# g2.0 PEDOMETER USER GUIDE /INSTRUCTION MANUAL



## 1. INTRODUCTION

Your Humana g2.0 pedometer is a small but powerful device. It lets you track your personal fitness goals like never before.

When you connect your pedometer with your account on Humana fit you can earn steps by simply walking your dog, taking a morning jog, or wearing your pedometer while working out on the treadmill at the gym. If you have a Humana Vitality account, you can turn your steps into Vitality Points.

At every fitness level, your route to lifelong well-being becomes more fun and more rewarding. Humanafit.com downloads your steps from the pedometer and displays your daily progress.

Your pedometer and Humana fit are with you every step of the way!

## 2. GETTING STARTED

## REGISTERING FOR YOUR FREE HUMANAFIT ACCOUNT

- 1 To sign up, go to www.humanafit.com and click the <u>Sign Up for Free</u> link (top right of the browser window).
- 2 Click on Create a New Account.
- **3** Enter all the requested information (email, username, password, etc) and click on <u>Agree to Terms</u>. (Make a note of your username and password for future logins.)
- **4** Proceed through all the prompts to continue signup. **NOTE:** you may elect to skip several of the "Find Friends" steps.
- **5** Select <u>Go to My Home</u> to complete the registration.
- **6** You can now download the GearSync software and activate your pedometer.

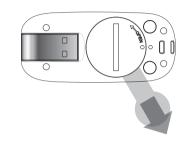
A NOTICE: THE g2.0 PEDOMETER WILL NOT RECORD STEPS OR PEDOMETER DATA UNTIL YOU REGISTER AND ACTIVATE IT. To register and activate, visit www.humanafit.com. Follow the instructions to set up your free Humana fit account.

# 3. GETTING STARTED

#### REMOVING THE BATTERY INSULATOR TAB

**NOTE:** In order to power up your pedometer, you must remove the battery insulator tab inside the battery compartment.

- 1 Firmly grab the end of the battery insulator tab and pull to remove it completely from the unit.
- **2** Remove the static sticker that appears on the pedometer display.



## **4. GETTING STARTED**

## **ACTIVATING YOUR PEDOMETER**

1 From the My Home page, in the right hand column, click on the "Register" button to download the GearSync software and activate your pedometer.

**NOTE:** if you have already registered a previous Humana pedometer, click on the "Manage Pedometer" button and follow the prompts to update the system with your new pedometer.

- **2** Follow the steps in the browser window to complete download and installation.
- **3** Connect the pedometer by extending the USB connector and inserting into a USB port on your computer.
- 4 Select the "Start" button to begin your pedometer activation process.
- **5** When prompted, select "Finish." You will see a "SUCCESS" notice. Your pedometer is now activated.

**NOTE:** To program your pedometer and personalize settings, see instructions on opposite side.

#### **SYSTEMS REQUIREMENTS:**

- Mac, IBM®, or compatible PC
- OS 10.6, OS 10.7, Windows® XP, Vista, Windows® 7
- USB 1.1 or greater and an Internet Connection
- Microsoft® Internet Explorer 7 and above, Safari (or compatible browser)

# **5. HOW TO WEAR THE PEDOMETER**

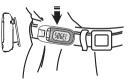
#### **USING THE PEDOMETER'S BELT CLIP**



Insert the pedometer into the belt clip USB port side first. The display's orientation will be upside down on your belt; however, it

will be right-side up when turned upward to view.

This pedometer will be most accurate when you wear it close to your body, on your waistband or belt. You may choose to carry it in a tight, secure pocket.



The pedometer is also equipped with a security leash. To attach the security leash:

- 1 Thread the end loop through the eyelets on the back of the unit.
- 2 Pull the lanyard through the loop and pull tight.
- **3** Place the unit in the belt clip, attach at the waist, and attach the gator clip to belt or clothing.



## **6. KEYS AND THEIR FUNCTIONS**

(HD) | MODE | CTH)

BDJ MODE CLB

g2.0

The Humana g2.0 pedometer has 3 keys located adjacent to the display: ADJ (Adjust), MODE and CLR (Clear).

## MODE KEY

- Operating Mode: Scrolls through display modes.
- Programming Mode: Sets information being adjusted and advances to next setting.

## ADJ (ADJUST) KEY

- Operating Mode: press and hold to enter the Programming Sequence in Time Mode.
- Programming Mode: Adjusts (decreases) information being adjusted.

#### CLR (CLEAR) KEY

- Operating Mode: press and hold to clear current pedometer data.
- Programming Mode: Adjusts (increases) information being adjusted.

# 7. OPERATING THE PEDOMETER

## **OPERATING THE PEDOMETER**

The Humana g2.0 pedometer automatically captures data when you start moving. There is no Start or Stop button to push.

The g2.0 pedometer has an integrated 10-step delay to ensure accuracy when you walk. After 10 steps, the unit will begin counting and retroactively add the 10 steps back into the final step count.



The pedometer has 5 display modes: Time of Day, Steps, Distance, Calories and Average Speed. Scroll through display modes by **PRESSING** the **MODE** key.

#### TO CLEAR ALL CURRENT PEDOMETER DATA:

- 1 PRESS AND HOLD the CLR key in any pedometer display. Continue holding as the display reads "CLEAR".
- 2 When pedometer data reads zeros (0), **RELEASE** the **CLR** key. The unit is now ready for a new workout.

**NOTE:** Your personal profile settings will be saved.

## 8. PEDOMETER SETUP

To ensure exercise data is as accurate as possible, you must complete the following steps to enter your personal profile. The display will show you the information you're changing. Adjust information by pressing ADJ (to decrease) or CLR (to increase). Accept the displayed value and advance to the next setting by pressing MODE.

- 1 Enter the Programming Sequence by **PRESSING AND HOLDING** the **ADJ** key in the Time of Day display.
- 2 Adjust Hour by PRESSING ADJ or CLR. PRESS MODE to set.
- 3 Adjust Minute by PRESSING ADJ or CLR. PRESS MODE to set.
- 4 Select unit of measure (pounds or kilograms) by PRESSING ADJ or CLR. PRESS MODE to set.



## 9. PEDOMETER SETUP

- 5 Adjust Weight (in pounds or kilgrams) by PRESSING ADJ or CLR. PRESS MODE to set
- 6 Adjust Height (in inches or centimeters) by PRESSING ADJ or CLR.
- 7 To adjust stride length, first see "How To Measure Your Stride" Length." When you know your stride length PRESS ADJ or CLR.
- 8 Adjust Age by PRESSING ADJ or CLR. PRESS MODE to set.
- 9 Select Gender by PRESSING ADJ or CLR. PRESS MODE to set. The unit is now programmed and ready for use!



# 10. MEASURING STRIDE LENGTH

## HOW TO MEASURE YOUR STRIDE LENGTH

- 1 To find out what your stride is, walk or run 10 steps and then measure the distance with a tape measure from the first step's toe to the 10th step's toe.
- 2 Divide your total distance by 10 to get your average stride length.



**3** For a guick estimate, walk 3 steps, measure the distance, and divide by 3. The more steps you take, the more accurate and realistic your stride will be. An average walking stride for a female is 2 feet (24 in.), a male is 2.5 feet (30 in.).



#### UPLOADING PEDOMETER DATA TO YOUR HUMANA FIT PROFILE

1 Direct your web browser to www.humanafit.com and click "Login" in the upper right of your browser window.

11. CONNECTING TO A COMPUTER

- 2 Enter your user name and password.
- 3 Connect the pedometer to your computer by extending the USB connector and inserting into a USB port on your computer.
- 4 The GearSync application will automatically launch and a status bar will display progress of your exercise data as it is uploaded to GearSync. Click "ok" on the Gear Sync application when complete.
- 5 On the website, if the data did not upload automatically (a "New Workout Imported" message is displayed at the top), then click the "Upload" button on the right side of the website.
- **6** After exercise data has successfully uploaded, you may view exercise data in a calendar summary or select individual workouts. You can also add comments and notes to your daily workouts.



▲ WARNING: The USB connection is designed to fit in a USB port in the correct orientation, DO NOT force into

It is recommend that you connect your pedometer once a week to www.humanafit.com to ensure all steps are recorded.

After uploading your steps to the Humana website, you must manually reset the steps on your pedometer to 0 by pressing & holding the CLR button. The steps displayed on your pedometer will not automatically be reset after uploading is complete.

15. FREQUENTLY ASKED QUESTIONS

## 12. REPLACING THE BATTERY

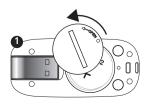
The Humana g2.0 pedometer uses one CR2032 3V lithium battery. The pedometer battery may need replacement when:

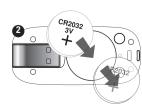
- 1 The display is weak or fades out completely.
- 2 The pedometer function will not activate

#### TO REPLACE THE BATTERY:

- 1 Unscrew the battery compartment door with a coin or flathead screwdriver.
- 2 Remove the old battery and replace with a new one. Be sure the battery's positive (+) side is visible.
- 3 Replace the battery compartment door and tighten with a coin or flathead screwdriver.

**NOTE:** You will need to re-enter your personal profile settings to assure accuracy of pedometer readings. See opposite side for instructions on this procedure.





## 13. WARNINGS AND CAUTIONS

**WARNING:** Before you start any exercise program or perform any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and discuss

CAUTION: Pedometers are not water resistant.

**AVOID** exposing the pedometer to extreme conditions.

AVOID rough uses or severe impacts to the pedometer.

**NEVER** get the pedometer wet. This unit is not water resistant

**NEVER** attempt to service your pedometer or take it apart.

**DO NOT** expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.

DO NOT drop or step on the pedometer.

**CLEAN** the pedometer occasionally with a soft, dry cloth.

**STORE** the unit in a dry place when you are not using it.

## FCC COMPLIANCE

The device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

- "Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.
- 2. "NOTE: This product has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This product generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no quarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna.
- Increase the separation between the product and receiver.
- . Consult the dealer or an experienced radio/TV technician for help."
- . Connect the product into an outlet on a circuit different from that to which the receiver is connected.

# **▲ CAUTION – BATTERY SAFETY INFORMATION**

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult super-

14. BATTERY SAFETY INFORMATION

- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickelcadmium) batteries
- Exhausted batteries are to be removed
- Do not mix old and new batteries.
- Do not dispose of batteries in fire; batteries may explode or leak
- Do not dispose of product in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to batterv installation
- As always, dispose of batteries in an eco-friendly manner



 The purpose of the crossed-out wheelie bin symbol is to remind us that most electrical products and batteries, contain trace elements (including Mercury - Hg, Cadmium - Cd and Lead - Pb) which could be harmful to our environment and therefore our health. We must all be careful to dispose of them responsibly in a specifically designated way – either using a collection scheme or nto the correctly labeled civic amenity (NOT into general waste) – this will help your local authorty to arrange to recycle or dispose of them in the appropriate manner.

To get answers to frequently asked guestions, go to www.humanafit.com and select "Pedometer FAQs."

## **HELPFUL HINTS**

These tips will help make sure you use your pedometer correctly.

HINT 1: Your pedometer's display will show zeros until you activate it

HINT 2: If you have a firewall on your computer, it may keep you from uploading your data. If so, please set it to allow access or contact your network administrator.

HINT 3: The steps will stop recording once the pedometer memory becomes 75 percent full. Uploading your steps will fix this. To keep this from happening, please upload at least once a week.

HINT 4: You can clear the screen by pressing the "CLR" button. This will not clear the memory.

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