



**Bluetooth Heart Rate Monitor
and Pedometer i37**



Instruction Manual

W311-A17-英语说明书

尺寸：90*70mm

材质：128g双铜，四色印刷，小册子，装1订，共40P

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1. Product Specifications

Model	i37	Battery capacity	150mAh/3.7V
SYNC mode	Bluetooth 4.0	Battery type	Re-chargeable
Calorie	0~999999 Kcal	Unit Size	46.4*20.2*11.4mm
Distance	0~9999.99 Km	Unit weight	30g
Step	0~999999 Steps	Wristband material	TPU
Exercise time	00:00~23:59	Wrist buckle	Aluminum alloy
Target goal %	0~999%	Waterproof	IPX4
Heart rate	40~240 bpm	Screen Display	OLED 0.91"

2. Components



3. Description of Product



Button



PPG

Chaging
Terminal

4. Using the TMedFit Band

4.1 Turning on the Bluetooth feature for the TMedFit Band

When using the Bluetooth TMedFit band for the first time, press and hold the button for 5 seconds to wake up the tracker and enter the time mode. The default time is 12:00AM.

4.2 Charging the Battery



4.3 Bluetooth Activity Band Application Installation

1. Search for 'TMedFit' at the App Store and/or Google Play.
2. Install the TMedFit App on your Smartphone (Android, iOS).
3. Compatibility: Android 4.3 or higher, iOS 7.0. or higher.



4.4 Bluetooth Settings

4. In the Paired with Hardware option, you can select your activity tracker to pair with the app.
5. If there is no tracker listed, tap Refresh.
6. If the TMedFit name is grayed out, then tap the TMedFit name 'i37' to pair the device. When successfully paired, the device quickly displays the time with a check mark and vibrates once.

7. Remember: Make sure your mobile devices' Bluetooth is set to ON.
8. If they are paired successfully, the symbol "v" will display for 3 seconds and the motor will vibrate for 1 second at the same time. After a few seconds, you will receive a request to pair with your phone. Please select 'Pair'.

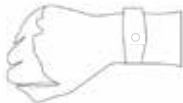
4.5 Wearing Method



① Put button side toward your body

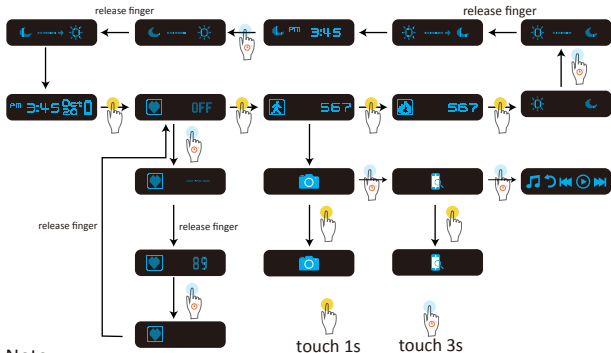


② Always keep the sensor touching your skin with comfortable tightness



③ Place the bracelet above the carpal bone/wrist

4.6 Button Operation






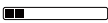









Note:

To avoid false operation, when turning on/off the heart rate mode and

sleep mode, after long press the button, please remember to release your finger when you see the screen respond. Otherwise, the modes won't be turned on/off.

4.7 Icon Illustrations

	step
	Heart rate
	Calories
	Distance
	Exercise time
	Target
	Target face

	Healthy reminder
	Alarm
	Shutter
	Music
	Find phone
	Sleep mode

5. Heart Rate Measurements

5.1 Precautions to Consider while Measuring your Heartbeat:

- Your measurement results may be incorrect if the band is moved and/or is not secured to your wrist during your heartbeat measurement.
- A more accurate result will be displayed if the band is secured to the upper section of your wrist.
- Be sure to have the band secured to your wrist during the entire duration of your heartbeat measurement.
- Be sure there is nothing in between your wrist and the band during the time you are taking your measurements.
- It usually takes about 20 – 40 seconds for your heart rate data to be detected and displayed for your review.

5.2 How to Measure your Heart Rate:

- Briefly hold the button and release when activating the heart rate mode. It will take about 20-40 seconds to obtain your heart rate results. If you do not release the button, the heart rate function will not be turned on. When turning the heart rate function off, hold the button until you see your heart rate data flicker, then release to turn it off.

Note: After the heart rate mode is activated, it will vibrate after 5 minutes and again at 10 minutes to remind you it is on.

5.3 Heart Rate Tips

- In the heartbeat measurement mode, BPM indicates heartbeat, % heartbeat weight (present heartbeat/maximum heartbeat).
- The maximum heartbeat rate varies depending on individual health conditions. The establishment of a fit reference value is required and should be done while under the supervision of a doctor.
- Note: An error may occur depending on the measurement environment and the condition of the user.

5.4 General Information about Heart Rates

In general, a maximum heartbeat is around 200 beats per minute. Even though intense exercise is performed, a heartbeat within 85% of the maximum heartbeat is said to be safe.

- Heartbeat below 60: Referred to as a slow heart action, also called bradycardia.
- Heartbeat 61 ~ 100: General heartbeat of an adult.
- Heartbeat over 100: May be represented at the time of intense activity.

- Arrhythmia: Heartbeat is irregularly represented (too fast or too slow).
- BPM: Represents Heartbeat per Minute.

5.5 Heart Rate Reference

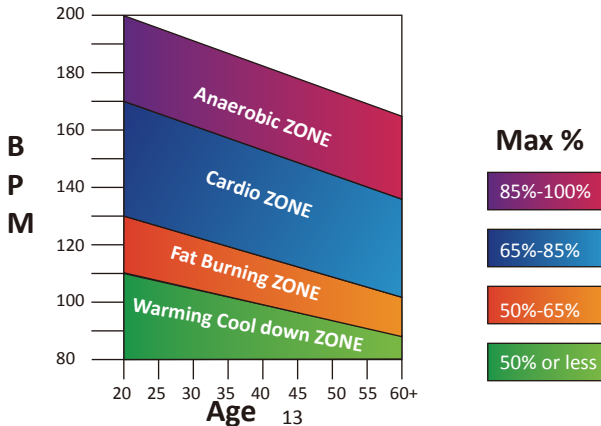
Male	Age					
	18~25	26~35	36~45	46~55	56~65	65+
Athlete	49-55	49-54	50-56	50-57	51-56	50-55
Excellent	56-61	55-61	57-62	58-63	57-61	56-61
Good	62-65	62-65	63-66	64-67	62-67	62-65
Over fair	66-69	66-70	67-70	68-71	68-71	66-69
Fair	70-73	71-74	71-75	72-76	72-75	70-73
Below fair	74-81	75-81	76-82	77-83	76-81	74-79
Bad(poor)	82+	82+	83+	84+	82+	80+

Female	Age					
	18~25	26~35	36~45	46~55	56~65	65+
Athlete	54-60	54-59	54-59	54-60	54-59	54-59
Excellent	61-65	60-64	60-64	61-65	60-64	60-64
Good	66-69	65-68	65-69	66-69	65-68	65-68
Over fair	70-73	69-72	70-73	70-73	69-73	69-72
Fair	74-78	73-76	74-78	74-77	74-77	73-76
Below fair	79-84	77-82	79-84	78-83	78-83	77-84
Bad(poor)	85+	83+	85+	84+	84+	85+

5.6 Heart Rate by Exercise Intensity Based on Age

In order to enhance cardiopulmonary function, it is recommended to perform exercise by matching it with your applicable cardiopulmonary strengthening zone. It is suggested performing exercise with an intensity higher than 65%, calorie consumption should be increased.

65%, calorie consumption is increased.

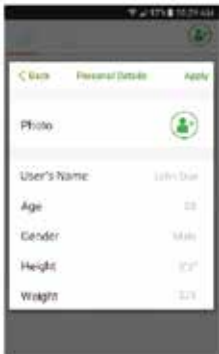


6. Execution of the TMedFit App

6.1 User Information

Tap the PHOTO icon to open the settings for user info and system information.

In the User Information section, you can set the following options: Photo, User Name, Age, Gender, Height, and Weight.



6.2 Settings

In the Settings section, you can set the following options:

- **Daily Goal:** Set your goal for the amount of steps required – 10,000 steps/day is suggested.
- **Stride:** Enter your stride length to get accurate readings from your activity tracker.

Important Note: The activity tracker calculates distance traveled by multiplying your steps and stride length. To calculate your stride length, walk ten steps and measure the distance, then divide by 10. Convert this number into inch or cm.



- **Wear Way:** Select which wrist you are wearing your activity tracker and the display orientation will change accordingly.

- **Sedentary Reminder:**

On-Off: To turn on or turn off the Sedentary Reminder function.

No Activity Time: To set the time that has passed where you were inactive, tap the existing time on the right. The units of time are represented as minutes.

Beginning: Tap the existing time on the right to open the 'Beginning' window. Set the desired time to begin the Sedentary Reminder. Tap Confirm to save your time setting.

Ending: Tap the existing time on the right to open the 'Ending' window. Set the desired time to end the Sedentary Reminder. Tap Confirm to save your time setting.

After the Sedentary Reminder has been saved, 'Setting success' appears on your mobile device and your Activity Tracker quickly displays a check mark with the current time and vibrates once.

- **Alarm Clock:** Five Alarms can be set. After the Vibration Alarm has been saved, 'Setting Success' appears on your mobile device and your Activity Tracker quickly displays a check mark with the current time and vibrates once.

Sleep Setting: You can turn on or turn off the 'Auto sleep' setting.

Sleep time: Use this to set the beginning and the ending time of auto sleep.

Sleep reminder: Use this to send you a reminder, before sleep time begins.

● **Display Setup:** You can select which mode will be displayed on your tracker. Select 'do not display' on the tracker by tapping the mode icon to grey. Except for time mode, heart rate mode, step mode and sleep mode, you can choose whether to display other modes on the screen or not. Tapping the mode icon to grey will not display an image. Tapping the mode icon to orange will enable the display feature.

● **Multi-Media Controller:** You can turn on or turn off the 'camera control', 'music control' and 'find the phone' features.

Camera Control: In this mode, please always run the app in the foreground, then go to the camera mode by holding down the button, until you see the camera icon. Press the button once to take photo. Press and hold the button again for 3 seconds, then release to display the 'Find the Phone' mode.

Find the Phone: Press the button once to find the connected mobile device. Press and hold the button again for 3 seconds, then release to display the 'Music Control' mode.

Music Control: In this mode, 'pause' is set by default. Press the button once to convert between pause and start. Press for 3 seconds then release to convert to next, last, back. Once 'back' is displayed, you may press once to go back to the camera mode.

Note:

- 1.While in the above 3 modes, the device will ONLY automatically exit to time mode after 10 seconds of inactivity.
- 2.These features are only available when the tracker and the phone are connected, and the Multi-Media Controller function has been turned on.
- 3.After turning on the Multi-Media Controller in the app, you can go to the camera mode by holding down the button in any mode, except for time mode, heart rate mode and sleep mode. (Please release the button when the camera icon is displayed).

- **Auto Heart Rate Detection:** While at 'set time', the band automatically searches for your heart rate signal and measures your heart rate data.
- **Auto Heart Rate Data Saving:** When 'auto heart rate data savings' is turned on, your heart rate data will be recorded until you stop checking your heart rate.
- **Anti-lost:** When the device is over 10 meters away from the smartphone, the device will vibrate once for 5 seconds, and the smartphone will vibrate for 10 seconds. After the initial 10 seconds, the smartphone will vibrate again. The smartphone vibration sequence will occur 3x. The device vibrates for 5 seconds when it is disconnected from the smartphone.
- **Find Device:** When the 'Find Device' icon is turned on in the app, the device vibrates for 5 seconds.
The device vibrates continuously while under user operation.

- **Do Not Disturb:** Phone calls, message notifications, and message content display can be turned off.
- **Unpair:** Disconnect Bluetooth pairing of the device and your smartphone.

6.3 Navigation Bar

The top navigation bar includes tabs that allow you to quickly access data measurements for your settings, daily activity, sleep, and heart rate.

Tap on one of the navigation bar icons to open the screen. The selected icon is highlighted in red. Tap the photo logo button to access the settings screen.



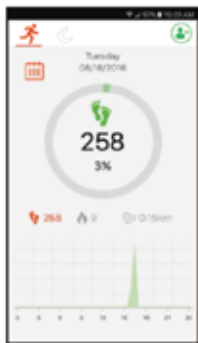
6.4 Daily Activity Measurements

Tap the Activity tab to open the daily activity measurements. The Activity measurements screen displays your accumulated daily measurements for Steps, Calories and Distance. The measurements are shown in Pie View and in Column View.

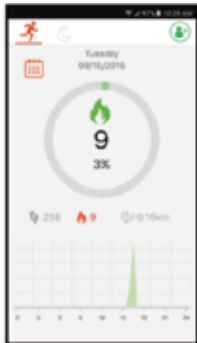
- Pie View: Displays the current activity measurements in Pie chart format.
- Column View: Displays the current activity measurements in Column chart format. The information is shown as per the specific times of day the data was measured.

To synchronize the data saved on your Tmed Tracker app on your mobile device:

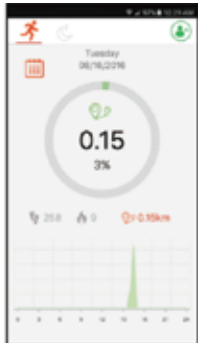
From the Pie View, swipe down on the screen to synchronize your latest activity measurements.



Activity: Steps



Activity: Calories



Activity: Distance

6.5 Navigating the Activity View

- Swipe down on the screen to sync the measurements from your device with the app.
- Swipe your finger left or right to scroll through the different day measurements. Tap the red arrow on the top right to go back to the current day.
- Tap the calendar located on the top left of the window to open a calendar and select a specific date to view.
- To switch between steps, calories and distance, tap on the corresponding icon in the center of the screen.
- Inside the circle, you will see your data for the selected measurement. The percentage displays your progress toward your goals.

6.6 History




History: Steps View



History: Steps Landscape View

Navigating the Activity Landscape View

- Swipe down to the bottom of the screen to view your Weekly, Monthly and Yearly measurements.

- Tap the Steps, Calories, and Distance buttons to switch between the Steps, Calories and Distance measurement screens. The selected measurement button is highlighted in red.
- View your Weekly, Monthly and Yearly progress by selecting the corresponding Day, Week or Month buttons at the top.
- Swipe Column view left and right to go through previous Weekly, Monthly, and Yearly measurements.
- Tap the  to view Steps, Calories, Distance, Weekly, Monthly and Yearly measurements in landscape view.

6.7 Sleep Activity Measurements

Tap the Sleep Activity icon to open the daily sleep quality measurements. This screen displays your accumulated daily measurements for your quality of sleep. The information includes:

- Total Sleep Time
- Sleep Quality

Types of Sleep Quality: Deep Sleep (green), Light Sleep (blue), Extremely Light (yellow) and Awake (red).

The measurements are shown in Pie View and in Column View:

Pie View: Displays sleep measurements time in Pie chart format.

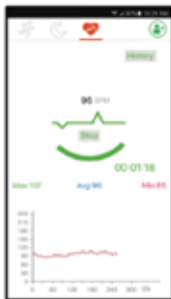
Column View: Displays the current quality of sleep measurements in Column chart format. The information is shown as per the specific time of day the data was measured.



Swipe your finger left or right to scroll through various days to view your measurements. Tap the arrow on the top right to go back to the current day.

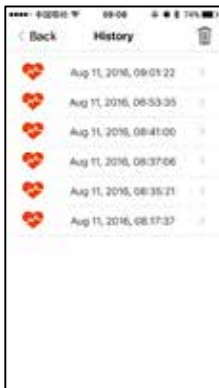
6.8 Heart Rate Measurements

When your heart rate measurement starts and the app is connected to the device, the heart rate will sync to the App Heart Rate page, as well as display a statistical graph.



If you open the **'Auto Heart Rate Data Saving'** feature or select the **'Start/Stop'** button in the app, the heart rate measurement data will be saved in **'History'**.

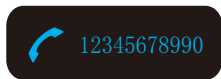
In the **'History'** page, you will find the Heart Rate Data you have saved.



7. Call and Message Notifications

7.1 Call Notifications

1. When your smart phone is ringing while the Tmed Tracker App and band are connected via Bluetooth, a call notification is sent to the band. Pressing the button once, will take you back to the previous screen.



7.2 Call Notifications

1. When your smartphone receives a message while the Tmed Tracker App and band are connected via Bluetooth, a message notice is displayed on band. The device will receive the notification and vibrate, while displaying

the contact name, as pictured below. Tap the button to see the content of the message:



2. Pressing the button once, will take you back to the previous screen.

8. Storage and Management Methods

8.1 Be sure to protect your device in order to ensure accurate measurements are recorded.

8.2 Avoid fire or direct sunlight and keep the product in a place protected from dust or other particles.

- 8.3 Keep the product in dry place. Your fit band may be water-resistant, but due to the sensors, it is not water-proof.
- 8.4 Keep the product in a place where regular vibration or impact is not likely.
- 8.5 It is recommended to keep the product at room temperature. If it is below or above room temperature, bring the band back to room temperature 10 minutes before use.
- 8.6 Carefully clean the sensor window and charging terminal with a cotton swab dipped in alcohol and wait 10 minutes before activating.

9. Precautions

- 9.1 Do not disassemble, or remodel the structure of your device, as it may lead to fire and failure.
- 9.2 Do not use or keep the product under high or low temperatures.

- 9.3 Do not use or keep the product in a place where moisture, volatile substances or inflammables are present.
- 9.4 Charging your fit band in a vehicle or general passenger car should be limited. Charging your fit band in a cargo truck is not permitted, as the product may be damaged due to the high output.
- 9.5 If multiple Apps are running at the same time, your Bluetooth function may be interrupted.
- 9.6 In case that band is exposed to items such as sun screen, make-up, lotion etc., be sure to wipe it with a damp cloth immediately. If the band is left for over 30 minutes or if a stain has developed, the band should be cleaned by using a cleaning fluid, such as alcohol.
- 9.7 The App retrieves relevant information via Wifi in order to accurately measure altitude or temperature. If access occurs via 3G or 4G networks, regular data fees may apply.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of 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.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of 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.



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