orbic®
SMARTWRIST
4G™ LTE

USER MANUAL

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Overview

Congratulations on your purchase of RC178LWRT, Orbic Smart Wrist.

Orbic is a brand of products designed to help consumers connect to the things that are important to them. Orbic products offer consumers quality and value combined with up-to-date technology. This user guide will show you how to set up and use your Smart Wrist.

Orbic Smart Wrist is available in two versions:
1. RC178LW: Prescription-based model
2. RC178LWRT: Over-the-counter model

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General Appearances
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8. Charging dots

Intended Use
The Smart Wrist is intended for spot-checking adult patients in hospitals, clinics, long-term care, and home use.

Indications for Use
The Smart Wrist is a wrist-worn device to measure and display functional oxygen saturation of arterial hemoglobin (% SpO2) and pulse rate (PR).
- Displayed ranges for SpO2 are between 70%-100%
- Displayed ranges for Pulse Rate are between 30-210 BPM

Using your Smart Wrist

The Smart Wrist has touchscreen capability allowing you to swipe up, down, left, and right on the screen to switch the content. The watch has a button on the right side that takes you to the main menu.

Swipe down, up, left, right	Long press home screen	Button function definition
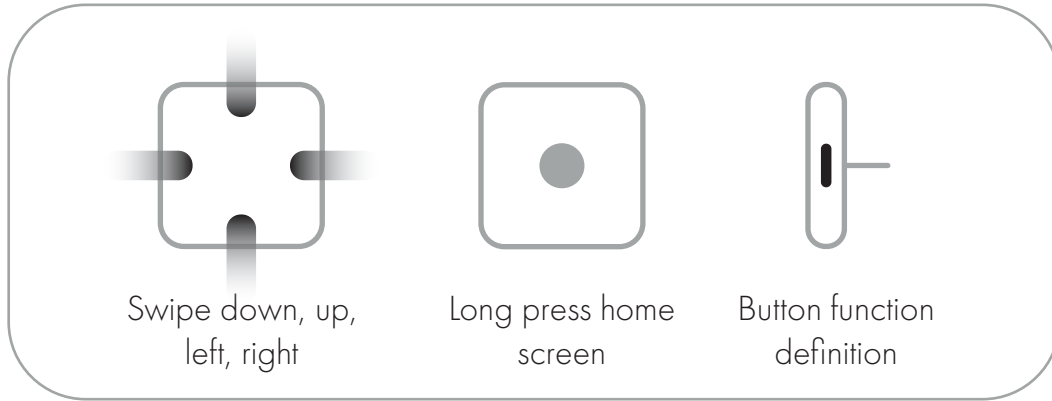
Power ON

To turn ON the Smart Wrist, make sure that the watch is charged once it is unboxed, and then long-press the button for 3 seconds. You will now see the Orbic logo screen.

Power OFF or Reset
- Press and hold the Power button for 3 seconds, select power OFF, or restart.
- Press and hold the Power button for 3 seconds, and select power OFF.
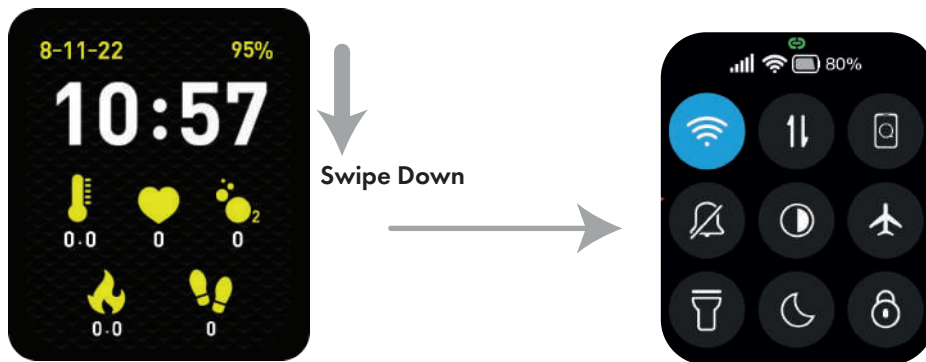- Force restart: Press the Power button for 10 seconds to restart the watch.

Home Screen

After powering ON the Smart Wrist, the home screen appears, which hosts the details of –

a) Date and Time
b) Battery Status
c) Body Temperature
d) Heart Rate
e) SpO2 Levels
f) Calories Count
g) Footsteps Count
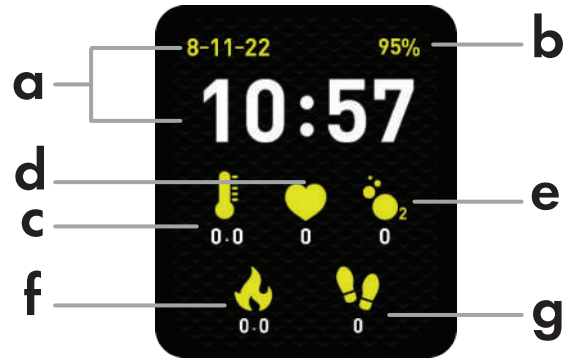
Control Center

To access the control center of the watch, swipe down the home screen. The new screen with the multiple setting icons is the Control center screen.

On top of the screen, the green link shows the paired status with the Orbic Wear App, Network strength, Wi-Fi connectivity, and battery status.

To modify any setting on the Smart Wrist, tap on the below icons of the control center screen.

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Paired Status   🔗   The paired status between the watch and Orbic Wear app. Green is connected, Red is disconnected.

Network Signal Strength   .ııll   Network Signal Strength Indicator. More bars indicate more signal strength.

Wi-Fi ON/OFF   🛜   To switch ON the Wi-Fi, tap on the icon, and the icon turns blue.

Press and hold the icon to change the Wi-Fi network, Activate the WPS button, and set up WPS PIN code input.

Cellular Data   ↑↓   To turn ON the cellular data, tap on the icon.

Press and hold the icon to get the advance settings such as Roaming, Preferred network type, Data usage, Access point names, and SIM card lock.

Find Your Phone   📱   If you are connected to your smart-phone, Orbic Smart Wrist helps you find your phone.

Notification Bell   🔕   Tap the icon to set the Smart Wrist to Ringer ON or Ringer OFF mode.

◯   Low Brightness

◐   Medium Brightness

Brightness Control   ●   High Brightness

Ⓐ   Auto Brightness

Airplane Mode   ✈   Airplane mode is a setting that switches OFF your device's connection to cellular and Wi-Fi networks.

Flash Light   🔦   Lights up the face of the Smart Wrist for extra light.

DND
(Do Not Disturb)   ☾   Do Not Disturb feature mutes all calls, alerts, and notifications on your Orbic Smart Wrist.
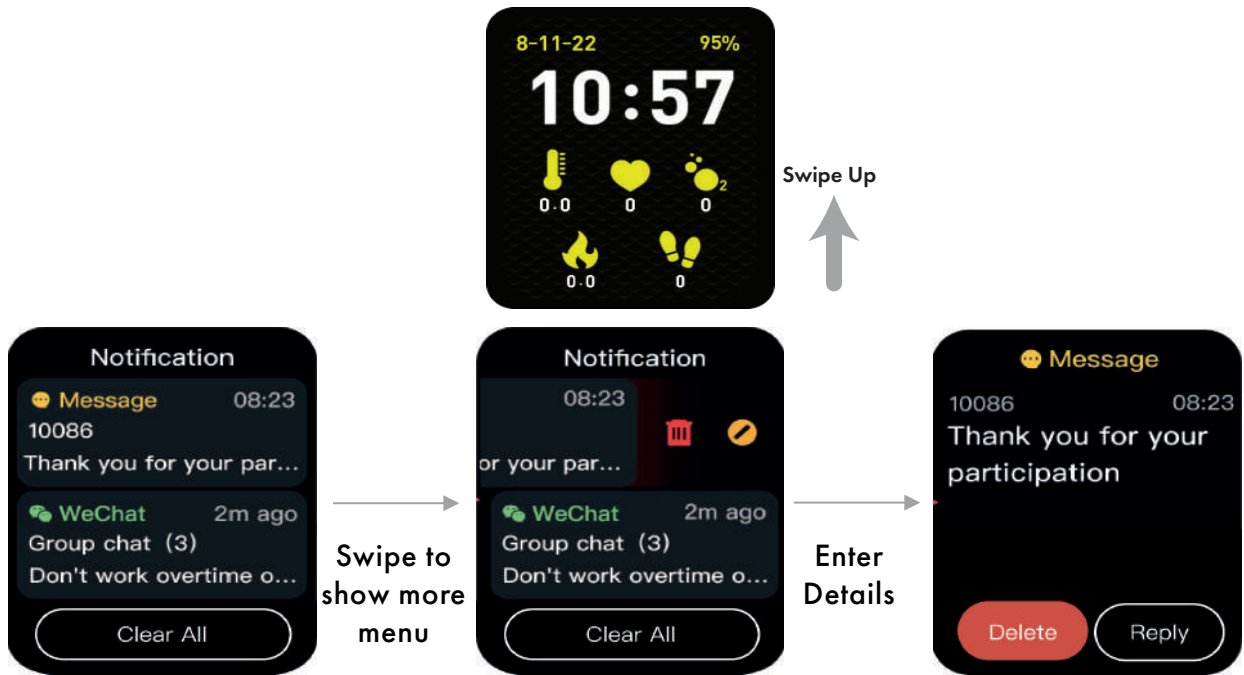
Lock Screen   🔒   Screen lock is used to prevent touch by mistake, and does not respond to any operations after opening.

Notifications

From the Home screen, swipe UP to view the notifications. Users can respond to the notifications through the Smart wrist. Tap on the notification to reply, delete or clear the notifications.


Main Menu

On the Home screen, press the button to enter the main menu. Users can access all the applications in the Smart Wrist from this menu. To go back to the Home screen, press the button on the right.

Watch Face

Users can add or edit the watch face by installing the Orbic wear app from the iOS App Store or Google Play store. To customize or edit the watch face, press and hold the Home screen.
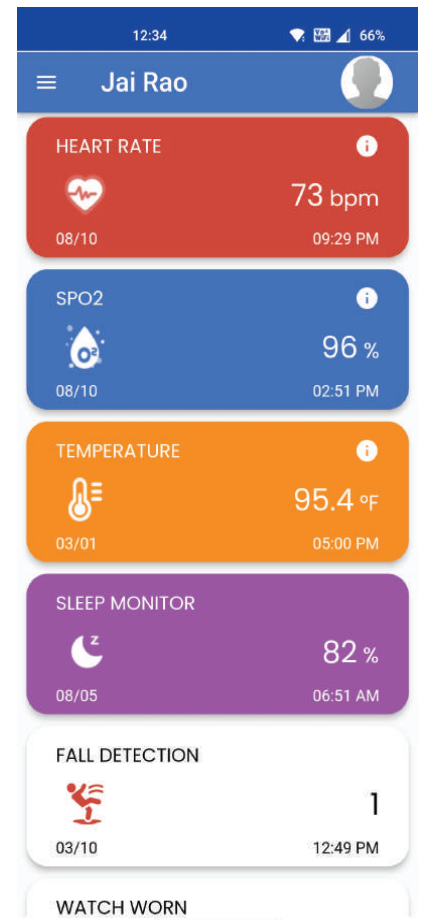
Charging the Battery

Please charge your device fully before turning it ON. Follow the steps below to charge the device.

1. Watch
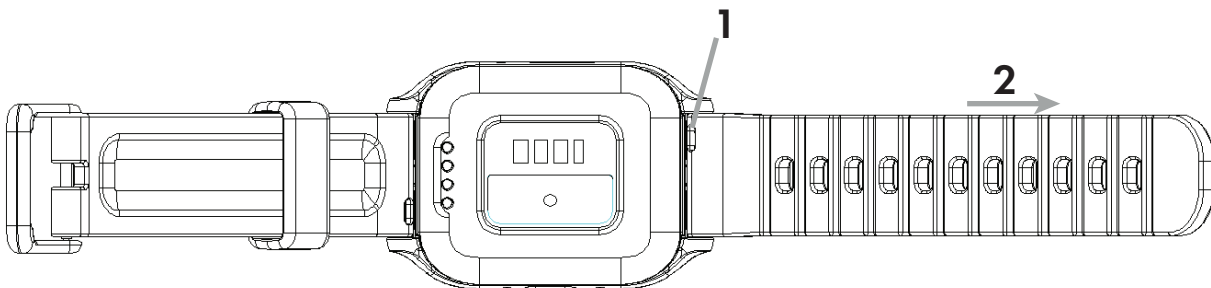
2. Charging Dock

3. Loading the Watch

4. Loaded the watch
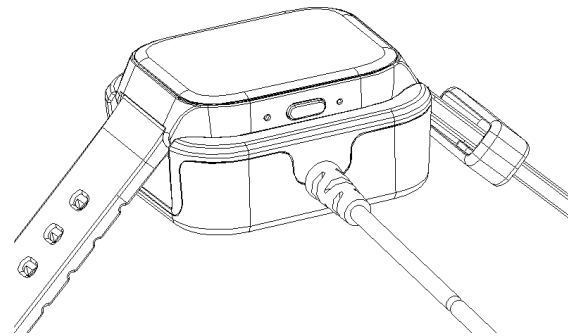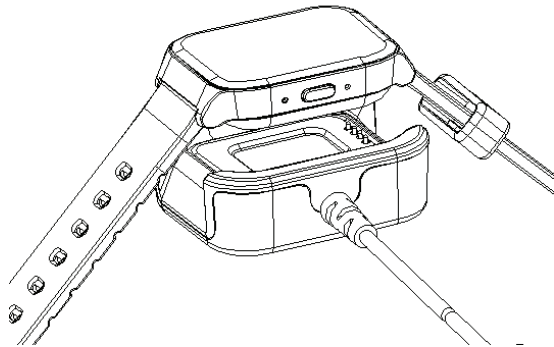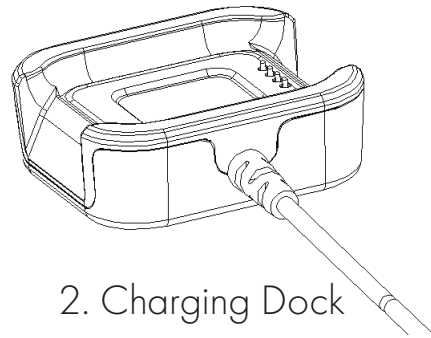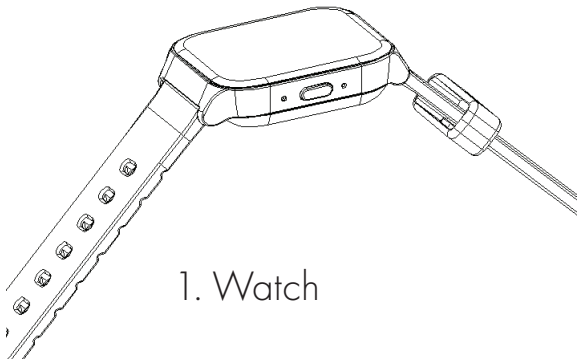
WARNING:

You must use only the approved charger docks with your device. Incompatible chargers or tampering with the charger port could lead to device damage and void the warranty.

Change the Watch Strap

1. Press the hinge button.
2. Pull out the strap.

eSIM Activation

You can activate the eSIM automatically or call (800) 922-0204 from any phone with an issue. The first time the device is powered ON, follow the setup wizard. If you have questions, you can visit the nearest Verizon retail store to ask for help.

SOS Contacts Setting

Follow the below steps to set up the SOS contacts:
Press the button to enter the Main menu > Settings > Security > SOS Alert > add the Emergency Contact and enable the Auto send SMS and Auto Call options. When the setting is complete, if you press the button 3 times continuously, the device makes the SOS call and sends an SMS automatically to the emergency contact.

Applications Used on Device

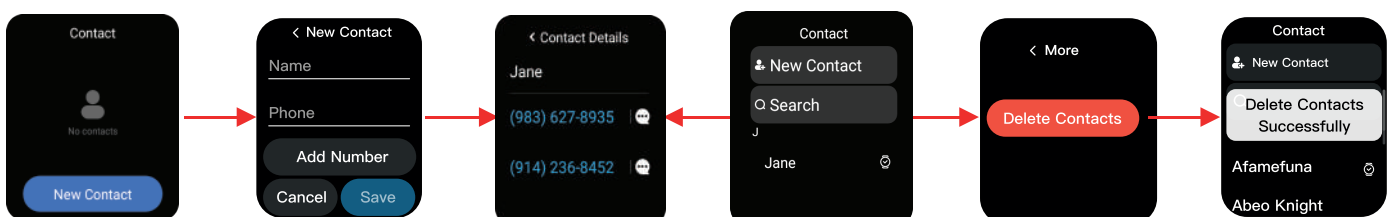The Smart Wrist is an Android 8.1 go OS watch; all the applications are similar to an Android smartphone.

Phone

Orbic Smart Wrist allows users to call from the watch and check the call log. Users can also set up call forwarding and access voicemails.
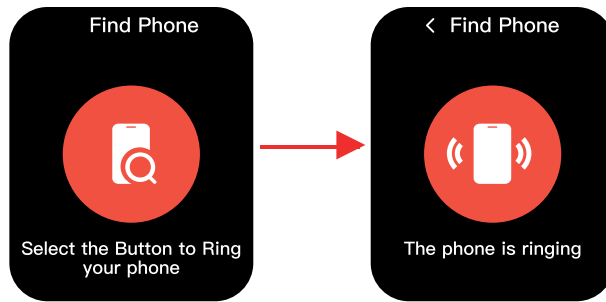
Contact

The Smart Wrist allows users to access their contacts and create new ones.

Find Phone

Smart Wrist helps you locate a smartphone connected to the Orbic Wear app by ringing the phone and is an extremely useful feature.


Heart Rate

Using the Heart Rate app, you can record your heart rate at any moment. Open the app, and wait for Smart Wrist to measure your heart rate. You can also view your daily resting, walking, breathing, exercise, and recovery rates. To effortlessly open the app, add the Heart Rate complication to your watch face.
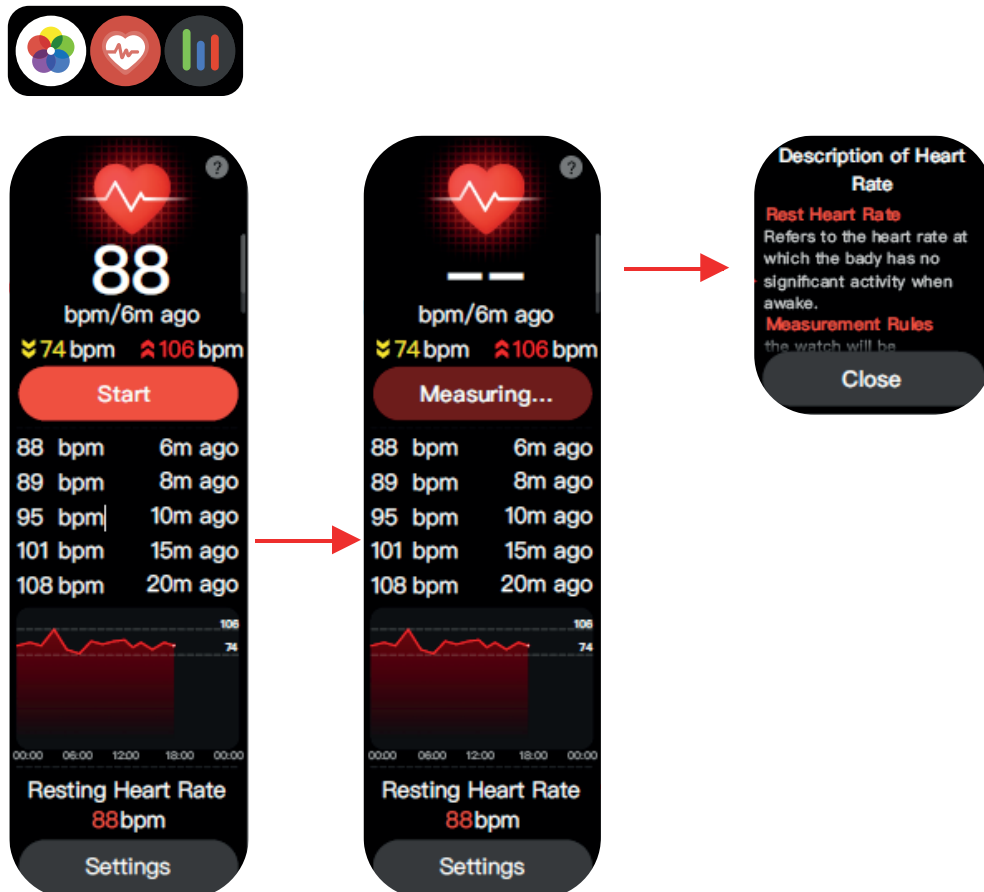
Temperature

Users can check their body temperature anytime using the Smart Wrist. Open the temperature app and wait for the watch to record your temperature.
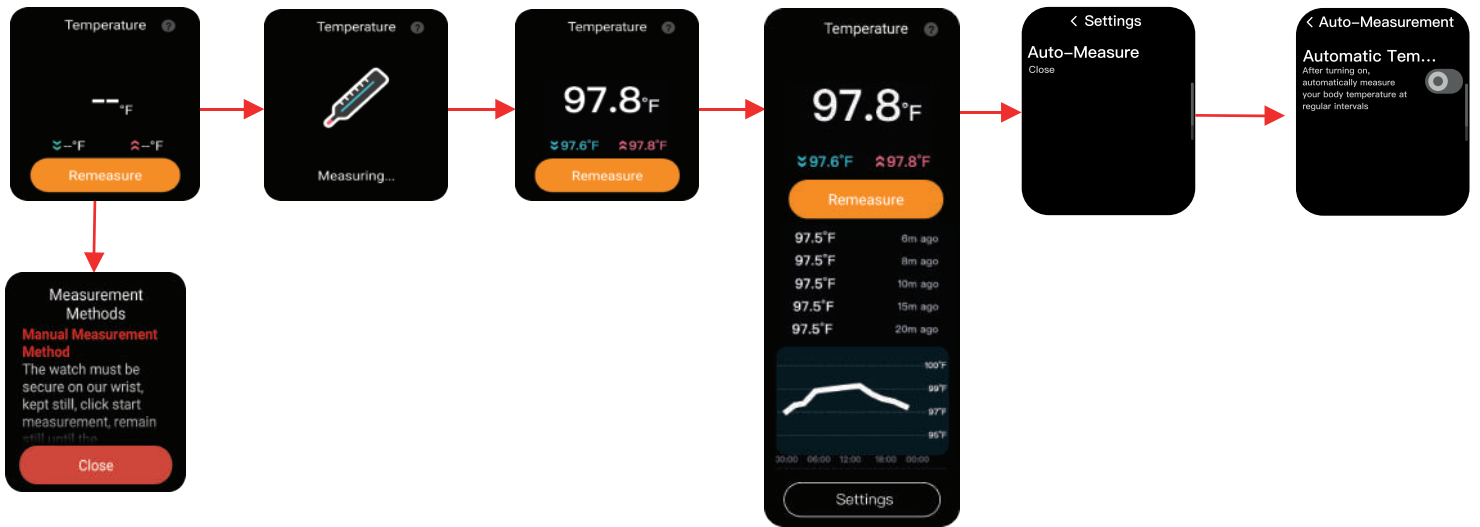
SpO2

The SpO2 app can allow you to measure the oxygen level of your blood on-demand directly from your wrist, providing insights into your overall wellness.

You should remain still for approximately 35 seconds to accurately measure SpO2 and Pulse Rate. The data displayed at that time is not current.
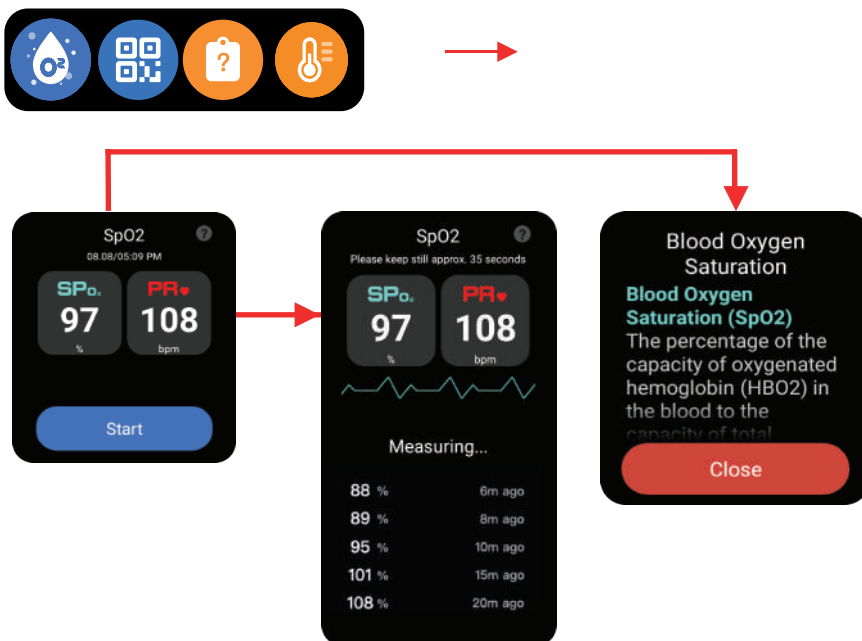

Note:

The watch will vibrate if the SpO2 and Pulse Rate value goes below the user-specified value. The user has the option to re-check the values. The alarm is only enabled in the prescription model.

Activity

The Smart Wrist tracks your activity and progress in different modes based on what activities you perform. The watch hosts different modes such as –

- Outdoor Running
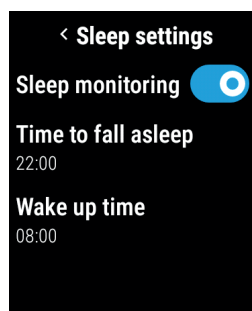- Brisk Walking
- Outdoor Cycling
- Hiking
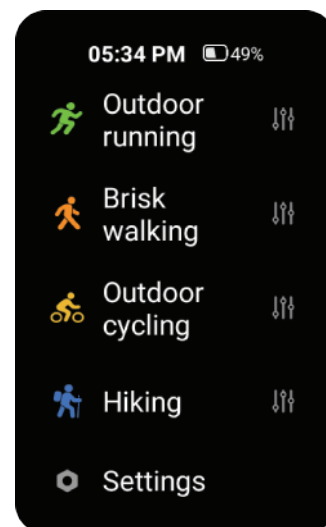
Sleep Tracking App

Tap the icon in the main menu to enable/disable the Sleep Tracking feature and change settings when the app launches for the first time.

Sleep Settings

Swipe up on the Sleep score screen to view the Sleep Summary and Average Sleep Time.

- By default, Sleep Monitoring is set to OFF. Enabling this function will start monitoring your sleep within the set sleep duration.

- Time to fall asleep

The user can set the sleep duration start time. This is set by default to 22:00 hours for the current date. New time can only be set for the current date.

- Wake up time

The user can set the end time for the sleep duration. By default, this is set to 8:00hrs. New time can only be set for the current date.

Sleep Summary

This screen shows your sleep summary for the elapsed sleep period. You can check this screen during the active sleep period and after the sleep period has elapsed.

Sleep Summary

06:20

Sleep Duration

00:45	00:50
Awake	REM
03:40	01:50
Light	Deep
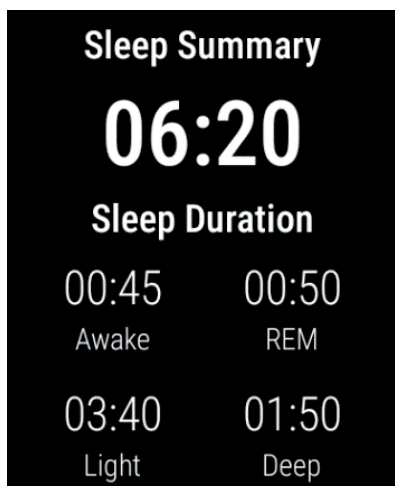
The Sleep summary shows your sleep categorized in four categories:

Awake: Within the set sleep period, if your heart rate thresholds are high, indicating you are active/awake.

REM: Rapid Eye Movements: Within a set sleep period your heart rate thresholds are sufficiently high, closer to Awake state, but not fully awake.

Light: Within the set sleep period, the heart rate is relatively on the lower side as compared to Awake and REM state.

Deep: Within the set sleep period, the heart rate is relatively on the lower side compared to Awake, REM, and light state.

Average Sleep Duration

This screen shows your average sleep time for the last week. You can check this screen during the active sleep period and after the sleep period has elapsed.

The settings button below will open a screen that allows you to switch the ON/OFF sleep monitoring feature and set sleep start and end times.

05:03

Average Sleep Duration

F S S M T W T

Settings

14
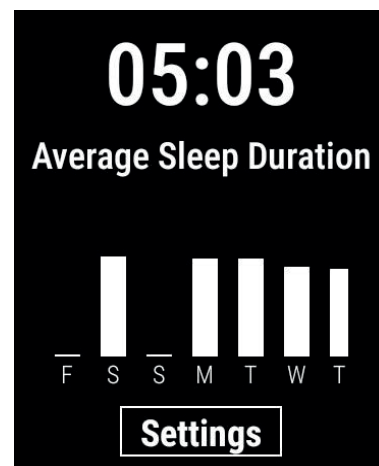
ORBIC CARE FAMILY APP

OrbicCare Family app allows the family member to access the user's vital information anytime, anywhere. The user of the smart wrist needs to provide access to the family member before sharing the information.
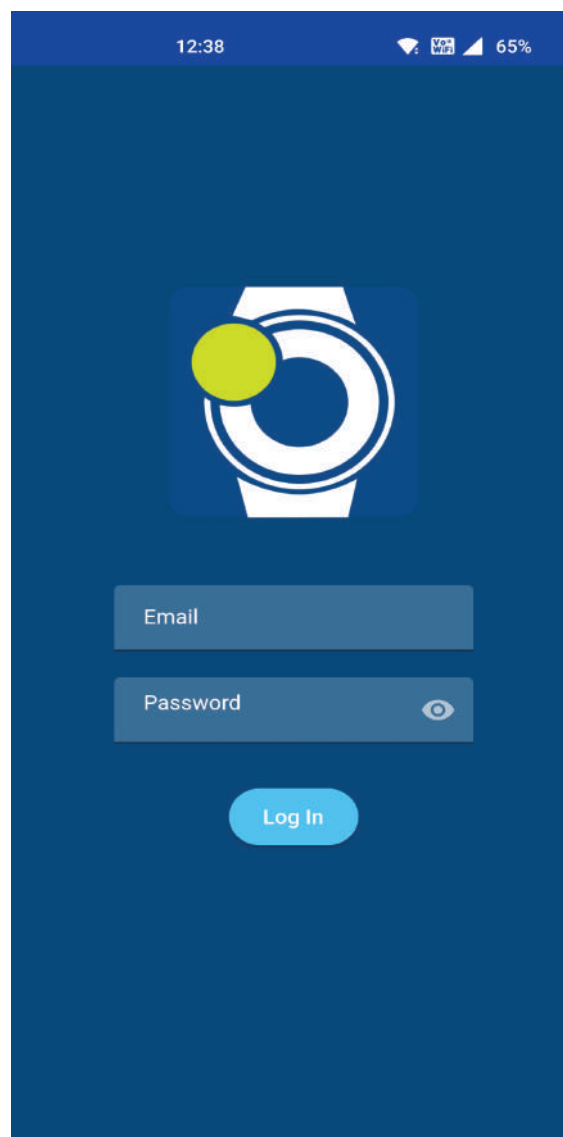
This app can be downloaded from Google Play Store or AppStore by Members. You will need good internet connectivity for the app to run. Once it has been installed, the user can run and open it.

OrbicCare Family app displays the following:
- Login Screen
- Home Screen
- Settings

Login to the App

To log in, type the member's Email id and Password and click on the Log In button.

## Home Screen

Home Screen displays:
- User's name
- User's profile picture
- Menu option
- Vitals - Cards displaying all the vitals with icon, values, date and time respectively

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Vitals

Vitals card shows the following:
- Heart rate
- SpO2
- Body Temperature
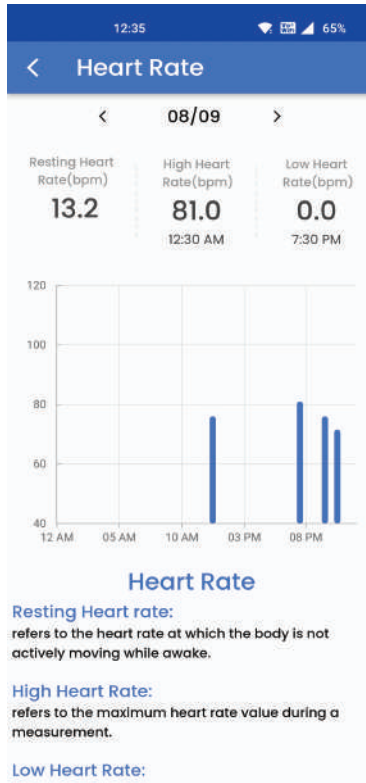- Sleep Score
- Watch worn
- Battery indicator

These cards hold the respective icons and last updated values with their respective date and time.
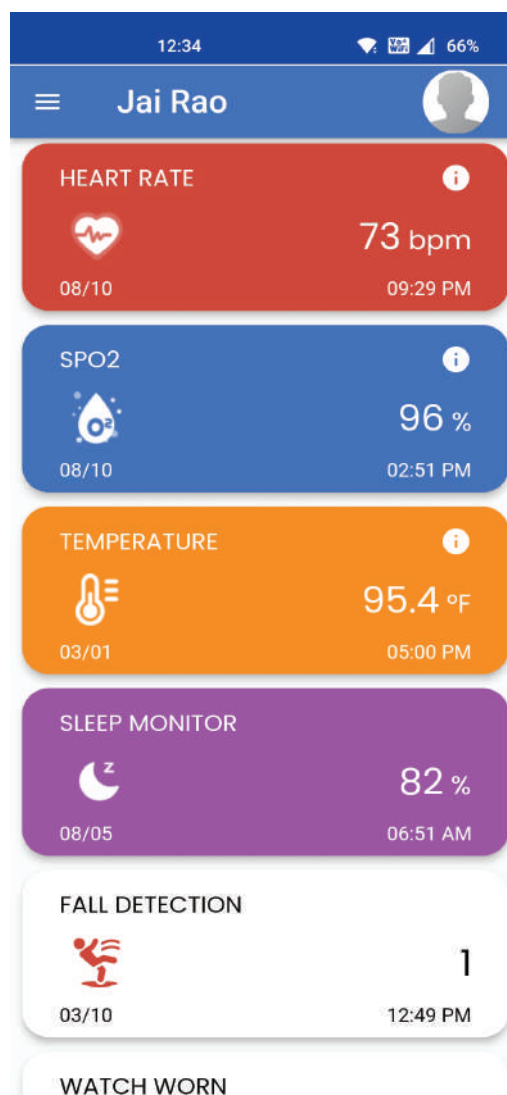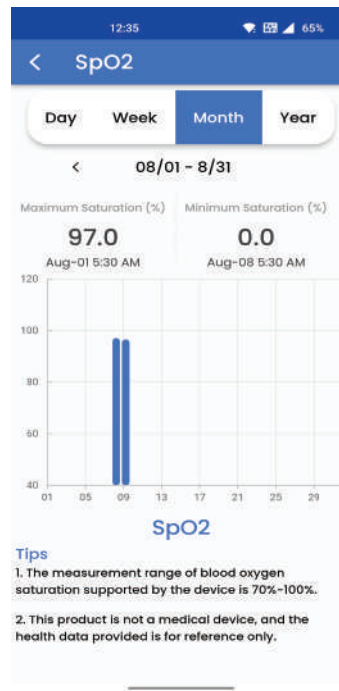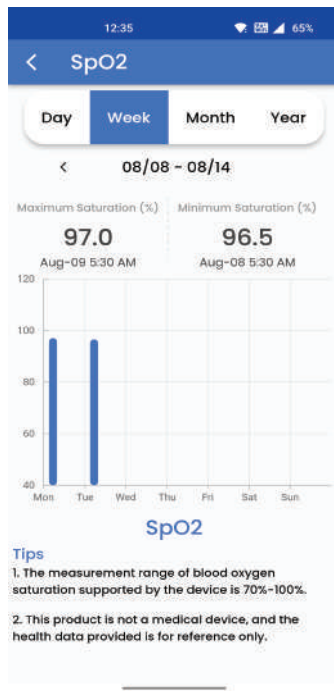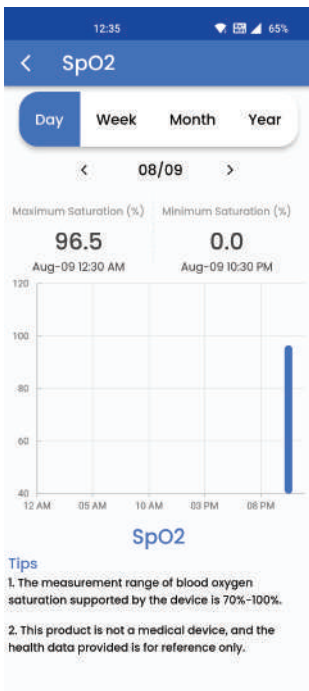
Heart Rate

Heart rate displays the following:

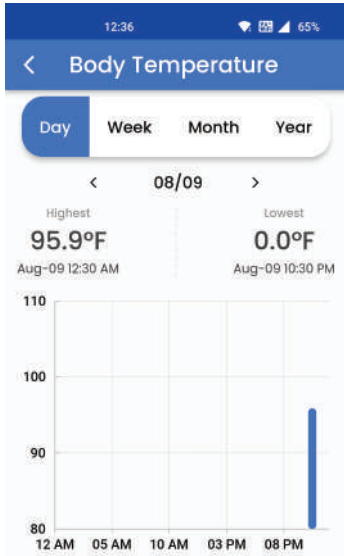

SpO2

Spo2 displays the following:
- Toggle between day, week, month, and year to view respective data.
- Graph that renders data.
- Max and Min saturation levels with date and time.

Body Temperature

The Body Temperature view is similar to that of SpO2. You can see:
- Toggle buttons: day, week, month, and year to view respective data
- Graph that renders the data based on user selection.
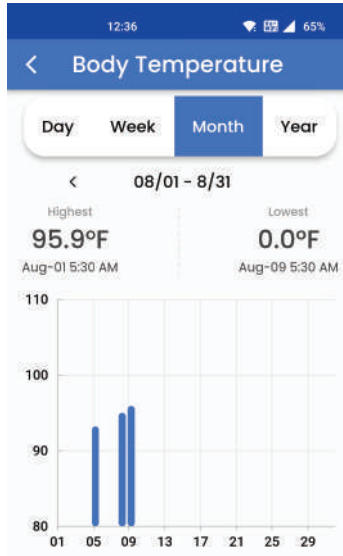- Max and Min Temperature % with date and time.

Sleep Tracking displays

- Date Navigation – one week of data.
- Sleep Summary – Sleep Score, Average Sleep time, Awake time, deep sleep, light sleep and REM sleep.
- Graph
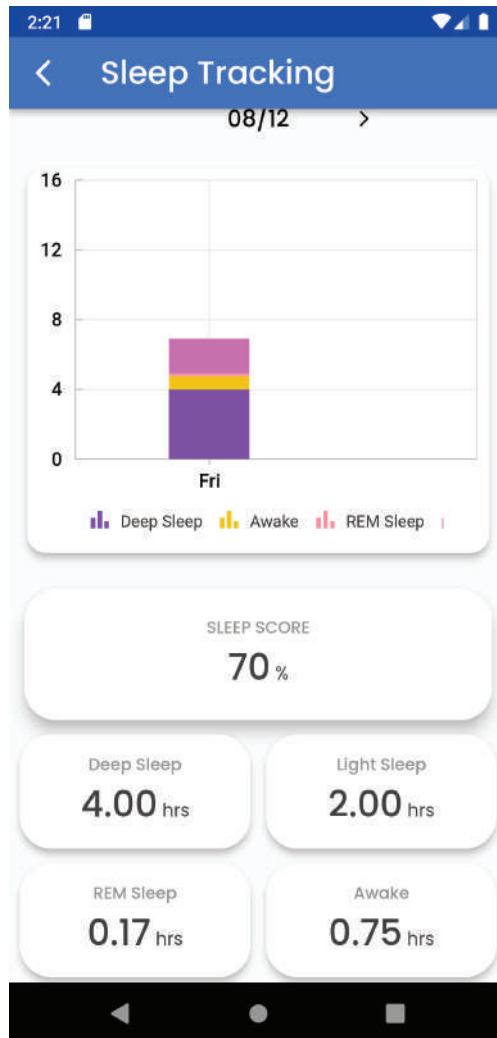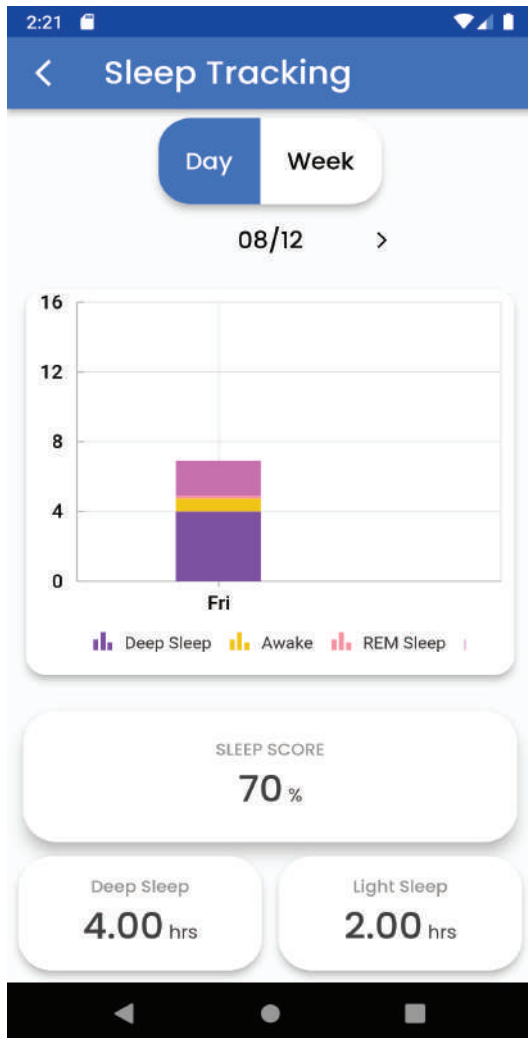
My Connections

My Connections widget displays all the users' names with their profile images on individual cards.
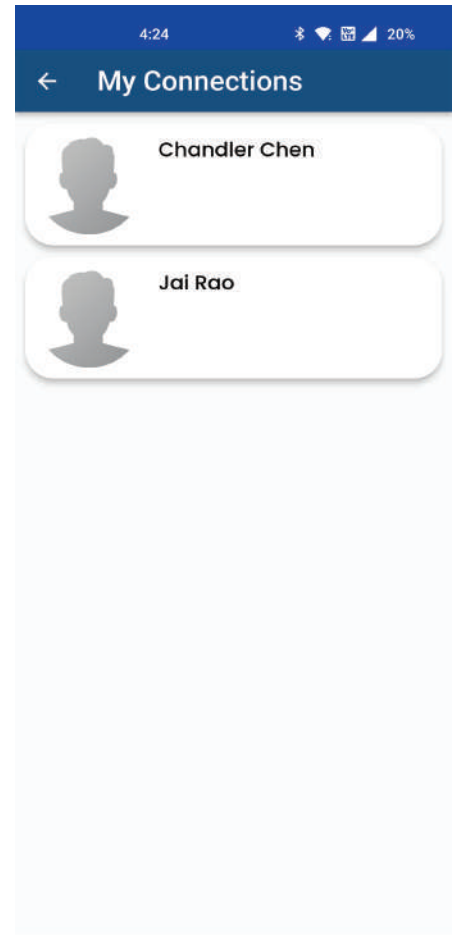
Change Password

Members can update their password by tapping on the 'Change Password' menu item on the Settings screen.
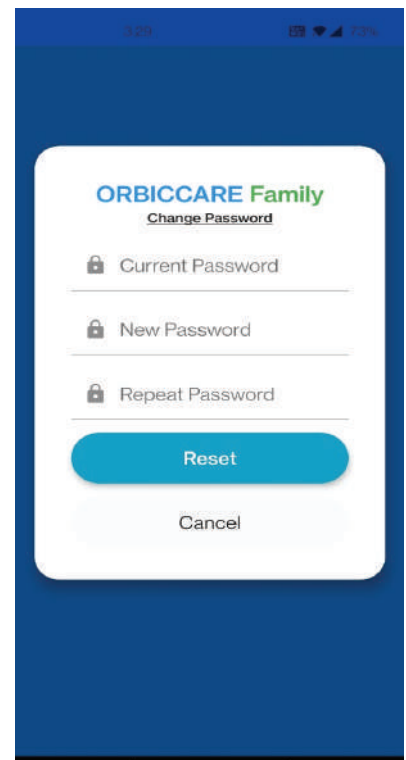
Terms and Conditions

- Terms and Conditions Screen provides all the information the member needs to know while using the app.
- Users can view this screen by tapping on the "Terms and Conditions" on the Settings menu item.
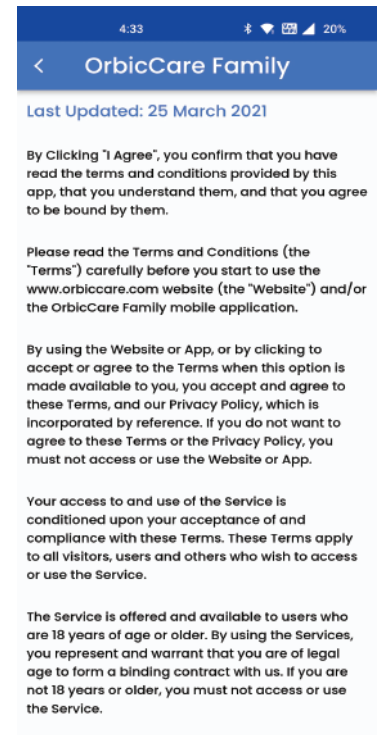
Log Out

- You can Log out of the application by selecting the 'Log Out' option from the menu items provided.

- On tapping the option, a pop-up appears asking you to choose either yes or no to log out.

- If you tap "Yes", you will be redirected to the login screen.

- If you click "No", you will be redirected to the Home screen.
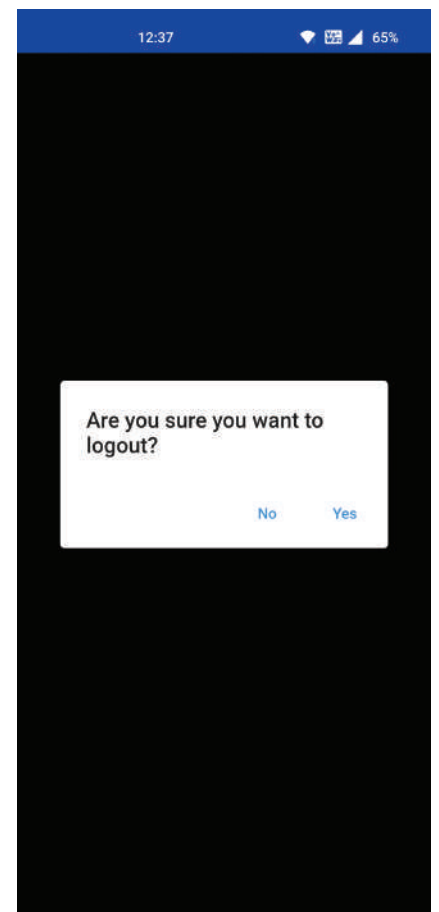
Orbic Wear App

Orbic Wear app allows to create personalized quality user experience via data analytics.

This app can be downloaded from Google Play Store or AppStore by Members. You will need good internet connectivity for the app to run. Once it has been installed, the user can run and open it.

Orbic Wear app displays the following:
- Device
- Main Screen
- Health
- Profile
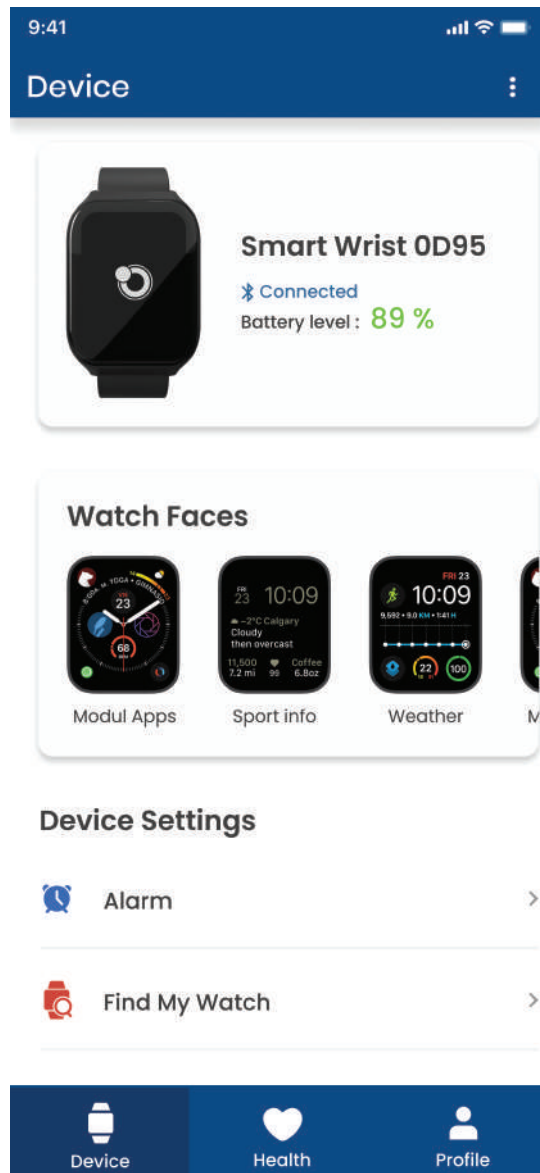
Device Screen

Device Screen displays:
- Alarm
- Find Watch
- Notifications

Health Screen

Health Screen displays:
- Heart rate
- SpO2
- Body Temperature
- Sleep Monitor
- Excercise Record
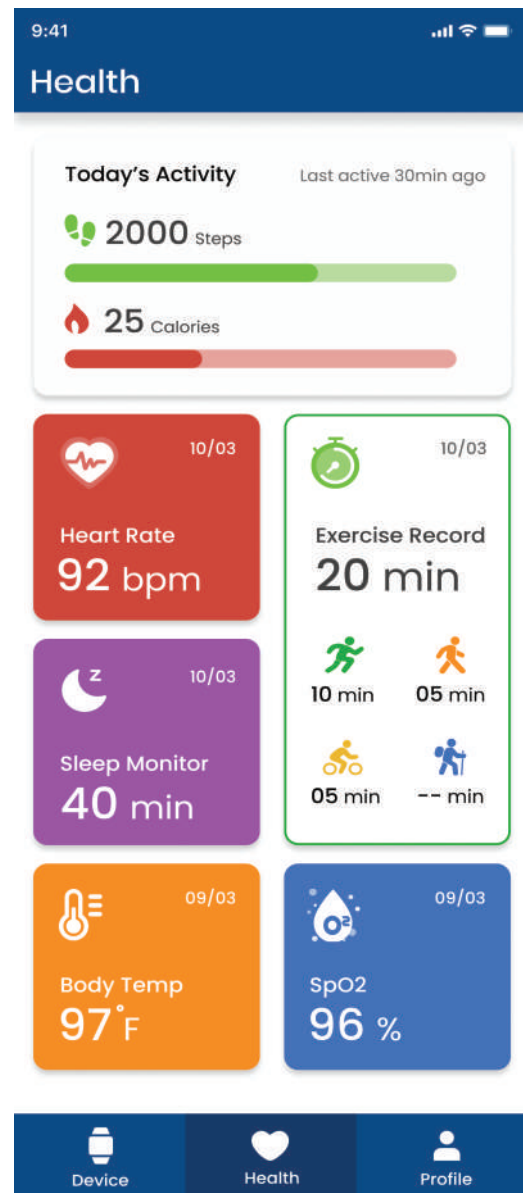
Profile Screen

Profile Screen displays:

Software Update

Please follow the steps to update your watch to the latest software:

- Tap the Power key to enter the main menu, tap the Settings menu > System Update menu to enter the Software Update page.
- Tap Check for Update.
- When new system software is available, it will download the package and show the available update on the watch screen. After the download is complete, click "Install Now" to install Or select "Install Later" you can also customize the installation time.

Settings	Software Update	Update Unsuccessful
Battery	Software Version: ORB178LW_v1.0.70_BVZRT	Sorry, we weren't able to install this update. No changes were made. Please try again.
Time		
Security	System Update Status: No updates applied	
System Update	Back Check for Update	OK
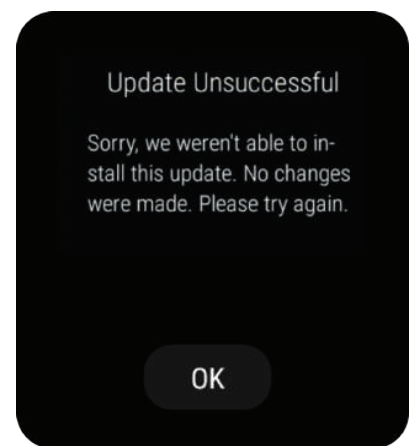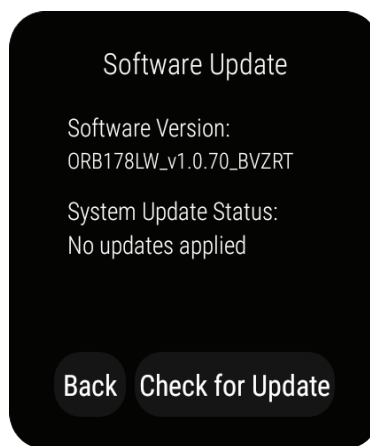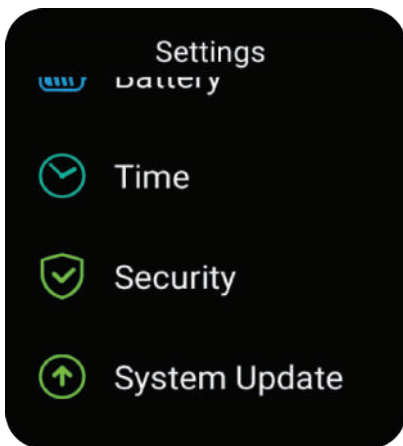
Troubleshooting

If you are having trouble with Smart Wrist, here are a few things you can do to get it to function correctly.

1. Smart Wrist not responsive - Reboot forcefully by pressing the Power button for about 10 seconds.
2. Ensure that the Orbic wear app always runs continuously in the background.

Some Android phones can put apps to sleep. If you want the application to be always ON, you must perform the following steps manually.

- Open the SETTINGS app and select Apps & Notifications.
- Scroll down (You might have to select All Apps) and select Orbic Wear.
- Click on PERMISSION > LOCATION and select "Allow all the time".
- Click on BATTERY > Select Not Optimized option. Restore to Factory Settings.
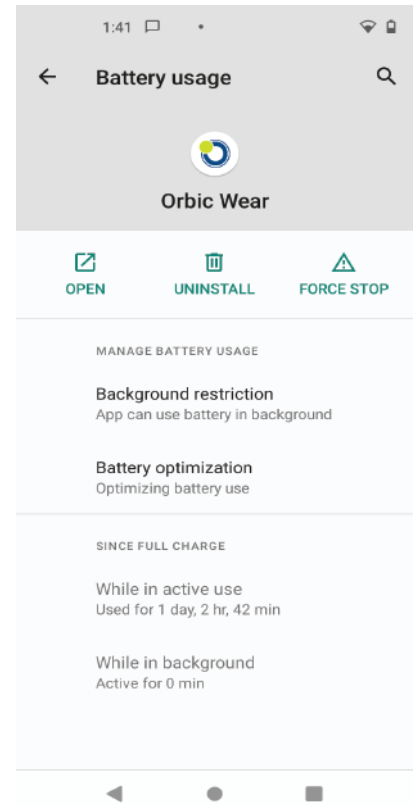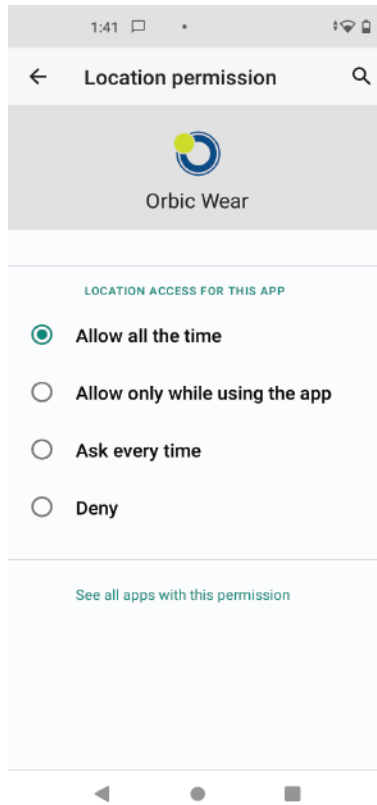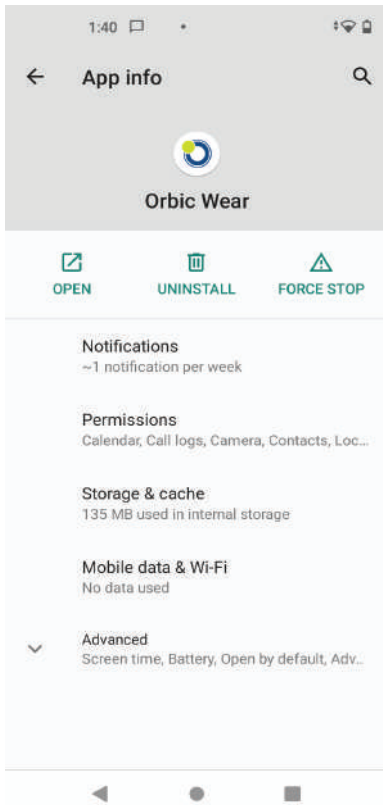
Software Update Issues

- The watch will give a Low Battery message if it is less than 30%.
- Download interruptions - You can go to the System Updates page to retry.
- Install failed - You can go to the System Updates page to retry.
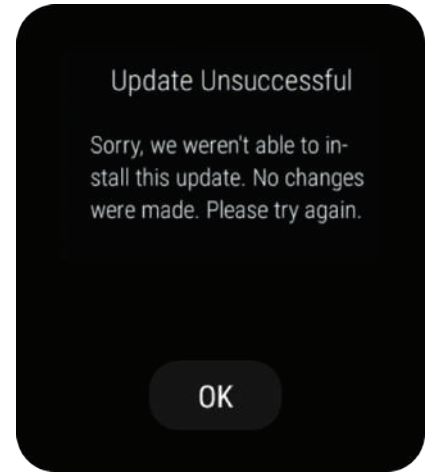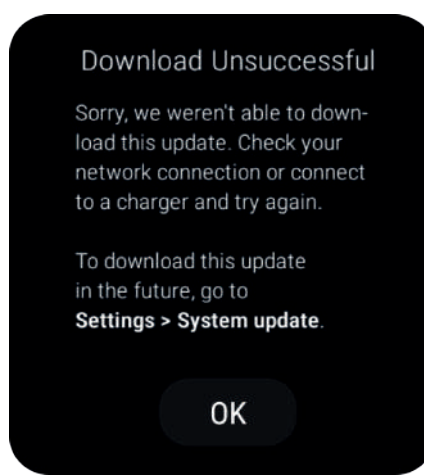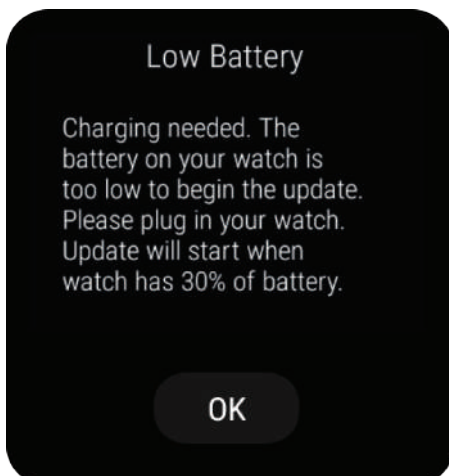
Note:

Please contact the manufacturer for product circuit diagrams, parts lists, calibration instructions, or other equipment maintenance-related information.

1* WARNING: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

2* WARNING: Use of accessories, transducers, and cables other than those specified or provided by the equipment manufacturer could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

3* WARNING: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the ME equipment, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

4* WARNING: You might see some standard deviation in measurements.
-- Blood Oxygen Saturation Measurement Accuracy: ±3%
-- Pulse Rate Measurement Accuracy: ± 2BPM

5* WARNING: The FUNCTIONAL TESTER in the Smart Wrist, RC178LW, cannot be used to determine the ACCURACY of a PULSE OXIMETER PROBE or a PULSE OXIMETER MONITOR.

6* WARNING : This product can expose you to the chemical lead known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

7* WARNING : Software algorithms and DATA UPDATE PERIOD may delay the displayed and transmitted values of SpO2 and Pulse Rate.

Table 1

declaration - electromagnetic emission	
Emissions test	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR 11	Class B
Harmonic emissions IEC 61000-3-2	Not applicable
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable

Table 2

declaration - electromagnetic immunity		
Immunity test	IEC 60601 test level	Compliance level
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	Not applicable
Surge IEC 61000-4-5	± 0.5kV, ± 1 kV line(s) to lines ± 0.5kV, ± 1 kV, ± 2 kV line(s) to earth	Not applicable
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0 % UT; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270°and 315° 0 % UT; 1 cycle and 70 % UT; 25/30 cycles Single phase: at 0° 0 % UT; 250/300 cycles	Not applicable
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m	30 A/m
NOTE: UT is the a.c. mains voltage prior to application of the test level.		

Table 3

declaration - electromagnetic immunity		
Immunity test	IEC 60601 test level	Compliance level
Conducted RF IEC 61000-4-6	3 V 0.15 MHz to 80 MHz 6 V in ISM bands between 0.15 MHz and 80 MHz	Not applicable
Radiated RF IEC 61000-4-3	10V/m 80 MHz to 2.7 GHz	10V/m

Table 4

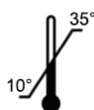| declaration - IMMUNITY to proximity fields from RF wireless communications equipment					
Immunity test	IEC60601 test level				Compliance level
	Test frequency	Modulation	Maximum power	Immunity level	
Radiated RF IEC 61000-4-3	385 MHz	**Pulse Modulation: 18Hz	1.8W	27 V/m	27 V/m
	450 MHz	*FM+ 5Hz deviation: 1kHz sine	2 W	28 V/m	28 V/m
	710 MHz 745 MHz 780 MHz	**Pulse Modulation: 217Hz	0.2 W	9 V/m	9 V/m
	810 MHz 870 MHz 930 MHz	**Pulse Modulation: 18Hz	2 W	28 V/m	28 V/m
	1720 MHz 1845 MHz 1970 MHz	**Pulse Modulation: 217Hz	2 W	28 V/m	28 V/m
	2450 MHz	**Pulse Modulation: 217Hz	2 W	28 V/m	28 V/m
	5240 MHz 5500 MHz 5785 MHz	**Pulse Modulation: 217Hz	0.2 W	9 V/m	9 V/m
Note* - It would be the worst case to use 50% pulse modulation at 18 Hz instead of FM modulation because it does not represent actual modulation.					
Note** - The carrier shall be modulated using a 50 % duty cycle square wave signal.					

Using Your Device

- The PULSE OXIMETER EQUIPMENT is calibrated to display FUNCTIONAL OXYGEN SATURATION
- Make sure the Smart Wrist is in good condition before taking a measurement.
- DO NOT use your Smart Wrist in an explosive atmosphere.
- DO NOT drop your Smart Wrist as dropping may cause damage to it.
- DO NOT crush your Smart Wrist or place heavy objects on it, as this may cause damage to it.
- DO NOT open or disassemble your device; opening and disassembly may cause damage to the device, and that may hamper your readings.
- DO NOT strike or needle the battery or your Smart Wrist
- DO NOT perform any servicing or maintenance of the watch when it is in use
- Avoid spilling liquids on your Smart Wrist and keep the display upwards
- Keep your Smart Wrist away from fire and/or heat sources.
- High-frequency electrosurgical interference and defibrillators may cause your device not to function properly.
- Do not touch the inner antenna area if not necessary; it will affect your device's performance.
- Excessive movement, sweating, severe anemia, or hypothermia may cause false Spo2 readings or no readings at all.
- There are no contraindications for the use of this Smart Wrist.
- The use of electronic transmitting devices is forbidden in aircraft and gas stations. Please observe and obey all warning signs and power OFF your device under these conditions.
- Operating your device may interfere with medical devices like hearing aids and pacemakers. Please always keep them more than 20 centimeters away from such medical devices when they are turned ON.
- Your device should work perfectly if there is a temperature change, such as going from 15°C environments to a 20°C environment or from a 35°C environment to a 20°C environment. There is no startup time for the watch.
- Follow local ordinances and recycling instructions regarding disposal or recycling of the device and components, including batteries.
- Over time, the watch sensors might show signs of degradation due to continuous usage. This might result in inaccurate readings.
- When the watch does not receive a complete signal, it will not display the complete waveform but display "--" on the screen.
- This equipment can be powered or charged by a separate power supply (charger) which must meet the requirements of the applicable safety standards (for example, IEC 62368 safety standards for information technology equipment and IEC 60601-1 safety standards for medical electrical equipment).

Care And Maintenance

Please read the below instructions for optimal use and care for your new device.

- Inspect your watch periodicaly for any damage, scratches, or broken screen.
- Keep your watch away from kids or pets, and mishandling can result in the watch not working properly.
- The watch does not need any specific maintenance but if it is not working properly, contact certified service personnel. Do not attempt to disassemble the device on your own, as it might void your warranty.
- Please charge the battery fully before the first use. It is recommended to let the watch discharge between uses.
- On a full charge, the Smart Wrist battery can work up to 14 hours depending on the usage
- To increase battery efficiency, do not let the watch fully discharge between use cycles.
- It is recommended to clean and wipe your watch before and after each use.
- Ensure that dust and sweat do not accumulate on the surface that touches the skin. This is important to ensure accurate readings.
- Your Watch has an IP68 rating making it dust, sand, and water-resistant.
- It is recommended to clean the watch with a disinfecting wipe periodically. Make sure not to submerge the watch in water.
- If the watch has to be worn among multiple users, clean before and after each use
- It is recommended not to use the watch while it is charging.
- The manufacturer should only service the rechargeable battery on your watch.
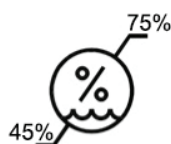- The recommended shelf life of your device and its accessories is 365 days.

Transportation Temperature	35° 10°	**Keep Dry**	KEEP DRY
Humidity Level	75% 45%	**Prescription Only**	℞
Pressure Level	106kpa 86kpa	**Type BF APPLIED PART**	
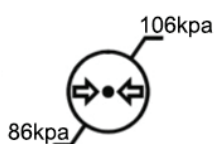
Waterproof and Dustproof grade	**IP68**	**Date of Manufacture**	
Serial Number	SN	**Consult Instructions for Use**	
Catalogue Number	REF	**DISPOSAL**	
No Sounding Alarms			

Smart Wrist Operating Conditions

Temperature: -5°C -40°C;
Humidity: 20% - 93%R.H.;
Pressure: 86 - 106kPa

Support And More

Customer Service
Call 1-877-872-4555
Address - 91 Colin Drive,Unit 1,
Holbrook, NY 11741

Get help using your device and
download a user guide from
your computer visit
https://orbic.us/pages/support

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