

# NW11D User Manual

## Here's How it Works

You can now provide your Loved Ones with the Safety and Freedom that comes with our advanced technology and get the Peace of Mind knowing your Loved Ones are In-Sight even when they can't be in sight. In-Sight utilizes the most advanced location tracking technology that we call **L<sup>4</sup>**. This technology combines **GPS, Cellular** technologies to provide the most accurate location tracking available. Your Loved One's location is as close as your smart phone, tablet or PC with our **easy-to-use APP** that is compatible Android®, iPhone® and Windows® devices allowing you to view their location and to receive **Notifications** of important events.

With your ability to establish customized **Safe Zones** - a virtual barrier that you establish around a specific location, such as a school or friend's house, which triggers the device to alert you when your Loved One enters or exists those boundaries. You even have the ability to establish a **"Perfect Day Setting"** so that when your Loved One is entering and exiting your customized Safe Zones at the times that you expect, you will not receive an alert. This functionality allows your Loved One to enter and exit your Safe Zones on a normal schedule and you won't be interrupted by notifications informing you that things are "normal". It is in your control if you want to receive notifications all of the time, only when your Loved One is not on the expected schedule or all of the time for some locations and not for others.

You also have the ability to establish customized **Danger Zones** – a virtual barrier that you establish around a specific location just like a Safe Zone. Danger Zones are those places that you don't want your Loved Ones to be. Just like the flexibility that you have in establishing your Safe Zones, you have the same flexibility in establishing your Danger Zones to allow for customized Notifications based upon your preference.

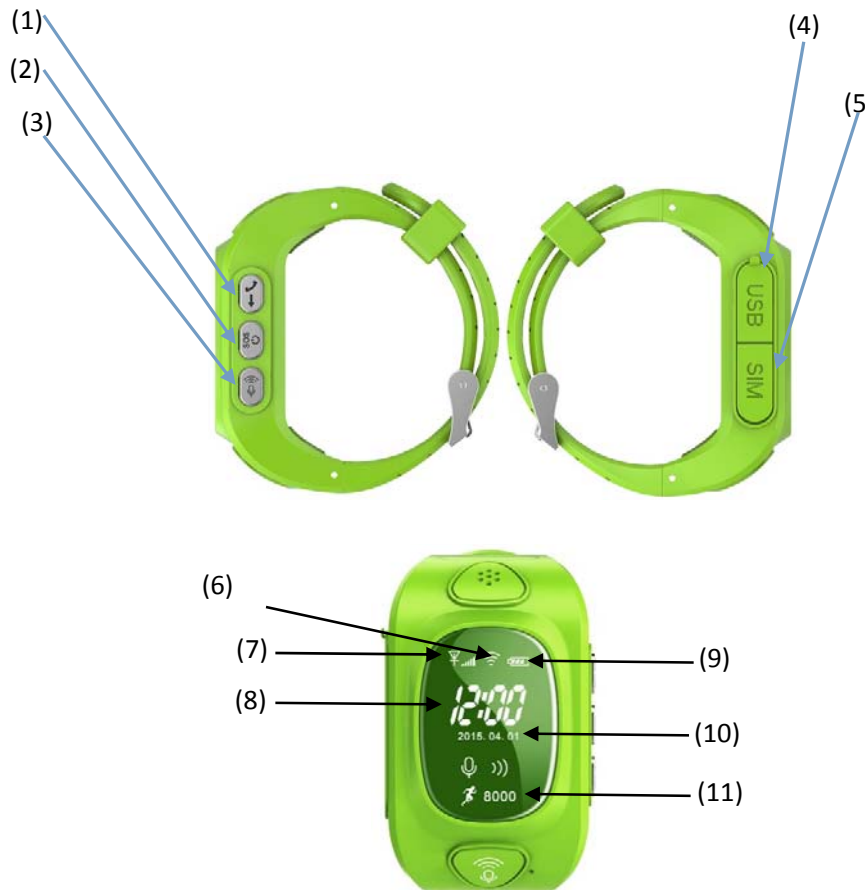
Your Loved One can also feel connected as you are just the tap of a button away! From the device, your Loved One can press the **SOS** button, you will be called, and a text message will be sent to you and one additional person, if you desire. In other non-emergency situations, your Loved One will have the ability to call up to eight other **Trusted Numbers** that you designate. Your Loved One will only be able to receive or place calls to these Trusted Numbers that you have designated. And if there is ever a time when you just want to understand your Loved One's surroundings, you can call the In-Sight device and simply **Listen In**, without the device ringing, lighting up or indicating in any way that you are there. All designed to provide you and your Loved One with the Safety, Freedom and Peace of Mind.

Additional safety and convenience features include **removal notification** if the In-Sight device is taken off, you will be notified, **long-battery life** (up to 48 hours), **low battery notifications**, built in **pedometer**, the ability to **track up to 30 Loved Ones** on a single screen, **shock and water resistance** and the ability to view the **location history** going back 30 days.

There is no technology solution that can replace the direct supervision of your Loved One's. The accuracy of the In-Sight products can be based upon many factors outside of our control, including the availability of a GPS signal, the strength of the cellular signal. Many indoor locations and nearby tall buildings can interfere with GPS and other digitally transmitted signals.

You can go to [www.InsightWearables.com/UserExperience](http://www.InsightWearables.com/UserExperience) to view our short video that explain the use of your In-Sight Products.

## Your In-Sight Device



1. Trusted Number Directory/Volume Up: Quickly tapping this button will scroll through the Trusted Numbers that you have programmed. Once you highlight the number you wish to call, simply hold the button for 3 seconds and the device will call the selected number. This button also functions as the Volume Up button while a call is connected.
2. Power On / SOS Call: Press and hold this button for 1 to 2 seconds to turn on the device. When the device is on, tap this button 1 time and then press and hold for 5 seconds. The device will initiate a call to the number that you programmed as the SOS contact number. At the same time, an SOS alert will be sent to the two numbers that you programmed to receive notification of an SOS.
3. Call Answer/Volume Down: Press this button to answer an incoming call. This button also functions as the Volume Down button while a call is connected.
4. USB Charging Connector: Gently pull back on the USB charging slot protector and insert the charging cable. Once the device is charged, securely press the slot protector back in place.
5. Sim Card Slot: Your In-Sight device comes pre-installed with the SIM card needed for the operation of your device. You should not need to access the SIM card.

6. GPS Signal Indicator: Indicator that the device is receiving a GPS signal. When the device is out of GPS sight, this indicator will not be displayed.



7. Cellular Signal Indicator: This shows that a cellular signal is being received and the strength of that signal. When there is no cellular signal being received, this area will be blank.

8. Time: Display of the current

time in the time zone of the device.

9. Battery Level Indicator: This shows the approximate battery life remaining.
10. Date: Display of the current date in the time zone of the device.
11. Pedometer Steps Indicator: This represents the approximate total number steps taken by the person wearing the device during the 24 hour period of a full day.

Your In-Sight device is designed to be a Safety and Freedom device for you and your Loved One. To help ensure that the device is not turned off by accident, we have designed a multi-step process to turn off the device.

## Getting Started (or Before You Start Tracking)



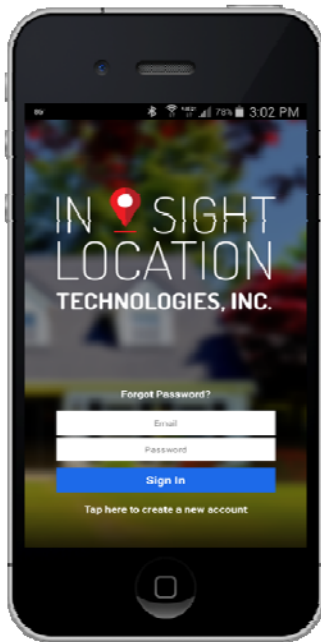
**Step 1: Charging the Device:** Before you begin to use your In-Sight device you should ensure that it is fully charged (usually taking 2 to 4 hrs.). Your In-Sight device comes complete with a charger and cable. Simply connect the cord to the charger and plug the charger into any standard wall outlet. Then, connect the device to the cable using the USB Charging Connector (see below). In order to keep your In-Sight device water resistant, it is critical that you securely push the USB Charging Connector slot protector back in place before use.

**Step 2: Download the free In-Sight App:** You will be able to track your Loved One using your Android® or iPhone® smart phone, tablet or your PC. In order to get started with your mobile devices, simply download the free In-Sight App from the Android Play Store or the App Store on iTunes by searching In-Sight Location Technologies. The App can also be downloaded by going to [www.InSightWearables.com/appdownload](http://www.InSightWearables.com/appdownload).

To track your Loved One wearing the In-Sight device on your PC, simply go to [www.InSightWearables.com/tracking](http://www.InSightWearables.com/tracking).

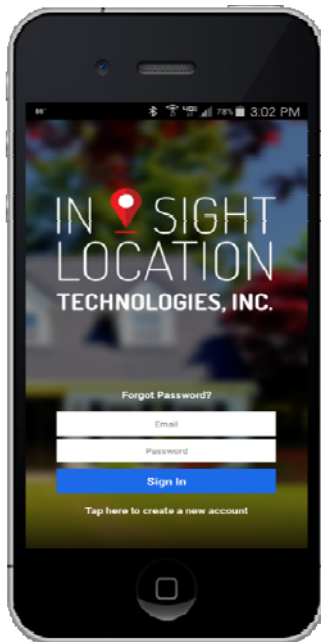
**Step 3: Take Your Device Outside:** To gain a GPS signal and the best cellular signal, take your In-Sight device outside for approximately 15 minutes before trying to locate your device using the app or on your PC. This will ensure that you have a good data connection. You will not need to be outside for your device to work in the future.

## Creating Your Account

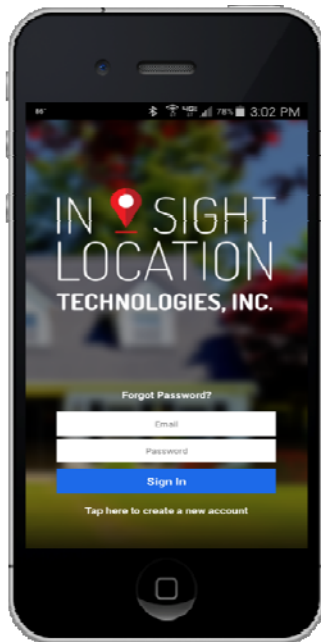


**If You Are Logging Into The App For The Very First Time:** As you access the free In-Sight App for the very first time, you will see four introductory screens that provide you with a brief overview of the app. You can review the information on each of these screen at your own pace.

Once you have finished with the fourth page you will be presented with a sign-in screen. Enter your primary personal email account that you want associated with the App and a Password that is at least 8 characters long that will be easy for you to remember, but difficult for others. You can use any combination of capital letters, lower case letters, numbers and symbols. Once you have entered this information, select Create Account at the bottom of the screen.



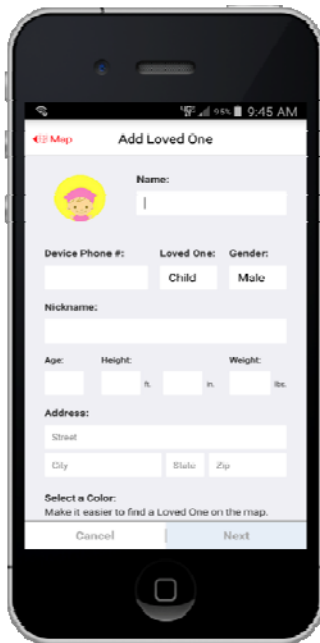
**If You Have Been Invited By Someone to Monitor a Device:** When you have been invited to monitor a Loved One wearing the In-Sight device and access the free In-Sight App for the very first time, you will see four introductory screens that provide you with a brief overview of the app. You can review the information on each of these screen at your own pace. Once you have finished with the fourth page you will be presented with a sign-in screen. Enter the *email account where you received your invitation*. Next, enter a Password that is at least 8 characters long that will be easy for you to remember, but difficult for others. You can use any combination of capital letters, lower case letters, numbers and symbols. Once you have entered this information, select Create Account at the bottom of the screen.



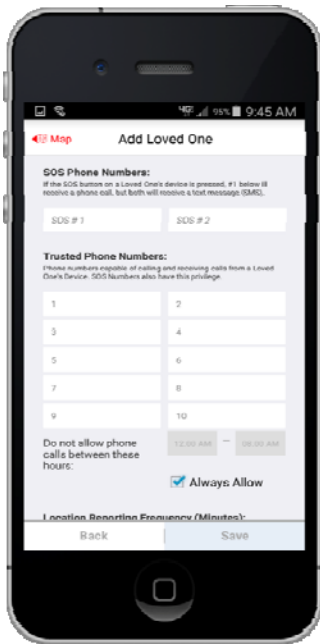
**Forget Your User Name or Password?:** You will remain signed into the free In-Sight App until you actively sign out (See Settings below). This means that if you exit the App by selecting the home button on your smart phone or tablet that you will automatically be logged in next time you return to the App – making it simple and quick to locate your Loved One or read your Notifications. If you choose to sign out but forget our User Name or Password when you return, simply tap the Forgot username or Password and you will be provided instructions on how to recover your Username or to reset your Password.



## Setting Up Your Loved Ones

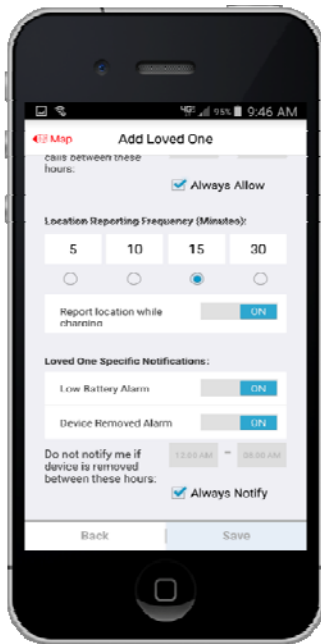


**Adding a Loved One:** A Loved One is someone that will be wearing the device that you want to monitor their location. Setting up one or multiple Loved One's is simple and easy. The process starts by entering the basic information about this person, including their name, gender, nickname, age, height, weight and address. You can also upload or take a photo of your Loved One that will appear on your Loved One's list and on the map that locates this person. The required fields are noted in the App and include name and address. Note that the Device Phone number is already populated for you. You can also select the color of the pin point that you want to use to identify this Loved One on the Map.



After completing this information and tapping Continue at the bottom of the page, you will be brought to a screen that allows you to enter the SOS numbers and up to 8 additional Trusted Phone numbers. The SOS numbers are those numbers that will receive a Notification if the Loved One presses the SOS button on the In-Sight device. The first person on this list will also receive a phone call from the Loved One.

The Trusted Phone numbers represent those phone numbers that can make and receive phone calls from the In-Sight device. The SOS numbers listed above have all of the privileges that a Trusted Phone Number has in addition to the SOS functionality listed above. There is no way for the device to call any number that you do not prescribe here. Additionally, attempts to call the device from any phone number that is not listed here will be blocked. You can enter up to 8 Trusted Phone numbers.



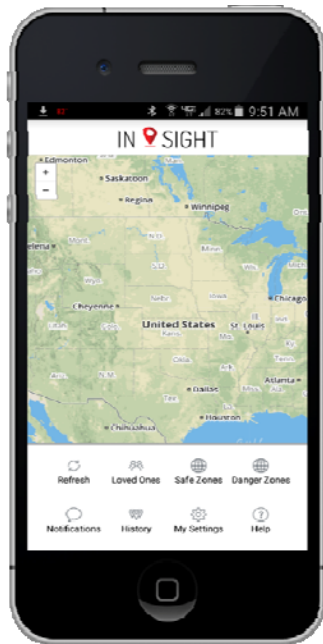
You can also regulate the times of day that the In-Sight device can make and receive calls. You may want to consider this option if your child's school restricts the use of cell phones during the school day. By de-selecting the "Always Allow" functionality below the Trusted Numbers list you can enter the time parameter where you do not want calls to be made from or to the device.

In this section you will also be able to set the frequency at which the device automatically checks and updates its location on the map. The default setting is every 15 minutes. By selecting a more frequent time interval you can get a better understanding of your Loved One's movements throughout the day. However; more frequent updates will significantly reduce the battery life. You also have the ability to stop location reporting while the device is on the charger. The default setting for this option is not to update location during charging.

Other Notifications that you can set for the Loved One on this page are Low Battery Notifications and device Removal Notifications. By selecting to receive Low Battery Notifications you will automatically be sent a notification when the estimated battery life is 20%. The default is set to send this notification.

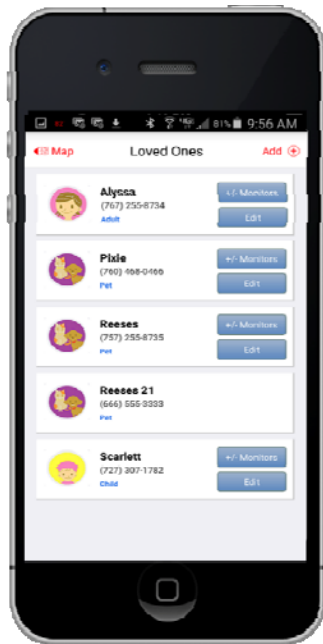
A Notification can also be sent to you if your Loved One ever removes their In-Sight device. Because you will need to remove the device for charging, you can set a timeframe where you will not be sent a notification. For example, if your child typically removes the In-Sight device at 8:00 pm to put on the charger before going to bed, you can set a timeframe, say from 7:50pm to 7:00am, where you will not be notified if the device is removed during these hours.

Once you have completed this section, select Save and you will be given the ability to add another Loved One now. To add another Loved One, simply follow the same steps as above for each additional Loved One that you want to add. If you have no additional Loved One's to add at this time, simply select No I'm Done and you will be taken to the Map showing the location of your Loved One.

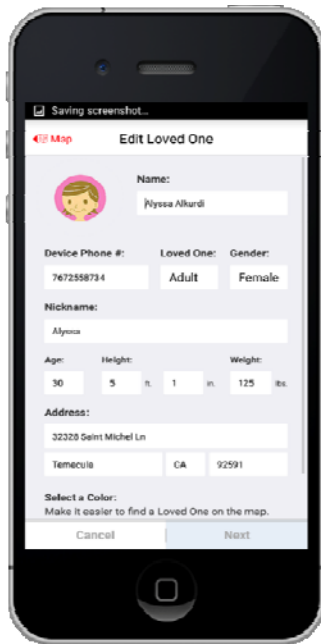


**Editing/Adding An Additional Loved One:** Once you have entered a Loved One, at any time you can always go back and change any of the entries that you made. You can also add new Loved Ones if you purchased multiple devices or if you are invited to track someone else that has an In-Sight device.

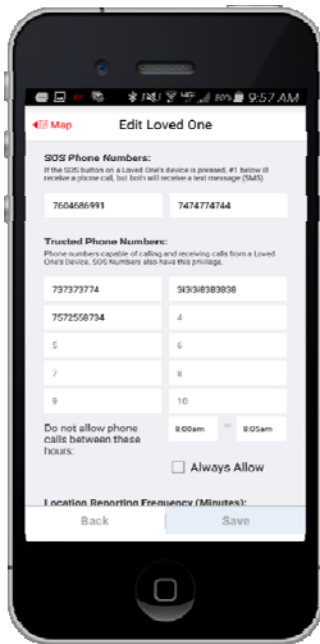
In order to Edit or Add a Loved One, simply tap the Loved Ones icon near the bottom of the Map.



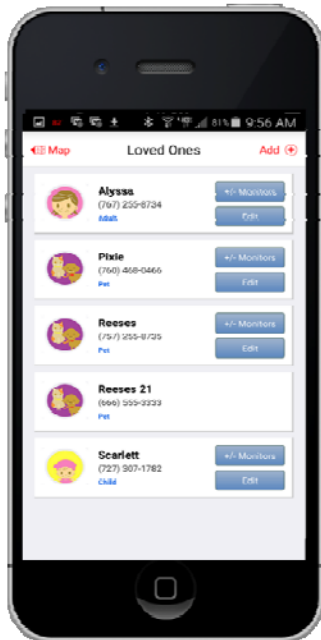
Once you tap the Loved Ones you will be brought to a listing of all the Loved Ones that have been established. You can Add a new Loved One by tapping the Add button in the upper right of the screen and following the same Add process as listed above. You can also Edit a Loved One by tapping the Edit button next to their name and picture.



Once you select edit, you will be presented with screens that are the same as the ones you completed when initially adding your Loved One. You can simply select and change any of the fields that need to be updated.



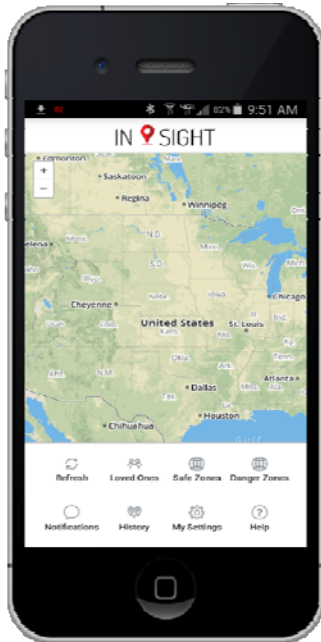
Just like when you added your Loved One, there are two pages of information that can be changed. Once you have completed the Edit's that you wanted to make, simply select Update at the bottom of the screen.



If the only Edit that you wish to make to an SOS Number or a Trusted Phone Number, simply select the +/- Monitor button on the list of Loved Ones.



## Map Location of Loved Ones



**Pinpoints and Additional Functionality:** Each of your Loved Ones will be displayed on the Map as a pinpoint in the color that you designated for each one during the Add a Loved One process. When you select one of your Loved Ones by tapping on their pinpoint, you will see additional information and functionality.

In addition to your Loved One's name and photograph, you will be able to view the remaining battery life and the total steps recorded by the built in pedometer. Both of these indicators are located to the right of your Loved One's name.

Below your Loved One you will see five informational or action buttons. These include:

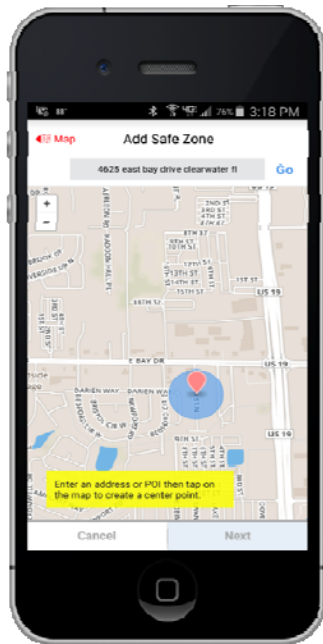
**Location Signal** – You will see an indicator that shows how the location information is being collected. When you see this displayed in red, the signal is coming from GPS. When the display is blue, the signal is coming from the cellular service, also known as LBS. In all cases, you will see the source written within the color coded icon.

**Call** – The call button in this section allows you to make a call to the device by simply tapping the Call icon.

**Listen In** – The Listen In functionality allows you to call the device from your cell phone, but the device will not ring or otherwise indicate that there is an incoming call. The device will automatically answer your call and you will be able to listen in to your Loved One's surroundings. The call will end when you end the call on your cell phone. This feature does not create a recording.

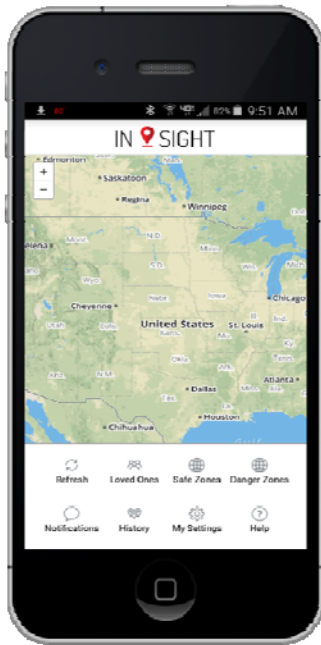
**History** – By tapping the History icon you will see the location that your Loved One was at each update of the device location. You can view each of these locations in time sequence or select an individual point to view the address and time of that location update. You can also select the timeframe for viewing this historical location information.

**Navigate** – By tapping this icon you will be provided with navigation instructions on how to reach your Loved One from your current location using Google Map™ driving directions.



**Safe Zone and Danger Zone Identification:** When you establish and assign Safe Zones and Danger Zones (see below) these will also be displayed on the map of your Loved One.

**Map Page as Your Control Panel:** There are eight icons located at the bottom of the Map page that act as your Control Panel for navigating through the In-Sight App. These icons control:



**Refresh Now** – By tapping this icon the map view will be updated with the most current location of the device and your Loved One.

**Loved Ones** – By tapping this icon you will be able to add a new Loved One or Edit any existing Loved One that is already in the system.

**Safe Zones** – By tapping this icon you will be able to add and edit your Safe Zones and make assignments of Safe Zones to your Loved Ones.

**Danger Zones** – By tapping this icon you will be able to add and edit your Danger Zones and make assignments of Safe Zones to your Loved Ones.

**Notification List** – By tapping this icon you will see a complete list of the Notifications that have been sent to you.

**Location History** – By tapping this icon you will be able to select a Loved One and view their historical locations. You will see the location that your Loved One was at each update of the device location. You can view each of these locations in time sequence or select an individual point to view the address and time of that location update. You can also select the timeframe for viewing this historical location information.

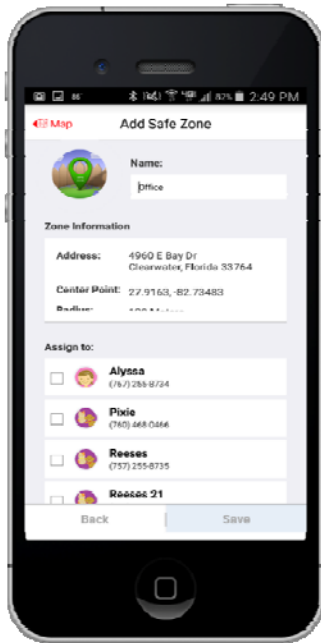
**Settings** – By tapping this icon you will see a complete list of the Notifications that have been sent to you.

**Help** – By tapping this icon you can gain access to frequently asked questions and instructions on the operation of your In-Sight device and App.

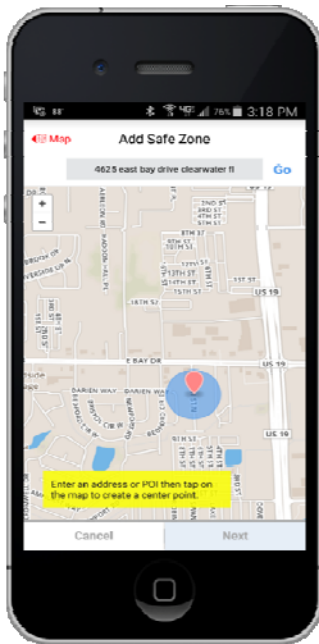
## Safe Zones – A Virtual Barrier



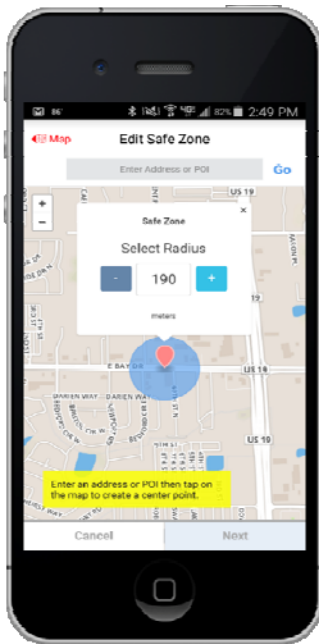
**What is a Safe Zone:** A Safe Zone is a virtual barrier that you establish around a specific location that triggers the device to alert you when it enters or exists those boundaries. These zones are places where you expect and desire your Loved Ones to be. Examples include home, their school, dance studio, their baseball practice field, etc. There is no limit to the number of Safe Zones that you can establish.



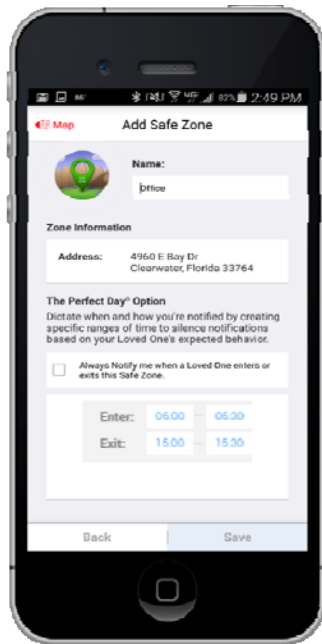
**Adding a Safe Zone:** To add a Safe Zone simply tap on the Safe Zone icon at the bottom of the Map page. This will take you to a screen to manage all of your Safe Zones.



Next, you can type in a physical address, a point of interest or tap the screen where you want the Safe Zone located. Once you have entered the desired location, select “Next” at the bottom of the page.



Next, set the size of the Safe Zone that you wish to create. For places like schools, select a size that encompasses the entire location where your Loved One may be while at this location. You can change the size of the Safe Zone by typing in the radius (in yards) or by selecting the “+” or “-” sign. The minimum Safe Zone size is 50 yards. There is no maximum size. Once you have entered the desired size of your Safe Zone, select “Next” at the bottom of the page.



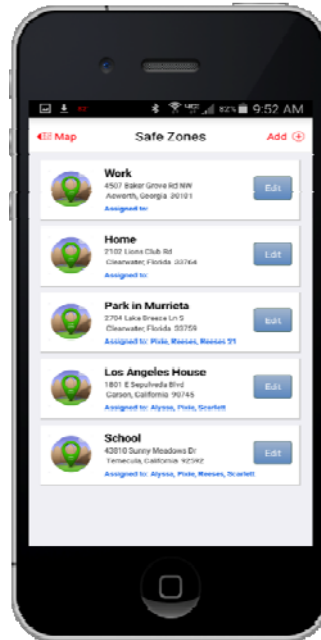
As the last steps, select a name for the Safe Zone (e.g. Grandma's House, School, etc.). Next, you must select which Loved Ones that this Safe Zone applies to. You have the option to select all of your Loved Ones or you can select only those Loved Ones where this Safe Zone is relevant.

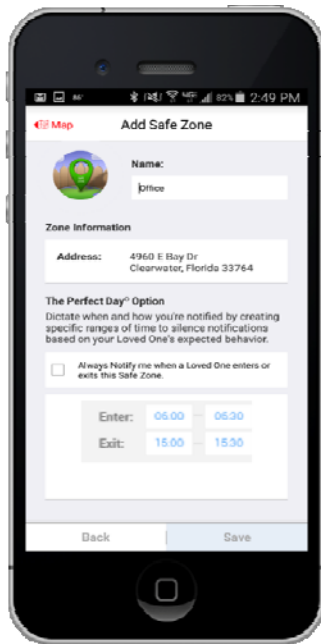
Whenever a Loved One enters or exits a Safe Zone you will be sent a Notification. This allows you to know exactly when your Loved Ones are coming and going from these safe places that you have identified. For many of the Safe Zones that you establish, your Loved Ones will enter and exit at approximately the same time each day. Because of these routines, we have created a "Perfect Day Setting". By selecting the Perfect Day Setting, you will be able to enter a timeframe where your Loved One typically enters and exits their Safe Zone. By doing this, you will NOT receive a Notification when they enter or exit the Safe Zone AS LONG AS THAT ENTRY AND EXIT OCCURS WITHIN THE TIMES THAT YOU HAVE SET. For example, if your child normally arrives at school between 7:50am and 8:00am, you set this timeframe and you will not be notified of entry as long as it occurs during this timeframe. If they enter before 7:50am or after 8:00am, you will be notified.

This functionality will allow you to keep a watch on your Loved One's location without being notified at each scheduled entry and exit from their Safe Zone. If there is an entry or exit from the Safe Zone at times other than those that you have set here, you will automatically be notified.



**Editing a Safe Zone:** To edit a Safe Zone simply tap on the Safe Zone icon at the bottom of the Map page. This will take you to a screen to manage all of your Safe Zones. Simply click the Edit button next to the Safe Zone that you wish to edit.



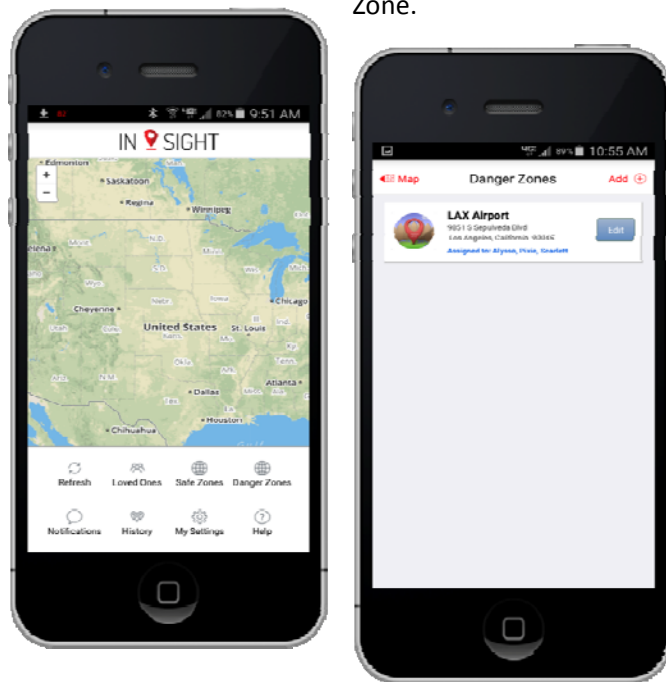


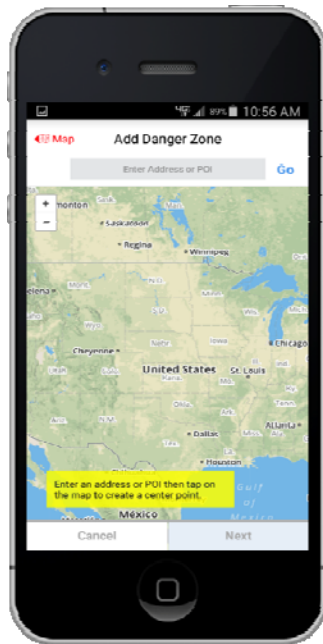
Once you have selected the Safe Zone you wish to edit, you can change any of the aspects about that Safe Zone that you previously created. The functionality to make these changes is the same as Adding the Safe Zone (see above).

## Danger Zones – Off Limits Virtual Barrier

**What is a Danger Zone:** A Danger Zone is a virtual barrier that you establish around a specific location that triggers the device to alert you when it enters or exists those boundaries. These zones are places where you do not want loved ones to be. Examples include the mall, a “bad kids” house, etc.

**Adding a Danger Zone:** To add a Danger Zone simply tap on the Danger Zone icon at the bottom of the Map page. This will take you to a screen to manage all of your Danger Zones. Simply click the Add button in the upper right portion of the screen to add a new Danger Zone.

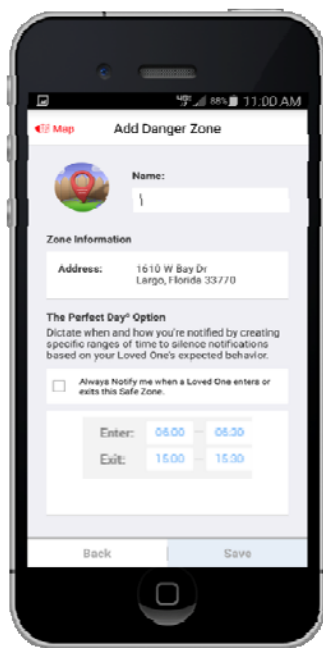




Next, you can type in a physical address, a point of interest or tap the screen where you want the Danger Zone located. Once you have entered the desired location, select “Next” at the bottom of the page.



Next, set the size of the Danger Zone that you wish to create. For places like malls, select a size that encompasses the entire location where your Loved One should not be. You can change the size of the Danger Zone by typing in the radius (in yards) or by selecting the “+” or “-” sign. The minimum Danger Zone size is 50 yards. There is no maximum size. Once you have entered the desired size of your Danger Zone, select “Next” at the bottom of the page.



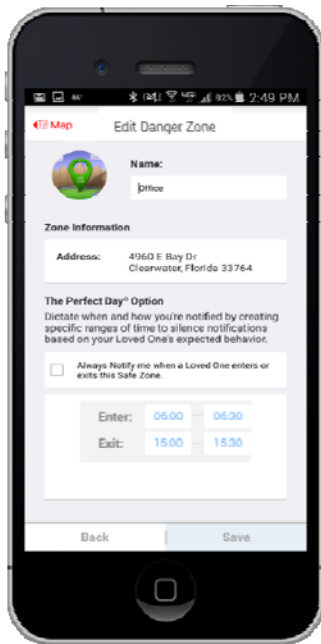
As the last steps, select a name for the Danger Zone (e.g. Mall, Tommy's House, etc.). Next, you must select which Loved Ones that this Danger Zone applies to. You have the option to select all of your Loved Ones or you can select only those Loved Ones where this Danger Zone is relevant.

Whenever a Loved One enters or exits a Danger Zone you will be sent a Notification. This allows you to know if/when your Loved Ones are going to these Danger places that you have identified. For some of the Danger Zones that you establish, your Loved Ones may have a reason to be in these locations at certain times or on certain days of the week. Because of these changing schedules, we have created a "Perfect Day Setting". By selecting the Perfect Day Setting, you will be able to enter a timeframe when it is okay for your Loved One to enter the Danger Zone. By doing this, you will NOT receive a Notification when they enter or exit the Danger Zone AS LONG AS THAT ENTRY AND EXIT OCCURS WITHIN THE TIMES THAT YOU HAVE SET. For example, if your child takes an ice skating class at the mall on Tuesday and typically arrives for this class 3:15pm and 3:30pm, you set this timeframe and you will not be notified of entry as long as it occurs during this timeframe on the specified day. If they enter before 3:15pm or after 3:30pm, or on any other day of the week that you did not select, you will be notified.

This functionality will allow you to keep a watch on your Loved One's location without being notified when it is okay to be in a designated Danger Zone. If there is an entry or exit from the Danger Zone at times other than those that you have set here, you will automatically be notified.

**Editing a Danger Zone:** To edit a Danger Zone simply tap on the Danger Zone icon at the bottom of the Map page. This will take you to a screen to manage all of your Danger Zones. Simply click the Edit button next to the Danger Zone that you wish to edit.





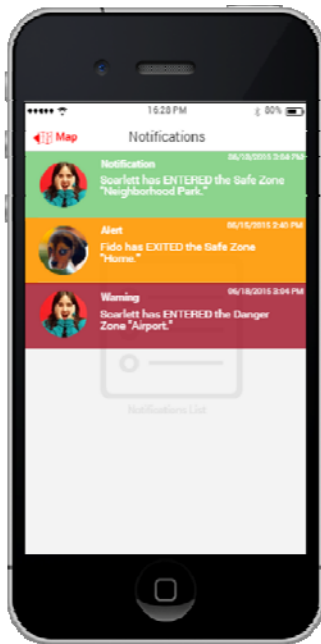
Once you have selected the Danger Zone you wish to edit, you can change any of the aspects about that Danger Zone that you previously created. The functionality to make these changes is the same as Adding the Danger Zone (see above).



## Notifications – Important Messages Automatically Sent to You

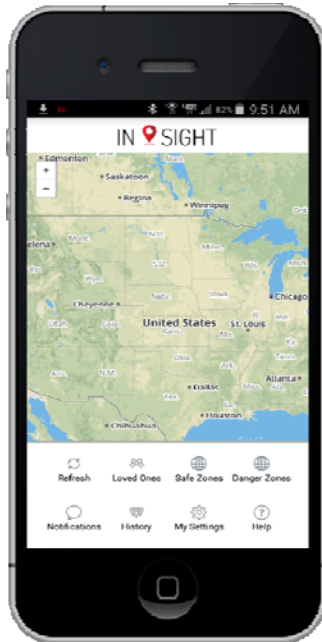


**Receiving Notifications:** Your ability to receive automatic Notifications is one of the most powerful safety features of the In-Sight product. There are several conditions that will trigger you to receive an automatic Notification. The most important of these conditions are Safe Zone and Danger Zone entry and exit Notifications. Whenever a Loved One wearing the In-Sight product enters or exits a Safe Zone or Danger Zone that you have created and assigned to them, you will be notified. Your In-Sight App will make a noise similar to the receipt of a text message or email alert (so long as your smart phone or tablet is not in a silent mode) and it will display the number of unread Notifications on the icon. You can read these messages by tapping on the Notifications icon at the bottom of the Map page within the App.

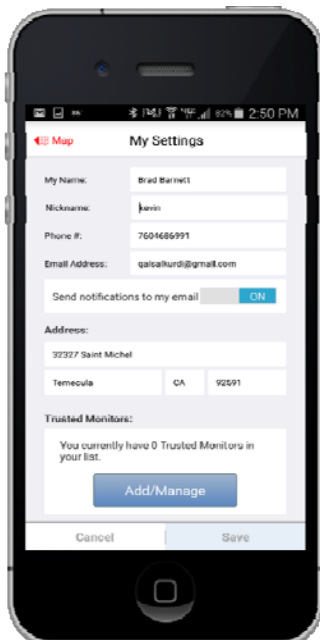


The Notifications section will display all of your current and historical notifications, highlighting those that have not been read in a similar manner that your email displays unread messages.

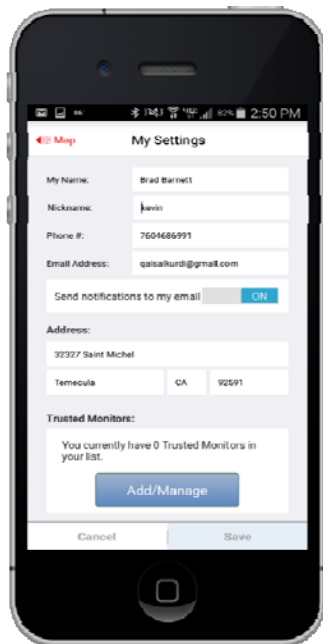
## Settings – Personalization and Feature Preferences



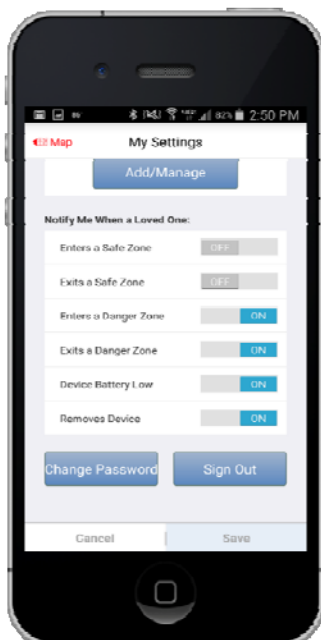
**Adding your Information and setting your Preferences:** Within Settings, you will add your contact information, add an email account to receive Notifications, add or change Trusted Numbers and those that can help to monitor your Loved One, change your Password and Log Out of the App.



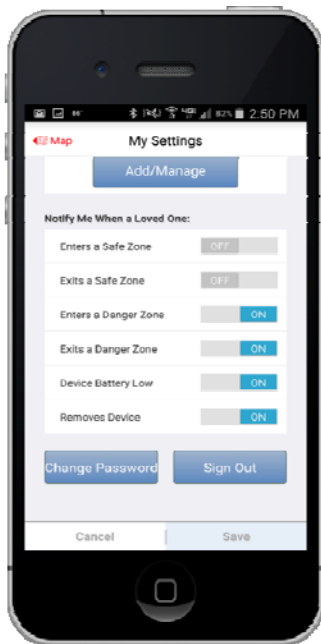
At the top of the Settings screen, enter your name, the nickname that you want to see on the In-Sight device directory (e.g. Mom or Dad), your email address and your mailing address. You can also select if you would like Notifications to come to your email address in addition to receiving them in the App.



Further down the Settings page, you can add or change the Trusted Phone numbers. Remember that these Trusted Phone numbers are the only numbers that can call and receive calls from the In-Sight device. In adding a Trusted Phone number you will also be sending an email invitation to the owner of that phone number that will allow them to access your Loved One on the In-Sight free App.



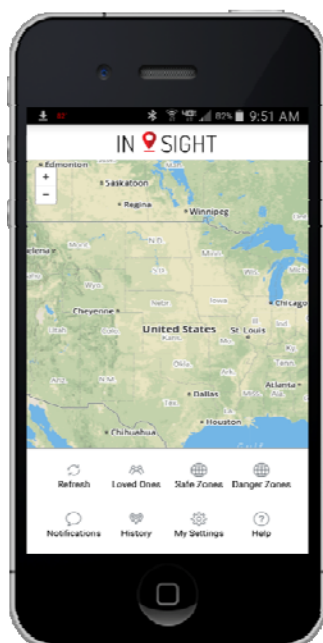
Within the Settings section, you will also be able to set your preferences for what Notifications that you will receive. The default setting for each option is set so that you will receive a Notification for each condition.



You can change the Password that you use to access the In-Sight app on your smart phone, tablet or PC at any time by tapping Change Password at the bottom of the Settings page and following the step by step process.

You can also elect to Sign Out of the App when you are finished with your session. By signing out, you will need to re-enter your Username and Password the next time that you wish to access the App. Most people prefer to remain logged in at all times to make it quicker and easier to access the Location of your Loved One at any time.

## Help – Your Personal Assistant



**Frequently Asked Questions and Searchable Answers:** By tapping the Help icon on the Maps page you will be able to access answers to most any question that you will have in the use of your In-Sight device and the set-up of the In-Sight app. We encourage you to briefly look at this content now to make it easier if you ever have to come back to access the Help feature.

## **FCC Caution:**

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## **Exposure to radio frequency (RF) energy**

In August 1996, the U.S. Federal Communications Commission (FCC), with its action in Report and Order FCC 96-326, adopted an updated safety standard for human exposure to Radio Frequency (RF) electromagnetic energy emitted by FCC-regulated transmitters. The design of this product complies with the FCC guidelines and these international standards.

## **Body-worn(Wrist) and Next-to-Mouth operation**

This device was tested for typical bodyworn(Wrist) operations with the back of the device kept 0 inches (0cm) between the user's body(Wrist) and the back of the device.

And this device was tested for typical Next-to-Mouth(Face) operations with the front of the device kept 0.39 inches (1cm) between the user's mouth(Face) and the front of the device.

To comply with FCC RF exposure requirements, a minimum separation distance of 0.39 inches (1cm) must be maintained between the user's mouth(Face) and the front of the device.

Any accessories containing metallic components may not be used.

## **Specific Absorption Rate (SAR) values**

Your product is a radio transmitter and receiver. It is designed and manufactured not to exceed the emission limits for exposure to Radio Frequency (RF) energy set by the Federal Communications Commission of the U.S. Government. The standards include a substantial safety margin designed to assure the safety of all persons, regardless of age and health.

The exposure standard for wireless products employs a unit of measurement known as the Specific Absorption Rate, or SAR. In the United States, the SAR limit for smart watch used by the public is 1.6 watts/kg (W/kg) averaged over one gram of tissue or 4.0 watts/kg (W/kg) averaged over ten gram of tissue.

Tests for SAR are conducted using standard operating positions specified by the FCC with the product transmitting at its highest certified power level in all tested frequency bands.

Although SAR is determined at the highest certified power level, the actual SAR level of the product during operation can be well below the maximum value.