



©2020 Sony Corporation

3-TAD-033-01(1)



Failure to observe safety precautions with electrical products may result in fire or personal injury.

nual describes important precautions and how to handle the product to prevent nts . Please read this manual, the attached instruction manual, and the help guide (web instruction manual) carefully, and use the product safely. After reading, be sure to keep it in a place where you can refer to it at any time.



### Help Guide (Web instruction manual)

Explains the functions and how to use the machine in detail. You can view it on your smartphone or computer http://wena.jp/supports/helpquide.html





# **⚠警告** For your safety

Sony products are designed with safety in mind. However, all electrical products are us and may cause personal injury due to fire, electric shock, etc., if used incorrectly



PLEASE READ THIS SAFETY PRECAUTION CAREFULLY

Regularly check whether dust has accumulated or whether the product is being used with a

### Do not use if damaged

If you notice any unusual noises, smells, or smoke, please contact your Sony dealer for

tions This manual uses the following indications. Be sure to fully understand the contents of the display before reading the text.

g in death or serious injury may occur due to heat, explosion, etc.



 注意 , nt may result in injury or damage to surrounding items.









injury due to fire, electric shock, explosion, etc.

Do not use, store or leave the product in hot places (by the fire, near a heater, under a kotatsu, in direct sunlight, in a car in the hot sun, etc.). Doing so may cause ignition, explosion



Do not throw in fire or overheat. Doing so may cause ignition, rupture, fire, burns, or injury,



Do not put it in a cooking appliance such as a microwave oven or a pressure vessel. Doing so may cause fire, burns, injury, or electric shock.

Do not pierce it with nails, hit it with a hammer, or step



on it. Doing so may cause the built-in battery to ignite, explode, generate heat, or leak Do not disassemble or modify. Doing so



# Keep away from medical equipment. This

may cause fire, burns, injury, or electric shock.



Use the supplied charging connector and USB cable for charging. Use of non-specified products may cause heat generation, fire, explosion, or leakage of the internal battery

please consult your physician before using this product.







Do not subject it to strong impact or throw it. Doing so may cause fire, burns, injury, or electric shock.



Do not operate this unit while driving a bicycle or car. Doing so may cause an accident.



Do not use in humid places such as bathrooms.



### Keep out of reach of infants and people requiring

supervision. This product (including accessories) uses magnets. Please keep it under control so that it is not accidentally swallowed by infants. Swallowing magnets car pose a choking hazard and can damage the intestines and cause serious symptoms. Seek medical attention immediately if a magnet is swallowed. Also, be very careful as small parts such as end pieces and spring bar removers can be swal



If charging is not completed even after the specified charging time, stop charging. Doing so may cause the internal battery to leak, overheat, explode or catch fire



Use the specified power supply and voltage. Using the wrong voltage may cause fire or malfunction.



Do not allow conductive objects (metal pieces, pencil leads, etc.) to come into contact with the charging terminals Also, do not put it inside. Doing so may cause fire, burns,



If you notice any unusual odors, overheating, discoloration, deformation, or other abnormalities during use, charging, or storage, immediately take the following



steps. 1. Remove the charging connector when charging. 2. After confirming that the device is not hot, turn off the device, 3. Contact Sony Customer Service

Do not place heavy objects on the unit or USB cable. It may cause electric shock or fire.



Do not use damaged USB cables. It may cause electric shock. heat generation, or fire.



Do not short the charging connector terminal or USB plug while connected to a power source. Also, do not le them touch any part of your body, such as your hands or fingers. Doing so may cause fire, malfunction, electric shock,



Do not touch the USB cable with wet hands. Doing so may cause an electric shock.

If you hear thunder, do not touch the player or the USB

cable. Lightning strikes and electric shock may result.



Wipe off any dust on the plug of the USB cable. Doing so may cause a fire.



Unplug the USB cable when not using for a long time. It



If liquid such as water gets into the product, immediately remove the USB cable. It may cause electric shock, smoke,



Remove the USB cable when cleaning. Doing so may cause





ve the following precautions may result in injury or damage to

Do not use or store the product in humid or dusty locations, or in locations subject to high temperatures Doing so may cause fire, burns, or electric shock.



Do not leave the machine on the floor. If you step on it by mistake or fall down, it may cause an injury or an



Never use the product in a sauna or other place where the product becomes hot, as there is a risk of burns.



When holding an infant, be careful, such as removing the device beforehand, to prevent injury or accidents to the



Be careful not to injure yourself or others when performing strenuous exercise or work.



Do not use if you experience any discomfort such as itching, rashes, eczema, or redness. If you feel that the uni does not suit your skin, immediately stop using it and consult your doctor, Sony service center, or the store where you purchased the unit.



The band is in direct contact with the skin, similar to underwear. Unnoticed dirt such as sweat, dirt, and dust may stain the cuffs of clothing. Please keep it clean at all



Do not use the wireless function on airplanes. Radio waves may affect the product and cause an accident due to



Do not use the device near medical equipment. Also, keep this device at least 15 cm away from the site where a cardiac pacemaker is installed. Radio waves may affect cardiac pacemakers and medical electrical equipment. Also, do not use in crowded places or indoors of medical institutions.

Do not use this machine near automatically controlled devices such as automatic doors and fire alarms. Radio waves may affect the product and cause an accident due to malfunction.



# **Battery safety precautions**

Be sure to observe the following precautions to avoid serious injury or blindness due to liquid leakage, rupture, heat generation, or fire



# 

hands. If the liquid gets into your eyes, it may cause blindness, so do not rub your eyes. If the fluid gets on your body or clothes, it may cause burns or injuries, so wash it off immediately with clean water and consult a doctor if you have any symptoms of inflammation or injury on your skin.



•Do not put in fire. Do not disassemble or heat. •Do not ise, store, or leave the product near fire, in direct sunlight, in a hot car, or in a hot place.

# **Precautions for use**

### About this machine

• This machine is not a medical device. It is used for light exercise management such as jogging. • This device and the applications it contains are not designed to diagnose, treat, prevent disease, or affect the structure or function of the body. This device and the applications installed in this device cannot be used for such purposes.

. Do not connect this product to medical equipment, and do not use it in combination with means of knowing your heart rate, which is a measure of exercise intensity. In this watch, the "pulse rate" measured from the wrist by the sensor is expressed as "heart rate" in order to convey it in an easy-to-understand manner. •Please exercise according to your physical ion. Sudden or unreasonable exercise is dangerous. If you feel unwell or feel any change in your physical condition while exercising, stop exercising immediately and consult

• This unit is for domestic use only. Some countries/regions have restrictions on the use of radio waves overseas, so you may be punished if you use this unit.

\*Although the product is waterproof to 5 atmospheres\*, do not allow water or dust to get inside the product, or allow water or dust to adhere to the accessories. Please note the following before using. - Avoid direct exposure to hot or high pressure showers or tap water. - Do not let the components of detergents, hot springs, or seawater deteriorate the waterproof packing or metal parts.

There is a possibility that If it adheres, wash it thoroughly with fresh water and then

- Do not use the appliance in saunas. - Do not use for skin diving, saturation diving, or air diving.

# Machine Translated by Google

- use in humid places such as bathrooms. Please note that if, as a result of an investigation, it is determined that the malfunction was caused by such water leakage, it will not be covered by the warranty and may not be repaired. Since it is not covered by the warranty, repair will be charged even if it can be repaired
- \* Due to the structure, it is not nessible to perform the waterproof test specified by the IIS standard Although it does not conform to JIS standards, we have confirmed the waterproof performance of 5 atm by our own test method.

### Handling

- Do not give a strong impact such as dropping it on the floor. Also, do not deform the charging terminal. It will be the cause of the failure. Do not apply too much force or use a method other than specified to attach/remove nlease don't
- When using FeliCa, do not hold the unit up against it. please. It will be the cause of the failure.
- · Avoid using the product in chemicals or gases. If various solvents such as thinner enzine, or substances containing such solvents (gasoline, nail polish, cresol toilet detergent, adhesives, etc.) come into contact with the product, they may cause discoloration, dissolution, cracking, etc., Be careful with chemicals, Also, please note that contact with the mercury used in thermometers, etc., may cause discoloration of the product. •Do not allow insect repellent spray, sunscreen, body cream, or other chemicals to adhere to the product. There is a risk of deformation and discoloration. If it adheres, wine it off • Please note that the leather hand is

vulnerable to liquids and may stain even if it gets wet. In the unlikely event that it

adheres, immediately wipe it off with a dry cloth. •Leather bands are especially

vulnerable to alcohol disinfectants, etc., which may cause discoloration

Please he careful not to adhere

- Do not charge the battery in the following places. -Extremely hot, cold, or humid locations - Humid, dusty,
- •In places with high or low temperatures, charging may stop to protect the battery. Charging may take time. By charging while avoiding hot or cold places, it will return to normal charging
- •The charging connector and USB cable may become warm during charging, but this is not a malfunction and should be continued.

### About wearing this machine

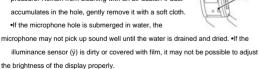
When using this product while wearing it for a long time, be careful of the following to avoid causing skin allergies or irritation. •Keep the watch clean by rinsing of sweat and oil (sunscreen cream, insect repellent spray, etc.) on the band and drying

•Although the handset is waterproof, using it in wet conditions for a long time may adversely affect your skin. Dry the handset thoroughly before using it. • Occasionally remove the device and let the air touch your skin. •Be careful not to tighten the band too tightly. For information on what to wear when measuring your heart rate, see "About heart rate measurement" in this manual.

### Handling the microphone hole and illuminance sensor •The

microphone hole (ÿ) is not a reset button. Do not push or poke it with a thin stick.

•Do not expose the microphone hole to sudden changes in air pressure. Refrain from cleaning with an air duster. If dust accumulates in the hole, gently remove it with a soft cloth. •If the microphone hole is submerged in water, the



•If the illuminance sensor becomes dirty, gently wipe it with a soft cloth.

### About maintenance

- •Always keep the device clean and wear it correctly on your wrist to avoid skin irritation. Leaving it dirty may cause a rash. If your skin becomes irritated, immediately stop using the product and consult a doctor
- Occasionally clean the charging terminals with a dry cotton swab. If the charging terminal is dirty, the contact will be poor and it may cause charging failure. Also, be careful not to damage the terminals when cleaning. •Cleaning the band with alcohol, thinner, benzine, detergent, etc. may cause the band's discoloration to fade Also, please refrain from cleaning the main unit with soap or detergent.

Use a soft brush to remove dust and dirt stuck in the gaps of the band Please remove

### Osaifu-Keitai holding position

area enclosed by the dotted line in the figure on the right. Match the holding position of the other device and handset when using



## **Using Suica®**

When not using for a long time (turn off the main power)

and tap "Main power off" ÿ "OK".

temperature and high humidity locations.

•If you do not use the unit for a long period of time, turn off the main power according

home screen of the device, swipe up on the "Settings" ÿ "About phone" screen

•To extend the battery life, we recommend performing the above operations when

the battery level is about 50%. •If you will not be using the product for a long

period of time, wipe off sweat, dirt, moisture, etc., and store it away from high/low

operation of the unit is unstable, or if you want to delete setting information such as

synchronize the unit and the app before initializing. Go to the tool screen from the

\*Even if you initialize in this way, the electronic money settings will not be deleted

you want to keep activity logs that have not been synchronized with the app.

home screen of this unit and tap "Settings" v "Initialize" v "OK" to initialize.

About the Bluetooth® function

This product has been certified as wireless equipment for low-power data

be punishable by law. • Do not disassemble or modify this machine

Conformity Mark " is displayed on the buckle of this product and on the electron

communication systems based on the Radio Law, and as a proof of this, the "Technica

neplate. You can check the electronic nameplate by going to the tool screen from

the home screen of the unit and tapping "Settings" ÿ "Authentication information". A

The Bluetooth function of this unit uses frequencies in the 2.4 GHz band, but othe

wireless devices may also use the same frequencies. Observe the following

The frequency band used by this unit includes industrial, scientific, and medica

radio stations for Specific low-power radio stations that do not require a license

amateur radio stations, etc. (hereinafter abbreviated as "other radio stations") are operated. 1. Before using this unit, make sure that "another radio station" is not in

operation nearby. 2. In the unlikely event that radio wave interference occurs

between this unit and "other wireless stations", immediately change the location where

this unit is used or stop the operation of the device (stop the emission of radio

waves). )please. 3. If you have any questions or problems, please contact the

Please pay attention to the following points, and if a problem occurs, turn off the power

Radio waves may affect medical electrical equipment and cause accidents due to

Radio waves may affect the product and cause an accident due to malfunction

Regarding the use of the wireless function in an aircraft, please check with your

airline regarding the conditions of use. • Do not use the machine near automatic

have. Radio waves may affect the product and cause an accident due to

•The setting method for electronic money payment differs depending on the type of

electronic money you use. For details on the setting method, refer to the Help

Guide, • Use, manage, and control data in the FeliCa chip installed in this unit

•Data in the FeliCa chip may be lost or changed due to malfunction of the handset

Please check with each Osaifu-Keitai compatible service provider regarding

addition, Sony will not be held responsible for any loss or unauthorized use of

such data, or any damages incurred by the customer in connection with the Osaifu-

whether or not support such as data transfer/reissue in the FeliCa chip is

. Under any circumstances, such as repair of the device, loss or theft, etc.,

immediately. •Do not use in hospitals or other medical institutions, or near medical

This wireless device uses the 2.4 GHz band. Other

modulation methods are adopted as the modulation method

equipment such as microwave ovens, other radio stations of the same type, premises

precautions to prevent radio wave interference with other wireless devices

Notes on using the Bluetooth function

radio station license is not required to use this unit. However, doing the following may

About functional certification

About frequency

2.4XX8

malfunction

do not

Use under certain circumstances

•Do not use the wireless function on board an aircraft.

doors, fire alarms, or other automatically controlled equipment

About Osaifu-Keitai® (FeliCa)

You are responsible for deleting and erasing the data.

supported, and the conditions for providing such support.

Keitai compatible service

activity logs and pairing, perform initialization according to the following procedure. If

to the following procedure to conserve the battery. Go to the tool screen from the

When using Suica by holding the terminal over it, it may be difficult for Suica to respond depending on how it is held over. In particular, if Suica does not respond well to equipment that processes Suica by placing the terminal on a tray, it may be improved by changing the position or orientation and placing it again. In addition, if you have any questions about using Suica, please visit the wena support page.

# **Using Rakuten Edy**

Please check the Rakuten Edy website for information provided by Rakuten Edy based



smartphones only)

### About heart rate measurement

- · When measuring your heart rate, wear the watch so that the heart rate sensor is in constant contact with your skin. Accurate measurements may not be possible if the contact of the heart rate sensor is unstable, such as when the band is misaligned. •Be careful not to tighten the band too tightly, as this may lead to poor blood circulation, which may lead to inaccurate measurements or rashes.
- ments may not be possible if the skin to which the product is applied is dark
- •If a heavy head is attached to the band when measuring your heart rate, the weight of the head may cause the heart rate sensor to shift easily, resulting in inaccurate
- · After starting heart rate measurement, it may take some time for the correct measurement data to be displayed. •Accurate measurement may not be possible in a cold environment due to reduced blood flow to the arm. You may be able to improve by warming up beforehand.
- •If you cannot measure your heart rate correctly, you may be able to measure it more accurately by adjusting the wearing position, such as moving the watch toward your elbow

### Main Specifications

Operating temperature: 0 °C to 40°C

Built-in battery: Lithium-ion battery

Supported OS: iOS 11.0 or higher, Android 6.0 or higher

Waterproof performance: 5 ATM

Version: Bluetooth version 5.0 (Bluetooth low energy technology) Communication distance: Approx. 10 m (maximum) Compatible profile: Proprietary profile

Please note that specifications and appearance are subject to change without notice

### Trademarks

•wena is a trademark or registered trademark of Sony Corporation

- FeliCa is a contactless IC card technology developed by Sony, and registered trademarks
- of the same company. is a registered trademark of FeliCa Networks, Inc. • "Osaifu-Keitai" is a trademark or registered trademark of NTT DoCoMo, Inc.
- "Suica" is a registered trademark of East Japan Railway Company
- "Rakuten Edy" is a Rakuten Group prepaid electric Child money service.
- •Bluetooth® is owned by Bluetooth SIG, Inc. and any use of such marks by Sony

Other system names and product names registered in this document are generally registered trademarks or trademarks of their respective manufacturers. Note that TM and @ marks are not used in this manual. All rights not expressly granted herein are the property of their respective owners

### Services and software provided by third parties

The network services and software available with this product are subject to their respective terms of use. Please note that the provision may be interrupted or terminated without notice, the content may be changed, and separate registration and payment may be required for use

## Dispose of this machine



### | 注意 | Disposal of rechargeable batteries in Japan



Li-ion

Rechargeable batteries contained in equipment can be recycled. Do not attempt to remove the rechargeable battery by yourself. Please consult a Sony customer service.

# Check before repair

The product sent for repair will be initialized regardless of whether or not there is a problem. All data, history, etc. in the product will be deleted, and the product will return to its initial state (the state at the time of purchase).

Regarding the data in the FeliCa chip, please use the support such as data migration and reissue provided by the person in charge of providing Osaifu-Keitai® compatible service before requesting repair, and then migrate to a new product or after repair It is necessary to take the procedure to reissue it to this product. Please contact the person in charge of providing each Osaifu-Keitai® compatible service for procedures such as data transfer and reissuance

Please remove the watch (head) before checking the band. If you leave the band part without removing the watch part, our company will not be held responsible for any scratches or damage caused to the watch part or the end piece, etc. due to deterioration or sticking of the end piece, etc. during the parts replacement. In addition if this product (including end pieces and adjustment pieces) has been processed or used with special adjustments, we may not be able to accept your request for repair Please note that we cannot accept requests for repair of separately sold parts (other than the main unit of this product and the accessories included in the package). I will

### Other companies' products (clock parts, etc.)

If other companies' products are attached to this product, please remove them and check only this product. If you leave this product attached to another company's product, we will not be liable for any accident or loss of the other company's product during transportation, or any damage or damage caused when removing the other company's product, regardless of whether or not the product is repaired. Please note that we will not be held responsible

### Warranty and after-sales service

### warranty

A warranty card is attached to this product, so please receive it at the store of purchase. Please fill in the prescribed items and check the content, and save it in a safe place. The warranty period is one year from the date of purchase

### After-sales service

· Repairs during the

warranty period will be performed based on the contents of the warranty. Please see the warranty for details. • Repair after the

If the function can be maintained by repair, we will repair it for a fee upon your request. • Regarding parts holding period

We keep performance repair parts (parts necessary to maintain product functionality) for three years after production is discontinued. This parts retention period is the period during which repairs are possible.

# The information desk

http://wena.jp/support.html

toll-free number 0120-252-645 Mobile phones, PHS, some IP Fax 0120-333-389

## Sony Corporation

1-7-1 Konan, Minato-ku, Tokyo 108-0075