

# Smart Health Bracelet

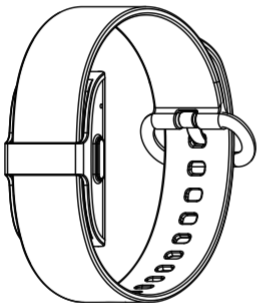
2318



User Manual

## Product Introduction

2318 is a smart health bracelet which can monitor multiple body vital signs all the day and night.



Blood  
Glucose



24/7 Heart  
Rate Monitor



SpO2



HRV



Stress



Multi-sport  
Tracking



Sleep  
Tracking



Activity  
Tracking

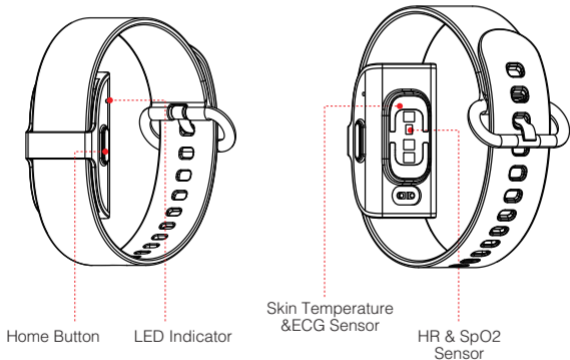


Waterproof  
IP68

Note: The 2318 is not a medical device and is not intended to diagnose or monitor any disease or medical condition.

## What's Included in the Box

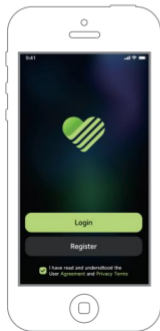
- (1) Smart bracelet
- (2) USB charger
- (3) User manual



## Instruction

### 1. Download the APP

- Scan the QR code below or search JCVital on Google Play or iOS App Store to download our JCVital App.
- Make sure the Bluetooth of your mobile device is on.
- Choose device identified in App and connect to your 2318 smart bracelet.



JCVital

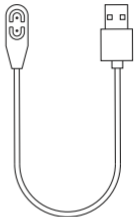


Note: Please ensure that your Android version is 5.0 or later, iOS version is 10.0 or later. The 2318 supports Bluetooth 5.0 connection.

## 2. Charge Before Use

- Please fully charge the device to activate for first use.
- If after factory reset on the App, please charge to power on.

Simply place your device on the provided USB charger and plug in the Type-C adapter to begin charging. The indicator light flashes green during charging, and the green light is always on when fully charged. After removing the device from the charger, the indicator lights up green for 2 seconds and then goes off.



### Power Indicator

Short press the home button to wake up the device, the indicator lights up in different colors to indicate different power levels, as follows:

- Red light for 1 second, indicating that the current power is 0%~25%;
- Yellow light for 1 second, indicating that the current power is 25%~50%;
- Green light for 1 second, indicating that the current power is 50%~100%.

When the power is lower than 5%, Bluetooth will be disconnected, please charge in time. It typically takes about 1.5 hours to fully charge, supports about 7-10 days .for normal use and about 20 days for standby. Battery life changes

depending on the activated features, type and frequency of device use.

Note:

Please prevent the USB charger port from coming into contact with conductive materials, such as liquids, dust, metal powders and pencil leads.

### **3. App & Function Operation**

Once the device is activated, please pair it with the "JCVital " App for operation and use. It will light up green for 1 second and quick vibrate one time when Bluetooth is connected.

**Home**

View your detailed health data and report per day:  
steps, distance, calories, heart rate, SpO2, blood  
glucose, blood pressure, HRV, stress, sleep,  
women's health, exercise, etc.

You can make menstrual cycle management on App  
if required. It's convenient to make both manual and  
automatic health vital signs measurement on the  
device or App.

## Manual Health Vital Signs Measurement

### • Non-invasive Blood Glucose

You could start measurement from the APP directly.

Start the measurement from the APP.

Step 1: Make sure the device is connected with the APP.

Step 2: Click the device page and select your watch.

Step 3: Slide down to find Blood Glucose and click start to measure.

Step 4: Follow the on-screen instructions to complete the info filling in to start the measurement.

Step 5: The watch will measure when you start it from the APP.



Note: Please make sure the strap is worn correctly and you are being still during blood glucose measurement. Otherwise it may not be able to get the result.

## • SpO2

There are 2 methods to measure SpO2 in standby mode:

- (1) Turn on/off the measurement directly on App.
- (2) Double press home button twice to start measurement.

During the measurement, the yellow light will flash; if your hand moves, the yellow light will flash quickly to remind you to keep still; after the measurement is finished, the green light will be on for 3 seconds if the result is normal, and the red light will be on for 3 seconds if it is abnormal.

Note: if you press the button two times once during the measurement, it will return to the standby mode and end the measurement.

## • Blood Pressure / HRV / Stress

- (1) Blood Pressure / HRV / Stress will be Auto measured by device, and the measurement interval time is every 60 minutes by default setting, you can also set the interval by yourself.
- (2) HRV can also manually measure from App.

During the measurement, the yellow light will flash; if your hand moves, the yellow light will flash quickly to remind you to keep still; after the measurement is finished, the yellow light will be on for 2 seconds.

Note: if you press the button two times once during the measurement, it will return to the standby mode and end the measurement.



## Device

Check current device's basic information (battery level, MAC ID, firmware version, Bluetooth RSSI) and make detailed settings.

### • **Set Auto Health Monitor Interval**

Turn on/off automatic heart rate / SpO2 / blood pressure / HRV / stress / skin temperature monitor via the App. You can change the interval according to your needs, the shorter the interval is set, the faster the battery will drain.

\* Blood Pressure Calibration: before measuring your blood pressure, you can calibrate it by entering your true value on the App to improve the accuracy to some extent.

### • **Goal Setting**

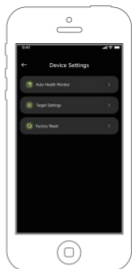
Personalize your goals for steps, distance, calories and sleep hour per day.

### • **Alarm Clock**

Set the alarm clock on the App according to your needs.

### • **Device Settings**

It includes settings for Bluetooth disconnect reminder, smart notifications, sedentary alert, firmware update and factory reset.



## \* Smart Notifications

Different notifications have different lighting and vibrating indication, as follows:

Frequency of Purple Light Flashing and Vibrating	Indication	Whether Bluetooth Connection is Required
Once 2 Seconds	Incoming Call	Yes
Once , and purple light flash slowly for one time	SMS & 3 <sup>rd</sup> Party App (WeChat, WhatsApp, Skype, etc.)	Yes
Vibrate two times, and Purple light flash two times	Sedentary Reminder	No
Vibrate every 0.5s, last 10 times, and purple light flash slowly every 2 seconds	Alarm Clock	No

Note: the above notifications can be stopped by pressing the home button once.

## \* Firmware Update (OTA)

Remind you if a new firmware version has been released; if so, please follow the steps to upgrade to the latest version from App. The White light will be flash slowly during the update process, and when the update is finished, it will restart to activate the device.

## \* Factory Reset

After factory reset, all device data will be deleted. Please charge to reboot.

## · SOS

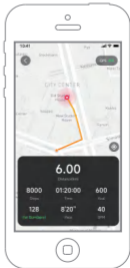
To enable SOS feature, firstly you need to set emergency contact info (name & phone number) on the App, up to 3 emergency contacts can be added. The SOS feature can only be effectively triggered when the device's Bluetooth is connected to the APP. An SOS message will be sent to the emergency contact, including your name and GPS location.

In standby mode, long press home button for 3 times to trigger SOS message alert. If the white light flashes quickly for 3 times, it indicates successful sending; if the red light flashes quickly for 3 times, it indicates Bluetooth is not connected, please connect Bluetooth first.

### Exercise

You can turn on exercise mode on the device or App.

· **Turn on from the device:** first preset an exercise mode on the App. Short press the home button 3 times to start the exercise, the green light will be on for 2 seconds, then flashing, you can press the home button to pause or resume the exercise; if you pause the exercise, it will flash yellow light slowly; you can short press the home button 3 times to end the current exercise, the green light will be on for 2 seconds and then go off.



During exercise, different lights indicate different exercise heart rate zones: if you enter warm-up, fat burn and aerobic exercise, the green light will flash slowly; if you enter anaerobic and intense exercise, the red light will flash slowly, at the same time, the device will vibrate 3 times fastly for high heart rate alert.

• **Turn on from the App:** there are 54 exercise modes in total and you can choose any 18 modes to be displayed on the Exercise panel. Turn on/off exercise mode on the App according to your needs.

## My

Check basic App settings: personal information, data share, login account management, App background, about us, feedback support, App version updates, etc.



## Specifications

**Warranty:** 12 months

**BT Version:** BLE 5.1

**BT Range:** 10 meters

**Size:** 43.2\*24\*14.6mm

**Battery:** 115mAh rechargeable lithium polymer battery, non-replaceable

**Data Memory:** 30 days

**Waterproof:** IP68

**Activity Time:** Max 99h59min

**Calories Burned:** Max 9999.9kcal

**Running & Walking Distance:** Max 999.99km

## Troubleshooting

### **If the device doesn't pair with your smartphone**

1. Make sure your device is turned on.
2. Check your smartphone to ensure Bluetooth is on.
3. Check the app to make sure Bluetooth permissions are turned on. This should be in your Bluetooth settings.
4. Restart the app and go to the app home screen.
5. The device battery should display on your app device screen.

### **If the device isn't measuring any data**

Please contact our support team.

### **If the device battery is draining too quickly**

1. Calibrate your battery by charging it for at least three hours.
2. Start using your device again as you normally would.
3. Contact our support team if the problem persists.

### **If the device causes an allergic reaction**

Please stop using the device right away. In the rare event of an anaphylactic reaction, seek medical attention immediately.

### **If the issue isn't mentioned in these tips**

Please contact our support team and report the issue in detail.

## Safety Notices

Failure to follow these safety instructions could result in fire, electric shock, injury, or damage to the device or other property. Read all the safety information below before using the device.

### **Not a Medical Device**

It's not a medical device and should not be used as a substitute for professional medical judgment. It is not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of any condition or disease. Please consult your healthcare professional prior to making any decisions related to your health.

### **Handling**

Handle this device with care as it contains sensitive electronic components and can be damaged if dropped, burned, punctured, or crushed. Don't use a damaged Move Wearable as it may cause injury. Avoid heavy exposure to dust or sand. Children should not be allowed to play with the device without supervision.

### **Battery**

Do not attempt to replace the device battery yourself, you may damage the battery, which could cause overheating and injury. The lithium-ion battery in the device should be serviced only by manufacturer or an authorized service

provider. Batteries must be recycled or disposed of separately from household waste. Do not incinerate the battery. Do not dispose of the device in domestic waste. If you have any questions, please contact us.

### **Operating Temperature**

This device is designed to work in ambient temperatures between 32°F and 113°F (0°C and 45°C) and be stored in temperatures between -4°F and 158°F (-20°C and 70°C). It can be damaged and battery life shortened if stored or operated outside of these temperature ranges. Avoid exposing this device to dramatic changes in temperature or humidity.

### **Prolonged Heat Exposure**

Do not expose the device to extreme temperatures or extreme temperature fluctuations. Protect the device from direct sunlight. While this device is charging or the power plug is plugged into a power source, do not sleep on it or place it under a blanket, pillow, or your body. Take special care if you have a physical condition that affects your ability to detect heat against the body.



## FCC Requirement

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

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.

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.

**FCC RF exposure statement:**

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.