fitbit inspire HR™

BC

User Manual
Version 1.1

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Get Started

Fitbit Inspire HR is a friendly heart-rate and fitness tracker for every day that helps you build healthy habits. Take a moment to review our complete safety information at fitbit.com/safety. Inspire HR is not intended to provide medical or scientific data.

What's in the box

Your Inspire HR box includes:

| Tracker with small wristband (color and material vary) | Charging cable | Additional large band (color and material vary) |

The detachable wristbands on Inspire HR com in a variety of colors and materials, sold separately.

Set up Inspire HR

For the best experience, use the Fitbit app for iPhones and iPads, Android phones, or Windows 10 devices. If you don't have a compatible phone or tablet, use a Bluetooth-enabled Windows 10 PC. Keep in mind that a phone is required for call, text, calendar, and smartphone app notifications.

To create a Fitbit account, enter your height, weight, and sex when prompted to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. When you set up your account, your first name, last initial, and photos are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide is private by default.

Charge your tracker

A fully-charged Inspire HR has a battery life of up to 5 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Inspire HR:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the tracker until it attaches magnetically. Make sure the pins on the charging cable align with the port on the back of your tracker.
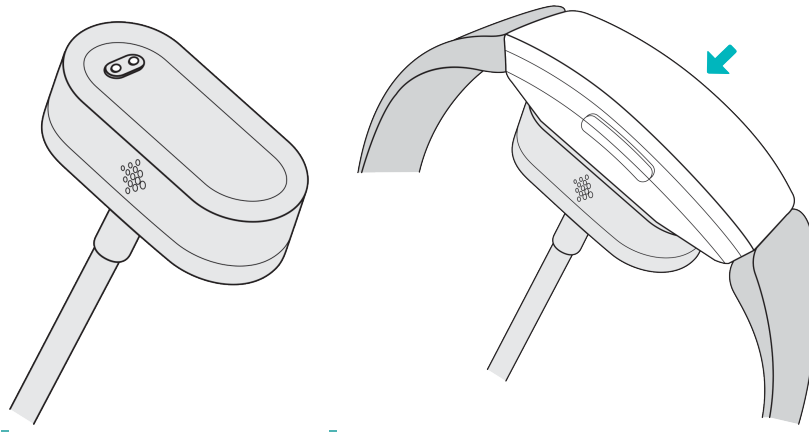
Charging fully takes about 1-2 hours. While the tracker charges, you can press the button to check the battery level. A fully-charged tracker shows a solid battery icon with a smile.

Set up with your phone or tablet

The free Fitbit app is compatible with most iPhones and iPads, Android phones, and Windows 10 devices. If you're unsure if the Fitbit app is compatible with your device, see fitbit.com/devices.

To get started:

1. Find the Fitbit app in one of the locations below, depending on your device.
   - Apple App Store for iPhones and iPads
   - Google Play Store for Android phones
   - Microsoft Store for Windows 10 devices
2. Install the app.
3. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create an account.
4. Continue to follow the on-screen instructions to connect Inspire HR to your Fitbit account.

When you're done with setup, read through the guide to learn more about your new tracker and then explore the Fitbit app.

Set up with your Windows 10 PC

If you don't have a compatible phone, you can set up and sync Inspire HR with a Bluetooth-enabled Windows 10 PC and the Fitbit app.

To get the Fitbit app for your computer:

1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app". After you find it, click **Free** to download the app to your computer.
3. Click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
4. Open the app and log in to your account, or click **Join Fitbit** to be guided through a series of questions that help you create an account.
5. Continue to follow the on-screen instructions to connect Inspire HR to your Fitbit account.

When you're done with setup, read through the guide to learn more about your new tracker and then explore the Fitbit app.

See your data in the Fitbit app

Sync Inspire HR to transfer your data to the Fitbit app, where you can view your exercise and sleep data, log food and water, participate in challenges, and more. We recommend syncing at least once a day.

Each time you open the Fitbit app, Inspire HR syncs automatically when it's nearby. Inspire HR also syncs with the app periodically if All-Day Sync is on. To turn on this feature:

From the Fitbit app dashboard, tap the Account icon ( ) > Inspire HR tile > **All-Day Sync**.

You can also use the **Sync Now** option in the app at any time.

Wear Inspire HR

Place Inspire HR around your wrist. If you need to attach a different size wristband, or if you purchased an accessory wristband, you'll find instructions in *"Change the wristband" on page 11*. Note that the clip accessory isn't designed to fit Inspire HR.

Placement for all-day wear vs exercise

When you're not exercising, wear Inspire HR a finger's width above your wrist bone.
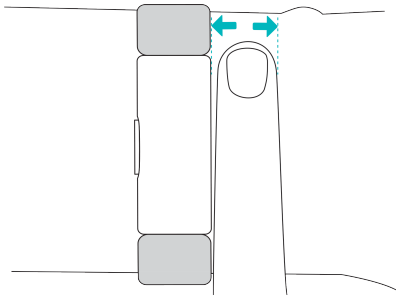
For optimized heart-rate tracking while exercising:

- Try wearing Inspire HR higher on your wrist during exercise for an improved fit and more accurate heart-rate reading. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which can interfere with the heart-rate signal if the tracker is lower on your wrist.

9
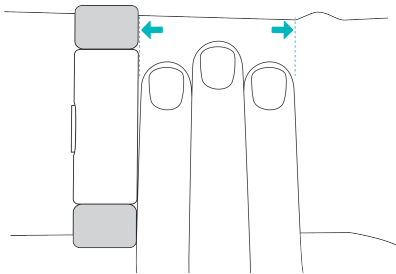
- Make sure the tracker is in contact with your skin.
- Don't wear your tracker too tight; a tight band restricts blood flow, potentially affecting the heart-rate signal. However, the tracker should be slightly tighter (snug but not constricting) during exercise than during all-day wear.
- With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart-rate reading. If your tracker doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly.

Handedness

For greater accuracy, you must specify whether you wear Inspire HR on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. By default, the Wrist setting is set to non-dominant. If you wear Inspire HR on your dominant hand, change the Wrist setting in the Fitbit app.

Change the wristband

Inspire HR comes with a small wristband attached and an additional large bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately. For wristband measurements, see *"Wristband size" on page 41*.

Remove a wristband

To remove the wristband:

1. Turn over Inspire HR and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the band away from the tracker to release it.
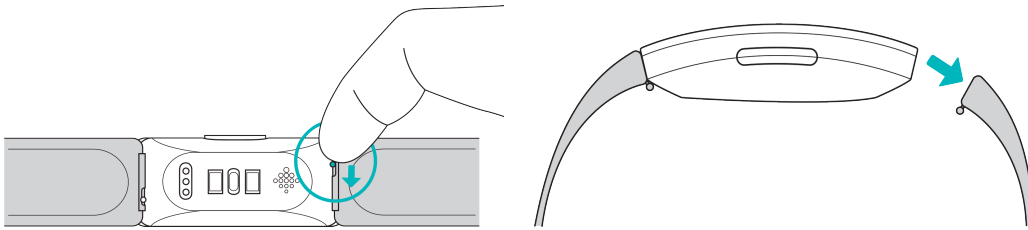
3. Repeat on the other side.

Attach a wristband

To attach a wristband:

1. Slide the pin (the side opposite the quick-release lever) into the notch on the tracker. Attach the band with the clasp to the top of the tracker.
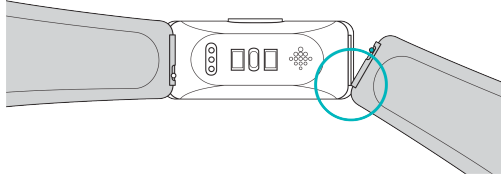
2. While pressing the quick-release lever inward, slide the other end of the band into place.
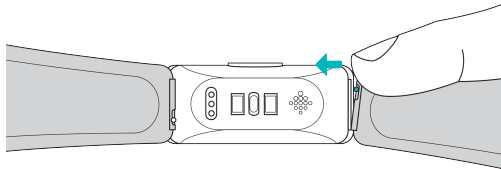
3. When both ends of the pin are inserted, release the quick-release lever.

Basics

Learn how best to navigate, check the battery level, and care for your tracker.

Navigate Inspire HR

Inspire HR has an OLED touchscreen display and 1 button.

Navigate Inspire HR by tapping the screen, swiping up and down, or pressing the button. To preserve battery, the tracker's screen turns off when not in use.

Basic navigation

The home screen is the clock. On the clock:

- Swipe down to scroll through the apps on your tracker. To open an app, swipe to find the app and then tap it.
- Swipe up to see your daily stats.

Settings

Alarms

Timers

Relax

Exercise

12
58
🔥 2,000

8,605

98 bpm

1,817 cal

35 min

4.2 mi

63 steps
10:50

Quick settings

Press and hold the button on Inspire HR for a faster way to access certain settings. Tap a setting to change it. The icon dims when the setting is turned off.

PRESS & HOLD
:02
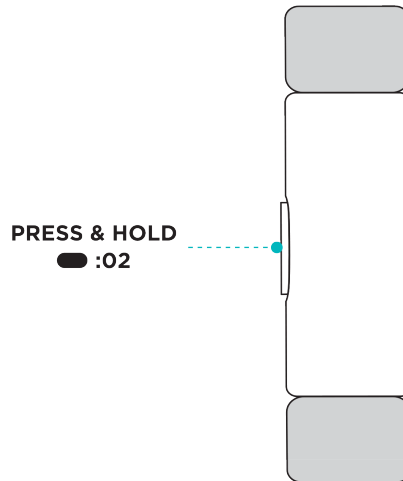
On the quick settings screen:

- Check your battery level.
- Adjust your Screen Wake setting. When the Screen Wake setting is on, turn your wrist towards you to turn on the screen.
- Turn notifications on or off. When the Notifications setting is on, Inspire HR displays notifications from your phone when your phone is nearby. For more information on how to manage notifications, see "Notifications" on page 18.
- Make sure Inspire HR is set to On Wrist. The clip accessory is not designed to fit Inspire HR.

Adjust settings

Manage basic settings including heart rate and phone GPS directly on your tracker. Open the Settings app and tap a setting to adjust it. Swipe up to see the full list of settings.

Care for Inspire HR

It's important to clean and dry Inspire HR regularly. For instructions and more information, see fitbit.com/productcare.

Change the clock face

A variety of clock faces are available in the Fitbit Clocks Gallery.

To change your clock face:

1. With your tracker nearby, from the Fitbit app dashboard, tap the Account icon (⊡) > Inspire HR tile.
2. Tap **Clock Faces** > **All Clocks**.
3. Browse the available clock faces. Find the clock face you want and tap to install it.
4. Tap **Select** to add the clock face to Inspire HR.

Notifications

Inspire HR can display call, text, calendar, and app notifications from your phone to keep you informed. The phone and tracker must be within 30 feet of each other to receive notifications.

Set up notifications

Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then set up notifications:

1. With your tracker nearby, from the Fitbit app dashboard, tap the Account icon ( ) > Inspire HR tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker. Inspire HR appears in the list of Bluetooth devices connected to your phone. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the notifications you want to see.
5. Tap **Notifications** > **Inspire HR** in the top left corner to return to device settings.

Note that if you have an iPhone, iPad, or Windows 10 device, Inspire HR shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Inspire HR shows calendar notifications from the calendar app you choose during setup.

See incoming notifications

When your phone and Inspire HR are within range, a notification causes the tracker to vibrate:

- Phone calls—the name or number of the caller scrolls once. To dismiss the notification, press the button.
- Text messages—the name of the sender scrolls once above the message. Swipe up to read the full message.
- Calendar alerts—the name of the event scrolls once below the time and location.
- App notifications—the name of the app or sender scrolls once above the message. Swipe up to read the full message.

Note: Your device shows the first 250 characters of the notification. Check your phone for the full message.
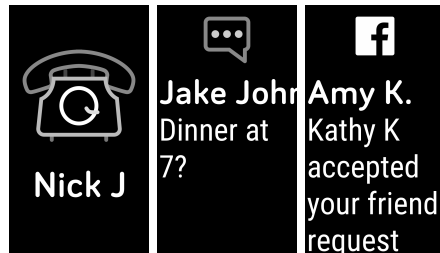
Turn off notifications

Turn off all notifications in the quick settings on Inspire HR or turn off certain notifications with the Fitbit app.

To turn off all notifications:

1. Press and hold the button on your tracker to reach the quick settings screen.
2. Tap **Notifications** to turn them off. The notifications icon dims to indicate that notifications are turned off.

To turn off certain notifications:

1. With your tracker nearby, from the Fitbit app dashboard, tap the Account icon ( ) > Inspire HR tile > **Notifications.**
2. Turn off the notifications you no longer want to receive on your tracker.
3. Tap **Notifications** > **Inspire HR** in the top left corner to return to device settings. Sync your tracker to save your changes.

Note that if you use the Do Not Disturb setting on your phone, you don't receive notifications until you turn off this setting.

Timekeeping

Alarms vibrate to awake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week. You can also time events with the stopwatch or set a countdown timer.

For more information about setting and managing alarms, see help.fitbit.com.

Enable or disable an alarm

After you create an alarm, you can disable or re-enable it directly on Inspire HR without opening the Fitbit app. You can only create an alarm in the Fitbit app.

To enable or disable alarms:

1. On Inspire HR, open the Alarms app ( ).
2. Swipe until you find the alarm you want to enable or disable.
3. Tap to enable or disable the alarm.
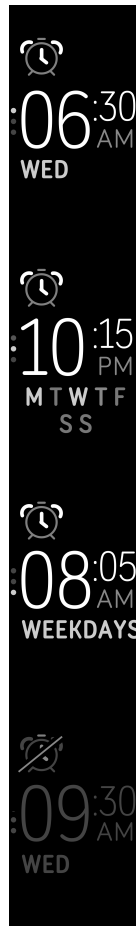
Dismiss or snooze an alarm

When your alarm goes off, the tracker vibrates.

To dismiss the alarm, press the button. To snooze the alarm for 9 minutes, swipe down.

Snooze the alarm as many times as you want. Inspire HR automatically goes into snooze mode if you ignore the alarm for more than 1 minute.

Time events with the stopwatch

To use the stopwatch:

1. On Inspire HR, open the Timers app (⧖).
2. If you used the countdown timer previously, swipe down and tap the stopwatch icon (⏱).
3. Tap the play icon (▷) to start the stopwatch.
4. Tap the pause icon to stop the stopwatch.
5. Swipe down to reset the stopwatch, or press the button to exit.

Set a timer

To use the countdown timer:

1. On Inspire HR, open the Timers app (⧖).
2. If you used the stopwatch previously, swipe up and tap the countdown icon (⏲).
3. Swipe to choose the number of hours, and then tap to set the hours. To set a timer for less than an hour, choose 00 hr.
4. Swipe to choose the number of minutes, and then tap to set the minutes.
5. Tap the play icon (▷) to start the timer. Inspire HR vibrates when the time allotted is done.

6. Press the button to dismiss the alert.

10m
Time's Up
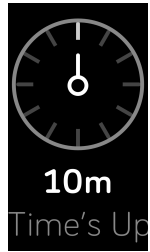
Activity and Sleep

Inspire HR continuously tracks a variety of stats whenever you wear it. The information is transferred to the Fitbit app every time you sync your tracker.

See your stats

From the clock face, swipe up to see your daily stats, including:

- Steps taken
- Current heart rate and heart-rate zone
- Calories burned
- Active minutes
- Distance covered
- Steps taken this hour and the number of hours you met your hourly activity goal

Find your complete history and other information automatically detected by your tracker, such as sleep data, in the Fitbit app.

Track a daily activity goal

Inspire HR tracks your progress towards a daily activity goal of your choice. When you reach your goal, the tracker vibrates and shows a celebration.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is to take 10,000 steps per day. Choose to change the number of steps taken, or to instead make your goal distance traveled, calories burned, or active minutes.

For information on how to see detailed progress toward your goal, see "See your stats" on the previous page.

Track your hourly activity

Inspire HR helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

Reminders nudge you to walk at least 250 steps each hour. You'll feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't walked 250 steps. When you meet the 250-step goal after receiving the reminder, you'll feel a second vibration and see a congratulatory message.
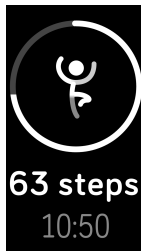
For more information on hourly activity, including how to customize the hours you receive reminders, see help.fitbit.com.

Track your sleep

Wear Inspire HR to bed to automatically track your time asleep and sleep stages (time spent in REM, light sleep, and deep sleep). To see your sleep stats, sync your tracker when you wake up and check the app.

For more information about sleep tracking, see help.fitbit.com.

Set a sleep goal

By default, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

For more information about your sleep goal, including how to change it, see help.fitbit.com.

Set a bedtime reminder

The Fitbit app can recommend consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. You can choose to be reminded nightly when it's time to start getting ready for bed.

For more information about how to set bedtime reminders, see help.fitbit.com.

Learn about your sleep habits

Inspire HR tracks several sleep metrics including when you go to bed, how long you're asleep, and your time spent in each sleep stage. Track your sleep with Inspire HR and check the Fitbit app to understand how your sleep patterns compare to your peers.

For more information about sleep stages, see help.fitbit.com.

See your heart rate

Inspire HR tracks your heart rate throughout the day. Swipe up from the clock screen to see your real-time heart rate and heart-rate zone. For more information about the stats on your tracker, see "See your stats" on page 25.

For more information about heart-rate zones on Inspire HR, see "Check your heart rate" on page 33.

Adjust your heart-rate setting

Track your heart rate day and night with Inspire HR. To preserve battery life, turn off heart-rate tracking in the Settings app > **Heart Rate**.

Note that the green LED on the back of Inspire HR continues to flash even if you turn off heart-rate tracking.

Practice guided breathing

The Relax app on Inspire HR provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between 2-minute and 5-minute sessions.

To begin a session:

1. On Inspire HR, open the Relax app.

2. The 2-minute session is the first option. Swipe up to choose the 5-minute session.

3. Tap the play icon to start the session and follow the on-screen instructions.

After the exercise, you'll see a summary that shows your alignment (how closely you followed the breathing prompt), your heart rate at the start and end of the session, and how many days you completed a guided breathing session this week.
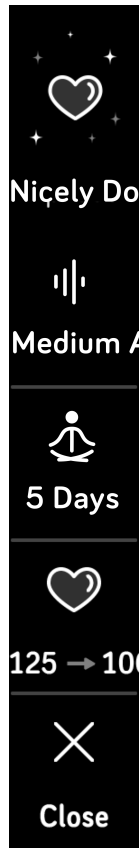
All notifications are automatically disabled during the session.

For more information about guided breathing sessions, including the benefits of practicing deep breathing and safety information, see help.fitbit.com.

Fitness and Exercise

Choose to automatically track exercise, or to track activity with the Exercise app and set goals based on distance, time, or calories.

Sync Inspire HR with the Fitbit app and share your activity with friends and family, see how your overall fitness level compares to your peers, and more.

Track your exercise automatically

Inspire HR automatically recognizes and records high-movement activities at least 15 minutes long—including run, elliptical, and swim. Sync your device to see basic stats about your activity in your exercise history.

For more information about tracking activity, see help.fitbit.com.

Track and analyze exercise with the Exercise app

Track specific exercises—such as run, bike, swim, or weights—with the Exercise app on Inspire HR to see real-time stats, including heart-rate data, calories burned, and elapsed time, and a post-workout summary on your wrist. For complete workout stats, and route and pace information if you used GPS, review your exercise history in the Fitbit app.

Note: The connected GPS feature on Inspire HR works with the GPS sensors on your nearby phone.

GPS requirements

Connected GPS is available for all supported phones with GPS sensors.

To use connected GPS:

1. Turn on Bluetooth and GPS on your phone.
2. Make sure the Fitbit app has permission to use GPS or location services.
3. Make sure connected GPS is enabled on Inspire HR (open the Settings app > **Phone GPS**).
4. Follow the steps below to track an exercise. Keep your phone with you during the workout.

Track an exercise

To track an exercise:

1. On your tracker, open the Exercise app.
2. Swipe to find an exercise, and tap to choose it.
3. Tap the play icon (▷) to begin the exercise, or swipe up to set a goal for time, distance, or calories, depending on the activity.
4. When you're done with your workout or want to pause, press the button. (Press the button again and tap **Finish** to end the workout.)
5. Swipe up to see your workout summary.
6. Press the button to close the summary screen.

Note:

- If you set an exercise goal, your tracker vibrates when you're halfway to your goal and when you reach the goal.
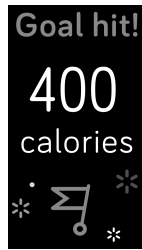
- If the exercise uses GPS, you'll see an icon in the top left as your tracker connects to your phone's GPS sensors. When the screen says "connected" and Inspire HR vibrates, GPS is connected.

Customize your exercise settings and shortcuts

Customize settings for various exercise types and change or reorder exercise shortcuts in the Fitbit app. For example, turn connected GPS and cues on or off or add a yoga shortcut to Inspire HR.

To customize an exercise setting:

1. From the Fitbit app dashboard, tap the Account icon ( ) > Inspire HR tile > **Exercise Shortcuts**.
2. Tap the exercise you want to customize.
3. Choose the settings you want to customize, and then sync your device.

For more information about changing or reordering exercise shortcuts, see help.fitbit.com.

Check your workout summary

After you complete a workout, Inspire HR shows a summary of your stats for the workout you chose. Stats can include:

- Time elapsed
- Distance covered
- Average pace
- Average heart rate
- Maximum heart rate
- Calories burned
- Steps taken
- Number of laps
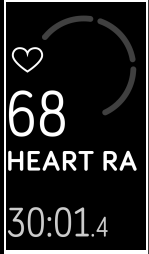
Sync your tracker to save the workout in your exercise history, where you can find additional stats and see your route and pace if you used connected GPS.

Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Inspire HR shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. In the Fitbit app, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available by default, or you can create a custom zone if you have a specific heart rate you're targeting.

Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

Icon	Zone	Calculation	Description
68 HEART RA 30:01.4	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
121 FAT BURN 27:31.9	Fat Burn	Between 50% and 69% of your maximum heart rate	This is a low-to-medium intensity exercise zone. This zone may be a good place to start for those new to exercise. It's called the Fat Burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
132 CARDIO 35:19.7	Cardio	Between 70% and 84% of your maximum heart rate	This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
166 PEAK 35:19.7	Peak	Greater than 85% of your maximum heart rate	This is a high-intensity exercise zone. This zone is for short intense sessions that improve performance and speed.

Custom heart-rate zones

Configure a custom heart-rate zone or a custom max heart rate in the Fitbit app if you have a specific target in mind. For example, elite athletes might have a target that differs from the American Heart Association's recommendations for most people.

For more information, including links to relevant American Heart Rate Association information, see help.fitbit.com.

Track your cardio fitness score

Track your overall cardiovascular fitness with Inspire HR. From the Fitbit app dashboard, tap the heart rate tile and then swipe left to see your cardio fitness score (also known as VO2 Max) and cardio fitness level, which shows how you compare to your peers.

For more information about cardio fitness, including tips for improving your score, see help.fitbit.com.

Update, Restart, and Erase

Learn how to update, restart, and erase Inspire HR.

Update Inspire HR

Update your tracker to get the latest feature enhancements and product updates.

When an update is available, you'll see a notification in the Fitbit app prompting you to update. When the update starts, a progress bar appears on Inspire HR and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update process.

Note: Updating Inspire HR takes several minutes and may be demanding on the battery. We recommend plugging your tracker into the charger before starting the update.

If you have trouble updating your tracker, see help.fitbit.com.

Restart Inspire HR

If you can't sync Inspire HR, you have trouble with connected GPS or tracking your stats, or your tracker is unresponsive, restart your device:

1. Plug the charging cable into the USB port on a computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the tracker until it attaches magnetically. The pins on the charging cable must connect securely with the port.
3. Press and hold the button on your tracker for 5 seconds. Release the button. When you see a smiley face and Inspire HR vibrates, the tracker restarted.

Restarting your tracker reboots the device but doesn't delete any data.

Erase Inspire HR

If you want to give Inspire HR to another person or wish to return it, first clear your personal data:

On Inspire HR, open the Settings app > **Clear User Data**.

Troubleshooting

If your tracker isn't working properly, review our troubleshooting guidance below. Visit help.fitbit.com for more information.

Heart-rate signal missing

Inspire HR continuously tracks your heart rate while you're exercising and throughout the day. Occasionally, the heart-rate sensor on your tracker may have difficulty finding a good signal. When this happens, you see dashed lines where your current heart rate usually appears.
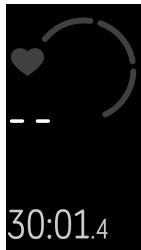
If you're not getting a heart-rate signal, first make sure heart-rate tracking is turned on in the settings app on your device. Next, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Inspire HR should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

GPS signal missing

Environmental factors including tall buildings, dense forest, steep hills, and even thick cloud cover can interfere with your phone's ability to connect to GPS satellites. If your phone is searching for a GPS signal during an exercise, you'll see an icon at the bottom of the screen.

For best results, wait for your phone to find the signal before you start your workout.

Other issues

If your tracker experiences any of the following problems, restart it:

- Won't sync
- Won't respond to taps, swipes, or button press
- Won't track steps or other data

For instructions on how to restart your tracker, see "Restart Inspire HR" on page 36.

For additional troubleshooting or to contact Customer Support, see help.fitbit.com.

General Info and Specifications

Sensors

Fitbit Inspire HR contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- An optical heart-rate tracker

Materials

The housing on Inspire HR is plastic. The Inspire HR classic band is made of a premium, comfortable silicone similar to that used in many sport watches, and the buckle is made of anodized aluminum. While anodized aluminum can contain traces of nickel, which can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

Wireless technology

Inspire HR contains a Bluetooth 4.0 radio transceiver.

Haptic feedback

Inspire HR contains a vibration motor for alarms, goals, notifications, and reminders.

Battery

Inspire HR contains a rechargeable lithium-polymer battery.

Memory

Inspire HR stores your data, including daily stats, sleep information, and exercise history, for 7 days. For best results, sync your tracker daily.

Display

Inspire HR has an OLED display.

Wristband size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

| Small wristband | Fits a wrist between 5.5 - 7.1 inches (140 - 180 mm) in circumference |
| Large wristband | Fits a wrist between 7.1 - 8.7 inches (180 - 220 mm) in circumference |

Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	-4° to 14° F (-20° to -10° C) 113° to 140°F (45° to 60° C)
Water Resistance	Water resistant up to 50 meters
Maximum Operating Altitude	28,000 feet (8,534 m)

Learn more

To learn more about your tracker and dashboard, visit help.fitbit.com.

Return policy and warranty

You can find warranty information and the fitbit.com return policy at
fitbit.com/legal/returns-and-warranty.

Regulatory & Safety Notices

Notice to the User: Regulatory content for select regions for FB413 can also be viewed on your device. To view the content: Settings > Device Info

USA: Federal Communications Commission (FCC) statement

Model FB413

FCC ID: XRAFB413

Notice to the User: The FCC ID can also be viewed on your device. To view the content:

Settings > Device Info

Responsible Party – U.S. Contact Information

199 Fremont Street, 14th Floor
San Francisco, CA
94105

www.fitbit.com

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. This device must accept any interference, including interference that may cause undesired operation of the device.

FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 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 into 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.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

Canada: Industry Canada (IC) statement

Model/Modèle FB413:

IC: 8542A-FB413

Notice to the User: The IC ID can also be viewed on your device. To view the content:

Settings > Device Info

Avis à l'utilisateur: L'ID de l'IC peut également être consulté sur votre appareil. Pour voir le contenu:

Paramètres> Informations sur l'appareil

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

Australia and New Zealand

Japan

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

> **Settings > Device Info**

Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12:

2011 + A2:2013.