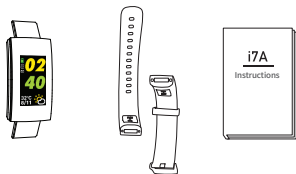


**i7A**  
**FITNESS TRACKER**  
**QUICK USE MANUAL**

# PACKING LIST

The box contains the following items: host, wristband, instructions.



# ACTIVATE THE DEVICE

## Synchronize with "Zeroner Health Pro"

### 1. System requirement

Please make sure the mobile phone is in accordance with the following systems.



iOS 9.0  
& above



Android 4.4  
& above

### 2. Download the "Zeroner Health Pro"

Search and download "Zeroner Health Pro" from the Apple App Store or Android Google Play. Install the App and sign up.

**Note:** To use "Zeroner Health Pro" on an iPad, remember to select "iPhone Only" when you download it.

### 3. Synchronize the device with the App

Open "Zeroner Health Pro". Select the right bracelet pairing code on your mobile phone to complete connection.

After the first sync, the times, steps, calories, distance on the bracelet will be reset.

## When the connection between the bracelet and the phone fails, please try the following methods:

1. Make sure that the mobile phone and the bracelet are within a valid distance, try to turn off the Bluetooth and turn on again to connect the bracelet.
2. Please restart the bracelet, check the correct pairing code, and search for connections on the phone.
3. Please restart the phone, turn on Bluetooth again, search for pairing code, and connect.

**Note:** Please ensure that the mobile phone operating system is iOS9.0 and above or Android4.4 and above.

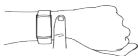
Please ensure that the distance between the mobile phone and the bracelet is within 10 meters of the normal connection range.

Please ensure that the bracelet is not in a low battery state.

## KNOW YOUR DEVICE

### 1. Wearing method

Wear the device on your wrist horizontally, about 2cm to carpal, the same method as wearing watches.



**Note:**To monitor heart rate more accurately, please wear the device on the upper position of your wrist and a bit tighter than usual when you are taking exercise.

### 2. Methods of displaying the screen



Touch screen



Raise hand



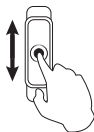
Turn over the wrist

### 3.Operation

Two basic operations of the bracelet.



Tap the screen  
Switch type

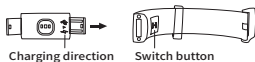


Slide the screen  
Switch mode/Screen wake-up

**Note:** Please use the 101 guide in the App to learn more about the icons on the bracelet screen.

### 4.Charging

1.As shown in the following picture, there are switch button on both ends of the strap. When removing the main unit, remember to push the switch button.



2.Insert the removed main unit into the USB port (5V) to charge (only one side can be charged). When you start charging, the bracelet will vibrate and display in charging mode.



# ESSENTIAL FEATURES

## Interface

Slide the screen to switch Training, Function, Message.



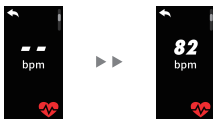
## 1. Activity Tracking

Slide the screen to Steps, Tap the screen to display Steps, Heart rate, Calories, Distance.



## 2. Heart rate

Slide the screen to display heart rate data.



Reading

Current heart rate

\*You can turn on/off the auto heart rate monitor in Zeroner Health Pro.

### 3. Training

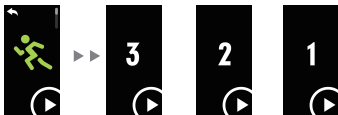
(1) Tap the screen to choose training.



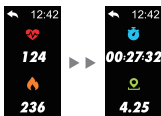
(2) Slide the screen to switch the sports.




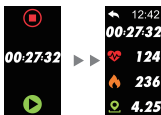
(3) Tap the screen to start the sport .



(4) Slide the screen to view the data in motion.




(5) Tap the  icon to return to end sport, view the total movement data.

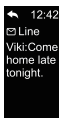


(6) Slide the screen to exit the data display.

## 4. Message alert



Slide the screen to view details of the message. Tap the icon  in the right corner to delete all messages.



Slide the screen to view the next message. Long press screen to delete message.

## MORE FUNCTION

Tap the screen to enter the Function Setting mode. Slide the screen to switch Dial, Information, Restore set, Power off.



### 1. Change the dial face.

(1) Tap the Dial interface to enter the dial mode.



(2) Slide the screen to switch the dials.

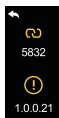


(3) Tap the screen to choose the dial style you want.



## 2. Product information

Tap the screen to display Pairing code&Firmware Version.



## 3. Restore set

Long press the screen. The bracelet will reset pairing with the smart phone. Schedule, Message, Alarm on the smartband will be cleared.

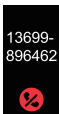


## 4. Power off

Long press the screen to power off.



# SUPPORT MORE REMINDERS

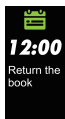


### Incoming call reminder

Keep pressing the screen to reject the call.



### Alarm clock



### Schedule



### Reminder to move



## **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, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.