# CPR

# GUARDIAN II

# Advanced User Guide

# CPR Guardian II User Guide

# The CPR Guardian II
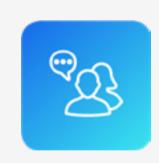
The CPR Guardian is designed to keep the wearer safe, independent and active at all times with a built-in emergency assist button, a heart rate monitor, mobile phone and GPS tracking.
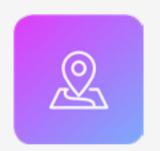
The GUARDIAN II provides you and your loved ones with peace of mind and reassurance knowing you can always be there for them whenever they need you.

SOS Button     Phone Calls     GPS Tracking     HR Monitor

# Introduction

1.1  Getting To Know Your Guardian II

## Accessing The SIM Portal

### SIM Details

Use the SIM number and PIN printed on the SIM Information Card to access the CPR SIM portal.



PIN  6119 — Guardian portal PIN code
PUK  67297592

SIM NUMBER
447874295541 — Watch SIM number
36450877514043810234 — MSISDN number

### Step 1

To manage your SIM, please visit:
https://www.cprguardian.com/simlogin

### Step 2

Sign into the portal using your SIM number starting with '44' followed by the PIN Code.

### Step 3

When you login, sign up as a new user and then select your SIM plan.

## Box Contents

• 1X Guardian II Watch Phone

• 1X USB Cable

• 1X SIM card (already inside the watch)

• 1X SIM Information Card

• 1X Quick Start Guide

## Battery Care & Charging

To protect and optimize your battery performance. We recommend you charge the watch for at least 12 Hours for the 1st charge and over 8 Hours for the 2nd and 3rd charge. Always use the USB cable provided and a CE approved USB charger plug to avoid irreparable damage.

Please align the magnetic charging cable connector to the 4 pin metal contacts on the watch backplate, and make sure it is properly connected (the magnetic charging cable will not charge if it's reversed). When the watch starts to charge, the charging icon will appear on the watch display screen.
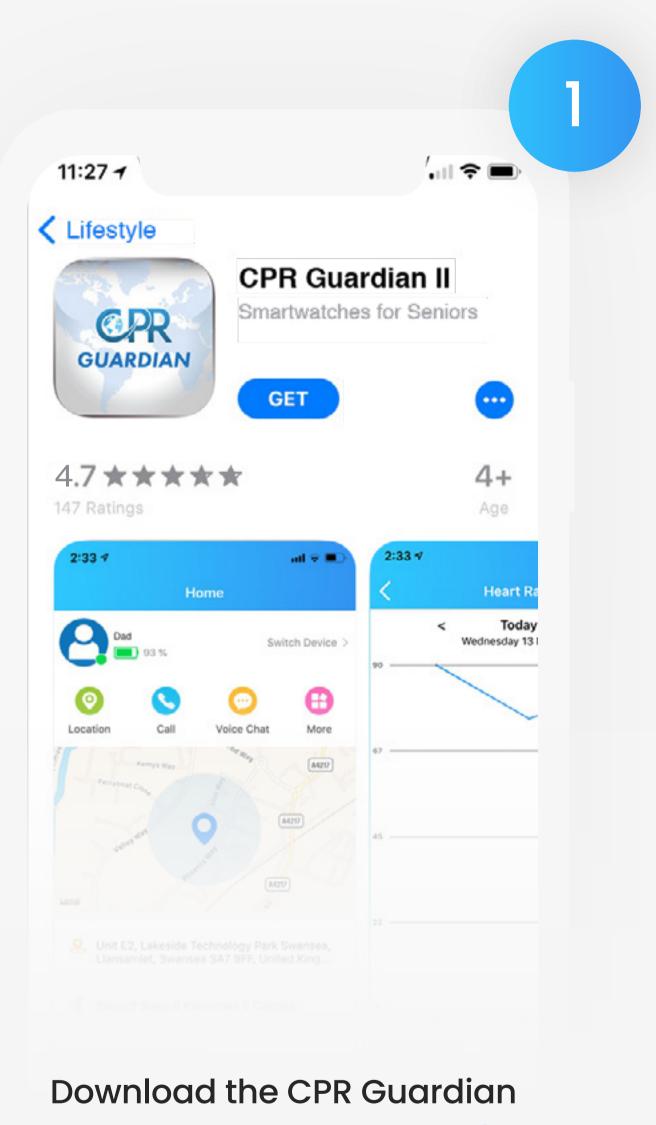
# Introduction

## 1.1  Getting To Know Your Guardian II



Time

Power On/Off Button

Date

Microphone

Battery

SOS Button

Steps

Heart Rate

Speaker

SIM Card Port

Heart Rate Monitor

Charging Port

# Set Up & Getting Started
1.2  Syncing Your Watch With The App

**1**

**2**

**3**
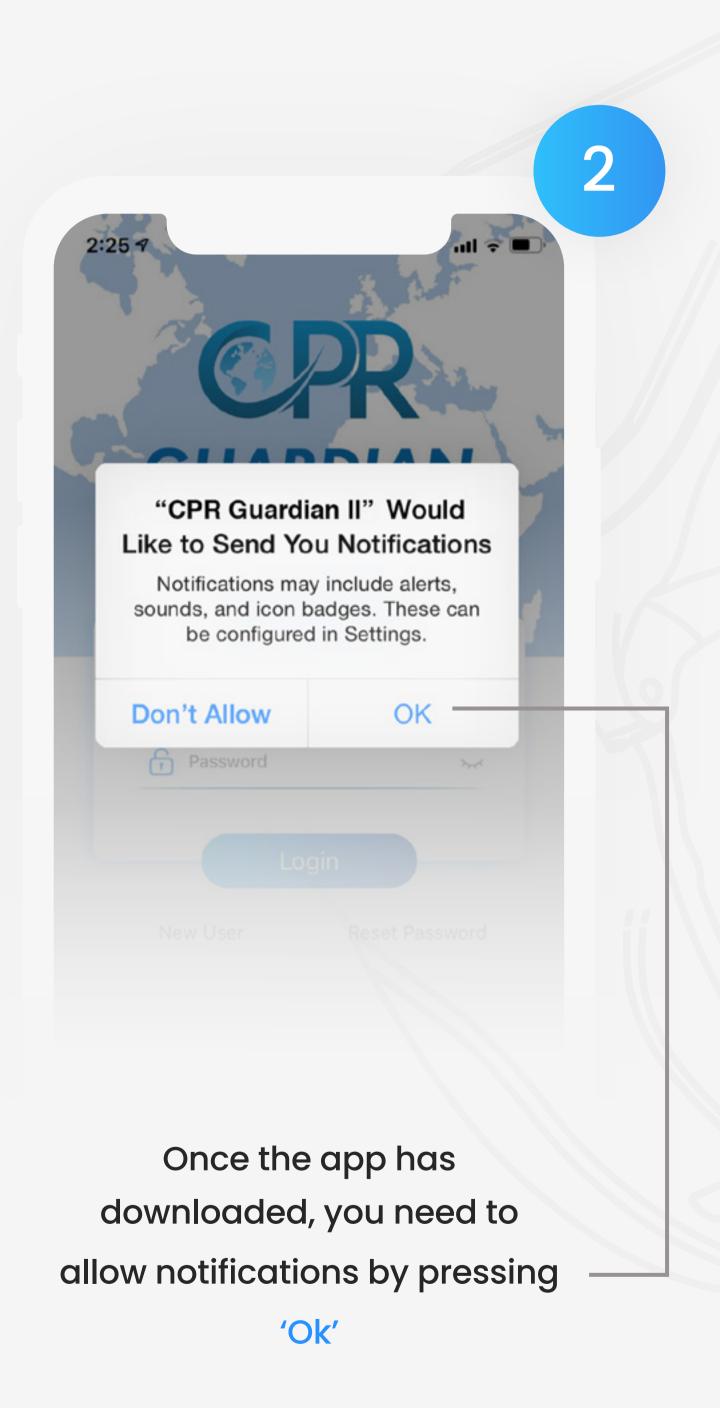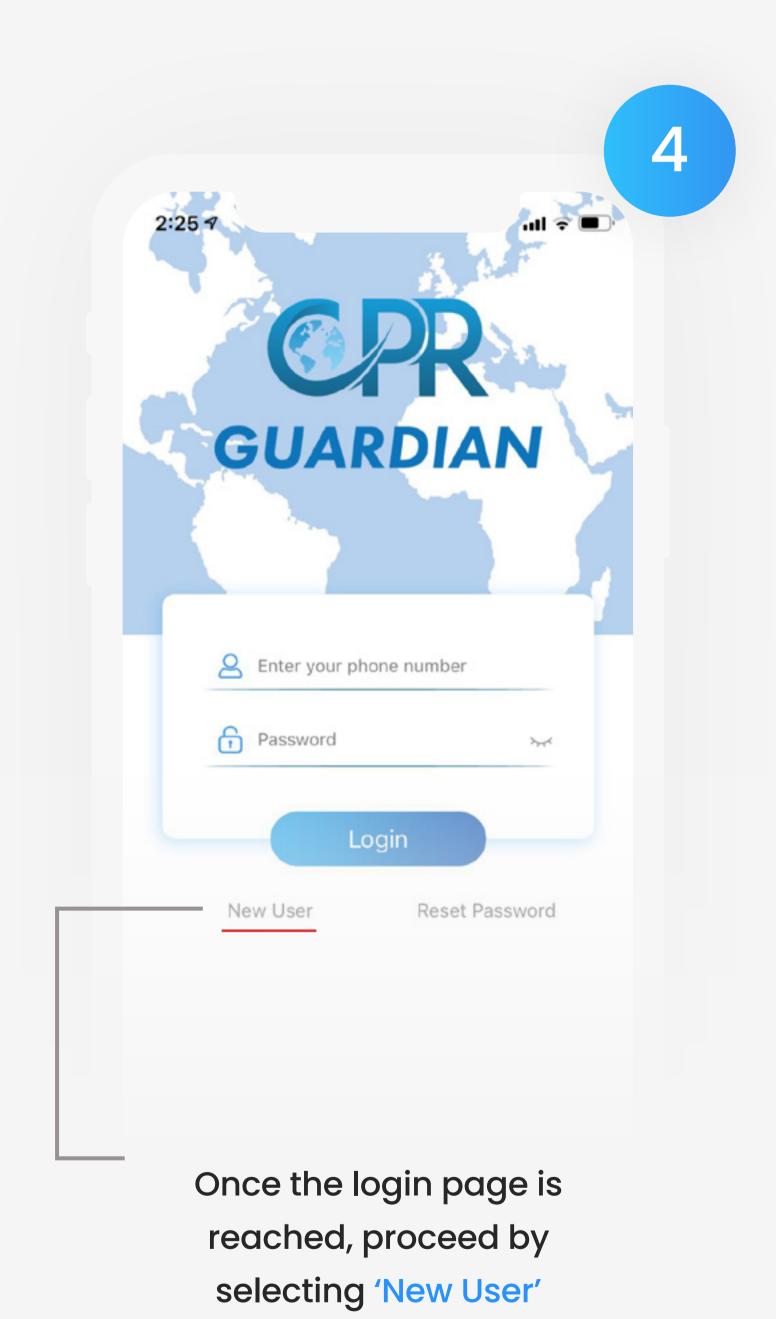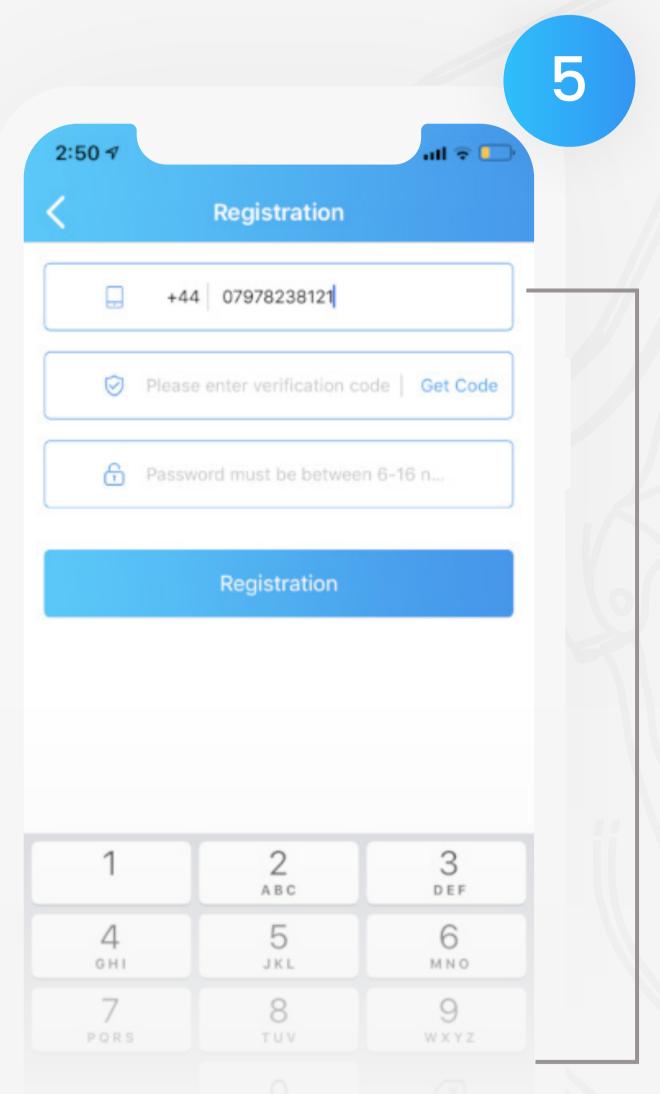
Download the CPR Guardian
App from the App Store /
Google Play store

Once the app has
downloaded, you need to
allow notifications by pressing
'Ok'

Next, familiarise yourself with
the app's functions by
swiping right through
the app summary

# Set Up & Getting Started

## 1.2  Syncing Your Watch With The App

**4**

**5**

**6**

Once the login page is reached, proceed by selecting 'New User'
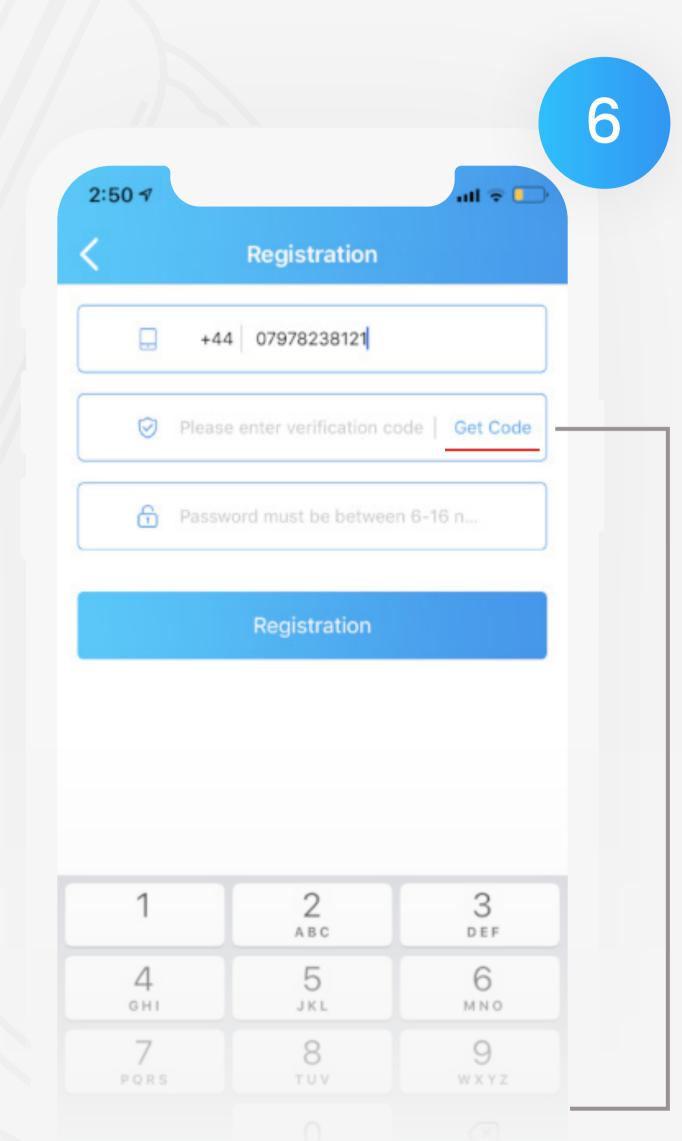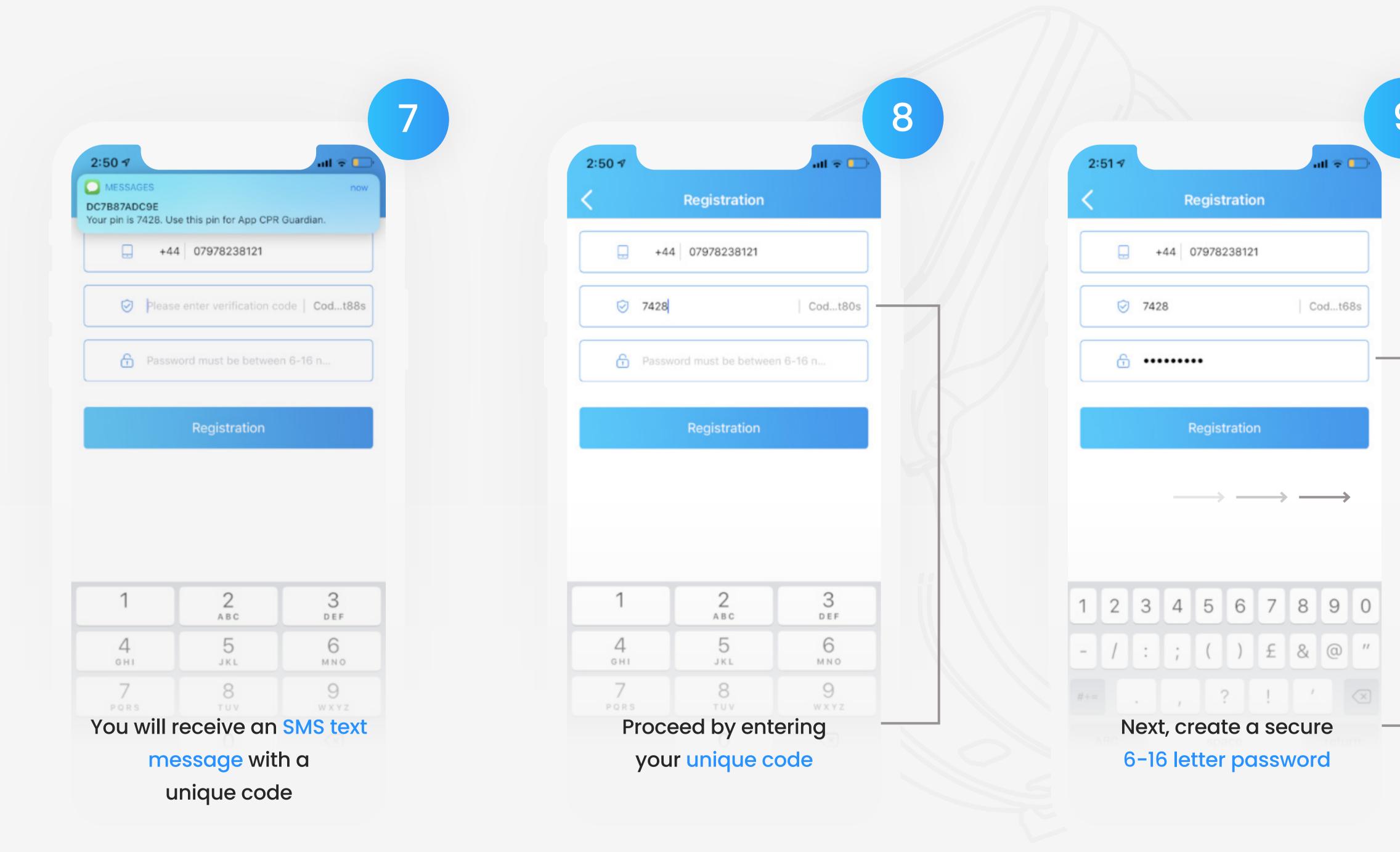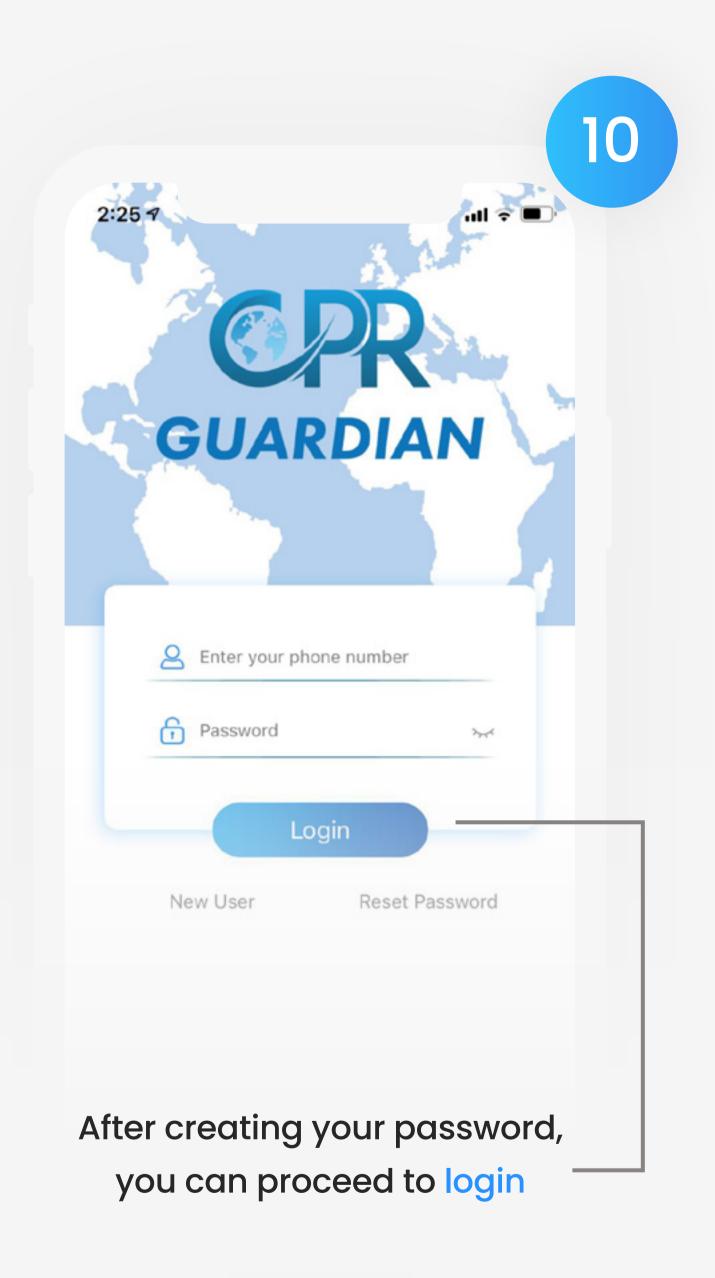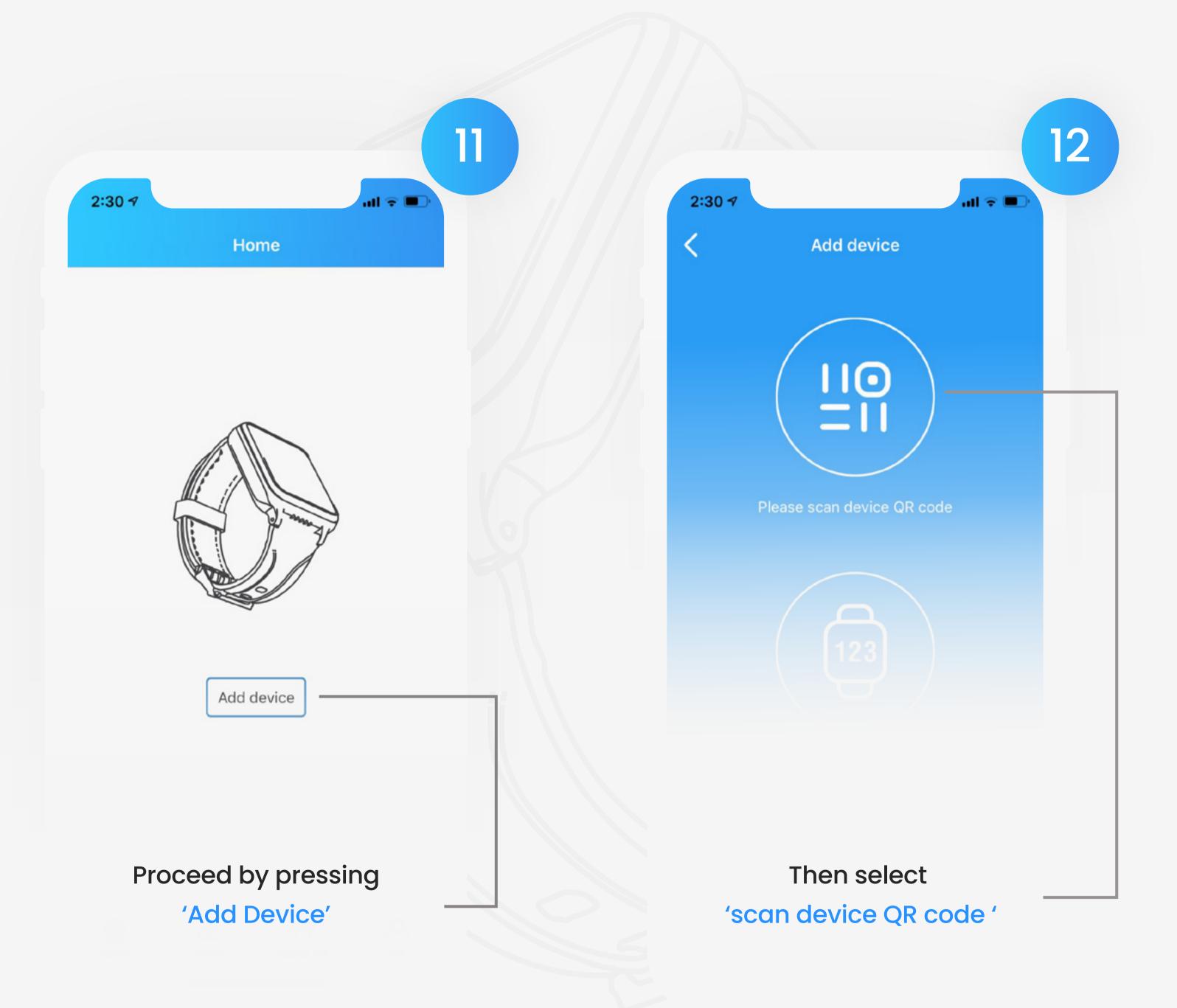
Choose your country code and then enter your mobile phone number

Next, press 'Get Code'

# Set Up & Getting Started

1.2  Syncing Your Watch With The App

**7**

**8**

**9**

You will receive an SMS text message with a unique code

Proceed by entering your unique code

Next, create a secure 6-16 letter password

# Set Up & Getting Started
1.2 Syncing Your Watch With The App

**10**

After creating your password,
you can proceed to login

**11**

Home

Add device

Proceed by pressing
'Add Device'

**12**

Add device

Please scan device QR code

Then select
'scan device QR code '

# Set Up & Getting Started
## 1.2  Syncing Your Watch With The App

**13**

**Scan device QR code**

10:48

**14**

**Add device**          Next

Relationship   Please choose the relationship

Please press next to continue

**15**

2:52

Dad

| Name | Dad > |
|---|---|
| Watch SIM number | 0123456789 > |
| Gender | Female > |
| Height (cm) | 0 > |
| Weight (kg) | 0.0 > |
| Blood type | > |

To reveal your watch's QR
Code, swipe up on the
watch face.

Note: It can take up to 10 minutes for the
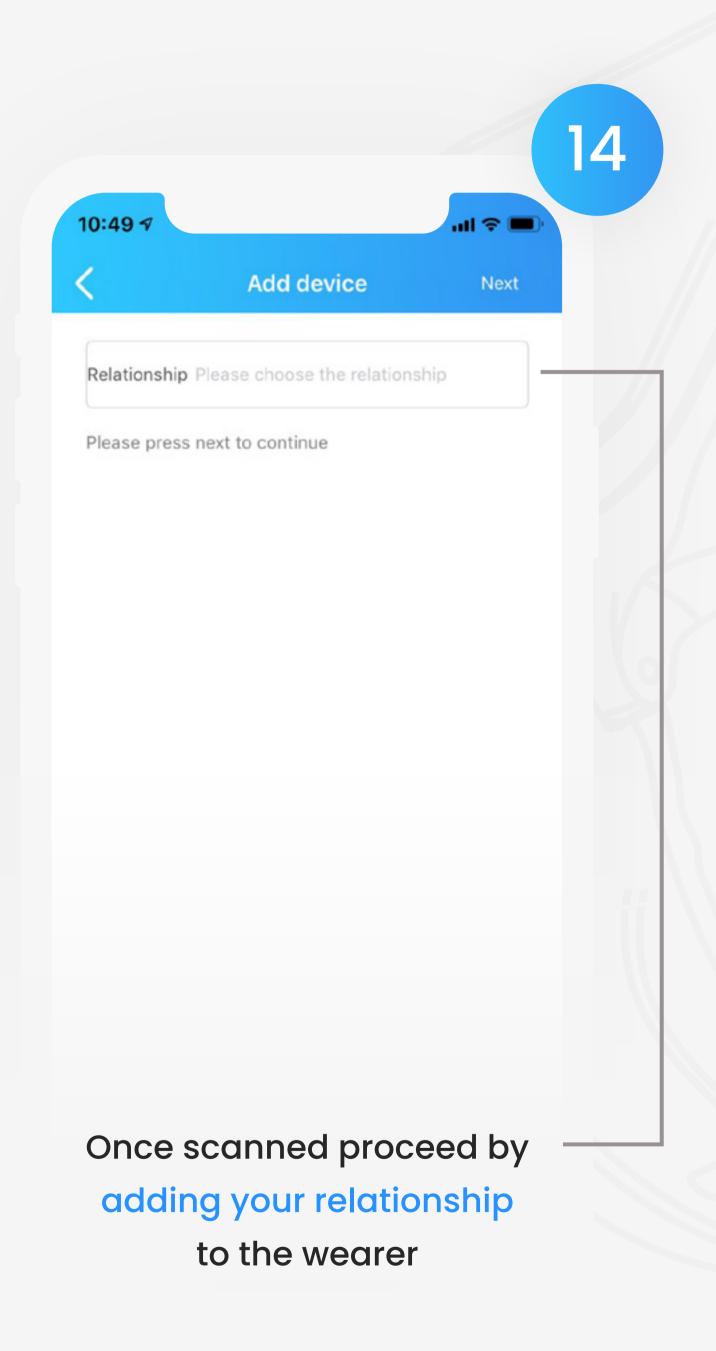QR code number to display after the watch
has been turned on

Once scanned proceed by
adding your relationship
to the wearer
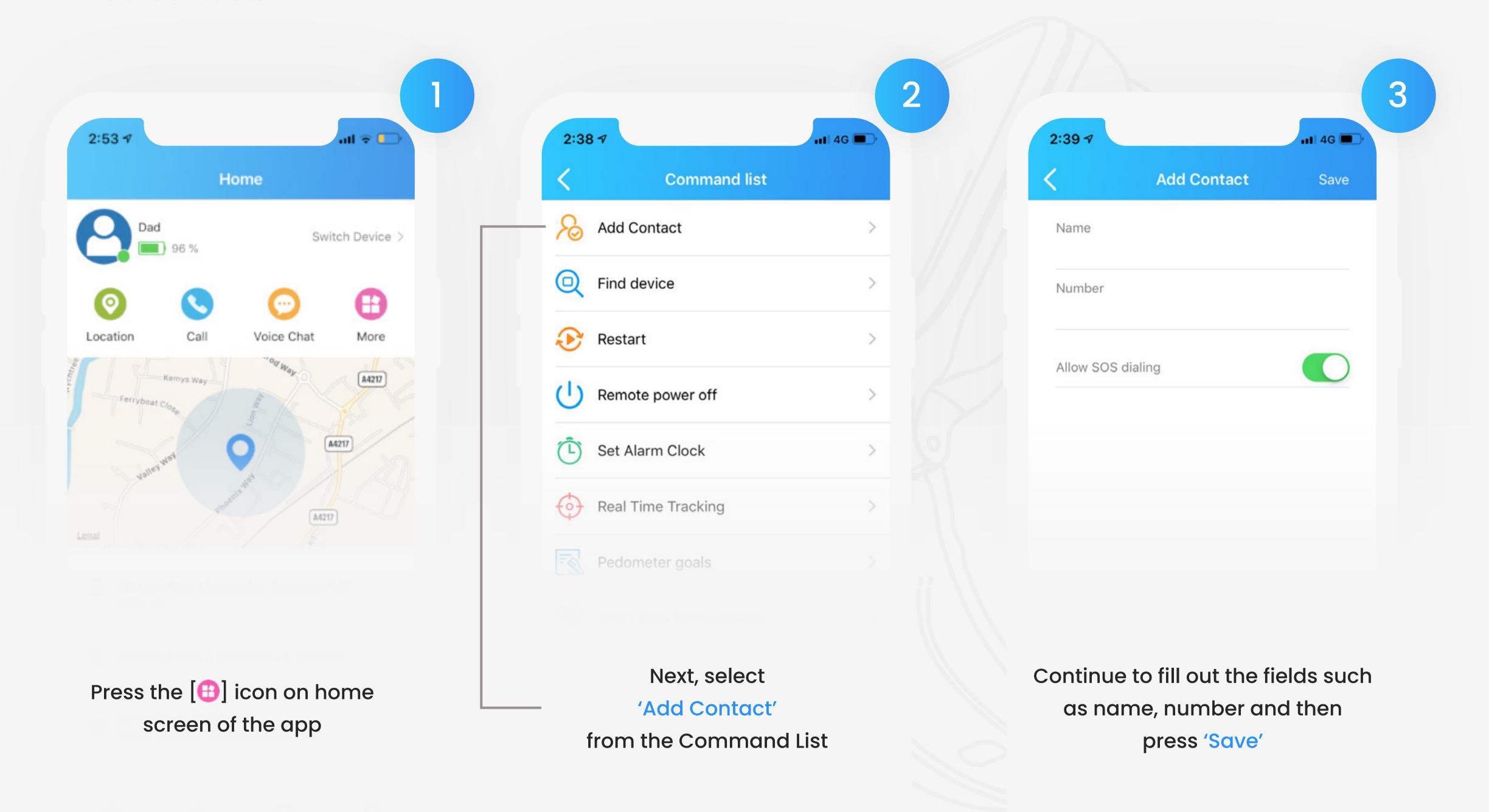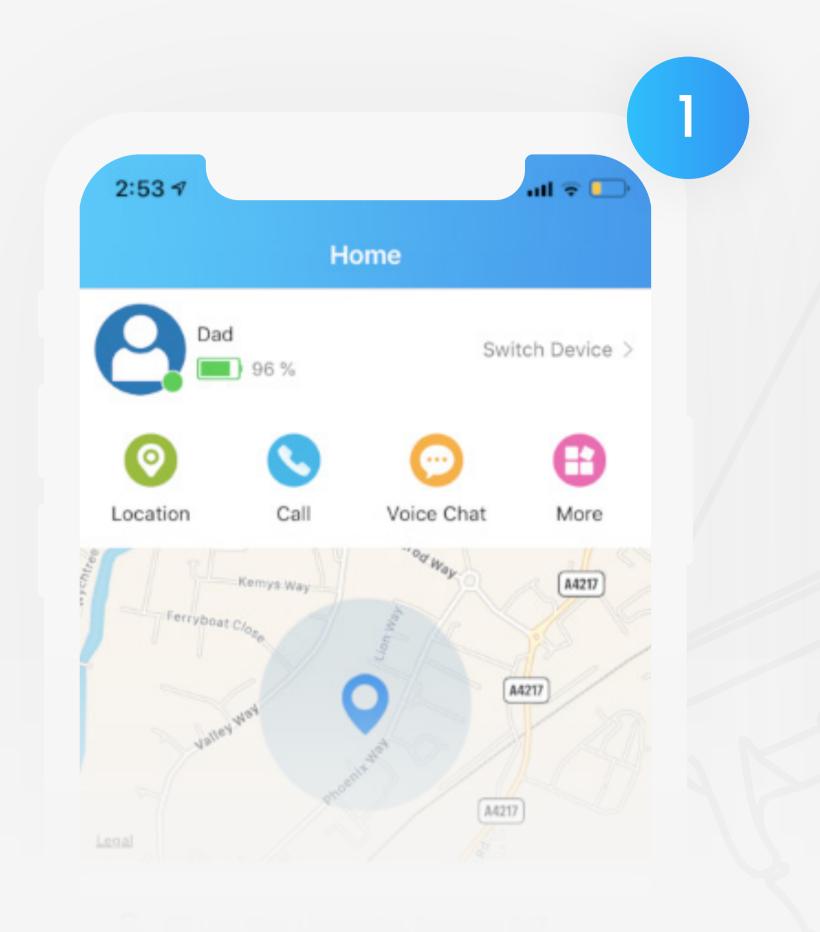
Enter the watch user's details,
ensuring that the watch SIM
number begins with '0'

# Set Up & Getting Started

## 1.2  Syncing Your Watch With The App

**16**

Once you're done, press back button **to save your details**

**17**

Once watch has been added press [⦿] for the watch to update, this can take **up to 5 minutes**

# Using The Guardian App
## 2.1  Add Contacts

**1**

2:53

**Home**

Dad
96 %

Switch Device >

Location   Call   Voice Chat   More

**2**

2:38 ◀                    ..ll 4G ▇

< **Command list**

👤 Add Contact                     >

🔍 Find device                     >

🔄 Restart                         >

⏻ Remote power off                >

⏰ Set Alarm Clock                 >

🎯 Real Time Tracking             >

📊 Pedometer goals                >

**3**

2:39 ◀                    ..ll 4G ▇

< **Add Contact**          Save

Name

Number

Allow SOS dialing          ⬤

Press the [⊞] icon on home
screen of the app

Next, select
'Add Contact'
from the Command List

Continue to fill out the fields such
as name, number and then
press 'Save'

# Using The Guardian App
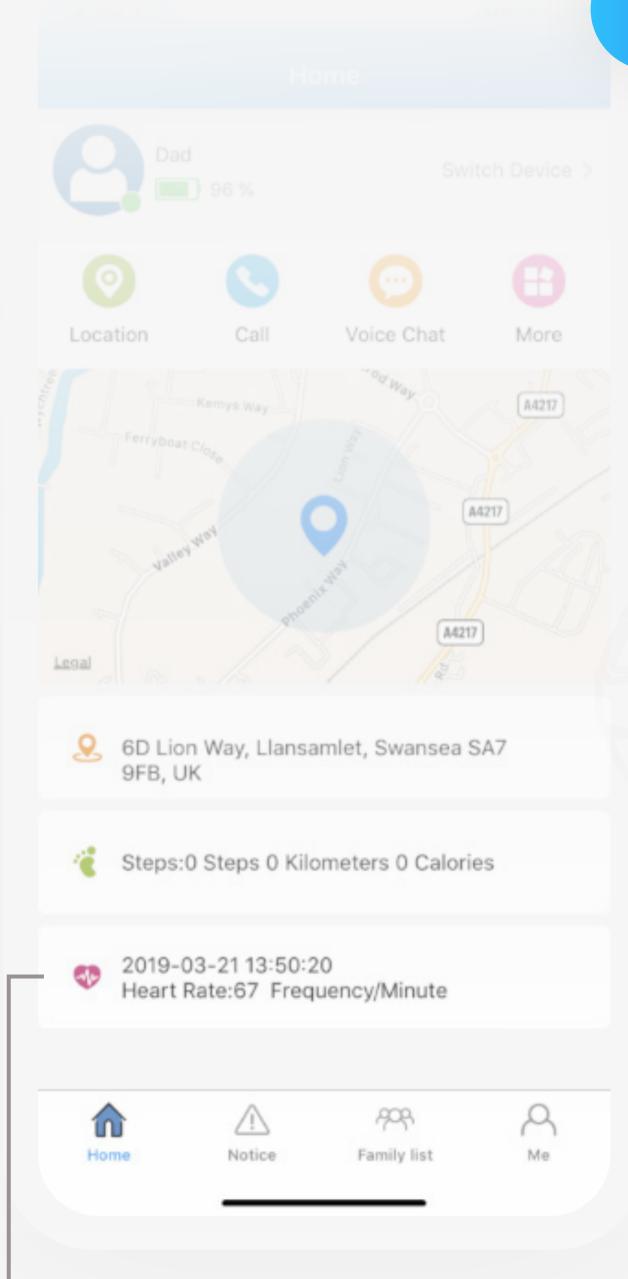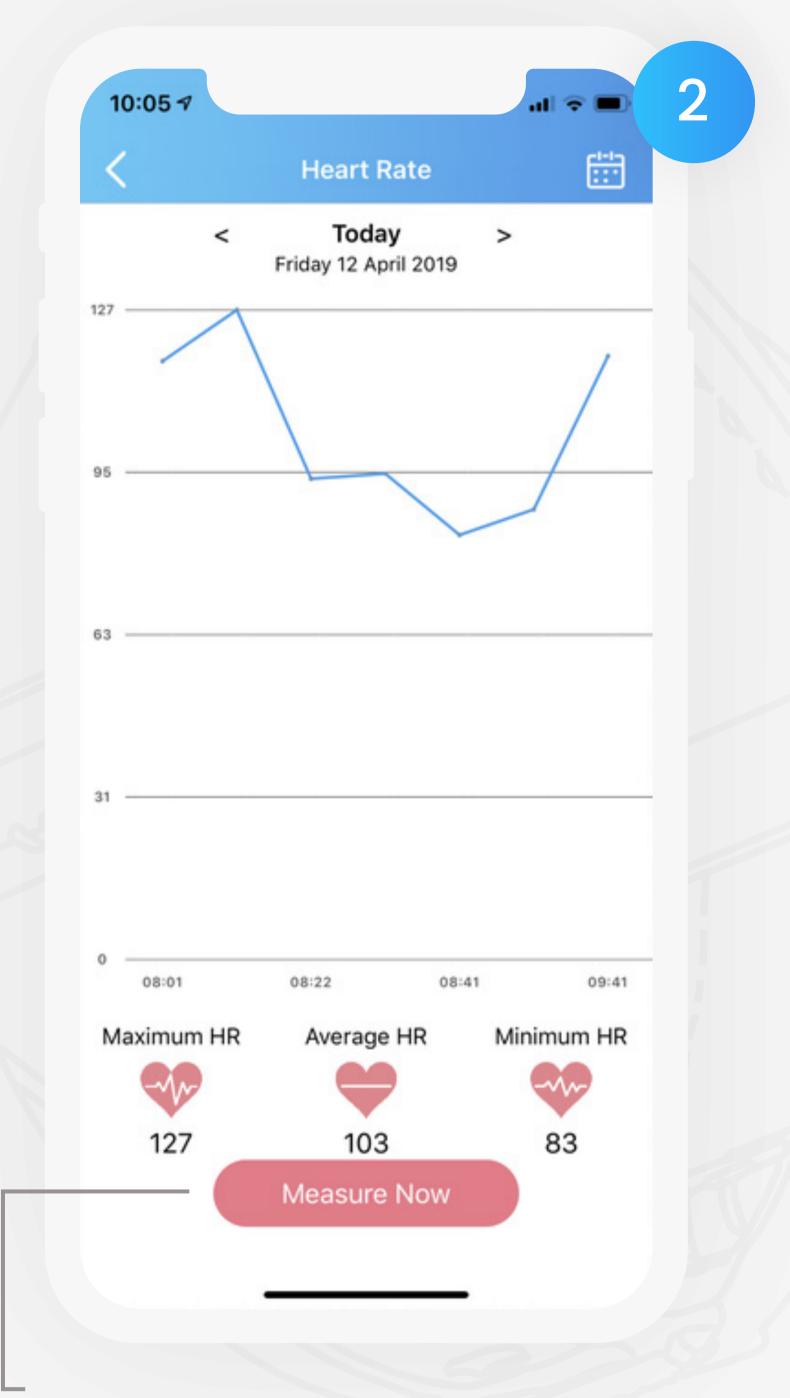
To call the watch, go to the home screen and then press the [📞] icon to call the watch



You may be prompted to press 'Call' before the call can begin

# Using The Guardian App

## 2.3  Measure The Wearer's Heart Rate

**1**

**2**
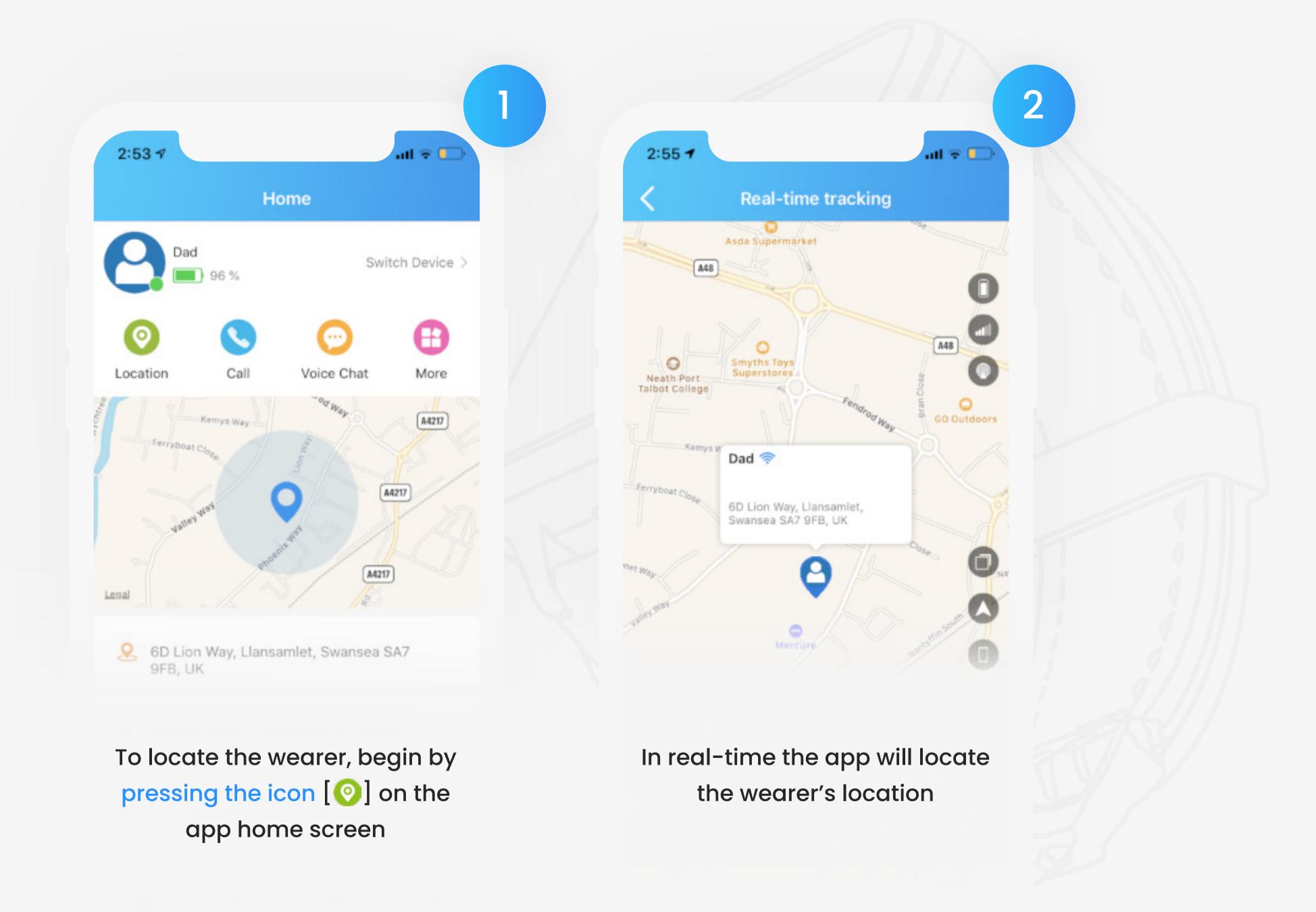
To measure wearer's heart rate, select the 'Heart Rate' section at the bottom of the homescreen
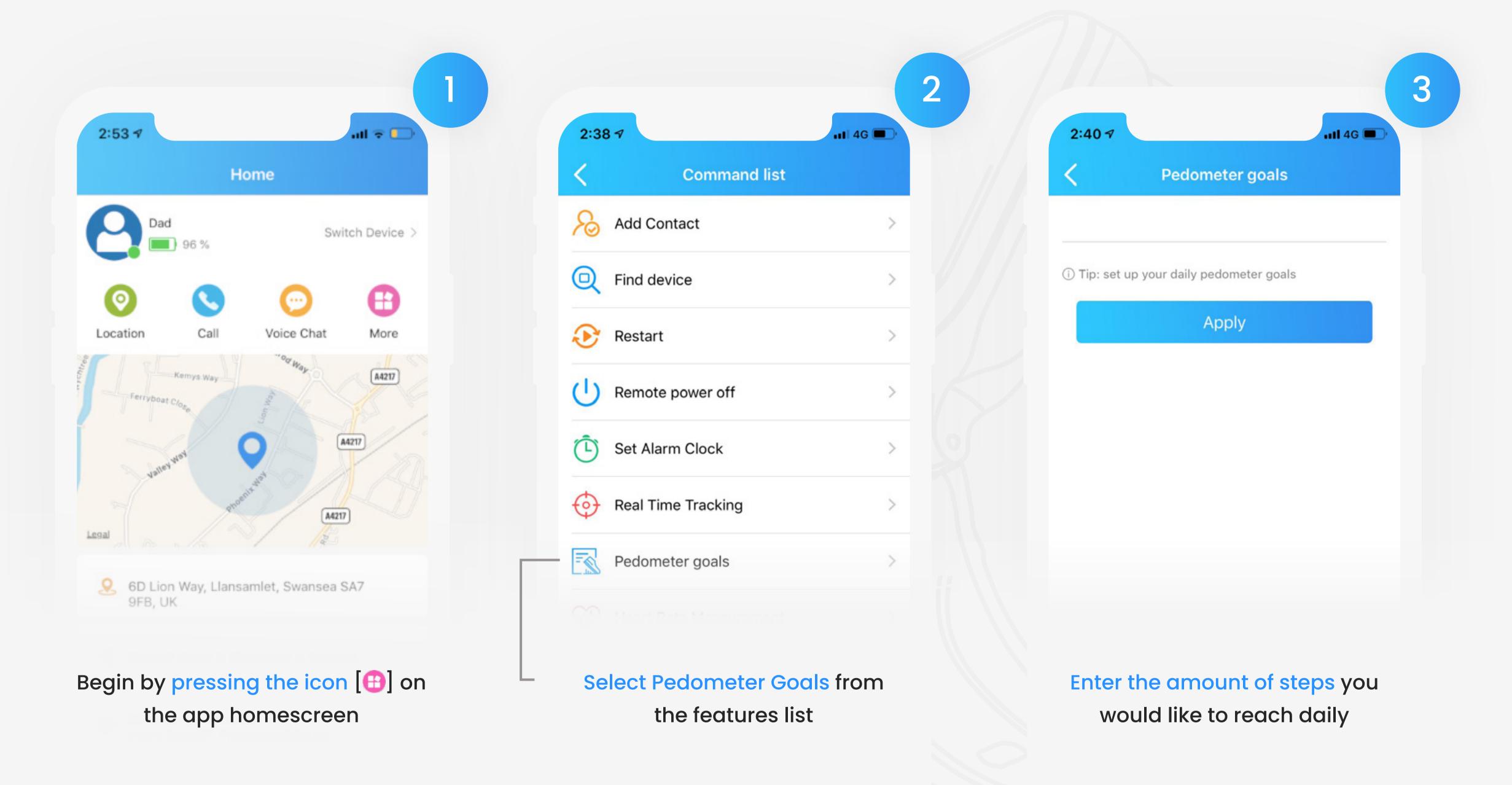
After pressing 'Measure Now' it will take up to 5 minutes for heart rate readings to display on the app.
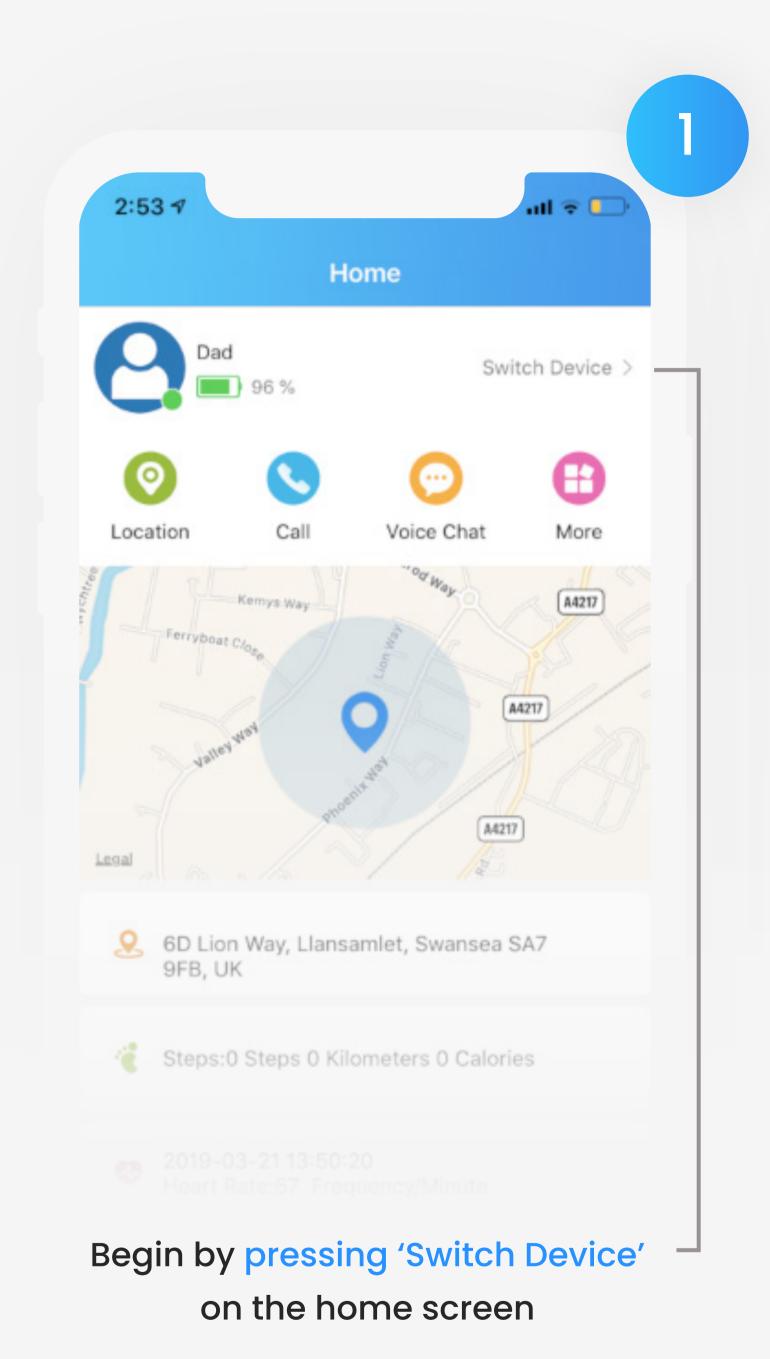
# Using The Guardian App
2.4  Locate The Wearer



To locate the wearer, begin by
**pressing the icon** [ 📍 ] on the
app home screen



In real-time the app will locate
the wearer's location

# Using The Guardian App
## 2.5  Set Pedometer Goals

**1**

2:53

**Home**

Dad
96 %

Switch Device

Location    Call    Voice Chat    More

6D Lion Way, Llansamlet, Swansea SA7 9FB, UK

Begin by **pressing the icon** [⊞] on the app homescreen

**2**

2:38    •••| 4G

**Command list**

Add Contact    >

Find device    >

Restart    >

Remote power off    >

Set Alarm Clock    >

Real Time Tracking    >

Pedometer goals    >

**Select Pedometer Goals** from the features list

**3**

2:40    •••| 4G

**Pedometer goals**

ⓘ Tip: set up your daily pedometer goals

**Apply**

**Enter the amount of steps** you would like to reach daily

# Using The Guardian App
## 2.6  Add Another Watch To The App

**1**

2:53 ⚷

**Home**

👤 Dad
🔋 96 %

Switch Device ›

📍 Location   📞 Call   💬 Voice Chat   🎁 More

6D Lion Way, Llansamlet, Swansea SA7 9FB, UK

Steps:0 Steps 0 Kilometers 0 Calories

2019-03-21 13:50:20

Begin by **pressing 'Switch Device'** on the home screen

**2**

2:55 ⚷

**Device list**

👤 Dad ›

✓ Current default        🗑 Unpair

➕

Next, **press the** [➕] **icon** located at the bottom of the screen

**3**

2:30 ⚷

**Add device**

Please scan device QR code

123

Please enter IMEI number

Next, **scan the device QR Code** to add the new device

# Using The Guardian App

2.7  Unpair The Watch From The App



Begin by **pressing 'Switch Device'** on the home screen

Next, **press 'Unpair'** to remove the watch from the app

# Using The CPR Guardian II
3.1  Make A Phone Call

**1**

To make a normal call,
**swipe right to left** on
the watch face

**2**

Phonebook
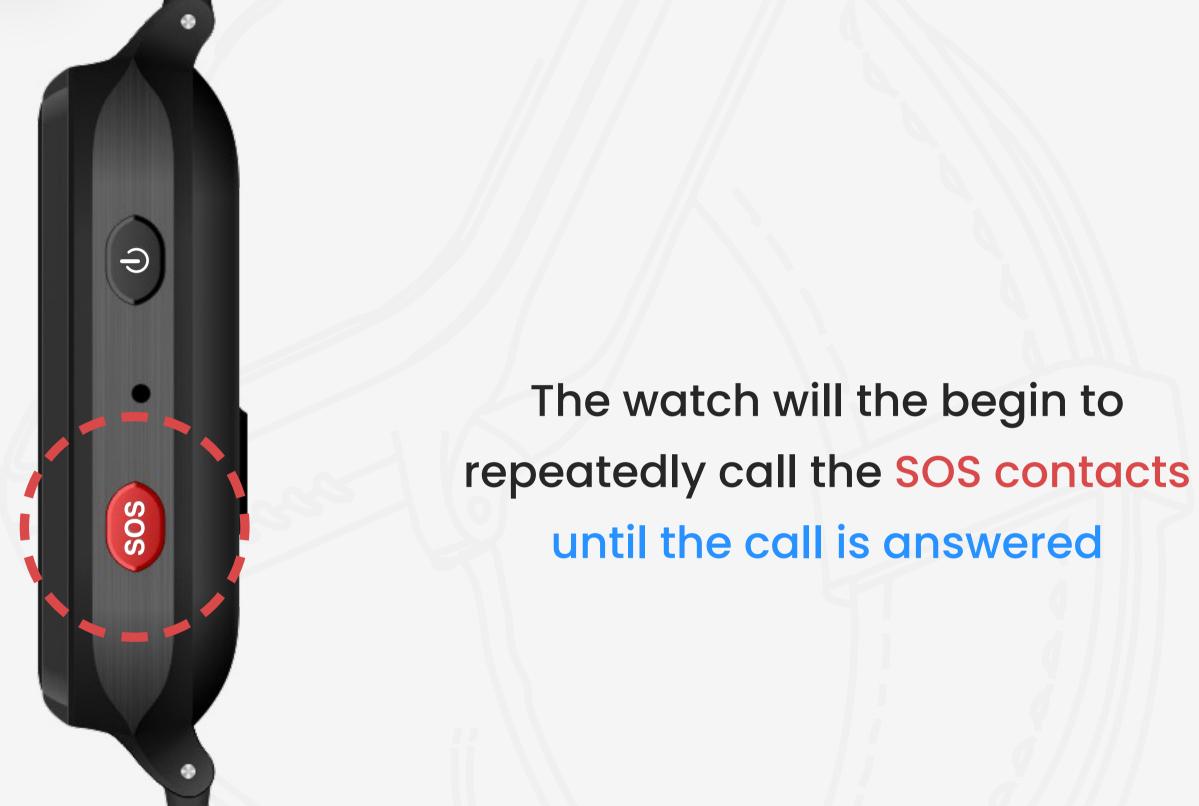
Next, tap the
**'Phonebook'**
icon

**3**

John
07000000000

Jane
07000000000

Greg

Select who you wish to
call & **hold down** on
the contact to call

# Using The CPR Guardian II
## 3.2  Make An SOS Call

**1**

To make SOS calls from the watch hold down the red SOS button for 3 seconds

The watch will the begin to repeatedly call the SOS contacts until the call is answered
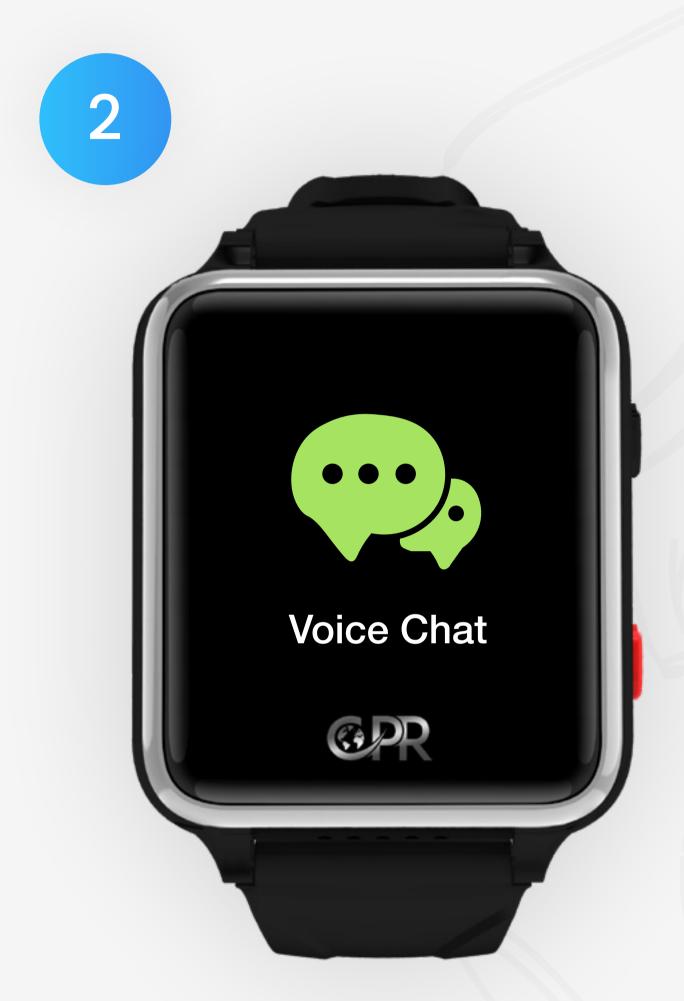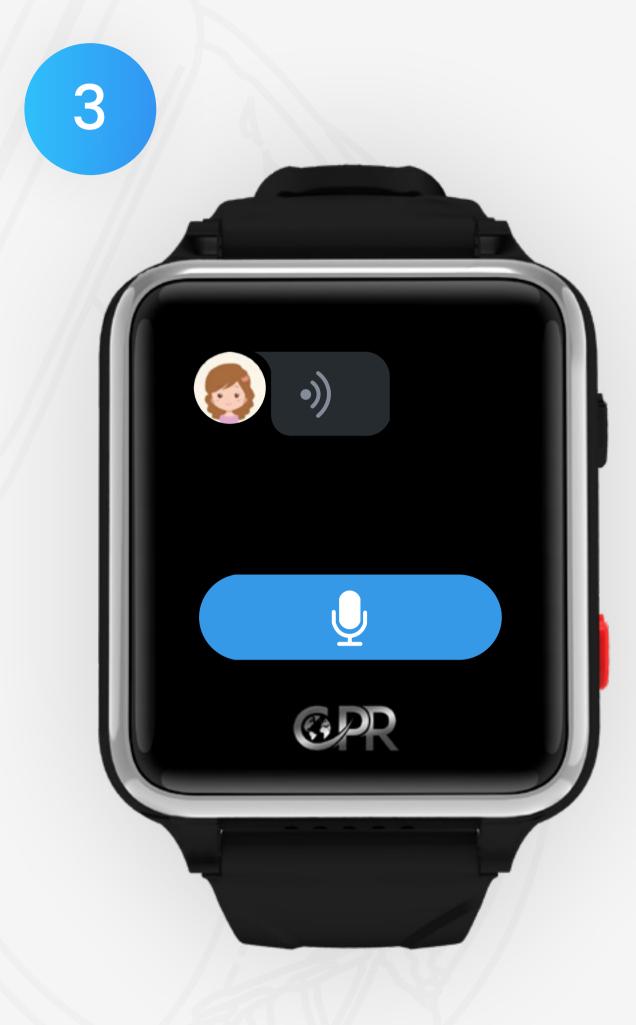
# Using The CPR Guardian II
## 3.3 Send A Voice Message

**1**

To send a voice message **swipe right** until you see the **'Voice Chat'** icon

**2**

Voice Chat
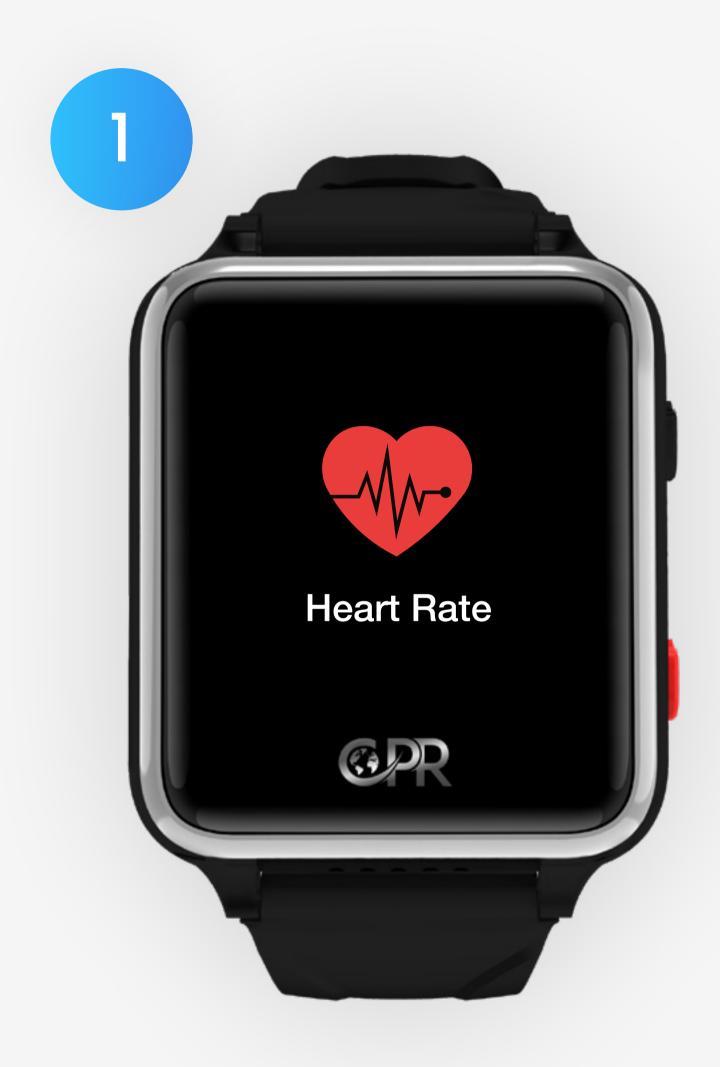
Next, tap the **'Voice Chat'** icon

**3**

To record your message, **press & hold the microphone icon**

# Using The CPR Guardian II
## 3.4  Test Your Heart Rate

**1**

Heart Rate

**2**
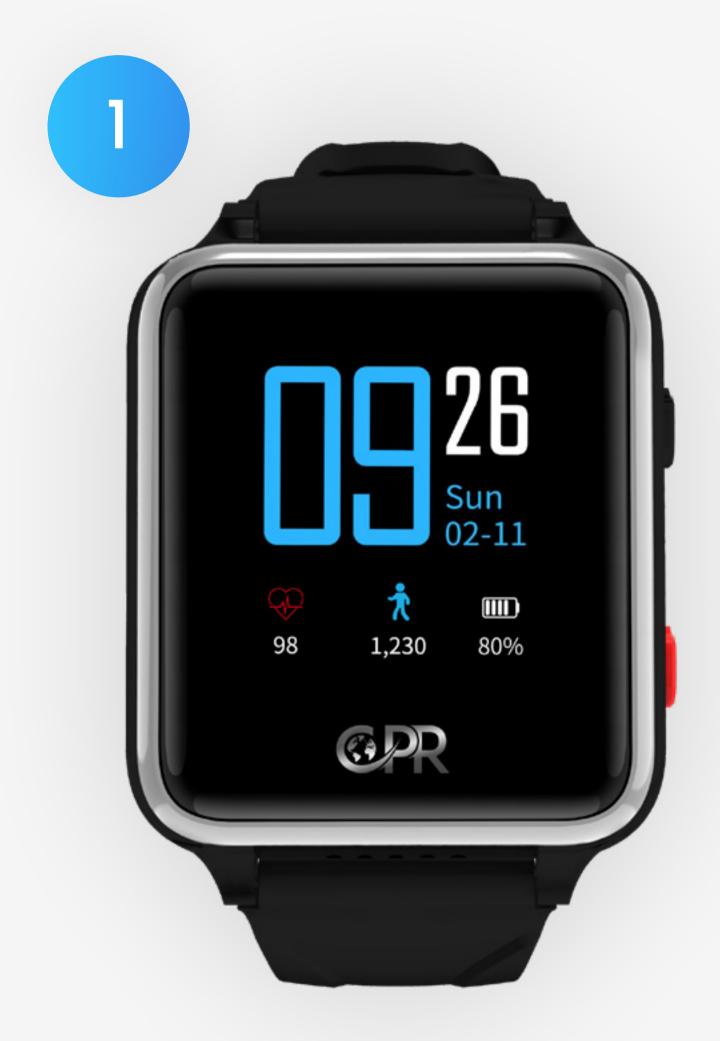
**89** BPM

Last Time: 89 BPM

To test your heart rate, swipe right on the watch face until you see the Heart Rate icon.
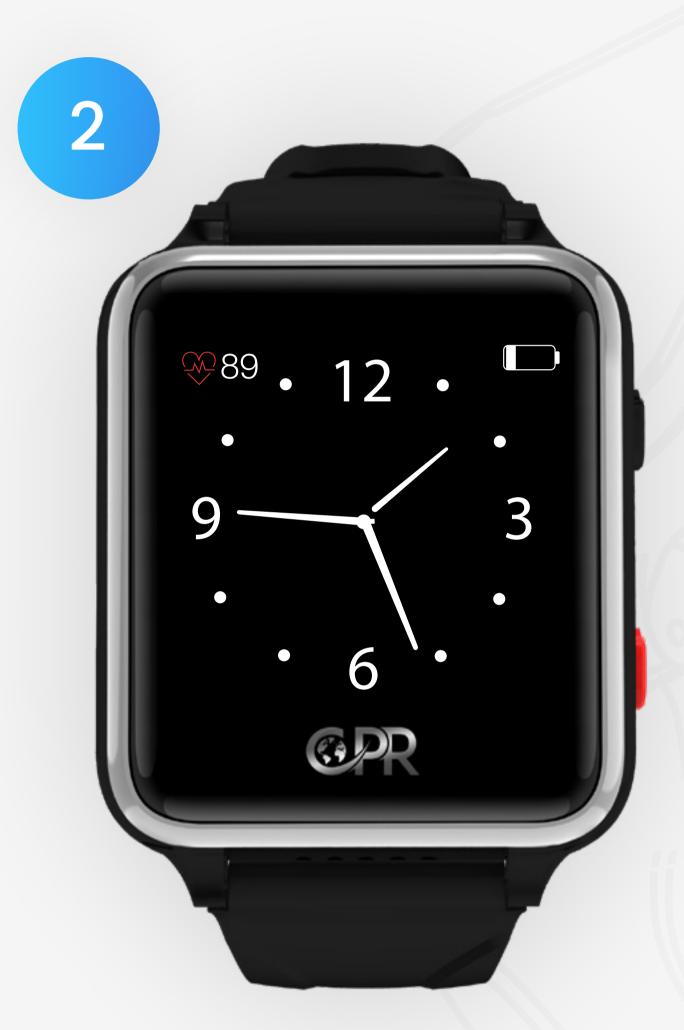
Next, wait up to 60 seconds for the result. To re-test, tap the screen again

# Using The CPR Guardian II
## 3.5  Change The Clock Face

**1**

**09** **26**
Sun
02-11
98    1,230    80%
CPR

To change the watch clock face **press the home screen** on the watch for **3 seconds**
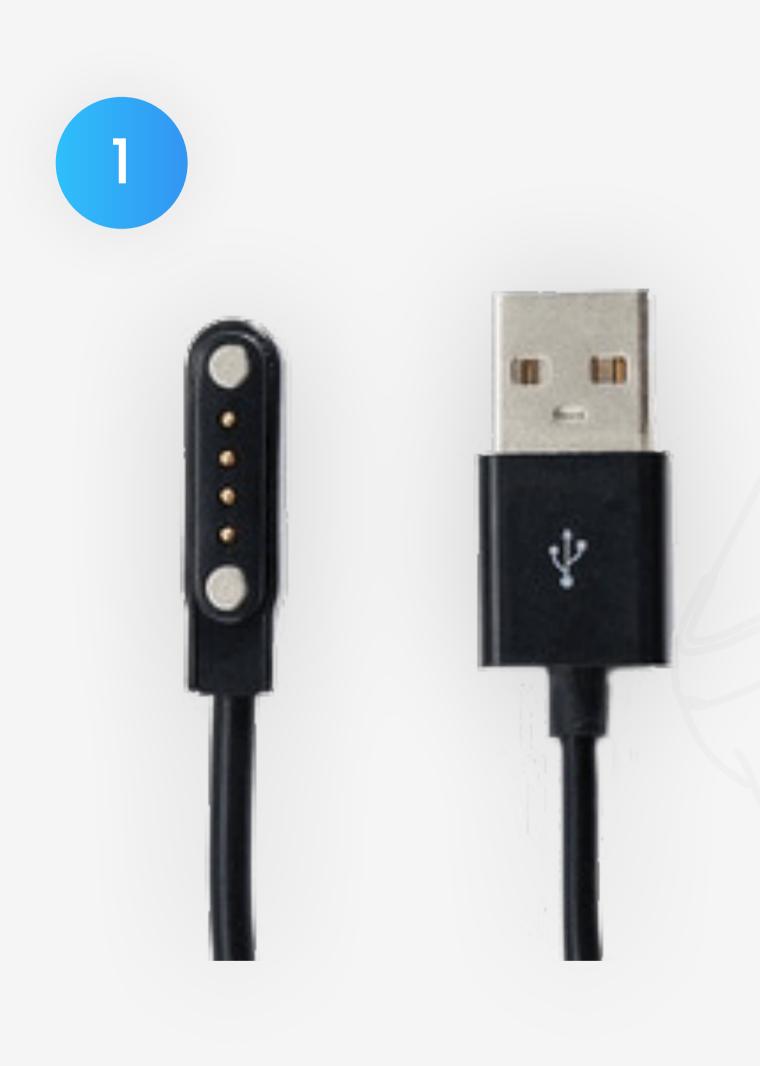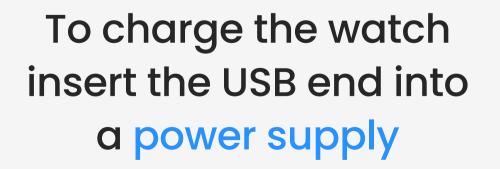
**2**

89    12
9        3
6
CPR

**Repeat** the first step again to cycle through the watch faces

**3**

89
PM **9:26**
Sun    02/11
CPR

**Repeat** the first step again to cycle through the watch faces

# Using The CPR Guardian II
## 3.6  Charge The Watch

**1**

To charge the watch
insert the USB end into
a **power supply**

**2**

Charging Port

Next, connect the
magnetic end to the
**back of the watch**

# Additional Information
## 2.2 Functions & Usage

**SOS Button** Hold down the "SOS button" for 3 seconds, the watch will automatically update the GPS location and continually dial the phone book numbers until answered.

**Phone Call** Make a phone call: enter the watch "Phone Book" interface, choose the App preset contact and press to dial the number. Answer a phone call: when you receive an incoming call on the watch, just press the Green icon on the watch screen to answer the call.

* Only the App preset mobile contact numbers can make calls to the watch, and the watch can only dial the preset mobile contact numbers in the phone book.

**Location** Enter the App to check the current location of the watch.

**Pedometer** Enter the watch "Pedometer" interface and press the icon to check the Steps/Distance/Calories, and all the data will transfer to the App automatically.

**Blood Pressure** Enter the watch "Blood Pressure" interface and press the icon to start the blood pressure testing. The test data will show on the watch after the test is complete.

**Voice chat** Send a voice message: enter the watch "Voice chat" interface, tap the microphone icon shown on the screen to start and record the voice message, then send the voice message when you finish. Every voice message can record for up to 15 seconds.

**> Power ON** Long Press the power button for 3 seconds.

* If the new watch does not power on, it may not be sufficiently charged, please recharge the watch.

* If there is a problem with the watch display (such as: black screen), please press and hold the power button for 15 seconds to power on the watch again.

**> Power OFF** Press and hold the power button for 15 seconds to turn off the watch.

* Light up the screen: Press the power button once.

* Light off / Lock the screen: Press the power button once (when there is no operations on the watch, the illuminated screen will go off after 5 seconds).

**> Change The Watch Faces** Press and hold the watch screen in the main interface, to enter and change the different watch faces.

* Slide to Left / Right: enter the watch function menu Phone Book, Heart Rates, Pedometer, Voice Chat

* Slide from Top to Down: display the watch status such as the SIM card network connection signal and battery life.

# Additional Information
## 2.2 Cautions & Warranty

## Cautions

• GPS and other telephone functions require SIM credit. The GPS will not work when the watch is powered off or the SIM card/GSM network does not have coverage or is out of service.

• Please note the Guardian II is iP67 water resistant.

• Do not allow children to chew or ingest parts of the watch.

• Avoid using the watch in excessive temperatures.

• Opening the watch will make your warranty null and void.

## Warranty

This product is guaranteed by the manufacturer for a period of 1 year from the date of purchase. This guarantee does not cover defects arising from accidental damage, misuse or wear and tear and is available only to the original purchaser of the product.

Heart Rate

CPR

# CPR
# GUARDIAN II

| | |
|---|---|
| Customer Service | **+44 (0) 800 652 7780** |
| Email Support | **support@cprguardian.com** |
| Website | **cprguardian.com** |

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