

mywellness key

let's move!

TECHNOGYM

The Wellness Company

CONTENTS

1. What is the mywellness® key ?	3
2. What is the mywellness® key ?	3
3. What are “Move”?	4
4. What should I see on the display?	5
5. How should I wear the mywellness® key ?	7
6. Using it for the first time	8
7. mywellness® key in the gym	9
8. How should I use the mywellness® key and the website http://www.mywellness.com ?	9
9. Setting the time	9
10. Recharging battery	10
11. What to do if a problem occurs.....	10
12. Instructions	11
13. Warranty.....	12

1. MYWELLNESS® KEY

The main components of the **mywellness® key** are:



- a. Display
- b. Navigation button
- c. USB connector
- d. USB cradle
- e. Clip
- f. Connector to equipment and to the Technogym Wellness System

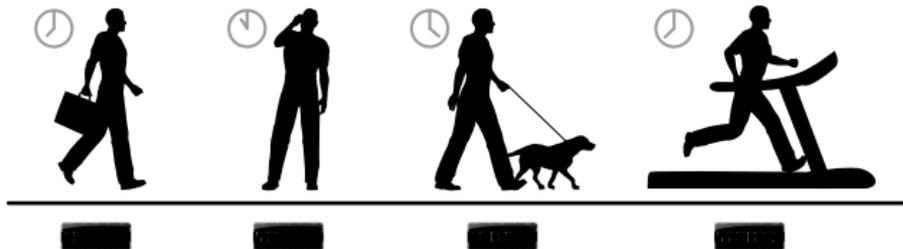
2. WHAT IS THE MYWELLNESS KEY?

mywellness® key is a new device that helps you to achieve a more active lifestyle. Every morning, the **mywellness® key** automatically sets you a physical fitness target for the day. This target is expressed in the unit of

measure “Move”, which is indicated as a white progress bar on the display that you have to complete by the end of the day. To be active, you need at least 1000 “Move” a day. The target “Move” value will change every day to reflect your lifestyle, and how active you are.

3. WHAT ARE “MOVE”?

“Move” are the units of measure for movement, and you can earn them by engaging in physical exercise: walking, climbing stairs, going shopping, walking the dog, etc. To get more “Move”, do some high impact activity like exercising in the gym or outdoors. “Move” measure movement irrespective of how much you weigh, how old you are and any other physical attributes. This means you can compare and share your “Move” with those of your friends and other people in general at <http://www.mywellness.com>.





To learn absolutely everything there is to know about the mywellness key, go to:
<http://www.mywellness.com>
 and follow the instructions.

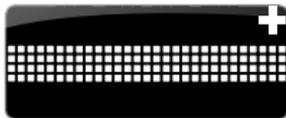
4. WHAT SHOULD I SEE ON THE DISPLAY?

White bar:

the **mywellness**® key display has a white progress bar that gradually gets fuller and fuller (from left to right) as you move and engage in physical activity during the day.

In the **morning** the bar is empty. In the **evening**, it shows how much movement you have done compared to your daily target: if you have reached the goal, the white bar will be full; if you have gone beyond this target, there will be a “+”.

Remember that the **mywellness**® key sets a goal every day.



Number of “Move”

Press the button once to see if the number of “Move” you have earned for the various activities carried out so far, and twice to see your daily target.



Activity done



Daily target

Time:

to see the current time, press the button repeatedly until the time appears.



N.B.: you can see other information on the display as well (like calories for example) by changing the settings at <http://www.mywellness.com>.

The **mywellness® key** saves all your data for about one month. To save your movement data, we recommend downloading it regularly to the **mywellness®** website which offers a wide range of **mywellness® key** related services and content.

5. HOW SHOULD I WEAR THE MYWELLNESS® KEY?

Wear the **mywellness® key** around your waist, clipping it onto your belt or clothes.

To ensure it works properly, the **mywellness® key** should be worn horizontally.



YES



NO!

6. USING IT FOR THE FIRST TIME

Follow these few steps to start using your **mywellness® key**:

1. Press and hold the button for 2 seconds until the display comes on and shows the set clock screen.
2. Enter hours and minutes in this order (see the "How to set the clock" section).
3. Wear the **mywellness key** as explained in section 5 How should I wear the **mywellness® key**? and start moving.
4. Wear the **mywellness® key** at all times during the first seven days that you have it, and walk as you would normally. **mywellness® key** measures how much you move - the target for the first seven days is purely an estimate.
5. From day 8, **mywellness® key** will give you a personal daily goal based on the results of the first seven days. Move around and see your progress bar fill up to reach your goal.
6. Do not immerse the **mywellness® key** in liquids. The **mywellness® key** is not water-resistant. Do not wash or touch with wet hands. Make sure liquids are not allowed to enter the **mywellness® key**.

7. MYWELLNESS® KEY IN THE GYM

The **mywellness® key** can be used in the gym with Technogym fitness equipment to set up and control the machines and save your results. Ask your trainer to make you a Wellness System training schedule and to load it up onto your **mywellness® key**. This will make it easy to set up the exercises and earn “Move” points as you work out on Technogym equipment.

8. HOW SHOULD I USE THE MYWELLNESS® KEY? AND THE WEBSITE

<http://www.mywellness.com>

To use the **mywellness® key** with the website <http://www.mywellness.com> you will need to download and install the software from the website <http://www.mywellness.com/downloads> first; then plug your **mywellness® key** into the USB port on your PC.

You can then browse all the different functions your **mywellness® key** offers via the website. See the FAQ section if you need any more assistance.

To save your movement data, we recommend downloading it regularly to the **mywellness®** website..

9. SETTING THE TIME

1. Press and hold the button for 2 seconds until the hour digits start to flash.
2. Press the button repeatedly until you get to the required number of hours.

3. Press and hold the button for 2 seconds until the minutes digits start to flash.
4. Press the button repeatedly until you get to the required number of minutes.
5. Then press and hold the button for 1 second to confirm the time set: the white bar will appear on the display.



N.B. If no button is pressed for 30 seconds, the **mywellness® key** will exit set time mode and return to showing the white bar.

10. RECHARGING BATTERY

When the battery needs charging, the message "Batt" will appear on the display.

To recharge the battery, plug the **mywellness® key** into the USB port of a PC that is switched on. If the **mywellness® key** is completely without battery charge, it will take about 4 hours to fully recharge. Alternatively you can use a USB battery charger with 5V output and current of 500mA.

11. WHAT TO DO IF A PROBLEM OCCURS

1. *The display is off and the **mywellness® key** won't switch on.*
If you are switching the **mywellness® key** on for the first

time, press and hold the button for 2 seconds. Otherwise, try recharging the battery.

2. The word “Batt” is showing on the display.

This means the battery has discharged.

12. INSTRUCTIONS

- The key is not a toy.
- It is not suitable for children under age 3 - it contains removable parts that could be swallowed.
- When you wear the **mywellness® key** check that the USB connector is not showing.
- When you wear the **mywellness® key** make sure it is not sitting vertically.
- Always wear the **mywellness® key** at waist height.
- The **mywellness® key** will not work under water.
- Do not wear the **mywellness® key** when exercising in water.
- Use only a soft cloth to clean your **mywellness® key**.
- Dispose of separately at a suitable waste collection point. Do not dispose of with household waste.



13. WARRANTY

This product has a two-year warranty. Faulty products will be replaced.

The warranty does not cover parts subject to wear and damage caused by improper use or failure to follow the instructions.

If a problem occurs, contact the distributor where you bought your product. Technogym is not responsible for any potential loss of data.

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