



moov<sup>now</sup>™  
**USER GUIDE**

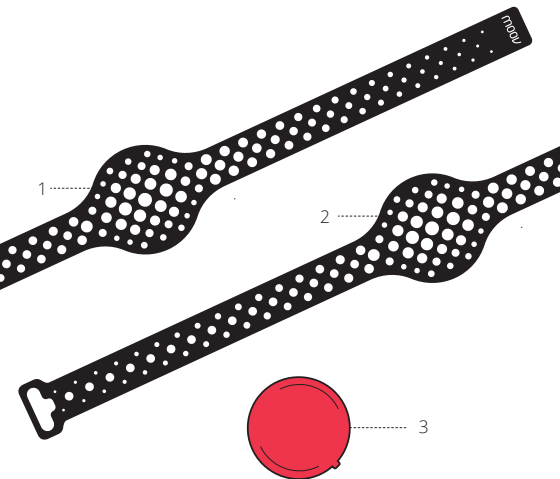
[moov.cc/start](https://moov.cc/start)



**SUPPORT  
@MOOV.CC**

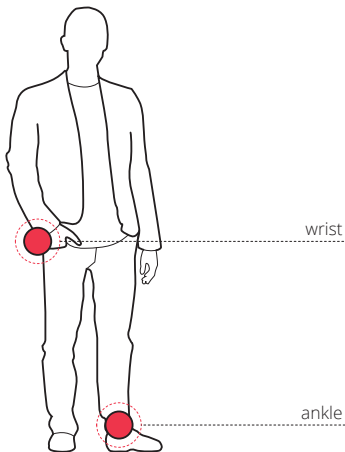
**ENGLISH**

# WHAT COMES IN THE BOX



1. Small band
2. Large band
3. Moov core with CR2032 battery

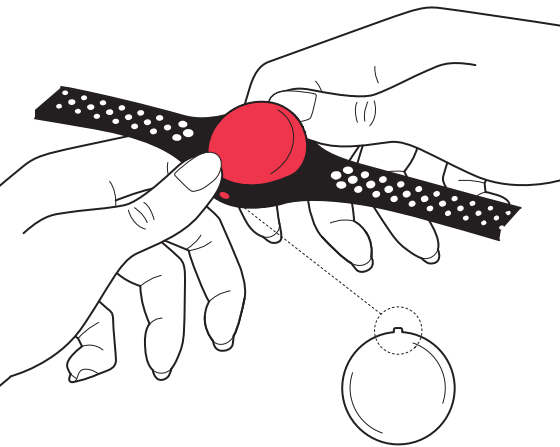
# HOW TO WEAR



Use the most comfortable band size. Most people choose the small band for their wrist and the large band for their ankle.

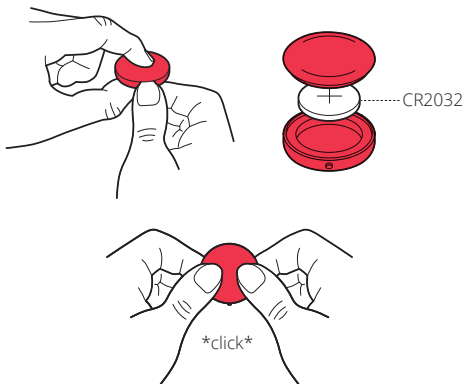
Follow the instructions in the app for the optimal wearing position for each sport.

# MOUNTING MOOV



To remove, press the core out of the band. Line up the knob with the alignment hole when inserting the core into a band.

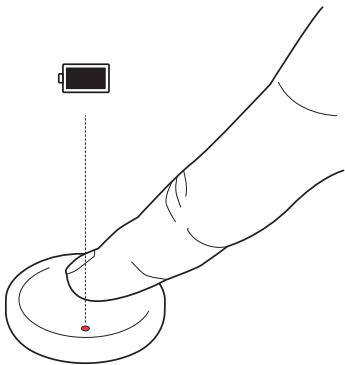
# CHANGING THE BATTERY



Moov's battery will last for approximately six months. You will receive an alert within the app when it is time to change your battery.

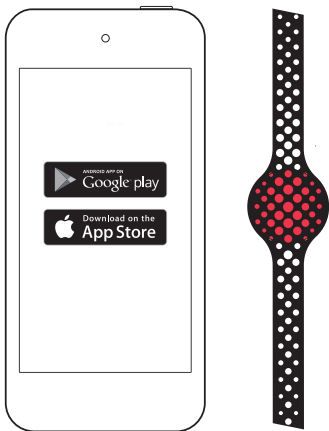
Change the battery by opening the core with your fingernail. Close the casing carefully to assure the seal is tight. The core must be fully sealed to be waterproof. You will hear a distinct click when the core is securely closed again.

# LIGHT INDICATOR



Click on the core to check the battery level. The battery is charged if the light is blinking.

# GET THE APP



Moov supports most Android and iOS devices which have Bluetooth 4.0 with Bluetooth Low Energy. Visit [www.moov.cc/devices](http://www.moov.cc/devices) for a full list of compatible devices.

Follow the instruction in the app to connect Moov to your phone.

**MOOV.CC/START**

