



**INS LifeGuard**

**Our new improved  
LifeGuard SmartWatch  
V2 is the very latest in  
wearable technology**

*Also incorporates heart rate  
and blood pressure monitoring*

# The LifeGuard SmartWatch V2



## Feel safe and secure, take your alarm and more with you wherever you go!

Pressing the HELP button sends an alarm through to our 24/7 Emergency Response Health Centre. The built-in GPS locator ensures that in an emergency we'll be able to locate you, speak to you, and send assistance, even if you can't respond.

Much more than just a modern smart watch, this device is also a personal health care service and mobile medical alarm system.

Can be worn as a pendant on a chain (see information for those with pacemakers on bottom of page two).

## Many Features for Your Health & Safety

- SOS Calls at the Press of a Button
- Location Tracking
- Set Geofence areas and receive notifications when wearer enters or exits those areas
- Health Care – Record Heart Rate and Steps/Pace\*
- Appointment / Medication Reminders
- Link to family and other authorised contacts via the free LifeGuard SmartCarer app

*Please turn over for full list of features.*



### Emergency Response by Healthcare Professionals

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

**1800 636 040**

[www.theinsgroup.com.au](http://www.theinsgroup.com.au)

[Facebook.com/INSLifeGuardAUandNZ](https://www.facebook.com/INSLifeGuardAUandNZ)

# The LifeGuard SmartWatch V2

## Features and Benefits:

### **SOS Calls at the Press of a Button**

One press of the HELP button sends an alarm to our Emergency Response Centre.

### **Location Tracking**

Track the wearer's location using a combination of GPS, BDS, WiFi and LBS positioning technologies.

### **Geofence Notifications**

Set Geofence areas and receive notifications when the wearer enters or exits those areas.

### **Health Care\***

Measure heart rate, pulse, temperature, SpO2, and even steps taken/pace. Measurements can be recorded and sent to a nurse in our Emergency Response Centre, or to family for monitoring and follow-up. Ability to monitor a full suite of wireless TeleHealth devices.

### **Make and Receive Voice Calls**

With our optional Telephone Service, you can make and receive voice calls using the LifeGuard SmartWatch<sup>†‡</sup> – family & carers can make calls to your SmartWatch via our LifeGuard SmartCarer app (see below).

### **Two-Way Audio following an Alarm**

This ensures that after an alarm is triggered we can speak to the user and provide assistance, even if they are unable to respond.

### **Appointment / Medication Reminders**

We can set reminders e.g. to take medication or for appointments, and the SmartWatch will notify the user at the scheduled time.

### **Can link to the LifeGuard SmartCarer app**

Family and carers can download the free LifeGuard SmartCarer app to interact with your SmartWatch. With your permission, they can update your information, receive alerts, view any health data you've recorded, and make and receive calls between the SmartWatch and the LifeGuard SmartCarer app.

## Who Would Benefit?

Anyone who wants to remain independent knowing help is available quickly when needed would benefit from the LifeGuard SmartWatch.

It's ideal for those suffering from dementia, cardiovascular disease or other conditions. The LifeGuard SmartWatch can indicate heart rate and blood pressure.\*

### Technical Specifications

- Dimension:  $\phi$  49.6mm, THK16.7mm
- Weight: 73g
- Antenna: Built-in laser curved antenna
- 600mAh Hibuilt-in rechargeable lithium battery; magnetic charging cable. Nightly charging is recommended.
- GPS, WiFi, BT4.0
- 1.39 inch TFT-LCD Colour Touch Screen
- Screen resolution 400x400px
- Cameras: 5MP Front, 8MP Rear
- SIM: Requires LifeGuard M2M Telstra Nano-SIM
- Frequency:
  - » GSM: B5, B8, B3, B2
  - » WCDMA: B5, B2, B1
  - » LTE FDD: B1, B2, B3, B5, B7, B8, B12, B17, B20
  - » TDD: B38, B39, B40, B41
- Water resistant, but not recommended for showering or submersion
- Sensors: 3-axis G-sensor, Optical Heart Rate Sensor.
- Warranty: 90 days

### **Warning for those with pacemakers:**

Radiofrequency energy from mobile devices, including our SmartMobile, SmartWatch, and SmartTracker, may cause interference with pacemakers and should not be used in close proximity to 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.

Patent pending.

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\* 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. May incur additional charges.

† Requires optional Telephone and Internet packages.

‡ Future Development

Features and Specifications subject to change.

Note: INS does not monitor battery, network or hardware issues.