



## Sports Bracelet

L42A



# OWNER'S MANUAL

# Overview

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# 1. Operating Conditions

## Operating temperature

-20°C to 55°C

## Water resistance

Splash proof

The band can be used during daily cleansing or in midst of rain, as long as only the surface is exposed to water and no water pressure is exerted on the device.

Do not shower with the device or submerge it under water.

Day-to-day waterproof functionality.

## Battery

Up to 7 days of battery life.

## 2. Articles in the box

A



B



C



D



E



A : VIBE Smartwatch

B : Quick Start Guide

C : Charging cradle

D : Micro-USB cable

E : Owner's Manual

### 3. Charging

1. Position the charging cradle to connect to the back of your tracker while making sure the pins match the contact points on the device and the charging cradle. The magnetic attraction should then snap them together in place.



2. Insert the micro-USB cable into the charging cradle, and then connect the USB plug into a power source. A "Charging" icon will be shown on the screen to indicate that it's charging.

Tip: Make sure to completely charge your device before first use. A full charge will take approximately two hours (depending on the power source).

## 4. App Setup

To set up your band with a mobile device, you must first download and install the 3PLUS ELITE APP from either the Apple APP store or Google Play store.



### Connecting the APP

1. Turn on the Bluetooth on your mobile device (if not already on).
2. Open the 3PLUS ELITE APP on your mobile device.
  - a. If you are a new member, you will need to register a new account. Be sure to enter your personal information accurately in the given prompts.
  - b. If you are an existing member, you can just input your login email address and password.
3. After logging in, choose the 3PLUS-VIBE option to start the pairing process.
4. Select the detected VIBE # code. This should be the same code that shows up on your VIBE device's screen. (Note: The tracker must be near your mobile phone in order for it to detect it.)

5. A connection request will be shown on your smartwatch. Tap on the green check mark to confirm the Bluetooth pairing.



6. When the tracker is connected successfully, both your tracker and mobile device will receive a notification.



If the connection is not successful, please repeat the same steps to try again.

(Note: The Bluetooth pairing is a one-time process. If you would like to connect the band with a different account, you must un-pair the existing connection first through the App settings.)

## 5. Wearing the Device

1. Wrap the device around your wrist and pull the band through the hole in the buckle.
2. Pull the band until the device feels slightly tight on your wrist but it should be able to slide slightly back and forth on your wrist.
3. Insert the buckle pin through one of the band's holes to secure the band in place.
4. You may use the clamp to further secure the bands together.





## 6. Cleaning the Device

### Make sure to clean regularly

It is strongly recommended to regularly clean your device's band after workouts or prolonged use. Moisture from sweat and dirt from other means can build up underneath the band and can cause skin irritation.

### Use water or rubbing alcohol

DO NOT use soaps, sanitizers, or household cleaners to clean the band.

### Dry the band before use

Make sure to clean and dry the band well before putting it back on.

## 7. Screen Operation

Turn on the device by either double tapping the screen or pressing one of the side buttons.

The device will only respond when the specific sensor area is tapped.

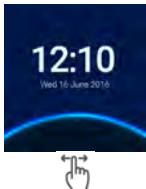
The screen will turn off after 10 seconds of inactivity.



Hold down both buttons simultaneously for 3 seconds to completely turn off the device.

Perform the same action again to turn it back on.

Screen operations can be performed by touching the screen with your finger tip and with the two side buttons. Slide left or right on the screen's surface to change the screen and menu options.



Press the left side button to go back to the main screen, and the right side button to back to the previous screen.

# 8. Device Operation

## Main Screens

Time / Date



Activity



Heart Rate



Record Workouts



Sleep Tracker



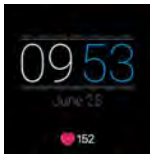
Notifications



APPS



## Time/Date interface



Time and date on your band will automatically be synchronized with the connected mobile device.

You can also setup your preferred watch face through the settings of 3PLUS ELITE APP.

Please make sure there is sufficient battery charge on your band to avoid resetting the time.

## Activity



Your daily steps, distance, calories burned, and active minutes can be monitored from the band. You may swipe through the screens to check the current daily activity data for each or you can use the 3PLUS ELITE APP to check your activity data and historical data.

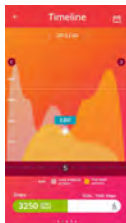
Note: The band is set to reset your daily activity every day at midnight.



Homepage



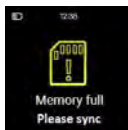
Weekly Timeline



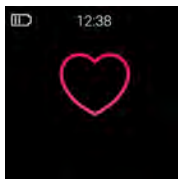
Monthly Timeline

You can also check your daily goal completion through the 3Plus Elite APP's main page and see detailed figures of your daily, weekly, and monthly performance by tapping the activity column.

Your band will store your activity data for up to 7 days, so remember to synchronize your band and APP regularly to keep accurate daily records.



## Heart rate



Heart rate (OFF)



Heart rate (ON)

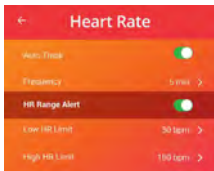
To activate the heart rate monitor, switch to the heart rate interface and tap the heart on the screen. It will activate automatically and will begin to continuously record your heart rate.

To turn off the heart rate monitor, simply tap the heart icon on the heart rate screen.

**Note:** The continuous heart rate monitor uses a significant amount of battery. Leaving the heart rate monitor on all day is not advised and recommended only during exercise periods.



For all day heart rate monitoring, use the Heart Rate “Auto Track” setting from the 3Plus Elite app.

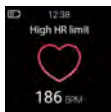


### Heart rate alert:

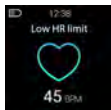
You can select your heart-rate alert zone at the “Settings” section of your 3PLUS ELITE APP.

This is typically helpful during your exercises to make sure you stay within your target zone.

Heart rate too high



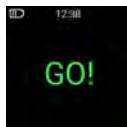
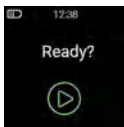
Heart rate too low



## Record Workout

The VIBE is capable of recording your workouts so you can keep track of your results from exercise routines.

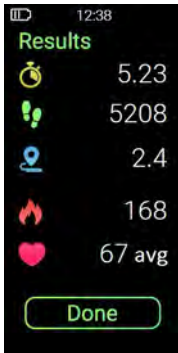
When you're ready to record your workout, select the "Record Workouts" option from the main interface. Then press the "Play" button begin recording.



You can also pause and continue the recording at any time during your workout. To finish recording, tap the "Finish" icon to complete it.



Workout results will be displayed once the recording is completed: Time, Steps, Distance, Calories Burned, Average Heart Rate.

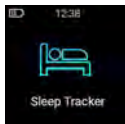


You can view your entire workout history list from the 3Plus Elite app from the menu option. Make sure you're improving from each workout to obtain maximum results.

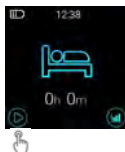


# Sleep tracker

The VIBE is capable of monitoring your sleep quality and will record your sleep patterns.



Press the "Play" button to have the watch start tracking your sleep.



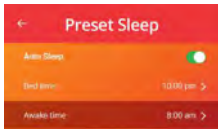
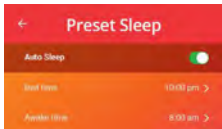
Tap the "Chart" button to view previous sleep history.



## Preset Sleep:

You can also set your preset sleep schedule to have the band automatically track your sleep during the set timeline.

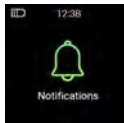
Go to the 3Plus Elite App's menu, select settings, then select "Preset Sleep".



In this setting screen, turn the "Auto Sleep" switch on and adjust your "Bed time" and "Awake time" accordingly.

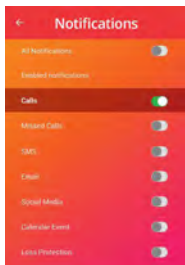
# Notifications

Read and receive your smartphone notifications directly on your VIBE device.



To turn on notifications, go to the 3Plus Elite App's menu, select the settings, and then select notifications.

Once you're on this screen you can individually select specific notifications you want to receive on your VIBE watch or you can select "All Notifications" to show all that's listed.

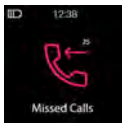


Note: Notifications will only work if the VIBE is still connected to your paired smartphone device via Bluetooth.

## Incoming / Missed Calls

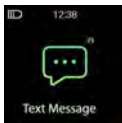
See who's calling you directly from the screen.

You may also view previously missed calls in your notification history.



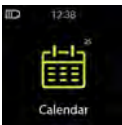
## Text Messages (SMS)

Get alerts when you receive a new text message. You may read the message(s) directly from the VIBE screen by tapping on the text notification.



## Calendar

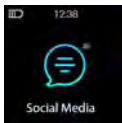
Stay on top of your busy schedule and check your calendar events directly from your watch.  
(Only compatible with your smartphone's default calendar app.)



## Social Media

Stay connected with your favorite social media and view the notification details directly from the screen.

*(Not compatible with all apps. Facebook, Twitter, WeChat, Snapchat, Instagram, Line, WhatsApp, QQ apps are compatible. Others may also apply.)*



## Email

Check and read your new incoming email messages right from your watch.

*(Only compatible with the smartphone's default email app.)*



## Goals:



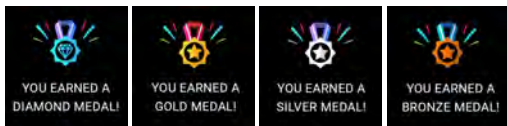
Select the "Goal" setting in the 3PLUS ELITE App to set up your daily goals steps, distance, calories burned, and hours slept. Tap the save button each time to save your changes.

When your goal is reached, your band will vibrate and display the "Goal achieved" icon.



## Medals:

Prestigious medals can be earned once you've reached certain step count thresholds in one day.



### Diamond

Reach 20,000  
Steps

### Gold

Reach 15,000  
Steps

### Silver

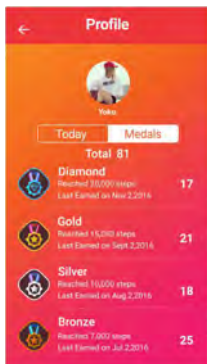
Reach 10,000  
Steps

### Bronze

Reach 7,000  
Steps

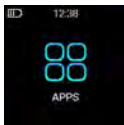
You can also view your total medals earned from the 3Plus Elite app. Go to “Leader Board”, tap on your own profile, and select the “Medals” tab.

You can also view your friend's medals as well by selecting their profile.



# APPS

The APPS section of the VIBE watch holds a number of useful features to help to help you during your daily life.



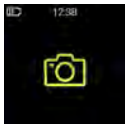
## Music



Control your music directly from your screen. With easy to use controls, you're able to skip, replay, play, pause, and control the volume of your music app.

*(Only compatible with your smartphone's default music app (Google Play Music / Apple Music.)*

## Camera



This feature allows you take pictures with your smartphone's camera. *(Camera feature must be open from the 3Plus Elite app.)*

Tap the camera icon and once the countdown drops, your smartphone will snap the picture automatically.

## Stopwatch



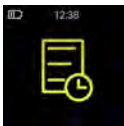
When you want to time yourself for an activity or exercise, the VIBE includes a handy stopwatch feature.

## Find My Phone



If you've lost your phone, your VIBE can help find it for you. Tap on the icon and the watch will send a signal to your smartphone to vibrate and play the default alarm tone. *(Must be in Bluetooth range to activate this feature.)*

## Reminders



Once you first set your reminders from the 3Plus Elite app, you can easily view the whole list on your watch. Plan ahead and stay on top of your day.

## Brightness



Adjust your VIBE screen's brightness easily by tapping the + or – icons.

## Vibrations



Adjust your VIBE vibration settings between four levels: Off, Weak, Standard, or Strong.

## Settings



In this setting, you can check your VIBE's battery level, Reset your VIBE device back to factory settings, Restart your VIBE, turn on/off Quick View (*screen will turn on when you raise your wrist*), and view your VIBE device info.

## 9. Customer support

3Plus customer support is ready to help. You can find helpful FAQs, how-to videos, and troubleshoots on our support site.

**Web support:** <http://support.3plususa.com>

**Email support:** [service@3plususa.com](mailto:service@3plususa.com)

# 10. Troubleshooting

## App failed to pair with the band:

1. Check if your phone network and Bluetooth settings are turned on.
2. Check if your band is near your phone. The connection distance is within 5 meters.
3. Make sure that the band is not connected to another account or smartphone device.
4. Make sure your smartphone's OS is using either Android 4.3 or higher or iOS 7.0 or higher.

## App failed to synchronize data:

1. Check if your phone network and Bluetooth settings are turned on. Both the phone network and Bluetooth need to be on at the same time for data synchronization.
2. Check if your band is near your phone. The connection distance is within 5 meters.
3. Make sure that your band is connected with your phone and the 3PLUS ELITE app.

### Not receiving notifications:

1. Make sure the notifications settings are turned on.
2. Your smartphone must be within Bluetooth range of your 3Plus device.

### Reset/restart your device:

1. To reset your device, go to the 3Plus device's APP screen. Select the Settings option, then select reset. Note that resetting your device will make the device revert back to factory settings.
2. To restart your device, go to the 3Plus device's APP screen. Select the Settings option, then select restart. Note that restarting your device will still retain your current activity data.

### Battery not charging:

1. Make sure the connected power source is working.
2. Make sure the Micro-USB is firmly connected to the charging dock.
3. Make sure the charging dock is connected in the correct orientation with the device.

Please visit our website for FAQs or contact our customer support if you're still having issues.

# 11. Supported devices

## iOS

iPhones using iOS 7.0 and higher

## Android

Android 4.3 (JellyBean), Android 4.4 (KitKat),

Android 5.0 (Lollipop), Android 6.0 (Marshmallow)



## 12. Product specifications

Display : 1.3" TFT 240\*240

Processor : Freescale + Nordic

Optical heart rate monitor: AMS

Battery Capacity: 130mAh Lithium-polymer

Bluetooth: BLE 4.0

Waterproof classification : Splash proof. Do not shower with the device or submerge it under water. Weight :  
Approximately 0.26lbs (118g)

# 13. Remarks

Please charge the device promptly when it has low power.

Please use our standard charging clip.

Please do not leave the device in a damp environment or expose it to liquid when charging.

Please do not expose the device to extreme temperatures.

Please do not expose the device to direct sunlight for long durations.

Please do not place the device in the vicinity of a fire.

Please avoid contact between the device and any sharp object.

Please do not misuse the device, including but not limited to, falling, dismantling, disassembling, pressing, puncturing, baking, burning, etc.

Please do not clean the device with an abrasive cleaner.

Please keep it out of reach of infants as small parts may cause choking.

For the latest up-to-date manual version, please download from <http://support.3plususa.com>.

## **FCC STATEMENT :**

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.

**Warning:** 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 warning statement:**

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