



<p><b>NOTICE TO PEOPLE WEARING PACEMAKERS:</b> While Bluetooth® hot tub or extremely hot shower / bath temperatures and steamer can damage the rubber seals.</p> <p>DO NOT wear the wrist band in a sauna or extremely hot shower / bath. The wrist band can be washed in cold water or soap. The band may be damaged if it comes into contact with such items as bleach, chlorine, or strong detergents. If the band becomes damaged, please contact your physician or cardiologist before reusing.</p> <p><b>Industry Canada (IC) Statement:</b></p> <p>This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in proximity with another transmitter or antenna.</p> <p><b>FCC Radiation Exposure Statement:</b></p> <p>The YOORX is tested to be water-proof to 5 meters. Do not expose the wrist band to sudden changes of temperature going from a hot tub to cold water.</p> <p><b>Care related to Water Resistance:</b></p> <p>NOTE: End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in proximity with another transmitter or antenna.</p> <p><b>Industry Canada (IC) Statement:</b></p> <p>This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in proximity with another transmitter or antenna.</p> <p><b>FCC Radiation Exposure Statement:</b></p> <p>The YOORX is tested to be water-proof to 5 meters. Do not expose the wrist band to sudden changes of temperature going from a hot tub to cold water.</p> <p><b>Care related to Water Resistance:</b></p> <p>NOTE: End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in proximity with another transmitter or antenna.</p>
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We improve our devices all the time so to find an updated version of this instruction manual please visit:  
<http://www.yoochallenge.com/how-to>

## Get the Latest and Greatest

# Welcome to YOO! Let's Get Moving!

The YOORX is a wireless activity band that uses a 3-Axis accelerometer to monitor your movements during the day and your sleep patterns at night. When you wear your YOORX you can view your stats in real-time 24 hours-per-day via the OLED high-definition display. You can also sync your progress to the YOO Fitness+ app via Bluetooth Smart where you can view your current and past stats and take the YOO Challenge.

The YOORX enables you to track how many steps you have taken, how much distance you have travelled and your total calorie-burn from exercise. You can also monitor the total amount of minutes you have been moving, the duration and quality of your sleep and view smart notifications right on the RX display.

limits for a Class B digital device pursuant to part 15 of the IC 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.

Operation is subject to the following two conditions:

1. This device may not cause interference and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

## Warnings and Cautions

It is recommended that you consult with a doctor before starting any fitness program. Additionally please be advised of the following:

- Follow all instructions and use only as intended.
- Do not tamper with your YOORX.
- YOORX is not a toy or a medical device.
- Do not use abrasive cleaners to clean your YOORX.
- Do not place your YOORX in a Dishwasher, Washing Machine or Dryer.
- Do not expose your YOORX to extremely high or low temperatures.