

Gives you technical information about the device.



## Device Maintenance

- Keep it dry. Clean the watch thoroughly only with a soft dry cloth. Make sure to remove any dust, dirt, sweat and moisture.
- Do not overtighten.
- Cease wearing in case of skin allergy or discomfort.
- Your health tracker is water resistant per the IP 67 standard.

*Disclaimer: The data generated by the Allurion Health Tracker is for reference only and cannot be used for medical purposes.*



Scan this code on your phone to  
download the Allurion App



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