# Smart Fitness Watch

### Quick Start Guide

# 1 Package List

S1 Smart Band\*1 USB Magnetic Charging Cable\*1 Quick Start Guide\*1

#### 2 For First Use





Front Back

Thank you for purchasing, please ensure the battery of band is charged full before your first use. Please use standard 5 V power source for charging, power bank is no recommended.

#### 3 About S1 Smart Band



- \*Tap the basic button to wake up
- \*Tap the basic button to switch



When you need to take band from strap or insert band into strap, please do it from top to bottom.

#### 4 Wearing Manner and Maintenance



- \* To get accurate biometric data, your S1 Smart Band needs to fit snugly on your wrist. The correct way is that wearing band on the position by one finger width to your carpal, and the recommended tightness space is that allows to insert one finger inside only.
- \*If your carpal sweat heavy after sport, it's recommended to remove band and clear its surface until your contacting skin dry.

## 5 Install APP "GetFit 3.0"



Scan OB code to download and install CatEit 2.0 freely

# 6 Register and Log in APP to Connect with Band



Click and enter APP



inish the register with email addre phone number/third-party ID



search band and finish bon

(actual screen and icon may vary by version and platform)

One S1. Smart Band could pair with one cellphone via Bluetooth simultaneously, which coulc enable function incoming call inform, data sync to APP and more. S1 could keep your health data such as heart rate and blood pressure for one day

#### 7 Band Function

- Real time blood pressure detection (press for 3 secs to run / quit Detection Mode,
- Real time blood pressure detection (press for 3 secs to run / quit Detection Mode,
- Pedometer

 Distance calculation Anti-Lost

- Calories burn calculation
- Time/date display

#### More band function with APP:

- Sleep quality monitor Blood pressure monitor and record
- Heart rate monitor and record.
- Find my phone
- Remote camera control Social sharing

Incoming phone

- OSchedule reminder & alarm
- Notification (SMS, third-party new message)
- Health care reminder ( drink/activity reminder)
- Personal health management (exercise and sleep goal setting)

## **FCC Caution:**

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.