

HOW TO UPDATE THE FIRMWARE IN A BLINK 3.0|24 ARMBAND

Version: 04122019

Update Your Blink Armband to the Latest Scosche Firmware		
Steps	Task	Instructions
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1	Download the Rhythm Sync app from the App Store	On your iPhone or Android phone download the app from the App Store.
2	Sync with the Blink Armband	Turn on the Blink Armband. Hold it next to the phone. The app goes into search mode and after scanning it displays the words Rhythm+ a series of numbers. Tap on the word connect.
3	Message Appears	"New Firmware Available Version 3.4 is available for your device." This message will disappear after 3 seconds and the home display returns.
4	View the Data	Look at the home screen with data like Beats-Per-Minute, Zone number, and Battery level.
5	Tap on the App's Menu Icon	Look to the upper left corner of the display and tap on the icon with three yellow small horizontal lines.
6	Update Software	A drop down menu appears. Tap on the words "Software Update". The next display shows the version number of your Blink 3.0 sensor. Look at the bottom of the screen and a yellow horizontal bar appears. Tap on the bar which has the words "Update Software".
7	Update Device Software Message	Tap on the words "Update" on the display . Wait.
8	Uploading Firmware	Wait for the Uploading Firmware to show 100% and wait again while the process of "Verifying Firmware" has completed to 100%.
9	Success	The display now states, "Success. The firmware update has completed. You will need to reconnect to your device." Tap Done. The Blink 3.0 flashing colored light disappears.
10	Multiple Sensors to Update	Repeat Steps 1-9 with the next Blink 3.0 Armband

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11	Or, Failed Message	Some of the Blink Armbands might not update; reason unknown. If it states that the update failed then follow the next set of instructions.
12	Close the Rhythm Sync app	Force close app on the phone
13	Reset the Blink 3.0	Put the Blink Armband onto the charging cradle connected to a power source (your laptop, a USB charger, etc.). The light on the front of the Blink Armband flashes three (3x) times, remove the Blink Armband from the cradle and it will reset and turn off.
14	Re-open Rhythm Sync app	Open the Rhythm Sync app and then repeat Steps 2 - 9.
15	If the sensor still fails to update	Repeat Steps 12 - 14 until update is successful or until you receive a message to drain battery (Step 16).
16	Drain the Blink Armband Completely	With the charging cradle unplugged from power, turn on the Blink Armband and put it into the unplugged charging cradle. Wait several hours until the lithium battery inside the Blink is fully drained.
17	Success or Failure	If success appears after Step 9 you are done. If Failure appears follow the next step.
18		Email Customer Support at Heart Zones: support@heartzones.com We will provide you with the next steps to success for your Blink Armbands.
Heart Zones 2636 Fulton Avenue Suite 100 Sacramento, CA 95821 USA www.heartzones.com +1 (916) 481-7283		

**While updating if the phone goes into sleep mode and locks out during the update it could cause the update to fail. We recommend to tap the screen during the update to prevent it from timing out and locking or go into your phone settings and turn the sleep mode off when you are updating the units.