

LW-360HR Quick Start Guide



LW-360HR is an emergency (HELP) watch with heart rate and activity tracking function. You can send emergency (HELP) message to corresponding gateway and cloud platform when you are in emergency (HELP) situation. Besides, you can check your heart rate whenever you want. Moreover, LW-360HR also counts your daily step, distance and calorie. You can know your daily activity status by this information. LW-360HR is a comprehensive watch for emergency (HELP) situation, heart rate detecting and daily activity tracking and it would be your best all day companion.

Main Functions

Function	Enable Method	Note
HELP	Hold [Enter] key for 3 seconds	Send alert to cloud by LPWAN
Man down	Detected by system	Send alert to cloud by LPWAN
Heart rate	Manually enable	Refresh every second
Step	Always on	Daily record
Distance	Always on	Daily record
Calorie	Always on	Daily record



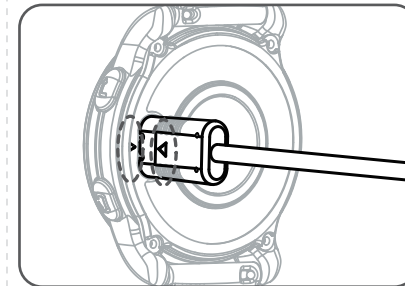
Key Definition



Icon	Key	Definition
	POWER	Power on/off (hold 2 sec.) or Backlight
	UP	Page up
	DOWN	Page down
	ENTER	Enter or HELP (hold 3 sec.)
	BACK	Back

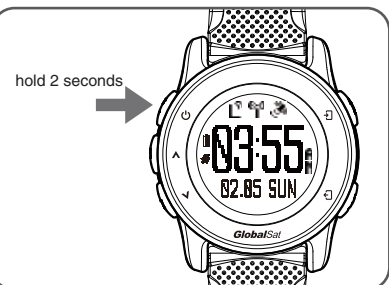
Charge Battery

Please plug device's USB cable into the back of device. Please note that the arrows in USB cable and back cover of device should be in the same side as below picture. (Do not plug in inverse direction.)



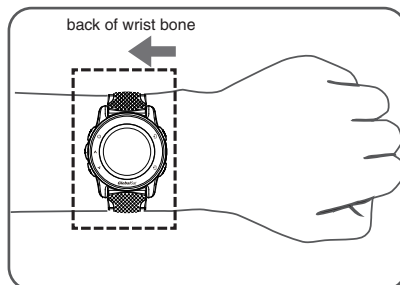
First Time Use

Please fully charge your device before first time use. Then, press and hold [Power] button for 2 seconds to turn on device. In addition, you can hold [Power] button for 10 seconds to do system reboot on device.



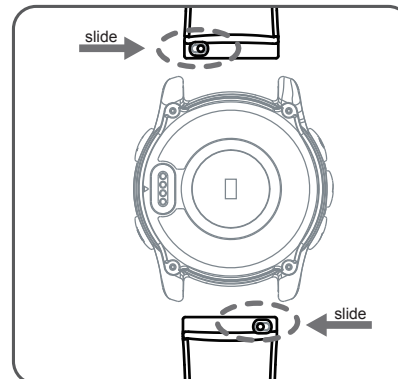
Wear Device on Your Wrist

To let device work properly, please wear device in below recommended part of your wrist (back of wrist bone). Device should be tied enough without slipping back and forth on your wrist.



Change watch band

You can easily change watch band by the design of quick change band. Just slide the latch in the direction as below picture and you can take the band apart from the watch main unit.



Cloud Platform: ezFinder Firmware Upgrade APP: GS Tool

You can track device's location via the following two ways, when HELP or Man down alert is sent to cloud platform, ezFinder, by LPWAN. Please note that your device should be registered to cloud platform before you can track it.

- (1) ezFinder website: Please visit www.ezfinder.com.tw
- (2) ezFinder APP: Please download it from below QR code.



You can check if there is a new firmware for device to upgrade by firmware upgrade APP "GS Tool". Device is compatible with your mobile device's (smartphone / tablet) blue-tooth function.



Others:
For more detailed user guide, please visit <http://www.globalsat.com.tw> and search "LW-360HR".

Accessories: USB cable

Simplified DoC:

Hereby, GlobalSat WorldCom Corporation declares that the radio equipment type LW-360HR is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <https://drive.google.com/drive/folders/1dUqLjW0XlWVWWWN8In-0g5VKFORws8E>

Caution:

Risk of explosion if battery is replaced by an incorrect type.
Dispose of used batteries according to the instructions.

LoRa Frequency:

EU 868 MHz / US 915 MHz / AS 923 MHz

RF Output Power:

862 - 870 MHz (EU) @ 14dBm
902 - 928 MHz (US) @ 20dBm
920 - 928 MHz (ROA) @ 20dBm

Operating Temperature:

Charge: 0 ~ 45°C
Operation: -10 ~ 60°C
Storage: -20 ~ 60°C