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> Omron HJ-327T Alvita Wireless Activity Tracker User Manual

Omron HJ-327T

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Model: HJ-327T

PRODUCT OVERVIEW

The Omron Alvita Wireless Activity Tracker (HJ-327T) is a compact and powerful device designed to help you monitor your daily physical activity. It records regular steps, aerobic steps, distance, and calories burned. Featuring Bluetooth Smart technology, the HJ-327T allows for wireless data transfer to your smartphone via the free Omron Fitness app, enabling you to set realistic goals and track your progress effectively.



Image: The Omron HJ-327T Alvita Wireless Activity Tracker in light green, showing a digital display of 9687 steps.

KEY FEATURES

- Tracks Steps, Aerobic Steps (AKA Healthy Steps), Distance Walked And Calories Burned
- Features Bluetooth Smart Technology Which Allows Wireless Syncing To Smartphone With Free Omron Fitness App
- Connect To Omronwellness To Download Fitness Activity And Participate In Fitness Plans And Other Health Challenges

- Displays Current Day's Activity On LCD Screen With The Tap Of A Finger And Stores Up To 14 Days In The Device
- Size is less than 1 square inch and weighs .45 ounces which allows it to be worn almost anywhere with optional detachable clip.

SETUP

1. Unboxing and Initial Inspection

Carefully remove the Omron HJ-327T Alivita Wireless Activity Tracker from its packaging. Inspect the device for any visible damage. Ensure all components, including the main unit and any included clips, are present.

2. Battery Installation

The device requires one CR2 battery. Locate the battery compartment on the back of the tracker. Use a small coin or tool to twist the battery cover counter-clockwise to unlock it. Insert the CR2 battery with the positive (+) side facing up. Replace the cover and twist clockwise to secure it.



Image: The rear view of the Omron HJ-327T Alvita Wireless Activity Tracker, highlighting the circular battery compartment with lock and unlock indicators.

3. Downloading the Omron Fitness App

To utilize the wireless syncing features, download the free Omron Fitness app from your smartphone's app store (e.g., Apple App Store for iOS or Google Play Store for Android). Search for "Omron Fitness".

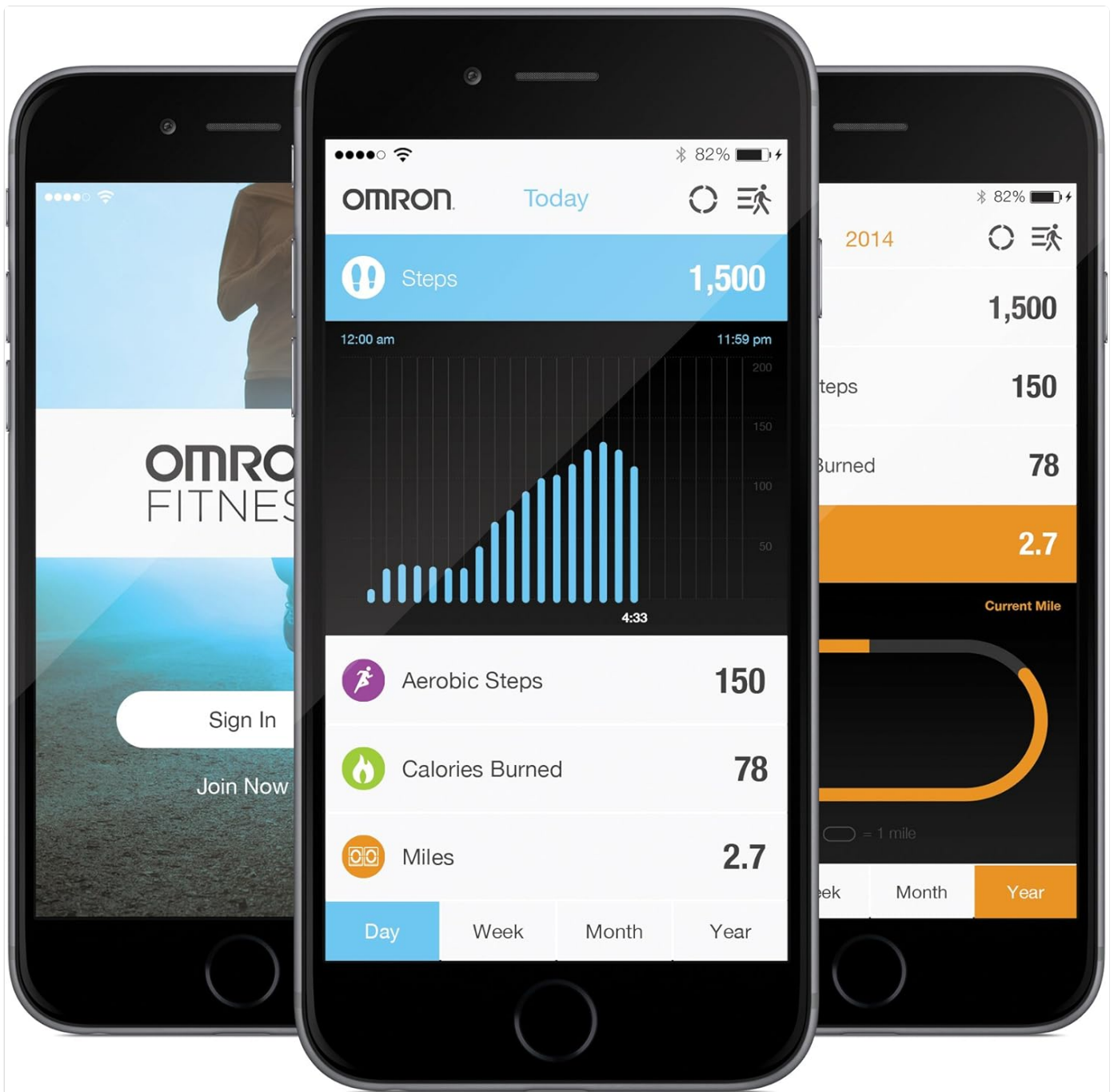


Image: Three smartphones displaying the Omron Fitness app interface, showing login screens and activity tracking dashboards with steps, calories, and miles.

4. Pairing with Your Smartphone

Enable Bluetooth on your smartphone. Open the Omron Fitness app and follow the on-screen instructions to pair your HJ-327T tracker. The device uses Bluetooth Smart technology for wireless data transfer.

OPERATING INSTRUCTIONS

1. Wearing the Tracker

The HJ-327T can be worn almost anywhere. For accurate tracking, it is recommended to wear it securely on your clothing, such as a waistband or pocket, using the optional detachable clip. Ensure it remains upright during activity.

2. Viewing Daily Activity

To view your current day's activity on the LCD screen, gently tap or shake the device. The display will cycle through various metrics such as steps, aerobic steps, distance, and calories burned.



Image: Three Omron HJ-327T Alvita Wireless Activity Trackers, each displaying a different metric: total steps (10217), distance in miles (5.2), and calories burned (328 kcal).

3. Syncing Data to the App

Ensure your tracker is within Bluetooth range of your paired smartphone and the Omron Fitness app is open. The device will automatically sync its stored data (up to 14 days) to the app, allowing you to track progress, set goals, and participate in fitness plans.

MAINTENANCE

1. Cleaning the Device

Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water. The device is not waterproof.

2. Battery Replacement

When the battery indicator appears on the display or the device stops responding, replace the CR2 battery as described in the Setup section. Dispose of old batteries according to local regulations.

3. Storage

Store the tracker in a cool, dry place away from direct sunlight and extreme temperatures when not in use for extended periods.

TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|---------|----------------|----------|
|---------|----------------|----------|

| Problem | Possible Cause | Solution |
|--------------------------------------|---|---|
| Device not turning on/display blank. | Low or dead battery; device not shaken/tapped sufficiently. | Replace the CR2 battery. Gently shake or tap the device to activate the display. |
| Cannot pair with smartphone/app. | Bluetooth is off; app not open; device out of range; compatibility issues. | Ensure Bluetooth is enabled on your phone. Open the Omron Fitness app. Bring the tracker closer to your phone. Verify your phone's compatibility with the Omron Fitness app. Some older or newer phone models may have limited compatibility. |
| Inaccurate step count. | Improper wearing position; device movement not consistent with steps. | Ensure the device is worn securely and remains upright. Avoid excessive shaking or swinging that is not related to walking. |
| Data not syncing to app. | Bluetooth connection lost; app not running in foreground; device memory full. | Reconnect Bluetooth. Ensure the Omron Fitness app is open and active. Sync data regularly to prevent memory overflow (device stores up to 14 days). |

SPECIFICATIONS

- **Model Number:** HJ-327T
- **Product Dimensions:** 1.37 x 1.22 x 0.7 inches
- **Item Weight:** 1.6 ounces
- **Battery Type:** 1 CR2 battery (Lithium-Ion)
- **Battery Life:** Approximately 14 days
- **Connectivity:** Bluetooth Smart Technology
- **Data Storage:** Up to 14 days on device
- **Manufacturer:** Omron Healthcare, Inc.
- **Color:** Light Green
- **Compatible Devices:** Smartphones (via Omron Fitness App)

WARRANTY AND SUPPORT

Warranty Information

For detailed warranty information regarding your Omron HJ-327T Alvita Wireless Activity Tracker, please refer to the warranty card included in your product packaging or visit the official Omron Healthcare website. Warranty terms typically cover manufacturing defects for a specified period from the date of purchase.

Customer Support

If you encounter any issues or have questions not covered in this manual, please contact Omron Healthcare customer support. Contact details can usually be found on the Omron Healthcare website or in your product documentation. When contacting support, please have your model number (HJ-327T) and purchase information ready.

Additional resources, including a PDF user guide, may be available on the product's Amazon page or the Omron website.

[Download User Guide \(PDF\)](#)

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