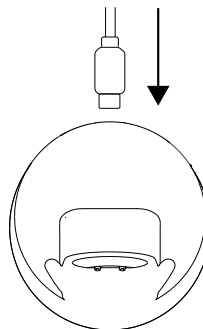
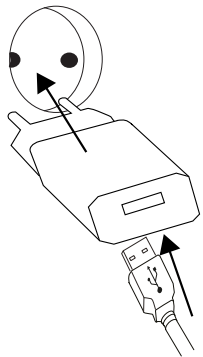




## Careium 500

English  
Dansk  
Suomi  
Norsk  
Svenska



### EN: Install charging dock

Place the charging dock on a flat surface in a central room or bedroom. Connect the mains adapter to your charging dock and to a wall socket.

**Important!** Never disconnect the power from the charging dock, as that acts as a home beacon.

### DA: Installation af opladningsstation

Anbring opladningsstationen på et fladt underlag i et centralt rum eller soveværelse. Slut netadapteren til opladningsstationen og til en stikkontakt.

**Vigtigt!** Afbryd aldrig strømmen til opladningsstationen, da den fungerer som et hjemmesignal.

### FI: Lataustelineen asennus

Aseta latausteline tasaiselle alustalle keskeisesti sijaitsevaan huoneeseen tai makuuhuoneeseen. Kytke verkkovirtasovitin lataustelineeseen ja pistorasiaan.

**Tärkeää!** Älä koskaan irrota lataustelinettä sähköverkosta, sillä se toimii kodin lähettimenä.

### NO: Installere ladestasjonen

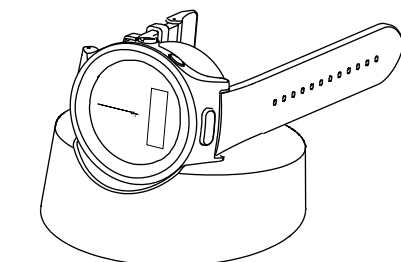
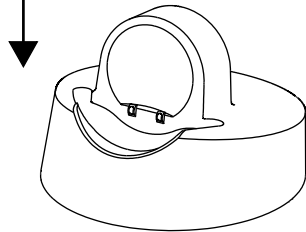
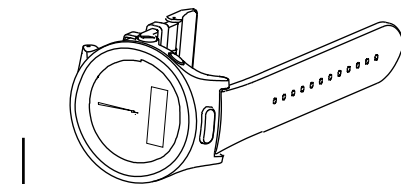
Plasser ladestasjonen på et flatt underlag i et oppholdsrom eller soverom. Koble strømadapteren til ladestasjonen og til en stikkontakt.

**Viktig!** Ladestasjonen fungerer som hjemmesignal, og strømforsyningen skal derfor aldri kobles fra.

### SV: Installera laddningsdockan

Placera laddningsdockan på en plan yta i ett centralt rum eller sovrum. Anslut nätadaptern till laddningsstationen och till ett vägguttag.

**Viktig!** Koppla aldrig bort strömmen från laddningsdockan, eftersom den fungerar som en hemfyr.



### EN: Charge the watch

The portable social alarm watch will start automatically when placed in the charging dock. Wait for the watch hands to show the correct time and for the LED below to turn green. It's recommended to fully charge your watch before first use, approximately 2 hours.

### DA: Oplad uret

Det bærbare tryghedsalarmur starter automatisk, når den anbringes i opladeren. Vent på, at urets visere viser den korrekte tid, og at LED-lyset nedenfor lyser grønt. Det anbefales at oplade dit ur helt, før det tages i brug første gang. Det tager ca. 2 timer.

### FI: Kellon lataaminen

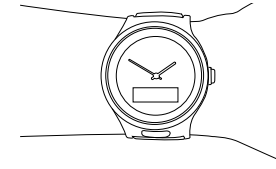
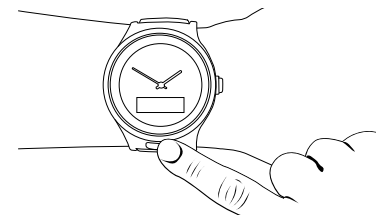
Kannettava sosiaalinen herätyskello käynnistyy automaattisesti, kun se asetetaan lataustelineeseen. Odota, että kellon viisarit näyttävät oikean ajan ja että alla oleva LED-valo muuttuu vihreäksi. Laitte on suositeltavaa ladata täyteen ennen ensimmäistä käyttökertaa. Se vie noin 2 tuntia.

### NO: Lade klokken

Armbåndsuret med trygghetsalarm starter automatisk når det plasseres i ladestasjonen. Vent til urviserne viser riktig klokkeslett og LED-indikatoren nedenfor lyser grønt. Det anbefales å lade armbåndsuret helt opp før første gangs bruk, ca. 2 timer.

### SV: Ladda klockan

Den bärbara sociala larmklockan startar automatiskt när den placeras i laddningsdockan. Vänta tills klockans visare visar rätt tid och att LED-lampan nedan blir grön. Vi rekommenderar att du laddar enheten helt före första användning, vilket tar ungefär 2 timmar.



### EN: Initiate an alarm

Press and hold the alarm button for more than 1 second to initiate an alarm.

**Note!** The function of the watch buttons are subject to configuration settings.

### DA: Start en alarm

Tryk og hold alarmknappen nede i mere end 1 sekund for at starte alarmen.

**Bemærk!** Urknappernes funktion er underlagt konfigurationsindstillinger.

### FI: Häilyksen käynnistäminen

Käynnistä häilytys pitämällä häilytyspainiketta painettuna yli 1 sekunnin ajan.

**Huomaa!** Kellopainikkeiden toiminta riippuu asetuksista.

### NO: Starte en alarm

Trykk og hold inne alarmknappen i mer enn 1 sekund for å starte en alarm.

**Merk!** Funksjonene til knappene på klokken avhenger av konfigurasjonsinnstillingene.

### SV: Starta ett larm

Håll larmknappen intryckt i mer än 1 sekund för att starta ett larm.

**Notera!** Klockknapparnas funktion är beroende på konfigurationsinställningar.

### EN: Wear the watch

Put the watch on slightly above the wrist bone. Tighten the strap so that the watch fits snugly.

### DA: Tag uret på

Tag uret på lidt over håndledsbenet. Stram remmen, så uret sidder tæt.

### FI: Kellon käyttäminen

Aseta kello hieman ranneluon yläpuolelle. Kiristä ranneke niin, että kello istuu mukavasti.

### NO: Bruke klokken

Sett på armbåndsuret litt over håndleddet. Stram remmen slik at armbåndsuret sitter godt.

### SV: Bär klockan

Sätt klockan strax ovanför handleden. Spänn remmen så att klockan sitter bra.

### ENGLISH

#### EU Declaration of confirmation

Hereby Navigil Ltd declares that this radio equipment is in compliance with Directive 2014/53/EU (RED). The full text of the EU declaration of conformity is available at the following internet address: [www.navigil.com/doc-careium/](http://www.navigil.com/doc-careium/)

#### UK Declaration of Conformity

Hereby, Navigil Ltd declares that the radio equipment is in compliance with the relevant UK legislation. The full text of the UK declaration of conformity is available at the following internet address: [www.navigil.com/doc-doro/](http://www.navigil.com/doc-doro/)

#### Product information

This product is a part of a social alarm system intended to initiate a call in case of emergency or if assistance is needed.

\* Frequency band (MHz), [Maximum radio-frequency power, dBm]

#### Safety information

##### CAUTION

The unit and the accessories can contain small parts. Keep all of the equipment out of the reach of small children. The mains adapter is the disconnect device between the product and mains power. The mains socket outlet must be close to the equipment and 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 -20 °C.

#### Medical uses

The use of equipment that transmits radio signals, for example, wireless devices, 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.

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

#### Li-ion battery

This product contains a Li-ion battery. There is a risk of fire and burns if the battery pack is handled improperly.

##### WARNING

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 power supply approved for use with this particular model. Connecting other power supplies may be dangerous and may invalidate the device's type approval and guarantee.

#### Specific Absorption Rate (SAR)

This device meets applicable international safety requirements for exposure to radio waves. Your mobile device 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 mobile devices is 2 W/kg averaged over 10 grams of tissue and include 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 are:

