



**INS LifeGuard**

**Our new improved  
LifeGuard SmartWatch  
is the very latest in  
wearable technology**

*Also incorporates heart rate  
and blood pressure monitoring*

# The LifeGuard SmartWatch



**Feel safe and secure, take your alarm  
and more with you wherever you go!**

Pressing the HELP button sends an alarm through to our 24/7 Emergency Response Health Centre. The built-in GPS locator ensures that in an emergency we'll be able to locate you, speak to you, and send assistance, even if you can't respond.

Much more than just a watch, this device is also a personal health care service / medical alarm and even functions as a mobile phone.<sup>§</sup>

*Please turn over for full list of features.*

## 10 Features for Health & Safety

- SOS Calls at the Press of a Button
- Location Tracking in Real-Time
- Geofence Notifications when wearer exits designated areas
- Health Care – Record Heart Rate/Blood Pressure\*
- Voice and Video Calls to Preset Numbers†
- Audio / Video Monitor for Remote Listen-in
- Appointment / Medication Reminders
- Voice Recognition
- Fall Detection Alarm with adjustable sensitivity‡
- Passive Monitoring of Wearer's Activity‡



### All emergency alarms managed by nurses

That's exclusive to INS LifeGuard and it's an important distinction. Emergency personnel are engaged quickly if required, and our nurses can not only share personal details but also medical information that could save a life.

**1800 636 040**

[www.theinsgroup.com.au](http://www.theinsgroup.com.au)

[Facebook.com/INSLifeGuardAUandNZ](https://www.facebook.com/INSLifeGuardAUandNZ)

# The LifeGuard SmartWatch

## Features and Benefits:

### **SOS Calls at the Press of a Button**

One press of the HELP button sends an alarm to our Emergency Response Centre.

### **Location Tracking in Real-Time**

Track the wearer's real-time location using a combination of GPS, BDS, WiFi and LBS positioning technologies.

### **Geo-Fence Notifications**

Receive notifications when the wearer exists the designated areas.

### **Health Care\***

Measure heart rate, blood pressure, and even steps taken. Measurements can be recorded and sent to a nurse in our Emergency Response Centre or family for monitoring and follow-up.

Ability to monitor a full suite of wireless TeleHealth devices.

### **Voice and Video Calls to Pre-Set Numbers†**

The wearer can easily call pre-set numbers stored on the SmartWatch.

### **Audio / Video Monitor for Remote Listen-in**

If concerned for the wearer's safety, our nurses can remote listen-in to hear sounds around the wearer and identify if there's an emergency. They can also connect via video call.

### **Appointment / Medication Reminders**

We can set reminders e.g. to take medication or for appointments, and the SmartWatch will notify the user at the scheduled time.

### **Voice Recognition**

The SmartWatch can be trained to recognise the user's voice so they can speak commands.

### **Fall Detection Alarm with Adjustable Sensitivity‡**

When a fall is detected, the SmartWatch will automatically trigger an alarm to our Emergency Response Centre.

### **Passive Monitoring of Activity‡**

The LifeGuard SmartWatch can record and learn the daily habits of the elderly and send an alert if there's any abnormality detected, alerting family members if there's a concern.

## Who Would Benefit?

Anyone who wants to remain independent knowing help is available quickly when needed would benefit from the LifeGuard SmartWatch.

It's ideal for those suffering from dementia, cardiovascular disease or other conditions. The LifeGuard SmartWatch can measure heart rate and blood pressure.\*

## Technical Specifications:

- 620mAh built-in rechargeable lithium battery; up to 1.5-2 days under normal usage; magnetic charging cable.
- GPS, BDS, WiFi, LBS
- 1.54 inch TFT-LCD Colour Touch Screen
- Screen resolution 240x240px / 320x320px
- Camera
- Nano-SIM
- FDD LTE: B1 / B3 / B8, TDD LTE: B1 (2100) / B2 (1900) / B3 (1800) / B4 (1700 / 2100) / B12 (700) / B17 (700) / B20 (800) / B39 / B40 / B41 (B38)
- IPX4 water resistance
- Sensors: Fall sensor, G-sensor, heart-rate and blood pressure sensor.

Patent pending.

Rev 18/03/19

\* Intended for use as a fitness/wellness device. The sensors are not clinical-grade and not intended to be used for medical assessment. May incur additional charges.

§ Requires optional Telephone and Internet packages if using our supplied SIM.

† Video calls require optional packages.

‡ Future Development

Features and Specifications subject to change.

Note: INS does not monitor battery, network or hardware issues.