



Heart Rate Monitor Watch with Calorie Counter

Model: IHM80004

USER MANUAL

EN

Introduction

Thank you for selecting the Oregon Scientific™ Heart Rate Monitor Watch with Calorie Counter (IHM80004) as your sports fitness product of your choice.

This precision device includes the following features:

- Infra-red Heart rate sensor
- Calorie consumption after exercise
- Exercise strength analysis (Represent by bar level 1 to 5)
- Stopwatch
- Clock and alarm functions
- 3 ATM – up to 30 meters water resistant

Key Features

Watch



1. **RESET**: Reset timer / restart pulse measurement
2. **MODE**: Switch between main menu
3. **ST / SP**: Change values / start or pulse timer / on & off the chime mode
4. **SENSOR**: Sensing interface of pulse measurement
5. **SET**: Enter value and go to next setting

LCD Display



1. Top display: Shows Month-day / Sub-menu items / gender
2. Rectangular bar : indicates the exercise strength
3. Heart icon : flash when heart beat detected by infra-red sensor
4. 'P': Means PM when appear, means AM when not exist
5. Large Display (4 digits in left): Shows current time / date of birth / heart rate / calorie consumption
6. Alarm icon : Alarm on / off indicator
7. Bell icon : Chime on / off indicator
8. Running human : Flash when stopwatch starts

Key Features

IMPORTANT To effectively use the watch after exercise i.e. to calculate your calories burned and exercise strength, you MUST set the user data as shown in the relevant sections.

UNPACKING THE WATCH

When you unpack your Heart Rate Monitor Watch, make sure to keep all the packing materials in a safe place, in case you need to later transport or return the product for servicing.

In this box, you will find:

- Heart Rate Monitor Watch
- 1 x CR2032 lithium batteries (inside the watch)
- User Manual
- Warranty card

NOTE Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.

Operation modes

There are 5 main modes. Press **MODE** to switch between Setting, Alarm, Stopwatch, Exercise Timer and Pulse measurement main modes. You can short press **MODE** button to back to Main menu anytime during setup.

Setting Mode

Setting mode: set current date and personal information



1. Press and hold the **SET** button for three seconds to start setup.
2. Press **ST / SP** Button to increase the value by '1'. Press and hold **ST / SP** Button to adjust the value quickly.
3. Short press **SET** button to enter the next value.
4. Sequence: Year → Month → Day → Hour → Minute
* Hour setting: 'P' means PM, (null) means AM
5. Short press **SET** button to setup personal information.
(for more accurate pulse reading and calorie calculation)
6. Sequence: Year of Birth → Month of Birth → Date of birth → Gender → Weight

Alarm Mode (ALARM)

Alarm mode: set alarm



1. Press **ST / SP** button to switch on / off the Alarm mode.
 will appear when chime mode switch on.
2. Press **RESET** button to switch on / off the chime mode.
 will appear when alarm switch on, and the watch will chime on every hour.
3. Press and hold the **SET** button for three seconds to start setup alarm time.
4. Press **ST / SP** Button to increase the value by '1'. Press and hold **ST / SP** Button to adjust the value quickly.
5. Short press **SET** button to enter the next value.
6. Sequence: Hour → Minute
* Hour setting: 'P' means PM, means AM when disappear.

Stopwatch Mode (CHRON)

Stopwatch Mode - time counting



1. *Press **ST / SP** button to start and pause the stopwatch switch on / off.
 will flash after start time-counting.
2. Press **RESET** button to reset the stopwatch.
*The stopwatch time will pause if exit the main menu during time counting.

Exercise Timer (Calorie Calculation) (EXRCS)

Exercise timer mode - Measure the strength of activity after exercise by measuring pulse rate



1. *Press **ST / SP** button to when you start exercise, and press the same button right after your training.
2. Short press **SET** button once, then press and hold the same button for three second until "TOUCH SENS" appear.
3. When "TOUCH SENSOR" shown on the LCD, lightly place your finger on the sensor (It is recommended to use the space between first node and second node of your finger to read the pulse) adjust the position of your finger until word "PULSE" appear on the screen and the heart icon flash regularly. If the sensor can't sense any pulse in 10 seconds, "RETRY" will appear. Press **RESET** button to retry.
4. Hold your finger position for about 10 to 20 seconds.
5. The calories you have burnt will appear on the LCD.
6. The rectangular bar indicates the heart rate you have reached.

INDICATOR	Exercise Zone	DESCRIPTION
	Non- exercise zone	This is the lowest activity level.
	Moderate activity (Maintenance/ Warm up)	It is good for beginners and those who want to strengthen their cardiovascular systems.
	Weight control (Fitness / Fat burn)	Increases strength and endurance. It works within the body's oxygen intake capability, burns more calories, and can be maintained for a long period of time.
	Aerobic (Cardio training / Endurance)	60% to 85% of your maximum rate. In addition to burning calories and losing body fat, it strengthens our heart and lungs
	Anaerobic (Hardcore training) / VO2 Max (Maximum effort)	Generates speed and power. It works at or above the body's oxygen intake capability, builds muscle, and cannot be maintained for a long period of time. Good for experienced exerciser to increase anaerobic threshold.

(You have to enter the correct information at the setting mode for accurate calculation)

7. Press **RESET** button once to measure your pulse rate again.

*The exercise timer keep counting if exit the main menu during time counting.

Pulse Measurement (PULSE)



1. Press and hold the **SET** button for three second until "TOUCH SENS" appear.
2. Lightly place your finger on the sensor (It is recommended to use the space between first node and second node of your finger to read the pulse) adjust the position of your finger until word "PULSE" appear on the screen and the heart icon flash regularly. If the sensor can't sense any pulse in 10 seconds, "RETRY" will appear. Press **RESET** button to retry.
3. Hold your finger position for about 10 to 20 seconds.
4. The heart rate per minute will appear on the screen.

Battery Replacement

The unit uses a CR2032 lithium battery which is included with the unit. To replace the watch battery:

1. Turn the watch over so that you are looking at the back plate.
2. Using a small screwdriver remove the four screws that hold the back plate into position.
3. Slightly band the watchstrap towards front plate and remove the back plate.
4. Use the screwdriver again to remove the three screws and metal battery cover inside.
5. Remove the old battery.
6. Place one new CR2032 battery into the compartment (CAUTION: with "+" side upwards, it may cause permanent damage for wrong placement)
7. Place metal battery cover and screws (CAUTION: please maintain original orientation to avoid bad contact of battery).
8. Make sure the rubber ring for water resistance place correctly
9. Place the back plate and screws.

Aquatic and outdoor activities

- The watch is water-resistant up to 30 meters.
- Though Daily use enhanced waterproof design, the watch avoid immerse with tape water since potentially go inside into the water
- The watch is water resistant for face washing, rain drops and water droplet.
- Although it is made with waterproof design, it is not recommended use under warm water such as shower or bathing with the watch
- The watch is designed for daily use enhanced waterproof, cannot used on deep diving or bare diving.
- Do not press the keys under water or with wet fingers.
- To keep your watch water resistant, avoid chemicals (gasoline, chlorine, perfumes, alcohol, hair sprays, etc.). Rinse after use. Reduce exposure to heat. Have your watch serviced by an approved service center annually.

Precautions/ Warning and Care instructions

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product. The warnings given here provide important safety information and should be observed at all times.

- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Take precautions when handling all battery types.
- Remove the batteries before storing the product for a long period of time.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device.
- Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.
- Use a soft, slightly moistened cloth to clean the product. Do not use abrasive or corrosive cleaning agents, as these may scratch the plastic parts and corrode the electronic circuit.
- Avoid pressing the keys with wet fingers, under water, or in heavy rain, as this may allow water to gain entry into the electrical circuitry.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity.
- Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or distorted parts.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- Verify the battery direction before replace a new battery; the watch will have permanent damage with wrong battery placement.
- Do keep your finger position light and steady for pulse measurement.

Specifications

Have your watch serviced by an approved service center annually.

TYPE	DESCRIPTION
BASIC INFORMATION	
Weight	42 g (with battery)
Display Size	24mm x 19mm
Timing accuracy	± 90secs/month
Sensor accuracy	± 6 pulse per mintue
Water resistant	30 m (not actuating keys)
Battery Type	1 x CR2032 3V Lithium battery
Battery Life	28 months (approx.)
Operating temperature	-10°C ~+60°C
Storage temperature	-10°C ~+60°C

SETTING

Time format	12hr
Date format	MMM – DD
Weight	50-600 pounds
Alarm	Chime mode and time alarm

STOPWATCH

Time limit	23:59:59 (HH:MM:SS)
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EXERCISE TIMER / PULSE MEASUREMENT

Time limit	23:59:59 (HH:MM:SS)
Heart rate measuring range	40 to 240 bpm (beats per minute)
Calories calculation range	0 to 99999 kcal

About Oregon Scientific

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products. If you're in the US and would like to contact our Customer Care department directly, please visit: www2.oregonscientific.com/service/support.asp

Declaration of Conformity

The following information is not to be used as contact for support or sales. Please visit our website at www2.oregonscientific.com/service/support for all inquiries.

We
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Declares that the product

Product No.: IHM80004
Product Name: Heart Rate Monitor Watch with Calorie Counter

is in conformity with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference
2. This device must accept any interference received, including interference that may cause undesired operation