



Health tracker with an alarm function

BodyTag®

Health data overview

Body temperature

Heart rate (HR)

Blood oxygen (SpO2)

HRV

Stress-Level



Enjoy it.

DE: User manual

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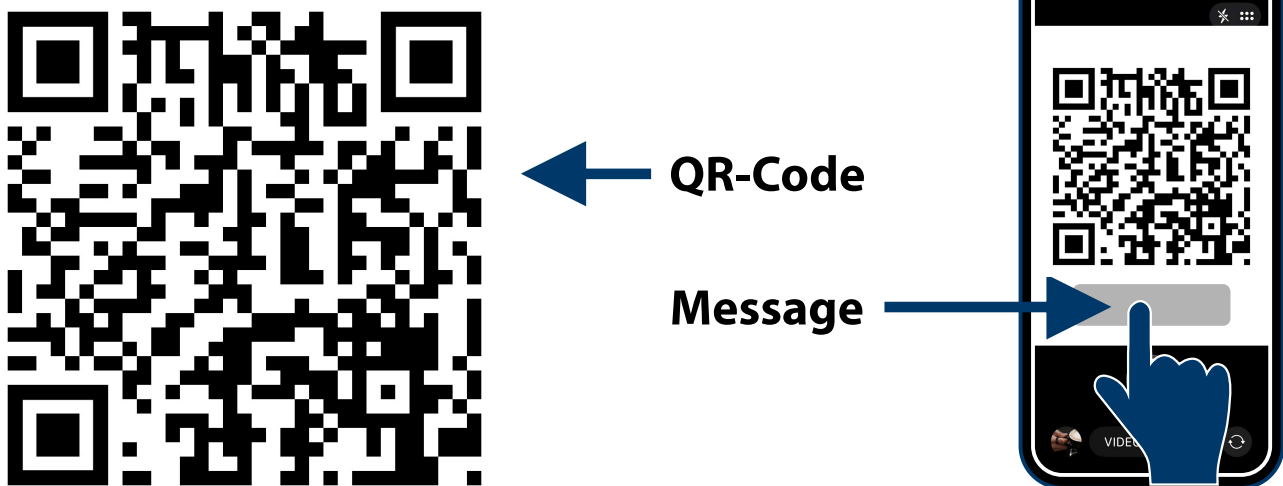
Download the user manual Online

You can also download this user manual online at any time. The manual is constantly updated with new features and improvements. Since the app is constantly being developed and new features are added, we keep the online user manual up to date alongside app updates to ensure you always get the best performance.

Open the camera app on your phone:



Hold this QR code up to your camera, and then click on the message notification:



Alternatively, you can view the user manual via the app's menu.

- 1.) On the home screen, tap the **“User”** tab in the lower-right corner (**Figure 1**).
- 2.) Now select the **“Help and safety instructions”** menu item (**Figure 2**).
- 3.) Now tap the **“User manual”** menu item (**Figure 3**).

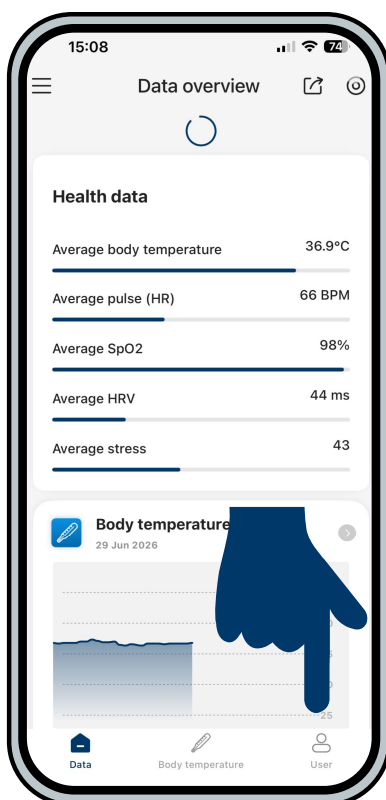


Figure 1

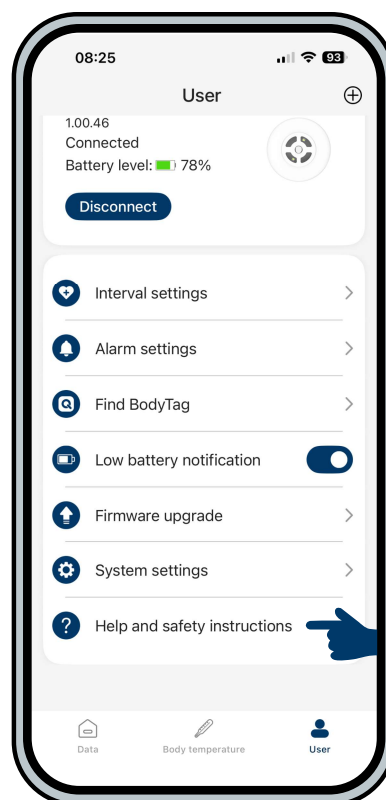


Figure 2

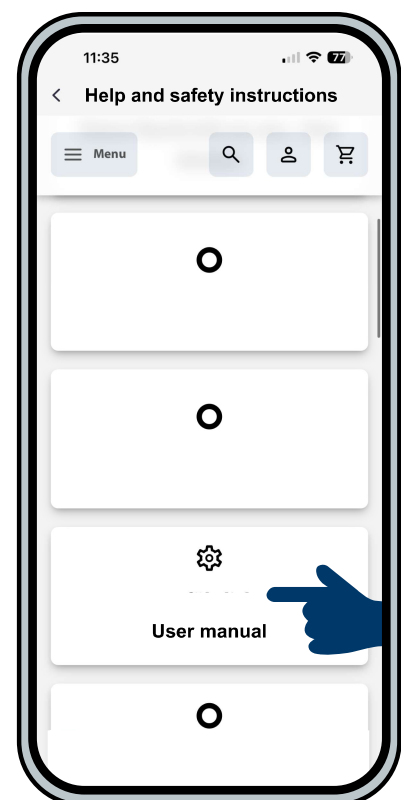


Figure 3

Congratulations on your purchase of the innovative Blaupunkt® BodyTag®

Thank you for choosing a Blaupunkt® BodyTag®.
We want you to have the best possible user experience.

App interface (Android / iOS)

The app's interface may vary depending on your phone's operating system (Android / iOS).

Important information

Please read these instructions carefully before using the BodyTag® and the accompanying app. Failure to follow the instructions below may result in damage to or malfunction of the product, as well as injury. This document may not be reprinted or copied, in whole or in part, without the express written permission of the manufacturer. Any form of reproduction, distribution, translation, or transmission in any form, whether electronic or mechanical, including photocopying, recording, or storage on data carriers, without the manufacturer's permission constitutes a violation of applicable copyright law and will be prosecuted. The copyright to this operating manual remains with the manufacturer. The actual appearance of the product may differ from the photograph in the manual and on the packaging. All information is provided without warranty.

Subject to typographical errors, inaccuracies, and changes.

We expressly reserve the right to make technical changes or changes to operation that serve to improve the device or enhance safety standards—even without prior notice.

Important information on use

The Blaupunkt BodyTag® is **not a medical device**. The app is **not intended for the diagnosis, treatment, cure, or prevention of diseases**. It is intended solely to provide additional safety and peace of mind - **it is not a substitute for medical advice**.

If you have health concerns or notice unusual readings, you should always consult a doctor. We assume **no responsibility for any health consequences** resulting from information provided by the app.

The data is for informational purposes only and reflects average values relative to individual variability.

The size and design comply with the **DIN EN 71-1** standard, as the BodyTag® is larger than 31.7 mm.

Safety instructions

- We, the manufacturer, are not liable for any health-related harm resulting from information displayed in the app. The data from the Blaupunkt® app is provided for informational purposes only; it does not constitute a medical diagnosis and represents only an average value of characteristics based on individual variability.
- The Blaupunkt® BodyTag® is not a medical device and must not be used for medical purposes; it is not a substitute for a medical monitoring device.
- The Blaupunkt® BodyTag® was developed for healthy babies and older adults. The alarm and notification thresholds differ from those of medical devices and are therefore not as precise or strict as those used in medical monitoring.
- Please keep in mind that the Blaupunkt® BodyTag® is intended solely to assist you in monitoring your baby or an elderly person.
- The Blaupunkt® BodyTag® cannot and is not intended to replace a caregiver. The attention and care of parents or caregivers remain essential at all times.
- You are personally responsible for monitoring the health and well-being of your baby or the person being monitored and for following recommended guidelines for safe sleep, care, and health.
- Your Blaupunkt® BodyTag® can be worn while showering and bathing.

- Protect the Blaupunkt® BodyTag® from heat (above 65°C), saunas, and direct sunlight. For example, do not leave it in a car or in the sun.
- Do not pierce or puncture the Blaupunkt® BodyTag® or its battery.
- The Blaupunkt® BodyTag® is not intended to diagnose, treat, alleviate, or prevent any diseases or health problems.
- The Blaupunkt® BodyTag® is NOT intended to prevent sudden infant death syndrome (SIDS) and should NOT be used for this purpose.

Please also note:

The Blaupunkt® BodyTag® is not a substitute for adult supervision. Do not use the Blaupunkt® BodyTag® for medical assessment. Do not use the BodyTag® if your doctor recommends the use of a medical monitoring device, such as a pulse oximeter or an apnea monitor. If redness or skin irritation occurs while using the Blaupunkt® BodyTag®, please remove the BodyTag® from the body immediately. If symptoms persist, please consult a dermatologist if necessary.

Care your BodyTag®

To clean the Blaupunkt® BodyTag®, simply use a soft cloth and a little soapy water. Never use harsh or corrosive cleaning agents or abrasives.

Intended uses

The Blaupunkt® BodyTag® is intended for use with healthy infants and toddlers aged 0 to 18 months or weighing between 2.5 and 13.5 kg in a home setting, as well as with health-conscious adults or adults requiring care. Do not use the BodyTag® for medical purposes on infants who have already been diagnosed with chronic cardiovascular and/or respiratory diseases.

The notifications and corresponding data are intended to help you decide whether the person in your care (baby or adult) requires additional medical attention. These features are in no way a substitute for conventional diagnostic and/or treatment methods; rather, they are intended to complement them and provide you with additional peace of mind.

BodyTag® was developed to track vital signs (body temperature, heart rate, HRV, and oxygen saturation) for a user group that previously had no access to long-term home monitoring. The display of these vital signs in the free app provides parents and caregivers with biomedical data that can be used to support medical decisions.

Simplified declaration of conformity (DoC)

Your **Blaupunkt® BodyTag®** bears the CE mark and complies with all applicable EU standards.



The manufacturer and responsible distributor hereby declare:

skyteam smart solutions GmbH
Paul-Strähle-Strasse 9
73614 Schorndorf (Germany)

that the product:

Blaupunkt® BodyTag®

complies with the essential requirements and other relevant provisions of the RoHS Directive 2011/65/EU and the Radio Equipment Directive 2014/53/EU.

You can find the complete **D**claration **o**f **C**onformity at:
www.blaupunkt-health.com

Disposal



At the end of its useful life, this product must not be disposed of with regular household waste; instead, it must be taken to a collection point for the recycling of electrical and electronic equipment. The “crossed-out trash can” symbol on the product, the user manual, and the packaging indicates this. The materials are recyclable according to their labeling. By reusing, recycling, or otherwise reusing old devices, you are making an important contribution to protecting our environment. Please contact your local municipal office to find out which disposal facility is responsible. This device is labeled in accordance with Directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE).

WEEE registration number: DE 88330545

Battery notice / Battery regulation



The law clearly regulates the disposal of batteries. Retailers or municipal collection points must accept batteries free of charge in quantities typical for household use. Batteries may no longer be disposed of with household trash. Protect the environment and return used batteries.

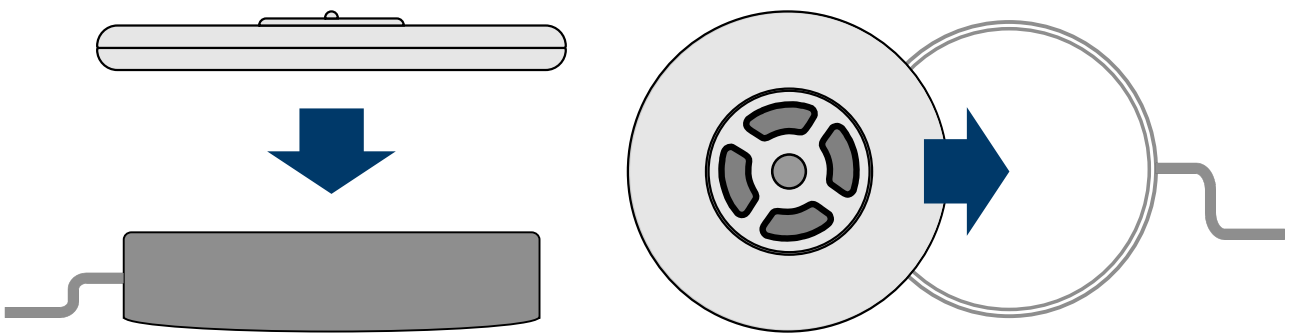
Battery Act (BattG)/(EU) 2023/1542 (EU Battery Regulation)
Registration Number: 18118576

Charging your Blaupunkt® BodyTag®

Connect the included USB-C charging cable to a USB-C charger (not included). You can use your mobile phone charger for this

IMPORTANT: Make sure the charger has a maximum output of 1A. If your charger has a higher output, it may damage the devices!

Place the Blaupunkt® BodyTag® with the back facing down on the inductive charging pad. Do not release the BodyTag® until it is securely held by the magnetic charging pad. The magnetic charging pad also makes it easier to position the Blaupunkt® BodyTag® correctly. Charging starts automatically.



If the LEDs are red, your BodyTag® is charging. As soon as the LEDs turn green, your BodyTag® is fully charged. Charging takes up to 1.5 hours.

How to wear the Blaupunkt® BodyTag® correctly

To ensure the highest possible data accuracy, the Blaupunkt® BodyTag® should be worn so that the sensors are in close contact with the skin.

On the upper arm with
a self-adhesive bandage



Attaches with a silicone clip
to a sock or waistband



Attached to a diaper
with a silicone clip



With a silicone clip attached
to the onesie / bodysuit

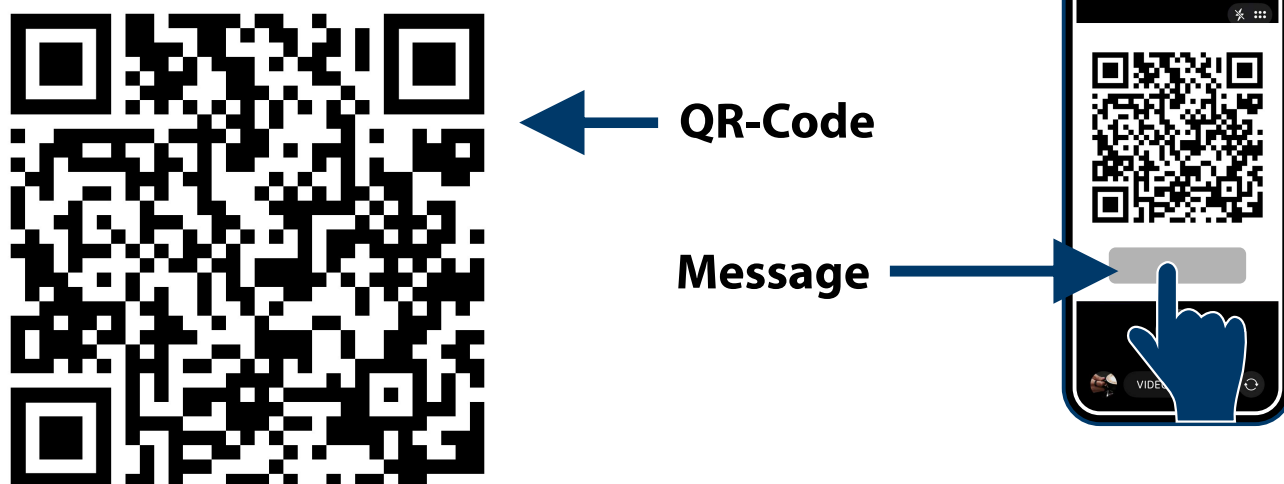


How to install the correct App

Open the camera app on your phone:



Hold this QR code up to your camera,
and then click on the message notification:



Click on  for iOS

or

Click on  for Android

and install the app.



Install the app and grant permissions

After you've downloaded the app to your smartphone, follow all the instructions on your phone or smartphone's screen.

Always select “**Allow**” to let the app connect to the BodyTag® via Bluetooth (**Figure 1**) and to allow the Blaupunkt® app to send you notifications (**Figure 2**).

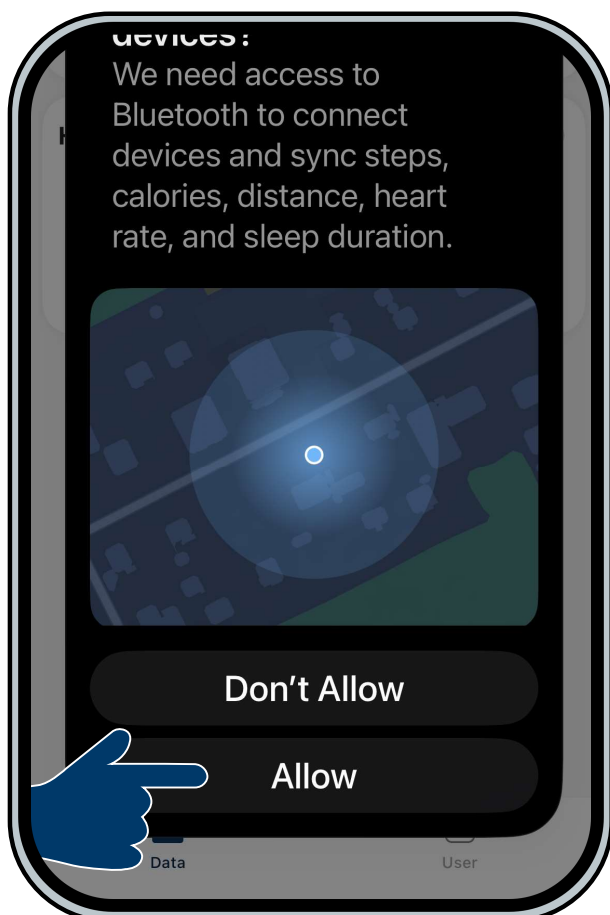


Figure 1

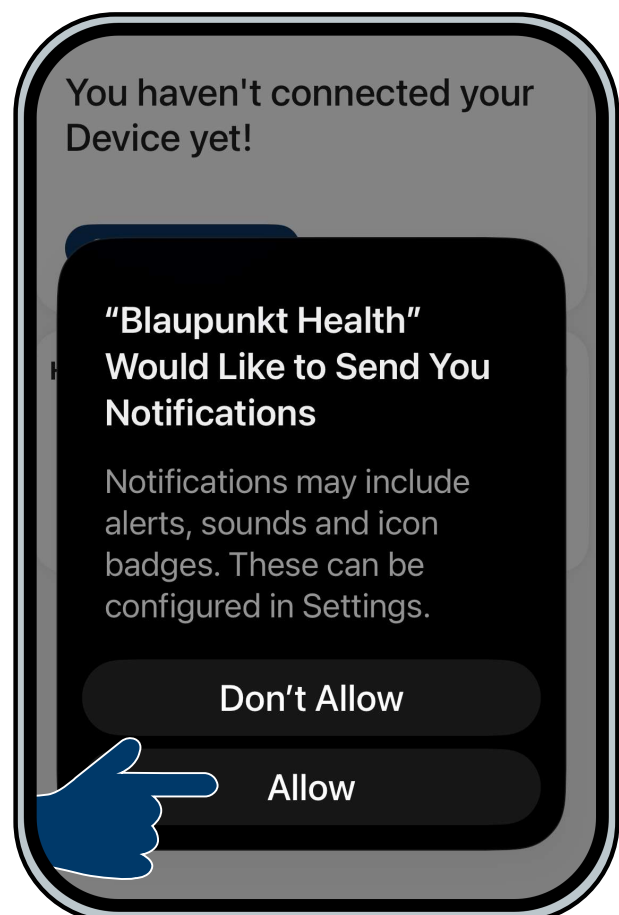


Figure 2

Connect BodyTag® to your mobile phone



Now click on “**Connect Device**” so that the Blaupunkt® app can search for your Blaupunkt® BodyTag® (**Figure 3**).

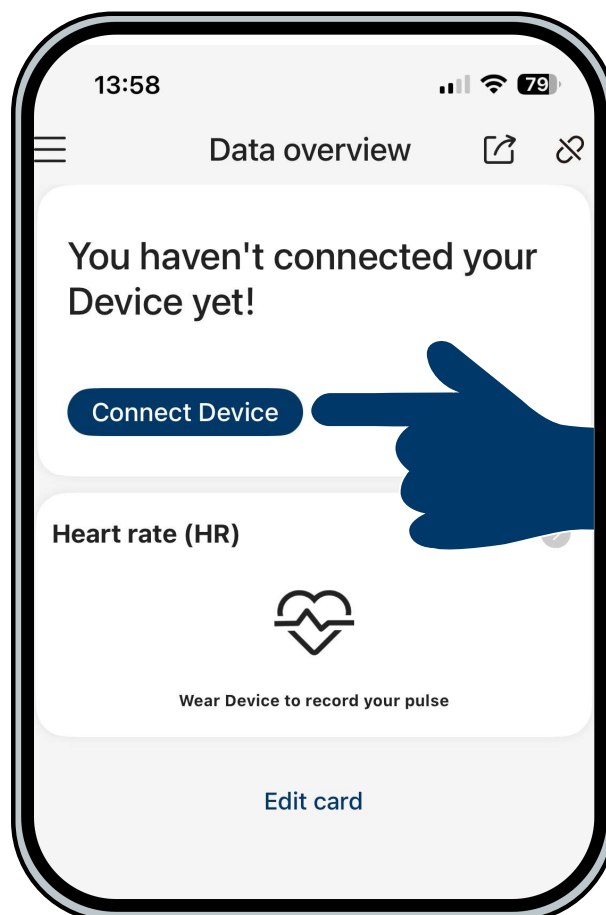


Figure 3

Once the Blaupunkt® app has found your BodyTag®, it will appear in the list (**Figure 4**).

IMPORTANT:

Click on the BodyTag® you found in the list, as shown in Figure 4! The BodyTag® does NOT connect to the app on its own or automatically.

**CLICK ON THE
FOUND
BodyTag®**

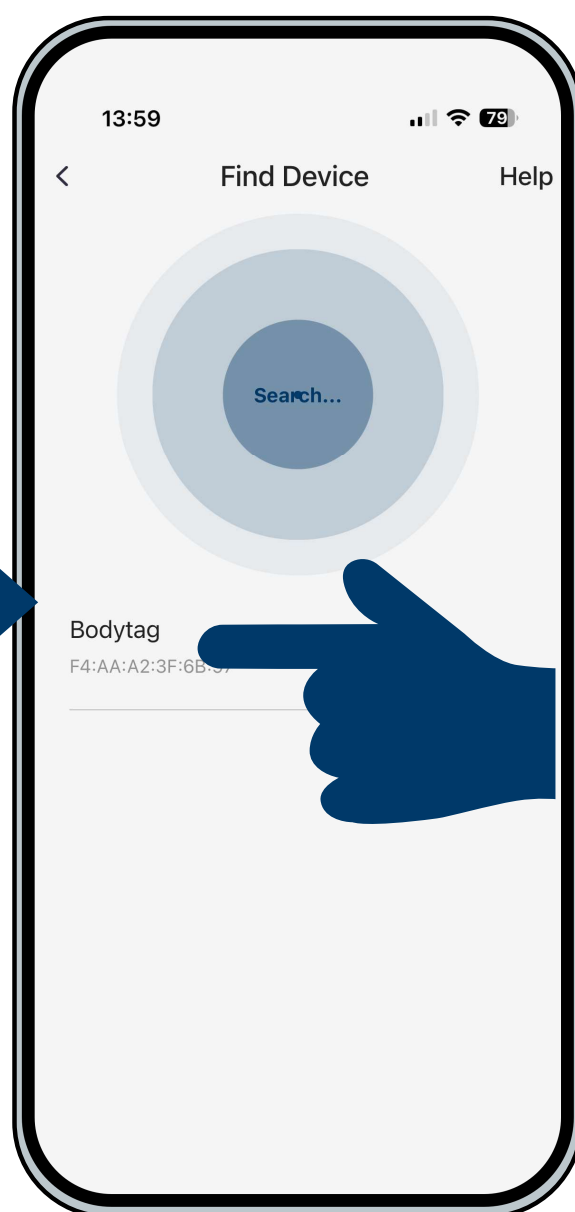


Figure 4

Once the BodyTag® has connected to your cell phone, the data will be synced (**Figure 5**). In the next step, always select “**Allow**” to enable all notifications and allow the BodyTag® to pair with your mobile phone (**Figure 6**).

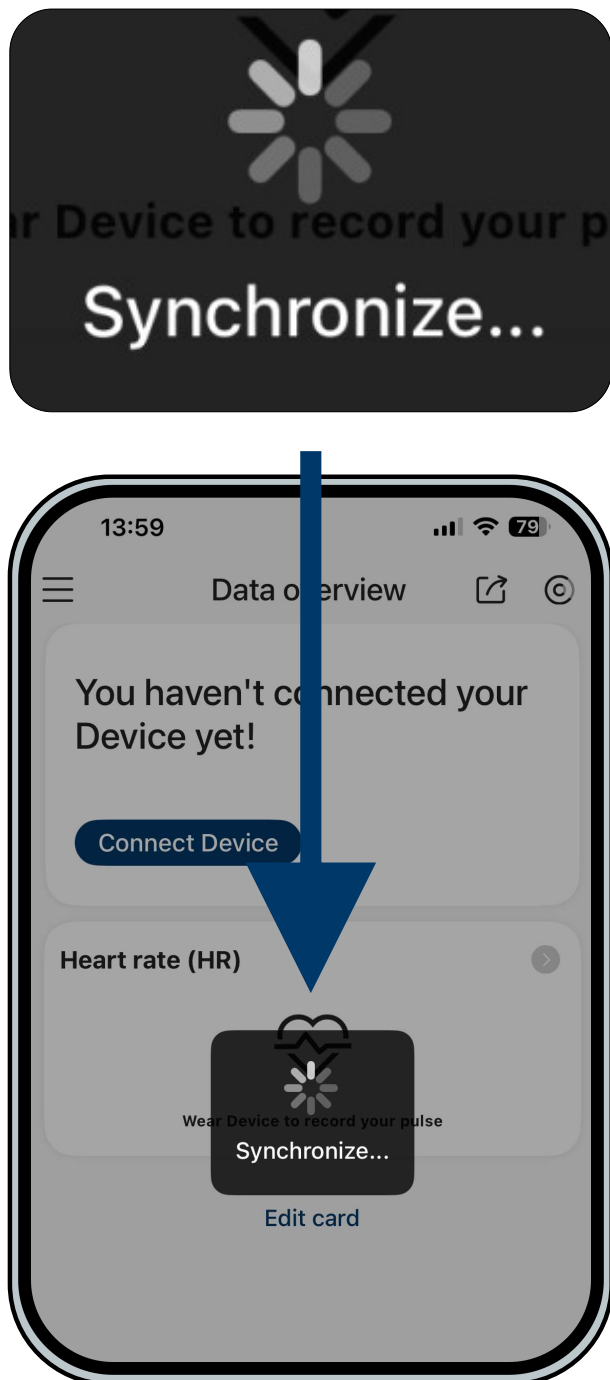


Figure 5

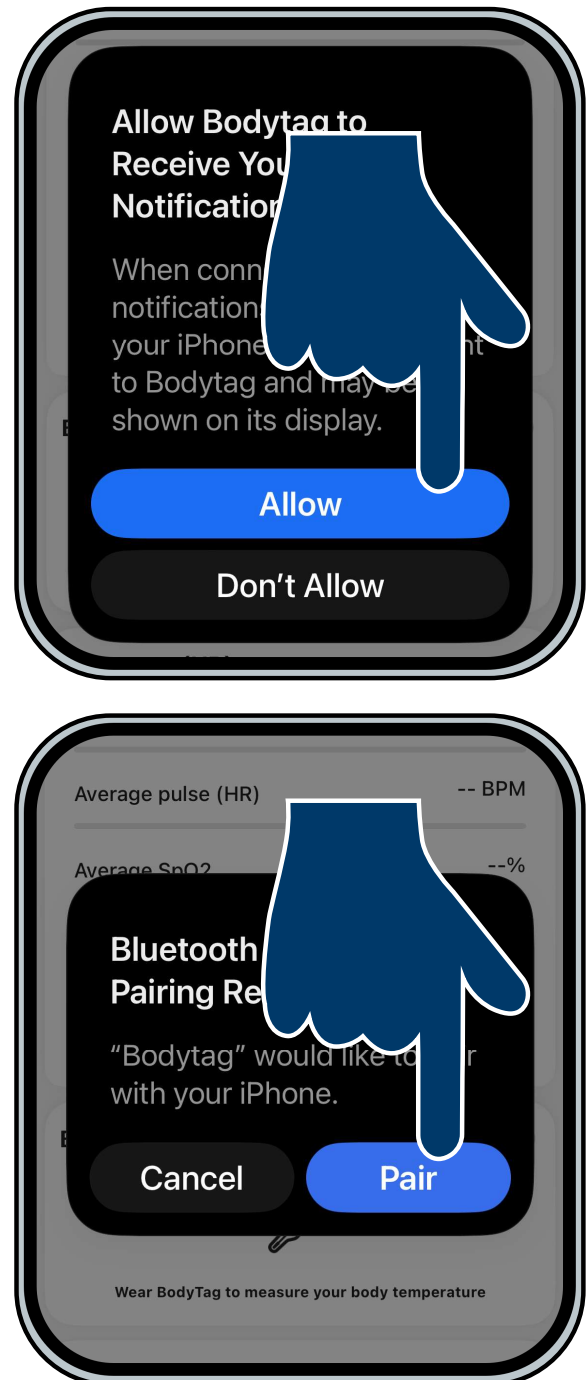
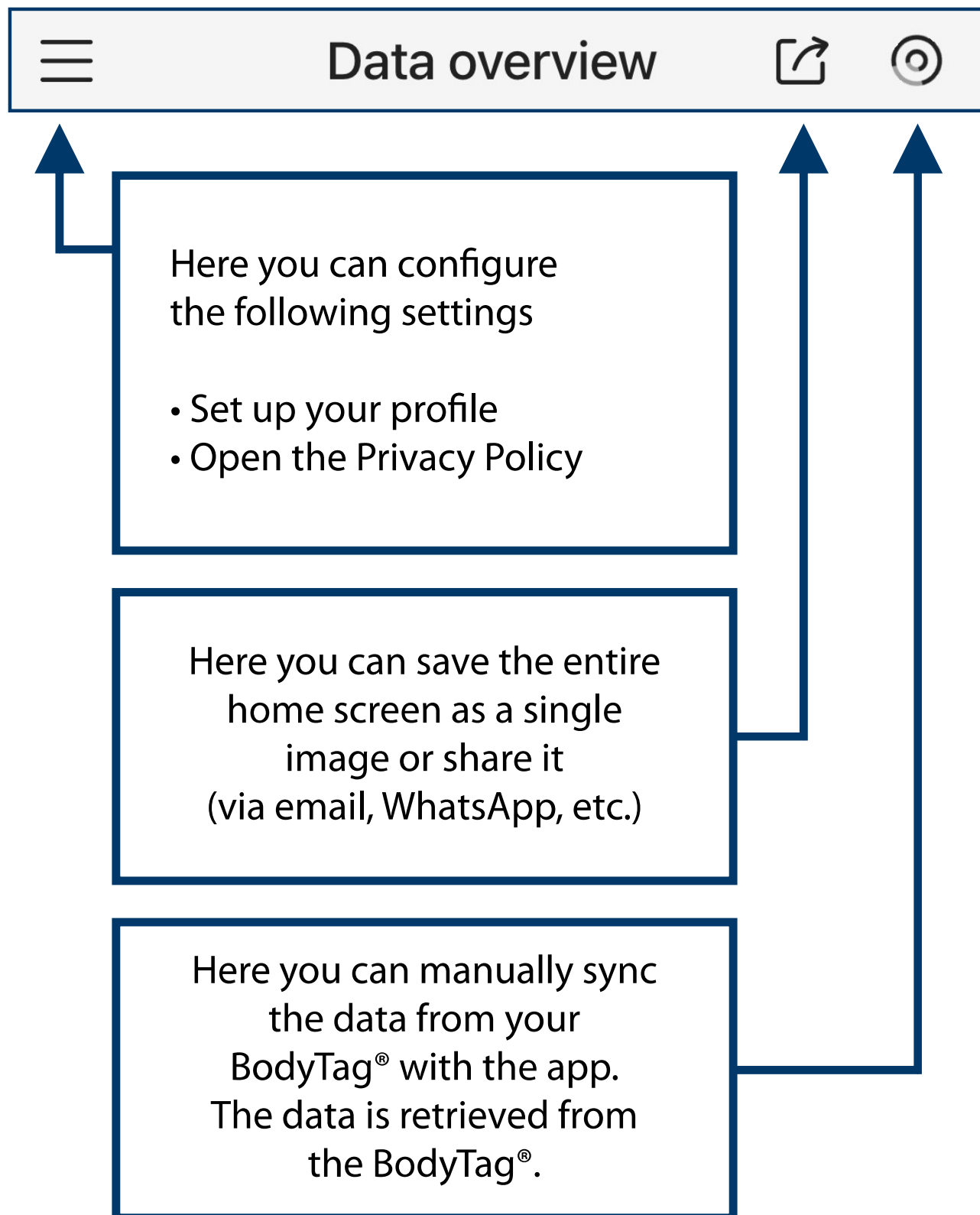


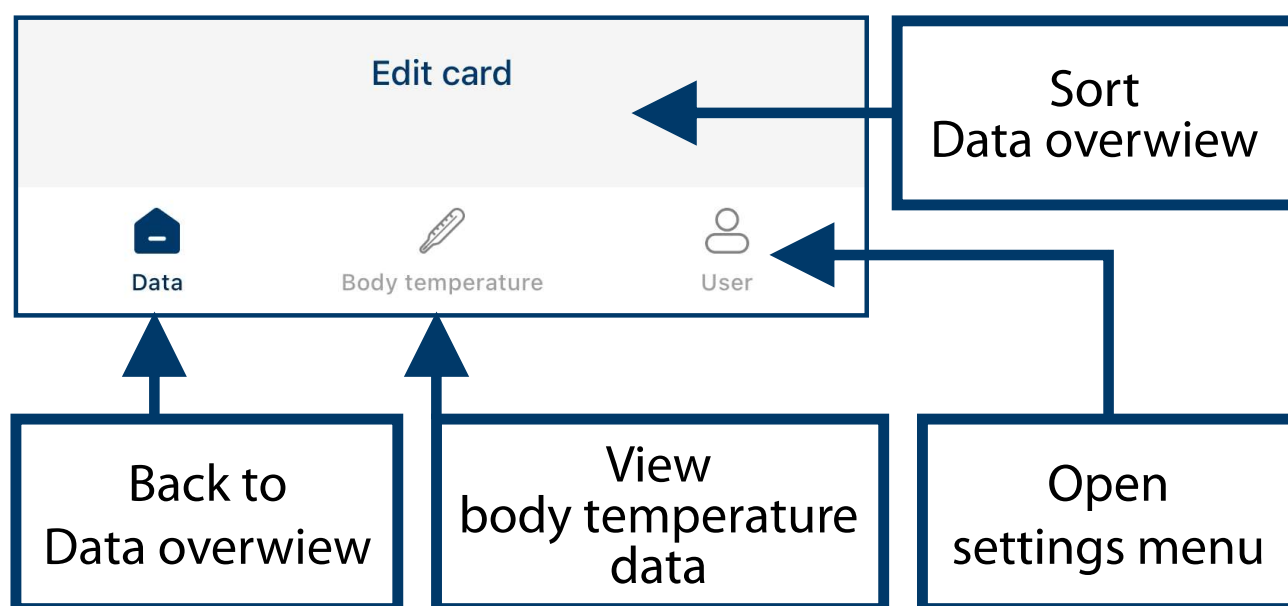
Figure 6

Data overview (Home screen)

Once you have successfully connected your Blaupunkt® BodyTag®, the home screen will appear.

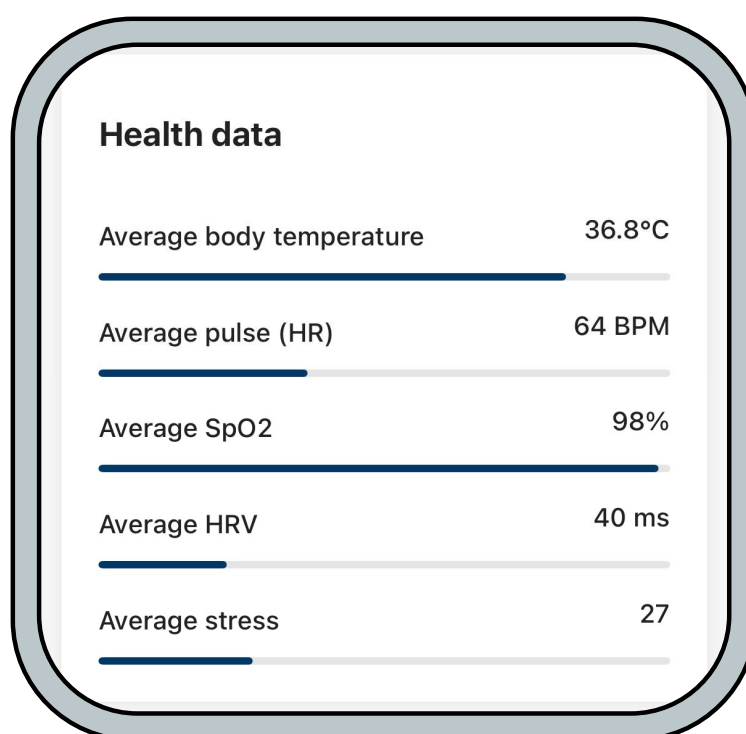


Menu items at the bottom of the home screen:



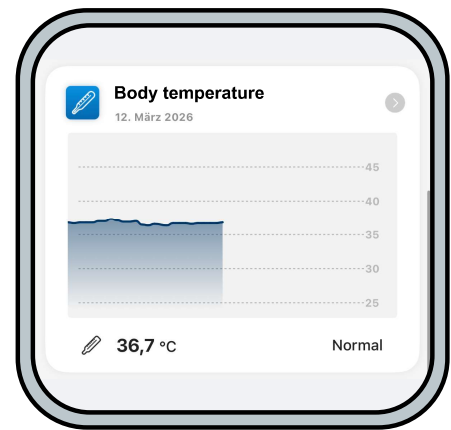
Health data

This section displays all your health data along with average values. These values are calculated based on all individual measurements taken throughout the day.



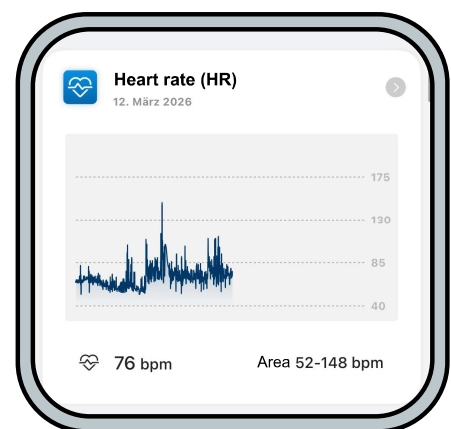
Body temperature

This section displays all temperature readings from the current day. Measuring body temperature is an essential, simple method for monitoring health, diagnosing fever, tracking the progression of illness, and evaluating the effectiveness of treatments. Measuring body temperature is an important tool for monitoring health, as it directly reflects the activity of the immune system and metabolism.



Heart Rate (HR)

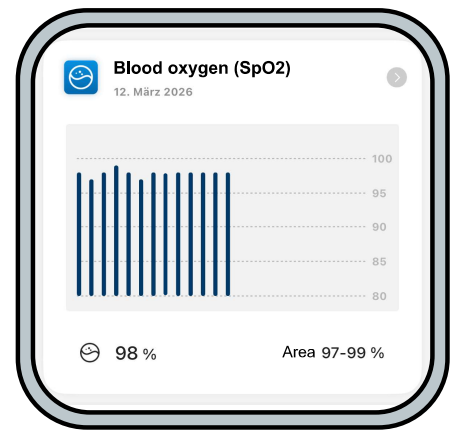
This section displays all your pulse (heart rate) readings from today. Measuring your pulse (heart rate) is an important indicator of cardiovascular health. Children's resting heart rates differ significantly from those of adults.



A child's heart is much smaller and therefore has to beat faster to supply the body with enough blood and nutrients.

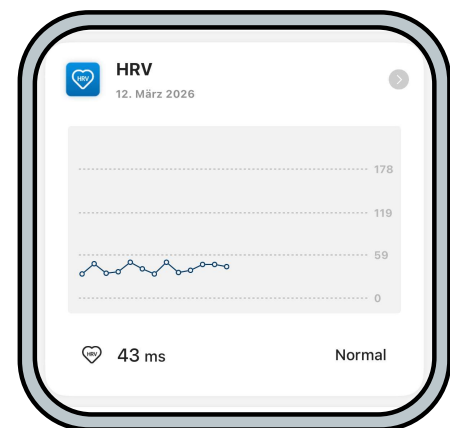
Blood oxygen (SpO2)

This section displays all of your blood oxygen readings for the current day. Blood oxygen readings measure the percentage of oxygen bound to hemoglobin in the blood. This value indicates how well oxygen is being absorbed into the body's circulation via the lungs.



HRV

This section displays all of your HRV measurements from the current day. HRV (heart rate variability) measures the time intervals between consecutive heartbeats in milliseconds. A high HRV indicates a resilient body and good recovery, while a low HRV often points to stress, overexertion, or illness. It is a key indicator of the health of the autonomic nervous system.

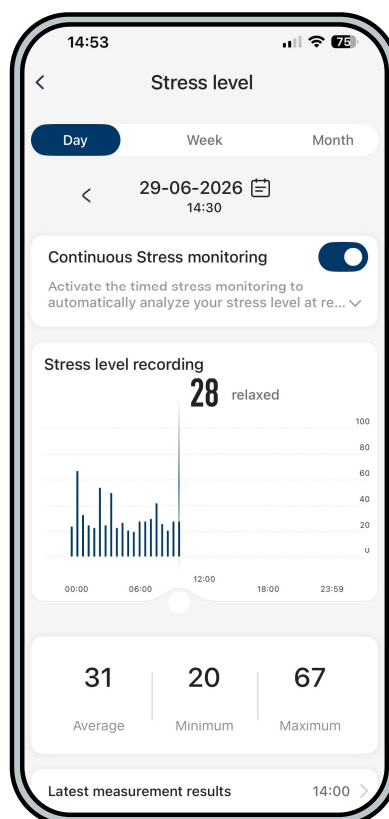
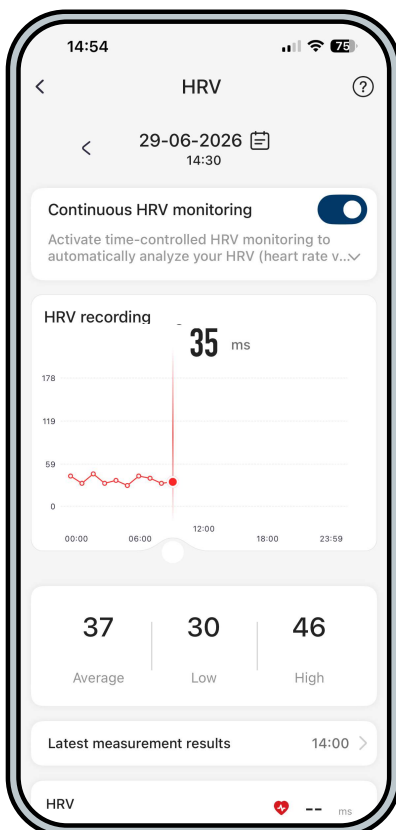
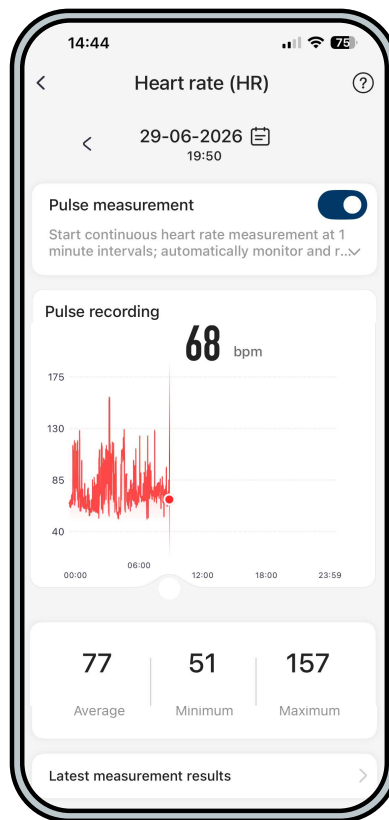
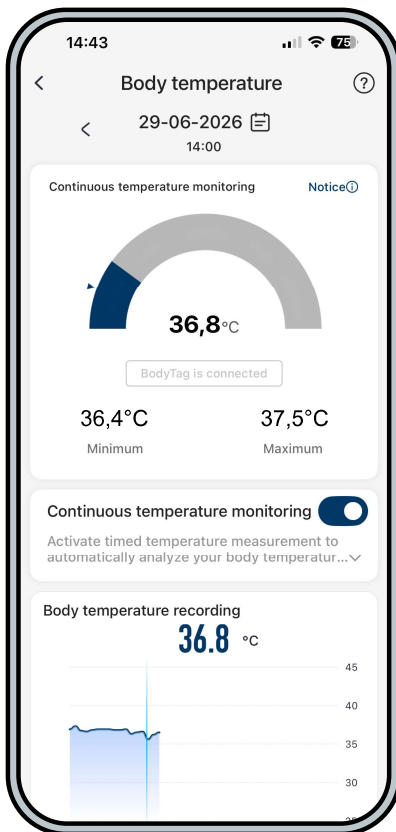


Stress-Level

Here you can see your most recent stress level measurement, the daily average, and the range for that time period. Click on the range to view more information. The stress level is calculated primarily based on heart rate and HRV data.



If you click on the individual display tabs in the Start menu, you'll see more detailed information:



In the detailed view, you can view important measurement parameters. You can also access historical data here.

For more information, "click" on the



Important setting for an android phone

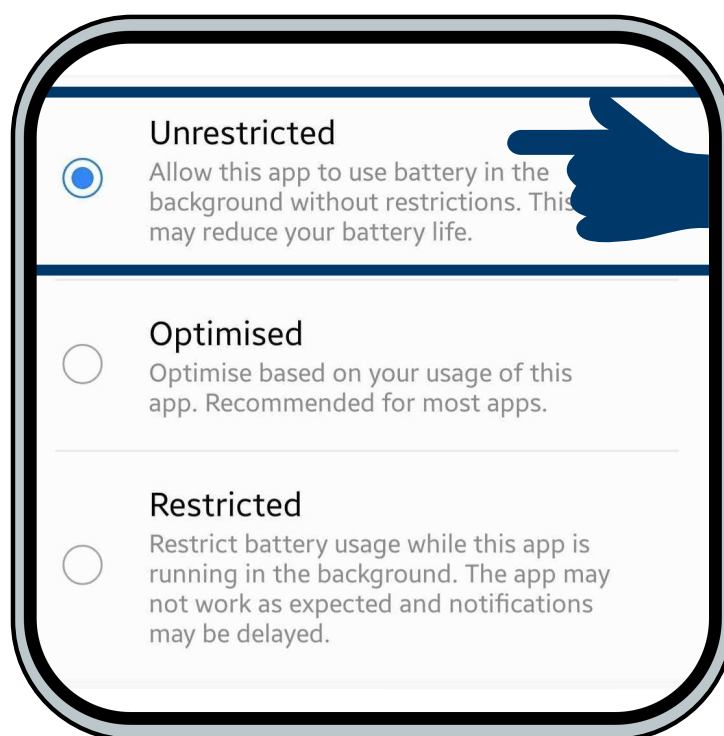
To ensure continuous data synchronization, it is essential to make sure that the Blaupunkt® app is not restricted by the Android battery-saving feature.

On your Android phone, open “**Settings**” and tap the “**Apps**” menu item.

Now select the **Blaupunkt app**.

In the app info, select the field “**Battery**” or “**App battery usage**”

In the battery settings, select the “**Unrestricted**” option.



Set up your profile

On the home screen, click the three menu dots in the upper-left corner (**Figure 7**). Now click the “**Profile**” menu item (**Figure 8**). Please fill in the information so the app can provide the most accurate analysis possible. Incorrect data will lead to inaccurate results. To save your information, tap “**Save**” in the upper-right corner (**Figure 9**).

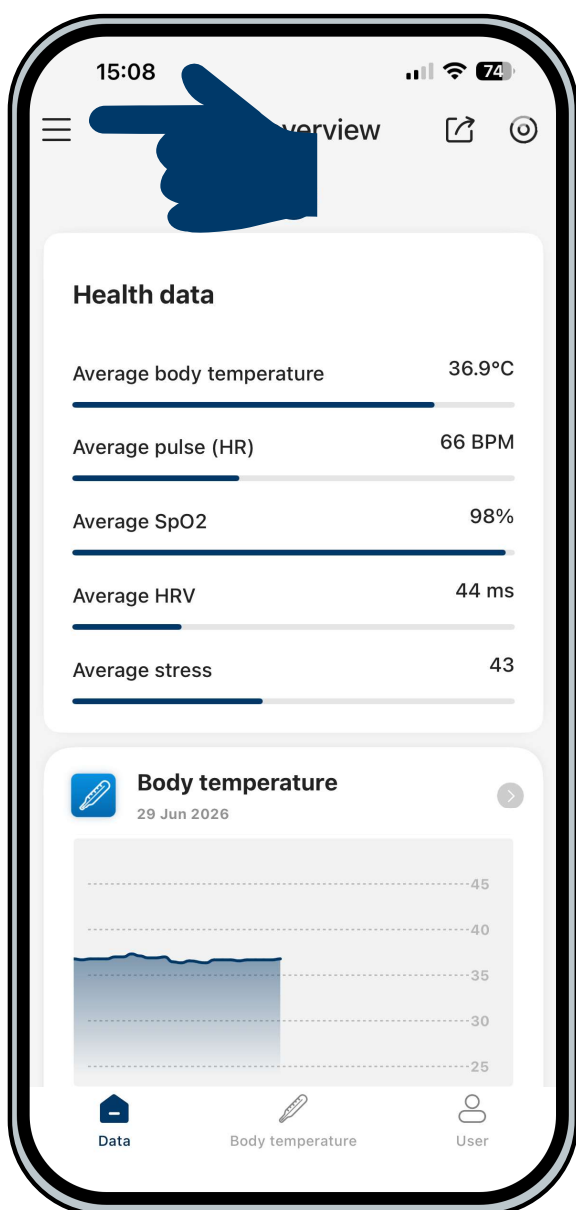


Figure 7



Figure 8

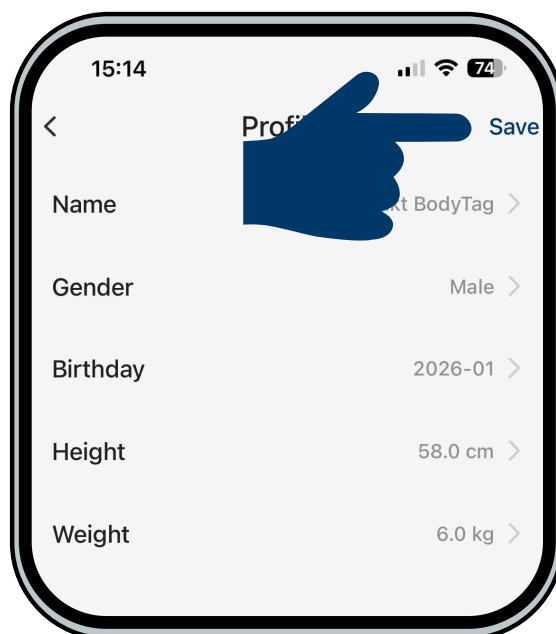


Figure 9

Interval settings

On the home screen, click the “**User**” tab in the lower-right corner (**Figure 10**).

Now select the “**Interval settings**” menu item (**Figure 11**).

Now set all your desired intervals (**Figure 12**).



Figure 10

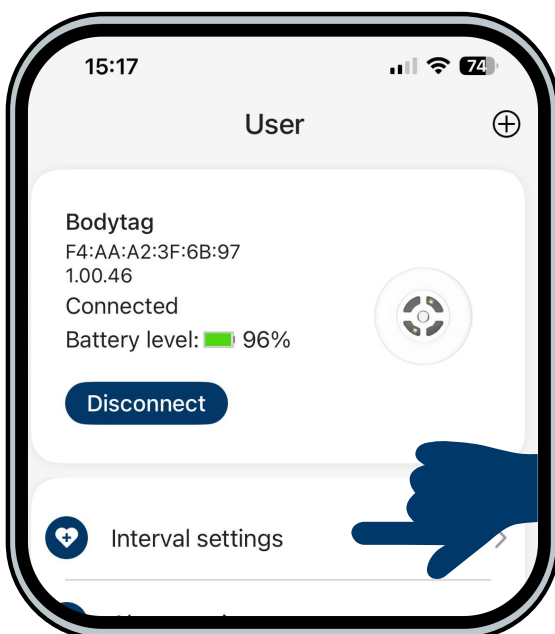


Figure 11

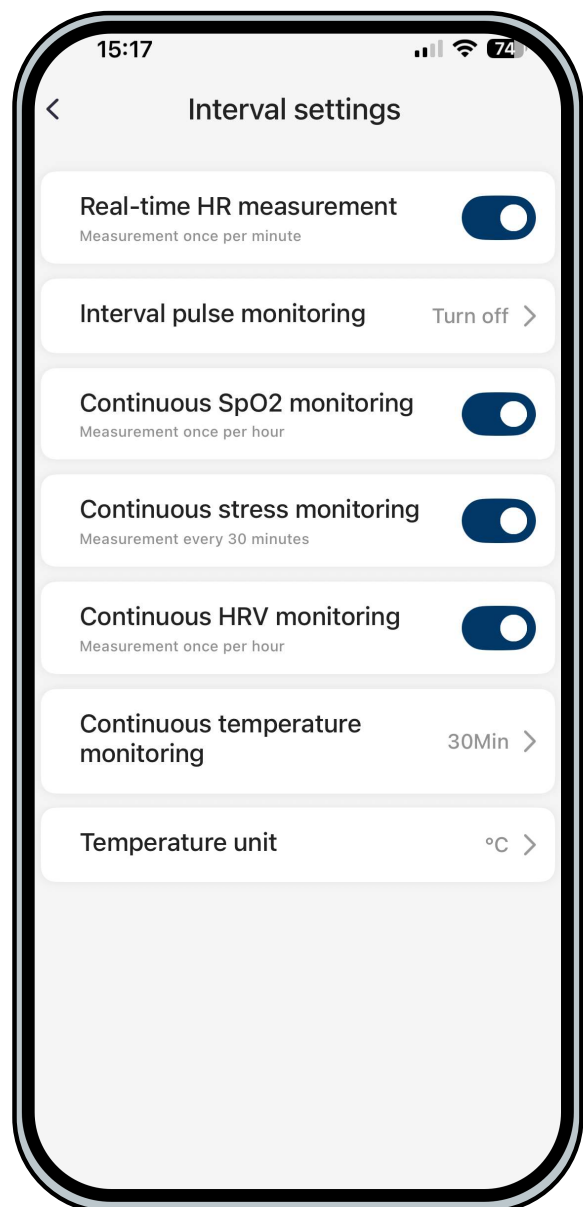


Figure 12

Explanation of the “Interval settings” menu item

Real-time HR measurement

Heart rate is measured every minute. Please note that enabling minute-by-minute heart rate measurement reduces battery life.

Interval pulse monitoring

Here you can select the intervals (every minute) for heart rate measurement instead of minute-by-minute measurement.

Continuous SpO2 monitoring

Here you can enable or disable hourly blood oxygen (SpO2) measurement.

Continuous stress monitoring

Here you can enable or disable half-hourly stress level measurement.

Continuous HRV monitoring

Here you can enable or disable hourly HRV measurement.

Continuous temperature monitoring

Here you can select the intervals for temperature measurement in minutes.

Temperature unit

Here you can choose the temperature unit between °C (degrees Celsius) and °F (Fahrenheit).

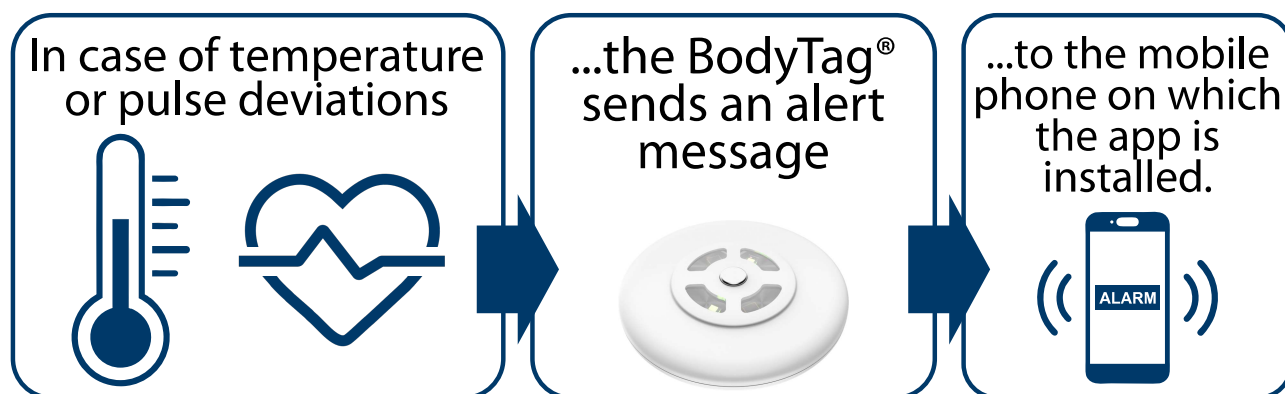
Examples of alarm notifications

The Blaupunkt® BodyTag® can alert you via an alarm notification (push notification) or a call to your emergency contact if it detects an abnormal heart rate (pulse) or temperature.

Heart rate and temperature data are **not intended for medical purposes** and are **not intended to diagnose, treat, cure, or prevent any diseases or medical conditions**. The BodyTag® simply alerts you when your heart rate or temperature exceeds or falls below a value you have set. This feature is not intended to detect potential medical conditions and is **not intended for the treatment or diagnosis of medical conditions or ailments**. If you have heart problems, please always consult a doctor.

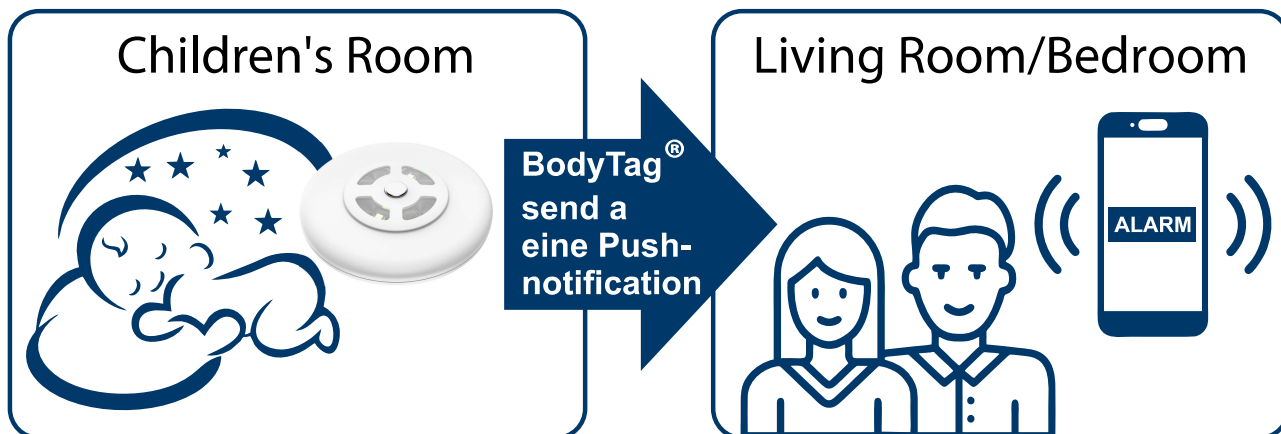
If the heart rate or temperature readings deviate from the specified values, an alarm notification (push notification) will be sent to and displayed on the screen of the mobile phone where the app is installed. Your cell phone can also call an emergency contact (direct call with audio transmission).

Illustration: Alert message (push notification) sent to the mobile phone on which the app is installed (the mobile phone **is near the BodyTag®**):



Example 1:

The child is sleeping in the child room. Mom and Dad are in the living room/bedroom (**the mobile phone is near the BodyTag®**).



Important: To receive alerts (push notifications) on your cell phone, the app must be ACTIVE in the background and must NOT be closed!

If the cell phone is “out of Bluetooth range,” this means that the direct wireless connection between the mobile phone and the BodyTag® has been interrupted (the distance is too great or obstacles are interfering with the connection). As a result, alarm notifications (push notifications) cannot be sent from the BodyTag® to the cell phone.

However, you can easily solve this problem by using another mobile phone. Place another mobile phone near the BodyTag® that has a stable connection to it (the app must be installed on this phone and running in the background). This phone will then relay an alarm call to another mobile phone (to the emergency contact). With this option, you can also **“monitor” people who are not within the Bluetooth range** (see **Examples 2 & 3**).

Example 2:

The child is sleeping in the child room - Mom and Dad are in a room far away (**the mobile phone is NOT near the BodyTag®**)



Example 3:

The "person being monitored" is in a different location than the "emergency contact" (**The "emergency contact" is NOT near the BodyTag® and has no Bluetooth connection to the BodyTag®**)



Important: For emergency calls to an emergency contact, the app on the cell phone must be ACTIVE in the background next to the BodyTag® and must **NOT be closed (applies to Examples 2 & 3).**

Alarm settings for alarm notifications

On the home screen, tap the “**User**” tab in the lower-right corner (**Figure 13**).

Now select the “**Alarm settings**” menu item (**Figure 14**).

Now configure all your desired alarm settings for an abnormal heart rate or temperature (**Figure 15**).

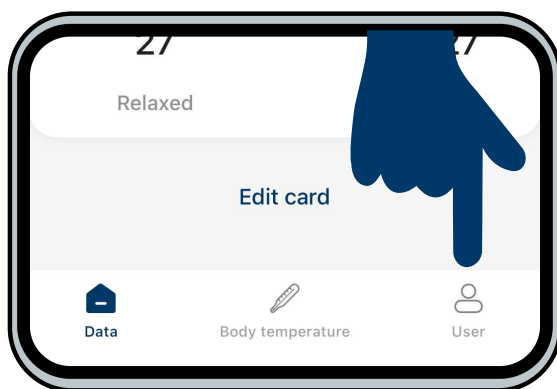


Figure 13

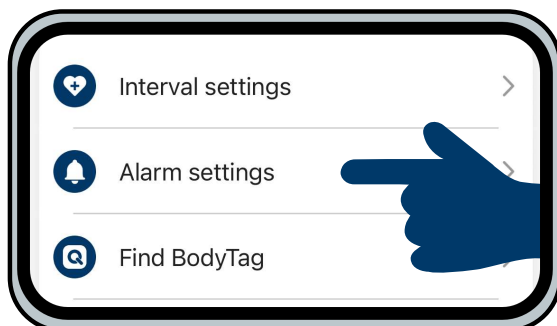


Figure 14

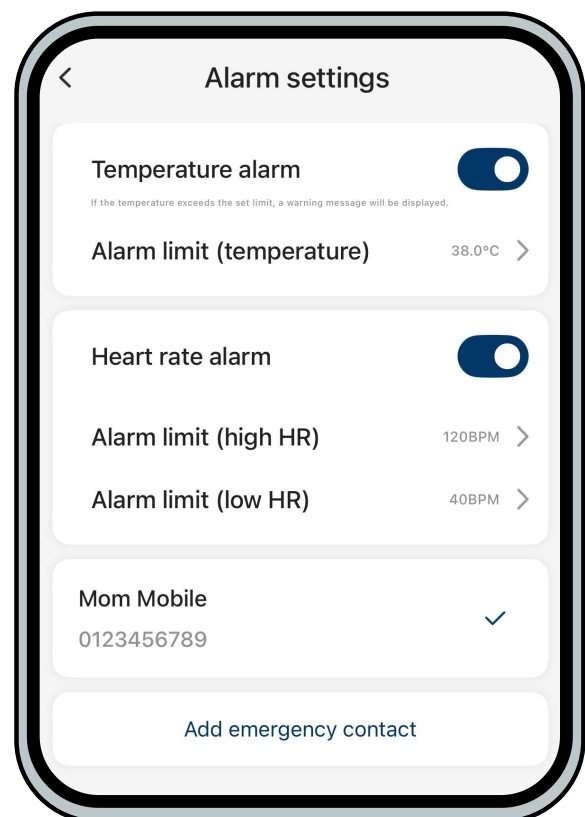


Figure 15

Explanation of the “Alarm settings” menu item

Temperature alarm

Here you can enable or disable the temperature alarm when the preset alarm value (temperature) is reached or exceeded.

Alarm limit (temperature)

Here you can select the temperature at which the alarm notification should be triggered once this temperature is reached or exceeded.

Heart rate alarm

Here you can enable or disable the pulse alarm notification when the preset alarm value (high/low pulse alarm value) is exceeded or not met.

Alarm limit (high HR)

Here you can set the “high heart rate” threshold at which the alarm notification should be triggered.

Alarm limit (low HR)

Here you can set the “low heart rate” threshold at which the alarm notification should be triggered.

Add emergency contact

Here you can enter up to 5 emergency contacts to be called in the event of an alarm. To do so, enter a name and the corresponding phone number (e.g., 0123456789)

Find your BodyTag®

If you've misplaced your BodyTag®, you can use the “**Find BodyTag**” feature to locate it. On the home screen, click the “**User**” tab in the lower right corner (**Figure 16**), then select the “**Find BodyTag**” menu item (**Figure 17**).

The green LED on your BodyTag® will now start flashing for 10 seconds (**Figure 18**).



Figure 16

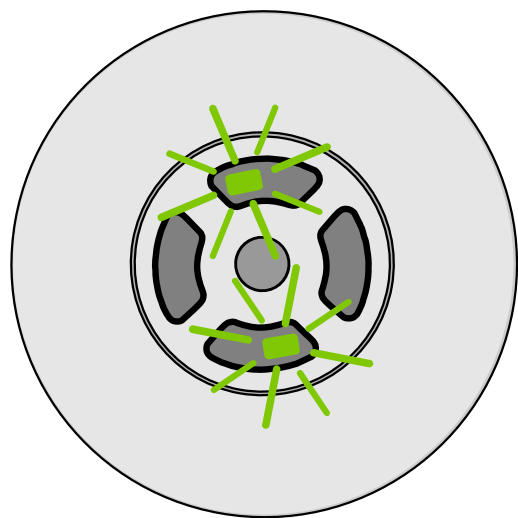


Figure 18

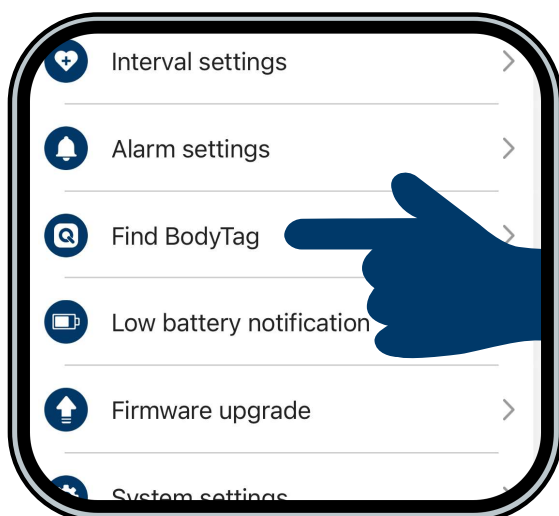


Figure 17



Low battery notification / alert

Your Blaupunkt® BodyTag® and the accompanying app provide you with useful tips and warnings, which are then displayed on your cell phone or smartphone screen. The app can remind you when the BodyTag® battery is below 20% (**Figure 19**). On the home screen, click the “**User**” tab in the lower right corner (**Figure 20**), and then enable or disable the “**Low battery notification**” feature (**Figure 21**).

Important: To receive notifications (push messages) on your cell phone, the app must be ACTIVE in the background and must NOT be closed!

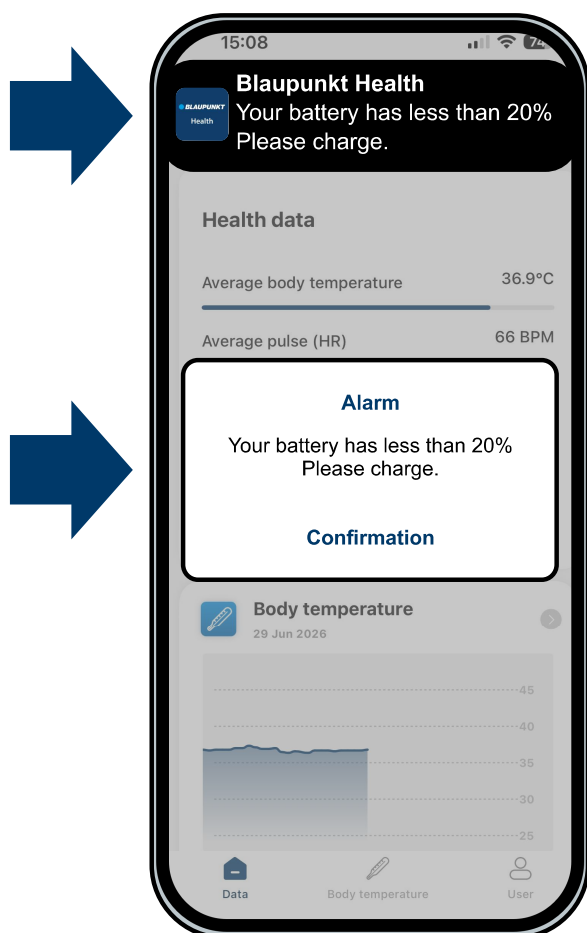


Figure 19

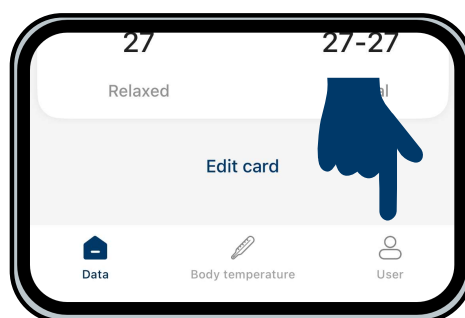


Figure 20

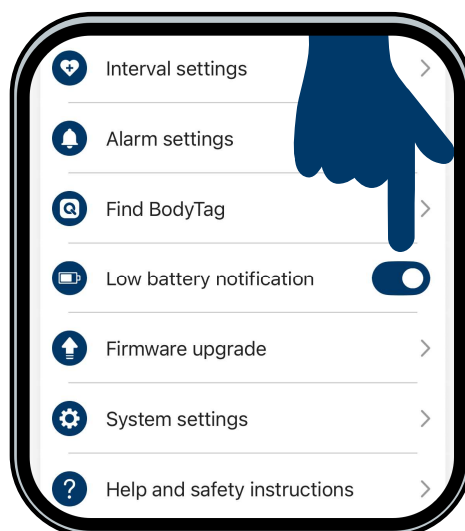


Figure 21

BodyTag® shut down, restart, or reset

You can shut down, restart, or reset your Blaupunkt® BodyTag® to factory settings. On the home screen, click the “User” tab in the lower-right corner (**Figure 22**), then select “**System settings**” (**Figure 23**). Now make your selection (**Figure 24**).

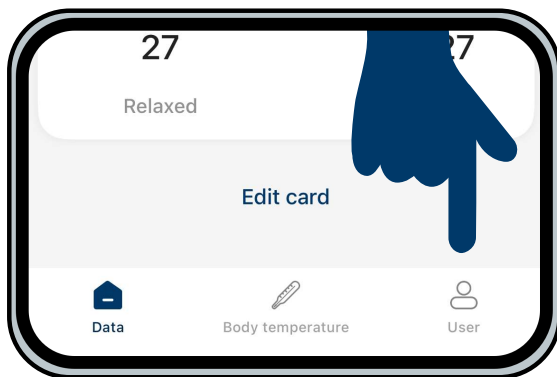


Figure 22

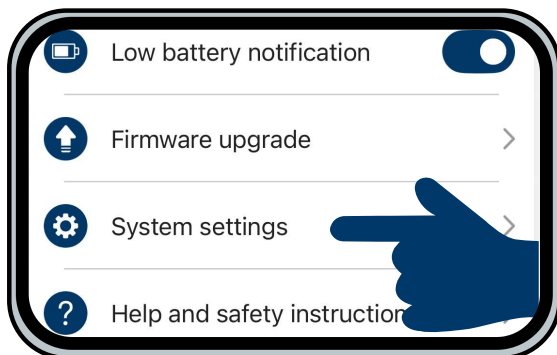


Figure 23

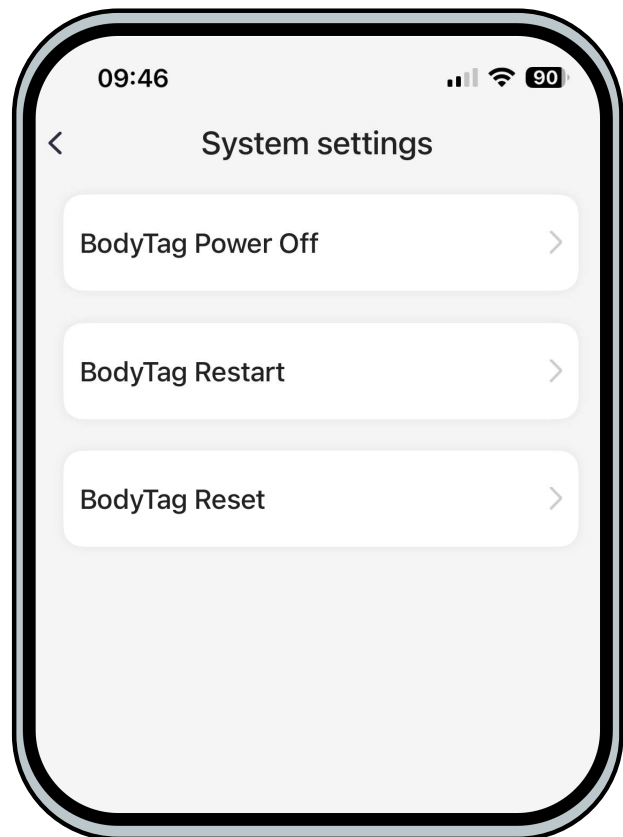


Figure 24

BodyTag Power Off

Your BodyTag® will be turned off to conserve battery power.

BodyTag Restart

Your BodyTag® will shut down and restart.

BodyTag Reset

Your BodyTag® will be completely reset. **Warning:** All the settings and data (only on BodyTag® - not in the app) will be deleted from your BodyTag® and cannot be recovered!

Help and FAQs through the App

To ensure you receive the best possible service and helpful support, you can contact our customer service team directly through the app and also access the FAQs (Frequently Asked Questions).

On the home screen, click the “**Users**” tab in the lower-right corner (Figure 25), then select the “**Help and safety instructions**” menu item (Figure 26). You’ll be taken to our online support page, where you’ll find lots of tips and tricks (Figure 27).

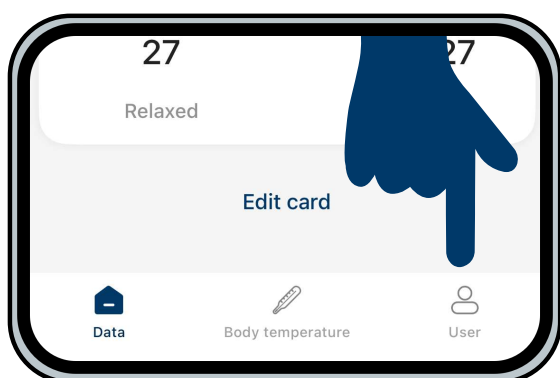


Figure 25

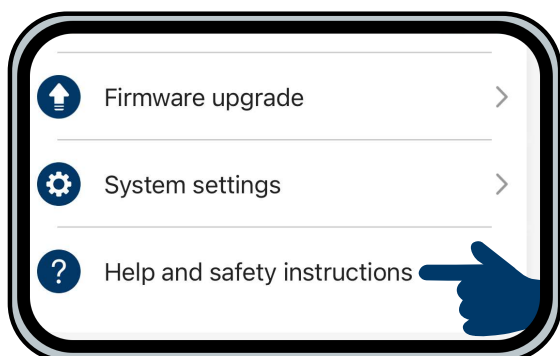


Figure 26

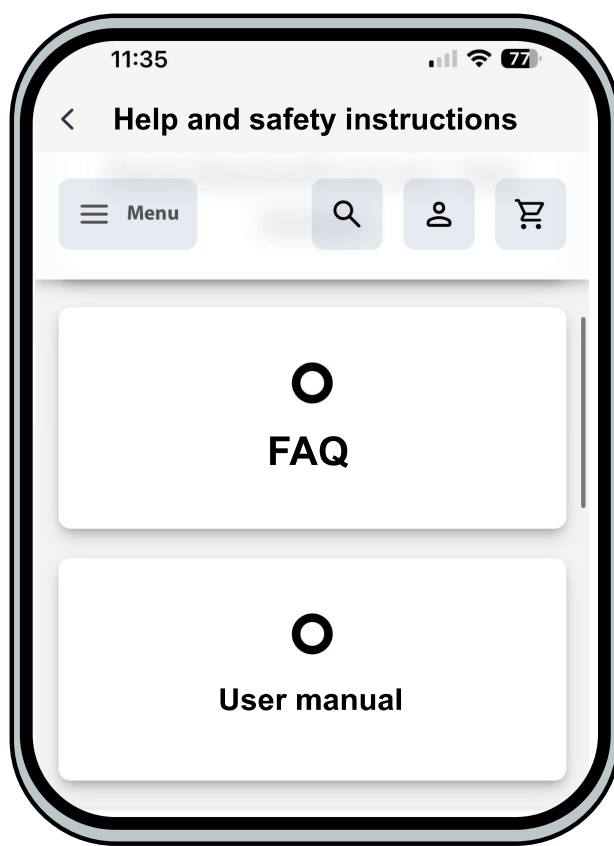


Figure 27

Technical specifications

Dimensions:

Ø 31.8 mm diameter / 5.3 mm high

The BodyTag® thus complies with DIN EN 71-1.

Weight:

4.4 grams (BodyTag® only) / 16 grams with silicone clip

Battery life:

3–5 days (depending on the set intervals)

90 minutes to fully charge (wireless charger)

Connectivity details:

Bluetooth 5.1

Material:

BPA-free BodyTag® housing

BPA-free clip made of medical-grade silicone

PPG sensors:

Green, red, infrared

Other sensors:

Skin temperature

Vital sign measurements

Body temperature, pulse/heart rate, blood oxygen (SpO2), HRV (heart rate variability), stress level

Additional Features:

Waterproof, shock-resistant, alarm function with alert forwarding to 5 external emergency numbers, free lifetime app with strong data privacy (no registration required, no cloud storage)

All information is provided without warranty. Technical specifications are subject to change at any time.

● **BLAUPUNKT**

100  **years**
brand est. 1924

For more information, visit

www.blaupunkt-health.com



Enjoy it.

V1-06/26

Manufacturer and responsible distributor:
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