

Introducing the **LifeGuard SafetyWatch**

This stylish watch is a medical alarm that can send your GPS location in the event of an emergency. It's also a step counter and heart rate monitor, yet it's so easy to use.

Our newest mobile alarm is a personal safety watch that uses the same cellular technology as a mobile phone, but without any of the complicated features.

Press the button once to display the time. Swipe the screen to see the heart rate monitor and step counter. Press and hold the button for three seconds to send an alarm to INS LifeGuard.



CE FCC RoHS  

Emergency Response by Healthcare Professionals

INS LifeGuard's response centre is staffed by nurses and other healthcare professionals. That's exclusive to INS LifeGuard and it's an important distinction. Emergency personnel are engaged quickly if required, and our staff can not only share personal details but also medical information that could save a life.

Perfect for:

- The elderly or those with chronic medical conditions who may live independently but want to know help is available at any time
- Lone Workers who want reassurance knowing they can summon help when working alone or out in the community, especially at night



*Emergency Response by
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1800 636 040
inslifeguard.com.au



LifeGuard SafetyWatch

Features:

- **4G LTE Connectivity** — supports various 4G bands as noted in the table on the right
- **SOS button** — simply press to send an alarm in real-time with your location details
- **Heart Rate Monitoring** — it can measure the wearer's heart rate on demand by swiping to the Heart Rate screen and tapping it*
- **Step Counter** — tracks daily movement to encourage health and vitality
- **Voice Prompts** — let you know the time and status of your device (e.g. your alarm has been activated)
- **Fall Detection** — if a potential fall or collision is detected, it will trigger an alarm†
- **Geofence Alerts** — ability to set Geofence areas and INS LifeGuard can receive alerts as the device enters or exits those areas (e.g. for those with dementia who may wander). Optional service that incurs an additional fee.
- **4 Locating Technologies** — real time tracking, up to 4 location technology: GPS, WiFi, Bluetooth and LBS
- **Waterproof IP67** — can be worn in the shower, where many falls occur‡
- **Two-way Calling** — built-in speaker and microphone so the user can have 2-way communication with our emergency response centre

* Intended for use as a fitness/wellness device. The sensors are not clinical-grade or TGA approved, and not intended to be used for medical assessment.

† Fall Sensors work by detecting a period of acceleration followed by an impact or sudden stop. However, not all falls can be detected, so you should always press your help button after experiencing a fall, if you're able to.

‡ We recommend the SafetyWatch not be exposed to chemicals or cleansers; subjected to direct, prolonged water spray; submerged in water deeper than 1 meter; or submerged for more than 30 minutes.

General Specifications:

Dimensions	47.5mm*16.9mm; weight: 65g
Screen	AMOLED
Backup battery	Rechargeable, 3.7V, 580mAh
Charging voltage	5V DC
Operating temperature	-20°C to +80°C for working -39°C to +70°C for storage
Battery life	Up to 48 hours under normal use
Waterproof	Follow the IP67 standard‡

Hardware Specifications:

MCU	MTK6739, Nordic NRF52832
Sensor	heart rate, motion & vibration sensor
Connectors	4 Pin-Magnet for charging
SIM card slot	Nano SIM card
Flash memory	1G DRAM+8G DRAM
WiFi	802.11 b/g/n, 2.4G
BLE	BT4.2

GPS / GLNSS:

GPS chipset	MT6625L
Support	GPS, GLonass
Receiver frequency	1575.42MHz
Start time	Cold: Approx 26s Warm: Approx 2s Hot: Approx 1s
Antenna	Built-in laser curved antenna

4G LTE Supported Bands:

4G Bands	AU/SA: B1/B3/B5/B7/B28 EU: B1/B3/B7/B8/B20 North America: B2/B4/B5/B7/B12/B13/B17
Antenna:	Built-in laser curved antenna

Specifications subject to change at discretion of INS LifeGuard.

Warning for those with pacemakers:

Radiofrequency energy from mobile devices and other technologies, including our mobile alarms, may cause interference with pacemakers. In particular, note the following precautions:

- **PROPER STORAGE** – avoid placing or wearing them next to the pacemaker. For instance, don't carry your mobile device in your shirt or jacket pocket if it rests near the pacemaker.
- **PROPER DISTANCE** – hold your mobile device to the ear opposite the side of the body where the pacemaker is implanted. Ensure your mobile device remains at least 15 centimetres away from your pacemaker.