

MYKRONOZ

WEARABLE DESIGNED IN SWITZERLAND



ZeTrack+

- USER GUIDE -

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1. BOX CONTENTS

ZETRACK+

GET STARTED GUIDE



2. OVERVIEW



**Optical HR sensor &
Body temperature
sensor**



Touchscreen

Touch area

3. CHARGING

I CHARGING YOUR ZETRACK+

1. Remove the band from your ZeTrack+.
 2. Connect the built-in USB plug to a power supply.
- A battery indicator will be displayed on your ZeTrack+ screen.



I CHARGING TIME

It takes about one hour to charge ZeTrack+, the battery indicator on your ZeTrack+ screen will state that your device is fully charged.

I VIEW THE BATTERY LEVEL

View the battery indicator on ZeTrack+'s home screen or in the MyKronoz Health app.

I LOW BATTERY ALERT

If the battery level is lower than 20%, your ZeTrack+ will vibrate and display a low battery interface.

FULL BATTERY



LOW BATTERY



A fully charged ZeTrack+ has a battery life of 5 days. Please note that battery life depends on usage and the features you enable.



Ensure that you use a standard charger with a rated output voltage of 5V and a rated output current of 0.5 A or higher, or connect the device to a laptop's USB port to charge it.



4 . BASIC OPERATIONS & GESTURES

ZeTrack+ features a colorful IPS-LCD display and a single touch key that allows you to navigate through the ZeTrack+ by either simply tapping or pressing and holding down on the touch key.

I TURN ON THE SCREEN

Tap the touch key when the screen is in standby mode

I MOVE BETWEEN SCREENS

Simply tap the touch key to toggle from one screen to another. The home screen is the watch face

I ENTER A MENU

Press and hold the touch key on the screen in which you want to access.

I EXIT A MENU

Press and hold the touch key.

I SELECT AND CONFIRM

Touch the touch key to select. Press and hold the touch key to confirm.

I CHANGE THE WATCH FACE

From the current watch face, simply press and hold the touch key to toggle to the next one and so on until you find your preferred watch face

I WAKING THE SCREEN

To wake the screen, rotate it in an inward direction, and the screen will stay on for a few seconds OR Touch the touch key.



Open the **MyKronoz app** > Go in the **Settings tab** > Tap Advanced settings > Enable **Wrist flick**

I POWERING OFF ZETRACK+

1. Access the on/off screen from your ZeTrack+
2. Select Off icon
3. Touch and hold the touch key

I POWER ON ZETRACK+

When your ZeTrack+ is switched off, touch and hold the touch key to turn it on. Your ZeTrack+ will automatically power on if you charge it.

5. SCREENS



HOME SCREEN



ACTIVITY RESUME



WEATHER



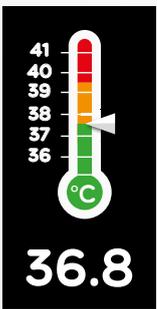
NOTIFICATIONS



HEART RATE



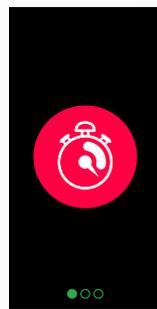
SLEEP



BODY TEMPERATURE



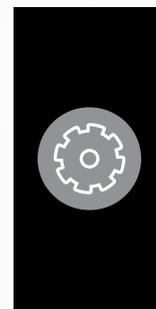
APPS



STOPWATCH



FIND MY PHONE



SETTINGS



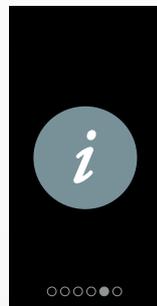
WRIST FLICK



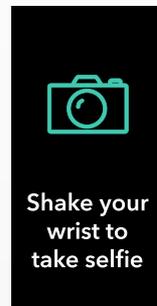
SOUND



BRIGHTNESS



WATCH INFO



CAMERA REMOTE



INCOMING CALL



INACTIVITY ALERT



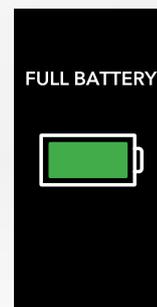
REMINDER



LOW BATTERY



CHARGING



FULL BATTERY



SWITCH OFF

6. WEARING

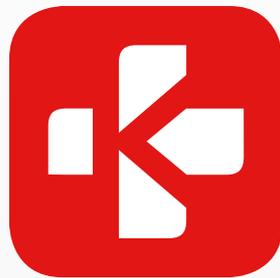
I DAILY WEAR

To measure your heart rate and body temperature more accurately with the ZeTrack+, wear the wristband firmly around your lower arm just above the wrist. We recommend that you wear your ZeTrack+ on your non-dominant wrist in order to increase the sensitivity of step counting and should reduce any under counting of steps. Keep your ZeTrack+ and wristband clean and dry to maximize comfort and prevent any long-term damage to the activity tracker. This is important after workouts or exposure to liquids such as sweat, soap, sunscreen and lotions that can cause skin irritation.

7. PAIRING

Get the MyKronoz App

To set up your ZeTrack using your mobile device, your first need to get the MyKronoz App. Search for the MyKronoz App in the App Store or Google Play store, download and install the app on your mobile device.



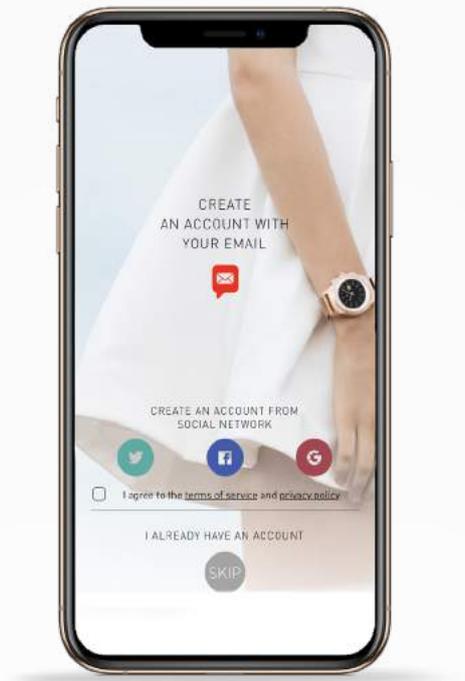
- iOS -

iOS 9.0+ devices with Bluetooth 4.0 BLE
iPhone 4s, 5, 5c, 5s, 6, 6 Plus, 7, 7 Plus, 8, 8 Plus, X, XR, XS, XS Max, SE, 11, 11 Pro, 11 Pro Max, 12, 12 mini, 12 Pro, 12 Pro Max



- ANDROID -

Select Android 6.0+ devices that support Bluetooth 4.0 BLE



Before pairing, make sure to follow the steps below in order to set up your ZeTrack+ to your smartphone:

1. Make sure your mobile device is running Android 6.0+ or iOS 9.0+ and supports Bluetooth® 4.0 BLE.
2. Turn on the Bluetooth on your mobile device if it isn't already on.
3. On your mobile device, download the MyKronoz App from the Google Playstore or App store and install it.
4. Create an account or login using an existing account.
5. After entering your personal information, tap select and air your device.
6. Make sure ZeTrack+ is nearby, select ZeTrack+ model and choose your device.
7. When ZeTrack+ is successfully paired, you will be notified on your mobile phone's screen.

If an update is available, the MyKronoz App will ask you to update your ZeTrack+ software. We recommend updating your software to get the latest feature enhancements and product updates.

After the initial pairing, ZeTrack+ will automatically connect to your phone as long as it is turned on and within range.

If you want to pair your ZeTrack+ with another account or mobile device, you first need to unpair it from the current one.

From the **Mykronoz App** > Tap on **Settings tab** > Tap on **Paired devices** > Unpair ZeTrack+.



Make sure to pair your device through the MyKronoz app. ZeTrack+ cannot be paired via Bluetooth directly.

8. FIRMWARE UPDATE

Keep your ZeTrack+ updated to get the latest feature improvements and product updates.

When an update is ready to install, you will receive a notification from the MyKronoz app.

After you start the update, a progress bar will appear on the app and on the activity tracker.

Make sure your ZeTrack+ and app are near each other during the update progress.

Before you update the activity tracker, make sure your ZeTrack+ is charged at least 30% or more before you update.

9. ACTIVITY TRACKING

When the ZeTrack+ is connected and synced to the ZeTrack+ app, you can save and view your personal health data.

Only your daily activity shows up on your activity tracker. You can view previous days, weeks or months activity on the MyKronoz app.

ZeTrack+ has a built-in 3-axis accelerometer that allows you to track your daily activity based on your movements.

This, together with your profile information, allows your tracker to calculate your steps, walking distance and calories burned.

In order to get the most accurate results we recommend you wear your watch on your left wrist if you're a right-handed and on your right one if you are left-handed.



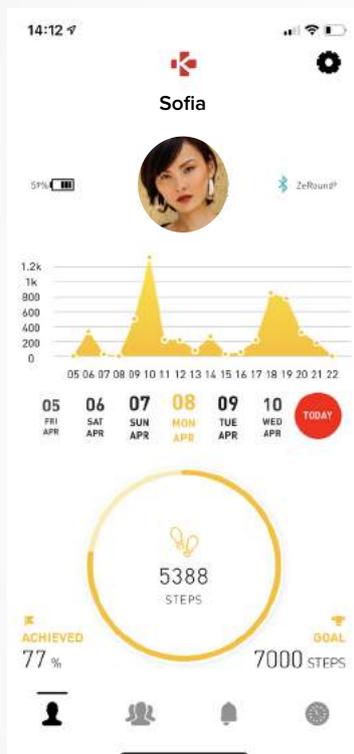
VIEW YOUR STATS

ZeTrack+ tracks throughout the day:

- Number of steps taken
- Distance travelled
- Calories burned

To save your latest activity, go to the Activity tab of the MyKronoz App. Your activity will sync automatically as soon as you open this page.

To sync your data manually, slide your finger down the screen.



You can also monitor your activity data and history from the MyKronoz Mobile App. On the main activity screen, you can check your performance level against your daily goals. Click on any activity bar to get a detailed graph of your daily, weekly and monthly performance.

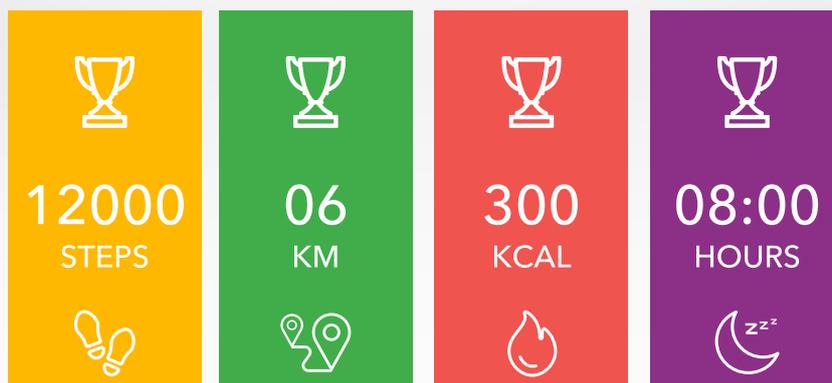


The activity tracker resets at midnight.

To save your latest activity, go to the Activity tab of the MyKronoz App. Your activity will sync automatically as soon as you open this page. To sync your data manually, slide your finger down the screen. ZeTrack+ has the ability to store up to 5 days of your activity data. Then, you will have to synchronize your ZeTrack+ with your mobile app in order to avoid loss of data.

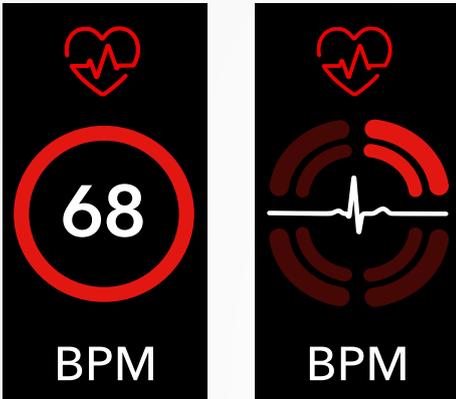
I SET A DAILY GOAL

Reach the goals settings menu of the MyKronoz App to set daily goals for steps taken, distance travelled, calories burned and hours slept. On the Steps screen of your ZeTrack, a progress bar will show how close you are to your daily goal. Once you hit one of your daily goals, ZeTrack+ will gently vibrate and display a Goal achieved interface.



10. HEART RATE

Equipped with an optical heart rate sensor, ZeTrack+ measures manually or automatically your heart rate frequency throughout the day.



I MANUAL MODE

1. Go to **Heart rate screen**
2. As soon as you reach this screen, ZeTrack+ will start measuring your heart rate.

I AUTO MODE

1. Open the **MyKronoz App**
2. Tap on **Settings tab**
3. Tap on **Advanced settings**
4. Eable **Auto track**

Once activated, two green LED lights will start flashing on the back of the device.

11. SLEEP

ZeTrack+ tracks the hours slept and the quality of your sleep (light sleep, deep sleep, awake times).



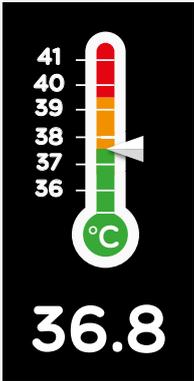
I PRESET SLEEP MODE

1. Open the **MyKronoz App**
2. Tap on **Settings tab**
3. Tap on **Advanced settings**
4. Click on **Sleep** to enter your desired bed and wake up times.

By default, ZeTrack+ will track your sleep from 11pm until 7am. You can also view your last saved data directly from the device.

12. BODY TEMPERATURE

MEASURE YOUR BODY TEMPERATURE WITH ZETRACK+



Thanks to its temperature sensor, ZeTrack+ can automatically measure and track your body temperature throughout the day and alert you if your temperature exceeds the normal range.

Using sophisticated algorithms and a precisely calibrated sensor, ZeTrack+ measures the wrist temperature and converts this temperature to display accurate body temperature.

I AUTO MODE

To monitor your body temperature throughout the day, turn on Auto Track from the MyKronoz app:

1. Tap on Settings tab
2. Tap on Body temperature
3. Turn on Auto Track

ZeTrack+ can also alert you when your body temperature is high.

I MANUAL MODE

To track your body temperature manually, access the body temperature screen on your activity tracker.

As soon as you reach this screen, the ZeTrack+ will start measuring your body temperature.

If your body temperature reaches the limit, a high temperature alert will prompt up on your activity tracker screen and you'll be notified by a notification on your phone's screen.

The MyKronoz app uses color coding to help you better understand the reading of your body temperature data :

- **Green** indicates that the temperature is in the normal range
- **Red** indicates a possible fever

HOW TO ANALYZE AND INTERPRET BODY TEMPERATURE DATA?

In spite of a norm that sets the body temperature between 37° (98.6°F) and 37.5°C, (99.6°F) it is important to know that our body regulates itself throughout the day.

In addition of that, the body temperature varies depending on where the measurement is taken and according to the equipment used to take the measurement.



Normal body temperature readings will vary within these ranges due to multi-factorial elements, such as taking medication, age, physical activity, time of day and even a menstrual cycle, can cause the body temperature to vary by one degree.

In adults, the following temperatures suggest that someone has a fever:

- at least 100.4°F (38°C) is a fever
- above 103.1°F (39.5°C) is a high fever
- above 105.8°F (41°C) is a very high fever

As explained in the table above, the indication of fever may vary depending on the measurement type.

A temperature of 38- 40°C (100.4–104°F) caused by short-term illnesses should not cause significant harm in otherwise healthy adults. However, a moderate fever can be more worrying for a person with existing heart or lung issues.

I WARNING

ZeTrack+ is not intended to diagnose or treat any health problem or disease. The measurement results are for reference only.

It is dangerous to make a self-diagnosis or self-treatment based on the obtained measurement results.

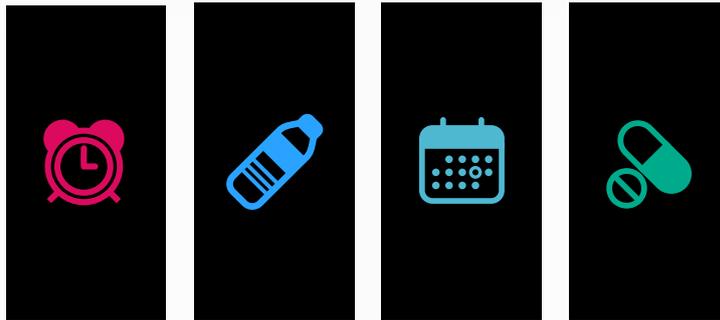
For such purposes, please use a medical thermometer, consult a physician or other medical professionals, please consult a physician for temperatures above 104°F or lower than 95° F, especially if there are other warning signs, such as confusion, headaches, or shortness of breath.

13. REMINDERS

You can set up reminders, and choose the type of reminder and preferred time and day.

ZeTrack+ will gently vibrate and display the corresponding reminder icon to alert you.

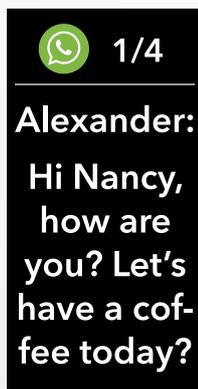
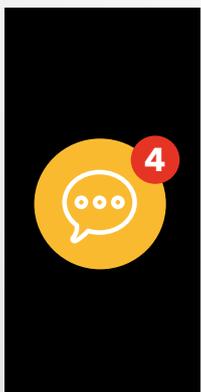
1. Open the **MyKronoz App**
2. Tap on **Reminders tab**
3. Add daily life reminders and save



A single tap on the touch key can dismiss the reminder.

If not dismissed, the same alert will repeat according to the saved snooze time.

14. NOTIFICATIONS



ZeTrack+ shows notifications of incoming calls, SMS, email, social media activity & emails.

1. Open the **MyKronoz App**
2. Tap on **Settings tab**
3. Tap on **Notifications** to select the notifications you want to receive on your ZeTrack+.

I SETTING UP NOTIFICATIONS FOR IOS USERS

- Go to the settings of your iOS device.
- Tap on Notification Center.
- Select which type of notifications you wish to receive on ZeTrack+.
- Enable "Show in Notification Centre" and to receive the notification on ZeTrack+.



ZeTrack supports showing 10 of the most recent notifications and 3 screens of detailed information for each notification. For some very popular applications, ZeTrack+ displays the original application icon. For other applications, ZeTrack+ displays a generic icon.

15 . WEATHER

To check the current weather, go to the Weather interface on your ZeTrack+. By default, the weather screen shows your current location.



To change the temperature unit or set your location manually :

1. Open the **MyKronoz App**
2. Tap on **Settings tab**
3. Tap on **Advanced settings**
4. Select **Weather**



If the weather condition for your current location seems wrong or doesn't appear, make sure that the location services for the MyKronoz App are switched ON.

16 . INACTIVITY ALERT

Thanks to these particular alerts, you'll always make sure to have the right amount of activity throughout the day. You can set up when and how frequently you want to your ZeTrack+ to alert you.



I ENABLE PRESET SLEEP MODE

1. Open the **MyKronoz App**
2. Tap on **Settings tab**
3. Select **Inactivity**

To dismiss an incoming inactivity alert, simply touch the screen or press any button on the watch.

17. CAMERA REMOTE

This feature is useful for group photos or selfies.



1. Open the **MyKronoz App**
2. Tap on **Settings tab**
3. Select **Camera**
4. Move your wrist to release the camera shutter

As soon as you open the camera from the MyKronoz App, a message will pop up on the ZeTrack+ screen to confirm that the feature is enabled.

Just shake your wrist to launch the camera and take a successful photo. This feature only works if you open the camera from the MyKronoz App. To quit the Apps menu, access to the exit door interface and hold down on the touch key.

18. APPS

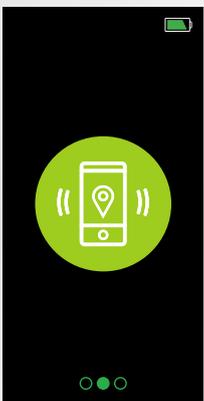
Several applications can be found in this menu:



I STOPWATCH

From the **stopwatch screen**

1. Tap the touch key to start the stopwatch
2. Tap again to pause.
3. To restart the stopwatch, make sure that the timer is on pause and press and hold the touch key.



I FIND MY PHONE

To enjoy this feature, make sure ZeTrack+ is connected to your smartphone via Bluetooth. Enabling the Find my phone function will make your phone ring and help you find it.

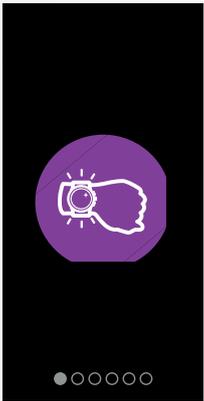
1. Tap the touch key to start
2. Tap again to stop the searching mode.



To quit the Apps menu, access to the exit door interface  and tap and hold the touch key.

19. SETTINGS

Several applications can be found in this menu:



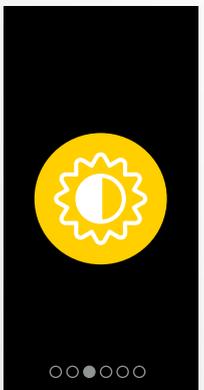
I WRIST FLICK

The wrist flick mode will enable you to light-up your screen by simply lifting your wrist towards your face. By default this feature is disabled in order to save battery



I VIBRATION

Tap the touch key to set the vibration ON or OFF



I BRIGHTNESS

Tap the touch key to set the brightness

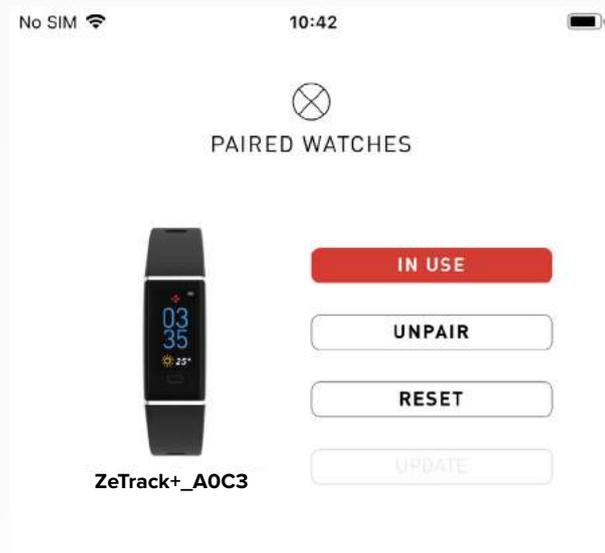


I WATCH INFO



To quit the Settings menu, access to the exit door interface  and long press the touch key.

20. UNPAIR, RESET & DELETE



I UNPAIR

If you want to pair your ZeTrack+ with another smartphone, pair another MyKronoz device, give it to another person or return it, go to the MyKronoz App:

1. Tap on **Settings tab**
2. Tap on **Paired devices**
3. Click on **Unpair**



For iOS users, make sure to forget the device from the Bluetooth® settings of your iPhone.

I RESET

1. Tap on **Settings tab**
2. Tap on **Paired devices**
3. Click on **Reset**

I DELETE

1. Tap on **Settings tab**
2. Tap on **Paired devices**
3. Click on **Delete**

21. TECH SPECS

Dimensions	41 x 20 x 10,6 mm
Watch band size	16 mm (width)
Weight	26 gr
Display size and resolution	IPS-LCD 0.96" / 128 x 64 px
Material	ABS/TPE
Battery type	Lithium polymer 90 mAh
Battery life	Up to 5 days
Connectivity	Bluetooth® BLE 4.0
Memory	7 days of activity
Sensors	3-axis accelerometer, Body temperature & Optical heart rate sensors
Water resistance	IP67
Operating temperature	-10°C to + 60°C
Compatibility	iOS & Android
In the box	1x ZeTrack+ - 1x Quick start guide
International warranty	1 year

SAFETY INSTRUCTIONS

Before using the device, read these instructions carefully:

- ZeTrack+ has built-in batteries. Do not disassemble the battery on your own. KRONOZ LLC is not responsible for any damage or personal injury caused by the removal of the battery or any component.
- Do not expose your product to extremely high or low temperatures. Excessive temperature during charging could cause heat, smoke, fire or deformation of the battery or even explosion. Do not expose the battery in the sun, excessive smoke or dust. Charge the battery in a cool, ventilated room.
- Do not open, crush, bend, deform, puncture or shred secondary cells or batteries. In the event of a battery break or leak, prevent battery liquid contact with skin or eyes. If this happens, immediately flush the keys with water (do not rub the eye) or seek medical help.
- Do not short-circuit. Short-circuiting can occur when a metallic object, such as coins, causes direct connection of positive and negative terminals of the battery. Short-circuiting may damage the battery.
- Do not use batteries that have been damaged or have been exhausted.
- Keep the batteries out of children's reach and in a safe place to prevent danger.
- Do not place the batteries in the water. Do not expose your product to water at high pressure, such as ocean waves or waterfall. Do not use your product in a sauna or steam room.
- Do not dispose of batteries in fire as they may cause explosion. Dispose of used batteries in accordance with your local regulations (such as recycling). Do not dispose as household waste.
- Do not attempt to repair or maintain the watch by yourself, service and maintenance should be performed by authorized technicians.

WARNING

- Connecting the built-in USB port improperly may cause serious damage to the device. Any damage caused by misuse is not covered by the warranty. Unplug ZeTrack+ when it is fully charged.
- This device is not waterproof so keep it away from all sources of heat or humidity. Do not use it near sink or other wet keys. Do not place it in water. ZeTrack+ only conforms to IP67 protection.
- This product is not intended to diagnose or treat any health problem or disease. The measurement results are for reference only.
- It is dangerous to make a self-diagnosis or self-treatment based on the obtained measurement results. For such purposes, please consult a physician or other medical professionals.

CUSTOMER SERVICE SUPPORT

For any inquiries, issues or comments concerning our products, please send us a request through our webform online: www.mykronoz.com/support/ submit a request at <https://support.mykronoz.com/hc/en-us/requests/new>

REGULARY NOTICE

USA



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.

WARNING

Any changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

NOTE

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.

RF WARNING STATEMENT

This equipment complies with FCC radiation exposure requirement set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance.

FCC ID: 2AA7D-ZTRCPL

CANADA COMPLIANCE STATEMENT

This device complies with Industry Canada license-exempt RSSs. 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. This Class B digital apparatus complies with Canadian ICES-003.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

IC: 12131A-ZTRCPL

RF EXPOSURE STATEMENTS

This device complies with the ISED RSS-102 RF exposure requirement set forth for an uncontrolled environment and are safe for intended operation as described in this manual.

Cet appareil est conforme aux exigences d'exposition RF de l'ISED RSS-102 définies pour un environnement non contrôlé et est sûr pour le fonctionnement prévu comme décrit dans ce manuel.

EUROPEAN UNION CE DIRECTIVE



Kronoz LLC hereby declares that the device is in compliance with the essential requirements and other relevant provisions of Directives 2014/53/EU & 2011/65/EU.

The original EU declaration of conformity may be found at :

<https://www.mykronnoz.com/assets/certifications-ce-zetrackplus.pdf>

Kronoz LLC déclare que cet appareil est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 2014/53/EU 2011/65/EU. La déclaration de conformité originale de l'UE peut être consultée à l'adresse suivante: <https://www.mykronnoz.com/assets/certifications-ce-zetrackplus.pdf>

DISPOSAL AND RECYCLING INFORMATION



After the implementation of the European Directive 2012/19/EU in the national legal system, the following applies : electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return electrical and electronic device at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

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Pictures and specifications are not contractual. Les marques citées sont des marques déposées par leur fabricant respectif. Photos et caractéristiques non contractuelles.

Designed in Switzerland - Assembled in China.

MYKRONOZ

WEARABLE DESIGNED IN SWITZERLAND

JOIN US @MYKRONOZ

