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Kanega LTE Watch User Guide Table of Contents

1	KANEGA LTE WATCH OVERVIEW.....	6
1.1	What's in the box?	6
1.2	Kanega LTE watch layout.....	8
1.3	Crown button terminology	9
2	ABOUT THE USER GUIDE	10
3	TURNING ON YOUR KANEGA LTE WATCH <u>FOR THE FIRST TIME</u>	11
4	BATTERY CHARGER.....	12
4.1	Battery charger layout.....	13
4.2	Charging your batteries.....	13
5	BATTERIES.....	14
5.1	Requirements	15
5.2	Battery life.....	15
5.3	Changing batteries on the watch band.....	15

5.4 Charge status	17
5.5 Battery notifications	17
6 COMMUNICATION.....	19
6.1 Speaking to your Kanega LTE watch	19
6.2 Speaking voice commands to your Kanega LTE watch 20	
6.3 Displays indicating the Kanega LTE watch hears your voice command	21
6.4 How the Kanega LTE watch gets your attention.....	22
6.5 How to respond to your Kanega watch.....	22
7 EMERGENCY FUNCTIONS	23
7.1 Call for help	23
7.2 Fall detection	25
7.3 Fall detection communication	26
7.4 Responding to a fall detection notification	26
7.5 Monthly test calls	28
7.6 Monitoring center calls.....	29
8 NOTIFICATIONS.....	29
8.1 Fall detection notification.....	30

8.2 Standard notifications	30
8.3 Responding to a standard notification	30
9 FEATURES.....	33
9.1 Display	33
9.2 Time.....	34
9.3 Date	34
9.4 Information Screen	35
9.5 Sleep Mode	35
9.6 Update Settings.....	36
9.7 Announcements.....	36
9.8 Wearer opinions and feedback.....	37
10 CUSTOMIZATION	38
10.1 Clock Face Options.....	39
10.2 Brightness Control.....	40
10.3 Listening Mode.....	42
10.4 Airplane Mode	43
10.5 Repeat Voice Tutorial	45
10.6 Regulatory Screen	47

11 MEDICATION REMINDERS (PREMIUM SERVICE).....	49
11.1 Kanega Wearer Portal	49
11.2 Getting your security code from your Kanega LTE watch	51
12 CARE AND MAINTENANCE	53
12.1 Cleaning	53
12.2 Skin Sensitivity	53
12.3 Disposal	53
13 FREQUENTLY ASKED QUESTIONS (FAQS).....	54
14 BASIC TROUBLESHOOTING.....	56
15 DISPLAY GLOSSARY	58
16 NOTES	65

KANEGA LTE WATCH OVERVIEW

Thank you for purchasing the Kanega LTE watch! The Kanega LTE watch is voice-activated with 24-hour monitoring service. The watch is a standalone personal emergency response device with no need for a smartphone. The Kanega LTE watch is designed to wear all the time to keep you independent, active, and safe. It provides fall detection and emergency response.

What's in the box?

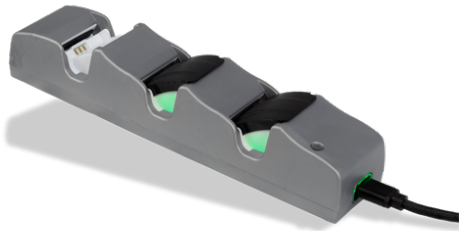
Kanega watch



Four (4) Kanega batteries



One (1) battery charger with a power cord



User Guide and a Quick Start to help you initially turn on the watch

Kanega LTE watch layout



Crown button- The crown button is on the right-hand side. You can press the center of the crown, but it does not turn. You press the crown button to communicate with your watch without speaking.

Display- The display of the watch is an OLED (Organic Light Emitting Diode). OLED's have brightness and contrast that

require less power than other displays. A hardened crystal protects the display so don't worry about cracking the display. The clock face is not touch sensitive.

Microphone – The microphone enables the watch to hear you. The microphone is located on the upper right-hand side of the watch display (approximately at 1:00).

Speaker – The speaker is where the watch's sound resounds. It is located on the lower right-hand side of the watch case (approximately at 4:00).


Watch Band- The band should fit snugly to keep it from rotating on your wrist, but not be too tight or loose.

Crown button terminology

- **“Press and hold the crown button”** means to press the crown button for 2-3 seconds. This is to call an operator at the monitoring center during an emergency.
- **“Press the crown button”** means to quickly press the crown button for less than one (1) second.



For your safety, wear your Kanega LTE watch 24-hours a day since many falls happen at night.

 The majority of the time, you can press the crown button once for less than one (1) second and the watch displays text how to proceed.

ABOUT THE USER GUIDE

The user guide is an in-depth reference to understand the Kanega LTE watch's functionality with a visual glossary for displays of the watch screens. The Quick Start is a guide to instruct you how to turn on your Kanega LTE watch the first time.

Tips, Warnings, and Show me icons for a quick reference

 **TIPS** - Special notes to clarify a description or procedure.

 **WARNING** - Critical messages to ensure safety and proper operation.

 **SHOW ME** - Illustrated explanations of Kanega LTE watch behavior.

TURNING ON YOUR KANEGA LTE WATCH FOR THE FIRST TIME

We know how excited you are to start wearing your Kanega LTE watch. There are a few simple setup steps to complete before your Kanega LTE watch is ready to wear. Please watch our educational videos at www.unaliwear.com/support.

- 1. Fully charge your Kanega batteries before inserting them on the watchband**
- 2. Install the Kanega batteries on your watch for the first time in a location with a good cellular connection.**



The initial set-up may take up to ten (10) minutes. During the set-up process, the screen displays '**Kanega LTE Watch**' and then '**Setting-up**'. When ready, it displays '**Press crown to begin**' and is ready for you to listen to a short tutorial.

- 4. Listen to your voice tutorial.**



- a. Please wear your watch during the tutorial.
- b. One (1) short press of the crown button starts the tutorial.
- c. The voice tutorial will teach you:

- **How to communicate with the watch**

- **How the watch communicates with you, and**
- **How to contact an operator at the monitoring center.**



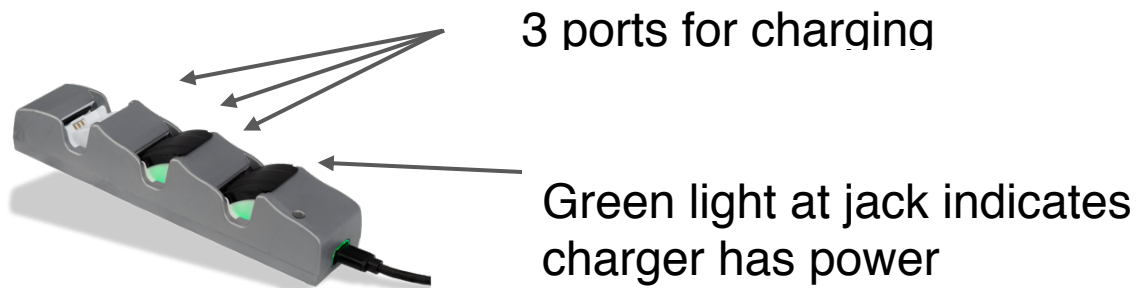
Note: Once the “**Press crown to begin**” screen appears you have one (1) minute to press the crown button. If you do not press the crown button within one (1) minute you see a ‘**Back to sleep**’ screen, and the watch returns to sleep to conserve battery. To wake the watch, press and hold the crown button for approximately three (3) seconds. Release the crown button when the display turns on.

If during set up the watch does not have strong enough cell signal to make a test call to the operator, it will let you know by voice and text to call support.

BATTERY CHARGER

Your Kanega LTE watch battery charger is designed to charge the Kanega LTE watch batteries. It charges a maximum of three (3) batteries. Normally you only have two (2) batteries charging at once because the other two (2) batteries remain on your watch.

Battery charger layout



Battery charger indicator lights:

When you insert a discharged battery into the charger, the light beneath the battery glows red (fades in and out, or “breathes”). This is an indication the charger is properly charging the battery. When the battery is charged, the light turns solid green and the charger stops charging.


- Red light fading = batteries are in the process of charging.
- Green light = batteries are fully charged.


Charging your batteries

Your Kanega batteries are to be charged and changed daily.

1. Connect the power cable to one end of the charger and plug into wall. Verify green light on charger jack is on.

2. Insert three (3) batteries into ports by placing the top end with the gold prongs first, and then pressing the bottom of the battery gently downwards until you hear or feel it attach into place.
3. The battery light fades red when batteries are charging and turns green when they are charged. Charging time may take up to 4 hours.

 Leaving the batteries in the charger after they are fully charged is recommended and does not damage the charger or the batteries.

 The Kanega LTE watch battery charger can only charge the official Kanega batteries that are supplied with your watch.

BATTERIES

Your Kanega LTE watch is supplied with four (4) Lithium Ion batteries.

Electrical gold
prongs



Requirements

The watch requires two (2) official Kanega batteries to operate. The watch has an internal battery for emergencies only. The internal battery is inside the watch and not intended for day-to-day operation. You must always have two charged batteries on your watch.

Battery life

Under normal conditions your batteries last 24-36 hours. Best practice is to proactively change your batteries daily.

The batteries may need frequent charging the first few times of use because they are also charging the internal backup battery inside the watch. Once the internal battery is charged, your batteries will last longer. The first time you set up the watch, you may need to change your batteries ever 4-6 hours until the internal battery is full charged. Try not to allow your watch batteries to discharge to zero, as this results in reduced performance of your batteries.



Battery life varies based on activity, screen brightness, and Wi-Fi or cellular usage.

Changing batteries on the watch band

When it's time to change your batteries, remove a battery from your Kanega LTE watch and place in the empty port on the charger. Then remove a charged battery to replace it. Repeat for the second battery. Please watch our video on changing batteries on your Kanega watchband at www.unaliwear.com/support.

Your Kanega battery charger has three (3) ports for your batteries. We recommend that you keep two (2) batteries on your Kanega LTE watch and two (2) batteries on the charger. That way, you will always have charged batteries ready when needed.

To install your batteries into your Kanega watchband, insert the top end with the gold prongs first, and then press the bottom of the battery gently downwards until you hear or feel it attach into place.

To remove the batteries from your Kanega watchband, use the display for balance, and lift the battery up and away from the watchband.



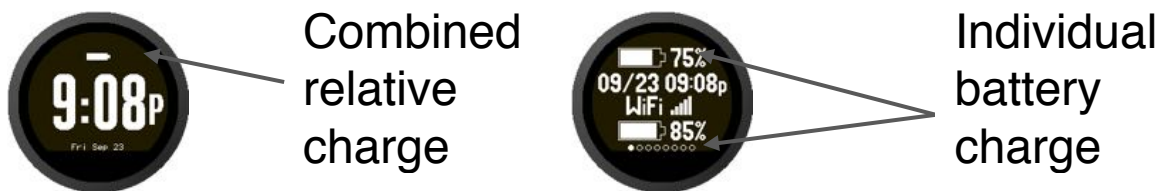
Wear your Kanega LTE watch while changing the batteries for continuous protection.



With any habit, it may take a few days to weeks to create a routine of changing your batteries. Please give yourself ample time while wearing the watch to form the habit.

Charge status

To check the status of the Kanega LTE watch batteries, you either refer to the battery icon on the watch for an overall status of the combined charge level of the batteries or go to the information screen and view the level of charge of each battery. For more details on the Information Screen, please refer to page 35.



Battery notifications

When it is time to change the batteries, the Kanega LTE watch notifies you with two (2) short vibrations or buzzes and alternating between a question mark and instructions to “Press crown to continue” on the display. This notification happens daily between 6 p.m. and 8 p.m., if the following requirements are met:

- You are home and on Wi-Fi.
- The average battery charge levels are below 30%.
- You are awake (based on your watch activity level).

The buzzes occur every six (6) seconds for thirty seconds. During the 30 seconds you can respond with one of the

following actions:

- **Verbal:**
 - Say “**Fred Astaire, yes.**” The Kanega LTE watch says, “It is time to change the batteries.” and “Change batteries” appears on the display as shown below.
 - Say “**Fred Astaire, no.**” The notification buzzing ends and you will be reminded again in 15 minutes.
- **Touch:**
 - **Press the crown button one (1) time.** The watch displays “Change batteries” as shown below. The watch will not speak to you.
 - **Press the crown button two (2) times.** The notification buzzing ends and you will be reminded again in 15 minutes.
- **Ignore the notification** – After 30 seconds, the notification buzzing ends and you will be reminded again in 15 minutes.

If the battery notification is accepted, the display changes to one of the following screens, with arrows indicating which battery(s) need to be changed:



Exit the “Change batteries” screen by doing one of the following actions:

- **Change the batteries.** An arrow indicates which batteries need to be changed. The watch returns to the clock face after the batteries are changed.
- **Press the crown button one (1) time without changing the batteries.** The watch returns to the clock face.



For best results, change both batteries when you receive a battery notification. Change them if you think the battery levels are getting low, or if you anticipate they will be low at an inconvenient time, such as during sleep or when you are away. If you prefer to be reminded to change your batteries at a different time, contact Customer Support. Best practice is to proactively change your batteries every day close to the same time. Make it part of your daily routine.

COMMUNICATION

This section explains how you and the Kanega watch interact and communicate by speaking, pressing the crown button, or by your feeling buzzes or vibrations.

Speaking to your Kanega LTE watch

Your watch's name is “**Fred Astaire**”. “**Fred Astaire**” allows the watch to hear and listen to you.

Permission only speaking: The Kanega LTE watch can only speak to you after you give it permission by speaking its name, Fred Astaire. The watch does not interrupt you or your day. The Kanega watch's built-in microphones respond to voice commands.

Speaking voice commands to your Kanega LTE watch

You first speak "Fred Astaire", then you will see an "Ear" or band around the display meaning the watch is listening. You must wait for the ear icon to display prior to telling Fred what you want. After you see the Ear Icon, you can speak one of the voice commands below:

- **"What time is it?"** - The Kanega watch announces the current time. If your clock display is on 24-hour (military) time, then it speaks in military time.
- **"What day is it?"** – The Kanega watch announces the day.
- **"Get Help"** - The Kanega watch initiates a call to an operator at the monitoring center.
- **"Call the Operator"** - The Kanega watch initiates a call the monitoring center operator.
- **"Yes"** - Confirmation to proceed with the notification.
- **"No"** - Confirmation to not proceed with the notification.



In limited circumstances, such as in an emergency or a fall detection, the watch will speak out loud to you without your

permission.

Displays indicating the Kanega LTE watch hears your voice command

Once you say “**Fred Astaire**”, the watch displays an ‘**Ear**’ icon, indicating the watch is listening. You have five (5) seconds after the ‘**Ear**’ appears to speak a command for the watch to perform a task. If you find the ear icon distracting, you can customize your Kanega LTE watch to show a discreet band around the edge of the display when it has heard the name Fred Astaire and is listening for a command. See section 0 on page 42 for how to customize the listening mode.



Ear icon
(default)



Discreet band
around display

👁 **Show me how to ask for the time.**





You must say “**Fred Astaire**” first and see the ear icon, before talking to your watch.

How the Kanega LTE watch gets your attention

- 1) Verbal:** The watch has a built-in speaker. The speaker is used when responding to your voice commands or when you are talking to a monitoring center operator.
- 2) Sensory:** The Kanega watch has built-in tactile sensations or notifications that feel like vibrations or buzzes.
 - a. One (1) vibration or buzz = a confirmation
 - b. Two (2) vibrations or buzzes = a notification
 - c. Three (3) vibrations or buzzes = an alert that a fall has been detected
- 3) Visual:** The Kanega watch displays text and icons on the clock face.

How to respond to your Kanega watch

There are two ways to interact with your watch.

- 1) Verbal** - When speaking to your watch, use your regular tone of voice. There is no need to raise your voice or hold the watch close to your mouth. The has specialized circuitry in the Kanega watch that enable it to interpret your voice commands. The list of recognized commands is in Section 6.2 on page 20.

2) Touch/Sensory - you respond by pressing the crown button.

EMERGENCY FUNCTIONS

Call for Help and **Fall Detection** are the Kanega LTE watch's most important emergency functions.

Call for help

Your Kanega LTE watch connects you with an operator at the monitoring center if you have an emergency or need assistance.

Starting an emergency call

There are three (3) ways for you to use the watch to call for help:

1. One of two voice commands. You say either;
“Fred Astaire, Get Help” or **“Fred Astaire, Call the Operator.”**
2. Press and hold the crown button for 2-3 seconds.

Confirming you have asked for help



When your Kanega LTE watch detects your call for help, the clock face displays the text “Calling Operator” and

will speak to you to let you know the call center is being alerted.

Canceling an emergency call



When an emergency call is requested, your Kanega LTE watch begins connecting you to an operator at the monitoring center. You can cancel the emergency call by pressing the crown button one (1) time. Your Kanega LTE watch will speak to you to let you know the call is being connected and remind you how to cancel the call if you do not need help.

Connecting an emergency call



Once your Kanega LTE watch has contacted the monitoring center and the call is in the final stages of being connected, your Kanega LTE watch tells you that you can no longer cancel the call. You will then hear a ringing sound, much like a traditional telephone, while waiting for the operator to answer your call. When the operator answers they will ask if it is an emergency and you can tell them what assistance you need.

Ending an emergency call



Once you have spoken to the operator, press the crown button one (1) time to end the call.

No connection available for an emergency call to connect to the operator



Since the Kanega LTE watch uses Wi-Fi and cell, it is rare that a call won't connect to an operator. If you are in a location with no cellular or Wi-Fi signal, and make an emergency call, the watch informs you that it is experiencing delays connecting you to an operator and ask you to move to another location, if possible.



The watch may tell you there is not a strong enough signal to connect to the operator. Unless you cancel the call by pressing the crown button once the watch will keep trying to connect until either there is a connection or the battery power depletes.



The Kanega LTE watch has a built-in GPS and location detection technology and communicates your location in an emergency.

Fall detection

The Kanega LTE watch contains special technology to automatically detect falls. No fall detection is 100% accurate, including the Kanega LTE watch. The watch occasionally detects a sudden movement that is not a fall. If there are movements that you consistently make that are not falls, the Kanega LTE watch learns these are not falls – though this

process may take several months.

If the watch thinks you may have fallen, it discreetly alerts you with buzzes, and displays an emergency icon and text. If you do not respond, it beeps and eventually calls the operator at the monitoring center to ensure your safety.

Fall detection communication



Once a suspected fall is detected, the Kanega LTE watch vibrates or buzzes three (3) times to alert you it suspects a fall. This buzzing pattern repeats alternating with the instructional text, “**Press crown to continue**” and an emergency icon.

Responding to a fall detection notification

If you do not need assistance, you can decline the emergency notification pressing the crown button and the Kanega LTE watch will return to the clock face.

You can accept the notification by saying “**Fred Astaire, YES**” if it is okay for your watch to speak to you or by pressing the crown button if you would like your watch to remain silent. If you do not respond to the notification, your Kanega LTE watch continues to the next screen automatically.



When the notification is accepted, the watch displays **“Fall detected”** followed by **“Press crown to cancel.”**

If you gave your watch permission to speak, it will say **“I think I detected a fall. I am contacting the operator. Press the crown button once if you do not need help and I will cancel the call.”**



Holding the crown button for two (2) seconds calls an operator. Pressing the crown button once quickly cancels the call.

YES, you have fallen and need assistance:

Press and hold the crown button for two (2) seconds to start an emergency call to the operator immediately. See emergency call section 0 on page 23 for more information on how to make an emergency call.


No, you did not fall or do not need assistance:


Press the crown button once or once the watch has finished speaking, say “NO”. The watch returns to the clock face and no further action is taken.


If the notification is ignored:

The watch attempts to get your attention by repeating the spoken instructions and beeping periodically. If the notifications are ignored, your Kanega LTE watch automatically calls the monitoring center operator to

ensure your safety in the event you are physically unable to respond to the fall detect alert and need assistance.

 Two out of three times that people fall don't need help. If your Kanega LTE watch thinks you have fallen, it quietly alerts you and waits before calling the monitoring center to avoid the watch or the operator speaking at an inopportune time.

 The Kanega LTE watch connects to your home Wi-Fi network. If the network changes, such as the router name (SSID) or the password, contact Customer Success to provide your updated information. Failure to update your information in a timely manner may compromise the Kanega LTE watch's functionality while in your home. The watch can save multiple Wi-Fi networks.

 Good Wi-Fi or cellular signal is important to be able to connect to the operator at the monitoring center. If a good signal is not available in an emergency, the Kanega LTE watch will let you know. **In this situation, seek help through other means available to you.**

Monthly test calls

Best practice is to perform a monthly test call to the monitoring center by holding the crown button for two (2) seconds or by saying **“Fred Astaire, Get Help!”** or **“Fred Astaire, Call the**

Operator.” Immediately upon connecting with the monitoring center, say “This is a test call.”

Monitoring center calls

When the watch makes a call to the monitoring center and communication is not established between the wearer and the monitoring operator, the operator calls the wearer’s provided number followed by emergency contacts. If the call is not answered by the wearer or emergency contacts, the monitoring center will dispatch the local emergency agency.

The monitoring center caller ID number is (801) 781-6101. If you or your emergency contacts receive a call from this phone number, please answer and confirm whether there is an emergency.



We strongly recommend the wearer and all emergency contacts add the monitoring center contact in their cell phone, so a caller ID name appears. Please inform your emergency contacts.

NOTIFICATIONS

Notifications provide a way for the Kanega LTE watch to get your attention when it needs to interact with you for some reason, such as when a fall is detected or an announcement. Notifications can either be fall detection emergency notifications or standard notifications.

Fall detection notification



When the Kanega LTE watch issues an emergency notification for a fall detect, it buzzes or vibrates while a display alternates between an emergency icon and the text “**Press crown to continue**” then displays “**Fall detected**”. See Fall Detection section 0. on page 25.

Standard notifications



When the Kanega LTE watch issues a standard notification, such as medication reminders or announcements, it buzzes or vibrates while a display alternates between a question mark and the text “Press crown to continue”.

Responding to a standard notification

The Kanega LTE watch notifies you with two (2) short vibrations or buzzes when it is time to change the batteries, take your medications, has an announcement, or the watch wants your opinion. The Kanega LTE watch will give you instructions about what is going on. You can respond in the following ways:

- **Verbal:**
 - Say “**Fred Astaire, yes.**”

Announcements –

If your watch has an announcement, it will confirm that it’s “**Okay to speak?**” after the notification is

acknowledged by pressing the crown button once. The Kanega LTE watch proceeds as described in Announcements section 0 on page 36.

Battery swapping -

The watch displays a question mark, and then displays “**Change batteries**” after the notification is acknowledged by pressing the crown button once. See Battery notifications section 0 on page 17.

Medication reminders -

The watch displays a question mark, and then displays “**Take Meds**” after the notification is acknowledged by pressing the crown button once. See Medication reminder section 0 on page 49.

Wearer opinion/feedback –

The watch displays “**Offer Opinion?**” and enters feedback mode after the notification is acknowledged by pressing the crown button once. See wearer opinion and feedback section 0 on page 37.

- Say “**Fred Astaire, no.**” The notification buzzing ends and the notification content will be cancelled. However, the battery swap notification will be deferred and occur 15 minutes later.

- **Touch:**

- **Press the crown button one (1) time.** The watch displays the appropriate text.
- **Ignore the notification –**
 - Announcements and wearer opinion – After 30 seconds, the watch returns to the clock face, and the announcement will not be repeated.
 - Battery swapping - After 30 seconds, the watch returns to clock face, and you will be reminded again in 15 minutes.
 - Medication reminder - After 30 seconds, the watch returns to the clock face, and the announcement will not be repeated.

FEATURES

Display

Kanega LTE watch display depicts messages with icons or text. For a complete listing of display screens see Section 0 ‘**Display Glossary**’ on page 58.

Display OFF: The watch display remains off during normal use.

Display ON: The display turns on when any of the following occur:

- You say the name of your watch, “**Fred Astaire.**”
- You press the crown button one (1) time.
- You raise your arm to glance at the watch.
- An emergency fall notification occurs.

The brightness of the display is controlled by a variety of factors listed below. The overall brightness can be adjusted as outlined in ‘**Customization**’ on page 38.

Factors that impact the display brightness:

- Ambient light intensity
- Asleep vs. awake mode
- Watch orientation on wrist
- Emergency/notification

No single factor has absolute control over the display brightness. A blend of factors determines the display brightness. The display brightness changes quickly at the start

Page | 33

of an emergency and adjusts gradually in response to ambient light intensity changes during a non-emergency.



Sleep mode turns the display off if there's no activity for a period of time. This prevents the watch from lighting up in the middle of the night. Once the watch detects activity, the display turns on. This can take a few minutes depending upon how long you have been moving around.



If you want to see the time at night (when your Kanega LTE watch is in sleep mode), press the crown button one (1) time to illuminate the display for 5 seconds.

Time



You view the time by raising your arm to glance at the watch or by pressing the crown button one (1) time.

Date



From the clock face, press the crown button one (1) time to display the day and date.

Information Screen



The information screen provides details regarding the individual battery charge percentages and the date and time that the watch last checked in. It also displays whether the check-in was over Wi-Fi or cellular, including signal strength.

Getting to the Information Screen: From the clock face screen, press the crown button one (1) time to see the date screen. From the date screen, quickly press the crown button two (2) times to display the information screen. The information screen is helpful when troubleshooting and determining your battery life.

Sleep Mode

Your Kanega LTE watch monitors your activity level through sensors on the watch, including when you are sleeping. During sleep mode, raising your arm to glance at the watch will not illuminate the display. This behavior prevents the display from emitting unintended light in your sleeping area. You can momentarily wake the watch by pressing the crown button once quickly, which will illuminate the display for 5 seconds before returning to sleep. After sleep mode, it can take several minutes of activity before your Kanega watch will wake and enable glance controls to illuminate the display.

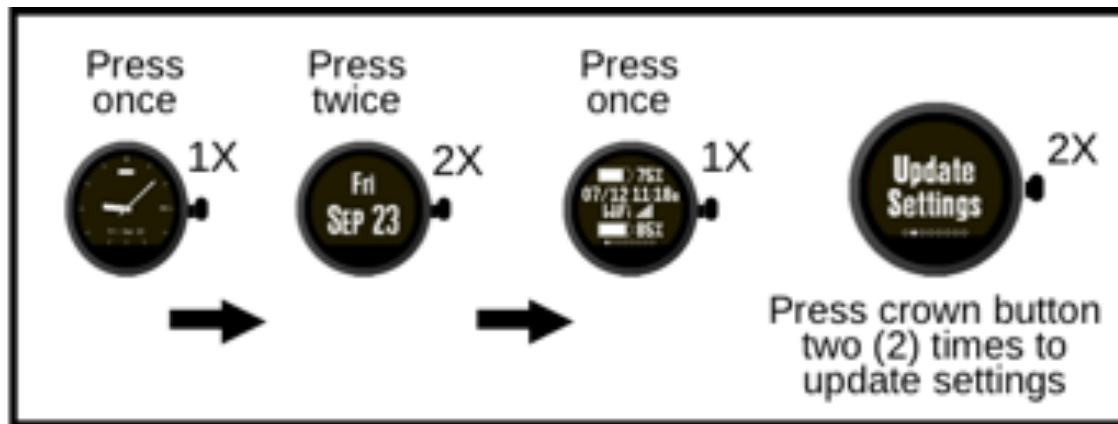
Update Settings



This mode allows wearers to immediately update settings like Wi-Fi credentials or medication reminders. From the information screen, quickly press the crown button one (1) time to display the Update Setting screen, then press the crown button two (2) times to start the settings update.



Show me how to update my settings.



Announcements



The Kanega LTE watch periodically makes an announcement, such as a reminder for you to make a monthly test call to the operator. The Kanega LTE watch waits until the wearer is in Wi-Fi, awake, and changes their batteries. The watch informs you with a standard notification. The wearer can respond to the notification as follows:

- Speak **Fred Astaire, yes** or press the crown button one (1) time
 - The watch displays the text “**Okay to speak?**” and, since you have given the watch permission to speak, the watch immediately speaks the announcement followed by a reminder to press the crown button after completion to return to the clock face. For example, the watch may say “**It's been a while since you've made a test call to the operator. Please make a test call at your earliest convenience. Press the crown button once to return to the clock face.**”
- Speak **Fred Astaire, no**. The watch returns to the clock face, and the watch will not ask for your opinion again until the next survey occurs.
- Press the crown button one (1) time and the watch displays “**Okay to speak?**” If it is okay for the watch to speak, say “**yes**” and the watch continues as explained above.
- No response for 30 seconds. The watch returns to the clock face and the watch will not make an announcement again until the next announcement occurs.

Wearer opinions and feedback



The Kanega LTE watch will periodically ask questions to give an opportunity to for wearers to give their opinion. The Kanega LTE watch waits until the wearer is at their home Wi-Fi, awake, and changes their batteries. The watch informs you with a standard notification, a question mark and buzzes. The wearer can respond to the notification as follows:

- Speak **Fred Astaire, yes.**
 - The watch display text is “**Offer Opinion?**” and speaks “**Please let us know if you have a moment to offer your opinion by speaking yes or no. You can also press the crown button to return to the clock face.**” If you say yes, then the watch asks a question, records your opinion, and saves the answer.



- Speak **Fred Astaire, no.** The watch returns to the clock face, and the watch will not ask for your opinion again until the next survey occurs.
- Press the crown button one (1) time and the watch displays “**Offer Opinion?**” and will not speak. If it is okay for the watch to speak to you, say “yes” and the watch continues as explained above.
- No response for 30 seconds. The watch returns to the clock face and the watch will not ask for your opinion again until the next survey occurs.

CUSTOMIZATION

You can customize several features of the watch. To enter the Customization Menu, go to the Information Screen first, and then advance through the menu features. Refer to Section 0 on page 35 on how to access the information screen.

After you see the information screen, advance from one menu feature to the next by pressing the crown button one (1) time.

To change the setting of each feature, press the crown button two (2) times quickly.

Clock Face Options



Analog
24-hour



12- hour



The first menu feature is the '**Clock Face**' screen that allows the selection of an analog or digital display of the time. Analog is the default display. The digital display can be a 12 or 24-hour clock (military time).

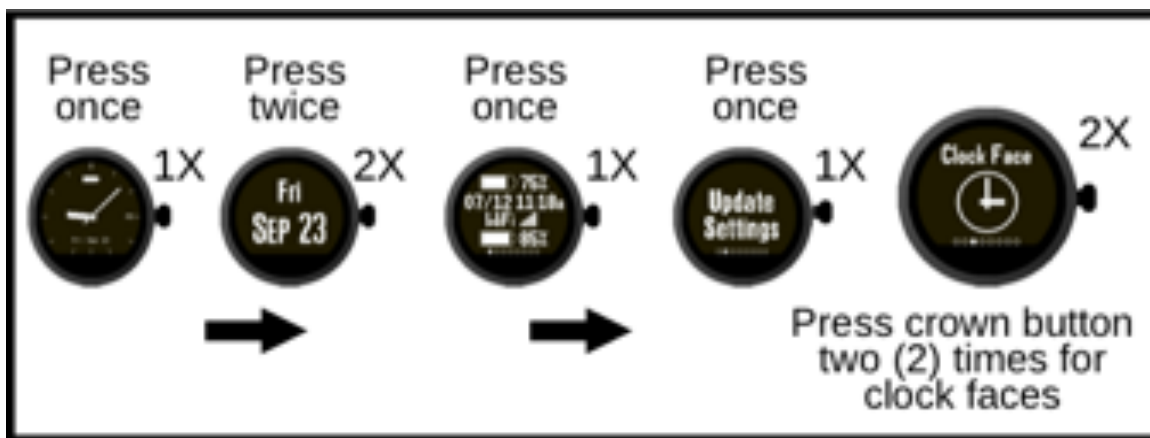
To adjust the clock face:

1. If the watch display is black, press the crown button one (1) time to display the time ('**Clock**' screen). If it is displaying the time, then proceed to next step.
2. Proceed to '**Date**' screen by pressing the crown button one (1) time.
3. Proceed to '**Information**' screen by pressing the crown button two (2) times.
4. Proceed to '**Update Settings**' screen by pressing the crown button one (1) time.
5. Proceed to '**Clock face**' screen by pressing the crown button one (1) time.

6. Press the crown button two (2) times quickly to cycle through the different clock faces. The last clock face displayed will be selected.
7. Press the crown button one (1) time to advance to the **'Brightness'** screen or do nothing and in 15 seconds the watch will return to the main clock screen.



Show me how to change clock faces.



Brightness Control



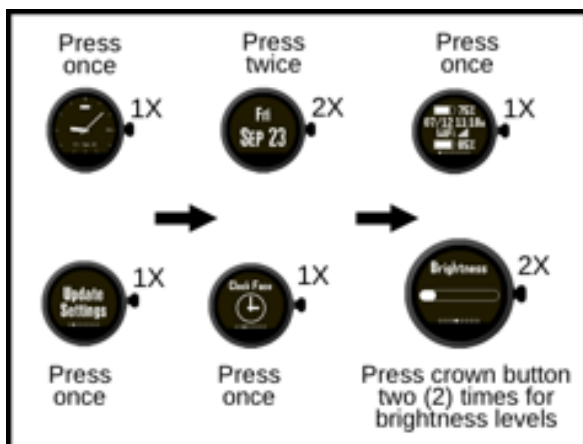
The brightness of the Kanega watch display can be increased or decreased with the brightness control screen. There are five (5) brightness level settings. The watch's default setting is at the medium level. The brightness setting impacts your battery life. The brightness level will vary throughout the day, based on a variety of factors.

To adjust the brightness level:

1. If the watch display is black, press the crown button one (1) time to display the time (**'Clock'** screen). If it is already displaying the time, then proceed to next step.
2. Proceed to **'Date'** screen by pressing the crown button one (1) time.
3. Proceed to **'Information'** screen by pressing the crown button two (2) times.
4. Proceed to **'Update Settings'** screen by pressing the crown button one (1) time.
5. Proceed to **'Clock face'** screen by pressing the crown button one (1) time.
6. Advance to **'Brightness'** screen by pressing the crown button one (1) time.
7. Press the crown button two (2) times quickly to cycle through different brightness levels or do nothing and in 15 seconds the watch returns to the clock screen. The last brightness level displayed will be selected



Show me how to change brightness level.



Listening Mode



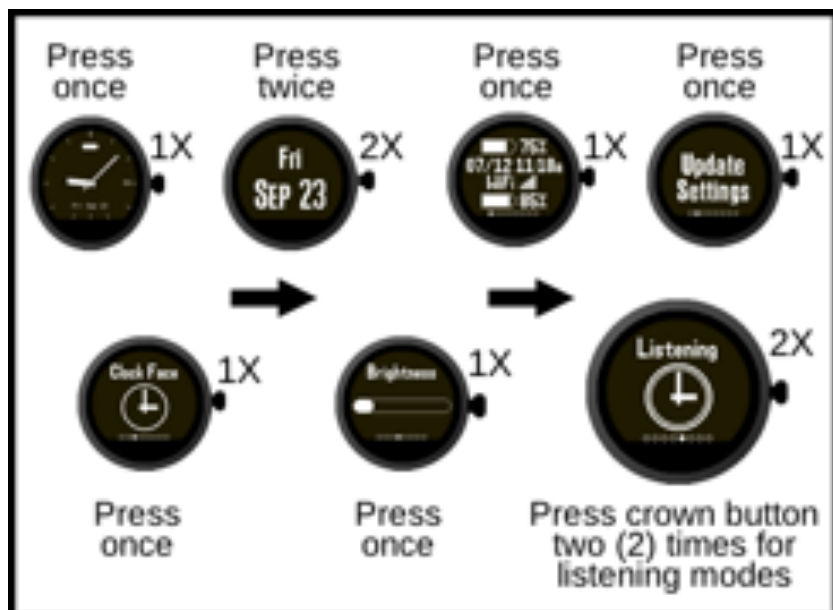
You can select which indicator you would like to see when the watch is in listening mode after recognizing a voice command. The choices are a large ear icon (the default) and a more discreet band displayed around the edge of the display.

To customize the listening display:

1. If the watch display is black, press the crown button one (1) time to display the time (**'Clock'** screen). If it is already displaying the time, then proceed to next step.
2. Proceed to **'Date'** screen by pressing the crown button one (1) time.
3. Proceed to **'Information'** screen by pressing the crown button two (2) times.
4. Proceed to **'Update Settings'** screen by pressing the crown button one (1) time.
5. Proceed to **'Clock face'** screen by pressing the crown button one (1) time.
6. Proceed to **'Brightness'** screen by pressing the crown button one (1) time.
7. Advance to the **'Listening'** screen by pressing the crown button one (1) time. Press the crown (2) times quickly to cycle through the two screens or do nothing and in 15 seconds the watch will return to the main clock screen. The last listening mode displayed will be selected.



Show me how to change listening mode options.



Airplane Mode



ON: Mode while flying on a plane



OFF: Mode during normal daily use

When traveling on an airplane, always turn on the airplane mode of your Kanega watch. Airplane mode complies with federal and airline regulations.


To change the airplane mode:

1. If the watch display is black, press the crown button one (1) time to display the time ('**Clock**' screen). If it is already displaying the time, then proceed to next step.

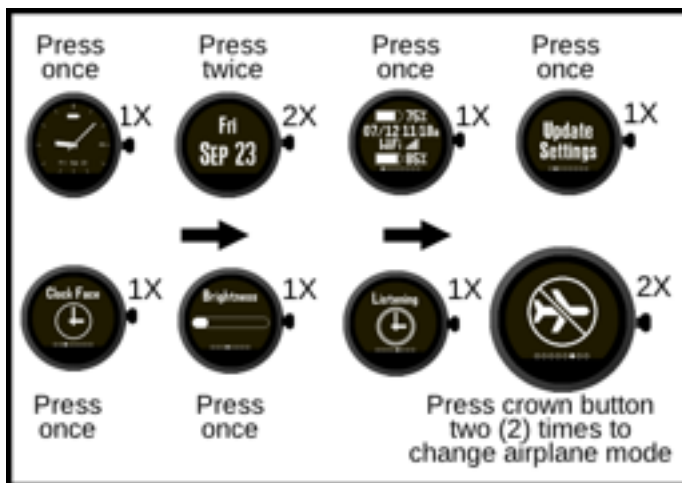
2. Proceed to '**Date**' screen by pressing the crown button one (1) time.
3. Proceed to '**Information**' screen by pressing the crown button two (2) times.
4. Proceed to '**Update Settings**' screen by pressing the crown button one (1) time.
5. Proceed to '**Clock face**' screen by pressing the crown button one (1) time.
6. Proceed to '**Brightness**' screen by pressing the crown button one (1) time.
7. Proceed to '**Listening**' screen by pressing the crown button one (1) time.
8. Advance to '**Airplane**' mode by pressing the crown button one (1) time. Press the crown button two (2) times quickly and the Kanega watch toggles the airplane mode On and Off.
9. Once you select the correct '**Airplane**' mode, you can either press the crown button one (1) time to advance to the '**Regulatory**' screen or do nothing and in 15 seconds the watch returns to the main '**Clock**' screen.




When '**Airplane**' mode is **ON**, cellular and Wi-Fi are not functional. When '**Airplane**' mode is **OFF**, Wi-Fi and cellular function normally. If you try to call for help or if the watch detects a fall (as could happen during airplane turbulence), the watch says "**I am in airplane mode**" and will not connect to an operator.

 Your Kanega LTE watch depends on Wi-Fi and cellular. As a result, the Kanega LTE watch will not function outside of the United States due to different cellular networks.

 **Show me how to turn Airplane mode on and off.**



Repeat Voice Tutorial

 You can repeat the start-up voice tutorial anytime. At the end of the voice tutorial, you will be prompted to make a test call to the monitoring center operator.

To repeat the voice tutorial:

1. If the watch display is black, press the crown button one (1) time to display the time ('**Clock**' screen). If it is already displaying the time, then proceed to next step.
2. Proceed to '**Date**' screen by pressing the crown button one (1) time.

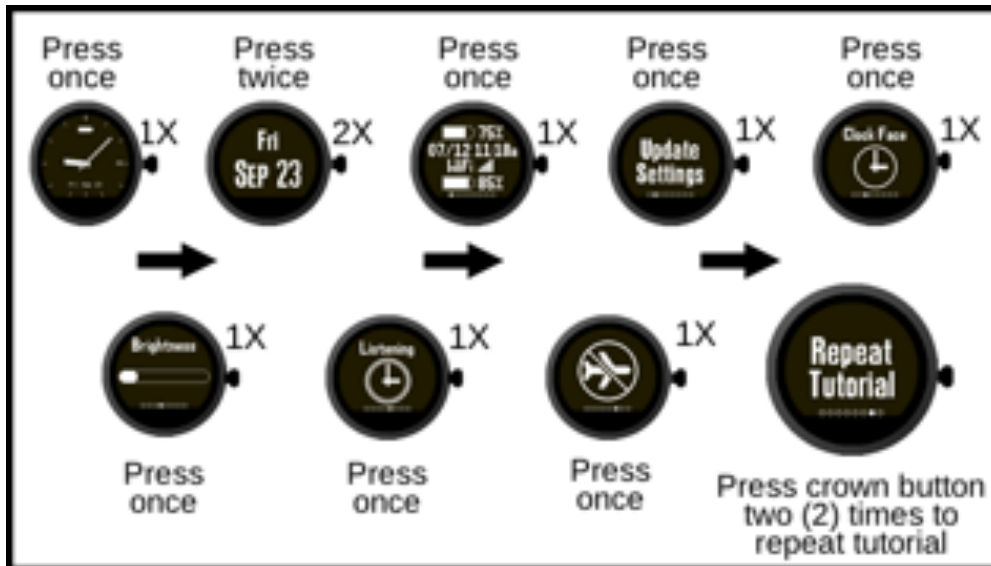
3. Proceed to '**Information**' screen by pressing the crown button two (2) times.
4. Proceed to '**Update Settings**' screen by pressing the crown button one (1) time.
5. Proceed to '**Clock face**' screen by pressing the crown button one (1) time.
6. Proceed to '**Brightness**' screen by pressing the crown button one (1) time.
7. Proceed to '**Listening**' screen by pressing the crown button one (1) time.
8. Proceed to '**Airplane Mode**' screen by pressing the crown button one (1) time.
9. Advance to '**Repeat Tutorial**' mode by pressing the crown button one (1) time. Press the crown button two (2) times quickly and the Kanega begins your 5-minute voice tutorial again.



While you are listening to the voice tutorial, you are not actively monitored by the monitoring center. We recommend you be seated while listening to the voice tutorial.



Show me how to repeat the voice tutorial.



Regulatory Screen



This screen contains information about the Kanega LTE watch's regulatory compliance with FCC and other agencies and is required by the FCC. It scrolls through information.

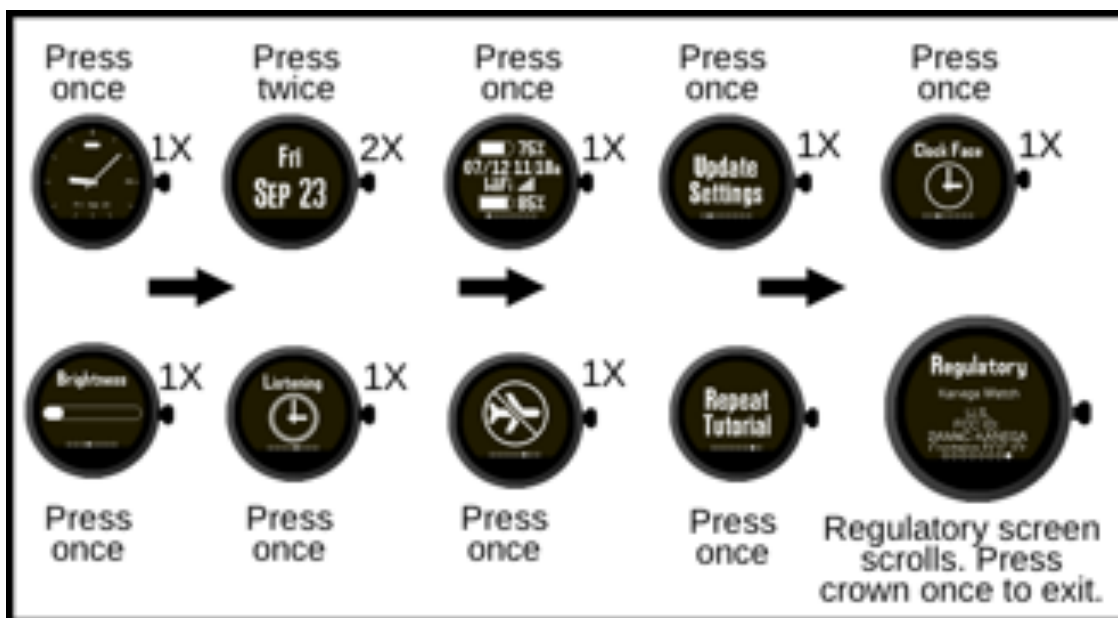
To view the regulatory screen:

1. If the watch display is black, press the crown button one (1) time to display the time ('**Clock**' screen). If it is already displaying the time, then proceed to next step.
2. Proceed to '**Date**' screen by pressing the crown button one (1) time.
3. Proceed to '**Information**' screen by pressing the crown button two (2) times.

4. Advance to the '**Regulatory**' screen by pressing the crown button two (2) times.
5. The '**Regulatory**' screen scrolls information. At the end of the scroll, the watch returns to the '**Clock Face**'.



Show me how to scroll to the Regulatory screen.



To return to the main clock face from any other screen on the watch simply wait 15 seconds and the display will automatically go to the clock face.

MEDICATION REMINDERS (PREMIUM SERVICE)

Never forget to take your medications and pills again. As an extra paid service, the Kanega LTE watch medication reminders are customizable and easy to understand.

Kanega Wearer Portal

Your Kanega wearer portal is a location where you can add, edit, and delete medication reminder times. You only need to know your last name and the security code from your watch.

Accessing your Kanega wearer portal

Visit www.my.kanega.com/med-reminders to access your Kanega wearer portal. Enter your last name and the security code you received on your watch, then press save, and log out.



The screenshot shows the Kanega Wearer Portal login interface. At the top, the title "Kanega Wearer Portal" is displayed in a light blue font. Below the title, a paragraph explains the portal's purpose: "Your Kanega wearer portal is a location where you can customize medication reminder times. You only need to know your last name and the security code from the user menu on your Kanega watch." This text is also in a light blue font. Underneath the text, there are two input fields: "Last Name:" and "Security Code:". Below these fields is a teal-colored button with the word "Login" in white text.

Adding, editing, and deleting medication reminder times

Enter up to five (5) daily medication reminder times. To delete, click on the trash can. To edit a time, simply re-enter the correct times. After you finish, press save, and log out.

Medication Reminder Times

Please add, edit, or delete up to five (5) daily reminder times by using the drop down boxes. You can delete a time by clicking on the grey trash icon. Once completed, press the save button.

After you save your reminder times, update your watch by going to "Update Settings" in your user menu. Once your watch is updated, your reminder times are activated and will begin at the next reminder time.

#	Hour	Minute	AM/PM	Status	
1	09	30	AM	Pending Activation	
2	03	55	PM	Activated	
3					
4					
5					

Updating medication reminders on your watch



After you save your reminders, update your watch by going to "**Update Settings**" in your user menu. Once your watch is updated, your reminder times are activated and begin at the next reminder time.

Receiving medication reminders on your watch



You receive medication reminders the same as other notifications. At the time of your reminder, you will feel two (2) buzzes or vibrations and see a question mark. You respond by either:

- Pressing the crown button one (1) time and the watch displays “**Take Meds**”
- Speaking “**Fred Astaire, yes**” and the Kanega watch will say “**It is time to take your medications**” and displays “**Take Meds**”.

Getting your security code from your Kanega LTE watch

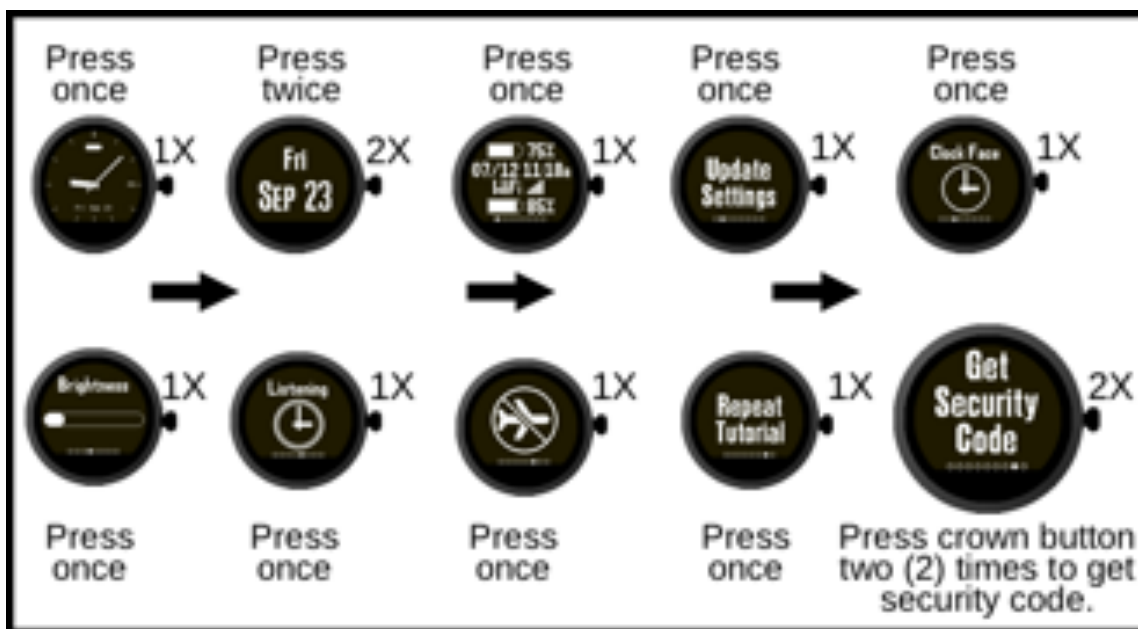



Your security code, along with your last name, allows you access your Kanega wearer portal and add or update your medication reminders.

1. From the clock face, proceed to the ‘**Date**’ screen by pressing the crown button one (1) time.
2. Proceed to the ‘**Information**’ screen by pressing the crown button two (2) times.
3. Press the crown button one (1) time to move through the next six (6) screens to see the ‘**Get Security Code**’ screen. The six screens you pass are: Update Settings, Clock Face, Brightness, Listening, Airplane Mode, and Repeat Tutorial

4. When in the '**Get Security Code**' screen, press the crown button two (2) times quickly and the watch speaks and displays a security code for 10 minutes. After you enter and save the security code into your Wearer Portal, you can access your medication reminder calendar. Each time you perform "Get Security Code", a new security code is generated, which is valid for 10 minutes.

 **Show me how to get my security code.**



 We recommend you double check the security code from your watch prior to clicking the save button on your Kanega wearer portal.

CARE AND MAINTENANCE

Your Kanega watch requires little maintenance.

Cleaning

To clean your watch, take a slightly dampened cloth, using regular tap water, and lightly wipe down your watch, clock face, and band. Alcohol wipes are fine but do not use abrasive cleaners.

Skin Sensitivity

Some people experience contact dermatitis or bacterial infection from soap, sweat, makeup, perfume, food, and drink that gets trapped between jewelry and watches and the skin. If you have sensitive skin or are prone to contact dermatitis, we recommend drying your watch after getting it wet.

Disposal

Do not throw your batteries in the trash. The Kanega batteries require special handling when disposing. Before disposing of a bad battery, check with local, state and federal regulations to ensure proper compliance and safety.



Your watch is built to be splash and dust-proof. You can shower with the watch on your wrist, however we suggest you do not engage in immersive activities, such as swimming, while wearing your Kanega watch.

FREQUENTLY ASKED QUESTIONS (FAQs)

Q: How often do I need to charge my batteries?

A: Best practice is to proactively change your batteries daily. Keep the other two batteries in the charger at all times to make battery changes quick and easy.

Q: If I travel will my watch change time zones automatically?

A: YES. Your Kanega LTE watch updates to the correct time zone in the continental U.S.

Q: Can I wear my Kanega LTE watch out of the country?

A: NO. Your Kanega LTE watch will not operate properly outside of the U.S. due to differing cellular standards.

Q: If there are changes to my home Wi-Fi network, do I need to make any changes to the Kanega LTE watch?

A: YES. If you change Internet providers or make Wi-Fi network changes such as a new router or changes to your network passwords, immediately contact Customer Support so your Kanega LTE watch will be able to communicate through your Wi-Fi.

Q: How do I clean my watch?

A: To clean your watch, take a slightly dampened cloth, using regular tap water or an alcohol wipe, and lightly wipe down your watch case, clock face, and band.

Q: Will I be allergic to the Kanega LTE watch if I have allergies to certain materials?

A: Unlikely. The watch is made of hypoallergenic polymer and should not cause any irritations or allergic reactions.

Q: What should I do if my watch fits too loosely or is too tight?

A: Contact Customer Support for a new band size, then you can take your watch to any reputable jeweler and they can replace the band easily.

Q: Where can I get new batteries?

A: Contact Customer Support if you need a battery replacement.

Q: What should I do with the old batteries?

A: Do not throw them in the trash. The Kanega LTE watch batteries are Lithium Ion batteries and require special handling when disposing. Before disposing of a bad battery, check with local, state and federal regulations to ensure proper compliance and safety.

Q: Is the Kanega LTE watch waterproof?

A: The Kanega LTE watch is dust and splash-proof and conforms to the IP67 standard. You can wear your watch while washing your hands or in the shower, but immersive activities such as swimming are not recommended.

Q: Can I wear my Kanega LTE watch in the shower or swimming?

A: Yes. You can wear your Kanega LTE watch in the shower.

B. No, it is not recommended to wear your Kanega LTE watch while swimming.

BASIC TROUBLESHOOTING

Symptom	Things to Try	What's Next?
I just received my watch and cannot turn it on	Be sure the batteries are fully charged before placing them on the watch. Press (not turn) the crown button on the side of the watch one (1) time to start the voice tutorial.	If the watch does not turn on contact Customer Support at 1-888-343-1513.
When I insert a battery in the charger the light on the charger does not appear.	Check that the battery gold prongs are facing downwards in the charger. Remove and replace the battery to make sure the battery is seated properly.	If you have tried all the ports on the charger and the four (4) batteries and you still cannot get any of the lights on the charger to appear, contact Customer Support at 1-888-343-1513.
When I place a fully-charged battery on my watch band it reads at 0%	Remove and replace the battery to ensure the battery is seated properly. Try the same battery on the other side	If you still cannot get a battery reading above 0% on your watch, contact Customer

charge or does not read the battery at all.	of the watch. If that does not work, try another battery. If that does not work, then re-charge the battery(s) on the charger for a few hours and try again.	Support at 1-888-343-1513.
My watch shows a date of January 23 rd – when it's not January 23 rd .	This means the watch has recently performed a maintenance reset. It should update automatically to the correct time within a few minutes.	If the time and date do not update within an hour, contact Customer Support at 1-888-343-1513.
None of the lights on the charger work or a charger light is rapidly blinking a blue/purple color when I insert the batteries.	Notify Customer Support at 1-888-343-1513. Make sure the charger green power light is on and the batteries are correctly inserted in the charger.	Contact Customer Support at 1-888-343-1513.
My watch doesn't respond when I say " Fred Astaire ".	Conduct a crown button call to the monitoring center and let the operator know it is a test call.	If the watch doesn't respond, contact Customer Support at 1-888-343-1513.

DISPLAY GLOSSARY

The following are the various display screens that can appear on your watch and a brief explanation of each. The watch can display the following messages:

CUSTOMIZATION SCREENS (PAGE 38)

General Watch Information



Current time
and date
Overall battery
charge



Current
date (large
display)



Charge percentage for
each battery
Last time and type of
watch check in (Wi-Fi
or Cell)

Different types of clock faces Brightness Control



Analog



Digital
time



24-hour/
military
time



Five (5) different
brightness levels
(Level 1 shown)

Update Settings



Update
Settings



Updating



Update
completed

Airplane Mode



ON



OFF

Repeat Tutorial



Regulatory certifications



NOTIFICATION SCREENS

Fall Detect



Emergency
Icon



Fall
Detected



Cancel if false
alarm

Information



First
notification
icon (with
vibrations)

Announcements



Asking for
permission to
speak

Medication reminder



Reminder to
take medication

Wearer Opinion/Feedback



Series of screens before and during the time the
wearer is giving feedback.

Batteries need changing



Change both
batteries



Only one battery
needs to be changed

COMMUNICATION SCREENS



Listening
ear icon



Thinking text
(after ear icon)



Listening
band



Thinking
band



Watch is
calling the
monitoring
center



Call ended or
disconnected



Call
connected



Call dis-
connected
and restoring

FIRST TIME SETUP AND TUTORIAL SCREENS (AFTER INITIAL SETUP THESE SCREENS DO NOT RE-APPEAR UNLESS YOU SELECT 'REPEAT TUTORIAL' FROM THE MENU)



Begin
tutorial



Sleep mode



Tutorial intro



To continue
the tutorial



Learning to
speak to
the watch



Learning to
get the time



Vibrations



How to call the
monitoring center



How to make a
test call to the
operator



For more
information



Congratulations!

IF WATCH DOES NOT HAVE CELL CONNECTION AT INITIAL SET UP TO
MAKE A TEST CALL TO THE OPERATOR AT THE MONITORING CENTER.



Restoring



Setting
Up



No cell



Call
support

KEY WORDS

Use these key words to quickly find a topic in the User Guide.

Airplane mode (page 43)

Batteries (page 12)

Battery charger (page 13)

Brightness control (page 40)

Customization and menu settings (page 38)

Emergency functions (page 23)

Fall detection (page 25)

Medication reminders (page 49)

Notifications (page 29)
Information screen (page 35)
Repeat tutorial (page 45)
Update settings (page 36)
Wearer web portal (page 49)

Notes

This page is intentionally left blank for you to take notes while talking to the operator or customer support.