



WellBe® Medical Alert Watch

Getting to Know Your Watch: Accessing the Menu After Activation



Single press round button to open the menu.









Swipe left or right.



Tap the icon to select.

Features: Understanding the Menu

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Emergency Call: Tap to place an emergency call. Alternatively, you can press and hold the round side button for 4 seconds.
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Heart Rate: Tap to measure heart rate.
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WellBe: Tap microphone to talk. Ask a health question or hear the weather forecast. Use voice prompt **"Call [contact name]"** to call contact listed first.
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Call Contact: Tap to call emergency contact listed first.
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Pedometer: Just walk. Tracks your steps. Resets each day.
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Notifications: Notifications will appear if you set them up in your **WellBe® Virtual Assistant App**.

Emergency Calling: Two Ways to Place a SOS Call

Both ways connect you with our 24/7 call center and provided your GPS location for fast response.



Method 1
Press and hold the side button for **3 seconds**.



Method 2
Press the **Emergency Call icon** in the menu.



With either method you have **7 seconds** to cancel an emergency call, or you can press **Call Now**.

Stay on the line until you speak with an agent. We recommend you test your emergency device once a month.

Fall Detection Customers Only: Emergency Services is contacted for **hard falls only**. If able, press emergency button after a fall.