CARE INSTRUCTIONS

- To ensure accurate readings, clean the sensor lens with a soft cloth.
- Use a soft cloth with ONLY mild hand soap and cool water to wipe down the armband, sensors and plastic housing.
- Use a cotton swab and ONLY rubbing alcohol to clean the charging contacts.
- Do not use any abrasive chemicals to clean the **RHYTHM+** Armband, sensors or plastic housing. This will cause permanent damage.

DISCLAIMERS

While our RHYTHM+ Heart Monitors are state of the art, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate. Some circumstances that can influence the readings are, but are not limited to, the user's physical characteristics, the fit of the device and the type and intensity of the exercise routine or activity.

The RHYTHM+ Heart Monitor is not intended to diagnose, treat cure, or prevent any disease. The RHYTHM+ Heart Monitor has a heart rate tracking feature that may pose risks to users with certain health conditions. Consult your doctor prior to use if you (1) have a medical or heart condition, (2) are taking photosensitive medication, (3) have epilepsy or are sensitive to flashing lights, (4) have reduced circulation or bruise easily, or (5) have a musculoskeletal disorder. If you experience a medical emergency, stop using the product and consult with a medical professional immediately. We are not responsible for any health problems that may result from your use of the RHYTHM+ Heart Rate Monitors. If you use the RHYTHM+ Heart Rate Monitors, you agree that you do so at your own risk.

Prolonged contact with wearable devices may contribute to skin irritation or allergies in some users. To reduce irritation, follow three simple wear and care tips: (1) keep it clean; (2) keep it dry; (3) don't wear it too tight. If you notice any skin irritation, remove the device. If symptoms persist longer than 2-3 days after removing the device, consult your doctor.

STOP

IMPORTANT!
DO NOT RETURN PRODUCT TO THE RETAILER

IF YOU NEED ASSISTANCE OR REPLACEMENT PARTS CALL US *TOLL FREE*: 1-800-363-4490 X1
HOURS MON-FRI *8AM-5:30PM (PST)* SATURDAY *8AM-2PM (PST)*

For complete warranty details, please visit us at *www.scosche.com* or call (800) 363-4490

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www.scosche.com/register

SCOSCHE®   RTHM1.9

RHYTHM+™   **VALENCELL** PRECISION BIOMETRICS

PERFORMANCE HEART RATE MONITOR & BIOMETRIC SENSOR

USER MANUAL

For the very latest documents go to *scosche.com/rhythm-plus* including *Bluetooth* Smart help, recommended apps, compatible devices, and troubleshooting.

!!WARNING!!
This is not a medical device and is intended for training and recreational use only. Consult a physician prior to use to determine appropriate heart rate zones.

NOTICE
The **RHYTHM+** Heart Monitor is waterproof to IEC Standard 60529 IP67. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit.

About Valencell

Valencell Precision Biometrics is a patent-protected sensor technology which continuously measures real-time biometric data with a high degree of accuracy and consistency, and uses this data to give people *meaningful fitness assessments*. It seamlessly integrates into audio earbuds and other wearable devices, such as armbands and wristbands, and can connect with smartphone apps people are already using while exercising. Valencell sensor technology allows you to capture accurate data such as heart rate, distance, speed, cadence, calories burned and VO_2 max (aerobic fitness level).
Patent: *www.valencell.com/patents*

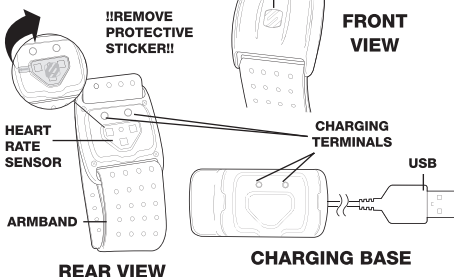This product is ANT+ certified and is compatible with ANT+ displays that support the following data:
Visit *www.thisisant.com/directory*

ANT+   **HR**

GETTING STARTED

MULTIFUNCTION BUTTON (MFB)
Press & hold 2 seconds - turn on
Press & hold 3 seconds - turn off

!!REMOVE PROTECTIVE STICKER!!

FRONT VIEW

HEART RATE SENSOR

CHARGING TERMINALS

USB

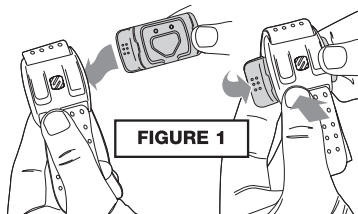**ARMBAND**

REAR VIEW

CHARGING BASE

FIGURE 1

Charging
Charge the *SCOSCHE®* **RHYTHM+** for 2 hours or until a solid blue light indicates the unit is fully charged.

1. Attach the charging base to the *SCOSCHE®* **RHYTHM+** unit (Figure 1).
2. Connect the USB to a wall charger or your computer.
3. A red flashing LED indicates that the unit is charging.
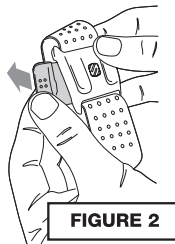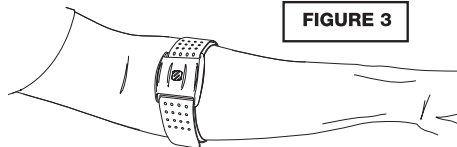4. Remove the charging base as shown (Figure 2).

FIGURE 2

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USING THE ARMBAND MONITOR

FIGURE 3

Wear armband on the upper portion of the forearm. Sensor should be on the inside or top of forearm. It should be worn snug enough not to move on your arm, but NOT so tight that it restricts arm circulation (Figure 3).

Initial Setup with *Bluetooth Smart* Fitness Apps
1. Set *Bluetooth* on the device to ON.
2. Find the Sensor Settings menu in the *Bluetooth Smart* Fitness App.
3. Connect the **RHYTHM+** armband by turning it on.

Initial Setup with *Bluetooth Smart* devices (Sports Watches & Fitness Equipment)
1. From the device settings menu select "Add HR sensor"
2. Connect the **RHYTHM+** armband by turning it on.

Initial Setup with ANT+ devices (Sports Watches & Fitness Equipment)
Turn on the armband and move within range of your display device.

Note: Heart Rate Monitoring will work with most *Bluetooth Smart* Fitness Apps. For a list of compatible Apps, please visit *www.scosche.com/rhythm-plus*

LED Indicators (*Bluetooth Smart* Operation)
1. Alternating RED/BLUE – the armband is waiting for a connection.
2. Three (3) BLUE blinks – the armband has connected successfully.
3. Slow blink – the HR monitor is on and in normal operation.

LED Indicators (ANT+ Mode)
Slow blink – the HR monitor is on and in normal operation.

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