BLUETOOTH HEART RATE

activity tracker

User Manual

Please read this manual carefully before operating this device
and keep it for future reference.

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Getting Started
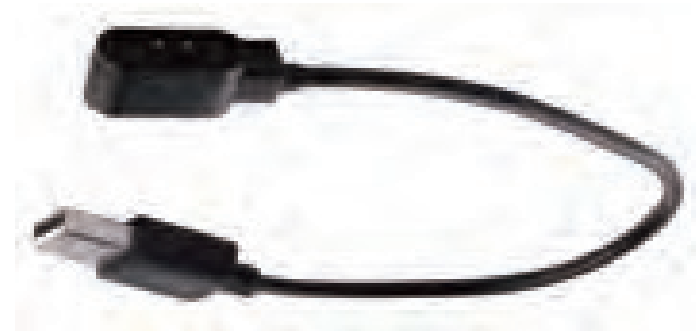
Welcome to iSport Heart Rate Activity Tracker.

What's in the box

Your activity tracker box includes

* iSport Heart Rate Activity Tracker
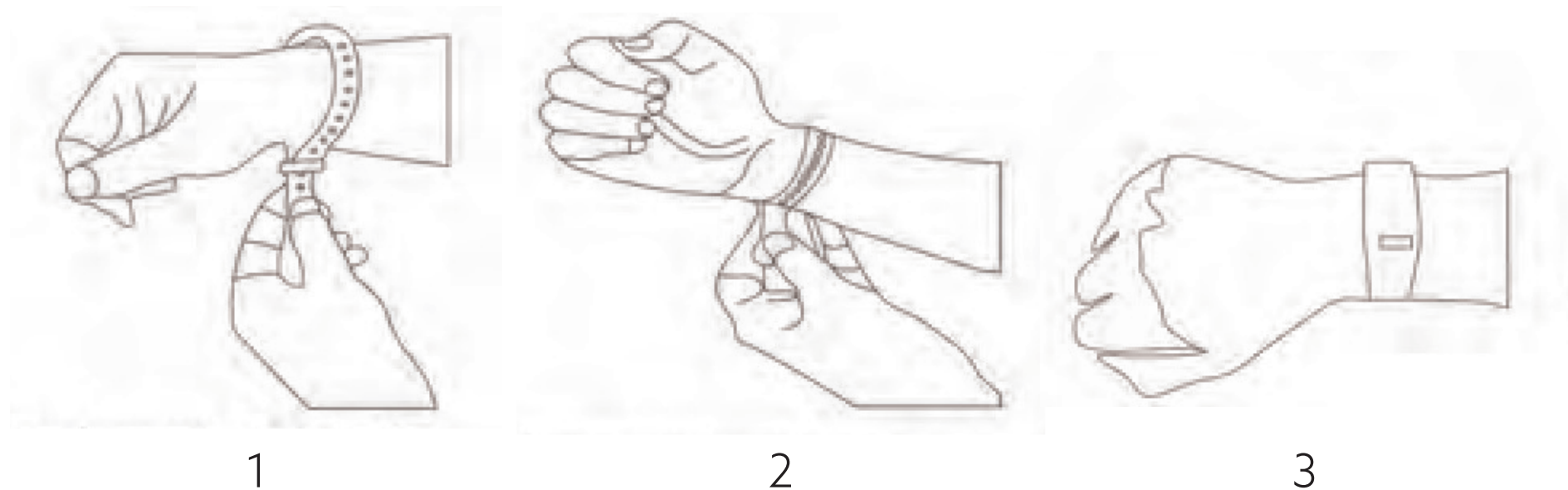* Charging cable

iSport Heart Rate Activity Tracker.

Charging cable

Getting Started

How to wear your activity tracker

1. Put watch on your wrist with buckle towards user body

2. Fix up watch band on strap ring with comfortable tightness

3. Activity tracker needs to put on wristband area above carpal bone

1 2 3

NOTE: There shall be no light leakage between user wrist and activity tracker back cover to avoid inaccurate heart rate reading.

Setting up your activity tracker

You can set up your iSport Heart Rate Activity Tracker with an iOS or Android smartphone.

Turning on

If it is first time to use your activity tracker, please charge on USB port to activate the device. Make sure you are putting the cable at right position.

NOTE: The charing time shall be no more than 2 hours. The Input shall be 5V - 500mA.

Setting up your activity tracker

Operation

Touch the white button on the activity tracker to operate.

Release finger

Release finger

Release finger

Release finger

Release finger

Touch for 1s   Touch for 3s

Setting up your activity tracker

NOTE: To avoid mis-operation, when enter/exit heart rate mode or sleep mode, please be noted to release your finger after long press leading to change on the screen. Otherwise, the mode won't be successfully turned on/off.

Icons

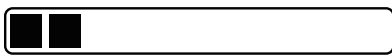|				
Step	Heart rate	Calories	Distance	Exercise time
Target percentage	Target expression			
Alarm	Camera control	Music player	Phone finder	Sleep mode

Setting up your activity tracker

iOS & Android app

1. Make sure "U Fit" app is compatible with your mobile device. The app works with iOS 8.0 or above and Android 4.4 or above.

2. Find "U Fit" in APP Store or Google Play Store.

3. Install the app. Note that you'll need an account with the applicable store before you can download even a free app such as U Fit.

4. When the app is installed, open it and get started. Note that the personal information you're asked during setup is used to calculate your calorie consumption or other exercise data.
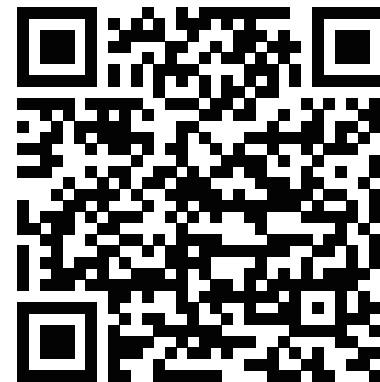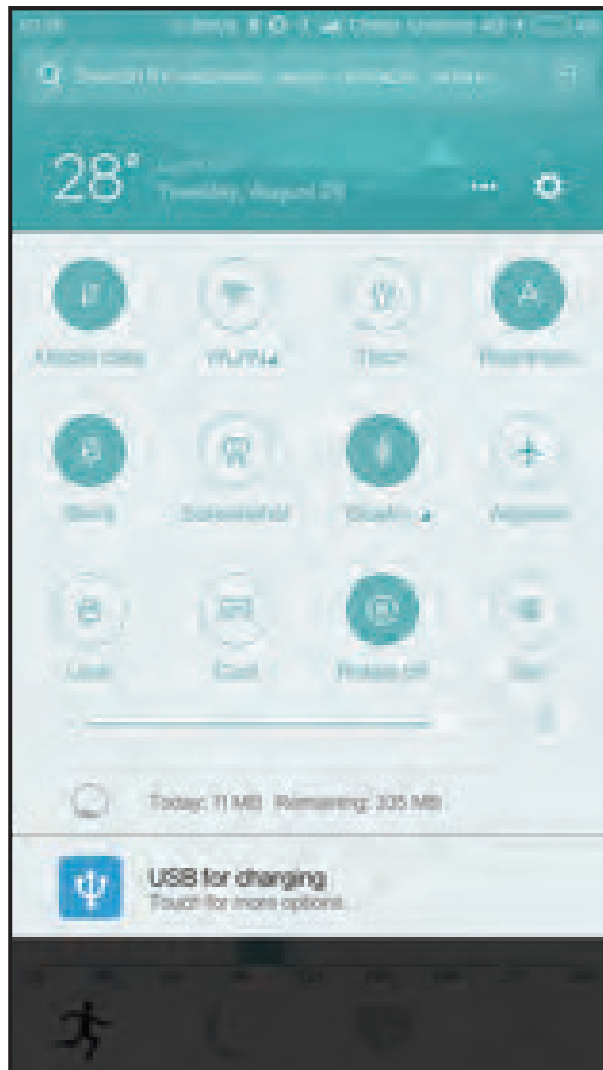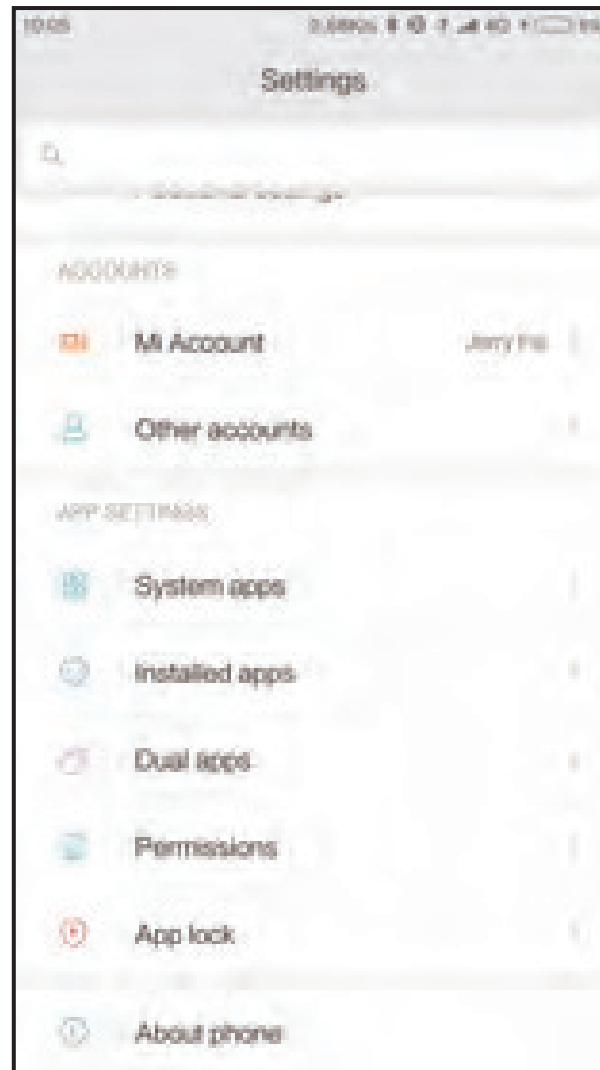
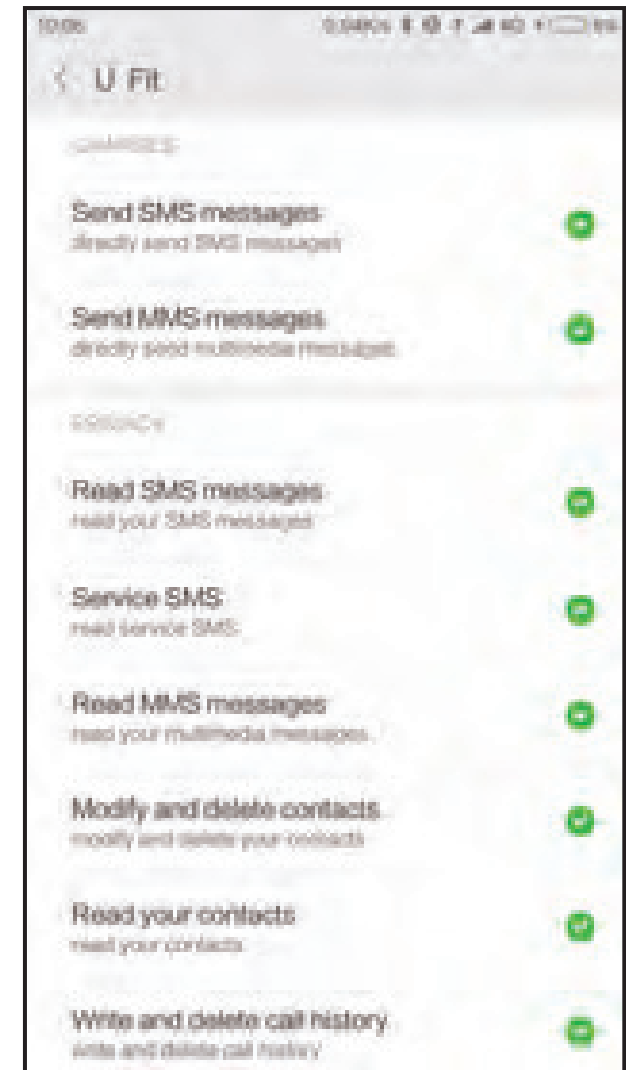U Fit iOS app   U Fit Android app

App

Bluetooth pairing

Turn on **Bluetooth** on mobile phone
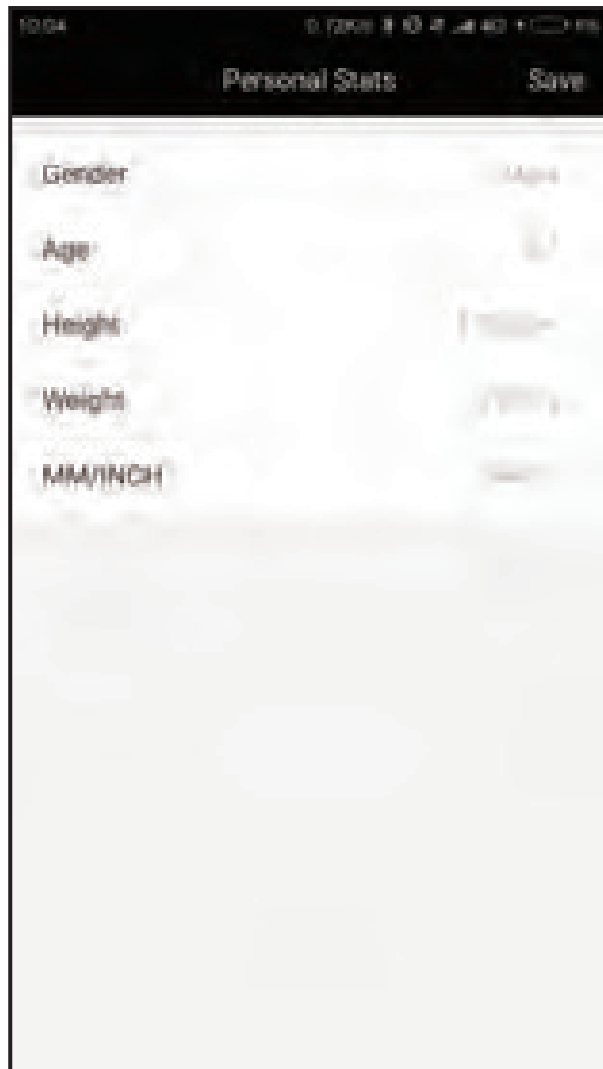Android device only

Go to **Setting** - **Permissions**
Android device only
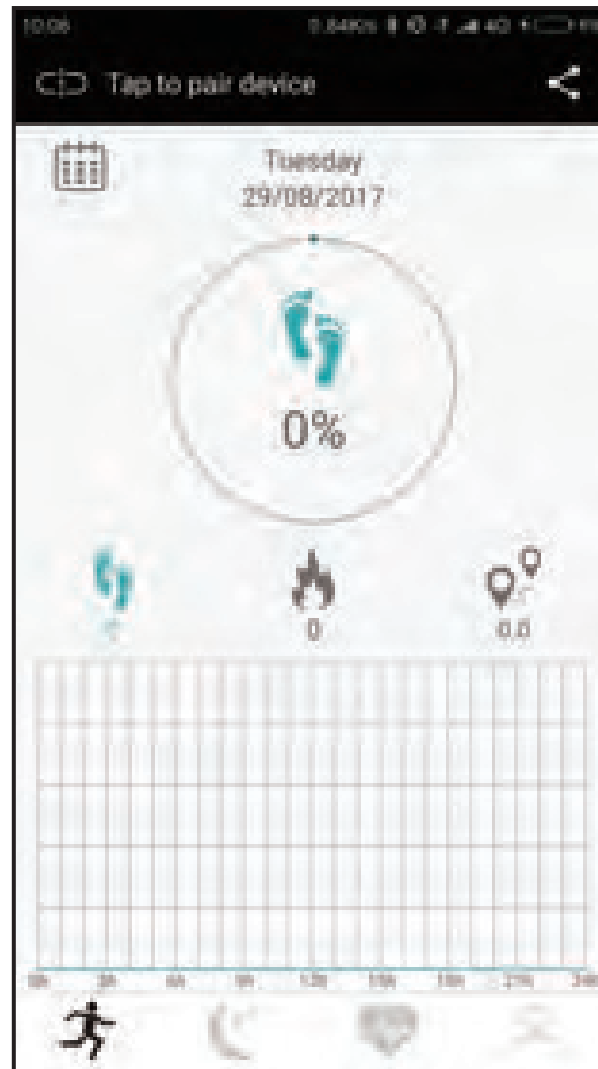

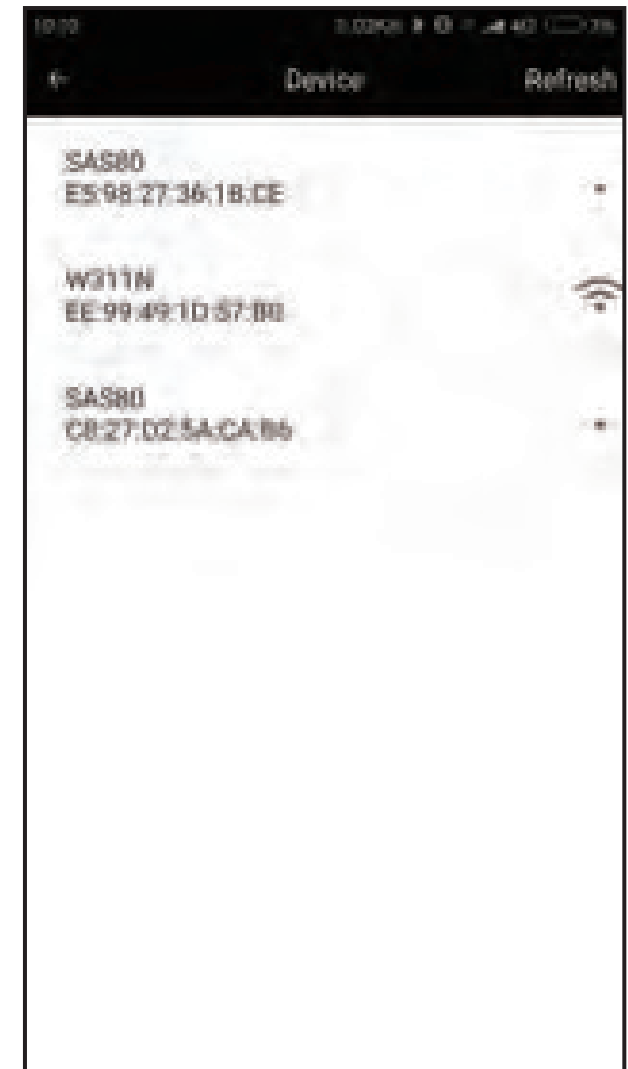Authorize all permissions to U Fit
Android device only

App

Bluetooth pairing

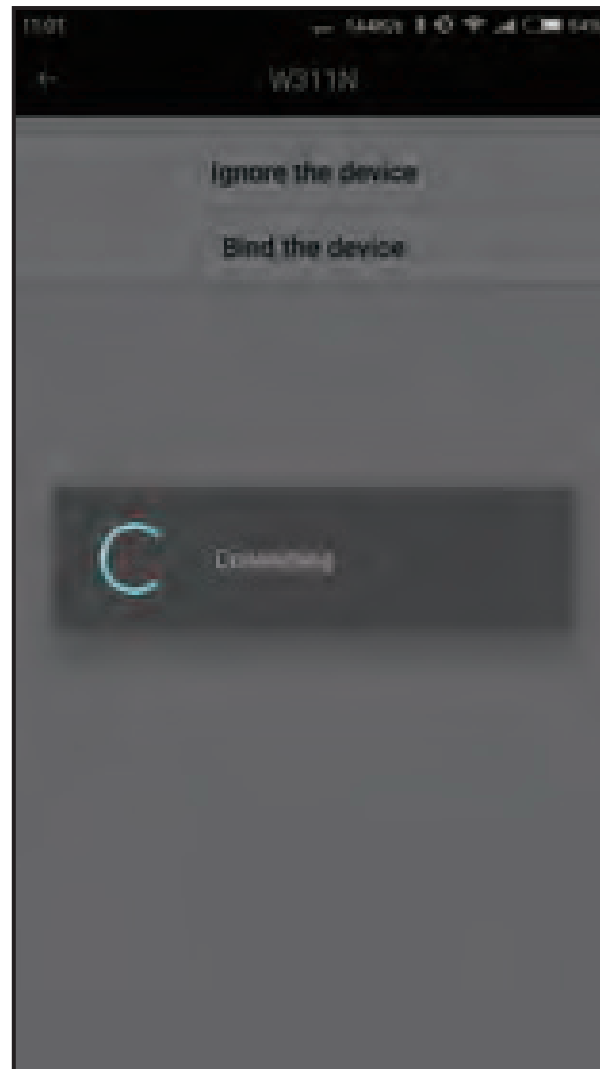Open U Fit and complete setup   Press "Tap to pair device"   Press "Refresh" for available devices
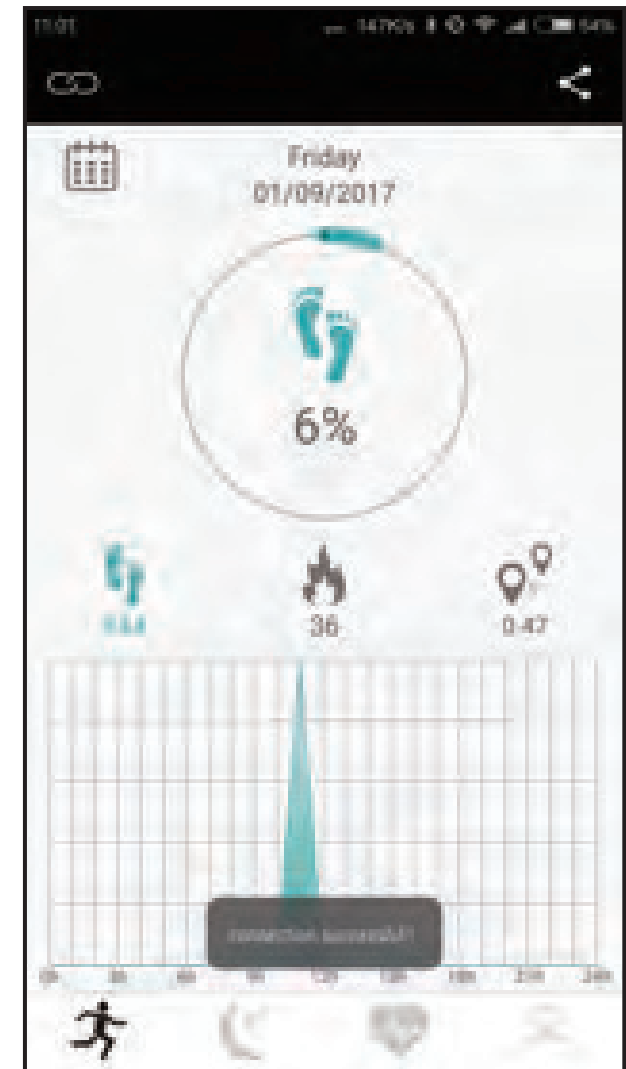
App

Bluetooth pairing

Press W311N and Bind the device
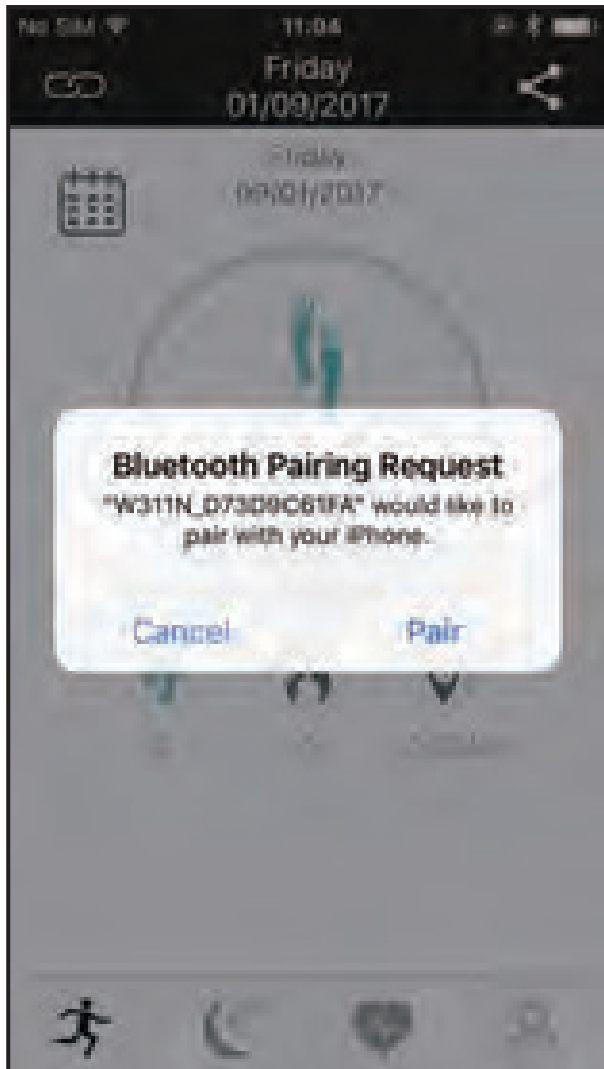
Connecting

connection successful

App

Bluetooth pairing

iOS only

On Android phone, after connection successful, the pairing process is done.

On iPhone, after connection successful, there will be a window poping up after data sync done.

On "Bluetooth Pairing Request", you need to press "**Pair**".

Only after this pairing, phone call and message alert can work properly.

App

App Display
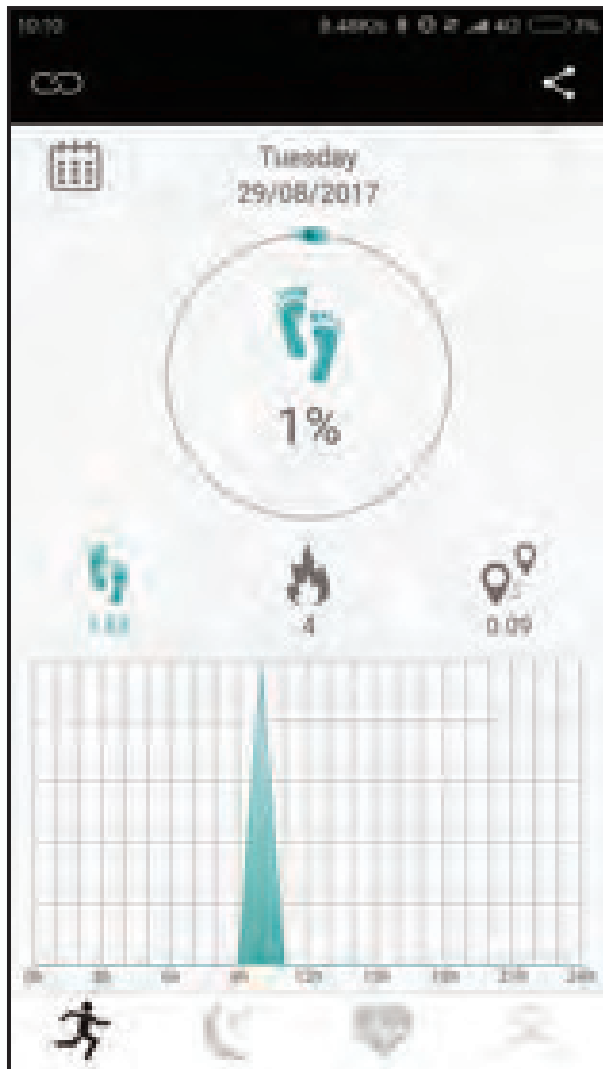
Device connected and data synced

Pull up to check walk data record

Press Moon icon to check Sleep

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App
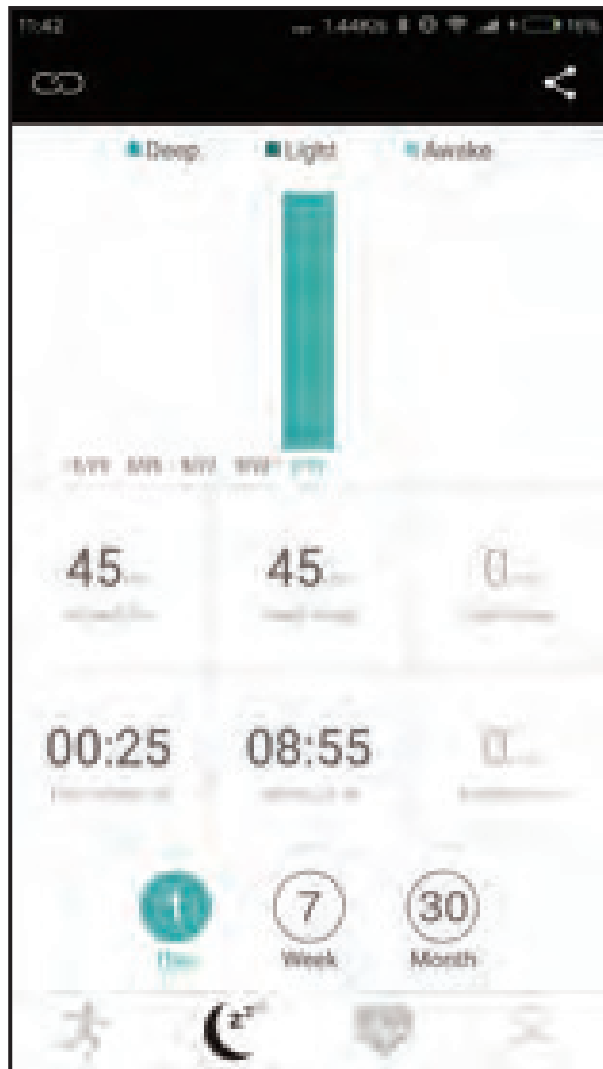
App display

Pull up to check sleep data detail   Press Heart Icon to check BPM   Press Start to record BPM

App

App display
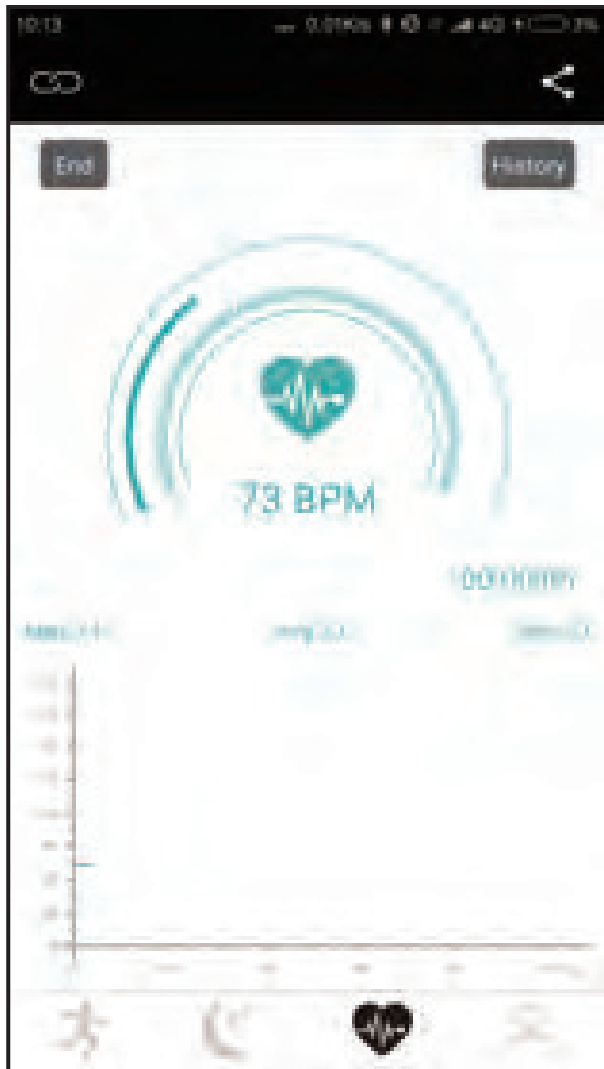
Press End to save heart rate data

Press History to check record

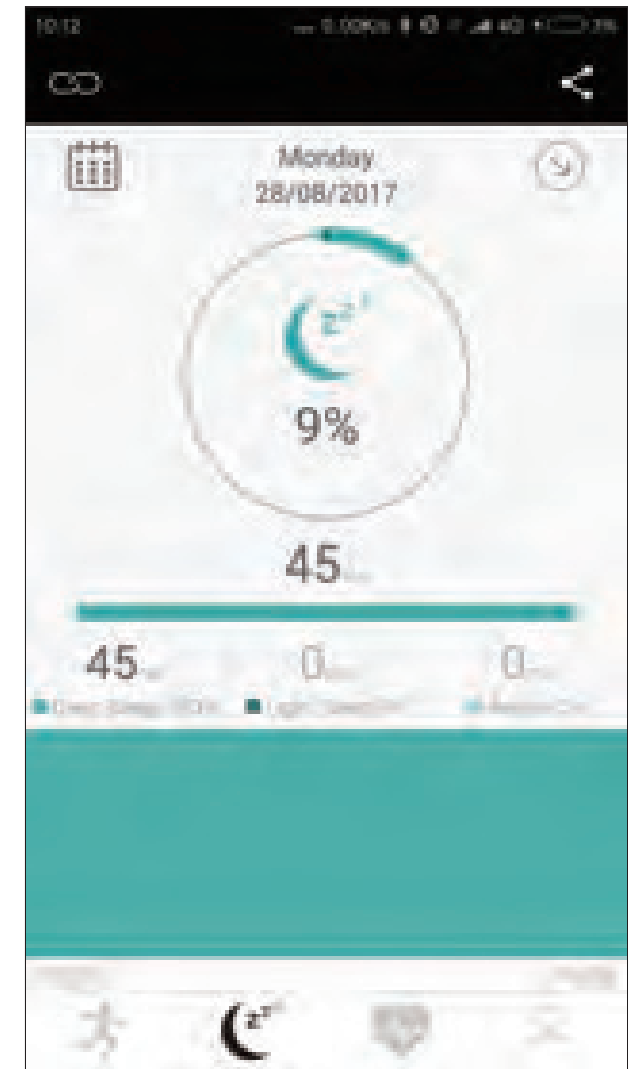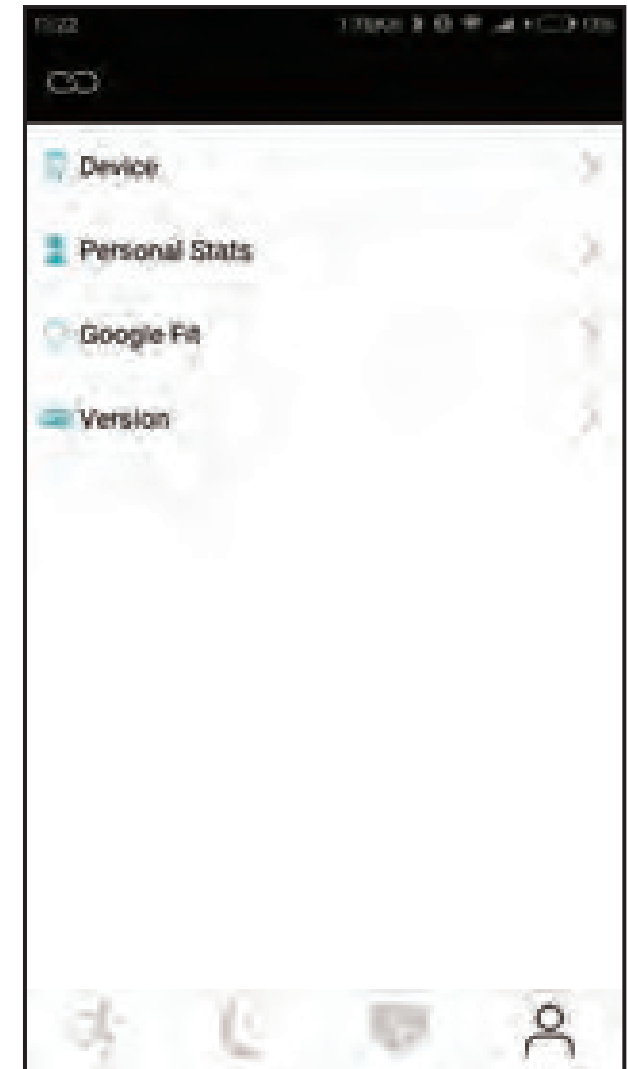Setup section

App

Device setup
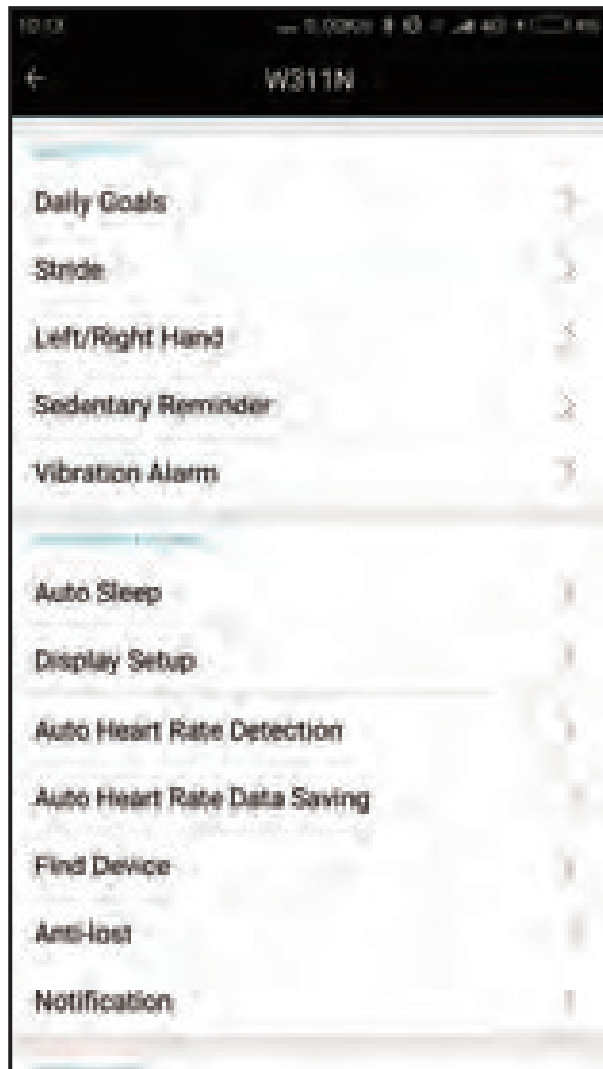
Daily Goals

Set the goal for daily step. 10000 steps/day is suggested.

Stride

Set up average distance per step.

Left/Right Hand

Display direction will change.

Sedentary Reminder

Remind you of activity.

Vibration Alarm

5 sets of alarm can be set up.

Auto Sleep

Device automatically enters Sleep Mode.

Display Setup

The device only display mode you choose.

App

Device setup
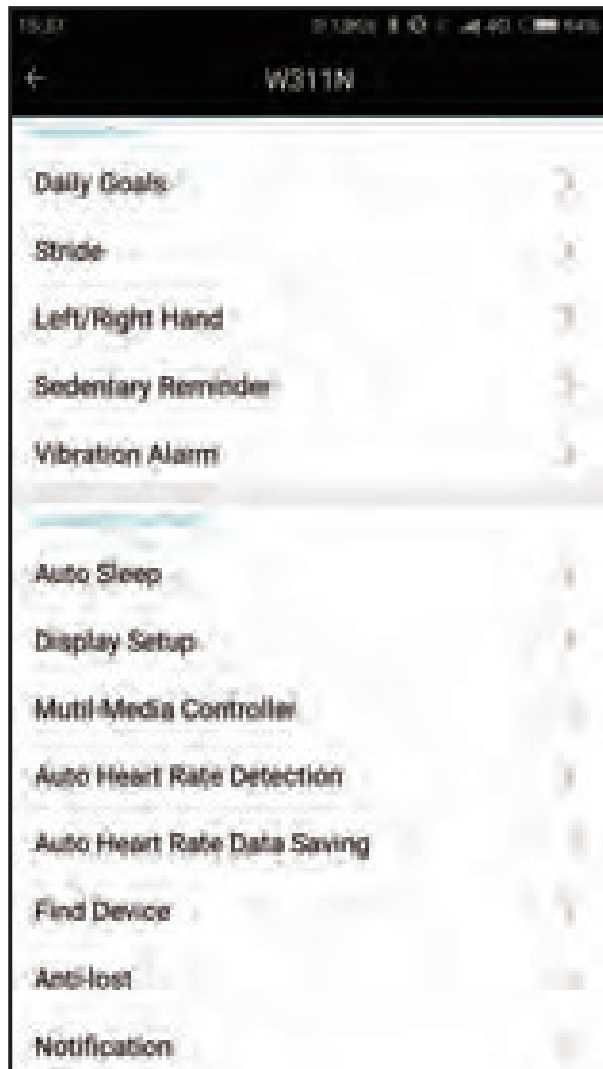
Multi-media Controller

Turn on or off Phone Finder, Camera Control & Music Player.

Auto Heart Rate Detection

Band will monitor heart rate at setup time period.

Auto Heart Rate Data Saving

Record heart rate data automatically.

Find Device

If Find Device is activated, tracker vibrates for 5S.

It will vibrate continuously.

Anti-lost

If tracker is over 10 meters away from the phone, the tracker will vibrate for 5s. Phone vibrates for 10s.

After 10s period, phone vibrates again.

Phone vibration will continues for 3 times.

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App

Device setup - Notifications
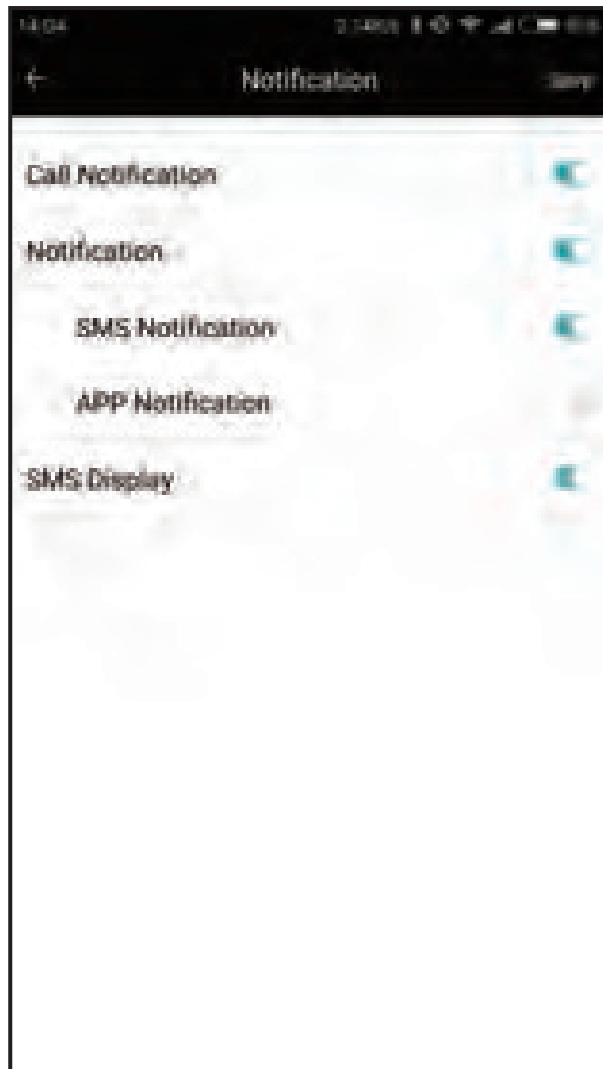
Notification
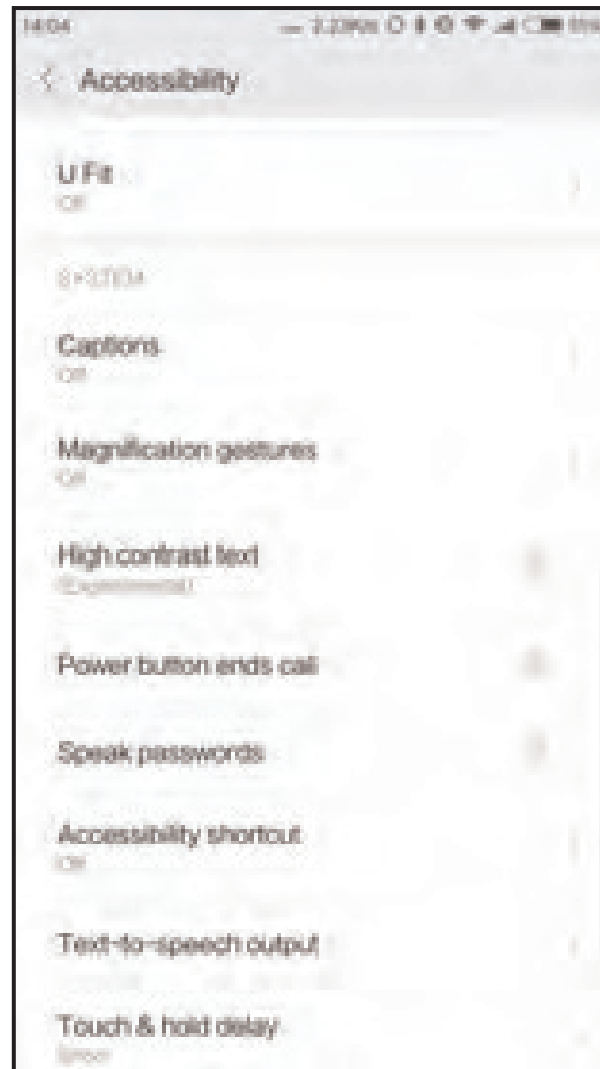
Turn on Accessibility for U Fit
Android only
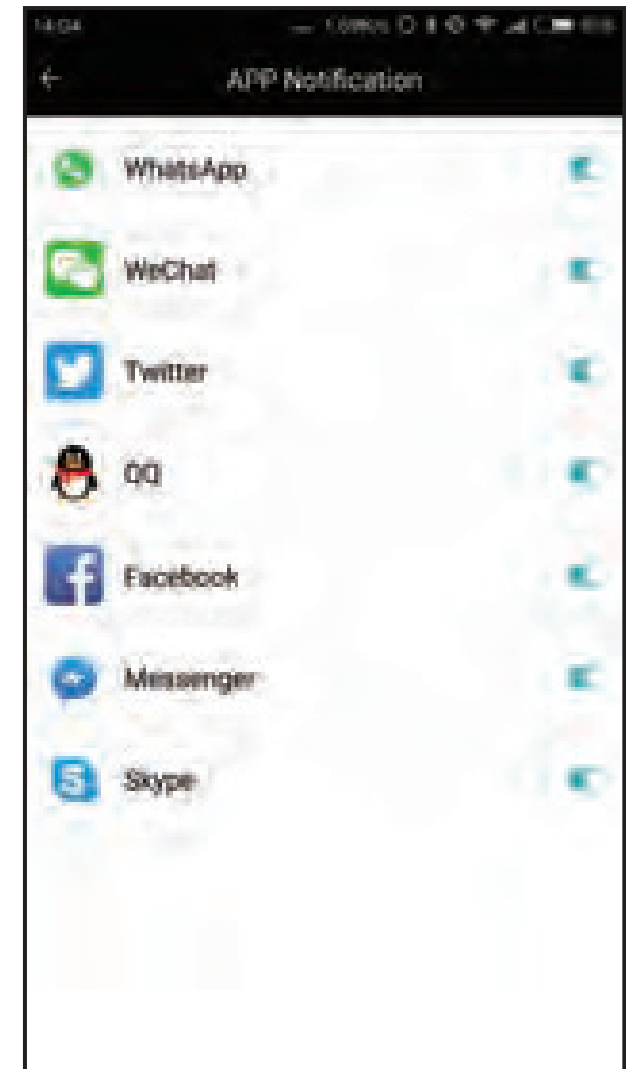
Get notification for all APPs

App

Device setup - Notifications

📞 12345678990	📞 John Smith
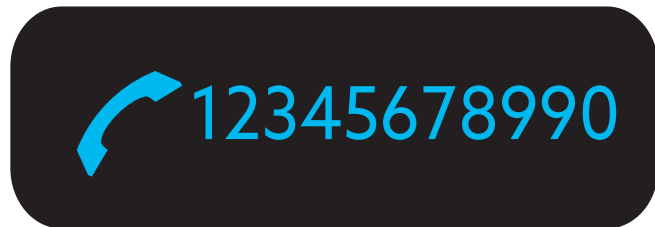
When tracker is connected with mobile phone, it can receive phone call alert.

Whatsapp John Smith	→	I had a great day today
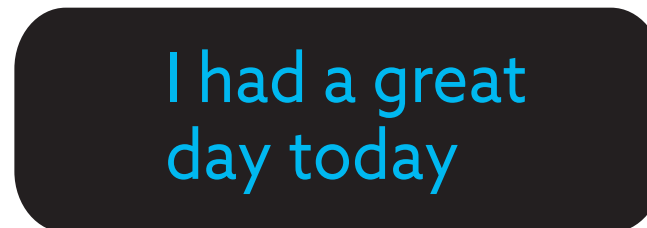
When tracker is connected with mobile phone, it can receive and display SMS, Facebook, WhatsApp, Twitter, etc.

App

Device setup

Set up Personal Stats

Please input accurate personal information.
All these information will be used to calculate calorie data.

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App

Google Fit - Android
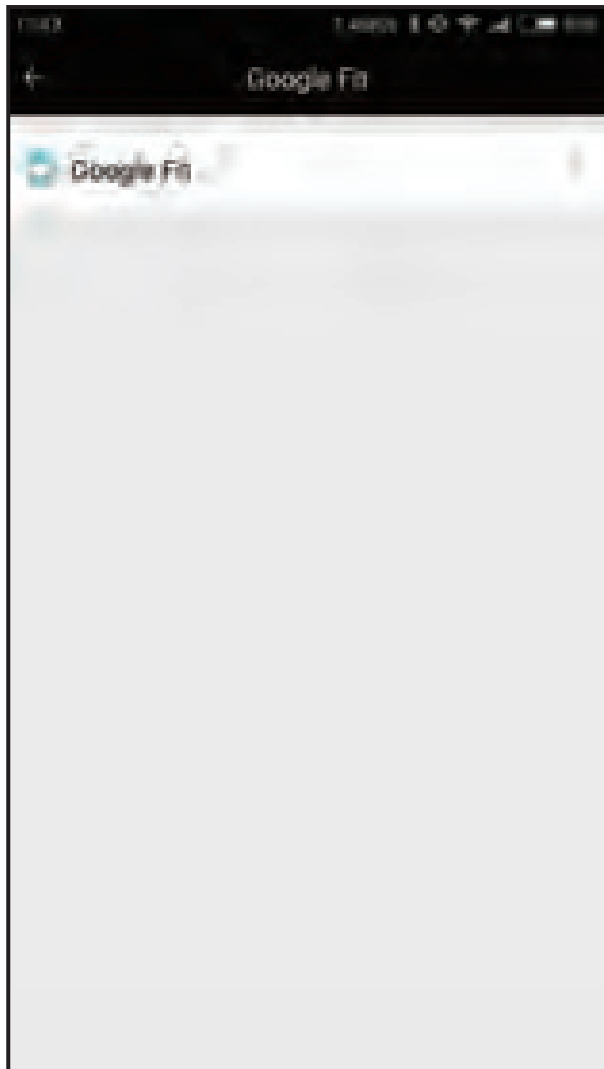
Tap Google Fit
Android only
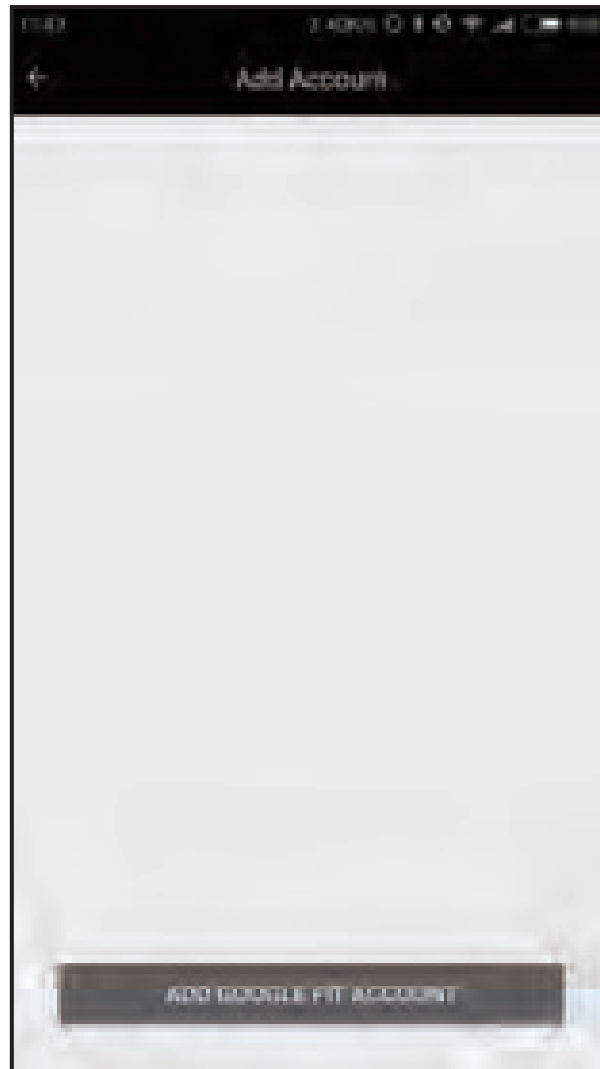
Add Google Fit Account
Android only
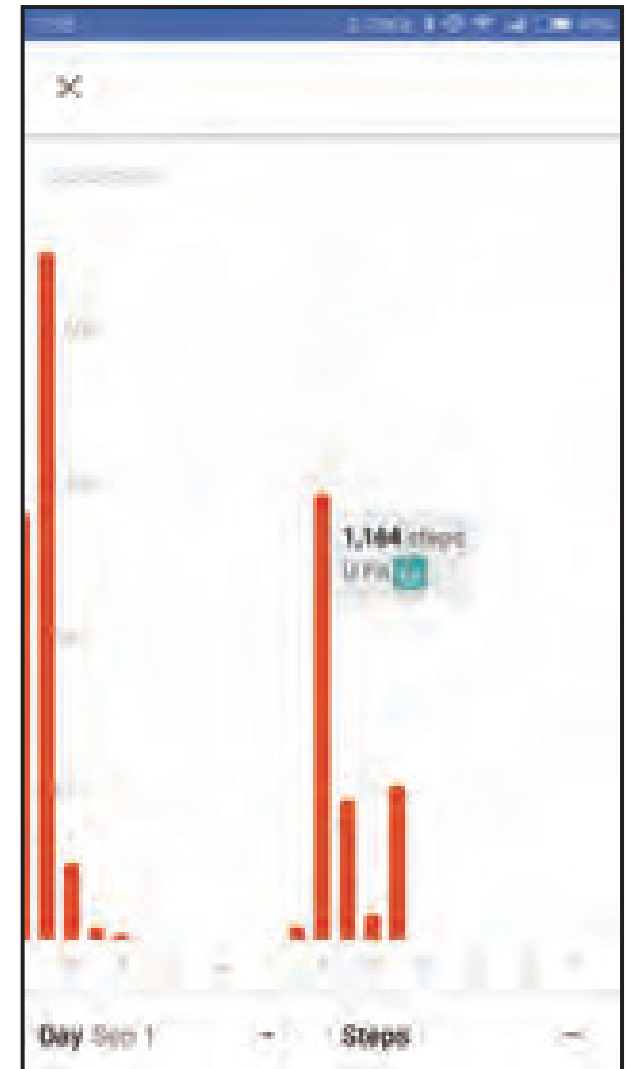
Data uploads to Google Fit
Android only

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App
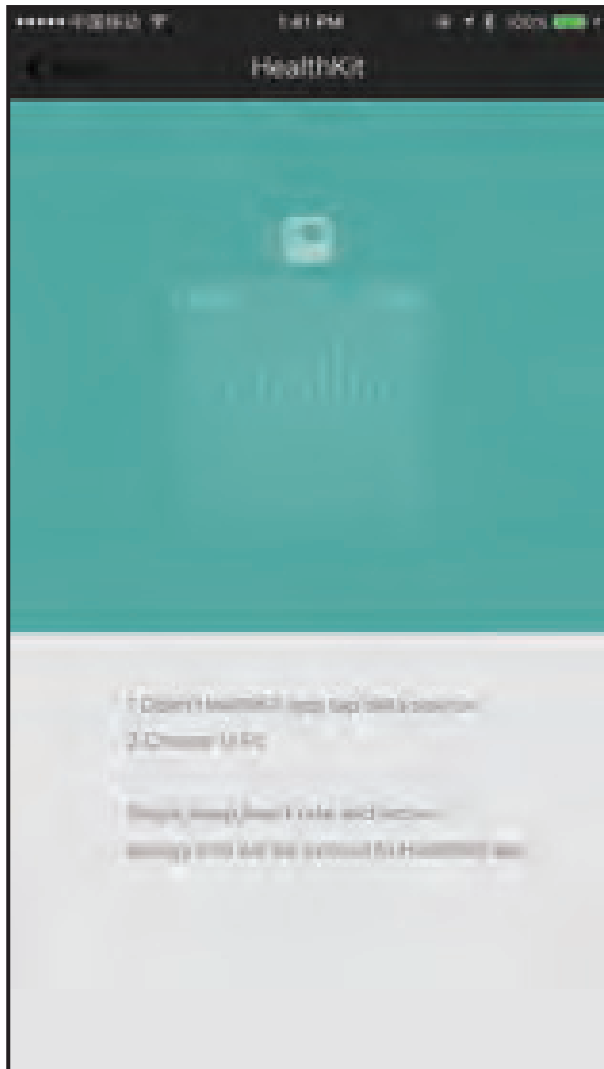
HealthKit - iOS

Tap HealthKit
iOS only

Press "Sources" and choose "U Fit"
iOS only

Allow data to sync
iOS only

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App

Sharing Feature
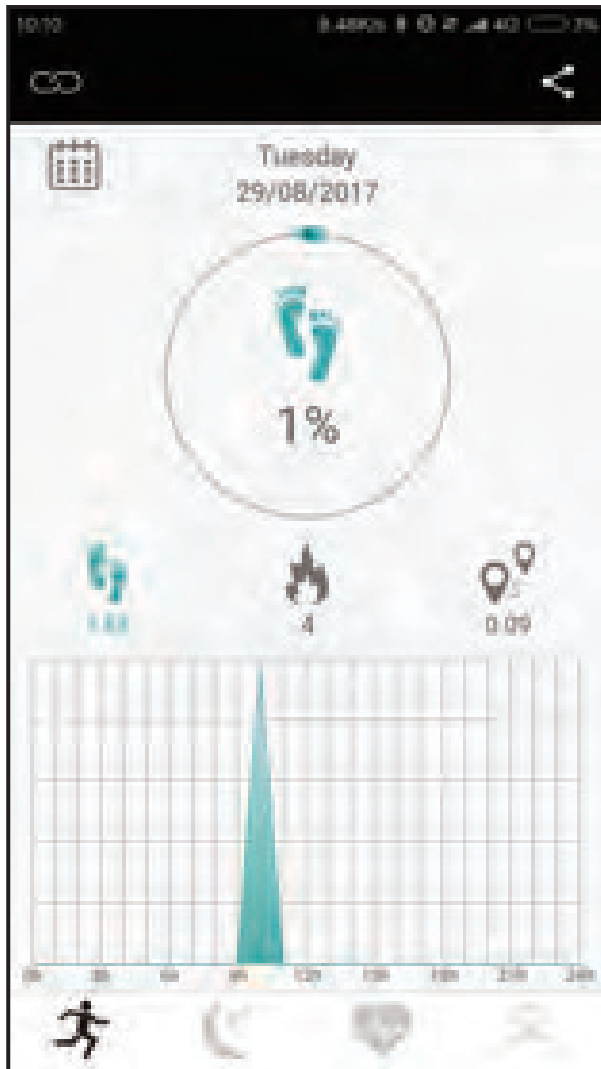
Press Sharing icon
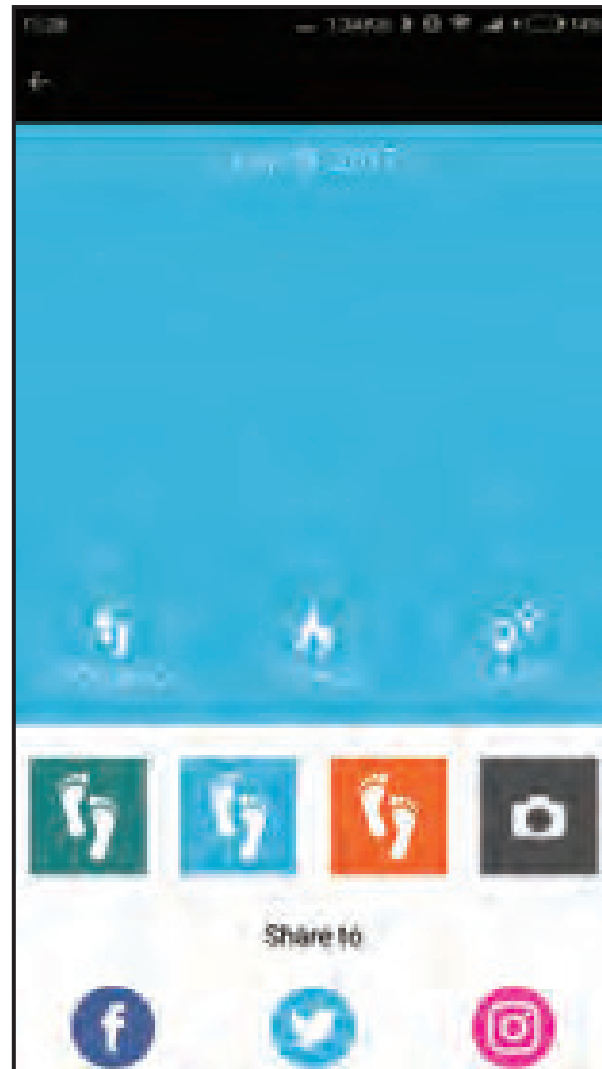
Share exercise data on social media

Press different colors to change sharing photo. Press camera to take photo or get photo from gallery.

Heart rate detection

Precautions

* Please don't move the band after turning on heart rate detection.

* Band needs to adhere to wrist closely to get accurate heart rate.

* Make sure there is no hindrance between the device and skin.

* It takes around 20 seconds for activity tracker to get heart rate data.

Operation

* Touch button to scroll to heart rate mode.

* Long press button for 3 seconds to activate heart rate detection.

* Release finger when the display changes into "---".

* It takes around 20 seconds for activity tracker to get heart rate data.

Touch button   Long press for 3s   Long press for 3s
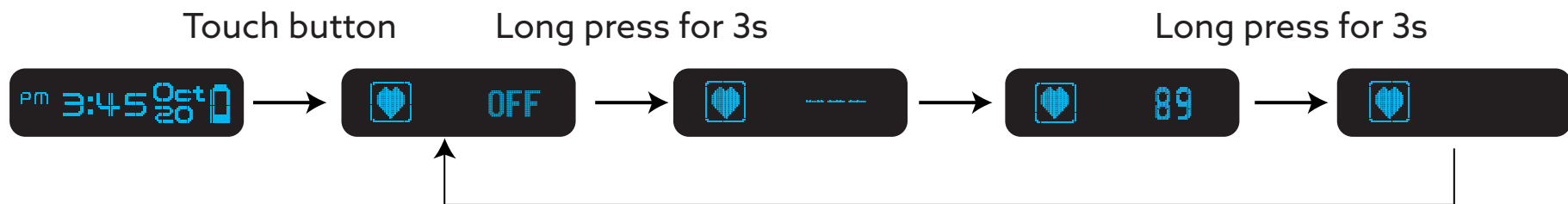
NOTE: please release finger when the display changes after long press.

Heart rate detection

Information

* In heart rate mode, BPM indicates beat per minute.

* Deviations may happen depending on environments and users.

* Fitness heart rate value is recommended to get suggestion from doctor.

* Heart rate general data:

Below 60: it is called "bradycardia" and even an athlete trained by exercise has bradycardia.

61 - 100: normal BPM for adult.

Over 100: at exercise or pregnancy

Arrhythmia: heart beat is too fast or too slow.

Product specs

Bluetooth mode:	Bluetooth 4.0
Screen resolution:	128*32 pixels
Screen size:	0.91 inch
Unit size:	46.4*20.2*11.4mm
Unit weight:	30g
Wristband materials:	TPU
Buckle:	Stainless steel
Water resistand:	IP67
Heart rate:	40 - 240 bpm
Battery type:	Lithium-ion polymer rechargeable
Battery capacity / voltage:	150mAh / 3.7V

Q & A

1. How to set up time?

   When tracker is connected with phone, time will be synced at same time.

2. My activity tracker doesn't have notification.

   If you are using iPhone, please make sure you press Pair when the app pops up "Bluetooth Pairing Request". If your phone is Android, please make sure you have turned on Notification feature.

3. The heart rate doesn't come out after turning on heart rate checking.

   Please wear the tracker tightly in case of any light leakage.

   Then activate heart rate detection, and don't move your hand in 20s.

4. Can I use the tracker while swimming and having shower?

   The tracker is only IP67 water resistant, which is not good for swimming.

   Having shower in warm water is also not okay as steam will come inside.

5. Why does the tracker always get disconnected with phone?

   On iPhone, keep the app running on background.

   On Android, authorize the app to be running and not killed by system.

Storage and precaution

Storage

* Sensor is delicate component. Make sure activity tracker is stored in a good condition to ensure accurate heart rate data.
* Avoid fire or direct sunlight. Prevent the product from dust or contamination.
* The acitivty tracker is only water resistant in daily life. It is not suitable for swimming. Keep the product in dry place after usage.
* Keep the product in a place where vibration or impact is not occurred.
* Please keep the product at indoor temperature. If it has been kept in any other place, please keep it under indoor temperature for 10 minutes before usage.
* Please clean optical sensor shield and magnets charging port with cotton swab dipped in alcohol. Please wear in 10 minutes after clean.

Storage and precaution

Precaution

* Do not disassemble or remodel tracker as it may lead to fire or defects.
* Do not use or keep the product under high or low temperature.
* Do not use or keep the product at places where moisture and volatile substance or inflammables are present.
* In case of using charger for vehicle, charger for general passenger car is limitedly permitted but cargo truck (over 1t) charger is not permitted to be used as the product may be damaged by its high output.
* In case of using multiple App at the same time under mobile operation system, App may be killed at backgroud and Bluetooth connection with activity tracker might get affected.
* In case that band is contaminated by colored cosmetics (sun cream, BB cream, colored cosmetics for females), please clean it with wet tissue immediately.

FCC warning

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.
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.