

Model **R8**



**JAMES**  
**EMERGENCY WATCH**

MANUAL  
ENGLISH

## MANUFACTURER

**ilogs healthcare GmbH**

Krone Platz 1

9020 Klagenfurt am Wörthersee

Austria

## COMPONENTS

As soon as you have opened the packaging, make sure that the following components are present

- ✓ Emergency watch
- ✓ Charging cable
- ✓ Power plug
- ✓ User manual

**NOTE:** If a component is missing from the packaging, please contact our support team.

## GET STARTED

### Charging

Connect the charging cable to the power plug and insert the plug into a socket. Then connect the magnetic charging contacts on the charging cable to the charging contacts on the back of the watch.



**TIP:** The battery life is **up to 3-5 days**. It is recommended to charge the watch daily. Daily charging takes about one hour. A battery warning message appears on the watch when the battery level reaches 15%.

### Switch on

Press and hold the control button on the clock until the screen switches on. After a short start-up process, the time appears.



### Wake up

If the watch is not used for ten seconds, the screen goes into sleep mode. You can wake the watch by briefly pressing the control button to use all functions.

## FUNCTIONS

Navigation: **Swipe left** on the screen or **briefly press the control button**.



## TRIGGER AN ALARM

Press the button for several seconds until you hear an audible signal and see the white curve animation on the screen. If you do not cancel the alarm, the watch will call the call centre.

**TIP:** By briefly pressing the control button, you can still cancel the alarm in the first few seconds if, for example, you have triggered an alarm unintentionally.

**NOTE:** The active alarm can also be deactivated.



Control button  
long press

## TRIGGER AN ALARM

During the alarm, the situation is clarified by telephone with the call centre and help is organised if necessary. In addition, the position is transmitted to the call centre to enable assistance.



Watch is connected  
with call centre



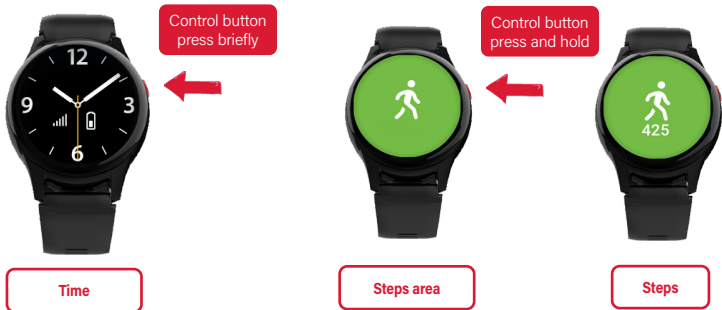
**NOTE:** In the event of an alarm, a red "SOS" appears on the clock display. This disappears as soon as the call centre ends the alarm.

## STEP COUNTER

After switching on, you can display your current daily steps by briefly pressing the control button. The steps can be called up at any time in the **APP** /

**web portal.**

The steps are reset to 0 at midnight.



## POWER OFF

Navigate to the power-off function.

Press and hold the control button until the clock turns off.



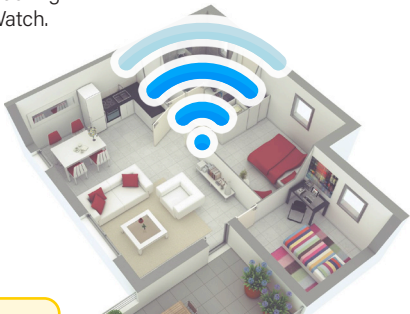


## JAMES LOCATOR

The **James Locator**, which is plugged into a socket, provides room to room location during an Alarm from the James Emergency Watch.



JAMES LOCATOR



**NOTE:** For detached houses or larger living areas, you will need more than x1 locator. Available from your James Watch provider. Please contact them or us for further information.

**TIP:** x1 central locator, covers an area of x 2 rooms.

## CLEANING INSTRUCTIONS

If worn for long periods, the watch is exposed to sweat and dust and should be cleaned at least **once a month**.

We recommend using a **glasses cleaning cloth moistened with water** for rough cleaning.

Any dirt in the cracks of the housing should be removed with a soft, dry toothbrush.

**ATTENTION:** Do not use soap or disinfectants for cleaning

## PROTECTION CLASS IP66

IP stands for "Ingress Protection", i.e. "*Ingress Protection*". It describes how resistant electronic devices are to dust and water.

The IP66 protection rating is not waterproof, but only water-resistant. Products

with an IP66 rating cannot be submerged and still retain their protective functions.

The operating temperature is between  $-10^{\circ}\text{C}$  and  $+40^{\circ}\text{C}$ .

### ATTENTION:

The watch must not be exposed to the following:

- **Salt water (e.g. sea)**
- **water containing chlorine (e.g. swimming pool)**
- **hot soapy water (e.g. bathtub, washing up)**
- **hot steam (e.g. sauna, hot shower)**

**Water damage is not covered by the warranty.**

## TECHN. DATA

### DATA SHEET

Size	50 x 43 x 15 mm
Weight	55 g
Screen	1.3 inch / IPD
Screen resolution	240 x 240 pixels
Operating system	NUCLEUS
Frequency bands	GSM: 900/1800; LTE(4G): B1/B3/B7/B8/ B20/B38/B39/B40/B41
SIM card	Nano
Waterproof	IP66

### BATTERIE

Batterietyp	Lithium polymer
Battery capacity	650 mAh
Operating time	approx. 72 hours
Charging time	approx. 1 hour

## SAR CERTIFICATION

The JAMES emergency call unit has been tested and complies with the applicable limits for protection against high-frequency energy (HF energy).

The highest SAR values measured are on the wrist:

GSM 900: **0.566 W/kg (SAR 10g)**

GSM1800: **0.355 W/kg (SAR 10g)**

LTE 1/3/8/38/40: **0,601 W/kg (SAR 10g)**

## OPERATING INSTRUCTIONS

Read these important safety instructions before using JAMES appliances. Observe the warnings and hazard warnings to prevent you or others from being injured and the device from being damaged. The term "device" refers to the product, the battery, the battery charger, the items supplied with the product and any ILOGS approved accessories used with the product.

### Careful handling

Please do not disassemble, modify or repair the appliance yourself. Changes or modifications to the appliance will invalidate the warranty. Do not use damaged mains cables or plugs or loose mains sockets. Unsecured

connections can cause an electric shock or fire. Do not pull firmly on the mains cable to remove it. The mains cable must not be kinked or damaged.

Use chargers, accessories and consumables approved by the manufacturer. The use of a charger not recommended by ILOGS can impair the service life of the device and/or lead to a malfunction - including fire or explosion - of the device. The manufacturer is not liable in this case.

Protect the device, the battery and the charger from damage. Do not drop the device and do not expose it to strong vibrations.

Avoid direct skin contact when the appliance is connected to a power source.

If the appliance becomes too

hot, please remove it immediately and switch it off. Then report this immediately to our support team. If any part of the appliance is defective or if smoke or a burning odour is emitted, stop using the appliance immediately. Do not use the appliance again until it has been checked and repaired by our support team. Broken glass or plastic can cause injuries to hands and face.

Store the appliance in a dry place. Moisture and liquid can cause damage to the parts or electronic circuits in the device. Water will damage the appliance and invalidate the warranty.

### Information about the battery

# OPERATING INSTRUCTIONS

Never use a damaged battery (e.g. rear panel is inflated). The device and in particular the battery can be used at an ambient temperature of -15 °C to 40 °C. If the device is used outside this temperature range, this may result in damage to the device and the battery.

Therefore, do not store the device in very hot places such as a car interior (especially the dashboard) in summer. This can cause the display to malfunction, damage the device or cause the battery to explode.

Place

Do not place the battery or the device on or in appliances that generate heat, such as microwaves, ovens or radiators. The device may explode if exposed to excessive heat.

If the device is not used for a longer period of time, it will

discharge. In this case, it must be recharged before use. Please note that the battery will only reach its full capacity after being fully discharged and charged several times.

## Notes on pacemakers

The following should be noted regarding the use of JAMES emergency watches/wristbands by persons with pacemakers or defibrillators:

The JAMES devices contain a GSM module like smartphones and other smartwatches. Current studies recommend a minimum distance of 15cm between smartphones/smartwatches and a cardiac implant/pacemaker/defibrillator.

To prevent possible interference with a pacemaker, you should

not use the device on the side of your body where the pacemaker is located.

## Cleaning

Clean the device and the charger with a cleaning cloth. Clean the battery terminals with cotton wool or a towel. Do not use chemicals or solvents. This can lead to discolouration and corrosion of the outside of the device or result in an electric shock or fire. Protect the device from dust, sweat, ink, oil and chemical products such as cosmetics, antibacterial sprays, hand cleaners, detergents and insecticides. Otherwise, damage to the exterior and interior of the device may occur or the performance of the device may be impaired. If your appliance comes into direct contact with

## OPERATING INSTRUCTIONS

any of the above substances, clean it with a soft, lint-free cloth.

### Waste disposal

Handle the device, charger and battery with care and dispose of them properly. Never dispose of the battery or the device in a fire. Observe the local regulations when disposing of used batteries or devices.

The European Parliament and the Council of the European Union have adopted the EU WEEE Directive ("Waste Electrical and Electronic Equipment Directive"). The aim of the directive is to prevent electrical and electronic waste and to promote the reuse, recycling and other forms of recovery of such waste. The directive therefore affects manufactu-

urers, retailers and consumers. The WEEE Directive requires that both producers and end users dispose of electrical and electronic equipment and components in an environmentally sound manner and that equipment or waste is reused, separated or recovered for energy recovery. Electrical and electronic equipment and components must not be disposed of

with normal household waste, but must all be collected and disposed of separately. Products and devices that must be collected for reuse, recycling or other forms of recovery are labelled with the symbol shown. By disposing of electrical and electronic equipment via the collection systems available in your country, you are making a contribution to environmental and health protection and

to the sustainable and sensible use of natural resources. The collection of electrical/electronic equipment and waste prevents environmental pollution by hazardous substances that may be present in the corresponding products and equipment. You can return the watch to us and we will dispose of it in accordance with the regulations.

## EU DECLARATION OF CONFORMITY

ilogs healthcare declares that the **JAMES emergency clocks** fulfil the essential requirements and other relevant provisions of Directive 2014/53/EU. A copy of the Declaration of Conformity is available on request or can be downloaded from the following link.

**Link:** [james.care/download/coc/r8.pdf](https://james.care/download/coc/r8.pdf)



**NO  
MOBILE CONNECTION**

### **IMPORTANT:**

An "X" symbol for network reception indicates that there is a problem with the mobile phone connection (e.g. "dead zone").

*Solution:*

**Restart the clock.**



## MAINTENANCE & TROUBLESHOOTING



### Possible problems:

*No mobile phone network is available: The clock displays an "x" on the left above the time.*

*No contact with the JAMES app: "Last contact" more than 15 minutes.*

*It is not possible to call the watch.*

*It is not possible to trigger a test alarm.*

### Solution:

Power the watch off and then on again: To do this, briefly press the button on the watch several times until you reach the blue "Power off" symbol. Then press and hold the button until the watch powers off. Then power the watch back on by pressing and holding the button for a few seconds.

Check whether there is still a problem.

If the problem persists after this, **contact your service centre.**



# SUPPORT: WE ARE THERE FOR YOU

## AUSTRIA



+43 463 305 003



[support@ilogs.care](mailto:support@ilogs.care)

## UK



+44 330 22 111 33



[support-uk@ilogs.care](mailto:support-uk@ilogs.care)

If you have any questions or problems, please visit our help page at [james.care/en/help](https://www.james.care/en/help).

Incl. helpful YouTube videos.





**JAMES**

ilogs healthcare GmbH  
Krone Platz 1  
9020 Klagenfurt  
Austria

[james.care](https://james.care)

