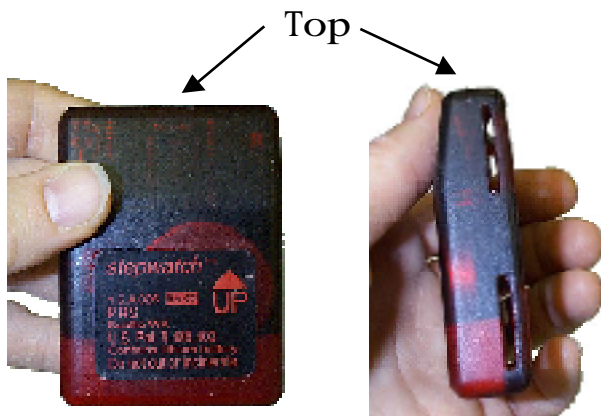


# Instructions for Wearing the StepWatch Monitor



**ORIENTATION:** The StepWatch needs to be worn with the top of the monitor **UP**. You can see and feel that the top is tapered.

**PLACEMENT:** The StepWatch is worn on the outside of the **RIGHT** ankle above the ankle bone. If we gave you straps, straps, adjust the tension for comfort. If we gave you a cuff, be sure the white tag is in the front and on top. We recommend wearing a sock under the StepWatch for comfort.



**SCHEDULE:** Put the StepWatch on right away when you get up in the morning, and wear it throughout the day except for showering/bathing, wading or swimming. When you take it off at night put it somewhere that you will remember to put it on first thing in the morning such as with your glasses, tooth brush, clock or watch.

**CARE:** Do not get the StepWatch soaking wet, particularly in salt water. Do not leave it in a hot places such as the dashboard of a car. Please do not drop it from heights, throw it, cut into it, pound on it, or remove the label.

**RETURN YOUR STEPWATCH ON:**

**QUESTIONS:** If you have questions, feel free to phone us at:  
or email: