KoreHealth 30538

Kore 2.0 Elite Fitness Tracker User Manual

Model: Kore Elite (30538) | Brand: KoreHealth

INTRODUCTION

The Kore 2.0 Elite Fitness Tracker is designed to help you monitor and manage your health and fitness goals. This device accurately tracks various vital signs and activities, providing real-time data and insights into your well-being. It is compatible with both iPhone and Android smartphones, offering seamless data synchronization through the KoreHealth App.

Figure 1: Kore 2.0 Elite Fitness Tracker showing its main display with time and step count.

SETUP

1. Initial Charging

Before first use, fully charge your Kore 2.0 Elite. Connect the provided charging dongle to the tracker and a USB power source. A full charge typically takes approximately 2 hours and provides up to 7 days of battery life.

SLEEK CHARGING STAND FOR ADDED CONVENIENCE

*CHARGING STAND SOLD SEPARATELY

Figure 2: The Kore 2.0 Elite Fitness Tracker placed on its charging stand. Note: Charging stand sold separately.
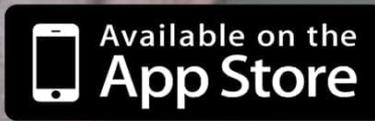
2. Wearing the Device

The Kore 2.0 Elite features a comfortable, adjustable wristband. To wear, stretch the band slightly and pin it in place around your wrist. Ensure a snug fit for accurate sensor readings.

Figure 3: A user wearing the Kore 2.0 Elite Fitness Tracker while viewing health data on a smartphone, demonstrating app compatibility.

3. App Synchronization (Optional)

For comprehensive health tracking and progress reports, download the KoreHealth App from the App Store (iPhone) or Google Play (Android). Pair the tracker with your smartphone via Bluetooth. The app provides detailed insights into your health and fitness data.

Figure 4: The Kore 2.0 Elite Fitness Tracker shown alongside a smartphone screen displaying the KoreHealth app, highlighting data synchronization.

OPERATING THE DEVICE

The Kore 2.0 Elite features a smart touch screen for easy navigation. Swipe on the display and tap on icons to access various functions.

1. Health and Fitness Tracking

The device continuously tracks key health metrics:

- **Calories Burned:** Monitors energy expenditure throughout the day.
- **Steps Taken:** Functions as a pedometer, counting your daily steps.
- **Heart Rate:** Provides real-time heart rate monitoring.
- **Blood Oxygen Levels:** Measures SpO2 levels.
- **Body Temperature:** Tracks your body temperature.

- **Stress Levels:** Assesses stress levels.
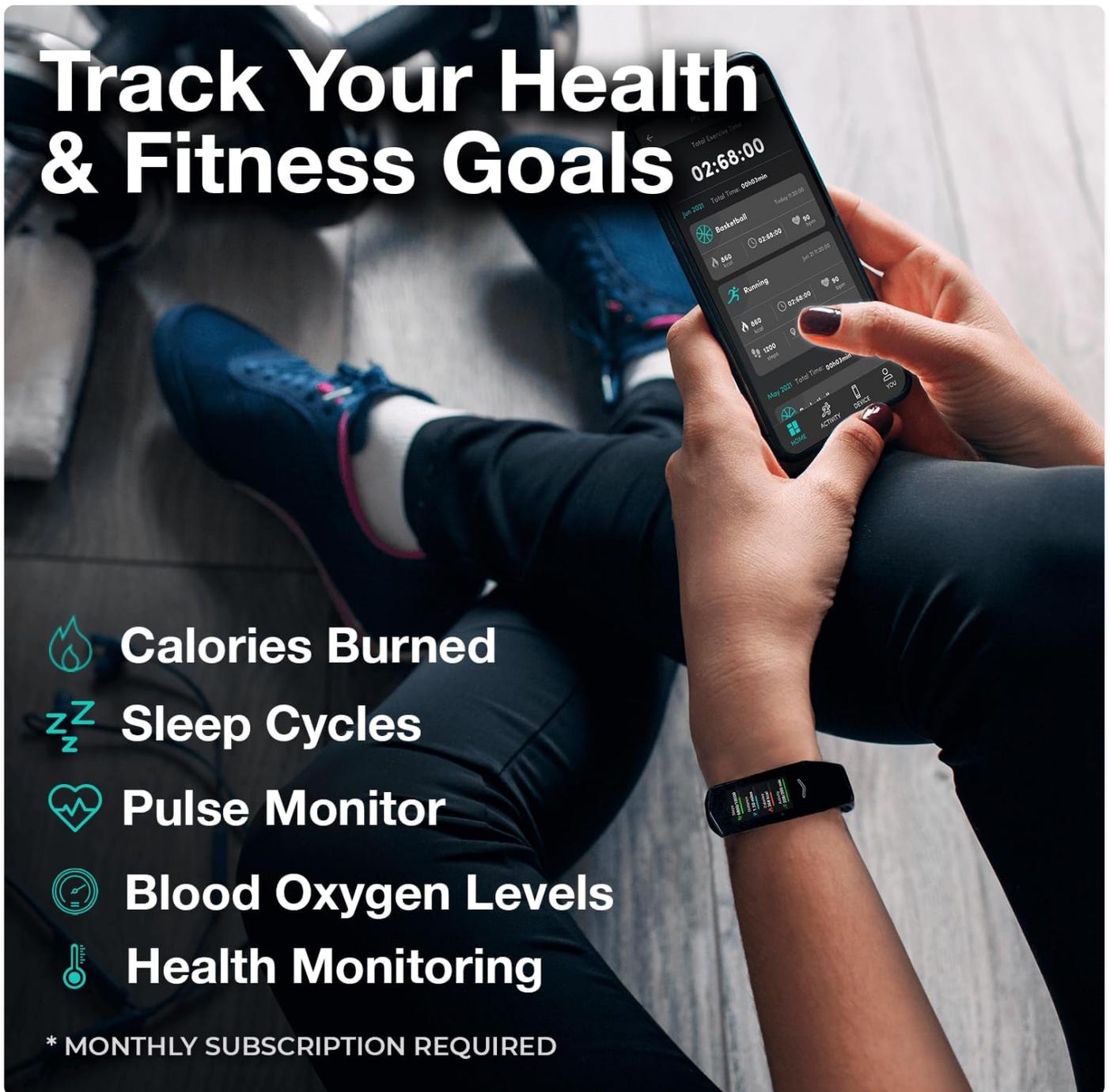
Figure 5: Visual representation of the Kore 2.0 Elite's ability to track multiple health and fitness metrics, including calories burned, sleep cycles, pulse, blood oxygen levels, and general health monitoring.

2. Sleep Monitoring

The Kore 2.0 Elite monitors your sleep patterns, distinguishing between light sleep, deep sleep, and REM sleep. This data can help you understand and improve your sleep quality.
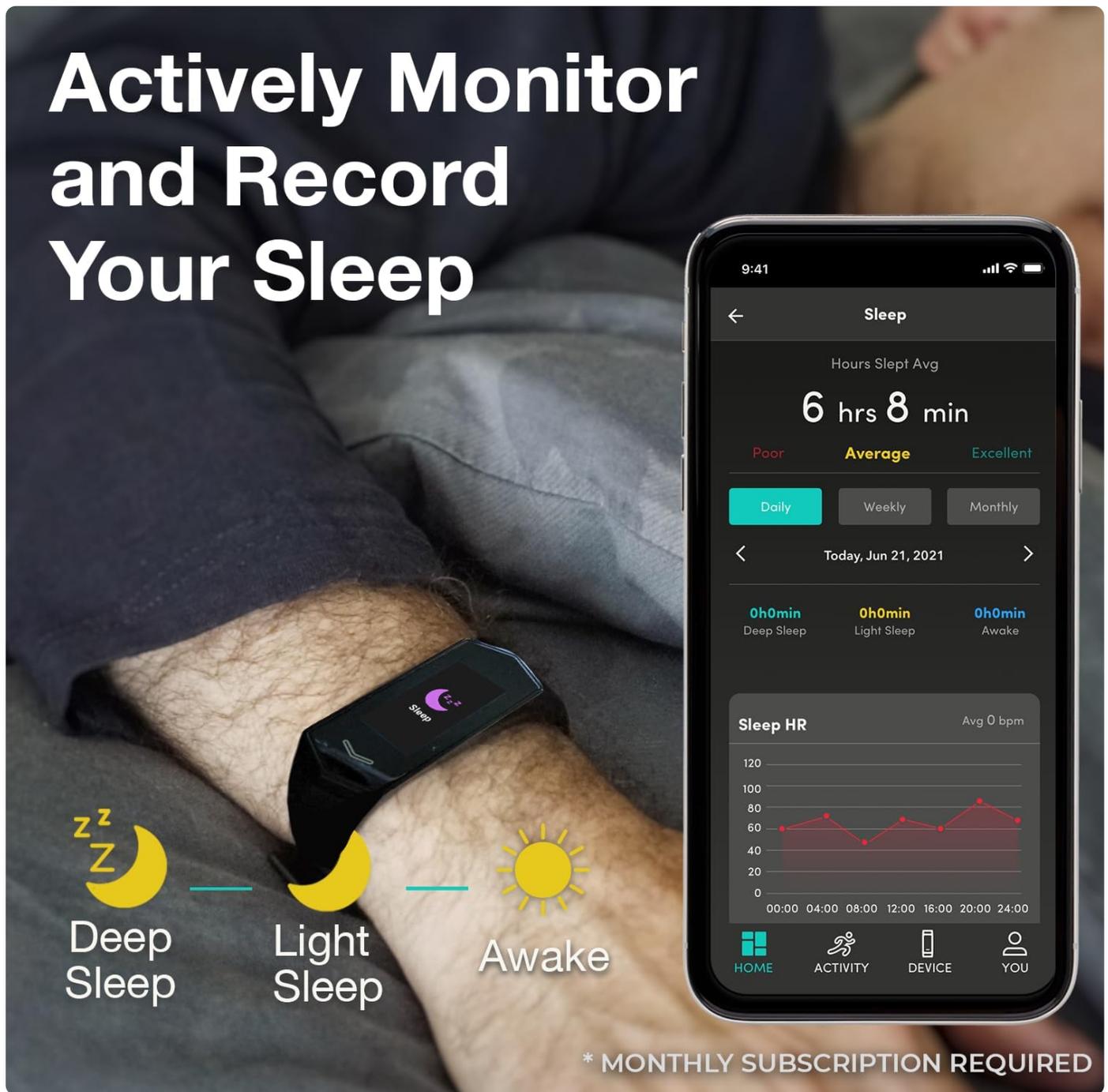
Figure 6: The Kore 2.0 Elite Fitness Tracker actively monitoring and recording sleep, showing different sleep stages like deep sleep, light sleep, and awake periods.

3. Multi-Sport Modes

Select from various sport modes for optimized tracking during activities such as running, gym workouts, football, swimming, and other field sports. This feature helps in accurate data collection for diverse physical activities.
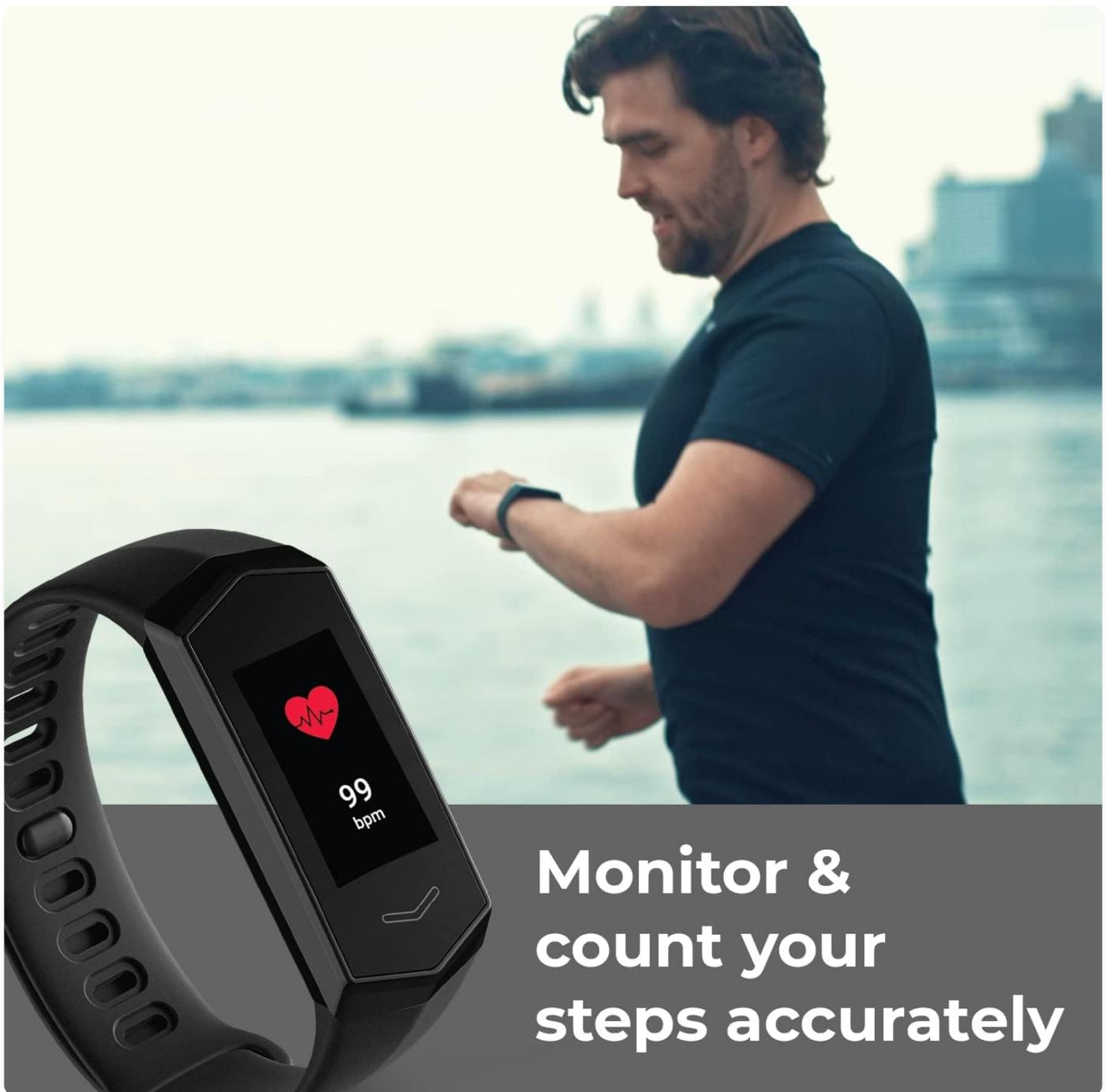
Figure 7: A person engaged in physical activity, demonstrating the Kore 2.0 Elite's capability to monitor and accurately count steps and heart rate during exercise.

4. Smart Notifications and Music Control

When paired with your phone, the tracker provides call, text, and social media alerts through vibrations and screen displays. The smart touch screen also allows you to control music playback, including skipping songs and changing playlists, directly from your wrist.

5. Official Product Video

Your browser does not support the video tag.

Video 1: An official product video demonstrating the features of the Kore 2.0 Elite, including sleep, calorie, and heart rate monitoring capabilities.

MAINTENANCE

1. Water Resistance

The Kore 2.0 Elite is IP67 water-resistant, meaning it can withstand immersion in up to 1 meter of water for 30 minutes. It is suitable for activities like washing hands, showering, or swimming. However, prolonged exposure to water or high-pressure water jets should be avoided.

Figure 8: A woman running, illustrating the Kore 2.0 Elite's sweat and splash resistance with its IP67 rating, making it suitable for active use.

2. Cleaning

To clean your device, wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the tracker or its sensors.

TROUBLESHOOTING

- **Device Not Turning On:** Ensure the device is fully charged. Connect it to the charging dongle and a power source for at least 30 minutes.
- **Syncing Issues:**

- Ensure Bluetooth is enabled on your smartphone and the tracker is within range.
- Restart both the tracker and your smartphone.
- Check if the KoreHealth App is updated to the latest version.
- If using an Android phone, be aware that the tracker might be recognized as a keyboard input, which can interfere with typing. Disconnect the tracker from Bluetooth when not actively syncing data if this occurs.

- **Inaccurate Readings:** Ensure the tracker is worn snugly on your wrist, approximately one finger-width above your wrist bone. Clean the sensors regularly to prevent interference from dirt or sweat.

- **Time Not Adjusting Automatically:** The device's time is set via synchronization with the KoreHealth App. If the time is incorrect (e.g., after daylight saving), connect it to the app to update.

- **Limited App Features After Trial:** Some advanced features and historical data viewing within the KoreHealth App may require a monthly subscription after an initial trial period. Functionality may be reduced without an active subscription.

SPECIFICATIONS

Feature	Detail
Brand	KoreHealth
Model Name	Kore Elite
Model Number	30538
Material	Plastic
Color	Black
Compatible Devices	Smartphones (iPhone, Android)
Item Weight	70 Grams
Battery Life	Up to 168 Hours (7 Days)
Sensor Type	Optical
Battery Description	Lithium-Ion
Water Resistance	IP67 (up to 1 meter for 30 minutes)
Included Components	1 pair of wrist bands, 1x charging dongle

WARRANTY AND SUPPORT

Warranty Information

The Kore 2.0 Elite Fitness Tracker comes with a 1-year manufacturer defects warranty. Please retain your proof of purchase for warranty claims.

Additional Protection Plans

Optional protection plans are available for extended coverage:

- 2-Year Protection Plan

- 3-Year Protection Plan
- Complete Protect (monthly renewal)

For details on these plans, please refer to the product's purchase page or contact your retailer.

Customer Support

For further assistance, technical support, or warranty inquiries, please visit the official KoreHealth Store or refer to the contact information provided with your product packaging.
Official KoreHealth Store: KoreHealth Store
A PDF User Manual is also available for download: User Manual (PDF)