



# RHYTHM

## ARBAND PULSE MONITOR

# FAQ's

## COMPATIBILITY

### Will RHYTHM work with my Apple or Android device?

- iPod touch (3rd and 4th generation), iPhone 4S, iPhone 4, iPhone 3GS, iPad (3rd generation), iPad 2 and iPad.
- Smartphones with Android OS (Gingerbread 2.33 or higher); Tablets with Android OS (Honeycomb 3.0 or higher)

### What version of iOS or Android is required for use with the RHYTHM App?

- iOS version 5.1 or higher. Smartphones with Android OS version 2.33 or higher; Tablets with Android OS 3.0 or higher.

### Will RHYTHM work with my wired headset?

- Yes, RHYTHM will function using a wired headset.

### Will RHYTHM work underwater?

- Although RHYTHM is water resistant, it is not designed for underwater use.

### Can I pair Bluetooth headphones or a headset while also being paired with RHYTHM?

- Yes, you can be paired to both Bluetooth devices at once.

## CHARGING

### How long does it take to fully charge RHYTHM?

- Approximately two hours or until the LED light turns solid blue.

### How do I know RHYTHM is charging?

- The LED light flashes red during charging.

### Will RHYTHM continue recording if the battery dies?

- If the RHYTHM battery dies, time and GPS tracking will continue within the app. However, the armband will no longer read or transmit pulse data.

## INITIAL SETUP

### How do I properly wear RHYTHM?

- RHYTHM should be worn securely on your forearm, near the elbow. The word Scosche should be legible while worn. Refer to User Guide for illustrations.

### Will RHYTHM work over clothing?

- No, RHYTHM should be worn flat and directly against the skin.

### How do I pair RHYTHM with my device?

- Go into your devices' Bluetooth settings; turn on Bluetooth. Turn on RHYTHM by pressing the center button. RHYTHM will enter pairing mode and will show up under Devices. Press "Scosche RHYTHM" to pair with device. RHYTHM should be worn prior to pairing.

### How do I calibrate RHYTHM?

- RHYTHM will calibrate once the RHYTHM App is launched. Calibration is complete when the heart icon is pulsing, and your pulse is displayed. If RHYTHM does not calibrate, please call Tech Support at (800) 621-3695 Ext. 3

### How do I keep the RHYTHM App displayed during my entire workout?

- In the RHYTHM App settings, under "other" turn the "Allow Auto-Lock" feature to "OFF".

## FITNESS METRICS

### How do I determine if RHYTHM is accurately reading my pulse?

- The pulsing heart icon signifies that RHYTHM has found a pulse. The heart icon will appear on the home screen in the upper left portion.

### How are calories calculated?

- Calories burned are calculated using the user's weight, pulse, and time elapsed. Be sure to enter your specific settings prior to beginning a workout.

### How are the training zones calculated?

- Your max heart rate is based on the standardized formula;  $220 - \text{your age} = \text{your max heart rate}$ .
- Each training zone represents a percentage of your max heart rate: Resting 40-59%, Weight Loss 60-69%, Fitness 70-79% Performance 80-89%, Red Line 90% and above.



## FITNESS METRICS *cont'd*

### How do I get the most accurate results with RHYTHM?

- Verify that your GPS signal is strong prior to starting a distance workout.
- Verify that the battery is sufficiently charged.
- Ensure that the sensors are clean. (To clean the sensors use a soft cloth with ONLY mild hand soap and cool water to wipe down the armband, sensors and plastic housing)
- Make certain that RHYTHM is worn flush against skin.
- Your device is within 30 feet of the RHYTHM.

### Is RHYTHM recommended during weight lifting?

- RHYTHM may be used to monitor your pulse during rest periods between weight lifting sets.

### What if I have an irregular heartbeat?

- RHYTHM is not a medical device and is not designed for use with this condition.

## MUSIC and PHONE

### How do I play music within the RHYTHM App?

- You can add songs or playlists from within the RHYTHM App by clicking on the music icon on the home screen.

### What happens if I receive a phone call?

- In the settings menu if "Pause on incoming call" is "ON" then the RHYTHM App will pause and auto resume when the call is complete.

### What happens if I receive an alert such as a text message, email, etc.?

- Everything should continue to function as normal. However, your workout may be affected if you stop or slow to respond.

## GPS TRACKING

### Why is my GPS signal weak?

- The GPS tracking signal can be blocked by walls, structures, weather and other natural elements.

### Why aren't speed and distance being tracked when I work out indoors?

- The GPS tracking signal can be blocked by walls, structures, weather and other natural elements.  
To utilize the GPS and speed functions, you must be traversing outdoors for a signal to be tracked.

### Why doesn't my iPod touch track distance?

- Only GPS enabled devices such as the iPhone 4, iPhone 4S and Android Smartphones are capable of tracking distance and speed.

## MAINTENANCE

### How do I properly clean RHYTHM? Do's and Don'ts...

- Do's
  - To ensure accurate readings, clean the removable armband, sensors and charging contacts following each use.
  - Use a soft cloth with ONLY mild hand soap and cool water to wipe down the armband, sensors and plastic housing.
  - Use a cotton swab and ONLY rubbing alcohol to clean the charging contacts.
- Don'ts
  - DO NOT SUBMERGE IN WATER
  - Do not use any abrasive chemicals to clean the RHYTHM armband, sensors or plastic housing. This will cause permanent damage.

### Why is the Bluetooth connection being interrupted on my iPod touch or iPhone?

- Use ONLY an Apple approved case on your iPod touch or iPhone.  
Ensure that there are no obstructions between you and your device and you are no more than 30 feet away.

## PRODUCT SUPPORT

### What is the RHYTHM support number?

- (800) 621-3695 Ext. 3

### What is the RHYTHM support website?

- <http://www.scosche.com/RHYTHM>

### Where is the RHYTHM user manual?

- <http://www.scosche.com/RHYTHM>

### Does the RHYTHM carry a warranty?

- RHYTHM carries a one year warranty. See full user guide for complete details.

