


# User Manual

**Thank you for purchasing  getwell smart products!**

This new professional oxygen monitor launched by  getwell can make your existing training system more accurate and efficient. It determines health trends with software services and provides a personalized exercise program to guide medical fitness, maximizing the benefits of exercise on your health.

 getwell **T1/T1 Pro/M1 will monitor the following indicators:**

## **Cardiorespiratory Fitness**

Cardiorespiratory fitness is the ability of the body's circulatory and respiratory systems to supply oxygen and energy during sustained physical activity. At a statement by American Heart Association (AHA) about cardiorespiratory fitness in 2016, breathing, body temperature, pulse, and blood pressure are listed as the clinical vital signs that represent the overall health condition of people. Therefore, cardiorespiratory fitness plays an important role in human health.

## **Muscle Oxygenation**

Muscle oxygenation reveals the muscle metabolism and utilization of oxygen. It is more accurate than heart rate for the body's energy consumption evaluation. It can monitor the real-time physical exercise strength that helps to improve the exercise outcome.




## **Lactate Threshold**

When the exercise intensity reaches a certain load, the body's main metabolic energy supply will turn from the aerobic respiration to the anaerobic respiration. Lactic acid in the blood suddenly increases exponentially; this point is called the lactate threshold, which is the gold standard to guarantee the aerobic safety exercise in the cardiopulmonary system. By monitoring the lactate threshold, the exercise intensity can be controlled in a reasonable range so as to effectively improve the muscle exercise tolerance while ensuring exercise safety.

## **Special Statement**

This product is produced by GETWELL HEALTH TECHNOLOGY (Wuhu) Co., Ltd.; the medical exercise prescription is authorized by Canadian IGETWELL BIOTECH CO. and the exercise program

support is provided by the CANADA WELLNESS INSTITUTE. This product and its functions are for purchasers only and shall not be duplicated, altered in any form, or used for any other purpose.

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This manual is copyrighted by GETWELL HEALTH TECHNOLOGY (Wuhu) Co., and any organizations or individuals shall not use it privately, for instance, duplicating, changing all or part of the manual (including text, pictures) in any forms or by any means. The Company reserves the right to modify the manual and the technical parameters of the product at any time without notice. If the user has any questions, please pay attention to the official promotional information or check the official website (China's official website: [www.igetwell.cn](http://www.igetwell.cn)).

## **Health and Battery Warning**

Before a user starts or changes the exercise plan, he/she needs to consult a doctor or a professional coach. Do not use this monitor if the user is wearing electronic devices or has electronic devices, such as pacemakers and cardioverters, implanted. The product is a non-medical equipment, and its monitoring function provides a trend to determine the data only for reference.

We recommend high-risk groups to exercise or do high-intensity exercises with the heart rate monitor.

- The product contains a lithium-ion battery; so please do not put the product in fire to prevent an explosion. It may also explode if its battery is damaged.
- Do not place the product near a heat source or in a high-temperature location.
- Do not disassemble or modify its battery or use the battery for other purposes.
- Please use this product when its charge is between 10°C and 40°C. Do not charge the product below 0°C and above 50°C.
- Do not use the product while charging.

**Download the App**

This device needs to be used with an app. The device T1/M1 is matched with the OFit app and the device Pro series is matched with the OFit Pro app. Please scan the QR code to get the official app that matches the GETWELL products.



OFit



OFit Pro

Please make sure your phone meets the following requirements: Android 4.3 and above\*.

\*The current version only supports Android systems.

### **Product Information**

Product Name: GETWELL OFit Pro Wearable Muscle Oxygen Monitor

Model: T1

Country of Origin: China

Manufacturer: GETWELL HEALTH TECHNOLOGY (Wuhu) Co., Ltd.

Address: Building No.4, Phase2 of Service Outsourcing Park, High-tech Zone District, Wuhu, Anhui China.

Service Phone: 400-993-3873

## **Product Parameters**

Sensor: photoelectric sensor, temperature sensor, impedance sensor

Bluetooth BT3.0 + BLE4.0

USB 2.0

Product Dimensions: 59mm \* 57mm \* 14mm

Product Weight: 40g

Product Color: Black

Waterproof and Dustproof Rating: IP5X grade

Battery Type: built-in 410mAh lithium battery

Battery Life: continuous use of about six hours, standby 24 hours

Charging Performance: complete charge 1.5 hours

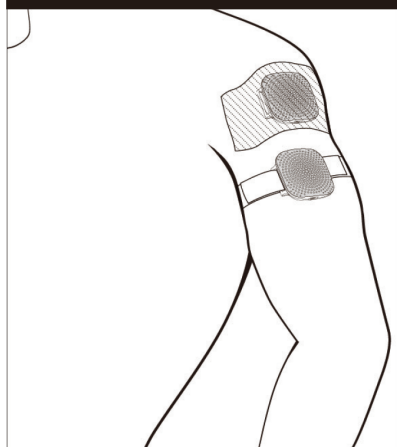
Other Features: three-color RGB lights, vibration motor

## **Wear Position and Wear Style**

Position one: muscle belly of upper arm deltoid muscle bundle

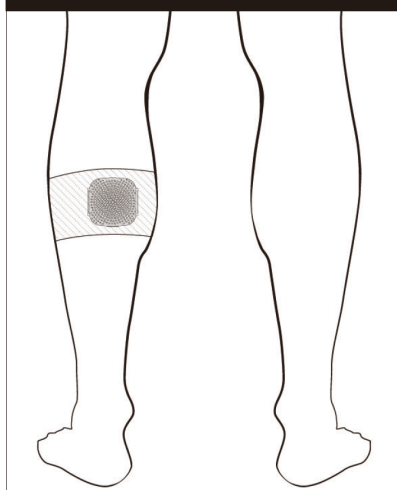
At the middle of the triceps muscle of the arm with  
abandage.

位置一：上臂三角肌中束腹肌（使用肌肉贴）  
肱三头肌中部（使用绑带）



Position two: muscle belly of leg triceps.

位置二：小腿三头肌肌腹



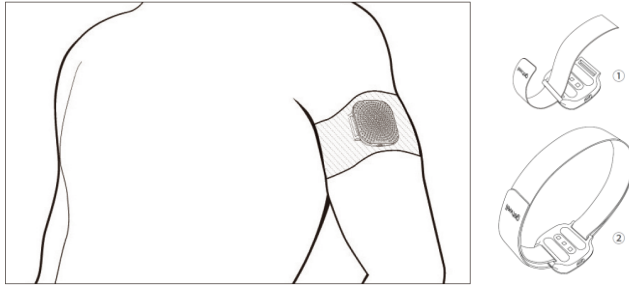
Suggestions: Users with good health taking long-term or high-intensity exercise should wear it in position one. Users with less activity level or poor health or chronic disease should wear it in position two. If the device is only used for the cardiorespiratory fitness test, position two should be used for OFit. Please refer to the detailed guidelines in the app.

Note: If the user does not wear it in the designated position, he may not be able to get accurate data. Please avoid large blood vessels, tattoos,

injuries, and other skin abnormalities.

GETWELL provides two ways to wear the product: bandage and kinesiology tape.

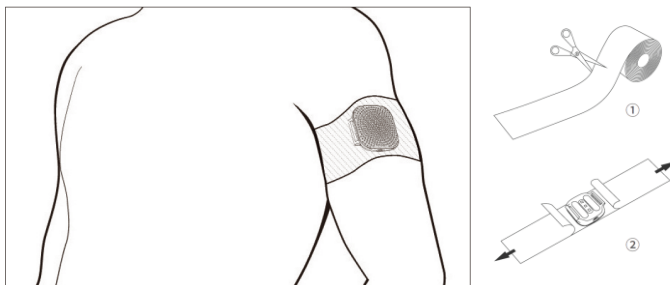
**Bandage:** Suitable for normal exercises and reuse.



**How to use the bandage:**

1. Turn the colored side of the bandage inward and both the ends of the bandage should go through the ear positions of the product.
2. Stick velcro paste while adjusting appropriately to ensure that the product is mildly compact and closely fits the muscles.

**Kinesiology tape:** Suitable for competitions and one-time use.





How to use kinesiology tape:

1. Cut a piece of the kinesiology tape, about 15–20cm long.
2. Tear off the paper and stick it on the product first.
3. Then paste the two ends of the kinesiology tape on the body to ensure that the product is mildly compact and closely fits the muscles.

### **Usage**

1. Wear the device and switch on the power button.
2. Open the app and connect to the device.
3. Start the exercise.
4. End the exercise; data will be uploaded automatically.
5. Check out the exercise report on the app.

### **Switch and Reset**

Long press the power button for two seconds; the product will vibrate for two seconds before switching on and the indicator light will turn red.

Long press the power button for two seconds; the product will vibrate three times before switching off and the indicator light will turn off.

If the product cannot be switched on/off, poke the small hole next to the power button with a tiny pointed object to reset the product.

## **Bluetooth Connection**

Switch on the Bluetooth on the phone or tablet and follow the app prompts to search for the device and pair it.

Red and green lights will flash from the Bluetooth pairing indicator. If the Bluetooth connection is successful, the indicator light will turn green, and if the connection fails, the indicator light will turn red.

If the Bluetooth connection is interrupted when the device is working, the app will prompt a notice.

## **Indicator Light and Vibration**

### **In Use**

When the device monitors the user's body, the indicator light will turn green with the flashing frequency of the lighting being one second per minute. The app will display the status of the indicators in time, and generate an exercise report after work. The report will give you a complete picture of your exercise time, intensity, effectiveness, and the lactate threshold occurrence time.

## **Risk Warning**

Please note the exercise risk warnings to keep safe. The app will prompt when a risk occurs.

## **Stop Exercise**

After you stop the exercise, the indicator light will turn green.

## **Data Synchronization**

When the data is synchronized or the firmware is upgraded, a blue light will blink on the indicator and will turn green once completed.

## **Not Enough Power**

A red light will flash and the device vibrates three times before it automatically shuts down. Please charge the device in this case.

## **Vibration**

Vibration requires a lot of power supply; so, when the power of the device is low, it may not be able to provide enough power for the device to vibrate, which is normal.

## **Device Charge**

The indicator light is not on while the device is being charged. The power adapter light is red in the normal charging state, and green in the

non-charging or full powerstate.

Due to differences in the users' skin color and muscle density, or any other circumstances, the normal usagetime of equipment varies. Generally, for black and muscular users, the battery standby time might be slightly shorter.

### **Cleaning and Maintenance**

In order to avoid liquid damage, do not soak the device when cleaning. Paper towels or cloth can be used with a small amount of alcohol to wipe the sweat and stains on its surface, and then anultraviolet or ozone equipment should be used for disinfecting the device before storing it.

Do not use anyacidic or alkaline cleaners on the device to avoid damaging its surface or affecting the accuracy.

### **Storage and Transport Conditions**

Storage conditions: -20°C - 70°C;

Transport conditions: -30 °C - 80 °C.

### **Common Problems**

### 1. Unable to switch on

First, make sure that the power button is pressed for two seconds. Second, the device may have not enough power, please try again after charging.

### 2. Indicator light does not turn on

As the device has anti-shake processing, a short press on the button will not be recognized. If the user presses the button for two seconds or follows the instructions on the rules of indicator lights and the light still do not turn on, please contact the customer service.

### 3. Unable to connect Bluetooth

Restart the device and try to connect again. If the device has a low battery prompt, please try to connect again after charging.

### 4. Unable to connect the computer through the data cable

Try changing the data cable or reinstalling the driver.

### 5. Unable to charge

Check whether the USB cable is securely plugged into the device and the power port.

### 6. Device does not vibrate

Please check whether the device has low power. If yes, please try again after charging, or else, restart the device.

## 7. Sensor light does not shine when the device is working

Please check whether the device has low power. If yes, please try again after charging, or else, restart the device.

## Service Support

By scanning the bottom QR code, and following the "IGETWELL HEALTH" WeChat Subscription, the user can learn about the latest product information or contact the customer service.



## After-sales Service

After-sale terms

The customer has three guarantees (guarantee of repairing for defective commodities, guarantee of replacement, and guarantee of return [http://dict.youdao.com/javascript:void\(0\);](http://dict.youdao.com/javascript:void(0);)) of service according to the terms of service stipulated in the sales contract; that is, the customers can return the device with no reason within seven days since the sale date (subject to the actual date of receipt), replace the device with a new one within 15

days for quality problems, and enjoy free repairing of the device for a year. The other accessories can be repaired for free within three months since the purchase, but this clause does not apply to kinesiology tape, bandages, and so on.

The following circumstances do not apply for returns:

- Any non-official and non-officially authorized sales channels for sale of goods (serial number does not match);
- Beyond the date of three guarantees;
- Damaged goods;
- Unauthorized disassembly, improper use, external damage, infusion, improper installation, and so on that cause damage, or tear, modify the label, the machine number, and the security mark;
- The outside packaging, accessories, gifts, or brochures are not present, or the invoices and the “Three Guarantees” certificates are missing, or altered or do not match the contents of the product;
- Damage caused by force majeure;
- Does not meet the relevant provisions of the three guarantees and the relevant state laws and regulations.

As mentioned above, if there is any change, the relevant laws and

regulations of the Company or the relevant laws and regulations for national renewal shall prevail.

Products outside warranty period are provided paid maintenance services if possible.

GETWELL HEALTH TECHNOLOGY (WUHU) CO., LTD reserves the right of final interpretation for the content and items hereinabove.

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.

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 Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions:

(1) This device may not cause interference; and



(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme aux CNR exemptes de licence d'Industrie Canada . Son fonctionnement est soumis aux deux conditions

suivantes :

( 1 ) Ce dispositif ne peut causer d'interférences ; et

( 2 ) Ce dispositif doit accepter toute interférence , y compris les interférences qui peuvent causer un mauvais fonctionnement de

l'appareil.