

Warranty card



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Health Massage Watch



Massage function

1. Scope of application

Massage is used to relieve muscle strain and soreness in neck, shoulder, waist and other positions.

taboo

- Patients with implantable medical devices such as cardiac pacemaker, life sustaining medical devices such as artificial hear and lung, and medical devices such as electrocardiograph.
- Pregnant women, children, unconscious expression, patients with acute diseases, infectious diseases, malignant arsinoma and heart disease.
- patients with scars, abrasions, new scars, cuts and inflamed skin.

2. matters needing attention

- Do not use in the following situations: Patients with body temperature above 38 ° C (fever period), patients taking drugs, patients receiving medical treatment, patients with abnormal blood pressure, blood glucose and other abnormalities, patients with abnormal skin, patients with abnormal heart or brain nerves.

No disassembly: do not disassemble, repair and transform the host without authorization.

It cannot be used when driving or operating the machine.

Do not use when bathing.

When in use, it is not allowed to contact watches and electrode pieces with metal objects (such as belts, necklaces, etc.).

When starting the massage, the two electrodes at the output end shall not touch each other to avoid short circuit and damage to the host.

Do not use the electrode used by others to avoid possible cross infection.

Do not attach the electrode sheet to the head, eyes, face, mouth, above the neck, near the heart, pudenda or skin diseases. Users should avoid the current circuit passing through the heart. And can not be attached to the soles of both feet at the same time.

1

Do not use in places with flammable and explosive gases.

Do not use in places with flammable and explosive gases. Do not insert the output wire plug into the socket other than the output wire socket of the watch.

Do not use it with other medical devices or more than 2 sets of this watch and externally coated reagents. Keep a certain distance from TV, radio and other electrical equipment to avoid possible electromagnetic interference.

Warning of the following potential hazards:

When the high-frequency surgical equipment is connected to a patient at the same time, the electrode position of this watch may cause burns or damage the host.

When used near short wave or microwave treatment equipment (e.g. 1m), the output of the watch may be unstable.

In addition to the power adapters and accessories sold by the manufacturer as spare parts, the use of accessories and power adapters other than those specified may increase the emission or reduce the immunity of the equipment.

It shall not be used close to or stacked with other equipment. If it must be used close to or stacked, it shall be observed and verified that it can operate normally under the configuration it is used.

Using electrodes close to the chest increases the risk of heart fibrillation.

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3. Maintenance and service

Main engine maintenance:

Do not wash the watch in water. Please wipe it with a soft and clean cloth. If the host machine is particularly dirty, you can wipe the host machine with a soft cloth stained with water or medical alcohol (alcohol concentration 37%) after fully screwing it, so as to obtain better cleaning effect. The regular maintenance cycle is one month.

Maintenance of electrode sheet:

• After the electrode sheet is used for several times, due to the adhesion of sundries such as dandruff and grease, the viscosity decreases and the body feeling of output strength becomes weak. A small amount of water can be used for cleaning. After gently cleaning the fingertips for a few seconds, shake off the water and place it in a cool place for natural drying.

• If the electrode sheet is dry, you can wipe it with your fingers dipped in clean water to restore the viscosity of the electrode sheet.

The frequency of water washing is recommended to wash once every 30 times, which can be cleaned for about 10 times in total. The use times of physiotherapy electrode sheets may be shortened due to the frequency of washing, the cleanliness of human skin and the state of storage.

• After each treatment, please paste the physiotherapy electrode sheet on the transfer plate and place it in a cool place.

• See the label of physiotherapy electrode sheet for the service life of physiotherapy electrode sheet. Physiotherapy electrode sheet is a consumable. If it has exceeded its service life or has been damaged or reduced in viscosity, please change it in time. Change new products.

Attention:

• when the instrument is dirty, do not wipe it with diluent, gasoline, etc.

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- do not use any liquid other than clean water to clean the physiotherapy electrode, and do not wash it for a long time and frequently.
 - avoid placing the electrodes in places with too much dust, high temperature, high humidity and direct sunlight.
 - please keep it out of the reach of children.
 - the instrument has been strictly tested before leaving the factory. Do not disassemble, assemble or disassemble it without authorization.
 - if the power adapter is broken or damaged, please replace it in time.
 - if the power adapter is broken or damaged, please replace it in time.
 - when the wire needs to be removed or replaced, pull the plug and pull it out. Do not directly pull the wire by hand to avoid damage and fracture of the wire.
 - if the instrument is not used for a long time (more than three months), the instrument should be recharged every three months to avoid battery leakage damaging the instrument.
- In order to avoid environmental pollution as much as possible, do not discard the discarded instruments, accessories and used batteries at will, and dispose of them according to the general electrical waste or local environmental protection requirements!

Special precautions:

- after the electrode piece is torn for the first time, please stick it on the transparent transfer plate. Do not stick the two electrode pieces together.
- In the process of massage, if the pulse intensity is strong on one side and weak on the other, please change the electrode head and magnetic suction the electrode sheet again.

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4. Fault analysis and troubleshooting

Abnormal phenomenon	Reason	Processing method
The power supply will be interrupted soon, and the power supply will be turned off automatically during use	Battery energy exhausted	Please charge the battery in time
The electrode piece is not attached to the skin	The transparent film on the sticking surface of the physiotherapy electrode sheet is not removed	Please remove the transparent film on the adhesive surface
	The sticking surface of the electrode piece is dirty	Wash with a small amount of water, gently wash your fingertips for a few seconds, shake off the water, and put it in a cool place to dry naturally before use
	Direct use after washing	Let the adhesive surface dry naturally before use
	Damage of electrode sticking surface	Physiotherapy electrodes are consumables. Please replace them with new ones

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Abnormal phenomenon	Reason	Processing method
The bonding surface of the electrode sheet is peeling and misplaced	Used when sweating long or frequent washing	Physiotherapy electrodes are consumables. Please replace them with new ones
	Put it in a place with too much dust, high temperature and humidity and direct sunlight	Physiotherapy electrodes are consumables. Please replace them with new ones
The bonding surface of the electrode sheet is peeling and misplaced	There is a lot of sweat on the sticking surface of physiotherapy electrode sheet	Physiotherapy electrodes are consumables. Please replace them with new ones
No stimulation, weak stimulation	The electrode piece is not close to the skin	Please attach the physiotherapy electrode sheet to the skin
	Electrode sheet overlap	Please do not overlap the electrodes
	The sticking surface of the electrode sheet is dirty	Wash with a small amount of water, gently wash your fingertips for a few seconds, shake off the water, and put it in a cool place to dry naturally before use
	The output wire is not connected correctly	Please connect the output wire correctly
	The intensity is too weak	Adjust intensity button
	dead battery	Please charge the battery in time
The bonding surface of the electrode sheet is damaged	Physiotherapy electrodes are consumables. Please replace them with new ones	

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Abnormal phenomenon	Reason	Processing method
The skin turns red and has the feeling of acupuncture	Treatment time is too long	The appropriate time is 10 ~ 15 minutes
	The electrode piece is not close to the skin	Please attach the physiotherapy electrode sheet to the skin
	1. The sticking surface of the electrode sheet is dirty 2. It is dry	Wash with a small amount of water, gently wash your fingertips for a few seconds, shake off the water, and put it in a cool place to dry naturally before use
	Damage of electrode sticking surface	Physiotherapy electrodes are consumables. Please replace them with new ones.



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Applicable to six parts:
shoulder, neck, arm, waist, joint and sole.



8

APP download

- Download through the application market:
 Android: AppBao, pea pod and other application market search DayBand for download.
 IOS side: App Store search DayBand for download.
- through the watch QR code scan download
 Android: Scan the QR code via QQ, WeChat or other applications, and link to the download interface to download;
 IOS side: Scan the QR code via QQ, WeChat or other applications, and directly link to the App Store for download.



Scan download DayBand_Google_Play



Scan download DayBand_IOS

- When prompted to install after downloading, check (Allow) "Run in the background" and "trust the application".
- When installing, if the phone does not have Bluetooth enabled, please follow the prompts to open the phone Bluetooth.
- For the convenience of users, the QR code of the last page and the back cover of this operation guide is the same as the QR code on this page, and can be scanned and downloaded.

1



1

Dear user:
Thank you for using this smart sports watch! In order to make it easier for you to use it, please read this operation guide carefully before use.

Specifications

Hardware

Bluetooth: Bluetooth5.0
Chip: SYD8811
RAM/ROM: 32KB/256KB
Reminder: vibration
Waterproof level: IP68 waterproof, swimming
Display display: raise the hand to brighten the screen or turn the wrist to brighten the screen
Supported versions: Android Android 5.0 and iOS 8.0 or higher

Electrical

Charging time: 3 hours or so
Standby time: 30 days
Bluetooth distance: 8-10 meters (empty environment)
Battery capacity and battery type: 180MA polymer battery

Performs

Sports data: long-term preservation
Waterproof level: IP68
Key life: 100,000 times

Material

Case material: high wear-resistant TPU
Strap material: imported high-strength TPU
Buckle material: 316L stainless steel
Bottom cover material: High wear resistant plastic
Dial size (length * width * height): 50 * 40 * 15.4mm
Package size (length * width * height): 170 * 170 * 43 mm
Strap width: 22mm
Total length of strap: 200mm
Stand-alone weight: 50.5G

3

Function Description

1. Raise your hand to brighten

Raise your hand to brighten the screen:
Turn on the hand to brighten the screen, raise your hand and make your hand. The table is tilted inwardly facing the front of the watch, the watch end Bright screen.

2. Heart rate automatic monitoring

Turn on automatic heart rate monitoring and set the monitoring time period. The watch can be used every other time within the specified time. Time to monitor heart rate.

3. Motion monitoring

7 sports modes to choose from (walking, running, Cycling, skipping, tennis, badminton, table tennis).

4. Notification

Support call notification, SMS notification, message push. Open the application in the settings (example: APP). Turn on call notification, when the phone receives a call. When the electricity is on, the watch end vibrates and the screen prompts, the interface will show caller icon.

5. Shake a picture

Click on the photo on the APP and the phone will enter the photo world. Face, the arm can be shaken to remotely control the phone to take pictures.

6. Find equipment

Click to find a watch or mobile phone, the watch shines brightly and the corresponding prompt icon is displayed. The phone will ring to remind you.

7. Alarm reminder

Click the alarm on the APP to set the alarm time. When the alarm time arrives, the watch end vibrates and the screen is highlighted. Wake up and display the alarm icon.

8. Sedentary reminder

Set the start to end time and sedentary time. Separate (minutes), threshold (steps), click to enter Repeat setting to select sedentary reminder date (week). When the sedentary time arrives, the watch end brightly vibrates and displays Show sedentary icon.

9. Sleep monitoring

Wear your watch while you sleep to better monitor your sleep. Night automatic sleep monitoring system, scientific analysis of sleep quality.

10. Touch to reject the call

Cell phone calls, it is not convenient to answer when you can touch the watch. Rejecting operations is more convenient and faster.

11. Sliding screen selection function menu

Swipe up and down the surface of the watch to select the function menu. The operation is simple and fast.

12. Do not disturb mode

After turning on the Do Not Disturb mode, in addition to the alarm clock, in the settings. All notification reminders that are turned on, when pushing notifications, there will be no automatic bright screen vibration reminder on the watch end.

4

Restart/shutdown/restore factory settings

Root operation

Press and hold the up button on the right side of the watch (S1 button), and the watch will automatically enter the power on state.



Shutdown operation

Press and hold the right button on the right side of the watch (S1 button) or in any mode (or interface), find the "More Functions" menu, click the upper right button to confirm, enter the submenu, switch to the shutdown icon, click OK, the watch automatically enters the shutdown state.

reset

In the menu bar, find the "More Features" menu, click the upper right button (S1 button) to confirm, enter the submenu, switch to the restore icon, click OK, the watch will clear all data and return to the factory state.



off



reduction

5

Bluetooth on/off

After the watch is turned on, Bluetooth is always searched. When the APP is downloaded, click Add Device, select the watch device name (the watch Bluetooth name is: "YUBO"), and click the Bluetooth device to connect successfully.

After the Bluetooth connection is successful:

1. Check the Bluetooth name of the watch at the untie of the device;
2. The watch time is synchronized with the time of the mobile phone. The APP clicks to find the watch, the watch shines and displays the corresponding prompt icon. (The watch side Bluetooth logo will become connected)

Bluetooth auto reconnection:

1. There is no reminder on the watch end beyond the Bluetooth connection range. When the watch reaches the valid range of Bluetooth connection, Bluetooth will automatically reconnect; close the application background or restart the phone or click the one button to clean up the phone, enter the APP again, the Bluetooth connection is valid. Bluetooth will automatically reconnect.

Untie and disconnect Bluetooth:

Android phone: Open DayBand App, in the "Device" interface, click "My Device", select "Unbind" to unbind and disconnect Bluetooth, and the watch Bluetooth logo will be disconnected.

Apple Phone: Open the DayBand App. In the "Device" interface, click "My Device" to select "Unbind" and ignore the "YUBO" device in the phone settings—Bluetooth. The watch's Bluetooth logo will be turned off.



5

Find device

Find a phone

After the watch is connected to the mobile APP, when the mobile phone does not know where to drop it, select the "Find" function in the menu above the dial, enter the submenu, find the "Find Phone" icon, and click OK. The phone will ring to remind you.



Find Phone

Find watch

After the watch is connected to the mobile app, when the watch does not know where it is lost, on the "More" page of the phone, click the "Find Device" function, and the watch will vibrate and alert.



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Notice

Call SMS reminder

After the watch is connected with the mobile APP, set the menu in the app to open the phone SMS notification. When the phone has an incoming call or a text message, the caller icon and phone number will be displayed above the dial, and the watch will give a vibration reminder.

Information reminder

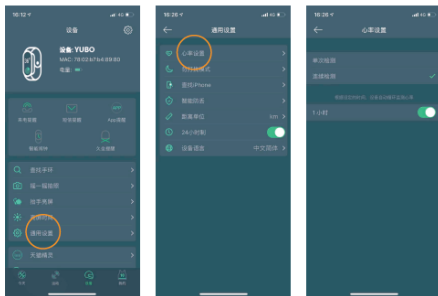
After the watch is connected to the mobile APP, the setting menu in the APP opens to open the APP reminder, and the watch will vibrate the information to remind the display. The information content includes QQ, WeChat, Twitter, Facebook, WhatsApp, Skype, etc. (If the reminder watch of one of the above applications is closed in the app, the information of the application will not be reminded).



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Heart rate monitoring

Open the DayBand App and find the "Common Settings" menu. Select the heart rate setting and the watch will automatically monitor the heart rate every 1 hour/2 hours/3 hours/4 hours. It can also be detected once or continuously.



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Motion monitoring

Select "Exercise" mode in the watch menu bar, click OK to enter the submenu, switch to the sport mode you need, and choose from a variety of sports modes (running, cycling, walking, mountaineering, yoga, basketball). Click the right button to confirm, you can start monitoring.



Ride

Run

Basketball

Walking

Mountain eering

yoga

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Raise your hand to brighten

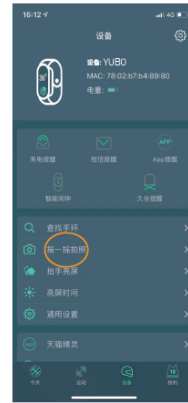
Open the hand-up bright screen on the App, raise your hand so that the watch is tilted inward toward the front of the watch, and the watch end is bright.



Bluetooth photo

Steps

1. Make sure the Bluetooth connection between your watch and your phone is working.
2. Click on the APP to take a photo and the phone will enter the camera interface.
3. Take a watch and shake it to take a photo remotely.



Alarm reminder

Click the "smart alarm" setting on the DayBand App to add the alarm time. When the alarm time arrives, the watch will vibrate and display the alarm icon. (This setting only sets the alarm for the watch, regardless of the phone's own alarm clock).



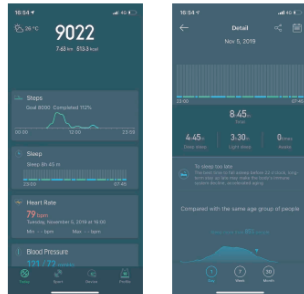
Sedentary reminder

Set the start to end time period and sedentary time interval (minutes), threshold (steps), click to enter the repeat setting to select the sedentary reminder date (week), when the sedentary time arrives, the watch end brightly vibrates and displays sedentary icon.



Drinking water reminder

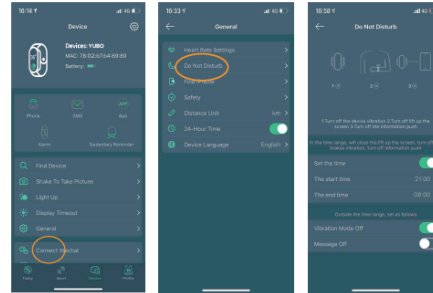
Wear your watch while sleeping to better monitor your sleep, nighttime automatic sleep monitoring system, and scientifically analyze sleep quality.



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Do not disturb mode

When the Do Not Disturb mode is enabled, all notifications that are turned on in the settings besides the alarm clock, when the notification is pushed, the watch side will no longer have an automatic bright screen vibration reminder.



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Precautions

1. Android 4.2 or iOS 8.0 and above devices that support Bluetooth 4.0;
2. When using for the first time, please connect the charger to activate the watch;
3. When downloading the DayBand APP, please make sure that the network is abnormal.
4. Bluetooth connection:
 - A Please make sure that the Bluetooth of the mobile phone is turned on and the watch is turned on.
 - B When searching for Bluetooth, please make sure that the watch is not bound by another account;
 - When C searches for Bluetooth, the watch and the phone are as close as possible.
5. If the watch end does not receive the push message, please ensure that the app is running in the background, and the message notification is on (the auxiliary function also needs to be turned on);
6. If the exercise, sleep, and heart rate data are not synchronized to the APP, try disconnecting the Bluetooth and reconnecting from the APP;
7. If the Bluetooth connection is abnormal, you cannot enter the APP. Please try to enter the mobile application management to clean up the APP cache data.
8. Before the watch is bound to another account, it needs to be untied with the current account;
9. If the watch does not light up, please connect the watch to the charger.
10. iPhone mobile APP untie and reconnect, need to save the iPhone phone's Bluetooth settings before saving my device OCEAR ignore this device, and then reconnect;



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Quality assurance Convention

Quality guarantee convention thank you for choosing our products and services! To protect your Consumer rights. For the products you purchased, we hereby give you the following warranty instructions. Warranty service content

1. The warranty period of the product is 12 months from the date of purchase (packaging materials are not included in the warranty period Fan Tuan)
2. The product has quality problems within 7 days after purchase, and the appearance is not damaged by people after purchase it is damaged, it can be directly replaced with a new machine of the same style and model;
3. In case of product failure, it is recommended that you first consult your sales organization for troubleshooting. After misoperation, they will arrange after-sales maintenance service for you.
- II The following situations are not included in the warranty
 1. The product exceeds the warranty period;
 2. Failure to issue the purchase certificate or the company is unable to verify the purchase date;
 3. The product is broken, worn and scratched by external force, as well as due to abnormal wearing/Broken strap;
 4. Failure and damage of the product due to water inflow;
 5. Product failure or damage due to earthquake, fire and other force majeure;
 6. Other quality problems caused by non product design and manufacturing defects.
- III. maintenance instructions
 1. When sending for repair, we only accept bad parts (host or accessories), please do not send irrelevant devices to the sales organization or after-sales service center;
 2. When sending for repair, please show this warranty card and purchase certificate, as well as the product reason Troubleshooting instructions (subject to the professional maintenance of our company, and we will report to you if necessary you call to verify);
 3. The freight and goods transportation safety generated from the round-trip inspection shall be borne by Qifang;
 4. After maintenance, the products will continue to enjoy after-sales service within the warranty period;
 5. For non warranty products, the company provides paid maintenance services and relevant fees. Consult the relevant service regulations for details of the extended warranty period.

2022 version 1.2

FCC Warning Statement

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