CΦVĒ®

SpO$_2$
TEMPERATURE
HEART RATE
BLOOD PRESSURE &
SOCIAL DISTANCING
SMART BAND

Measures in Celsius and Fahrenheit

QUICK START GUIDE

GETTING STARTED

Welcome to **COVE SpO$_2$, Temperature, Heart Rate, Blood Pressure & Social Distancing Smart Band.** Designed with your health as the first priority, the band helps you track your SpO$_2$, temperature and other health vitals smartly and keep you safe with social distancing feature.
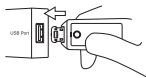

Display Screen

Touchpoint

Strap

GETTING STARTED

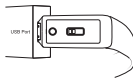## Charging your COVE Smart Band

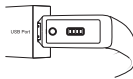1. Pull to remove the strap from the side of the Touchpoint.

2. Plug the side with the display screen into a USB port.

3. You will see a battery icon on the display screen when charging begins.

4. A solid battery icon indicates that your smart band is fully charged.

IMPORTANT: Use USB port with output up to 5V and 2A.

GETTING STARTED

Download the COVE Health App and connect with your phone

1. Enable Bluetooth on your phone.

2. Download the app from App Store or Google Play.

3. Alternatively, scan the QR code here to download the app.

4. Launch the app and follow the instructions on the phone.

5. To pair, select **C_BA1011V11**.

NOTE:
• Please ensure that your phone Android version is 7.0 and above or iOS 12.0 and above, and supports Bluetooth Low Energy (BLE).
• Pair your smart band from the app, do NOT pair it directly from the phone's Bluetooth setting.

USING YOUR COVE SMART BAND

Navigating

Tap on the Touchpoint to wake up your smart band or to scroll through features menu.

Long Press for sub-menu or to use or access features.

Syncing your data to the COVE Health app

Each time you open the app, your data is automatically synced to the app if the paired smart band is nearby.

You can track your progress on the app, for up to date insights on your health and fitness status, syncing at least once a day is recommended.

NOTE: Data will be stored for up to 7 days on your smart band.

Checking battery level

On the top right corner of the smart band display screen is the battery icon. The battery charge bar indicates the battery level of the smart band.

FEATURES AT A GLANCE

Continuous Body Temperature Monitoring
With in-built body temperature monitor, keep track of your temperature anytime anywhere.

Abnormal Body Temperature Alerts
Receive alerts and personalized advice when your body temperature is out of ideal range.

SpO$_2$ Monitoring
Track your blood oxygen saturation level on the go.

Continuous Blood Pressure Monitoring
Keep track of your blood pressure automatically or get a quick read for peace of mind.

Continuous Heart Rate Monitoring
Stay on top of your health, monitor your heart rate and keep track of your heart rate trend.

Auto Sleep Tracking
Set your sleep goal and track your sleep quality automatically and seamlessly.

FEATURES AT A GLANCE

Social Distancing
Maintain safe social distance via proximity alerts on your band.

Sedentary Reminder
Set reminders on the app and be alerted when its time to move around.

Call, SMS, Email & Social Message Alerts
Receive alerts for calls, SMS, emails and social messages from your smart band.

Phone Finder
Even when it is on silent mode, find your phone by ringing it from your smart band.
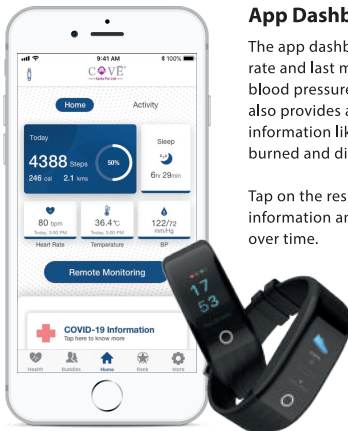
GPS Run Tracking
Track your run session on app and monitor your performance with insights.

Health & Fitness Buddies
Share your health and fitness progress with your loved ones.

KNOW YOURSELF ON A WHOLE NEW LEVEL

App Dashboard

The app dashboard shows your live heart rate and last measured temperature and blood pressure, and your sleep duration. It also provides an overview of your fitness information like steps taken, calories burned and distance covered.

Tap on the respective feature to view more information and monitor your progress over time.

KNOW YOURSELF ON A WHOLE NEW LEVEL

Continuous Body Temperature Monitoring

Keep track of your temperature anytime anywhere.

Check your last measured temperature from the app dashboard or simply tap on the display screen of the smart band to view your current temperature.

You can monitor your temperature trend from the app. Select **Temperature** from the app dashboard to view your temperature trend for the day. To keep tab of your daily, weekly, and monthly temperature trend, select ⬚ .

NOTE: For continuous temperature monitoring, wear your smart band at all times and ensure that the back of the device is pressed against your wrist.

KNOW YOURSELF ON A WHOLE NEW LEVEL

Abnormal Body Temperature Alerts

Receive alerts and personalized advice when your body temperature is out of ideal range.

Continuous temperature monitoring can help to keep you safe and give early warning should you require medical help.

When abnormal temperature is detected, you will receive a notification on your mobile phone and be prompted to provide more information regarding other key health parameters.

Based on the health information provided, you will also receive tips and suggestions on possible actions that can be taken.

NOTE: To receive alerts, make sure that the app is always running.
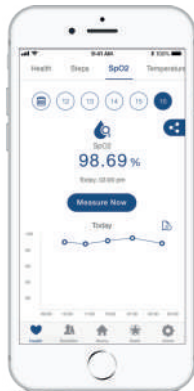
KNOW YOURSELF ON A WHOLE NEW LEVEL

SpO$_2$ Monitoring*

SpO$_2$, also known as peripheral oxygen saturation, is a measure of the amount of oxygen in the blood. The body needs a certain level of oxygen in the blood to function efficiently.

Keep track of your blood oxygen saturation level on the go. You can monitor the trend from the app, select SpO$_2$ feature to view your daily blood oxygen saturation level.

NOTE: SpO$_2$ reading from this device does not replace formal assessment by a doctor.

* In collaboration with our academic partner from the School of Sports, Health and Leisure of Republic Polytechnic (Singapore).

KNOW YOURSELF ON A WHOLE NEW LEVEL

Continuous Blood Pressure Monitoring

Keep track of your blood pressure automatically or get a quick read for peace of mind.

Simply select **Blood Pressure** feature on your smart band and **Long Press** to start measurement. Stay still when taking your measurement.

You can monitor your blood pressure trend from the app. Select **Blood Pressure** from the app dashboard to view your blood pressure trend for the day. To keep tab of your day-to-day, week-to-week and month-to-month blood pressure, select 🗎 .

NOTE: Blood pressure reading from this device does not replace formal assessment by a doctor.

KNOW YOURSELF ON A WHOLE NEW LEVEL

Continuous Heart Rate Monitoring

Monitor your heart rate automatically and keep track of your heart rate trend.

Check your live heart rate from the app dashboard. Tap on **Heart Rate** to view trend and min/max heart rate for the day. Select [icon] to monitor your daily, weekly and monthly heart rate trend.

For pacing your exercise, keep tab of your heart rate zone during walk or run session. To start session, select **Activity** on app dashboard and follow the instructions on the phone. At the end of the session, check out your heart rate information on the summary page.

NOTE: For continuous heart rate monitoring, wear your smart band at all times.

KNOW YOURSELF ON A WHOLE NEW LEVEL

Auto Sleep Tracking

Set your sleep goal and track your sleep quality automatically and seamlessly.

Monitor your last night sleep duration from the app dashboard. Select **Sleep** to view your sleep patterns and periods in deep and light sleep.

Select to track your day-to-day, week-to-week and month-to-month sleep duration and quality.

NOTE: Wear your smart band at least 10 min before and after your sleep.

KNOW YOURSELF ON A WHOLE NEW LEVEL

Social Distancing

Maintain safe social distance via proximity alerts on your band.

Your smart band will vibrate and show "NEAR ALERT" message when it is in close proximity to another compatible device.

When prompted, please move away and keep a safe social distance.

For your safety, this feature is enabled by default. You can disable the feature from the app.

FOR MORE INFO, HELP & FEEDBACK

Please refer to in-app ⚙ **More** menu for:

• Smart band and app settings
• Frequently asked questions
• Troubleshooting
• Privacy policy
• End user licensing agreement
• Disclaimer
• Feedback
• Contact Us

COVEIOT.COM

For non-medical use only:

This device or software is intended for use only for general wellbeing purposes or to encourage or maintain a healthy lifestyle, and is not intended to be used for any medical purpose (such as the detection, diagnosis, monitoring, management or treatment of any medical condition or disease). Any health-related information provided by this device or software should not be treated as medical advice. Please consult a physician for any medical advice required.
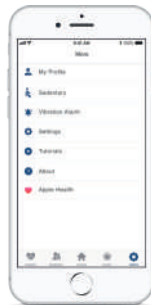
Powered By
CⓄVE®

Made in China

Complies with
IMDA Standards
DA108000

Depending on the region, firmware version and software version, contents may differ from your smart band or app, and is subject to change without prior notice.

All trademarks are the sole property of their respective companies.

Model: BA1011V11
FCC ID: 2AV4M-V7

FCC Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC 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.

The device has been evaluated to meet general RF exposure requirement.