



J-STYLE Optical Heart Rate Monitor



J-Style Heart 24 Hours Heart Rate Monitor



SUMMARY



Introduction



How to Get Started



Display



Heart Rate Measurement



Sleep Measurement



Call & Message Reminder



Pill Reminder



Workout Plan



Mobile Application



Battery Charge

Thank you for purchasing the J-Style Heart!
This manual will help you get started with J-Style Heart

Features

Monitor Heart Rate Constantly

The optical heart rate sensor can ensure you track your heart rate constantly during exercise. It builds 5 different HR zone guidance: Fat Burn, Aerobic, Steady, Anaerobic, and High Heart Rate. Aerobic and Steady state are best HR ranges when doing exercise.

When the HR is at the High range, the device make silent vibration to gently remind you to slow down your exercise.

Track Activities Everyday

J-Style Heart records your daily activities like steps, calories, distance, activity time, and daily goal.

Get Motivated, Be More Active!

Monitor Sleep Quality Automatically

J-Style Heart tracks every slight movement during your sleep; It will let you know your sleep time (time to sleep, time to get up, total sleep time)

The silent Alarm function can gently vibrate to wake you up.

Get Phone Notifications

When the device is connected with the APP, the device can get the notifications of incoming call, text message, facebook, twitter, whatsapp, ect.

Remind to Take Medicine

J-Style Heart will remind you to take medicine after you set the Pill Time reminder when you sick, to recover your health and keep strong.

Make Your Workout Plan

J-Style Heart will remind you to start workout if you make plan on the APP, stick to your plan and keep energetic.

Components

- 1. J-Style Heart
- 2. USB Charger
- 3. Manual
- 4. Gift Box



Get Started with J-Style Heart

1. Download the App

Go to Apple App Store or Andriod Play Store, download our “J-Style Heart” application.
Ensure Bluetooth is enabled on your smart phone

Important: Please ensure that your Android OS is version 4.3 or above and IOS version is 7.0 or above and the device has Bluetooth 4.0



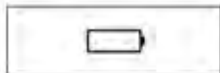
2. Activate the Device

To save the battery, the device is set into hibernation mode when it is out the factory. Before use, please long press button for 10 seconds to activate the device. The progress bar will change from empty to full to indicate full activation as below:



3. Battery Charge

The battery indicator is displayed on the home screen of the device. When the battery of the device is lower than 10%, all functions are closed and only low battery icon appears on display, it reminds you to charge the battery.



The battery will be changed from empty to full when the battery is fully charged.

It takes about 2 hours to fully charge the device.

Note: Please charge the battery at least once a month to prolong battery life even not use the activity tracker for a long time.

4. Activity Mode

Short Press the function button to check all the activity data:

09:20 8 11-13

34679

12.5 KCAL

18.25 MILE

12:00 AM

100%

5. Heart Rate Mode

Long Press the function button to start Heart Rate Monitor, the green light will twinkle on the bottom.

Please do wear tightly for accurate heart rate monitor. In case you don't wear the bracelet properly, then the device will remind you to wear tightly with vibration.

Based on different HR range, the display will show 5 different HR zone: Fat Burn, Aerobic, Steady, Anaerobic, and High HR. When in High state, the device will gently vibrate to remind you to slow down the exercise.

♥ Detecting...

♥ 98 Fat Burn

♥ 118 Aerobic

♥ 130 Steady

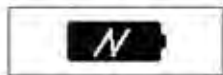
♥ 150 Anaerobic

♥ 170 High!



Long press the function button again to end the heart rate mode and then start the Activity Mode again.

When the battery is too low to power on the HR optical sensor, the display will show empty battery indicator to remind you to recharge the battery.



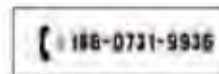
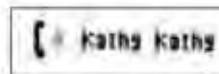
6. Sleep Mode

The device can recognize and calculate the sleep status without any action by users. It will track your sleep hours and quality. If you wear the bracelet at the night and set the alarm clock, then it will wake you up with slight vibration.



7. Phone Notifications

Set different Notifications on the app, the device will vibrate when users have incoming calls. At this time, press the button or answer the call to close the reminder, the vibration stops accordingly.



8. Pill Time Reminder

When you are sick, set a reminder on app.

9. Set Workout Plan on App

Customize your workout plan on app, the device will gently vibrate to remind you to exercise more.