

# J-Style Bluetooth Activity Tracker Model: JC-J055



**INSTRUCTION MANUAL**  
**PLEASE READ ALL INSTRUCTIONS CAREFULLY AND RETAIN FOR  
FUTURE USE**

## **Getting Started**

- Remove the device from the box.
- Remove any packaging from the product.
- Please retain all packaging until you have checked and counted all the parts and the contents against the parts list.

## **Package Contents**

- Bluetooth Activity Tracker
- Bracelet
- USB charging cable
- Instruction Manual

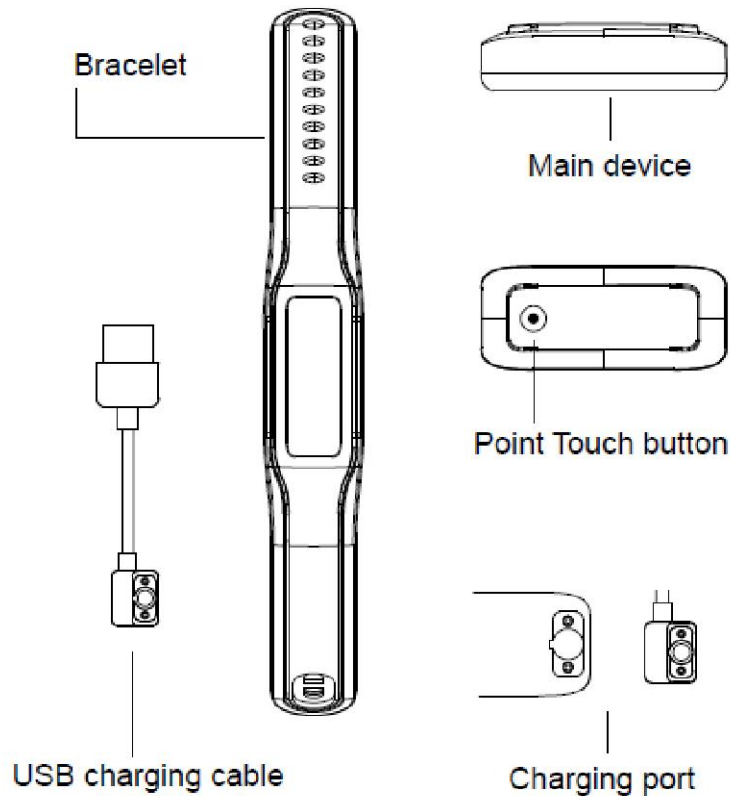
## **Key Features**

- Bluetooth® BLE 4.0
- Digitally Track steps, calories burned, sleep quality, activity time & more with simple one button operated device
- Sync Wirelessly via Bluetooth® to your BLE 4.0 smartphone
- Shows time and date
- Clock Alarm and Activity Alarm
- View your data on screen to monitor your progress & set goals
- App supported by iOS and Google Play Store

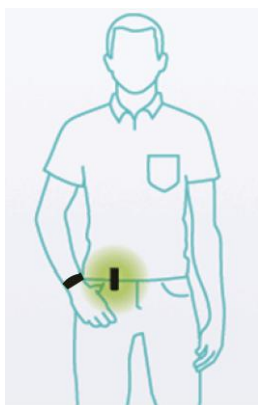
## **SAFETY INSTRUCTIONS**

- Keep the unit away from heat sources, direct sunlight, humidity, water and any other liquids.
- Do not operate the unit if it has been exposed to water, moisture or any other liquids to prevent against electric shock, explosion and/or injury to yourself and damage to the unit.
- Do not use the unit if it has been dropped or damaged in any way.
- Repairs to electrical equipment should only be performed by a qualified electrician. Improper repairs may place the user at serious risk.
- Do not use the unit with wet hands.
- Do not put objects into any of the openings.
- Keep the unit free from dust, lint etc.
- Do not use this unit for anything other than its intended use.
- Keep the unit out of reach of children.
- This appliance is not a toy.
- Do not use the handset at excessive levels as damage to hearing may occur.
- Batteries (battery pack or batteries installed) shall not be exposed to excessive heat place, such as sunshine, fire or the like.

## Description of Parts



## How to wear activity tracker?



Use the wristband to wear on your wrist

**Note:** The Activity Tracker is water splash. But don't recommend to use it for swimming.

### Charging the device

The battery icon on the screen display indicates the battery life. When you notice battery power is low, you need to charge your device. It takes about two hours to fully recharge the device.

Once fully charged, the battery should last for 4 to 5 days. Actual battery life varies based on individual handling.

To charge the device, plug the Activity Tracker into USB source (like computer USB etc) using the USB Charging Cable (Included). The indicator will show the charge level.

Note: Even if the Tracker is not in use, please charge the battery at least once a month to prolong battery life

### Step 1 – Activating the device

To save battery life, your Activity Tracker arrives to you in hibernation mode. Connect it into USB source or PC USB port to activate the device. (For current sample need to long press the Point Touch Button for 8 seconds to activate the device ) A progress bar will run from empty to full, indicating activation as below.

**Note:** Your device may not arrive fully charged. You're recommended to charge your device fully before its first use.



### Step 2 – Install APP on your Smartphone with BLE 4.0



For Smartphone users - Search for J-Style Pro on iOS App Store or Google Play Store

#### Mobile device requirements

You can setup and sync your Activity Tracker using mobile devices that support Bluetooth 4.0 technology.

Supported iOS Devices –

iPhone 4S  
iPhone 5, 5s, 5C, 6, 6 plus  
iPod Touch (5<sup>th</sup> Generation)  
iPad Mini

Supported Android Devices –

Samsung Galaxy S3, S3 Mini, S4, S4 Mini, S4 Active  
Samsung Galaxy Note II, III, 10.1  
Nexus 4 and 5

**Note:** Please ensure that your smartphone IOS is version 7.0 and Android OS is version 4.3 or above and the device has Bluetooth 4.0. App can't work with Android Tablet, and when you use Mini iPad to search app, pls ensure the condition "For iPhone Only" is ticked.

**Step 3. The Bluetooth is always on Bluetooth pairing mode by default.**

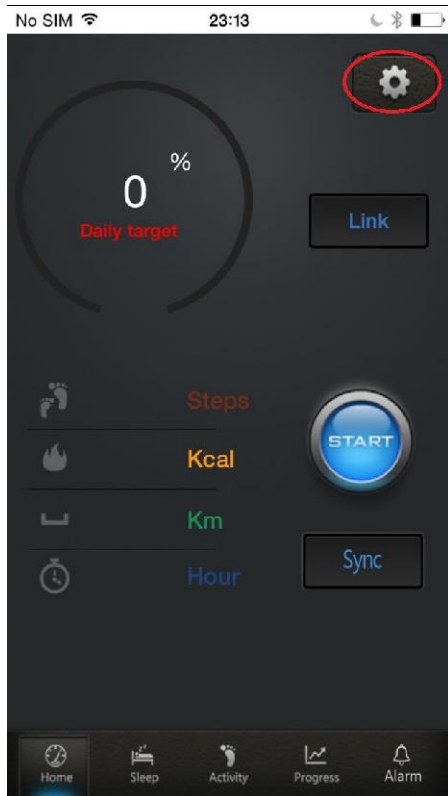
**Step 4. Run APP to search the device, then connect.**



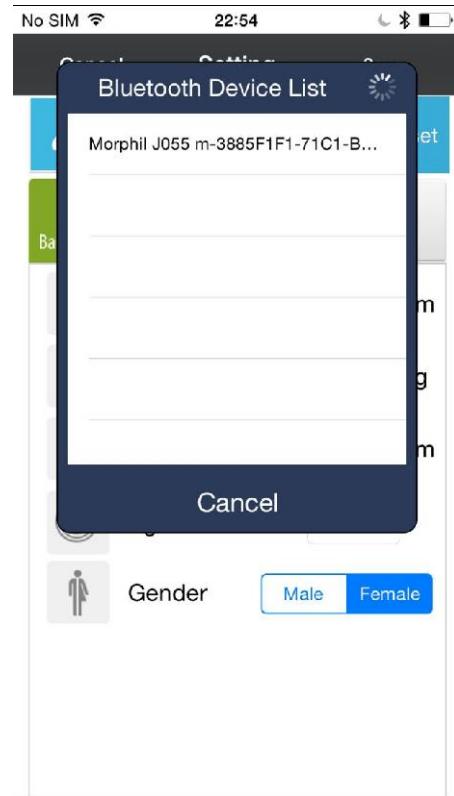
Unlike most Bluetooth accessories like headsets or speakers, your Bluetooth Activity Tracker must be paired directly through the J-Style pro app, and not through the "settings" icon on your mobile device.

**For First time pairing and setting up your device, follow below steps –**

1. Open the J-Style pro app
2. Tap on Settings and then tap on Device Settings
3. Tap on Pairing and select SMEEZU from the list of devices – You should now be paired with the device.
4. Tap on "Set Device Time" – This would set time on your Activity Tracker same as time set on your mobile device, you can switch the time between 12h and 24h format.
5. Tap on "Set Device Name" — This would set your device name.

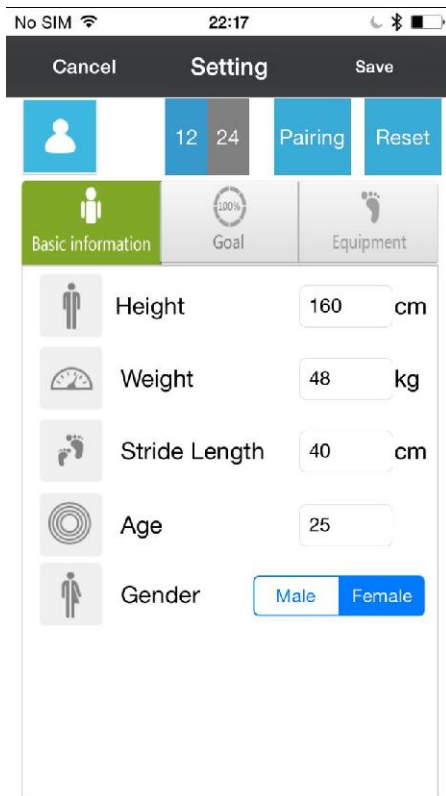


**Pic 1**

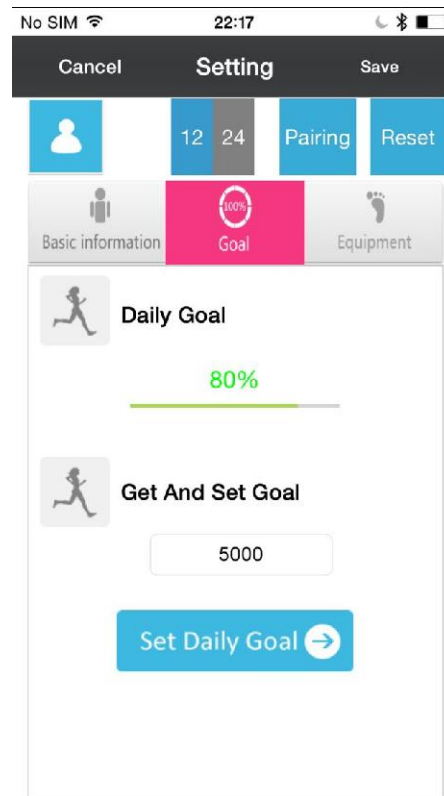


**Pic 2**

6. Tap on Basic Information – Key-in your basic information
7. Tap on Goal and set your daily goal
8. Tap on Save to save the settings
9. Tap on Reset and this would erase all data



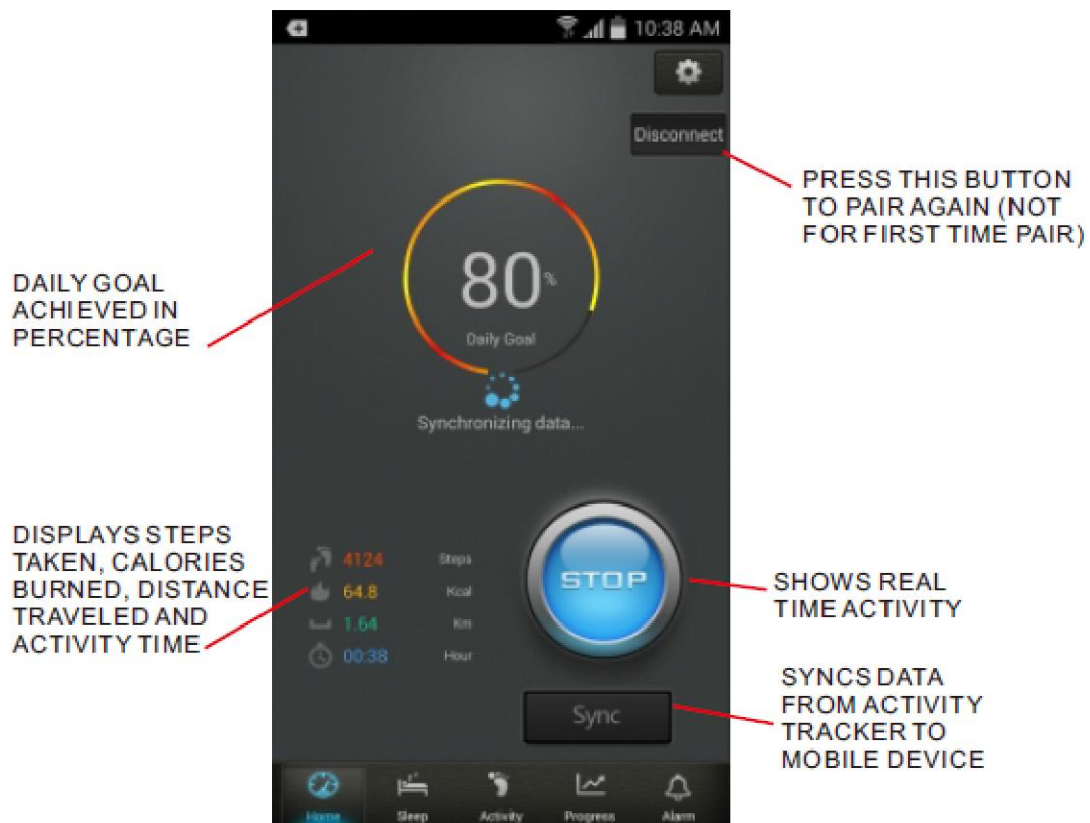
**Pic 3**



**Pic 4**

### **Syncing your Bluetooth Activity Tracker with your mobile device**

1. Once you have paired the tracker with the mobile device, access the J-Style pro app on your mobile device.
2. Tap on "Sync" and this would sync all the data from your activity tracker to mobile device.
3. Tap on "Start" to show real time activity results on your app.





## Step 5 – Tracking activity

Your device tracks –

- Steps Taken
- Calories Burned
- Distance travelled
- Activity Time
- Hours slept
- Sleep Pattern

### Display modes on your Activity Tracker

To scroll through the screens, simply press the Point Touch button once  
Press the button once to change the screen display below



Time, Date, Bluetooth mark and Battery display



Step for walkig and running



Calories burned



Distance for walking and running



Activity Time



Daily target %

Long press the Point Touch button for 5 seconds till the sleep mark shows, then short press to enter the sleep mode.



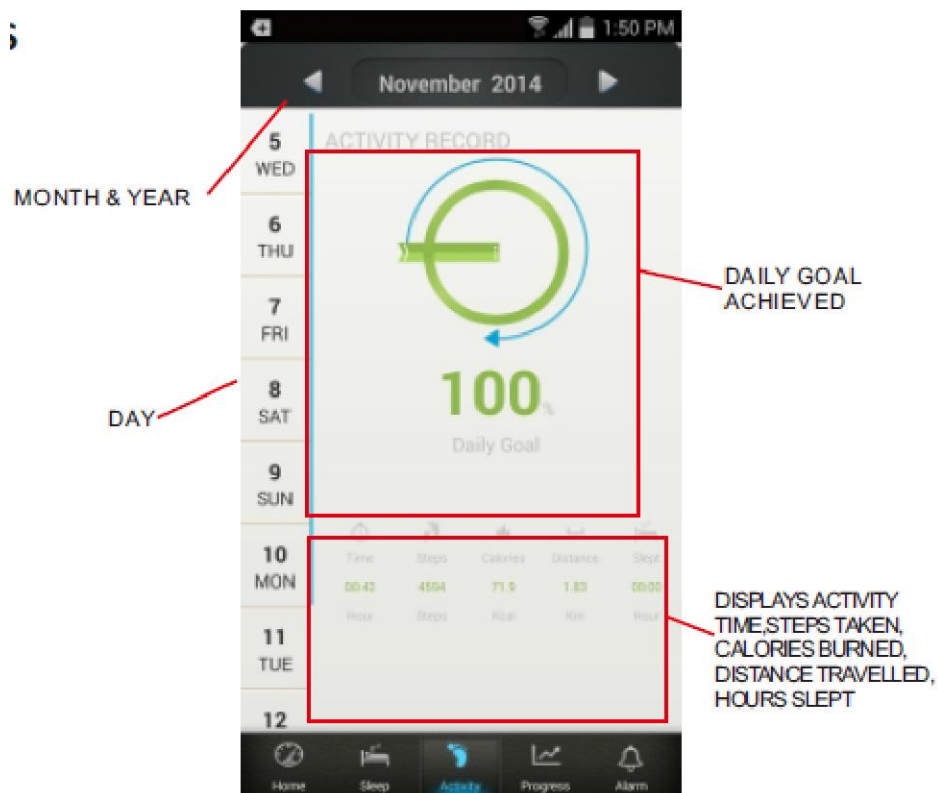
Long press the Point Touch button for 5 seconds till the people mark shows, then short press to enter the activity mode.



To conserve battery, the display turns off when the device is not in use for 8 seconds. To activate the screen, short press the button on the device display.

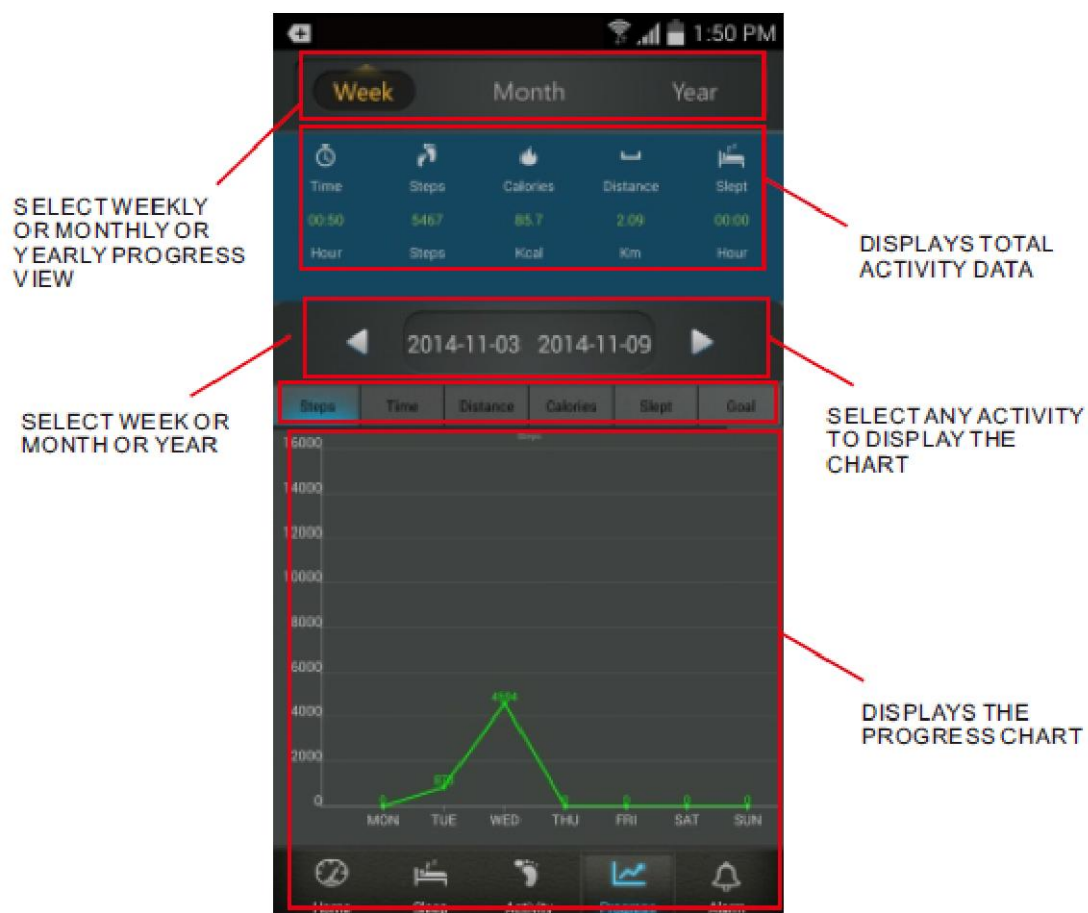
### To track activity on your iOS or Android device –

1. Open the app
2. Tap the “Activity” menu
3. The screen displays your daily activity



## To view weekly, monthly or yearly progress on your iOS or Android device –

1. Open the app
2. Tap the “Progress” menu
3. The screen displays your activity progress weekly or monthly or yearly



## Tracking Sleep with Activity Tracker

Your device can track the hours you sleep and your sleep pattern. Press and hold the Point Touch button to activate Sleep mode.



When you wake up, you need to exit Sleep mode.

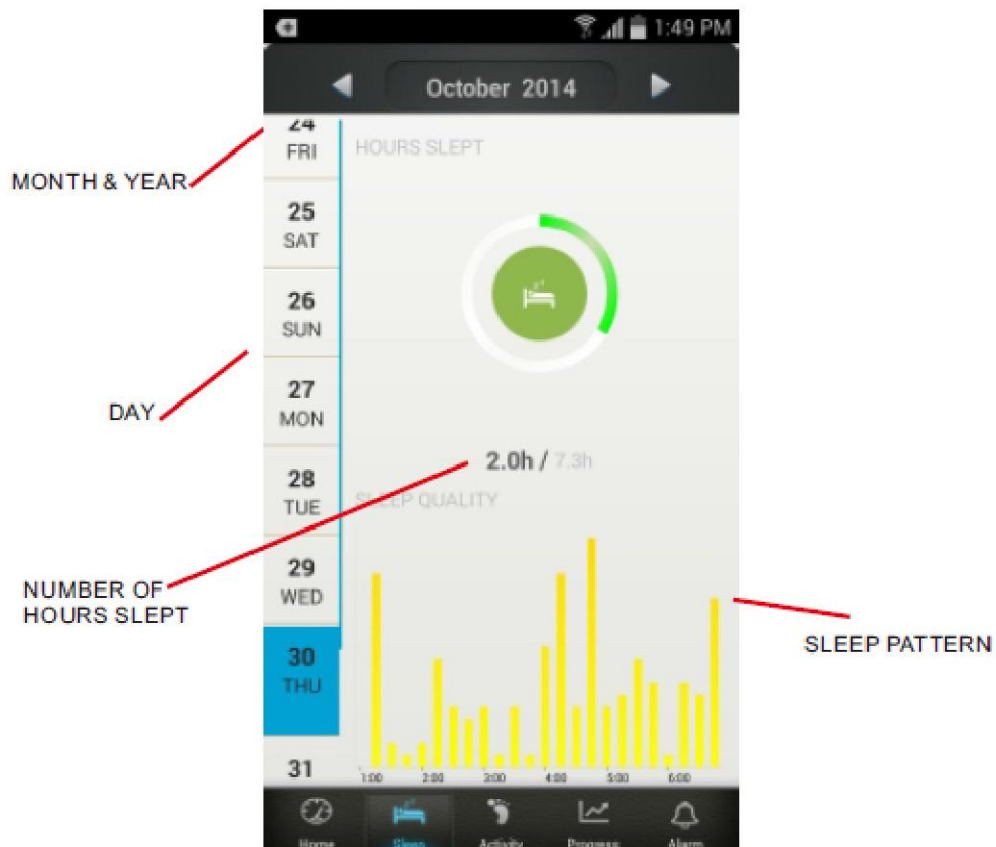
Press and hold the Point Touch button to exit the Sleep mode and activate Active mode.

## Tracking sleep on your mobile device

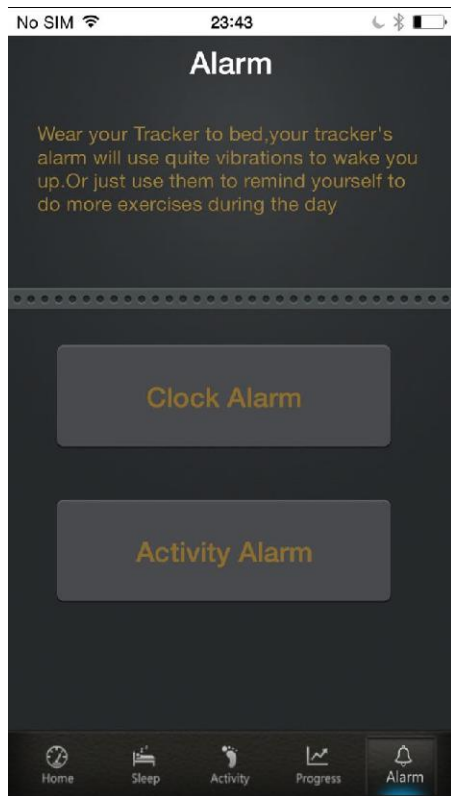
You can track your sleep using the app on your mobile device

### To track sleep on your iOS or Android device –

1. Open the app
2. Tap the “Sleep” menu
3. The screen displays Hours Slept and Sleep Pattern

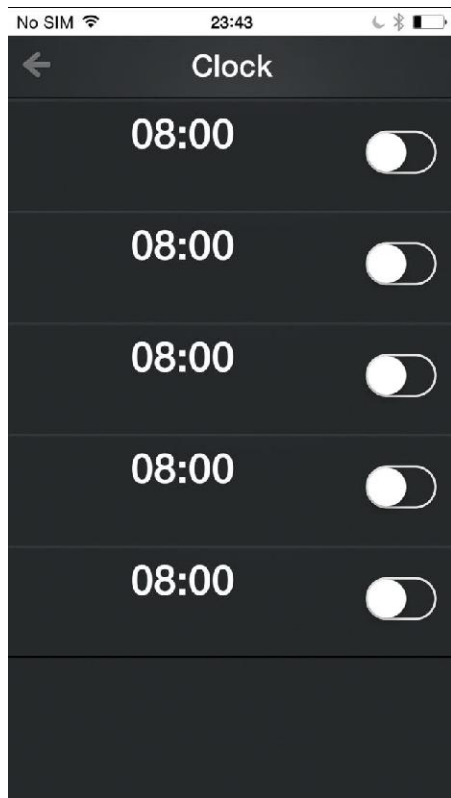


### Set Clock Alarm and Activity Alarm on your app



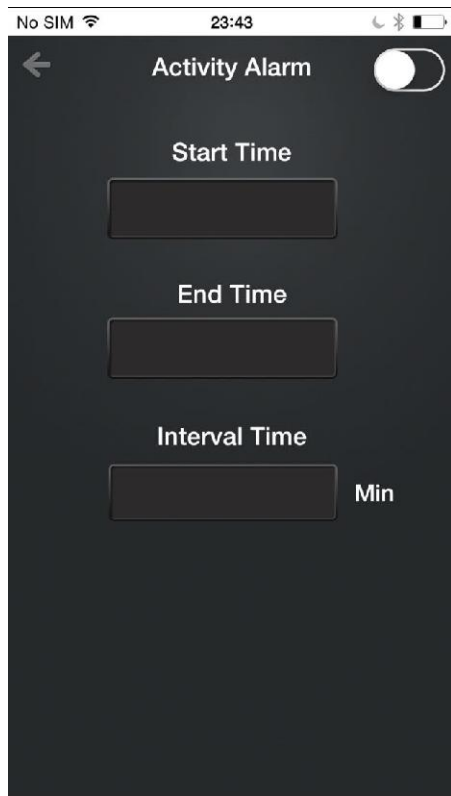
**Clock Alarm ( Alarm is off by default).**

Total five alarms can be set on the app, and you can set it from Monday to Sunday, and it will alarm or wake you up with quiet vibration.



**Activity Alarm (Alarm is off by default)**

Set this alarm, it will remind you to do more exercises if you don't walk for 100 steps during the setted time and interval.



## Memory

When you sync your activity tracker, your activity data is uploaded to your mobile device. Your activity tracker can hold data for up to 30 days.

Your recorded data consists of steps taken, distance traveled, calories burned and sleep data. Sync your activity tracker regularly to have the most data on your mobile device.

## Specifications

Bluetooth® Version: 4.0

Size:

Length: 40 mm

Width: 17 mm

Height: 11 mm

Weight: 9 g

Battery: Rechargeable Lithium Polymer Battery

Power Input: DC 5V

Built-In Rechargeable Battery: 55mAh

Built-in 3.7V rechargeable Li-ion battery

Charging Time: Up to 2 Hours

## Care and maintenance

Read the following recommendations before using J-Style Bluetooth Activity Tracker

Following these you will be able to enjoy the product for a long time.

- Do not expose the unit to liquid, moisture or humidity to avoid the product's internal circuit being affected.
- Don't use abrasive cleaning solvents to clean the unit.
- Do not expose the unit to extremely high or low temperature as this will shorten the life of electronic devices, destroy the battery or distort certain plastic parts.
- Don't dispose of the unit in fire as it will result in an explosion.
- Don't expose the unit to contact with sharp objects as this will cause scratches and damage.
- Don't let the unit fall down onto the floor. The internal circuit might get damaged.
- Don't attempt to disassemble the unit as it may get damaged if you are not professional.

In case the unit does not function properly, please contact the number shown on the Warranty Page for help.

## FAQ's

### **What does J-Style Bluetooth Activity Tracker track?**

Your J-Style Bluetooth Activity Tracker tracks steps taken, distance travelled, calories burned, activity time, sleep duration and sleep quality.

### **Can I use J-Style Bluetooth Activity Tracker as a watch?**

Yes, you can use as a watch. It not only tracks your fitness activities, it also serves as a watch. Short press the button to see the time.

### **Can I wear J-Style Bluetooth Activity Tracker while swimming?**

Your J-Style Bluetooth Activity Tracker is waterproof, but not recommended for use during swimming.

### **What mobile devices are compatible with the J-Style Bluetooth Activity Tracker ?**

You can setup and sync your J-Style Bluetooth Activity Tracker using mobile devices that support Bluetooth 4.0 technology.

Supported iOS Devices –  
iPhone 4S



iPhone 5, 5s, 5C, 6, 6 plus  
iPod Touch (5<sup>th</sup> Generation)  
iPad Air, iPad Mini

#### Supported Android Devices –

Samsung Galaxy S3, S3 Mini, S4, S4 Mini, S4 Active  
Samsung Galaxy Note II, III, 10.1  
Nexus 4 and 5

**Note:** Please ensure that your Android OS is version 4.3 or above and the device has Bluetooth 4.0  
Not compatible with Android Tablet.

### **How do I get the APP for iOS on my iPad?**

When searching for J-Style pro APP in the APP Store, select “iPhone only” otherwise the app will not appear in search results.

### **How does the J-Style pro Bluetooth Activity Tracker track my sleep?**

The motion sensor on your tracker analyzes your movement patterns to determine your sleep quality. This data is then used to display sleep pattern.

### **How long does the battery last?**

A fully charged battery lasts up to 4 to 5 days. The battery icon on the screen display indicates the battery strength. When you notice battery power is low, you need to charge your device. It takes about two hours to fully recharge the device.

### **How do I set a goal with J-Style pro Bluetooth Activity Tracker ?**

Get motivated by setting daily step goal and monitoring the progress throughout the day. When you reach your goal, the screen would display 100% indicating that you’ve achieved your goal.

#### **Setting a goal:**

1. Open APP on your mobile device
2. Choose Settings - Goal
3. Under Goal, make your choice, enter the goal value and press Set

Press SAVE, your main goal will be set.

Note: By default, the device has been set with daily goal of 10,000steps.

### **How do I Sync data from my tracker to my mobile device?**

Your J-Style Bluetooth activity tracker uses Bluetooth Low Energy technology to sync data with your mobile device. Data stored in your tracker is synced to your mobile device using the APP.

#### **How to sync data –**

1. Open APP on your mobile device
2. Make sure your tracker is Bluetooth paired with your mobile device
3. Press Sync

You would now see the data getting synced from your tracker to your mobile device.

**Note:** You are able to sync only one tracker's information on your mobile device. If you have more than 1 tracker and try to sync, the latest tracking information from your tracker would be synced. Your old data would be erased.

### **FCC 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.

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