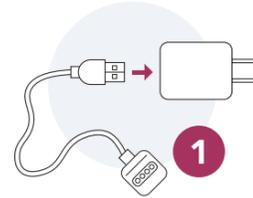


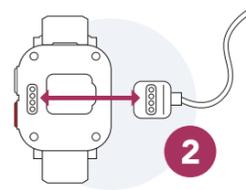
# START HERE

## 1 Charging Your Freedom Guardian Watch

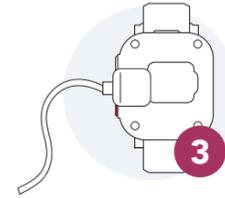
Please charge your Freedom Guardian for at least **2 hours or to full battery** before turning on for the first time.



**Set up the charger.** Plug the Freedom Guardian's Magnetic Charging Cable into the power adapter, then plug the adapter into a power outlet.



**Line up the magnetic charging prongs.** There are metal prongs on the back of the Magnetic Charging Cable and the back of Freedom Guardian that must make contact in order for Freedom Guardian to charge properly.



**Attach the Magnetic Charging Cable to the back of Freedom Guardian.** The metal prongs are magnetized which means that the Magnetic Charging Cable should snap to the back of Freedom Guardian automatically. Please press them firmly together to ensure that they're fully connected.



**Charge Freedom Guardian.** You'll see a battery symbol on the watch face when Freedom Guardian is charging. Place your connected Magnetic Charging Cable and Freedom Guardian in a flat position on a clean, dry surface to finish charging.

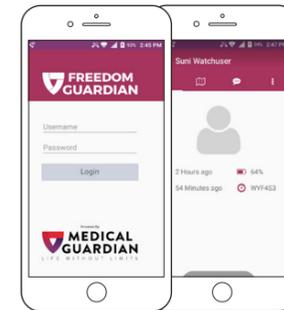
## 2 Turning On



If the watch is turned off and needs to be turned on, **press** the top side button for **3 seconds** until the Medical Guardian logo appears (you might see a black screen for a short time first before the logo initiates).

## 3a Downloading the Companion App

To download your Companion app, please visit either the Google Play store or iTunes App store on your device and search for "Freedom Guardian."



## 3b Create Your Account in the Customer Care Portal

To create your account, please visit [my.medicalguardian.com](http://my.medicalguardian.com) and follow instructions for set up.

## Sleep Mode



**Short press** the top side button put your watch in sleep mode or to wake up your watch from sleep mode.

## Navigation



**Swipe** left or right to scroll other screens.



**Firmly press** the display—don't just tap on the touchscreen.



**Short press** the red button to also scroll through and access screens.

## Low Battery

When battery charge drops to **15%**, an alert is sent via email to your Care Circle. When battery charge drops to **10%**, and **5%**, Freedom Guardian alerts you with a low-tone beep and a vibration.

When battery charge is **critically low** and about to turn off, Freedom Guardian will again alert you with a low-tone beep and a vibration.



## Watch Band Care

Wipe band clean with a nonabrasive, lint-free cloth, that's lightly dampened with fresh water and a small amount of soap (if necessary). Dry the band thoroughly with a nonabrasive, lint-free cloth before putting back on.



## Know Your Freedom Guardian Watch Faces

### WATCH DISPLAY SCREEN



### WEATHER FORECAST



### EMERGENCY/SOS



### POWER OFF SCREEN



### CALENDAR ALERTS & REMINDERS



(FREEDOM GUARDIAN PLUS FEATURE)

### MESSAGING (FREEDOM GUARDIAN PLUS FEATURE)



## Recognizing Service Indicator Icons

### BATTERY INDICATORS

	Full Battery
	Low Battery
	Critically Low Battery
	Battery Charging
	Battery Fully Charged

### SIGNAL INDICATORS

	Strong Signal
	Medium Signal
	Weak Signal
	Poor Signal
	No Signal

### LOCATION INDICATORS

	Location Received
	Location Not Found

### AUDIO MESSAGE INDICATOR

	Audio Upload in Progress
--	--------------------------

\*H/H+ indicates a strong 3G signal

## Turning Off



If the watch is on, and needs to be turned off, **press and hold** the top side button for **3 seconds** until the watch vibrates and the shut-down screen appears **OR** you can turn off the watch by **firmly pressing** the "POWER OFF" screen until the watch vibrates and the shut-down screen appears.

**PLEASE NOTE: Cancelling a power off.** You have a short window of time to cancel a power off. Press the "CANCEL" button on the powering off screen.

**Radio frequency exposure and radio frequency interference** Freedom Guardian uses radio signals to connect to wireless networks. For information about radio frequency (RF) energy resulting from radio signals, please visit [www.medicalguardian.com/legal/rfexposure](http://www.medicalguardian.com/legal/rfexposure)

**Medical device interference** Freedom Guardian contains components and radios that emit electromagnetic fields. Both Freedom Guardian and the Freedom Guardian Magnetic Charging Cable contain magnets. These electromagnetic fields and magnets may interfere with pacemakers, defibrillators, or other medical devices. Maintain a safe distance of separation between your medical device and Freedom Guardian and the Freedom Guardian Magnetic Charging Cable. Consult your physician and medical device manufacturer for information specific to your medical device. Stop using Freedom Guardian and the Freedom Guardian Magnetic Charging Cable if you suspect they are interfering with your pacemaker, defibrillator, or any other medical device.

**FCC regulatory statement for Freedom Guardian and Freedom Guardian Magnetic Charging Cable** This 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. **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 to 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.

**Important:** Changes or modifications to this product not authorized by Medical Guardian could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, televisions, and other electronic devices.

Responsible party (contact for FCC matters only):  
Medical Guardian, LLC, 1818 Market Street, Suite 1200, Philadelphia, Pennsylvania 19103

For full safety and handling information,  
please visit [www.medicalguardian.com/resources/freedom](http://www.medicalguardian.com/resources/freedom)

USER MANUAL

# Freedom Guardian

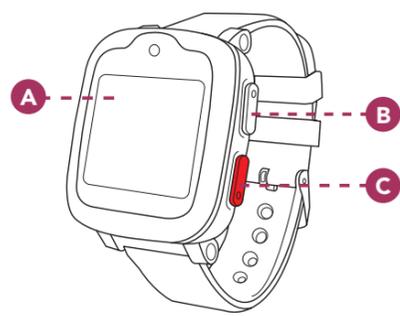
Introducing the latest technology advancement in medical alert systems. Wearable technology to revolutionize how older Americans age in place —or on the go.



MGDOC-10335

A QUICK LOOK AT YOUR FREEDOM GUARDIAN

- A Display Touchscreen**
- B Top Side Button**
  - Hold in for **3 seconds** to turn on, and to also turn off your Freedom Guardian.
  - **Short press** to put your watch in sleep mode or to wake up your watch from sleep mode.
- C Red Button**
  - Hold in for **3 seconds**, to call our 24/7 Monitoring Center in an emergency situation.
  - **Short press** to also scroll through screens.



## The Watch Face Display Screen with Time & Date

The main screen of the Freedom Guardian displays the **clock face**. Freedom Guardian displays your **current date & time**. Upon tapping on the watch face, the Freedom Guardian will read out the current time.

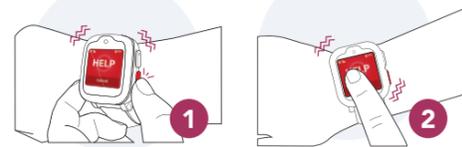


FREEDOM GUARDIAN FEATURES

### Emergency/SOS

When Freedom Guardian is turned on, there are 2 ways to initiate an emergency call to the monitoring center.

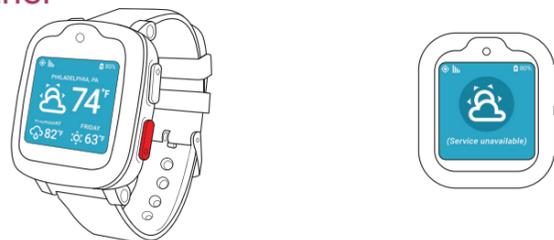
- 1 Press and hold the red side button for 3 seconds. OR**
- 2 Press and hold the Emergency/SOS HELP Screen for 3 seconds.**



- While Freedom Guardian is connecting to the monitoring center, the word "HELP" on the Emergency/SOS HELP screen will be white and say "Contacting..."
- Once the call has connected, the word "HELP" on the Emergency/SOS HELP Screen will turn green.
- Once the monitoring center's operator answers, the word "HELP" on the Emergency/SOS screen will remain green, but will say "On Call..."
- Once the call has ended, Freedom Guardian's screen will return to the default clock face.

**PLEASE NOTE: Cancelling a call to the monitoring center.** You have a short window of time before the monitoring center operator answers to cancel an emergency call. You can cancel the emergency call by pressing the "CANCEL" button until it is no longer available on the screen.

### Weather



Freedom Guardian will display the current weather forecast at the top of the screen and the forecast for the next 2 days underneath.

In the event that weather is unable to load due to weak cellular coverage a (Service Unavailable) screen will appear.

FREEDOM GUARDIAN PLUS FEATURES \*

### Messaging

Freedom Guardian can receive messages that are sent from the message center of the Companion app or Customer Care portal. When a message has been received, Freedom Guardian will display the "Message Received!" screen.

- Pressing the will acknowledge and open the message.

There are 3 different response types available to messages received on the watch.



- Pressing the will replay the message back to the user.
- Pressing the sends a "YES" response back to the sender in the Message Center of the Companion app or Customer Care portal.
- Pressing the sends a "NO" response back to the sender in the Message Center of the Companion app or Customer Care portal.

**PLEASE NOTE: Message availability after acknowledgement.** Once you've acknowledged or closed out of a message received, the message will no longer be available on the watch and ONLY available through the Companion app or Customer Care portal.

**Sending messages.** All messages received by your watch originate in your Companion app or Customer Care portal. Please visit [medicalguardian.com/resources/freedom](http://medicalguardian.com/resources/freedom) for more information on sending and receiving messages.

### Calendar Alerts & Reminders



Freedom Guardian can receive calendar alerts & reminders that originate from the scheduling center within your Companion app or Customer Care portal. When a calendar alert & reminder has been received, Freedom Guardian will display the "Message Received!" screen.

- Pressing the will acknowledge and open the calendar alert & reminder.

**PLEASE NOTE: Setting up calendar alerts & reminders.** All calendar alerts & reminders are set up in your Companion app or Customer Care portal. Please visit [medicalguardian.com/resources/freedom](http://medicalguardian.com/resources/freedom) for more information on setting up calendar alerts & reminders.



When received, Freedom Guardian will read the calendar alert or reminder out loud to the user.

- Pressing the acknowledges and closes the calendar alert or reminder. The calendar alert or reminder will remain on the watch screen until acknowledged.
- Pressing the will replay the calendar alert or reminder to the user.



**"OK" Response**  
When opened, Freedom Guardian will read the message out loud to the user.

- Pressing the will replay the message back to the user.
- Pressing the sends an "OK" response back to the sender in the Message Center of the Companion app or Customer Care portal.

### AUDIO Response

When received, Freedom Guardian will read the message out loud to the user.

- Pressing the will replay the message back to the user.
- Pressing the will open a new screen where you can record a message up to 1 minute to send back to the sender in the Companion app or Customer Care portal.
- Pressing the will finish and send the recorded message.

