ALBA

User guide
English



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1. Safety information

- Users should pay particular attention to the potential for interference from other systems operating in the same or adjacent frequency bands.
- The Alba cannot and shall not be dismantled.
- Danger of explosion if battery is incorrectly replaced. To reduce risk of fire or burns, do not disassemble, crush, puncture, short external contacts, expose to temperature above 60° C (140° F), expose to extremely low air pressure or dispose of in fire or water. Recycle or dispose of used batteries according to the local regulations or reference guide supplied with your product.
- Only use the recommended power supply as stated in the section Power supply.
- The wall socket should be installed near the Careium charger equipment and should be easily accessible.
- Follow the rules and laws that apply wherever you are, and always turn off the unit whenever its use is prohibited or can cause interference or hazards. Only use the unit in its normal user position. The unit should never be used in an operating temperature exceeding 40 °C or below -10 °C.

1.1. Battery safety

The Alba contains Lithium batteries with inherent risks if not used correctly or if damaged.

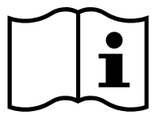


Lithium batteries can cause potential chemical burn hazards associated with ingestion. If swallowed or placed inside any part of the body, seek immediate medical attention.



Keep batteries away from children.

- Only use the charging device and cord that is designated for the product.
- Do not charge or use the device if you notice any malfunction or potential problem with the battery as odour, change in colour, too much heat, change in shape, leaking or odd noises.
- Do not disassemble, crush, puncture, or damage batteries.
- If a fire occurs: Copious amounts if cold water is an effective extinguishing medium for lithium batteries. Don´t use warm or hot water. Don´t use Halon type extinguishing material. You may use dry powder, sand or soil.



Consult the Material Safety Data Sheet (MSDS) for further first-aid measures, fire-fighting measures, and other safety information.



Further information available in the Environmental information section

2. Important information

All systems using radio and telecommunications are subject to interference beyond the user's control. Products from Careium are designed to minimize the impact of such interference. Nevertheless, the user must be aware that system components can be subjected to interference or other influences that may cause malfunction.

It is therefore important to regularly check that every part of the system works in all areas, especially radio communications. Contact your supplier immediately in case of any suspected malfunction.

Keep the product away from interfering devices such as radio transmitters, mobile phones, DECT-telephones or wireless headphones.

Users should pay particular attention to the risk of disruption from products which communicate using the same or adjacent frequencies.

For further information, please contact your supplier.

2.1. Medical units

The use of equipment that transmits radio signals, for example, GPS watches, can interfere with insufficiently protected medical equipment. Consult a doctor or the manufacturer of the equipment to determine if it has adequate protection against external radio signals, or if you have any questions. If notices have been put up at health care facilities instructing you to turn off the unit while you are there, you should comply. Hospitals and other health care facilities sometimes use equipment that can be sensitive to external radio signals.

2.1.1. Implanted medical devices.

To avoid potential interference, manufacturers of implanted medical devices recommend a minimum separation of 15 cm between a wireless device and the medical device. Persons who have such devices should:

- Always keep the wireless device more than 15 cm from the medical device.
- Should not carry the watch in your breast pocket.
- Hold the wireless device to the ear opposite the medical device.

If you have any reason to suspect that interference is taking place, turn the watch off immediately. If you have any questions about using your wireless device with an implanted medical device, consult your health care provider.

2.2. Specific Absorption Rate (SAR)

This device meets applicable international safety requirements for exposure to radio waves. Your watch is a radio transmitter and receiver. It is designed not to exceed the limits for exposure to radio waves (radio frequency electromagnetic fields) recommended by international guidelines from the independent scientific organization ICNIRP (International Commission of Non-Ionizing Radiation Protection). The radio wave exposure guidelines use a unit of measurement known as the Specific Absorption Rate, or SAR.

The SAR limit for LIMB worn devices is 4 W/kg averaging over 10 grams of tissue and includes a substantial safety margin designed to assure the safety of all persons, regardless of age and health. Tests for SAR are conducted using standard operating positions with the device transmitting at its highest certified power level in all tested frequency bands. The highest SAR values under the ICNIRP guidelines for this device model is:

- Front to face SAR: 0,97 W/kg
- Wrist worn SAR: 1,28 W/kg

During normal use, the SAR values for this device are usually well below the values stated above. This is because, for purposes of system efficiency and to minimize interference on the network, the output power of your GPS watch is automatically decreased when full power is not needed for the call. The lower the power output of the device, the lower its SAR value.

3. Package content

- Alba
- Charging cradle/Beacon
- Power supply
- Quick start guide

4. Description

Alba is a GPS watch that improves security not only in the home, but everywhere the user goes. It is easy to always carry around, and it is waterproof. When the emergency assistance button is pressed, an alarm is sent, and a built-in speakerphone enables voice communication. GPS, Wi-Fi, and beacon positioning all cooperate to provide not only the user's location, but also advanced tracking and geofencing functionality that incorporates energy-saving technology for achieving long battery time. A GPS watch makes it easier for the user to maintain an active lifestyle. The alarm should be directed to an alarm receiving centre, a relative or care staff. The service can be set up as an alarm or a GPS-tracking alarm. A GPS watch encourages and helps the user to stay active and move around freely outside their home, while still feeling safe.

5. Usage

Alba is as a GPS watch intended to support a person in need of help. It can transfer either automatically or manual alarms to an alarm receiver and is then able to establish a voice connection.

Carry Alba as a regular watch.

The functions available in the watch may be altered in the administration system. Some alarm and features may not be available based on settings by the administrator.

To protect the watch please avoid using the watch during following conditions:

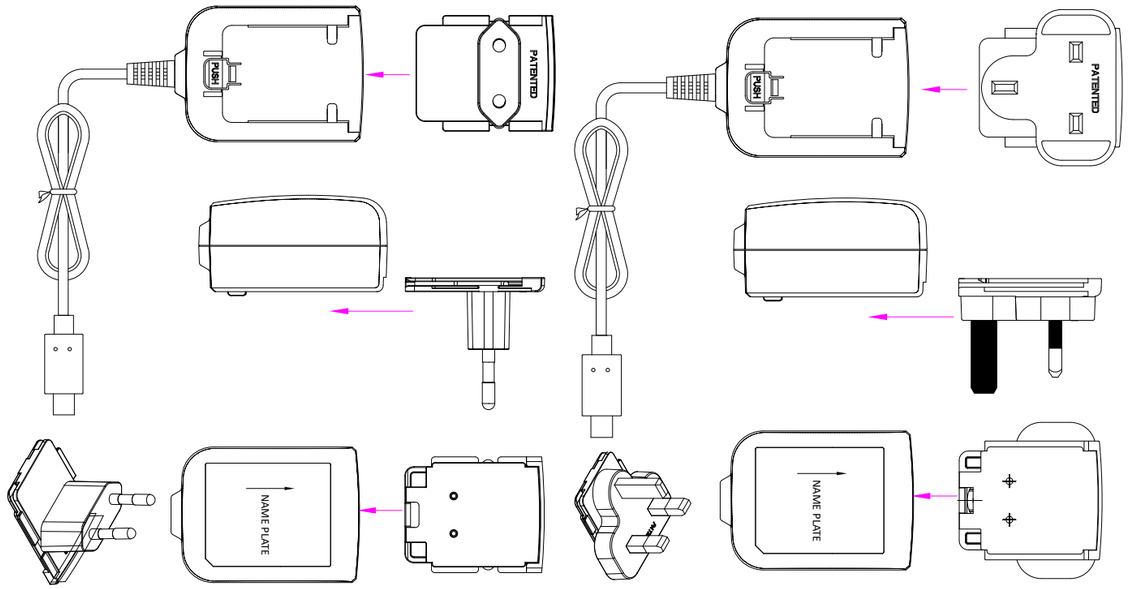
- In High-Impact Sports: Avoid wearing watches during contact sports like boxing or rugby to prevent damage. Sports watches are fine for running, cycling, and training.
- In Extreme Temperatures: High heat (e.g., saunas, hot baths) can damage seals and adhesives. Extreme cold can affect battery life and lubrication in mechanical watches.
- Near Strong Magnets: Magnetic fields (found in MRI machines, speakers, or industrial equipment) can disrupt the movement of mechanical watches.
- During Intense Water Exposure: Even if a watch is water-resistant, avoid prolonged exposure to saltwater or hot water (showers, hot tubs) as it can degrade seals and damage internal components. Avoid Hot Water: Even water-resistant watches can be damaged by hot water due to expansion and contraction of materials.
- Rinse After Saltwater Exposure: If you wear your watch in the ocean, rinse it with fresh water to remove salt and prevent corrosion.
- Avoid Impact & Drops: Be mindful of knocking your watch against hard surfaces.

Note that your mobile device may not function properly in areas with poor coverage. Limited mobile network signal can affect alarms & calls, while weak GPS reception can fail to give proper position information. This is common in remote or heavily built-up areas where signal strength is reduced.

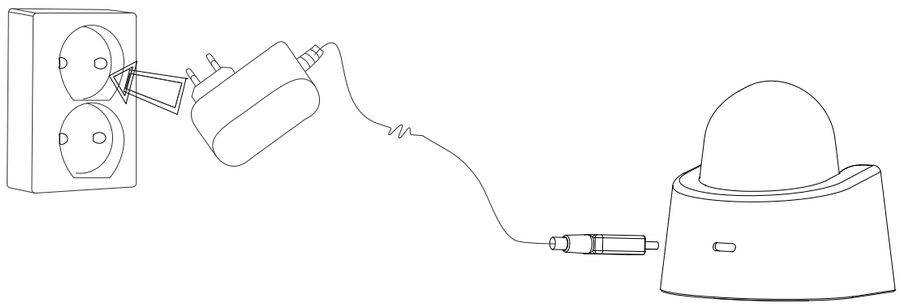
6. Installation & charging

Alba will be delivered configured by your service provider and with the agreed functions activated. For more information consult your service provider.

Assembly the power adapter with correct plug



Connect the power supply to the wall socket and the USB connector to the Alba Docking station. The green LED on the docking station will be lit up.

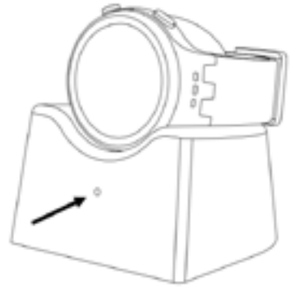


- Place Alba into the docking station.
- Alba will start up automatically when put into the docking station. If Alba is totally discharged this may take some minutes
- When first plugged in or after storage you should let Alba charge for up to 3 hours to reach full battery capacity.

Recharge Alba at your convenience, either as part of a daily routine or when the low battery indicator is shown. The charging time will vary depending on the remaining battery level.

Important: If the unit will not be in use for a longer period, please read the section Unit Storage Guidelines.

7. Docking station.



Docking station LED function.

No watch in the cradle.

- Green: Power connected

Watch in the cradle.

- Green: Power connected and watch fully charged
- Red: Power connected and watch charging

Important: Power adapter should be always connected. The cradle functions not only as charger but also as a beacon to locate the watch correctly.

8. Automatic Alarms

8.1.Fall alarm

The fall algorithm built into the device can have three levels of sensitivity, Low, medium & high.

In the event of the device registering a fall, then it will check for motion or steps for a period of 30 seconds after the fall occurred. If motion or steps are recorded within this period, then the device will cancel the fall alarm. This sequence is silent, and the user will not know that the device has registered a fall and thereafter cancelled it.

If the event is considered a fall, the user will be alerted with a sound for 30 seconds. During these 30 seconds the fall alarm can be cancelled by the user with a press on the display.



Fall detected
Press abort to cancel

Important: If the device is placed on a hard surface, such as a table, and then not moved, it may generate a false fall alarm.

8.2. Geo-Fence alarm

Two types of Geo-fence alarms can be set in Alba. The fence shall be defined so that the target, such as a house, lake etc., is in the middle of the fence. The radius of the fence shall not be less than 100 m.

- Geo-Fence alarm IN.
  - If the device enters inside this fence the alarm will be triggered
  - Up to three Geo-fences IN zones can be set up.
- Geo-Fence Out
  - If the device goes outside of this fence the alarm will be sent
  - The Beacon needs to be inside this fence.
  - One Geo-Fence OUT zone can be set up.

8.3. Home / Away alarm

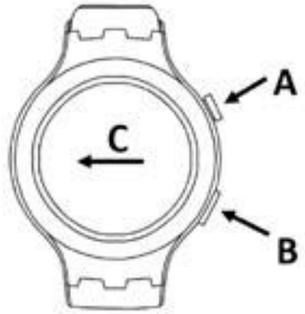
The unit can be set up to send alarm when the user leaves or enter the beacon range. Make sure that the beacon/cradle is positioned in the centre of the building and have proper coverage to avoid false alerts.

8.4. Technical alarms

- Power on
- Power off alarm
- Low battery alarm
- Critical low battery alarm (EOL alarm)
- Battery full alarm
- Test transmission alarm

9. Watch interface.

The watch has a function that activates the display when the users raise their arm. Alternatively, the display can be turned on by press short on the top button (A)



- To send a contact request press and hold the top button (A)
- To send alarm press and hold the lower button (B)
- To review different functions, sweep to the left (C) when screen is activated
- To choose a function press on the relevant key on the screen
- To get back to watch face either swipe right or press short on top button (A)
- Screen will turn off automatically but can also be turned off by short press on top button when showing the watch face.

Important: Some features may not be available based on settings by the administrator.



Alternative watch interfaces | Docked charging | Docked fully charged



Network strenght | No network | Battery status | Battery empty | In range of home beacon



Battery low | Battery empty | Incomming call Press green key to reply | Call ongoing Press key to terminate

10. Functions

The functions available in the watch may be altered in the administration system. Some of the described features may not be available based on setting by the administrator.

10.1. Emergency alarm

This alarm is sent by pressing the SOS button (B) on the side of the device. The time before the alarm is sent is adjustable by the administrator. Press the key until the watch interface shows a flashing alarm symbol, beeps, and vibrates.



Alarm countdown | Sending alarm | Alarm in progress | Alarm completed successful | Alarm failed

10.2. Sending a contact message

When the user presses the top button (A), the device sends a message directly to the contact(s) in the i-care plus app. A confirmation sound and vibration will let the user know the alert has been sent.



Message countdown | Sending message | Message in progress | Message sent successful | Message failed

A failed alarm could be due to poor mobile network coverage or an incorrect system setup. In an urgent situation, try sending the alarm again. If it continues to fail, seek help through alternative means

Note: Above described features may not be available based on settings by the administrator.

10.3. Step counter

Swipe left until you find the step counter display. The display shows the number of steps taken during the day.

If you remain on this display for around 5 seconds, the display will alter and show the step count for the week including information if the step goal has been achieved.

When the daily step goal is achieved the watch will alert and inform that the target has been reached.

Step goal can be adjusted in the setting section



Status & target



Weekly summary

Important. Step counters in watches are useful tools for tracking activity, but they are not always 100% accurate. Several factors can lead to false or inconsistent results:

- When pushing a trolley or stroller, your wrist may remain relatively still, limiting the arm movements that step counters rely on. As a result, the watch might not detect your steps accurately, leading to undercounting.
- Actions like waving your arm, brushing your teeth, or typing can mimic the motion of walking. The watch might falsely interpret these as steps, causing overcounting.
- Slow or shuffling motions may not generate the expected wrist movement, resulting in missed steps.

10.4. Heart rate monitor

Swipe left until you find the heart rate monitor display. The watch will begin measuring in a few seconds. For the best accuracy, please hold arm steady while it completes the measurement and displays the result.



Checking heart rate



Heart rate

Important: This heart rate monitor is not a medical device and is designed for general fitness and wellness purposes only. The readings provided may vary due to individual factors such as skin condition, placement of the device, activity level, or external conditions like temperature and movement.

Always consult a healthcare professional for any medical concerns or accurate diagnosis. Do not rely solely on this device for critical health decisions.

Resting Heart Rate:

- Normal range: 60–100 beats per minute (bpm).
- Athletic individuals: 40–60 bpm.
- Resting heart rate is measured best in the morning before physical activity.

10.5. SpO2 monitor

Swipe left until you find the SpO2 monitor display.

SpO_2 stands for peripheral capillary oxygen saturation. It is a measurement of the oxygen level (saturation) in your blood and indicates how effectively oxygen is being transported to the extremities of your body, such as your fingers and toes.

The watch will after a few seconds start measuring SpO2 and when the measurement is completed it will present the result .



Checking Spo2



Spo2

Important: This SpO2 metre is not a medical device and is intended for general wellness and fitness tracking. The readings provided may vary due to factors such as skin condition, device placement, movement, ambient temperature, or individual physiological differences.

For accurate diagnosis or medical concerns, always consult a qualified healthcare professional. Do not rely solely on this device for critical health decisions.

SpO2 Range:

- Healthy individuals: 95–100%.
- Mildly reduced oxygen levels: 90–94%. This may require monitoring but is often not critical.
- Low oxygen levels (hypoxemia): Below 90%. This may need medical attention, especially if persistent.

11. Settings

Swipe left until you find the settings display. Press the setting symbol to enter the section.

Swipe left to find the relevant setting.

Exit settings by a short press on top button (A).

Sound level for speakerphone

Press + or – to adjust sound level

Screen brightness.

Press + or – to adjust brightness

Watch face

Press arrow up or down to choose watch face.

Step goal

Press + or – to adjust step goal

Information screen

QR code for serial number

Turn Off the watch

Press and hold the key and wait for the circle to fill completely. The watch will take a few seconds to shut down while it sends a final signal to the server.

12. Installation menu

The purpose of this menu is for the installer to set up a watch in a suitable way for the user. Alternatively, these settings can be handled from ICO (i-care online).
To access the installation menu, enter the QR code displayed in the settings section.
Press in the centre of the QR code to enter installation menu.
Swipe left to find the relevant setting.
Exit settings by a short press on top button (A)
Press user interface and then swipe left to get access to the following settings.
Adjust user accessible settings by pressing the on/off button.
Press top key (A) to move back

- Pedometer on/off
- Pulse on/off
- SPO2 on/off
- Auto display function off/low/medium/high
- Settings menu on/off
- Watch face
- QR code on/off

Important: If QR code is set to off there is no local access to installation settings. ICO must be used for this access

12.1. Settings

Sweep left to find the relevant functions.
Press top key (A) to move back

Language

Press +/- to choose wanted language.
Press top key (A) to move back

Home Beacon

Alba will scan for beacons in range and present the beacon MAC address and signal strength on the screen.

- Registered beacon will be presented as identity number and [KB].
- Non-registered beacons will be presented as identity number.

This function is useful to ensure that there is proper beacon coverage in the entire home of the user.

Standard settings

As access to settings may be blocked for the watch user, installation mode offers access to settings as described in the same setting as section 11.

- Brightness
- Sound level
- Step goal

Turn off

As access to turn off the watch may be blocked for the watch user, installation mode offers access to turn off the watch.

Engineering mode access

Access to engineering menu
For more info see the technical handbook

13. Positioning

The device position can be determined in 4 separate ways: GPS, Wi-Fi, LBS and via Beacon.
If there is a registered beacon within range, the system will use the registered position as location. Beacon scanning takes place regularly and the watch will be considered outside beacon when it has been out of range for around 4 minutes. When inside beacon area the unit will not determine GPS position.
When outside the beacon area the unit will determine position according to settings
Satellite positioning has the highest priority. Accuracy is often to within 10-100m.
Wi-Fi position is determined by 2 or more MAC addresses obtained from surrounding Wi-Fi networks. Accuracy is often to within 10-100m.
LBS station position is determined by the connected base station. The accuracy is low and should be considered more of an indication of location.
Important: Do not move the beacon/cradle to a new location without having the address adjusted in the administration system. Otherwise, the position information displayed in the case of an alarm may be wrong.
Important: A beacon will not send the beacon signal if a watch is on charge. If the beacon is registered to other watches than the charged one, it will not be detected.
Note: The positioning function may be altered in the admin system to use alternative interval, be turned off in all situations except when alarm is sent or fully disabled.

14. Trouble shooting.

No connection

- Verify mobile network coverage in the location. Try moving to another location.
- Try restarting the watch by pressing top key (A) for approximately 20 seconds.
- If problem remains, contact your supplier.

Alarm or message sending fails

- Verify mobile network coverage in the location. Try moving to another location
- Try restarting the watch by pressing top key (A) for approximately 20 seconds.
- If problem remains, contact your service supplier.

The watch is not charging when put in the cradle

- If the LED on the cradle is off
  - Check that the power adapter and cables are properly connected.
  - If available, try to connect with an alternative adapter and cable of the same type.
- If the LED does not turn red when the watch if positioned in the cradle
  - Make sure the product is correctly positioned in the cradle. (Buttons upwards)
  - Make sure that there is no debris in the cradle blocking the watch from getting into correct position.

15. Forced restart

In a situation when Alba does not act as expected it is possible to make a forced restart.
1. Press top key (A) for 15 seconds.

16. Maintenance

16.1. Cleaning

When cleaning Alba, including accessories and cables, use only a slightly damp cloth. Do not use strong detergents or solvents when cleaning.

16.2. Unit storage guidelines

When storing the Alba for an extended period:

1. Charge Level: Ensure the battery is charged to 50%-70%.
2. Power Off: Completely turn off the device.
3. Storage Conditions: Store in a cool, dry place (15°C-25°C)
4. Periodic Check: If stored for over 3 months, power on and recharge to 50%-70% every 3-6 months.

Following these steps will help preserve battery life and device performance.

17. Reinstatement

If the Alba is reinstated at a new user, it shall be reset to default settings and re-programmed according to the data and requirements of the new user.

18. Technical data

18.1. Watch.

Dimensions :	Diameter 46mm, thickness 15,4mm
Weight:	56 grams including strap
IP-Class:	IP68
Temperature:	Operating temperature -10°C to +40°C

18.2. Power consumption (typical):

Off mode:	0,8 mW
Call mode:	2 W
Networked standby:	16 mW
Battery:	Li-po 3,87V, 595mAh
Standby time:	Up to 4 days depending on user profile and conditions
Talk time:	GSM900: 253mA, 4hours
WCDMA: 495mA,	2hours
LTE VoLTE: 120mA,	7hours
Alarm Protocol:	SCAIP, TS 50134-9, SMS back-up and voice call
Radio receiver category:	1
SIM card interface:	Nano SIM

18.3. Cellular bands

Technology	Band
GSM (2G)	GSM-900/1800
WCDMA	B1/B5/B8
FDD	B1/B3/B7/B8/B20/B28A
TDD	38/40/41

Wi-Fi: The Wi-Fi function is only used to obtain location information and does not transmit signals.

18.4. Charging Cradle/Beacon

Dimensions :	72*74*75mm (W*L*H)
Weight:	203 grams
RFID, transmitter:	866 MHz
USB:	Micro USB-C (intended for Careium certified adapters)

Power supply

Model (EU/UK):	S008ACM0500100
Input voltage:	100-240V
Input AC frequency:	50-60 Hz
Output voltage:	5,0 VDC
Output current:	1,0 A
Output power:	5,0 W
Cable length:	2m fixed cable
Interface:	USB-C male

18.5. Speech codec

Codec support:	AMR-WB (50-7000 Hz) same as ITU-T G722.2

18.6. Environment

This device is rated IP68, meaning it is resistant to dust and can withstand immersion in up to 1.5 meters of freshwater for up to 30 minutes under controlled conditions. However, water resistance is not permanent and may diminish over time. Avoid exposure to saltwater, chlorinated water, or high-pressure water, as well as charging while wet. To ensure longevity, minimize water exposure and thoroughly dry the device if it gets wet.
The Charger cradle/beacon has no IP rating, and shall be kept indoors, and in a dry environment.

19. Environmental information

This product complies with applicable EU- and UK regulations.
These regulations regulate the product liability for packaging, electronics and battery recycling with the purpose of increasing recycling and minimising waste.



The unit is marked with the crossed out wheeled bin logo, which indicates that it shall be handed in for recycling. The product can be returned free of charge to a recycling station that is connected, directly or via a recycling system, to Careium or to your distributor.

For detailed instructions, declarations and compliance information please check with your distributor or visit our website, www.careium.com. Use QR-code to reach the product information.

20. Accessibility

Careium is committed to ensuring accessibility compliance for users with disabilities across our product and service portfolio. This document outlines our adherence to applicable accessibility standards and the measures implemented to support inclusive usability.

20.1. Measures to support accessibility

Careium has a broad range of products and services to support and maintain independence. We offer solutions designed to accommodate diverse user requirements, with built-in compatibility for different assistive technologies depending on the chosen product or service. The product support services explain how to use the accessibility and compatibility features. This document is designed to fulfill accessibility requirements with optimized formatting for screen readers and text-to-speech applications.
For accessibility-related support, you can also contact Careium, your point of purchase or the organisation that supplied and installed your products.

20.2. Recommended reading distance

To ensure adequate legibility in accordance with the accessibility requirements and related standards, the recommended reading distance for the Alba is approximately 200mm (20 cm).

20.3. Feedback

We regularly check and update our products to make them even more accessible. If you have suggestions or need something that works better for you, please tell us. Your feedback is very important to us.

- Phone: +44 (0)300 333 6511
- Email: support.care.uk@careium.com
- Postal address: Careium UK – Product support accessibility queries - Aspinall House, Walker Office Park, Walker Rd, Guide, Blackburn, BB1 2QE, UK

21. Declaration of conformity

Hereby Careium Sweden AB declares that this radio equipment is in compliance with the RE Directive 2014/53/ EU as well as other applicable EU and UK regulations. The full text of the declarations of conformity is available at: www.careium.com/dofc

English
alba-gps-alarm-watch-user-guide-v11-careium-en
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