

Medline B0DN32KC4J**Medline Digital Heart Rate and Pedometer Watch**

Model: B0DN32KC4J

PRODUCT OVERVIEW

The Medline Digital Heart Rate and Pedometer Watch is a versatile device designed to help you monitor your fitness activities. It features pulse sensors for accurate heart rate tracking, a pedometer to count steps and calories, and a stopwatch function. This water-resistant watch also includes a backlight for night use, custom alarm times, and a countdown timer.

Key Features:

- Accurate and continuous heart rate monitoring via pulse sensors.
- Pedometer to count steps and calories burned, storing data for the last 50 days.
- Main display with date, weekday, hour, minute, and second in 12-hour or 24-hour format.
- Stopwatch function with hundredth-of-a-second precision and split time.
- Backlight display for enhanced visibility in low-light conditions.
- Two customizable alarm times and hourly chime option.
- Integrated countdown timer function.

WHAT'S INCLUDED

Upon opening the package, please verify that all components are present and undamaged.



Image: The product packaging for the Medline Heart Rate Watch. The box indicates that one watch and one battery are included.

- 1 x Medline Digital Heart Rate and Pedometer Watch
- 1 x Lithium Metal Battery (pre-installed or included separately)
- 1 x User Manual (this document)

SETUP**1. Battery Installation (if not pre-installed)**

The watch requires one Lithium Metal battery. If the watch display is blank or dim upon arrival, the battery may need to be installed or replaced.

1. Locate the battery compartment on the back of the watch. This typically involves a small cover secured by screws.
2. Using a small screwdriver (not included), carefully remove the screws and the battery cover.
3. Insert the Lithium Metal battery, ensuring the positive (+) side faces upwards as indicated by the diagram inside the compartment.
4. Replace the battery cover and secure it with the screws. Do not overtighten.

2. Initial Power On and Time Setting

Once the battery is installed, the watch should power on automatically. You will need to set the current time and date.

1. Press and hold the 'MODE' button (or similar button, refer to watch face labels) until the time display begins to flash.
2. Use the 'ADJUST' or 'SET' button to cycle through the settings (e.g., hour, minute, year, month, day).
3. Use the 'START/STOP' or 'UP/DOWN' button to change the flashing value.
4. Press 'MODE' again to confirm each setting and move to the next.
5. Once all settings are configured, press 'MODE' one last time to exit the setting mode.
6. Select your preferred 12-hour or 24-hour time mode during the time setting process if prompted.

OPERATING INSTRUCTIONS

1. Basic Navigation

The watch typically has several buttons for navigation and function selection. Common button labels include MODE, START/STOP, LAP/RESET, and LIGHT.

- **MODE Button:** Cycles through different modes (Time, Heart Rate, Pedometer, Stopwatch, Alarm, Timer).
- **START/STOP Button:** Initiates or pauses functions like stopwatch, timer, or data recording.
- **LAP/RESET Button:** Records lap times or resets functions.
- **LIGHT Button:** Activates the backlight for a few seconds.

2. Heart Rate Monitoring

To measure your heart rate, ensure the watch is securely fastened to your wrist, with the pulse sensors making good contact with your skin.

1. Navigate to the Heart Rate mode using the 'MODE' button.
2. Remain still and allow the watch to detect your pulse. The display will show your current heart rate in beats per minute (BPM).
3. For continuous monitoring during activity, ensure the watch remains snug and the sensors are clean.

3. Pedometer and Activity Tracking

The pedometer automatically counts your steps and estimates calories burned throughout the day.

1. Ensure the watch is worn on your wrist during daily activities.
2. The watch will automatically track your steps and calories.
3. To view your daily step count or calorie burn, navigate to the Pedometer mode.
4. The watch automatically stores the last 50 days of step data. Access historical data through the Pedometer mode.

typically by pressing the 'LAP/RESET' button to cycle through days.

4. Stopwatch Function

The stopwatch can measure time down to a hundredth of a second.

1. Switch to Stopwatch mode using the 'MODE' button.
2. Press 'START/STOP' to begin timing.
3. Press 'LAP/RESET' to record a split time without stopping the main timer.
4. Press 'START/STOP' again to pause the stopwatch.
5. Press 'LAP/RESET' while paused to reset the stopwatch to zero.

5. Alarm and Hourly Chime

Set up to two custom alarms and enable an hourly chime.

1. Enter Alarm mode using the 'MODE' button.
2. Use 'ADJUST' or 'SET' to select Alarm 1 or Alarm 2.
3. Press and hold 'ADJUST' or 'SET' to enter alarm setting mode.
4. Adjust the hour and minute using 'START/STOP' and confirm with 'ADJUST'.
5. Toggle the alarm ON/OFF.
6. To enable/disable the hourly chime, navigate to the chime setting within Alarm mode and toggle it ON/OFF.

6. Countdown Timer

Set a specific time for the watch to count down from.

1. Go to Countdown Timer mode using the 'MODE' button.
2. Press and hold 'ADJUST' or 'SET' to set the desired countdown time (hours, minutes, seconds).
3. Use 'START/STOP' to begin the countdown.
4. The watch will alert you when the timer reaches zero.

7. Backlight

Press the 'LIGHT' button to illuminate the display for a few seconds, useful in dark environments.

MAINTENANCE

Cleaning

To maintain the watch's appearance and functionality:

- Wipe the watch case and strap with a soft, damp cloth.
- For stubborn dirt, use a mild soap solution, then rinse thoroughly with clean water and dry.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the watch's finish or internal components.
- Ensure the pulse sensors on the back of the watch are clean for accurate readings.

Water Resistance

This watch is water-resistant. It is suitable for everyday use and can withstand splashes, rain, and brief immersion in water. However, it is not recommended for swimming, diving, or prolonged exposure to water under pressure. Do not press any buttons while the watch is submerged in water.

Battery Replacement

When the display becomes dim or the watch stops functioning, it is likely time to replace the battery. Refer to the 'Battery Installation' section under 'Setup' for detailed instructions. Use only the specified Lithium Metal battery type.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or dead battery; battery not installed correctly.	Replace the battery or ensure it is correctly inserted.
Heart rate reading is inaccurate or not appearing.	Watch not snug on wrist; sensors are dirty; excessive movement.	Ensure watch is snug and sensors are clean. Remain still during measurement.
Pedometer not counting steps accurately.	Watch not worn consistently; unusual arm movements.	Wear the watch consistently on your dominant wrist. Ensure natural arm swing.
Buttons are unresponsive.	Watch may be in a locked mode; internal error.	Try pressing all buttons to see if any respond. If unresponsive, remove and reinsert the battery to perform a soft reset.
Time is incorrect after setting.	Incorrect setting procedure; battery low.	Re-set the time carefully following instructions. Check battery level.

SPECIFICATIONS

Feature	Detail
Model Number	B0DN32KC4J
Dimensions	3.5 x 3.25 x 2.5 inches (Package)
Weight	2.72 ounces (Package)
Battery Type	1 Lithium Metal battery (included)
Water Resistance	Water-Resistant Version (suitable for splashes, rain)
Heart Rate Monitoring	Pulse sensors for accurate and continuous monitoring
Pedometer	Counts steps and calories burned; stores last 50 days of data
Display Format	Date, weekday, hour, minute, second (12-hour or 24-hour)
Stopwatch	Measures down to hundredth of a second; split time function
Alarms	2 custom alarm times and/or hourly chimes

Feature	Detail
Backlight	Yes, for night use
Manufacturer	Medline Industries, LP.

WARRANTY AND SUPPORT

Medline products are manufactured to high standards. For specific warranty information, please refer to the documentation included with your purchase or contact Medline customer support directly.

Contact Information:

For technical support, troubleshooting assistance, or warranty inquiries, please contact Medline Industries, LP. through their official channels.

You can visit the official Medline Store on Amazon for more product information and support resources [Medline Store](#)

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Related Documents

	<p>Medline Blood Pressure Monitor with Bluetooth® User Manual</p> <p>User's manual for the Medline Blood Pressure Monitor with Bluetooth®, detailing its features, setup, usage, and safety information. Learn how to measure blood pressure, sync data with the Medline Health App, and understand blood pressure readings.</p>
	<p>Medline MDS4001 Series Blood Pressure Monitor User's Manual</p> <p>User's manual for Medline MDS4001 series digital blood pressure monitors, covering setup, operation, safety, accuracy, and troubleshooting for home health monitoring.</p>
	<p>Medline MDS450EL Portable Patient Lift Owner's Guide</p> <p>Comprehensive owner's guide for the Medline MDS450EL 450 lb capacity portable patient lift. Includes safety instructions, assembly, operation, maintenance, troubleshooting, and warranty information.</p>

**BASIC STEEL ROLLATOR
WITH 6" WHEELS
KNOCKDOWN ROLLING
WALKER**

USER INSTRUCTIONS & WARRANTY

REF 100RA

[**Medline Basic Steel Rollator with 6" Wheels - User Instructions & Warranty**](#)

Comprehensive user instructions, assembly guide, operating procedures, maintenance tips, and warranty information for the Medline Basic Steel Rollator with 6" Wheels (Model 100RA).

Product is not made with natural rubber latex.