



# MGMove

QUICK START GUIDE



## Step 1: Charge

- Begin by facing the red **SOS Button** up and align the pins on the *Charging Cradle* with the back of the watch. *Voice Assist* will announce that the device has been correctly seated on the charger.
- The device will take approximately 2-3 hours to fully charge. The green **Full Charge** light will appear at the base of the cradle.

### LED Legend

- Full Charge
- Not Charging (Adjust Cradle)
- Under 97% Charge



### SOS Button

When you hold the red button on the left side of your watch for 5 seconds, you will be connected to the *Monitoring Center*. This can also serve as a back button.

### Adjustable Wristband

Metal clasp and rubber wristband work together to provide the perfect fit.

### Magnetic Charging Station

To charge your MGMove, align the back of your watch face to the gold pins on the station. The **SOS Button** should be on top.

### Sleep/Wake Button

This button will wake or reboot your device.

### Battery Light Status

See LED legend.

## Step 2: Activate

- Fully charge your device. Tap the watch face to get to the home screen. Then, tap the **Test** App to initiate the automated testing process.
- A call will be placed to our *Monitoring Center*. Follow the voice prompts as directed until you hear a success confirmation.
- Your system will be in test mode for a few moments, after which your system will be fully operational.



### Step 3: **Fit Your Band**




- Take the side of the wristband with the holes, and pass it through the opening of the metal clasp. Secure the metal anchor pin through the hole that would best fit your wrist.
- Close clasp, if the fit is too loose repeat the first step until the desired fit is achieved.

**NOTE: You will only do this for the initial fitting. Once you have set the band to the correct size, you can use the side clasp buttons to put on and remove your watch easily.**



### Step 4: **Put it On and Go!**

**Congratulations!** You are now ready to live your *life without limits*, while feeling safe & protected everywhere you go.

-  **Stay Safe**  
Help is only a button press away at all times.
-  **Stay Active**  
Set your step counting goal & get moving!
-  **Stay Covered**  
GPS will keep you connected.

Find more information on our support site:  
[medicalguardian.com/support/mgmove](http://medicalguardian.com/support/mgmove)

### What's in the **Box**



**MGMove Smartwatch**  
with adjustable wristband



**Magnetic Charging Station**  
with Battery Status Light  
and Voice Assist



**Charging Cord**  
with a charging brick &  
USB cable

### About the **Support Circle** Apps

**Stay in Touch**  
With our **Messages App**, you can chat & text with your loved ones whenever you want.

**Plan Your Day**  
With our **Reminders App**, you can always keep track of daily tasks & events on your calendar with the help of your loved ones.



MGDOC-10491

The **Essential Plan** does not include the **Support Circle** Apps.  
**Want to Upgrade Your Plan? Call Now!**

**1 (800) 313-1191**