

10. APP Operation

1. Download the application named **J-Style Heart** from the Apple Store or Google Play and install into your smart phone .
2. Start using the mobile app with your Heart Rate Monitor
3. Go to " Personal Setting " to select your Heart Rate Monitor in the searching list by click " About Device "



Enter Your Personal Information

Once connected, set your personal information and save the setting.



Set the Notifications

Press "Notifications" to set the Activity Alarm, Wakeup Alarm and Call Notifications .



2. Set the Workout Plan to keep health



3. Press the "HR Setting" to set your different Heart Rate Zone
4. Go back to the homepage and press Start and you are ready to go !
5. Heart Rate

When the device is in heart rate mode and connected with the app, you can check the real-time heart both on device and app.



6. Check History Data

Go to "History data" to check the previous activity and sleep data
Go to "Heart Rate" to check the previous heart rate value



History data



Heart Rate

FCC Statement

1. 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.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

2. 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

RF Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 5mm between the radiator and your body.