

ping Quick Start Guide

1

Plug the P1NG device in

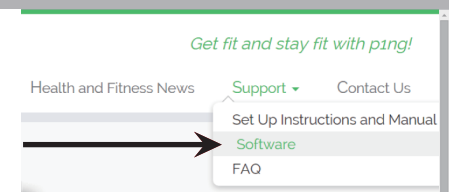
Before you can use your P1NG Activity tracker, you will need to plug it in to a computer or AC adapter using the included USB cable. Before being shipped your device was rigorously tested, reset, and set to power-save mode. Plugging it in awakens the device. You can use it immediately once it is awake, or you can charge to full grid.



2

Download software

Visit www.p1nghealth.com/index.php/software/ and download the appropriate software for your device or computer. You can also go to www.p1nghealth.com, click on Support in the menu, and then on Software.



3

Setup software

Once the software is installed, create your account.

- 1-Open the software and press the "Register" button.
- 2-Read and accept/agree to the Licence Agreement.
- 3-Enter all requested information. This will help us provide you with customized reports and accurate data.
- 4-Press "Create Account".
- 5-Your account has been created!



4

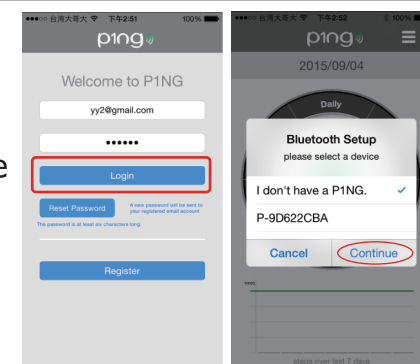
Login and Setup Bluetooth

The first time you login to the software on a mobile device, the system will prompt you to connect your P1NG Activity Tracker to your mobile device. This is necessary in order for the software to tie your P1NG to your account so that you, and only you, can see your data.

Choose your device from the list of devices shown. Usually, there is just one device displayed, but if you are in an office and many other people have P1NG devices you may see others listed. Yours will have an alphanumeric name.

If you are unsure which device is yours, press the P1NG device button repeatedly until "P1NG ID#" appears.

Once you complete this step, your device is renamed to the nickname you chose during the software setup process. Your device is now paired, your account setup, and your account will start reporting immediately!



Please consult www.p1nghealth.com/index.php/manual/ for more detailed instructions and a user guide to maximize the benefits of your P1NG Activity Tracker and software.