



# fitbit inspire HR™



User Manual  
Version 2.1

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# Get started

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Fitbit Inspire HR is a friendly heart-rate and fitness tracker for every day that helps you build healthy habits. Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety). Inspire HR is not intended to provide medical or scientific data.

## What's in the box

Your Inspire HR box includes:



Tracker with small wristband (color and material vary)



Charging cable



Additional large wristband (color and material vary)

The detachable wristbands on Inspire HR come in a variety of colors and materials, sold separately.

# Set up Inspire HR

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For the best experience, use the Fitbit app for iPhones and iPads or Android phones. You can also set up Inspire HR on Windows 10 devices. If you don't have a compatible phone or tablet, use a Bluetooth-enabled Windows 10 PC. Keep in mind that a phone is required for call, text, calendar, and smartphone app notifications.

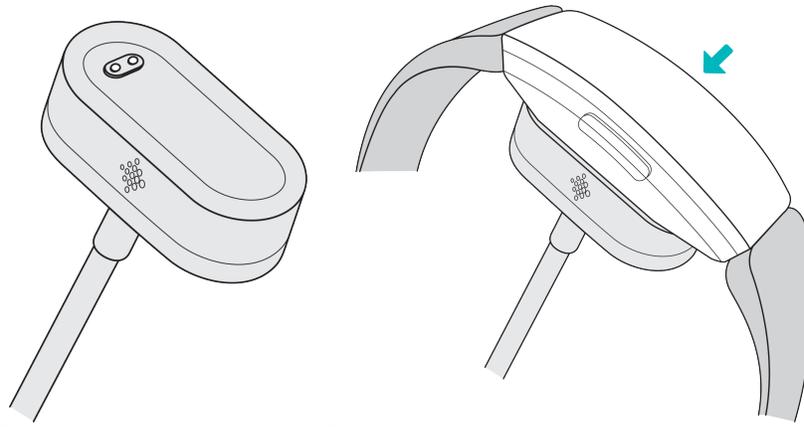
To create a Fitbit account, you're prompted to enter your height, weight, and sex to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. After you set up your account, your first name, last initial, and photos are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide to create an account is private by default.

## Charge your tracker

A fully-charged Inspire HR has a battery life of up to 5 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Inspire HR:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the tracker until it attaches magnetically. Make sure the pins on the charging cable align with the port on the back of your tracker.



Charging fully takes about 1-2 hours. While the tracker charges, you can press the button to check the battery level. A fully-charged tracker shows a solid battery icon with a smile.

## Set up with your phone or tablet

The free Fitbit app is compatible with most iPhones and iPads, Android phones, and Windows 10 devices. If you're unsure if the Fitbit app is compatible with your device, see [fitbit.com/devices](https://www.fitbit.com/devices).

To get started:

1. Find the Fitbit app in one of the locations below, depending on your device.
  - Apple App Store for iPhones and iPads
  - Google Play Store for Android phones
  - Microsoft Store for Windows 10 devices
2. Install the app, and open it.
  - If you already have a Fitbit account, log in to your account, and tap the account icon  > **Set Up a Device**.
  - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Inspire HR to your account.

When you're done with setup, read through the guide to learn more about your new tracker and then explore the Fitbit app.

## Set up with your Windows 10 PC

If you don't have a compatible phone, you can set up and sync Inspire HR with a Bluetooth-enabled Windows 10 PC and the Fitbit app.

To get the Fitbit app for your computer:

1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app". After you find it, click **Free** to download the app to your computer.
3. Click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
4. Open the app.
  - If you already have a Fitbit account, log in to your account, and tap the account icon  > **Set Up a Device**.
  - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
5. Continue to follow the on-screen instructions to connect Inspire HR to your account.

When you're done with setup, read through the guide to learn more about your new tracker and then explore the Fitbit app.

## See your data in the Fitbit app

Sync Inspire HR to transfer your data to the Fitbit app, where you can view your activity and sleep data, log food and water, participate in challenges, and more. For best results, keep all-day sync turned on, so that Inspire HR syncs periodically with the app.

If you turn off all-day sync, we recommend syncing at least once a day. Each time you open the Fitbit app, Inspire HR syncs automatically when it's nearby. You can also use the **Sync Now** option in the app at any time.

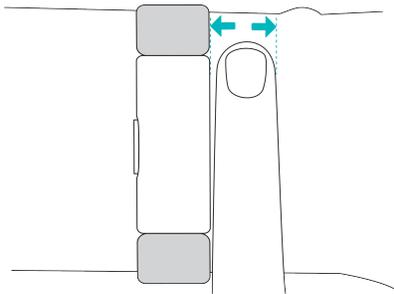
# Wear Inspire HR

Place Inspire HR around your wrist. If you need to attach a different size wristband, or if you purchased an accessory wristband, see the instructions in "[Change the wristband](#)" on page 13.

Note that the clip accessory isn't designed to fit Inspire HR.

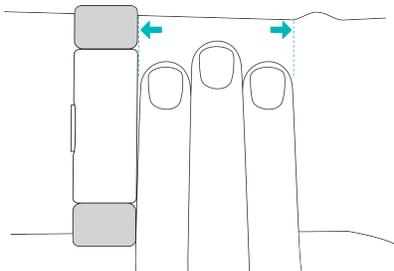
## Placement for all-day wear vs exercise

When you're not exercising, wear Inspire HR a finger's width above your wrist bone.



For optimized heart-rate tracking while exercising:

- Try wearing Inspire HR higher on your wrist during exercise for an improved fit and more accurate heart-rate reading. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which can interfere with the heart-rate signal if the tracker is lower on your wrist.



- Make sure the tracker is in contact with your skin.
- Don't wear your tracker too tight; a tight wristband restricts blood flow, potentially affecting the heart-rate signal. The tracker should be slightly tighter (snug but not constricting) during exercise.
- With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart-rate reading. If your tracker doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly.

## Handedness

For greater accuracy, you must specify whether you wear Inspire HR on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Inspire HR on your dominant hand, change the Wrist setting in the Fitbit app.

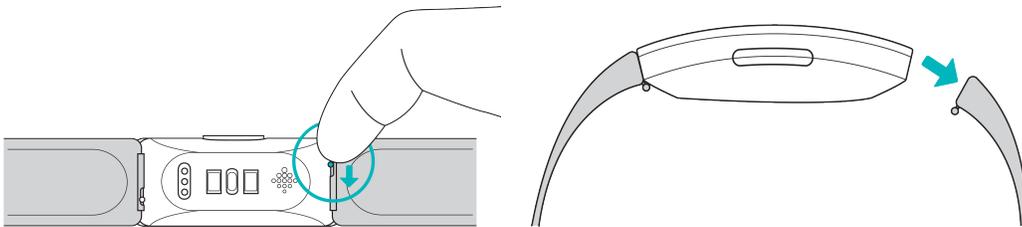
# Change the wristband

Inspire HR comes with a small wristband attached and an additional large, bottom wristband in the box. Both the top and bottom wristbands can be swapped with accessory wristbands, sold separately. For wristband measurements, see ["Wristband size" on page 43](#).

## Remove a wristband

To remove the wristband:

1. Turn over Inspire HR and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the tracker to release it.

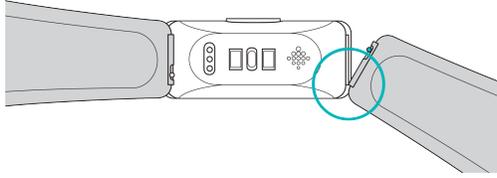


3. Repeat on the other side.

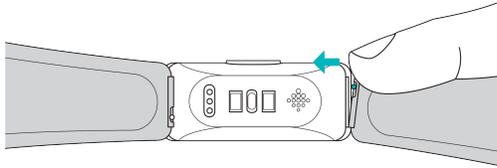
## Attach a wristband

To attach a wristband:

1. Attach the wristband with the clasp to the top of the tracker. Slide the pin (the side opposite the quick-release lever) into the notch on the tracker.



2. While pressing the quick-release lever inward, slide the other end of the wristband into place.



3. When both ends of the pin are inserted, release the quick-release lever.

# Basics

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Learn how best to navigate, check the battery level, and care for your tracker.

## Navigate Inspire HR

Inspire HR has an OLED touchscreen display and 1 button.

Navigate Inspire HR by tapping the screen, swiping up and down, or pressing the button. To preserve battery, the tracker's screen turns off when not in use.

### Basic navigation

The home screen is the clock. On the clock:

- Swipe down to scroll through the apps on Inspire HR. To open an app, swipe to find the app and then tap it.
- Swipe up to see your daily stats.

Settings  
Alarms  
Timers  
Relax  
Exercise



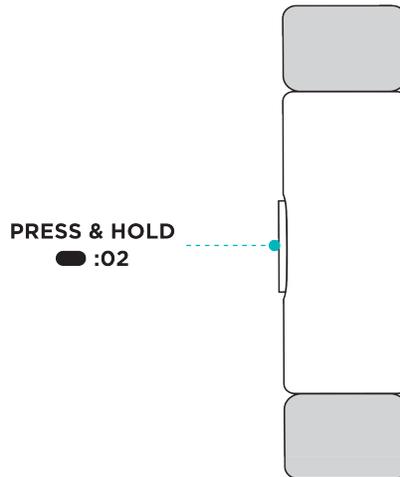
12  
58  
2,000



8,605  
98 bpm  
1,817 cal  
35 min  
4.2 mi  
63 steps  
10:50

## Quick settings

Press and hold the button on Inspire HR for a faster way to access certain settings. Tap a setting to turn it on or off. When you turn off the setting, the icon appears dim with a line through it.



On the quick settings screen:

- Check the battery level.
- Adjust your Screen Wake setting. When the Screen Wake setting is on, turn your wrist toward you to turn on the screen.
- Turn notifications on or off. When the Notifications setting is on, Inspire HR displays notifications from your phone when your phone is nearby. For more information, see "[Notifications](#)" on page 20.

## Adjust settings

Manage basic settings including heart rate and phone GPS directly on your tracker. Open the Settings app and tap a setting to adjust it. Swipe up to see the full list of settings.

## Care for Inspire HR

It's important to clean and dry Inspire HR regularly. For more information, see [fitbit.com/productcare](https://fitbit.com/productcare).

## Change the clock face

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A variety of clock faces are available in the Fitbit Clock Gallery.

To change your clock face:

1. With your tracker nearby, from the Fitbit app dashboard, tap the account icon  > Inspire HR tile.
2. Tap **Clock Faces** > **All Clocks**.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Select** to add the clock face to Inspire HR.

# Notifications

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Inspire HR can display call, text, calendar, and app notifications from your phone to keep you informed. The phone and tracker must be within 30 feet of each other to receive notifications.

## Set up notifications

Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then set up notifications:

1. With your tracker nearby, from the Fitbit app dashboard, tap the account icon  > Inspire HR tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker. Inspire HR appears in the list of Bluetooth devices connected to your phone. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the notifications you want to see.

Note that if you have an iPhone, iPad, or Windows 10 device, Inspire HR shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Inspire HR shows calendar notifications from the calendar app you choose during setup.

For more information, see [help.fitbit.com](https://help.fitbit.com).

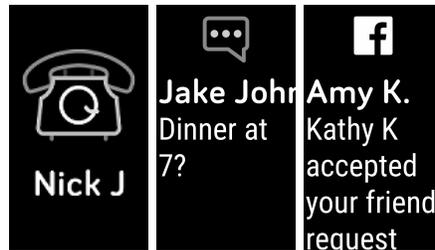
## See incoming notifications

When your phone and Inspire HR are within range, a notification causes the tracker to vibrate:

- Phone calls—the name or number of the caller scrolls once. Press the button to dismiss the notification.

- Text messages—the name of the sender scrolls once above the message. Swipe up to read the full message.
- Calendar alerts—the name of the event scrolls once below the time and location.
- App notifications—the name of the app or sender scrolls once above the message. Swipe up to read the full message.

Note: Your device shows the first 250 characters of the notification. Check your phone for the full message.



## Turn off notifications

Turn off all notifications in the quick settings on Inspire HR, or turn off certain notifications in the Fitbit app.

To turn off all notifications:

1. Press and hold the button on your tracker to reach the quick settings screen.
2. Tap **Notifications** to turn them off. The notifications icon dims to indicate that notifications are turned off.

To turn off certain notifications:

1. With your tracker nearby, from the Fitbit app dashboard, tap the account icon  > Inspire HR tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your tracker.
3. Tap **Notifications** > **Inspire HR** in the top left to return to device settings. Sync your tracker to save your changes.

Note that if you use the Do Not Disturb setting on your phone, you don't receive notifications until you turn off this setting.

# Timekeeping

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Alarms vibrate to awake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week. You can also time events with the stopwatch or set a countdown timer.

## Set an alarm

Set and delete alarms in the Fitbit app. Turn alarms on or off directly on Inspire HR in the Alarms app .

For more information, see [help.fitbit.com](https://help.fitbit.com).



## Dismiss or snooze an alarm

When an alarm goes off, the tracker vibrates.

To dismiss the alarm, press the button. To snooze the alarm for 9 minutes, swipe down.

Snooze the alarm as many times as you want. Inspire HR automatically goes into snooze mode if you ignore the alarm for more than 1 minute.



## Use the Timers app

Time events with the stopwatch or set a countdown timer with the Timers app  on your tracker.

For more information, see [help.fitbit.com](https://help.fitbit.com).

# Activity and Sleep

Inspire HR continuously tracks a variety of stats whenever you wear it. Data automatically syncs when in range of the Fitbit app throughout the day.

## See your stats

Swipe up from the clock face on your tracker to see your daily stats, including:

Core stats	Steps taken today, calories burned, distance covered, and active minutes
Hourly steps	Steps taken this hour and the number of hours you met your hourly activity goal (tap to switch between these stats)
Heart rate	Current heart rate and heart-rate zone
Exercise	Number of days you met your exercise goal this week
Cycle track	Information on the current stage of your menstrual cycle, if applicable
Sleep	Time spent asleep
Water	Water intake logged today
Weight	Current weight, progress toward your weight goal, or where your weight falls within a healthy range if your goal is to maintain your weight

If you set a goal in the Fitbit app, a ring shows your progress toward that goal.



Find your complete history and other information detected by your tracker, such as sleep data, in the Fitbit app.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Track a daily activity goal

Inspire HR tracks your progress toward a daily activity goal of your choice. When you reach your goal, the tracker vibrates and shows a celebration.

### Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your goal to active minutes, distance traveled, or calories burned.

For more information, see [help.fitbit.com](https://help.fitbit.com).

Track progress toward your goal on Inspire HR. For more information, see "[See your stats](#)" on the previous page.

## Track your hourly activity

Inspire HR helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

Reminders nudge you to walk at least 250 steps each hour. You'll feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't

walked 250 steps. When you meet the 250-step goal after receiving the reminder, you'll feel a second vibration and see a congratulatory message.



For more information, see [help.fitbit.com](https://help.fitbit.com).

## Track your sleep

Wear Inspire HR to bed to automatically track your time asleep and sleep stages (time spent in REM, light sleep, and deep sleep). To see your sleep stats, sync your tracker when you wake up and check the app. You may need to wait a few minutes to see your sleep stats while the Fitbit app analyzes your sleep data.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Set a sleep goal

To start, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Set a bedtime reminder

The Fitbit app can recommend consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. You can choose to be reminded nightly when it's time to start getting ready for bed.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Learn about your sleep habits

Inspire HR tracks several sleep metrics including when you go to bed, how long you're asleep, and your time spent in each sleep stage. Track your sleep with Inspire HR and check the Fitbit app to understand how your sleep patterns compare to your peers.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## See your heart rate

Inspire HR tracks your heart rate throughout the day. Swipe up from the clock screen to see your real-time heart rate and heart-rate zone. For more information, see "See your stats" on page 26.

During a workout, Inspire HR shows your heart-rate zone to help you target the training intensity of your choice.

For more information, see "Check your heart rate" on page 35.

## Adjust your heart-rate setting

Track your heart rate day and night with Inspire HR. To preserve battery life, turn off heart-rate tracking in the Settings app > **Heart Rate**.

Note that the green LED on the back of Inspire HR continues to flash even if you turn off heart-rate tracking.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Practice guided breathing

The Relax app  on Inspire HR provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between 2-

minute and 5-minute sessions.

To begin a session:

1. On Inspire HR, open the Relax app.



2. The 2-minute session is the first option. Swipe up to choose the 5-minute session.
3. Tap the play icon to start the session and follow the on-screen instructions.

After the exercise, a summary appears that shows your alignment (how closely you followed the breathing prompt), your heart rate at the start and end of the session, and how many days you completed a guided breathing session this week.



All notifications are automatically disabled during the session.

For more information, see [help.fitbit.com](https://help.fitbit.com).

# Fitness and Exercise

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Choose to automatically track exercise, or to track activity with the Exercise app



and set goals based on distance, time, or calories.

Sync Inspire HR with the Fitbit app and share your activity with friends and family, see how your overall fitness level compares to your peers, and more.

## Track your exercise automatically

Inspire HR automatically recognizes and records high-movement activities at least 15 minutes long—including run, elliptical, and swim. Sync your device to see basic stats about your activity in your exercise history.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Track and analyze exercise with the Exercise app

Track specific exercises—such as run, bike, or weights—with the Exercise app on Inspire HR to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and route and pace information if you used GPS, review your exercise history in the Fitbit app.

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Note: The connected GPS feature on Inspire HR uses the GPS sensors on your nearby phone.

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### GPS requirements

Connected GPS is available for all supported phones with GPS sensors. For more information, see [help.fitbit.com](https://help.fitbit.com).

To use connected GPS:

1. Turn on Bluetooth and GPS on your phone.
2. Make sure the Fitbit app has permission to use GPS or location services.
3. Make sure connected GPS is enabled on Inspire HR (open the Settings app > **Phone GPS**).
4. Follow the steps below to track an exercise. Keep your phone with you during the workout.



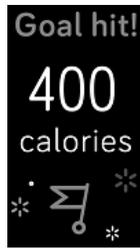
## Track an exercise

To track an exercise:

1. On your tracker, open the Exercise app .
2. Swipe to find an exercise, and tap to choose it.
3. Tap the play icon  to begin the exercise, or swipe up to set a goal for time, distance, or calories, depending on the activity.
4. When you're done with your workout or want to pause, press the button. (Press the button again and tap **Finish** to end the workout.)
5. Swipe up to see your workout summary.
6. Press the button to close the summary screen.

Note:

- Inspire HR shows 3 real-time stats of your choice. Swipe the middle stat to see all of your real-time stats. You can adjust the stats you see in the settings for each exercise.
- If you set an exercise goal, your tracker vibrates when you're halfway to your goal and when you reach the goal.



- If the exercise uses GPS, an icon appears in the top left as your tracker connects to your phone's GPS sensors. When the screen says "connected" and Inspire HR vibrates, GPS is connected.



## Customize your exercise settings and shortcuts

Customize settings for various exercise types and change or reorder exercise shortcuts in the Fitbit app. For example, turn connected GPS and cues on or off or add a yoga shortcut to Inspire HR.

To customize an exercise setting:

1. From the Fitbit app dashboard, tap the account icon  > Inspire HR tile > **Exercise Shortcuts.**
2. Tap the exercise you want to customize.
3. Choose the settings you want to customize, and then sync your device.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Check your workout summary

After you complete a workout, Inspire HR shows a summary of your stats for the workout you chose. Stats can include:

- Time elapsed
- Distance covered
- Average pace
- Average heart rate
- Maximum heart rate
- Calories burned
- Steps taken
- Number of laps

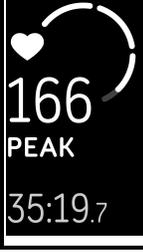
Sync your tracker to save the workout in your exercise history, where you can find additional stats and see your route and pace if you used connected GPS.

## Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Inspire HR shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. In the Fitbit app, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available, or you can create a custom zone if you have a specific heart rate you're targeting.

## Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

Icon	Zone	Calculation	Description
	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
	Fat Burn	Between 50% and 69% of your maximum heart rate	This is a low-to-medium intensity exercise zone. This zone may be a good place to start for those new to exercise. It's called the Fat Burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
	Cardio	Between 70% and 84% of your maximum heart rate	This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
	Peak	Greater than 85% of your maximum heart rate	This is a high-intensity exercise zone. This zone is for short intense sessions that improve performance and speed.

## Custom heart-rate zones

Configure a custom heart-rate zone or a custom max heart rate in the Fitbit app if you have a specific target in mind. For example, elite athletes might have a target that differs from the American Heart Association's recommendations for most people.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Share your activity

After you complete a workout, sync your tracker with the Fitbit app to share your stats with friends and family.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Track your cardio fitness score

Track your overall cardiovascular fitness in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers.

From the Fitbit app dashboard, tap the heart rate tile, and then swipe left to see your cardio fitness stats.

For more information, see [help.fitbit.com](https://help.fitbit.com).

# Update, Restart, and Erase

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Learn how to update, restart, and erase Inspire HR.

## Update Inspire HR

Update your tracker to get the latest feature enhancements and product updates.

When an update is available, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Inspire HR and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

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Note: Updating Inspire HR takes several minutes and may be demanding on the battery. We recommend plugging your tracker into the charger before starting the update.

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For more information, see [help.fitbit.com](https://help.fitbit.com).

## Restart Inspire HR

If you can't sync Inspire HR, you have trouble with connected GPS or tracking your stats, or your tracker is unresponsive, restart your device:

1. Connect Inspire HR to the charging cable. For instructions, see "[Charge your tracker](#)" on page 7.
2. Press and hold the button on your tracker for 5 seconds. Release the button. When you see a smiley face and Inspire HR vibrates, the tracker restarted.

Restarting your tracker reboots the device but doesn't delete any data.

## Erase Inspire HR

If you want to give Inspire HR to another person or wish to return it, first clear your personal data:

1. On Inspire HR, open the Settings app > **Clear User Data**.
2. When prompted, press the screen for 3 seconds, then release. When Inspire HR vibrates and you see the clock screen, your data is erased.

# Troubleshooting

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If Inspire HR isn't working properly, see our troubleshooting steps below. Visit [help.fitbit.com](http://help.fitbit.com) for more information.

## Heart-rate signal missing

Inspire HR continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your tracker has difficulty detecting a signal, dashed lines appear.



If your device doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app on your device. Next, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the wristband. Inspire HR should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

## GPS signal missing

Environmental factors including tall buildings, dense forest, steep hills, and even thick cloud cover can interfere with your phone's ability to connect to GPS satellites. If your phone is searching for a GPS signal during an exercise, you'll see an icon at the bottom of the screen.



For best results, wait for your phone to find the signal before you start your workout.

## Other issues

If you experience any of the following issues, restart your device:

- Won't sync
- Won't respond to taps, swipes, or button press
- Won't track steps or other data

See "[Restart Inspire HR](#)" on [page 38](#) for instructions on how to restart your tracker.

For more information or to contact Customer Support, see [help.fitbit.com](http://help.fitbit.com).

# General Info and Specifications

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## Sensors

Fitbit Inspire HR contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- An optical heart-rate tracker

## Materials

The housing on Inspire HR is plastic. The Inspire HR classic wristband is made of a premium, comfortable silicone similar to that used in many sport watches, and the buckle is made of anodized aluminum. While anodized aluminum can contain traces of nickel, which can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

## Wireless technology

Inspire HR contains a Bluetooth 4.0 radio transceiver.

## Haptic feedback

Inspire HR contains a vibration motor for alarms, goals, notifications, and reminders.

## Battery

Inspire HR contains a rechargeable lithium-polymer battery.

## Memory

Inspire HR stores your data, including daily stats, sleep information, and exercise history, for 7 days. Sync your tracker with the Fitbit app to access your historical data. For best results, make sure the all-day sync option is turned on.

## Display

Inspire HR has an OLED display.

## Wristband size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

Small wristband	Fits a wrist between 5.5 - 7.1 inches (140 mm - 180 mm) in circumference
Large wristband	Fits a wrist between 7.1 - 8.7 inches (180 mm - 220 mm) in circumference

## Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	-4° to 14° F (-20° to -10° C)  113° to 140°F (45° to 60° C)
Water Resistance	Water resistant up to 50 meters
Maximum Operating Altitude	28,000 feet (8,534 m)

## Learn more

To learn more about your tracker and dashboard, visit [help.fitbit.com](https://help.fitbit.com).

## Return policy and warranty

You can find warranty information and the fitbit.com return policy at [fitbit.com/legal/returns-and-warranty](https://fitbit.com/legal/returns-and-warranty).

# Regulatory & Safety Notices

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Notice to the User: Regulatory content for select regions for FB413 can also be viewed on your device. To view the content: Settings > Device Info

## USA: Federal Communications Commission (FCC) statement

Model FB413

FCC ID: XRAFB413

Notice to the User: The FCC ID can also be viewed on your device. To view the content:

**Settings > Device Info**

**Unique Identifier: FB413**

### Responsible Party – U.S. Contact Information

199 Fremont Street, 14th Floor  
San Francisco, CA  
94105  
United States  
877-623-4997

[www.fitbit.com](http://www.fitbit.com)

FCC Compliance Statement (for products subject to Part 15)

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, including interference that may cause undesired operation of the device.

#### FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance 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 meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

## Canada: Industry Canada (IC) statement

Model/Modèle FB413:

IC: 8542A-FB413

**Notice to the User: The IC ID can also be viewed on your device. To view the content:**

**Settings > Device Info**

**Avis à l'utilisateur: L'ID de l'IC peut également être consulté sur votre appareil.  
Pour voir le contenu:**

### **Paramètres> Informations sur l'appareil**

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license 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.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

## European Union (EU)

Model FB413

### **Simplified EU Declaration of Conformity**

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB413 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [www.fitbit.com/safety](http://www.fitbit.com/safety)

### **Vereinfachte EU-Konformitätserklärung**

Fitbit, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB413 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Declaración UE de Conformidad simplificada**

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB413 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Déclaration UE de conformité simplifiée**

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB413 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Dichiarazione di conformità UE semplificata**

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB413 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: [www.fitbit.com/safety](http://www.fitbit.com/safety)



Customs Union



Argentina

Model FB413:

Australia and New Zealand



Belarus



China

Regulatory content can also be viewed on your device. To view the content:

**Settings > Device Info**

**Model FB413:**

Frequency band: 2400-2483.5

Transmitted power: Max EIRP, 5.5dBm

Occupied bandwidth: 2MHz

Modulation system: GFSK

CMIIT ID displayed: On packaging

**CMIT ID: 2018DJ8990**

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB413	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
表带和表扣 (Strap and Buckle)	○	○	○	○	○	○
电子 (Electronics)	--	○	○	○	○	○
电池 (Battery)	○	○	○	○	○	○
充电线 (Charging Cable)	○	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下 (indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572).

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds the concentration limit requirement as described in GB/T 26572).



India

Model FB413

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

**Settings > Device Info**

Israel

Model FB413

התאמה אישור 55-01197

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Japan

Model FB413

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

**Settings > Device Info**



201-180694

Mexico

Model FB413



La operación de este equipo está sujeta a las siguientes dos condiciones:

1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

## Morocco

Model FB413

AGREE PAR L'ANRT MAROC Numéro d'agrément: MR 18211 ANRT 2018 Date d'agrément: 11/12/2018
------------------------------------------------------------------------------------------------

## Nigeria

Model Name FB413

Connection and use of this communications equipment is permitted by the Nigerian Communications Commission.

## Oman

Model FB413

D090258 TRA/TA-R/6805/19
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## Pakistan

Model FB413

TAC No: 9.6040/2018



Model: FB413  
Serial No: Refer to retail box  
Year of Manufacture: 2018

## Philippines

Model FB413



## Serbia

Model FB413



## South Korea

Model FB413

클래스 B 장치 (가정 사용을 위한 방송 통신 기기): EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치.

**" 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. "**

## Taiwan

Model FB413



CCAF19LP0020T4

低功率警語:

依據 低功率電波輻射性電機管理辦法

第十二條

經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

#### 第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾

Translation:

Low power warning:

According to the management method of low power radio wave radiating motor.

Article 12

Low-power RF motors that have passed the type certification are not allowed to change the frequency, increase the power or change the characteristics and functions of the original design without permission.

Article 14

The use of low-power RF motors shall not affect flight safety and interfere with legal communications; if interference is found, it shall be immediately deactivated and improved until no interference is required.

Legal communication in the preceding paragraph refers to radio communications operating in accordance with the provisions of the Telecommunications Act. Low-power RF motors must withstand interference from legitimate communications or radiological electrical equipment for industrial, scientific, and medical use.

使用過度恐傷害視力」

使用30分鐘請休息10分鐘。 2歲以下幼兒不看螢幕，2歲以上每天看螢幕不要超過1小時。

Translation:

“Excessive use may cause damage to vision”

Rest for 10 minutes after every 30 minutes.

Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour.

電池警語：

此裝置使用鋰電池。

若未遵照下列準則，則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、發生火災、化學品灼傷、電解液洩漏及／或受傷的風險。

Translation:

Battery warning:

This device uses a lithium battery.

If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and / or injury.

## United Arab Emirates

Model FB413

TRA Registered No.: ER68013/18

Dealer No: 35294/14

## Zambia

Model FB413



ZMB / ZICTA / TA / 2019 / 1 / 9

## Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013.

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