

# Intelligent blood pressure blood oxygen heart rate hand ring Product specification

# Frequently Asked Questions

## 1. Unable to search

bound hand ring or can not connect, Make sure that the Bluetooth phone is turned on and close to the bracelet, restart the phone application or Bluetooth connection with the search and try pairing again. Also, make sure your phone system is Android 4.4 or more, IOS 8.0 or more, the phone supports Bluetooth 4.0 and Bluetooth connectivity is stable. (Make sure your phone paired Bluetooth devices not too much)

## 2. APP no data appearing

The bracelet using manual switch the measurement or timing measurements. At first use only basic movement data (step counter, distance, calories). With continuous use, the bracelet by a single measurement of APP application, real-time measurement, a key measurement display data.

## 3. The time is not accurate bracelet

When the bracelet is dead, re-charging, wristbands time error may occur, connect the phone, the phone will automatically synchronize bracelet time calibration.

## 4. The bracelet can not charge or use a short time

Please use the product with the aligning charging clip bracelet back of the main contacts, note the alignment and do not constantly have to grip the friction caused by the shift of the charge after charge is bad.

The first time you use the product, please complete the charging power consumption for the first time after 1-1.5 hours. Make sure the battery is fully remain in memory function and memory status.

## 5. Can not download or upgrade the hardware upgrade is interrupted.

In adopting the hardware upgrade (OTA) Make sure that the bracelet is fully charged and the mobile phone network in stable condition.

Please refer to claim 3 connection uses precautions to ensure mobile application APP phone supports all the features.

## 6. Basic parameters

Screen size: OLED 0.86 inches

Bluetooth: BT 4.0

Battery capacity: 85Mah

Bracelet Dimensions: 46.7mm \* 19.7mm \* 11.2mm

Strap size: 200mm \* 16.1mm \* 2.2mm

Material: PC + TPU

Waterproof Level: IP67

Packing list: Host bracelet, wrist strap, charging cable,  
manual

\* The company reserves the right to modify the contents of this manual without prior notice, some of the features are different in the corresponding version of the software are normal conditions

## Warning

Please follow medical advice, take measurement results as self-diagnosis and treatment basis is very dangerous. Users with blood circulation disorders, blood pressure disease pleasetake the treatment under the guidance of a doctor, product measurements are for reference only, and not for any medical use basis.

Intelligent blood pressure blood oxygen heart rate Bracelet appearance



# 1. adapted platforms and requirements

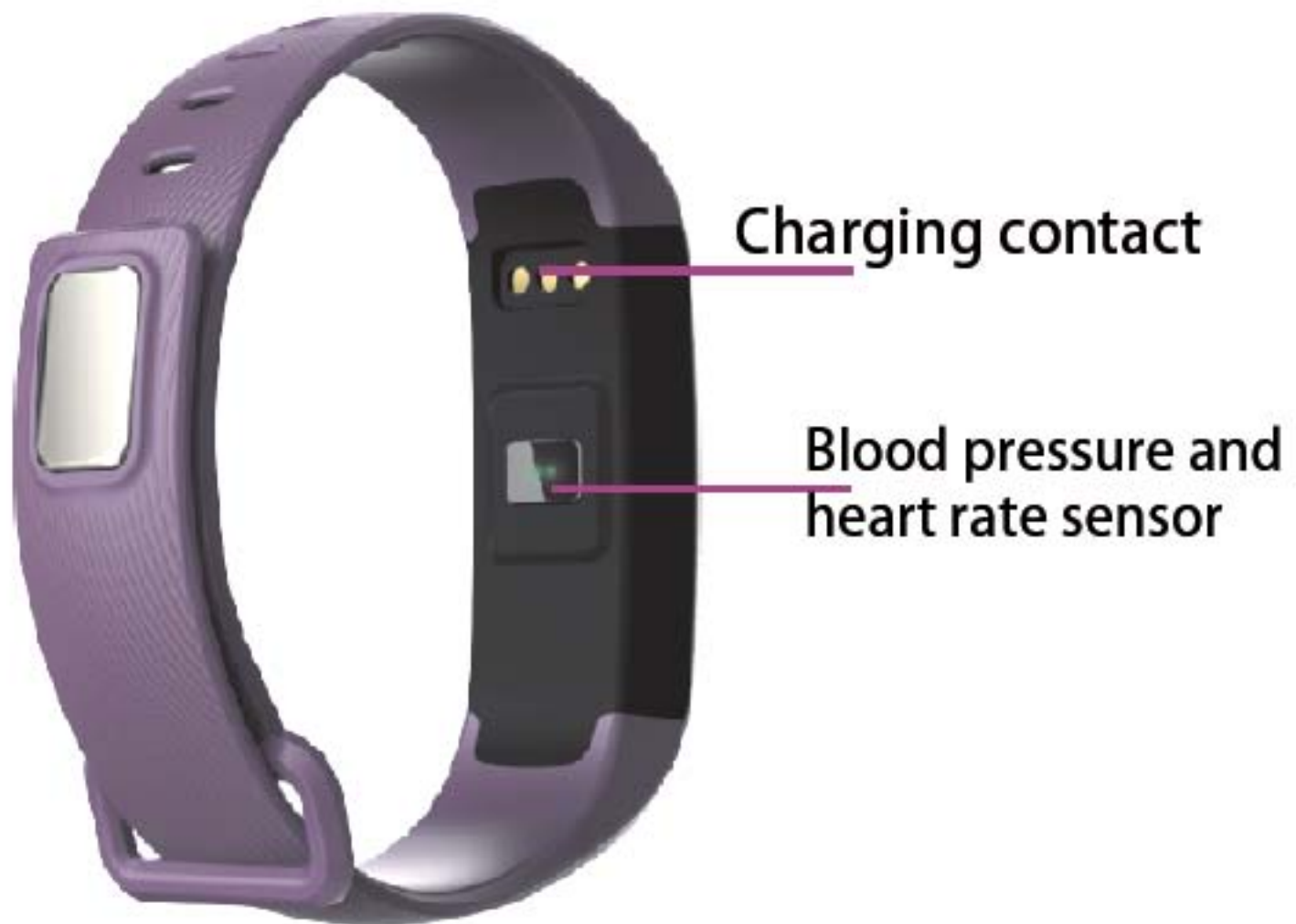
 Android 4.4 or above

 IOS 8.0 or above (does not include Apple 4)

 Phone hardware supports Bluetooth 4.0 (Bluetooth connection remains stable)

## 2.Preparations

First time use, pls ensure battery is fully charged. If not turn on due to low battery, please use the charging clip Align with the contacts of the bracelet main back charging for 1-1.5 hours (first use make sure the battery is full), the bracelet will indicate charging flag and display the charging status. After charging is complete, press and hold the button 5-8 seconds to boot.



### 3.Connection uses

In normal use conditions, bracelet needs to be connected with the mobile application. be sure to use a mobile phone to meet the above requirements and adapted platform device hardware requirements, to download the corresponding phone APP.



IOS version download



Android version download

**Matters needing attention:**

**Android phones: Settings - Accessibility - All functions supported / background operation**

**Settings - Applications -Wearfit- supports the use of all the features**

**IPhone: Settings - General - Device Management - Software Trust**

**Setting -Wearfit- allows the use of function**

**Mobile application language switching according to the phone language**

**Binding uses:**

**After downloading the software, please ensure the phone bluetooth is turned on, open the "Wearfit", the first use needs to bind the connection, click binds the bracelet, select the device appeared in the Bluetooth list, click to connect the binding and pairing successfully, will enter the Main interface of mobile phone application.**

## 4.Precautions:

After the bracelet and mobile applications successful binding, the phone will synchronize the time and date, and start recording and analysis of movement, heart rate, blood pressure and sleep.

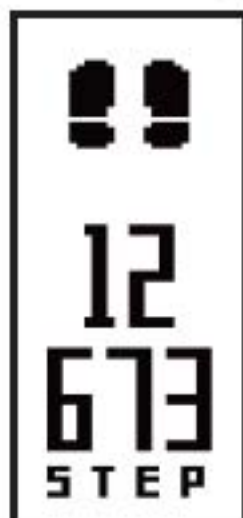
Bracelet: Click the button to switch wristbands interface

Bracelet function list is as follows

1. Time mode: time, date, battery, Bluetooth connection status display



2. Movement recording: automatically record movement data on foot every day.



3.Distance mode: automatically records walking distance every day.



4.Calories modes: automatic calories data recording per day.



5. Heart rate mode: current heart rate data monitoring, switch the key to heart rate interface, measurement mode will open. if not, please continue switching, bracelet appears as the most recent measurement data. Mobile applications display data by a single measurement, real-time measurement or a key measurement. (NOTE: Press the switch button to change interface, measurement data can not be synchronized to the phone application. HR interface, pls let the skin wrist above be close to the bracelet to prevent light leakage.)





6. Blood Oxygen mode: current blood pressure monitoring, switch the key to the blood pressure interface, measurement mode will open, if not, please continue switching, bracelet appears as the most recent measurement data. Mobile applications display data by a single measurement, real-time measurement or a key measurement. (NOTE: Press the switch button to change interface, measurement data can not be synchronized to the phone application. HR interface, pls let the skin wrist above be close to the bracelet to prevent light leakage.)



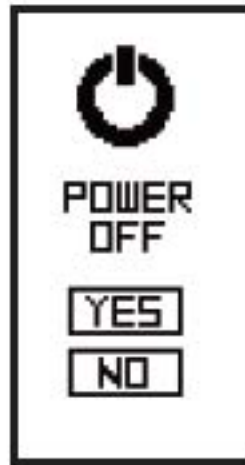
7. Blood Pressure mode: current blood pressure monitoring, switch the key to the blood pressure interface, measurement mode will open, if not, please continue switching, bracelet appears as the most recent measurement data. Mobile applications display data by a single measurement, real-time measurement or a key measurement. (NOTE: Press the switch button to change interface, measurement data can not be synchronized to the phone application. HR interface, pls let the skin wrist above be close to the bracelet to prevent light leakage.)



8. Sleep mode: automatic monitoring of the quality and status of sleep every day.



9. Powered Off: Long press the button to enter the shutdown interface, long press the button to choose whether to switch off.



10. Calls reminder: mobile application APP open the function of calls to reminds, click the top left corner to enter the mobile phone APP management interface - Device Management - Intelligent Reminder - selector switch. When phone calls wristband will vibrate and remind.

11. SMS / Applications reminder: mobile application APP open the switch of SMS alerts / reminders, click the top left corner to enter the mobile phone APP management interface - Device Management - Intelligent Reminder - selecting switch.

## HR Tips

1. Most people has the heart rate of about 60-120.
2. Most people resting heart rate is 60 to 90 beats / minute, the optimal heart rate is up to 70 beats / minute.
3. The heart rate of athletes and trained people is 40 to 60 beats / minute.
4. Heart rate is always been changing, and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.
5. When doing Aerobic exercise to an effective and safe condition, people's heart rate is 170, minus age, people should hold the heart rate between 108 to 144.
6. Please Exercise regularly, proper diet, weight control, psychological adjustment, to make themselves more healthy and happy every day.

# Blood Oxygen Tips

1. Oxygen saturation is the the percentage of oxygen-bound oxyhemoglobin (HbO<sub>2</sub>) capacity vs total hemoglobin (Hb) combined capacity, that is the concentration of oxygen in the blood.

# Blood Pressure Tips

1. Systolic blood pressure, arterial blood delivered to the highest value when referred to as "high pressure", the heart for the next time the lowest blood pressure value reserve dilate when blood is called "low-voltage", are referred to as systolic and diastolic blood pressure.

2. Most people has the heart rate of i80 blood pressure (low pressure) to 120 (high pressure) around.

3. Within the normal range, blood pressure has differentiation of age, gender. Generally, the elderly have the higher blood pressure than the young, men have the high blood pressure than women.

4. Blood pressure is always been changing, and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.

5. Please Exercise regularly, proper diet, weight control, psychological adjustment, to make themselves more healthy and happy every day.

*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.*

*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 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.*