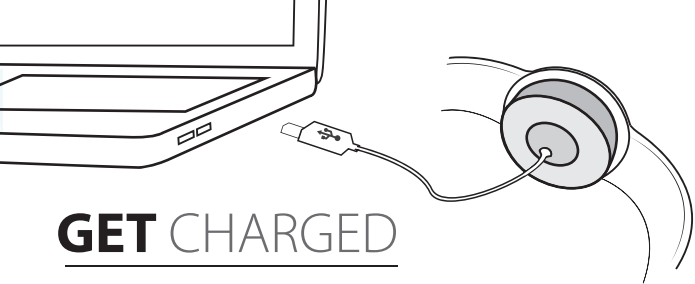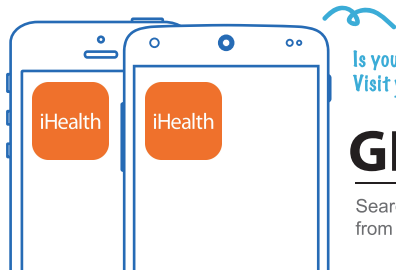# iHealth® Wave

Get motivated. Get moving. Get tracking

GET CHARGED

Is your mobile device compatible?
Visit www.ihealthlabs.com/support to check!

GET THE APP

Search & Download "iHealth My Vitals"
from App Store or Google Play
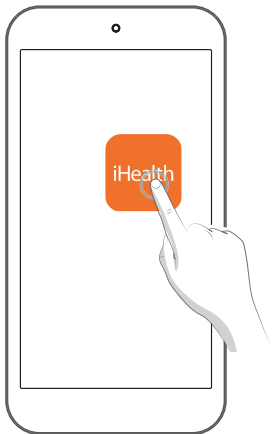
1

1 Swipe up the Control Center and turn on *Bluetooth*

2 Open app and create a new account

iOS

Swipe down the Control Center and turn on *Bluetooth*

ANDROID

iHealth

2

3 Select "Activity Trackers"

4 Select "Wave (AM4)"

Activity Trackers

AM3   Edge(AM3S)   Wave (AM4)

5 Select "Next"

iHealth Wave Setup Guide

Charge your Wave fully before
first use to optimize battery life.
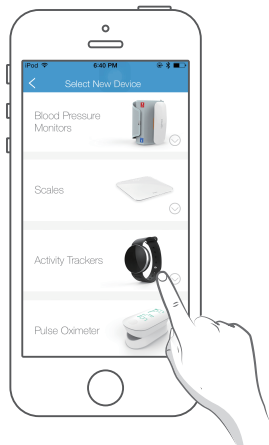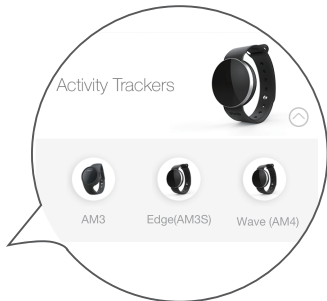
Next

6 Link with your device

iHealth Wave Setup Guide

LINK

Press LINK to connect.

4

7 Enter the last 2 of 6 digits shown on tracker

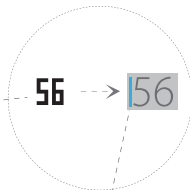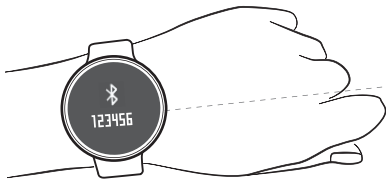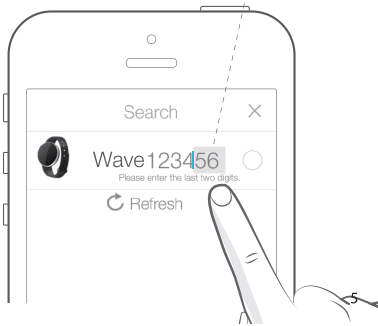If you don't see the 6 digits, double click the Home button (iOS) or go to the app menu (Android) and swipe over the app to fully close it.
Repeat the steps from step 2.

Search ✕

Wave 123456 ○
Please enter the last two digits.

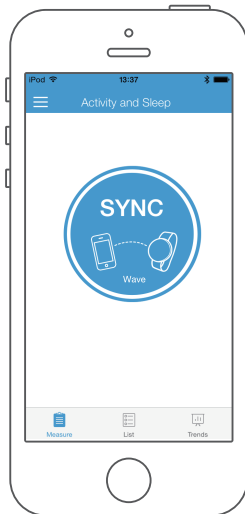↻ Refresh

8 Pairing successful
Click on "SYNC" to synchronize
data to the app and cloud

ACTIVITY MODE

Link your tracker and go to "Set Up My Devices" to set up a reminder to help you stay active.

Time/Date

Mon 05-05
08:30am

Steps Taken

6000

Distance Traveled

3.93

Calories Burned

420

Goal/Progress

2 1 3

Lift your wrist or unclip from your waist
&
Tap to navigate

WORKOUT SUMMARY
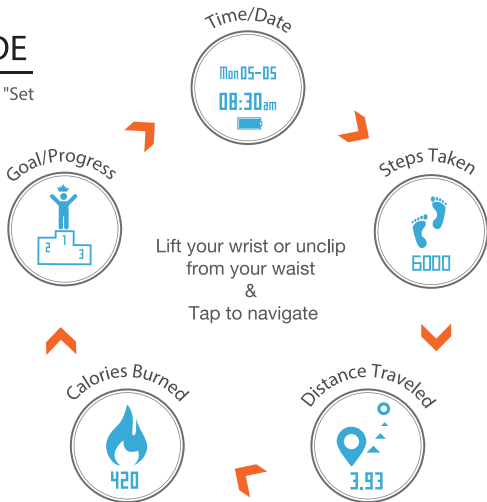
Workout

Workout
⚡ 2H 30m
👟 6000
📍 3.93
🔥 420

A special workout summary report will generate after you have walked or run continuously for more than 10 minutes.

SLEEP MODE

Sleep Mode

02:30

Automatically track your sleep quality. Link your tracker and go to "Set Up My Devices" to set up silent vibrating alarm.

SWIM MODE

Use Wave to track your swim. It automatically recognizes 3 swimming styles: breaststroke, backstroke, freestyle.

Duration
✕ 1H30m

Swim Mode
FREESTYLE
BREASTSTROKE
BACKSTROKE

Calories Burned
🔥 600

Time
08:30am

▶ Swim mode can be turned on/off in "Set Up My Devices" when Wave is linked.

IMPORTANT INFORMATION REQUIRED BY THE FCC

This device complies with part 15 of the FCC Rules. Its 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 iHealth Lab Inc could void the user's authority to operate the equipment.

Note: This equipment 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 equipment 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 guarantee that interference will not occur in a particular installation. If this equipment 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 equipment and receiver.

—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

—Consult the dealer or an experienced radio/TV technician for help.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and

(2) this device must accept any interference, including interference that may cause undesired operation of the device.

$C\epsilon$

CAUTION

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE, DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS

Hereby, [iHealth Lab Inc.], declares that this [AM4 WAVE] is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. Directive 1999/5/EC declaration of conformity and all iHealth certification and regulatory documents can be downloaded on the following link : https://www.ihealthlabs.eu/support/certifications

Operating temperature :   0~+40°C

Contact and customer service :

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for more information**

iHealth® Wave