**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.

   ![Charging Your Freedom Guardian Watch]

   **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).

   ![Turning On]

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

   **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: Canceling a power off. You have a short window of time to cancel a power off. Press the “CANCEL” button on the powering off screen.

3. **Download 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.”

   ![Downloading the Companion App]

   **To create your account, please visit my.medicalguardian.com and follow instructions for set up.**

4. **Create Your Account in the Customer Care Portal**
   To create your account, please visit my.medicalguardian.com and follow instructions for set up.

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**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

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*H/H+ indicates a strong 3G signal*
**SAFETY & HANDLING**

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/expo](http://www.medicalguardian.com/legal/expo).

Medical device interference: Freedom Guardian contains components and radios that emit electromagnetic fields. Both Freedom Guardian and the Freedom Guardian Magnetic Charging Cable may cause interference with pacemakers, defibrillators, or other medical devices. Maintain a safe distance of separation between your medical device and Freedom Guardian. Freedom Guardian ships with a standard USB 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) the 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 by the FCC 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, 1810 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).

**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.

**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 remain green, but will say “On Call…”

Once the call has ended, Freedom Guardian’s screen will return to the default clock face.

**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.

• **YES/NO Response**
  - When received, Freedom Guardian will read the message out loud to the user.
  - Pressing the will reply 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 will finish and send the recorded message.

• **OK Response**
  - When opened, Freedom Guardian will read the message out loud to the user.
  - Pressing the will reply 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.

**Audio Response**

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

- Pressing the will reply 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.

**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 a lack of cellular coverage (a Service Unavailable) screen will appear.

**Calendar Alerts & Reminders**

Freedom Guardian can receive calendar alerts and 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.

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 screen until acknowledged.

**QUESTIONS?**

Call our Customer Care Specialists at 1-800-313-1191

*Available on select models. Some features may require additional subscription services.*