

actxa[®]

Tempo 5C

Fitness Tracker

User Guide

In conjunction with

National
Steps[™]
Challenge

Set-up/Restore Your Healthy 365 Account



Scan to download the latest version of the Healthy 365 app.

Create your profile, or restore your profile if you already have one.

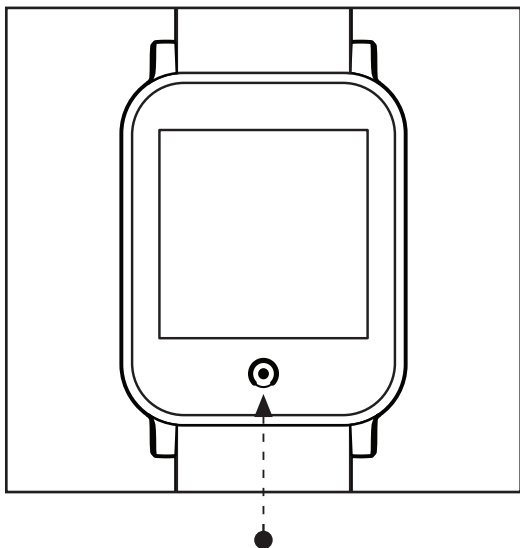


<https://go.gov.sg/useh365>

Switching On The Tempo 5C Fitness Tracker

To begin, press and hold the touch button for at least 8 seconds.

It is recommended to fully charge your fitness tracker before you begin using it.

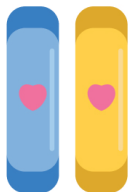


Press and hold here for at least 8 seconds

Pairing The Fitness Tracker via Bluetooth®

On the “Home” tab of the Healthy 365 app, tap on “Pair your fitness tracker or app” and select “HPB Trackers”.

Turn on Bluetooth® on your smartphone. Place your fitness tracker within 30cm of your smartphone.



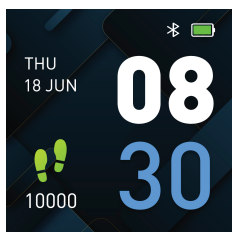
HPB trackers

Healthy 365 can pair with
trackers from latest seasons

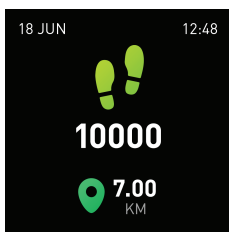
To sync your fitness tracker, tap on “Sync now” on the “Home” tab.

Using The Tempo 5C Fitness Tracker

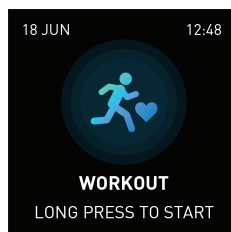
To toggle the display, simply tap on the touch button.
Tap continuously to view different features of the fitness tracker and the Bluetooth® Friendly Name (BFN).



Date/Time



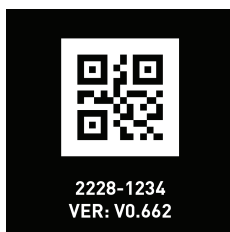
Steps



Workout



Blood Oxygen (SpO₂)



Bluetooth® Friendly
Name (BFN)

Sleep Tracking

The fitness tracker automatically measures your sleep duration when it has sufficient battery and worn correctly on your wrist before you sleep.

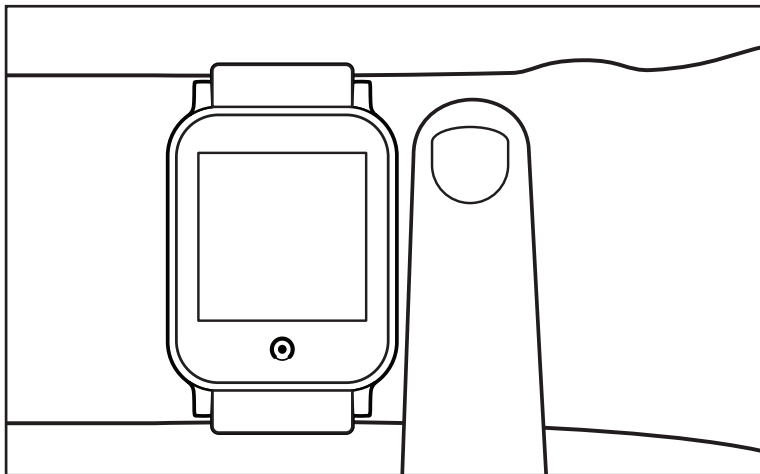
Scan for FAQs on Sleep Tracking.



<https://go.gov.sg/sleep-faq>

Tips For Accurate Sleep Tracking

1. Wear the fitness tracker snugly on your wrist at least 1 finger width away from your wrist bone. Tighten the band so the fitness tracker is snug but not too tight.



2. Wear your fitness tracker for at least 30 minutes before sleep and after waking up.
3. When not in use, place fitness tracker with screen facing down to avoid affecting the sensor on the back.

Information On National Steps Challenge™ And User Guides

Scan the QR code to learn more about the
National Steps Challenge™ and how to use your
fitness tracker.



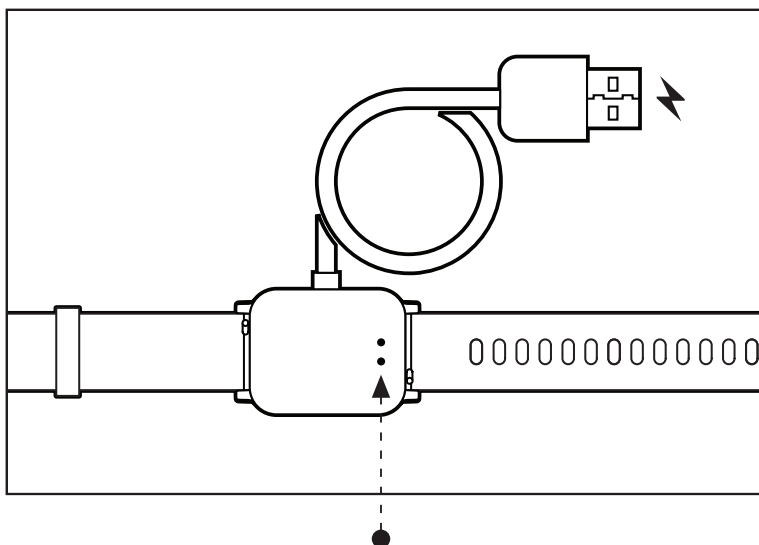
<https://go.gov.sg/nscsupport>

Note: The Tempo 5C and all other Tempo series wearables are designed to **only** be compatible with the Healthy 365 app and does not work with the Actxa app.

Charging The Battery

The battery indicator is displayed on the home screen of the fitness tracker. Charge the fitness tracker when the battery indicator is low. The whole charging process takes about 3 hours.

Important Note: Do not overcharge the battery as this may cause the battery performance to deteriorate over time.



When charging, ensure that the charging contact points on both the fitness tracker and the magnetic cradle are aligned.

Water Resistant

The fitness tracker is water resistant but not waterproof. It is not suitable for prolonged underwater activities.

It is recommended that you remove the fitness tracker when you are going for a swim, engaging in watersports, entering a steam/sauna room or showering. Damages due to water seepage will not be covered by product warranty.



Technical Specifications

Battery Capacity: 200mAh

Battery Life: Approx. 7 days of usage
(Depending on usage intensity)

Charging input: 5V—0.2A

Weight: 30g

Operating Temperatures: 0°C – 45°C

Connection Type: Bluetooth® Low Energy

OS Requirement: Android 6, iOS 10 or above

Note: All specifications are subject to actual performance. Actxa reserves the right of final interpretation of terms.

If you have a medical or heart condition, consult your doctor before using this product.

Limited Product Warranty

The Tempo 5C heart rate fitness tracker (The 'Product') is guaranteed against manufacturer's defects for a period of 1 year from date of purchase or otherwise indicated by HPB. This warranty only covers defect in materials and workmanship. If the fitness tracker is found to be faulty due to defect in materials and workmanship, the authorised service provider will replace it with another fitness tracker.

This warranty does not cover normal wear and tear, excessive abuse or misuse and damage arising from failure to follow instructions relating to the Product's use. This Limited Warranty does not cover the services provided by Actxa or any 3rd party service provider. All warranty claims must be accompanied by a sales receipt.

Model No: 2228