HI-TEC ACTV Go Activity Tracker

# Product Manual Version 1.0

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Getting Started

Welcome, you are now the proud owner of a HI-TEC ACTV Go wearable device. Your journey to maintain, improve, and challenge yourself and other ACTV users and friends starts now. Whether you want to track your core activity or benefit from the advanced features, our TREK range delivers that ideal balance for you.

What's in the Box?
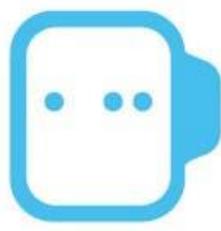
HI-TEC ACTV Go	Charging Cradle	USB Charge Cable	Quick Start Guide

What's contained in this document?

This manual describes the Hi-TEC ACTV device and the HI-TEC ACTV mobile application (the App) , in order to get you started as quickly and easily as possible. It also answers the most commonly asked questions and helps you to troubleshoot the most common issues.

A summary of the set up process is provided, as well as a description of the basic features and functions of your HI-TEC ACTV Go device. It also provides more detail on the device specification.

If you have any other questions, comments or feedback on your HI-TEC ACTV Go, then please contact our Customer Service team by sending an email to wearable@hi-tec.com

Setting up your HI-TEC ACTV Go.

The HI-TEC ACTV Go is set up using the HI-TEC ACTV mobile application. The App is available on both Android and iOS devices.

The app can be downloaded from either the Apple App Store, or the Google Play Store at the following locations:

Apple App Store (UK):
https://itunes.apple.com/gb/app/hi-tec-trek/id1055266340?mt=8

Google Play Store (UK):
https://play.google.com/store/apps/details?id=com.hitec.app.android&hl=en_GB

The HI-TEC ACTV Go uses BLE (Bluetooth Low Energy a.k.a Bluetooth 4.0) to connect to the app. BLE is only available in certain operating systems and phones.

Known compatible phones:

iOS Devices	Android Devices.
iOS requires version 7.1 and higher.	Android requires version 4.3+
iPhone 4S	Samsung Galaxy S3, S4, S5
iPhone 5, iPhone 5S / 5C	Moto X, Moto G iPhone 6 / 6 Plus Nexus
4, Nexus 5 iPad, iPad 4+, iPad Air	HTC One M7, HTC One M8 iPad
Mini, iPad Mini Retina	
iPod 5th Gen	

The approved and tested phones are listed above. However, if your device is not on this list, no need to worry! It may still work, but the above list is guaranteed to be compatible.

Installing and pairing your HI-TEC ACTV Go

1. Install the HI-TEC ACTV mobile application from the relevant App Store.
2. Follow the on-screen instructions within the HI-TEC ACTV mobile app.
3. Congratulations, you are ready to measure and track your activity.

Wirelessly sync your HI-TEC ACTV.

1. The HI-TEC ACTV Go will automatically sync to the ACTV mobile application when the HI-TEC ACTV Go is connected to your device.
2. The HI-TEC ACTV Go must be within 10 – 15 feet, or 3 – 5 Meters, of your device.
3. If you have any issues visit the 'Tips' section within the app menu.

The Basics of your HI-TEC ACTV Go.

The HI-TEC ACTV Go is designed to be worn on the wrist. It can be worn on either wrist. To improve accuracy, it is recommended that you edit your stride length within the HI-TEC ACTV mobile application.

Stride length is set automatically based on your entered height when you create your account. To accurately set stride length, lay a tape measure on the ground stretched out several feet, then take a normal step measuring from the front of the rear foot to the front of the other foot.

Stride length is accessed from the Menu, under User Settings. Stride length can be changed to any number of inches/centimetres* (*unit preferences visible in app settings) under user settings visible in the app menu.

Wearing your HI-TEC ACTV Go.

Your HI-TEC ACTV Go device is designed to be comfortable when worn on the wrist. It is recommended that it is worn as tight as possible without being uncomfortable, but cannot be moved up and down the arm. The band does not contain latex.

1. Place the HI-TEC ACTV Go on a flat surface with the screen facing down – *this will help to keep the band stable the first few times you use it.*
2. Place your wrist on top of the back of the HI-TEC ACTV.
3. Bring the strap, hole-side first, up on to the wrist, and then bring the clasp side of the strap over the top.
4. Using your thumb and forefinger gently pinch the clasp to close the strap.
5. If you have trouble closing the clasp add a couple of drops of water to the hole side of the strap – this reduces the friction and makes things much easier.

Is the HI-TEC ACTV waterproof?

The HI-TEC ACTV is 'water-resistant'. The HI-TEC ACTV Go can stay on your wrist:
- during your sweatiest workout.
- while washing your hands.
- while taking a shower.

The ACTV Go is not waterproof, and should NOT be worn while swimming, scuba diving, or when in the bath - *the bath is for relaxing not measuring activity!*

Battery Charging

The battery inside your HI-TEC ACTV Go is a rechargeable Lithium-Polymer battery.

Under normal use the battery life on your HI-TEC ACTV Go should last for around 5 days.

As a general rule, the less your device vibrates or has the screen turned on, the longer your battery will last.

If you still find yourself with an unusually short battery life, try this:
1) Make sure your device has been synced to your phone,
2) On your device, do a Factory Reset (go to Apps > Settings (⚙) > Factory Reset?), and;
3) Clean the gold charging contacts on the back of your device with a brush (e.g. old tooth-brush) and some rubbing alcohol.

As always, drop us an email at wearable@hi-tec.com with any questions or concerns you have!

To charge the HI-TEC ACTV Go align the pins on the cradle with the pins on the HI-TEC ACTV Go so that they snap together.

You can then plug the micro-USB cable into the cradle and connect it to a USB power source, your PC or laptop is ideal, or even a spare phone charger you may have.
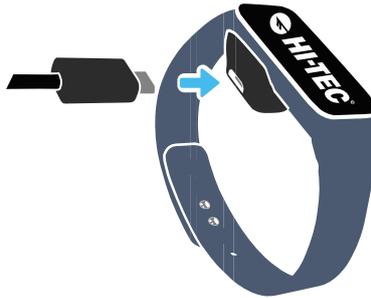
A wall charger or desktop computer will fully charge your ACTV Go in 90 minutes. A laptop should also charge it in 90 minutes, but some laptops stop charging if their screen is asleep.

Care Instructions

You can clean your band, after any exercise, with a soft damp cloth. It is also recommended that you clean the charging pins on the back of the HI-TEC ACTV Go. This is done simply with a brush (e.g. old tooth-brush), or a cotton-bud and some rubbing alcohol.

Your Activity with the HI-TEC ACTV Go.

The HI-TEC ACTV Go will track steps taken, active minutes, distance traveled, calories burned and sleep.

- Steps are tracked using internal hardware to detect movement, and this movement is then determined to be a step (or not a step) based on a unique step tracking algorithm.

- Active minutes are calculated for any activity lasting 30 seconds or more. Any movement lasting less than 30 seconds will not count towards an active minute.

- Distance travelled is calculated using 3 factors: number of steps taken, speed of those steps, and set stride length. Stride length can be adjusted under user settings in the HI-TEC ACTV app menu.

- Calories are calculated using 4 factors: set weight and gender visible in user settings, the number of steps recorded, and the speed of those steps.

Tracking your Sleep

Sleep is tracked using the same hardware used to track movement in the ACTV Go. Asleep, restless and awake periods are based on intensity of movement ranging from no movement, very little movement and recorded steps (corresponds directly with asleep, restless and awake measurements).

'Restless' activity is measured by general body movement, such as turning over, adjusting your pillow, punching your partner in the side to stop the snoring, etc. 'Asleep' is when you are completely at rest, dreaming of sweet nothings.
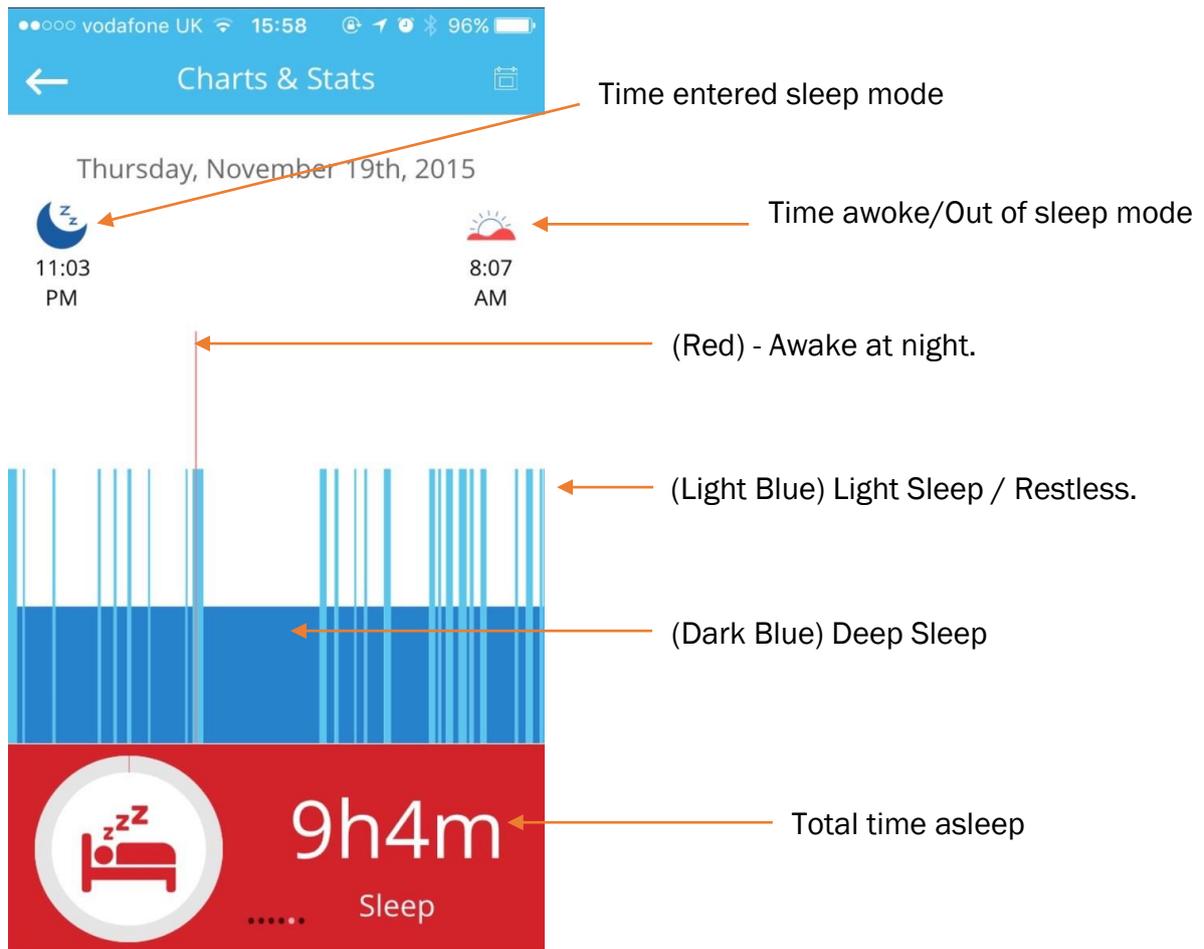'Awake' is when you get up to go to the bathroom or suddenly develop a sleep walking habit!

To put your ACTV Go in sleep mode there are two options:

1.   From the app, double tap your ACTV Go to sync with the app, then tap on the sleep mode bar at the top of the screen. See the toggle button next to the cute little moon? Tap the toggle button to start the clock.
Once you wake up, sync your device again (double tap) and tap the toggle button.

2.   On the ACTV Go, from the 'apps' screen (seen to the left of the time/date screen), tap on the moon icon. You will then see a confirmation screen appear. Tap on the check mark to start sleep mode.

When you want to turn sleep mode off, double tap the screen and you will see a sleep timer. Swipe the screen to see a moon icon with a slash through it. Tap on the icon to exit sleep. Next time the ACTV Go is synced with the HI-TEC ACTV app via double tap, recorded sleep should display in the sleep tile.

Time entered sleep mode

Time awoke/Out of sleep mode

(Red) - Awake at night.

(Light Blue) Light Sleep / Restless.

(Dark Blue) Deep Sleep

Total time asleep

You may sometimes forget to switch the band out of sleep mode, don't worry It can happen! We have programmed the HI-TEC ACTV Go to automatically exit sleep mode once you walk more than 200 steps.

Viewing your activity using the HI-TEC ACTV application.

To view previously recorded data for all of your activities, simply select the tile for the desired activity on the HI-TEC ACTV app home screen. Here you'll see a graph appear showing previous data.

Select the calendar icon on the upper right to change date view. Swipe left or right on the graph to scroll through previous days. Swipe left or right on the bottom portion showing activity count to scroll between graphs for each activity.

Notifications & Alarms

Your HI-TEC ACTV Go connects to your smartphone and reports on your day-to-day notifications from your phone. With a gentle vibrate, the HI-TEC ACTV Go allows you to see who is calling your phone, who is texting, emailing or even What's App, all without having

to remove your phone from your pocket, bag or luggage! We like to think it makes things a little more convenient, when you know you can leave a call or message for later and know its not that urgent.

The HI-TEC ACTV Go also allows you to set alarms and configure the notifications you receive on your band. To set an alarm simply open the menu and select 'Pair Device'. Scrolling down you should be able to see Smartwatch Apps and Vibrating Alarm. Adding an alarm is easy; tap the 'plus' sign, select the time and whether you want the alarm to repeat on selected days and you're good to go.

Resetting your HI-TEC ACTV Go

If you are experiencing issues, such as syncing or become non-responsive, one easy way to fix it is to perform a reset. Your HI-TEC ACTV Go has three levels of reset, a "Restart", a "PIN Reset" and a "Factory Reset".

A "Restart" is found on your ACTV Go, under apps > settings (⚙), and will simply power your ACTV Go off and back on. This fixes the majority of issues.

To do a "Pin Reset," place your ACTV Go back into its charging cradle. Flip it over and use the end of a paperclip, not a drawing pin, to hold down the tiny button marked "Reset" on the back of the charging cradle. This is essentially another method to restart your ACTV band.

"Factory Reset" is found on your ACTV Go, under apps > settings (small gear icon), and will delete all the recorded data on your ACTV Go (data already synced to your phone will remain linked to your account) and restore it to factory settings. Your ACTV Go will display a 4 digit pairing code as it did coming out of the retail box. After doing a Factory Reset, you'll have to re-pair your ACTV Go to your phone.

Update your HI-TEC ACTV Go

At HI-TEC we are continually looking at ways to improve the ACTV range of wearable devices. As such there may be free updates to improve the product and enhance your experience.

When a software update is available, your ACTV Go will automatically start downloading it the next time it syncs with the app. Your ACTV Go will need enough battery to complete the update, so it's always a good idea to have your ACTV Go plugged into the charging cradle before you attempt the update. Make sure your phone/tablet is connected to a reliable internet connection when attempting to update the ACTV Go.

If your update is having trouble completing, it is possible that your ACTV Go has some stray files saved on it, causing the update to stall. But not to worry! There are a few things you can do to reformat your ACTV Go to successfully accept the update.

First, force quit the app and do a factory reset on your ACTV Go. Make sure you have synced your current steps with the app, otherwise you will lose your current progress. You will then need to re-pair your device with the app. Once you do that, you should see the update prompt.

HI-TEC ACTV Go General Information & Specification

Battery Details

Your HI-TEC ACTV Go contains a 7-day rechargeable Lithium-Polymer battery.

Memory Size

The HI-TEC ACTV Go will typically hold around a month's worth of data before you need to sync with your smartphone. However, we do recommend that you sync more frequently, so you can compare your activity and sleep more regularly.

Specification Table

Size (mm)	Min.	Max.
Adjustable strap (diameter)	120mm	205mm
Module Size (mm)		
58mm x 24mm x 13.5mm		
Connectivity		
Bluetooth Low Energy (BLE) 4.0		
Weight (g)	Module	Band
	8 grams	10 Grams
Screen Type		
Capacitive Touch Screen		

For all help troubleshooting and general assistance email our Customer Support Team at wearable@hi-tec.com.

Frequently Asked Questions

1. How do I turn on and navigate through my ACTV Go?
   Your ACTV Go responds to several different finger motions.
   - Double tap the screen or side of the ACTV Go to turn on the screen.
   - Tap the screen to select.
   - Swipe the screen to scroll through different screens. You can swipe in both directions. Swipe with the full finger a single, well placed swipe!

2. What do all these symbols mean in the Apps screen?
   - The Walking Man - brings you to your activity stats screens for steps, miles etc.
   - The Moon - allows you to turn on and off sleep tracking.
   - The Speech Bubble - displays recent notifications received on the device.
   - The House - takes you back to the time/date screen.
   - The Gearwheel - accesses the settings screens of the device and shows you all sorts of useful info like current battery percentage.

3. Can I use the ACTV Go with a computer?

   The ACTV Go will not sync with a computer or online dashboard.

4. Why is my charger missing a prong?

   It's not! The ACTV Go charging cradle ships with three prongs...and that's all you need to charge with. The 4th prong is used at the factory to program your device and isn't necessary to charge the device.

   If you have LESS than three prongs, drop us a line at wearables@hi-tec.com, and we'll get you up and running again!

5. How do I trim my wristband?

   Your ACTV Go can be cut to the appropriate length using a pair of scissors. Please cut only one section at a time to avoid cutting it too short!