



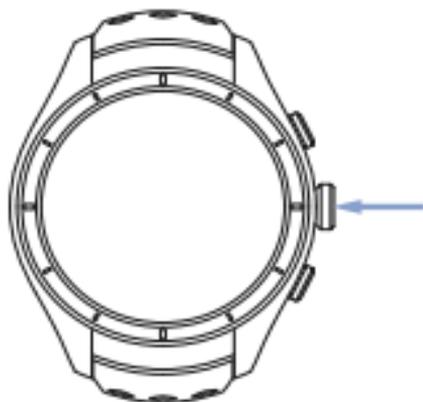
NB RunIQ Smartwatch

Getting Started Guide



Setup Guide

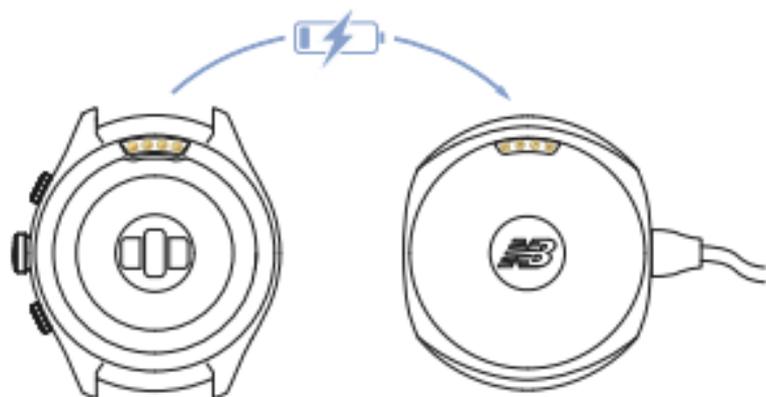
1. Power on



Press and hold the center button to turn it on.

Remove the screen protector.

2. Charging



Connect the RunIQ* charger to a 5V, 1 A USB charging port and place the RunIQ on the charger with the contacts aligned.

3. Pair and set up apps

Install the Android Wear* app on your phone and use it to pair and setup your RunIQ.



Install the MyNB* app and use it to connect RunIQ to Strava*.



Install the Strava app to review your runs and share them with the Strava community.



4. Start running!



Press the top button to start and pause your run.

For more information visit:
www.newbalance.com/runiq

Customer Support Online

Country	Phone Number
USA	800 595 9138
Canada	888 832 7084
UK	0800 802 1057
Germany	0800 724 3143
France	0805 109 946
Italy	800 596342
Spain	900 839029
Austria	0800 802548
Netherlands	0800 0232242
Belgium	0800 26061
Ireland	1800 817351

Country	Phone Number
Japan	0120 85 7120
Korea	82002 338 9085
Australia	0800 802548
New Zealand	64 9 307 2015
APAC	852 3170 9343

Safety Information

IMPORTANT SAFETY INFORMATION— READ AND UNDERSTAND BEFORE USE

WARNING: Failing to read and follow these safety warnings could result in fire, electrical shock, other injury, or damage to the watch or other property.

Electrical Safety. The watch has a lithium-ion battery and electrical circuitry that can cause electrical shock or injury if mishandled.

- Do not attempt to open the watch and do not puncture it. The lithium battery and other internal components are not user replaceable. Damage to the battery could result in fire, shock, or chemical burns.
- Do not drop, impact, or apply excessive pressure to the watch, or place heavy objects on it.
- Do not use sharp objects or excessive force on the screen. Rough handling can damage the internal circuits.

- Do not use if the display or watch housing is cracked.
- Keep the watch away from flames. The battery could explode from fire or extreme heat.

Skin Irritation or Sensitivity. Some people have experienced skin reactions from jewelry, watches, and other wearable items. Some reactions can be caused by allergy or sensitivity to materials used in the watch or band, such as silicone, nickel, or adhesives. If you have skin allergies or sensitivities, use special care when wearing the watch. Start by wearing it for short periods.

Skin irritation can also be caused by wearing the watch too long or not cleaning the watch or adjacent skin. Follow the cleaning and wearing tips in the next section to reduce the risk of skin irritation.

Stop using the watch if you experience skin redness, blisters, a burning sensation, itchiness, swelling, or other skin conditions. Pausing use for a period, cleaning the watch and skin, or adjusting how you wear the watch may resolve the issue. Consult your doctor if symptoms persist.

Overheating. Your watch may seem warm if you use it in a hot environment or when exercising. But the watch itself should not generate heat that causes discomfort or skin damage. If the watch overheats, or if you experience blisters or burns, stop wearing it immediately and contact Customer Support.

Charging. Charge the watch in a cool dry place and out of direct sunlight to prevent overheating. Keep the charger and watch away from pillows, blankets, papers, and other materials that could prevent heat dissipation or that could pose a fire hazard if the charger overheats.

Remove the watch from the charger once it is fully-charged.

Do not wear your watch while it is charging. Doing so could result in electrical shock.

Your watch uses a USB charger to charge the battery. Follow these general safety principles with any USB charger and power source:

- Keep the power source, USB cable, charging cradle, and watch away from liquids.

- Thoroughly clean and dry the contacts and surrounding area before connecting the cable to the charging cradle, USB port, or power source. Liquid and other foreign objects in plug ports or contacts can cause a short circuit and overheating.
- Unplug the USB cable and charging cradle during long periods of non-use.
- Keep the cable, charging cradle, and your power source away from sources of heat, such as candles, fireplaces, radiators, stoves, and other appliances that radiate heat. Do not leave them in direct sunlight.
- Make sure the charging cradle, USB cable, and your power source are not damaged or broken. If there are breaks or other visible damage, do not use.

Distraction. The watch can display notifications, texts, emails, and other data. Looking at them can distract you from more important things like driving and paying attention to your surroundings, and cause an accident. Do not check messages and notifications when driving or doing other things that require your full attention. You are responsible for knowing and following all traffic and other rules for safely operating any vehicle.

Maps and Directions. The watch has a GPS receiver and can display maps, your location, and other navigation information. Your location and other navigation information may be inaccurate, incomplete, or unavailable at times.

Exercise and Medical Conditions. The watch is a great exercise companion, but check with your doctor to make sure that you can exercise safely. Also check with your doctor if you have any medical condition that could be affected by using a watch, such as skin conditions, circulation problems, seizures, blackouts, eyestrain, or headaches.

Keep Away from Small Children. The watch is not a toy and is not intended for use by children below age 13. It has small parts that can be a choking hazard. Keep it out of reach of small children.

Hearing Damage. Loud sounds can damage your hearing. When listening to your device with headphones, set the volume to a reasonable level to avoid damage to your ears.

Dangerous Activities. The watch is not designed or intended to be used in any situation where a failure of the device could result in death, injury, or property damage. Do not use the watch in any such situation.

Use and Care Instructions

Cleaning and Skin Irritation. Follow these cleaning and wearing tips to reduce the risk of skin irritation:

- Remove the watch and clean it regularly.
- Do not over-tighten the watch on your wrist. Wear it loosely enough to allow air to circulate between the watch and your skin.
- Take the watch off periodically, such as when bathing, and clean the skin surface.

Cleaning your Watch. Clean your watch regularly to protect its appearance and make it last. Follow these cleaning practices to avoid damaging your watch:

- Do not use harsh chemicals, cleaning solvents or strong detergents to clean the watch. Do not expose the watch to these substances: soap, detergent, acids or acidic foods, soapy water, perfume, insect repellent, lotions, sunscreen, oil, adhesive remover, hair dye, or solvents.
- Do not put the watch in a dishwasher, washing machine, or dryer.

Storage. Improper storage can damage your watch. Follow these storage instructions for best results:

- Do not use or store the watch in dusty, dirty areas as its components may be damaged.
- Do not store the watch in warm areas or leave it in direct sunlight. High temperatures can shorten the life of electronic devices, damage batteries, and warp or melt certain plastics.
- Do not store the watch in cold areas. Condensation can form inside the watch and damage the electronic circuits after the watch is used and has reached its normal temperature.

Water Resistance. The watch has a water resistance rating of 5 ATM and should not be submerged below a depth of 50 meters. It is not suitable for use when diving into water, scuba diving, and in high-speed water sports.

Not a Medical Device. The watch and mobile app are *NOT* designed or intended to be used as a medical device and are not intended for use in the cure, mitigation, treatment, or prevention of any disease.

Repair. Do not open the watch or attempt to repair or replace its internal parts. It has no user-serviceable internal parts. Opening the watch can damage it and destroy its water resistance.

Disposal. This watch contains electronics and substances that can harm the environment or cause injury if you dispose of the watch improperly.

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* Other trademarks and trade names are those of their respective owners.

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