





Exercise mode entry and exit operation instruction

- After entering the exercise mode, the heart rate calculation is automatically turned on, and the heart rate data is collected in the background
- Click the left button to switch to the step interface and right button to switch to the sport mileage.

6.Step mode - sports mileage



Display description Show current mileage. • The data is cleared at 00:00 every day.

7.Step counting mode - calories

- Display description
- Show current calories • The data is cleared at 00:00 every day.

8.Heart rate mode

- Display description Manually switch to the heart rate interface and measure the heart rate in real time. The test time is 25s then the heart rate is automatically turned off
- In the APP settings, turn on the automatic heart rate measurement function. At regular intervals, the heart rate will be automatically turned on for measurement. The measurement time is 25s.
- In sport mode, heart rate is on until you exit sport mode

9.Sleep mode

Display descriptior



10.Sedentary reminder



Display description

- Sets sedentary time and valid time period in the app.
- Display effect as shown above in dynamic type.

11.Search for phone mode



Display description • Open search for phone function in the app

Operation instructions • Long press the right button will turn on the alarm on the phone

12.Photo mode



• Connect the bracelet first, open the camera

settings in the app, the camera icon appears on the bracelet, touch the right button or shake the device to control the phone to take photos.

13.message notification



Display description

- After connecting the app, the app needs to open the message reminder function
- The message content is shown as above
- . When the message arrives, touch the button to display any interface.

14.Device upgrade mode



 Operate on bracelet firmware to upgrade by entering upgrade mode • It is shown as left pic.

- hour mode
- calories burned, mileage Alarm function : Alarm in vibration mode
 - Sleep monitoring function
 - Caller ID and QQ. WeChat reminder
 - · Bluetooth wireless signal transmission

Bracelet icon instructions

1.Function mode conversion operation

Normal problems

cannot be connected

can establish a connection

is "supported".

settinas.

is "supported"







Main features of the bracelet

• Time function : Display month/day/time, time is displayed in 12/24

2.Set

- Step data calculating: display the number of steps in the day,
- Target completion reminder function: Reminder by vibration





4.Alarm mode



- Display instructions
- The alarm is off by default. You can set 10 groups of alarms on the app. After synchronizing the data, you can turn on the alarm and display the current time of the last group of alarms.
- When the alarm starts, any key can stop, if it not stop, it will alaim after 10 min for three times.

5.Step counting mode

• This mode has 4 interfaces: step interface, motion status interface. sports mileage interface, calorie interface.

Step mode - number of steps



- 2472
- Display the total number of steps for the day, it will come to zero every day at 0 o'clock.
- Operating instructions
- Click the left button to switch to the time interface and right click to switch to the motion interface.

Step Mode - Sport



- The sports interface displays: the current exercise duration, number of exercise steps, exercise mileage, calorie consumption, current heart rate
- If the exercise time is less than 1 minute then it will exits the sport mode, the motion data will not be recorded: the crying face icon will be displayed

Occasionally there will be a situation where Bluetooth

1.Please make sure your phone is Bluetooth enabled and the phone

2. The Bluetooth service of some mobile phones occasionally has an abnormality at startup, which causes such a situation

3. Usually re-switch the phone Bluetooth or restart the phone, you

The alarm mode is not displayed on the bracelet?

1. The alarm mode function needs to be displayed after the smart alarm is turned on in the app.

The bracelet does not receive a reminder message

1.Please make sure that the bracelet is connected to the phone.

2.Set "Ignore device / unpair" in the phone Bluetooth pairing

How to restore the factory settings

1. The bracelet has been connected to the phone. In the app, go to "My - System Settings" and select "Restart Device'

Can't find the bracelet when pairing

1.Please make sure your phone is Bluetooth enabled and the phone

2. When pairing, please ensure that the distance between the bracelet and the mobile phone is within 0.5 meters, and the Bluetooth communication range is less than 10 meters after pairing.

3.Please check if the bracelet has power. If it is still not resolved after charging, please contact us.

Important safety instructions

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1. This product is not a medical device and cannot be used to diagnose, treat, cure or prevent any disease

2.Never look at the product screen while driving, distracting, or otherwise likely to cause danger

3. This product is not a toy. Do not let children or pets play with the product. The product contains small Components which can cause choking hazards

4.Product function is affected by uncertain factors such as external interference, so the product specification is only for reference

5.Use a computer, charging treasure or power supply certified by a recognized testing laboratory

6.Do not attempt to replace or open the case to disassemble the product, otherwise the product warranty will be invalid. And may bring security risks

7.Do not place this product in a fire since the battery may explode

8.Never expose this product to extremely high or low temperatures

9.Do not use this product in saunas, steam baths or under charging.

10.Long-term wear may cause skin discomfort and allergic symptoms in some users. If you notice any redness, swelling, itching or other allergic symptoms on your skin, please stop and consult a doctor

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.

Warning: 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.

NOTE: This equipment has been tested and found to comply with the limits for aClass B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in aresidential installation.

This equipment generates, uses and can radiate radiofrequency energy and, if not installed and used in accordance with theinstruc tions, 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 isencouraged to try to correct the interference by one or more of the followingmeasures:

- -- 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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