

# smart wristband

## user's manual

### Wear it properly

The wristband is best worn after the ulnar styloid  
Adjust the size of the wrist according to the adjustment  
hole; Buckle belt buckle.

The sensor should be close to the skin to avoid moving.

### Charge the bracelet

For the first time, make sure that the battery is in  
normal power. If the power is not turned on normally,  
please connect the charger to charge the device, and  
the bracelet will automatically turn on.

### Install the bracelet app on your phone

Scan the QR code or go to the App Store, app download  
and install the app



Android/IOS

System Requirements : Android 5.0 or above; iOS9.0 or above;Support for Bluetooth 4.0.

## Device connection

For the first use, you need to connect to the APP for calibration.

After the connection is successful, the bracelet will automatically synchronize the time

Turn on the Bluetooth switch of the mobile phone system → enter the app device module settings → click "bind device, experience more functions" to enter, it will automatically search for the nearby Bluetooth device, find the bracelet device and connect it.

- After the pairing is successful, the APP will automatically save the Bluetooth address of the bracelet. When the APP is opened or running in the background, it will automatically search and connect the bracelet;
- Android phones use all notification permissions such as contact information and mobile app settings to run in the background

## Bracelet function description

- When the device is turned off, touch and hold the function button for more than 3 seconds to turn the device on  
More than 5-second long press the shutdown menu to enter the shutdown

- Under the power on state, touch the short press function key to light up the screen
- When the device is turned on, touch the function key to light the screen;
- Whether the default clock page of the bracelet, you can enter more menus to set different clock pages, no operation default five-second screen
- Switch to the heart rate three-in-one interface to start the test, heart rate three-in-one interface 60s timeout automatically off screen (heart rate and blood pressure need bracelet hardware support)

## **Clock interface**

After syncing with the phone, the bracelet will automatically calibrate the time.;

### **( tracks Step)**

#### **Number of steps**

Wear the bracelet and record the number of daily movement steps to view the current real-time steps.

#### **Distance**

The distance of motion is estimated based on the number of walking steps.

## **Calorie**

Estimate the calories burned based on the number of walking steps

## **Heart rate, blood pressure, blood oxygen three-in-one**

After entering the heart rate three-in-one test interface for a few seconds, the current heart rate, blood pressure, and blood oxygen test results are displayed. This feature requires a wristband to support heart rate and blood pressure sensors

## **Multi-sport mode**

After all exercise modes are activated, calories consumed and duration can be recorded;

## **Sleep mode**

When you fall asleep, the bracelet will automatically enter the sleep monitoring mode; it will automatically detect the number of deep sleep/light sleep/waking up throughout the night and calculate your sleep quality; the sleep data bracelet will only view the total duration of deep sleep and light sleep. For details, please View on the APP side.

Note: Sleep data will only be available when you wear the bracelet when you fall asleep. Sleep will be detected from 10 o'clock in the evening.

Sleep data for 3/4 hours of falling asleep can be synchronized to the app while you sleep.

## **music player**

Successfully connected to the APP, the band can start the music player (play/pause/up and down song function control)

### **the weather**

If the APP is successfully connected, the bracelet can obtain the current weather data, and the APP setting-personal information-can set the temperature unit switch (the conversion between Celsius and Fahrenheit)

**Note: When connecting to the APP, please be sure to turn on the phone location function**

### **Custom watch face**

You need to connect to the APP to get the dial settings, you can choose the recommended dial/photo album custom dial to synchronize to the bracelet

### **Temperature measurement**

Please wear it for 15 minutes every time you use it to perform temperature measurement, connect the APP to convert the unit, and view the temperature data (the data is not uploaded without APP or Bluetooth disconnection).

Note: The temperature measurement results vary according to the ambient temperature, and the data is for reference only.

## **Information mode**

When the bracelet pushes multiple reminder messages, enter this interface to view the latest message record

## **APP function and settings**

### **(Personal information)**

Please set your personal information after entering the app.

Settings → Personal Information, you can set gender  
- age - height - weight

You can also set your daily goal steps to monitor daily completions

### **(Application push)**

#### **incoming call:**

In the connected state, if the call alert function is enabled, when the call comes in, the wristband will vibrate and display the name or number of the caller. (You need to give APP read address book permission)

#### **SMS notification:**

In the connected state, if the SMS reminder function is enabled, the bracelet will vibrate when there is a text message.

### Other reminders:

In the connected state, if this function is enabled, when there is a message such as WeChat, QQ, Facebook, etc., the bracelet will vibrate to remind and display the content received by the app. (You need to give the APP permission to get system notifications. The wristband can display 20-40 words).

### Other functions::

Turn on vibration to set this function, When there is a call, message or other reminder, the bracelet will vibrate. If it is closed, the bracelet will only have a screen reminder without shaking to avoid disturbing.

### Tips for Android users:

When using the reminder function, you need to set it to allow "FitPro" to run in the background; it is recommended to add "FitPro" to the rights management and open all permissions.

### **(Alarm setting)**

In the connected state, 8 alarms can be set. After setting, it will be synchronized to the bracelet; offline alarm is supported. After the synchronization is successful, even if

the APP is not connected, the bracelet will be reminded according to the set time.

### **(Looking for a bracelet)**

In the connected state, click the “Look for the bracelet” option and the bracelet will vibrate.

### **(Remote photography)**

In the connected state, the app end enters the remote camera interface, shakes the wristband/turns the wrist, and automatically takes a photo after 3 seconds of counting down. Please allow the APP to access the album to save the self-portrait photos. (Note: When taking a remote control photo, the bracelet can not operate other functions, the app should exit the camera function)

### **(Sedentary reminder)**

Set whether to enable the sedentary reminder function, you can set the reminder interval, if you sit for a long time in the set time, the bracelet will remind.

### **(Raise your hand to brighten)**

Turn this function on. When the wristband is in the state of the screen, lift your wrist and turn the screen to yourself to light up the screen.



### (Do not disturb mode)

Turn on the Do Not Disturb mode. You can set the Do not disturb time period. During the set time period, the bracelet stops receiving notification messages to avoid reminding messages.

### (Device reset)

Setting this feature reset will erase all data in the bracelet (such as step counting)

### (Remove device)

Remove device This feature will erase data and remove device

### Basic parameters

Equipment type	smart wristband	Type of battery	Lithium polymer
Vibration motor	support	method of synchronization	Bluetooth4.0
Operating temperature	-10°C~50°C	sensor	Low power accelerometer
System Requirements	iOS9.0 and above/Android 5.0 and above		

## Precautions

1. Bathing and swimming should not be worn.
2. Please Connect the bracelet when synchronizing data.
3. Use the included charging cable to charge.
4. Do not expose the bracelet to high moisture, high temperature, or very low temperatures for long periods of time
5. The bracelet appears to crash and restart. Please Check the phone memory information clear and try again, or exit the APP and reopen it.

## Component introduction

\*Host \*Wrist strap \*Charging cable \*Packing box and instructions

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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

**Note:** 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.