

JAWBONE SUPPORT



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Setting Up Your Band

What you'll need to get started

- 1 UP3 band
- 2 USB charging cable (included)
- 3 A powered USB port, e.g. computer, USB wall adapter, etc.
- 4 iOS or Android device with Wi-Fi connection

Step 1: Charge the Band

First, magnetically connect the charging cable to the band by aligning the pins on the charger with the pins on the inside of the band.



Next, insert the charging cable into the USB port on your computer or a standard USB wall adapter. You can bend the charging cable if needed.



The icons on the face of the band will illuminate and cycle through to indicate that the tracker is charging.



The icons will stop cycling and the runner icon will solidly glow once the band is fully charged. A full charge takes approximately 60-90 minutes.



Step 2: Fit the Band to Your Wrist

Hold the band upright with the loop at the bottom.



Place the band on your non-dominant wrist, then rest your wrist on a flat surface.



Thread the strap through the loop then tighten the strap to hold the loop in place.

The fit should be snug, but not too tight.



Note where the clasp lands then remove the band and adjust the buckle accordingly.



Put the band back on and insert the clasp just over the buckle to secure the band to your wrist.



To remove the band, lift the strap and slide the clasp away from the buckle.



[RELATED: How to Wear Your Activity Clip](#)

Step 3: Install the UP App

The UP App seamlessly syncs your activity and sleep data from your tracker, providing a deeper understanding of how your diet, sleep, and activity levels affect your health and well-being. In addition, the app allows you to log calorie intake, set step and sleep goals, as well as alerts and alarms.

Continue the setup process by installing the UP App on your iOS device via the [iTunes App Store](#) or your Android device via [Google Play](#)



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Monday - Sunday, 6AM-7PM
(Pacific)

1-800-JAWBONE / 1-800-529-2663

JAWBONE

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