



Quick Start



Jawbone ICON

- 1 Jawbone ICON Anatomy
- 2 Get Comfortable
- 3 Get Connected
- 4 Talking Points
- 5 Power Up, etc.
- 6 Safety Information



For best results, print on 8.5 x 11" legal-sized paper.

1 Jawbone ICON Anatomy



Micro-USB Talk button



LED light

On/Off switch

Features

Your Jawbone ICON is equipped with advanced technology. Here are some features to enjoy:

NoiseAssassin 2.0

With wind reduction.

Simultaneous Multipoint

Allows you to manage two calls from two different phones at the same time.

Custom Audio Tones

Custom caller ID, answering, battery life and more.

Battery Meter for iPhone

MyTalk (mytalk.jawbone.com)

Allows you to personalize and optimize Jawbone ICON via the web.

2 Get Comfortable

Find Your Fit

Wig and stretch to select the most comfortable and secure fit option.



Jawbone ICON can be worn with or without an earplug.



Drop, Twist, & Point

For the most comfort, place your Jawbone ICON in your ear pointing down.



Then, twist and shape with your hands directly at your ear.



Ensure Best Quality

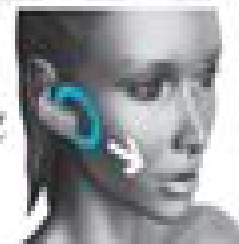
Jawbone ICON works regardless of position, but you will get the best performance if the Voice Array feature physically touches your cheek.

Wig

Stretch

Hook

Wig
Stretch
Hook



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Call Center, Inc.
10000 E. 15th Ave.
Suite 100, Denver, CO
80202
www.jawbone.com
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Jawbone User Manual

Karin Nielsen-Saines



Jawbone User Manual:

The Objective Monitoring of Physical Activity: Contributions of Accelerometry to Epidemiology, Exercise Science and Rehabilitation Roy J. Shephard, Catrine Tudor-Locke, 2016-08-02 This book examines the new knowledge that has been gained from the objective monitoring of habitual physical activity by means of pedometers and accelerometers. It reviews current advances in the technology of activity monitoring and details advantages of objective monitors relative to physical activity questionnaires. It points to continuing gaps in knowledge and explores the potential for further advances in the design of objective monitoring devices. Epidemiologists have studied relationships between questionnaire assessments of habitual physical activity and various medical conditions for some seventy years. In general they have observed positive associations between regular exercise and good health but because of inherent limitations in the reliability and accuracy of physical activity questionnaires optimal exercise recommendations for the prevention and treatment of disease have remained unclear. Inexpensive pedometers and accelerometers now offer the epidemiologist the potential to collect relatively precisely graded and objective information on the volume, intensity and patterns of effort that people are undertaking to relate this data to past and future health experience and to establish dose response relationships between physical activity and the various components of health. Such information is important both in assessing the causal nature of the observed associations and in establishing evidence based recommendations concerning the minimal levels of daily physical activity needed to maintain good health. *The Cat Owner's Manual* Eric Allan, 1994

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The Manual of Child Development, 1927 **Wearable Technologies** Jesús Hamilton Ortiz, 2018-10-03 This edited volume *Wearable Technologies* is a collection of reviewed and relevant research chapters offering a comprehensive overview of recent developments in the field of computer engineering. The book comprises single chapters authored by various researchers and edited by an expert active in the computer engineering research area. All chapters are complete in themselves but united under a common research study topic. This publication aims at providing a thorough overview of the latest research efforts. [The Nexus One Pocket Guide](#) Jason D. O'Grady, 2010-04-28 In this handy new Pocket Guide mobile device expert Jason O'Grady reveals the secrets to using

Google s Nexus One smartphone All of the common features are covered including Web browsing Google Apps IM text email digital camera video music player and more With this essential companion readers will be mastering their Nexus One in no time

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The Mines Handbook Walter Garfield Neale,Lenox Hawes Rand,Edward Barney Sturgis,1922 *Technical Papers, Institute Conference and Convention* American Institute of Industrial Engineers,1972

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