



# fitbit inspire HR™



User Manual  
Version 2.6

# Table of Contents

---

<b>Get started</b> .....	<b>5</b>
What's in the box .....	5
Charge your tracker .....	6
Set up with your phone .....	6
See your data in the Fitbit app .....	7
<b>Wear Inspire HR</b> .....	<b>8</b>
Placement for all-day wear vs. exercise .....	8
Handedness .....	9
Wear and care tips .....	9
<b>Change the band</b> .....	<b>10</b>
Remove a band .....	10
Attach a band .....	10
<b>Basics</b> .....	<b>12</b>
Navigate Inspire HR .....	12
Basic navigation .....	12
Quick settings .....	14
Adjust settings .....	14
<b>Change the clock face</b> .....	<b>15</b>
<b>Notifications from your phone</b> .....	<b>16</b>
Set up notifications .....	16
See incoming notifications .....	16
Turn off notifications .....	17
<b>Timekeeping</b> .....	<b>19</b>
Set an alarm .....	19
Dismiss or snooze an alarm .....	20
Use the timer or stopwatch .....	21
<b>Activity and Wellness</b> .....	<b>22</b>

See your stats .....	22
Track a daily activity goal .....	23
Choose a goal .....	23
Track your hourly activity .....	23
Track your sleep .....	24
Set a sleep goal .....	24
Learn about your sleep habits .....	24
See your heart rate .....	24
Practice guided breathing .....	25
<b>Exercise and Heart Health .....</b>	<b>26</b>
Track your exercise automatically .....	26
Track and analyze exercise with the Exercise app .....	26
GPS requirements .....	26
Customize your exercise settings and shortcuts .....	27
Check your workout summary .....	28
Check your heart rate .....	28
Default heart-rate zones .....	28
Custom heart-rate zones .....	29
Share your activity .....	30
View your cardio fitness score .....	30
<b>Update, Restart, and Erase .....</b>	<b>31</b>
Update Inspire HR .....	31
Restart Inspire HR .....	31
Erase Inspire HR .....	32
<b>Troubleshooting .....</b>	<b>33</b>
Heart-rate signal missing .....	33
GPS signal missing .....	33
Other issues .....	34
<b>General Info and Specifications .....</b>	<b>35</b>
Sensors and Components .....	35
Materials .....	35
Wireless technology .....	35

Haptic feedback .....	35
Battery .....	35
Memory .....	36
Display .....	36
Band size .....	36
Environmental conditions .....	36
Learn more .....	37
Return policy and warranty .....	37
<b>Regulatory and Safety Notices .....</b>	<b>38</b>
USA: Federal Communications Commission (FCC) statement .....	38
Canada: Industry Canada (IC) statement .....	39
European Union (EU) .....	40
Customs Union .....	41
Argentina .....	41
Australia and New Zealand .....	42
Belarus .....	42
China .....	42
India .....	44
Israel .....	44
Japan .....	44
Mexico .....	44
Morocco .....	45
Nigeria .....	45
Oman .....	45
Pakistan .....	46
Philippines .....	46
Serbia .....	46
South Korea .....	47
Taiwan .....	47
United Arab Emirates .....	49
Zambia .....	50
Safety Statement .....	50

# Get started

---

Fitbit Inspire HR is a friendly heart-rate and fitness tracker for every day that helps you build healthy habits.

Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety). Inspire HR is not intended to provide medical or scientific data.

## What's in the box

Your Inspire HR box includes:



Tracker with small band  
(color and material vary)



Charging cable



Additional large band  
(color and material vary)

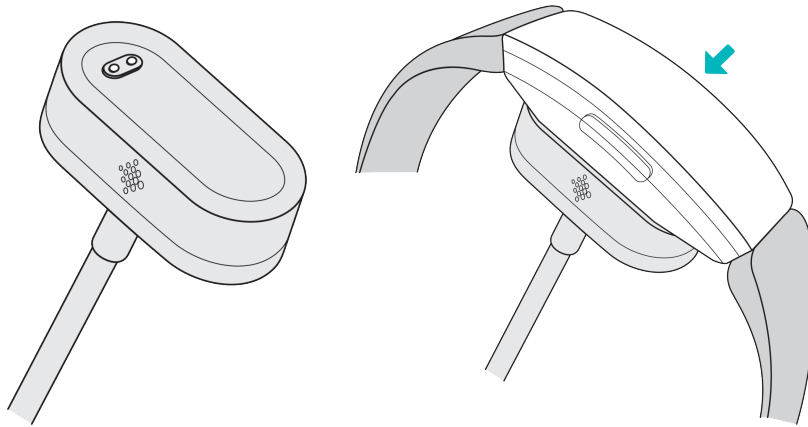
The detachable bands on Inspire HR come in a variety of colors and materials, sold separately.

## Charge your tracker

A fully-charged Inspire HR has a battery life of 5 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Inspire HR:

1. Plug the charging cable into the USB port on your computer, a UL-certified USB wall charger, or another low-energy charging device.
2. Hold the other end of the charging cable near the port on the back of the tracker until it attaches magnetically. Make sure the pins on the charging cable align with the port on the back of your tracker.



Charging fully takes about 1-2 hours. While the tracker charges, you can press the buttons to check the battery level. A fully-charged tracker shows a solid battery icon with a smile.

## Set up with your phone

Set up Inspire HR with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones. See [fitbit.com/devices](https://www.fitbit.com/devices) to check if your phone is compatible.



To get started:

1. Download the Fitbit app:
  - [Apple App Store](#) for iPhones
  - [Google Play Store](#) for Android phones
2. Install the app, and open it.
3. Tap **Sign in with Google**, and follow the on-screen instructions to set up your device.

When you're done with setup, read through the guide to learn more about your new tracker and then explore the Fitbit app.

For more information, see [the related help article](#).

## See your data in the Fitbit app

Open the Fitbit app on your phone to see your health metrics, activity and sleep data, choose a workout or mindfulness session, and more.

## Wear Inspire HR

---

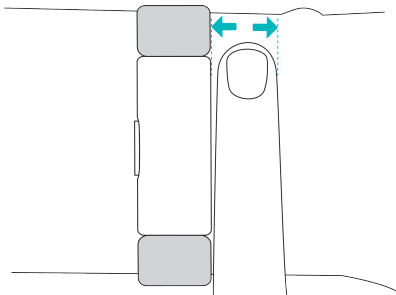
Wear Inspire HR around your wrist. If you need to attach a different size band, or if you purchased another band, see the instructions in ["Change the band" on page 10](#).

Note that the clip accessory isn't designed to fit Inspire HR.

### Placement for all-day wear vs. exercise

When you're not exercising, wear Inspire HR a finger's width above your wrist bone.

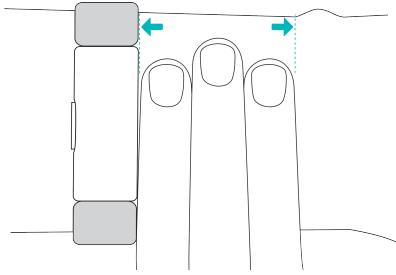
In general, it's always important to give your wrist a break on a regular basis by removing your tracker for around an hour after extended wear. We recommend removing your tracker while you shower. Although you can shower while wearing your tracker, not doing so reduces the potential for exposure to soaps, shampoos, and conditioners, which can cause long-term damage to your tracker and may cause skin irritation.



For optimized heart-rate tracking while exercising:

- During a workout, experiment with wearing your tracker a bit higher on your wrist for an improved fit. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the tracker is lower on your wrist.






- Wear your tracker on top of your wrist, and make sure the back of the device is in contact with your skin.
- Consider tightening your band before a workout and loosening it when you're done. The band should be snug but not constricting (a tight band restricts blood flow, potentially affecting the heart-rate signal).

## Handedness

For greater accuracy, you must specify whether you wear Inspire HR on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Inspire HR on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab  in the Fitbit app, tap the icon in the top left > Inspire HR tile > **Wrist** > **Dominant**.

## Wear and care tips

- Clean your band and wrist regularly with a soap-free cleanser.
- If your tracker gets wet, remove and dry it completely after your activity.
- Take your tracker off from time to time.

For more information, visit the [Fitbit Wear & Care page](#).

## Change the band

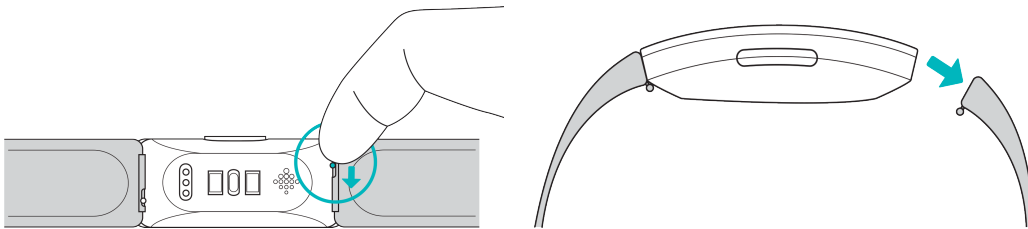
---

Inspire HR comes with a small band attached and an additional large, bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately on [fitbit.com](https://www.fitbit.com). For band measurements, see "Band size" on page 36.

Fitbit Inspire and Fitbit Inspire HR bands are compatible with both trackers.

### Remove a band

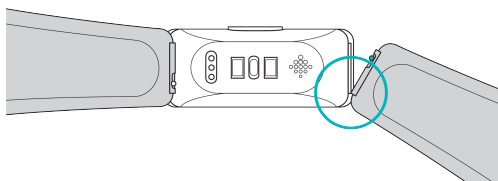
1. Turn over Inspire HR and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the band away from the tracker to release it.



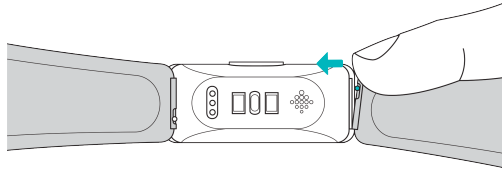
3. Repeat on the other side.

### Attach a band

1. To attach a band, hold the band and slide the pin (the side opposite the quick-release lever) into the notch on the tracker.



2. While pressing the quick-release lever inward, slide the other end of the band into place.



3. When both ends of the pin are inserted, release the quick-release lever.

# Basics

---

Learn how to navigate, check the battery level, and care for your tracker.

## Navigate Inspire HR

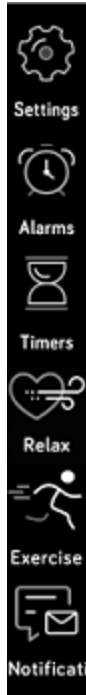
Inspire HR has an OLED touchscreen display and 1 button.

Navigate Inspire HR by tapping the screen, swiping up and down, or pressing the buttons. To preserve battery, the tracker's screen turns off when not in use.

### Basic navigation

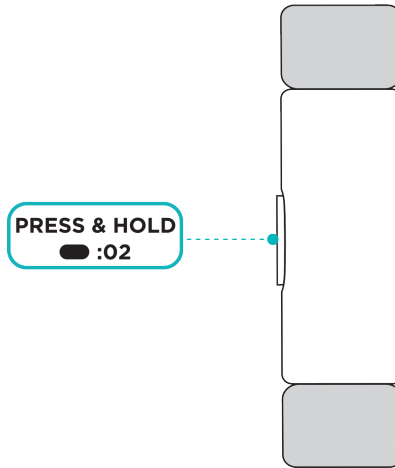
The home screen is the clock.

- Swipe down to scroll through the apps on Inspire HR. Tap an app to open it.
- Swipe up to see your daily stats.



## Quick settings

Press and hold the buttons on Inspire HR for a faster way to access certain settings. Tap a setting to turn it on or off. When you turn off the setting, the icon appears dim with a line through it.




On the quick settings screen:

Battery	Check the battery level.
Screen Wake	When the screen wake setting is on, turn your wrist toward you to turn on the screen.
Notifications	When the notifications setting is on, Inspire HR displays notifications from your phone when your phone is nearby. For more information, see <a href="#">"Notifications from your phone" on page 16.</a>

## Adjust settings


Manage basic settings including heart rate and phone GPS directly on your tracker.

Open the Settings app  and tap a setting to adjust it. Swipe up to see the full list of settings.

# Change the clock face


---

The Fitbit Gallery offers a variety of clock faces to personalize your tracker.

1. From the Today tab  in the Fitbit app, tap the icon in the top left > Inspire HR tile.
2. Tap **Gallery** > **Clocks** tab.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Install** to add the clock face to Inspire HR.


# Notifications from your phone

---

Inspire HR can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your tracker within 30 feet of your phone to receive notifications. Up to 10 notifications are stored in the Notifications app  on your tracker.

## Set up notifications

Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then set up notifications:

1. From the Today tab  in the Fitbit app, tap the icon in the top left > Inspire HR tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the notifications you want to see.

Note that if you have an iPhone, Inspire HR shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Inspire HR shows calendar notifications from the calendar app you chose during setup.

For more information, see [the related help article](#).


## See incoming notifications

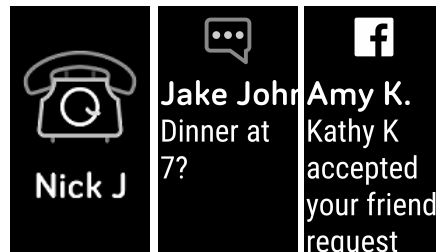
When your phone and Inspire HR are within range, a notification causes the tracker to vibrate.

- Phone calls—the name or number of the caller scrolls once. Press the buttons to dismiss the notification.



- Text messages—the name of the sender scrolls once above the message. Swipe up to read the full message.
- Calendar alerts—the name of the event scrolls once below the time and location.
- App notifications—the name of the app or sender scrolls once above the message. Swipe up to read the full message.

To read a notification later, swipe down from the clock face, and tap the Notifications app . Tap a notification to expand the message.




Note: Your tracker shows the first 250 characters of the notification. Check your phone for the full message.

## Turn off notifications

Turn off certain notifications in the Fitbit app, or turn off all notifications in quick settings on Inspire HR. When you turn off all notifications, your tracker won't vibrate and the screen won't turn on when your phone receives a notification.

To turn off certain notifications:

1. From the Today tab  in the Fitbit app on your phone, tap the icon in the top left > Inspire HR tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your tracker.

To turn off all notifications:

1. Press and hold the button on your tracker to reach the quick settings screen.
2. Tap **Notifications** to turn them off. The notifications icon dims to indicate that notifications are turned off.


Note that if you use the do not disturb setting on your phone, you don't receive notifications on your tracker until you turn off this setting.

# Timekeeping

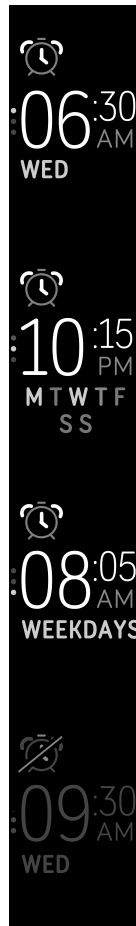
---

Alarms vibrate to wake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week. You can also time events with the stopwatch or set a countdown timer.

## Set an alarm

Set and delete alarms in the Fitbit app. Turn alarms on or off directly on Inspire HR in the Alarms app .

For more information, see [the related help article](#).




## Dismiss or snooze an alarm

When an alarm goes off, the tracker vibrates. To dismiss the alarm, press the buttons. To snooze the alarm for 9 minutes, swipe down.

Snooze the alarm as many times as you want. Inspire HR automatically goes into snooze mode if you ignore the alarm for more than 1 minute.



## Use the timer or stopwatch

Time events with the stopwatch or set a countdown timer with the Timers app  on your tracker. You can run the stopwatch and countdown timer at the same time.

For more information, see [the related help article](#).

# Activity and Wellness

---

Inspire HR continuously tracks a variety of stats whenever you wear it. Data automatically syncs with the Fitbit app throughout the day.

## See your stats

Swipe up from the clock face to see your daily stats, including:

Core stats	Steps taken today, distance covered, calories burned, and active minutes
Exercise	Number of days you met your exercise goal this week
Heart rate	Current heart rate and heart-rate zone
Hourly steps	Steps taken this hour, and the number of hours you met your hourly activity goal (tap to switch between these stats)
Cycle track	Information on the current stage of your menstrual cycle, if applicable
Sleep	Sleep duration
Water	Water intake logged today
Weight	Current weight, progress toward your weight goal, or where your weight falls within a healthy range if your goal is to maintain your weight

If you set a goal in the Fitbit app, a ring shows your progress toward that goal.

Find your complete history and other information detected by your tracker in the Fitbit app.

For more information, see [the related help article](#).

## Track a daily activity goal

Inspire HR tracks your progress toward a daily activity goal of your choice. When you reach your goal, your tracker vibrates and shows a celebration.

### Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is to take 10,000 steps per day. Choose to change the number of steps, or pick a different activity goal.

For more information, see [the related help article](#).

Track progress toward your goal on Inspire HR. For more information, see "[See your stats](#)" on the previous page.

## Track your hourly activity

Inspire HR helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

Reminders nudge you to walk at least 250 steps each hour. You feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't walked 250 steps. When you meet the 250-step goal after receiving the reminder, you feel a second vibration and see a congratulatory message.



For more information, see [the related help article](#).

## Track your sleep

Wear Inspire HR to bed to automatically track basic stats about your sleep, including your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and sleep score (the quality of your sleep).

To see your sleep stats, sync your tracker when you wake up and check the Fitbit app.

For more information, see [the related help article](#).

## Set a sleep goal

To start, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

For more information, see [the related help article](#).

## Learn about your sleep habits

With a Fitbit Premium subscription, see more details about your sleep score and how you compare to your peers, which can help you build a better sleep routine and wake up feeling refreshed.

For more information, see [the related help article](#).

## See your heart rate


Inspire HR tracks your heart rate throughout the day. Swipe up from the clock screen to see your real-time heart rate and heart-rate zone. For more information, see ["See your stats" on page 22](#).


During a workout, Inspire HR shows your heart-rate zone to help you target the training intensity of your choice.

For more information, see ["Check your heart rate" on page 28](#).




# Practice guided breathing

The Relax app  on Inspire HR provides personalized guided breathing sessions to help you find moments of calm throughout the day. All notifications are automatically disabled during the session.

1. On Inspire HR, open the Relax app .




2. The 2-minute session is the first option. Swipe up to choose the 5-minute session.
3. Tap the play icon  to start the session and follow the on-screen instructions.

After the exercise, a summary appears that shows your alignment (how closely you followed the breathing prompt), your heart rate at the start and end of the session, and how many days you completed a guided breathing session this week.

For more information, see [the related help article](#).

# Exercise and Heart Health



---

Automatically track exercise or track activity with the Exercise app  to see real-time stats and a post-workout summary.

Check the Fitbit app to share your activity with friends and family, see how your overall fitness level compares to your peers, and more.


## Track your exercise automatically

Inspire HR automatically recognizes and records many high-movement activities which are at least 15 minutes long. See basic stats about your activity in the Fitbit

app on your phone. From the Today tab , tap the Exercise tile .

For more information, see [the related help article](#).

## Track and analyze exercise with the Exercise app

Track specific exercises with the Exercise app  on Inspire HR to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and a workout intensity map if you used GPS, tap the Exercise tile in the Fitbit app.

---

Inspire HR uses the GPS sensors on your nearby phone to capture GPS data.

---



### GPS requirements

Connected GPS is available for all supported phones with GPS sensors. For more information, see [the related help article](#).

1. Turn on Bluetooth and GPS on your phone.
2. Make sure Inspire HR is paired to your phone.

3. Make sure the Fitbit app has permission to use GPS or location services.
4. Keep your phone with you while you exercise.

To track an exercise:

1. On Inspire HR, open the Exercise app  and swipe to find an exercise.
2. Tap the exercise to choose it.
3. Tap the play icon  to begin the exercise, or swipe up to set a goal for time, distance, or calories, depending on the activity. If the exercise uses GPS, you can wait for the signal to connect, or start the exercise and GPS will connect when a signal is available.
4. When you're done with your workout or want to pause, press the buttons.
5. To end the workout, press the buttons again and tap **Finish**. Swipe up to see your workout summary. Tap the check mark to close the summary screen.
6. To see your GPS data, tap the Exercise tile in the Fitbit app.

Notes:


- If you set an exercise goal, your tracker alerts you when you're halfway to your goal and when you reach the goal.
- If the exercise uses GPS, an icon appears in the top left as your tracker connects to your phone's GPS sensors. When the screen says "connected" and Inspire HR vibrates, GPS is connected.



## Customize your exercise settings and shortcuts

Customize settings for each exercise type and change or reorder exercise shortcuts in the Fitbit app. For example, turn connected GPS and cues on or off or add a yoga shortcut to Inspire HR.

To customize an exercise setting:

1. From the Today tab  in the Fitbit app, tap the icon in the top left > Inspire HR tile > **Exercise Shortcuts**.
2. Tap an exercise and adjust your settings.

For more information, see [the related help article](#).

## Check your workout summary

After you complete a workout, Inspire HR shows a summary of your stats.

Check the Exercise tile in the Fitbit app to see additional stats and a workout intensity map if you used GPS.





## Check your heart rate

Heart-rate zones help you target the training intensity of your choice. See your current zone and progress toward your maximum heart rate on your device next to your heart-rate reading. In the Fitbit app, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available, or you can create a custom zone if you have a specific heart rate you're targeting.

Inspire HR personalizes your heart-rate zones using your heart rate reserve, which is the difference between your maximum heart rate and your resting heart rate. To help you target the training intensity of your choice, check your heart rate and heart-rate zone on your tracker during exercise. Inspire HR notifies you when you enter a heart-rate zone.

## Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

Icon	Zone	Calculation	Description
	Below Zone	Below 50% of your maximum heart rate	Below the fat burn zone, your heart beats at a slower pace.
	Fat Burn Zone	Between 50% and 69% of your maximum heart rate	In the fat burn zone, you're likely in a moderate activity such as a brisk walk. Your heart rate and breathing might be elevated, but you can still carry on a conversation.
	Cardio Zone	Between 70% and 84% of your maximum heart rate	In the cardio zone, you're likely doing a vigorous activity such as running or spinning.
	Peak Zone	Greater than 85% of your maximum heart rate	In the peak zone, you're likely doing a short, intense activity that improves performance and speed, such as sprinting or high-intensity interval training.

## Custom heart-rate zones

Instead of using these heart-rate zones, you can create a custom zone in the Fitbit app to target a specific heart-rate range.

For more information, see [the related help article](#).

## Share your activity

After you complete a workout, open the Fitbit app to share your stats with friends and family.

For more information, see [the related help article](#).

## View your cardio fitness score

View your overall cardiovascular fitness in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers.

In the Fitbit app, tap the Heart-rate tile and swipe left on your heart-rate graph to see your detailed cardio fitness stats.

For more information, see [the related help article](#).

# Update, Restart, and Erase

---

Learn how to update, restart, and erase Inspire HR.

## Update Inspire HR

Update your tracker to get the latest feature enhancements and product updates.

When an update is available, a notification appears in the Fitbit app. After you start the update, follow the progress bars on Inspire HR and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

---

Updating Inspire HR takes several minutes and may be demanding on the battery. We recommend plugging your tracker into the charger before starting the update.

---

For more information, see [the related help article](#).

## Restart Inspire HR


If you can't sync Inspire HR, you have trouble with connected GPS or tracking your stats, or your tracker is unresponsive, restart your device:

1. Connect Inspire HR to the charging cable. For instructions, see "[Charge your tracker](#)" on page 6.
2. Press and hold the buttons on your tracker for 5 seconds. Release the buttons. When you see a smiley face and Inspire HR vibrates, the tracker restarted.

Restarting your tracker doesn't delete any data.

## Erase Inspire HR

If you want to give Inspire HR to another person or wish to return it, first clear your personal data:

1. On Inspire HR, open the Settings app  > **Clear User Data.**
2. When prompted, press the screen for 3 seconds, then release. When Inspire HR vibrates and you see the clock screen, your data is erased.



# Troubleshooting


---

If Inspire HR isn't working properly, see our troubleshooting steps below.

## Heart-rate signal missing

Inspire HR continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your tracker has difficulty detecting a signal, dashed lines appear.



If your tracker doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app  on your tracker. Next, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Inspire HR should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

For more information, see [the related help article](#).

## GPS signal missing

Environmental factors, including tall buildings, dense forest, steep hills, and thick cloud cover, can interfere with your phone's ability to connect to GPS satellites. If your phone is searching for a GPS signal during an exercise, **connecting** appears at the top of the screen.



For best results, wait for your phone to find the signal before you start your workout.

## Other issues

If you experience any of the following issues, restart your tracker:

- Won't sync
- Won't respond to taps, swipes, or button press
- Won't track steps or other data
- Won't show notifications

For instructions, see ["Restart Inspire HR" on page 31](#).

# General Info and Specifications

---

## Sensors and Components

Fitbit Inspire HR contains the following sensors and motors:

- Optical heart-rate tracker
- 3-axis accelerometer, which tracks motion patterns
- Vibration motor

## Materials

The housing on Inspire HR is plastic. The Inspire HR classic band is made of a premium, comfortable silicone similar to that used in many sport watches, and the buckle is made of anodized aluminum. While anodized aluminum can contain traces of nickel, which can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

## Wireless technology

Inspire HR contains a Bluetooth 4.0 radio transceiver.

## Haptic feedback

Inspire HR contains a vibration motor for alarms, goals, notifications, and reminders.

## Battery

Inspire HR contains a rechargeable lithium-polymer battery.

## Memory

Inspire HR stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

## Display

Inspire HR has an OLED display.

## Band size

Band sizes are shown below. Note that accessory bands sold separately may vary slightly.

Small band	Fits a wrist between 5.5 - 7.1 inches (140 mm - 180 mm) in circumference
Large band	Fits a wrist between 7.1 - 8.7 inches (180 mm - 220 mm) in circumference

## Environmental conditions

Operating temperature	14° to 113° F (-10° to 45° C)
Non-operating temperature	-4° to 14° F (-20° to -10° C)  113° to 140°F (45° to 60° C)
Water resistance	Water resistant up to 50 meters
Maximum operating altitude	28,000 feet (8,534 m)

## Learn more

To learn more about your tracker, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit [help.fitbit.com](https://help.fitbit.com).

## Return policy and warranty

Find warranty information and the fitbit.com return policy on [our website](#).

# Regulatory and Safety Notices

---

Notice to the User: Regulatory content for select regions for FB413 can also be viewed on your device. To view the content: Settings > Device Info.

## USA: Federal Communications Commission (FCC) statement

Model FB413

FCC ID: XRAFB413

Notice to the User: The FCC ID can also be viewed on your device. To view the content:

Settings > Device Info

Unique Identifier: FB413

### Responsible Party – U.S. Contact Information

199 Fremont Street, 14th Floor  
San Francisco, CA  
94105  
United States  
877-623-4997

[www.fitbit.com](http://www.fitbit.com)

### FCC Compliance Statement (for products subject to Part 15)

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

### FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

## Canada: Industry Canada (IC) statement

Model/Modèle FB413

IC: 8542A-FB413

**Notice to the User: The IC ID can also be viewed on your device. To view the content:**

**Settings > Device Info**

## Paramètres > Informations sur l'appareil

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

## European Union (EU)

Model FB413

### **Simplified EU Declaration of Conformity**

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB413 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [www.fitbit.com/safety](http://www.fitbit.com/safety)

### **Vereinfachte EU-Konformitätserklärung**



Fitbit, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB413 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Declaración UE de Conformidad simplificada**

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB413 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Déclaration UE de conformité simplifiée**

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB413 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Dichiarazione di conformità UE semplificata**

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB413 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: [www.fitbit.com/safety](http://www.fitbit.com/safety)



Customs Union



Argentina

Model FB413:



RAMATEL

C-22556

Australia and New Zealand



Belarus



China

Regulatory content can also be viewed on your device. To view the content:

Settings > Device Info

**Model FB413:**

Frequency band: 2400-2483.5

Transmitted power: Max EIRP, 5.5dBm

Occupied bandwidth: 2MHz

Modulation system: GFSK

CMIIT ID displayed: On packaging

CMIT ID: 2018DJ8990

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
Model FB413						
表带和表扣 (Strap and Buckle)	○	○	○	○	○	○
电子 (Electronics)	--	○	○	○	○	○
电池 (Battery)	○	○	○	○	○	○
充电线 (Charging Cable)	○	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下 (indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572).

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds the concentration limit requirement as described in GB/T 26572).



## India

Model FB413

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

**Settings** > **Device Info**

## Israel

Model FB413

התאמה אישור 55-01197

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

## Japan

Model FB413

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

**Settings** > **Device Info**



201-180694

## Mexico

Model FB413



La operación de este equipo está sujeta a las siguientes dos condiciones:

1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

## Morocco

Model FB413

AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR 18211 ANRT 2018

Date d'agrément: 11/12/2018

## Nigeria

Model Name FB413

Connection and use of this communications equipment is permitted by the Nigerian Communications Commission.

## Oman

Model FB413

D090258

TRA/TA-R/6805/19

# Pakistan

Model No.: FB413

TAC No: 9.6040/2018



**Model: FB413**

**Serial No: Refer to retail box**

**Year of Manufacture: 2018**

# Philippines

Model FB413



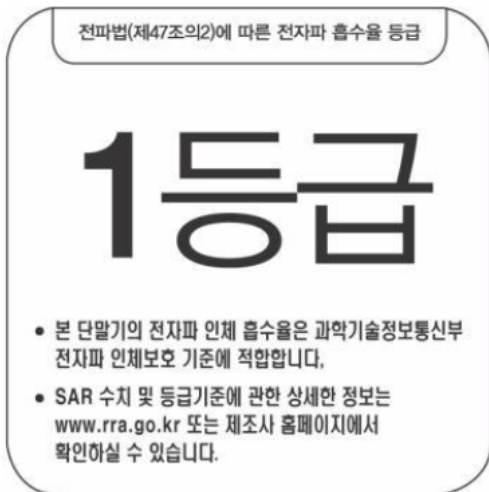
# Serbia

Model FB413



## South Korea

Model FB413



클래스 B 장치 (가정 사용을 위한 방송 통신 기기): EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치.

**" 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. "**

## Taiwan

Model FB413



CCAF19LP0020T4

低功率警語:

依據 低功率電波輻射性電機管理辦法

第十二條

經型式認證合格之低功率射頻電機,非經許可,公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信;經發現有干擾現象時,應立即停用,並改善至無干擾時方得繼續使用。

前項合法通信,指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾

Translation:

Low power warning:

According to the management method of low power radio wave radiating motor.

Article 12

Low-power RF motors that have passed the type certification are not allowed to change the frequency, increase the power or change the characteristics and functions of the original design without permission.

Article 14

The use of low-power RF motors shall not affect flight safety and interfere with legal communications; if interference is found, it shall be immediately deactivated and improved until no interference is required.



Legal communication in the preceding paragraph refers to radio communications operating in accordance with the provisions of the Telecommunications Act. Low-power RF motors must withstand interference from legitimate communications or radiological electrical equipment for industrial, scientific, and medical use.

使用過度恐傷害視力」

使用30分鐘請休息10分鐘。2歲以下幼兒不看螢幕，2歲以上每天看螢幕不要超過1小時。

Translation:

“Excessive use may cause damage to vision”

Rest for 10 minutes after every 30 minutes.

Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour.

電池警語：

此裝置使用鋰電池。

若未遵照下列準則，則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、發生火災、化學品灼傷、電解液洩漏及 / 或受傷的風險。

Translation:

Battery warning:

This device uses a lithium-ion battery.

If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and / or injury.

## United Arab Emirates

Model FB413

TRA Registered No.: ER68013/18  
Dealer No: 35294/14

Zambia

Model FB413



ZMB / ZICTA / TA / 2019 / 1 / 9

## Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013 & EN62368-1:2014 + A11:2017.

©2023 Fitbit LLC. All rights reserved. Fitbit and the Fitbit logo are trademarks or registered trademarks of Fitbit in the US and other countries. A more complete list of Fitbit trademarks can be found at the [Fitbit Trademark List](#). Third-party trademarks mentioned are the property of their respective