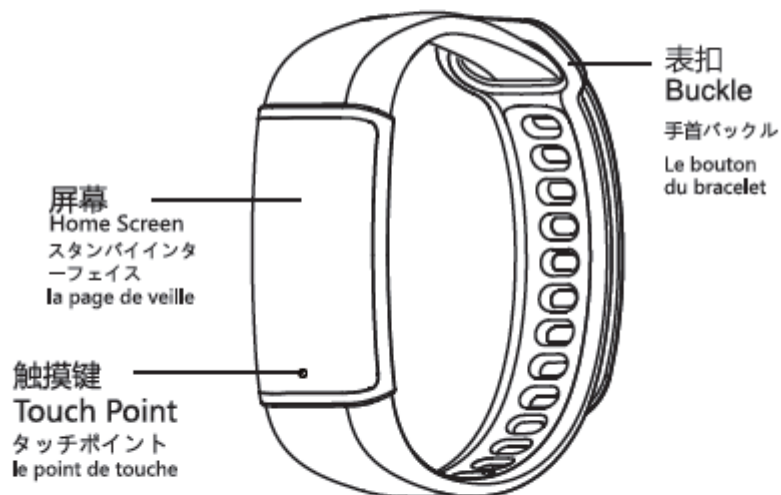



联想智能手环  
Fitness Band, Smart Band  
Model No: BH188A

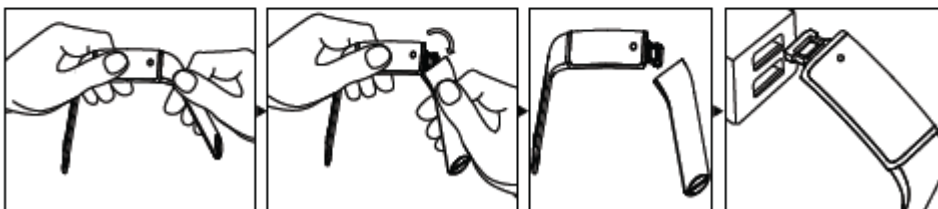
快速入门指南  
Quick Start Guide  
製品の取り扱い説明書  
Le mode d' emploi



### 【Start up/ Power off】

**Power On :** Press the touch point over 3 seconds, then the band starts up and the screen lights up; if there was no reaction, please pull out the band from the wristband and plug it into the computer's USB port to charge as below picture shown.

**Power Off:** On the Home Screen, press touch point over 3 seconds to enter the shutdown Screen, press key to select  , then hold key for 3 seconds to shut down the band.



## 【Install APP】

Search and download 'Lenovo Healthy' in the APP Store or the "Google Play", or scan the QR Code below to download and install APP.  
Request: Android 4.4, IOS8.0 above ; Bluetooth 4.2.



应用宝



Apple Store



Google Play

## 【Main functions】

Time ( displaying raising hand )	Sleep monitoring
Message/ QQ/ WeChat/ Email Reminder	Smart alarm
Setting sports goal, sharing sports information	Upgrading the OTA
Reminder when sitting long	Pedometer(step,mileage,calorie)
Dynamic heart rate monitoring	Synchronize the data to APP/APK

## 【Build-in Function】

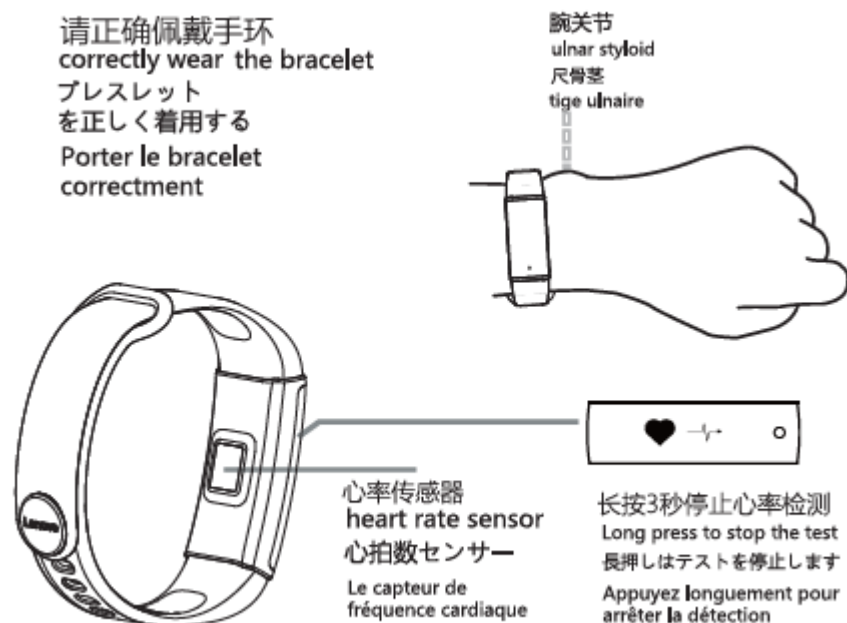
build-in function of the band: date and time, step calculation, heart rate test, mileage, calorie, looking for the mobile phone; when the band is connected to the APP, the date will be synchronized, and the first synchronization will last for 1 to 2 minutes.

## 【Sleep Monitoring】

Sleep monitoring: during 18 pm to 10 am, the bracelet will monitor automatically that whether the wearer is in sleep mode, and the bracelet will enter the sleep monitoring mode automatically. The sleep data will display if you synchronize the APP.

## 【Heart rate Monitoring】

Switch the bracelet to the screen of heart rate monitoring and wait for 3 seconds. When the heart icon jumps repeatedly and the heart rate LED lights up on the back of the bracelet, it indicates the start of the heart rate test. The current heart rate number will appear after 10 seconds, and the heart rate test will be quitted automatically. You can also test the heart rate, synchronize the test data and set up the automatic test of the heart rate by connecting the APP on your mobile phone.



## 【Reminder Setup】

Open the reminder and notification of the APP, and open the corresponding access in the phone set-up, allow APP to visit phone call, message, WeChat, QQ, Email, Facebook and Twitter, then the reminder of call and message can be achieved.

## 【Synchronizing the data】

Firstly, connect the bracelet with your mobile phone, then pull-to-refresh on the main interface of APP, and the date will be synchronized and the bracelet time will be corrected automatic. Date synchronized includes: steps, carollie, distance, sleep time, heart rate, etc. After synchronizing successfully, you can check it in the main interface of APP. The first synchronization will last for 1-2 minutes.

## 【Notes】

- 1.The bracelet is not suggested to wear when taking a shower or swimming.
- 2.It is not allowed to replace the battery at random.
- 3.The bracelet must be charged by the build-in charging wire.
- 4.Please connect the bracelet when synchronizing the bracelet.
- 5.Do not exposure the bracelet to the place of extreme high or low temperature for a long time.

【更多功能】 请下载并安装APP，获取更多功能。

## 【More Functions】

please download App to know and use more functions.

## 【declaration】

1. Recharge voltage: 5V  $\equiv$  1A  
"  $\equiv$  "The symbol indicates DC voltage
2. RECYCLING: This device bears the selective sorting symbol for Waste electrical and electronic equipment(WEEE). This means that this product must be handled pursuant to European directive 2012/19/EU in order to be recycled or dismantled to minimize its impact on the environment
3. This device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.
4. 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.
5. Operating ambient temperature: -10-60°C  
frequency band: 2402-2480MHz  
the maximum RF Power: 0.0601mW

## 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.

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 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.

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

The device must not be co-located or operating in conjunction with any other antenna or transmitter. ↵

↵

“This device complies with FCC’s radiation exposure limits set forth for an uncontrolled environment” ↵