User manual

1.Description of appearance

1) Product Instructions

Main casing

side buttonCharge Piont

22:58
20,000   100

Touch screenLight Sensors

Watch Strap
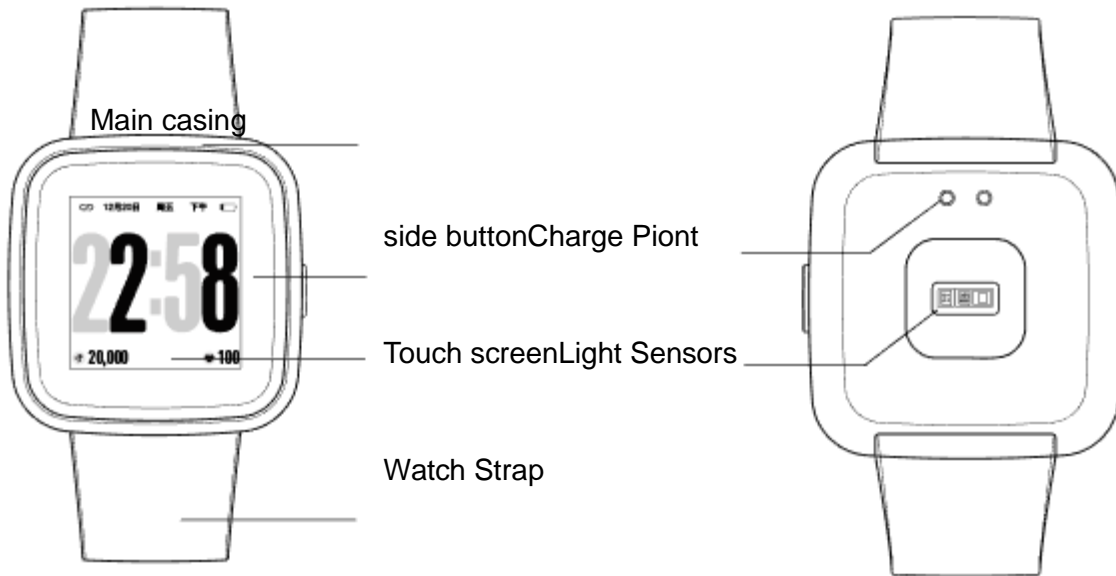
2) Remove Strap and Charge Mode
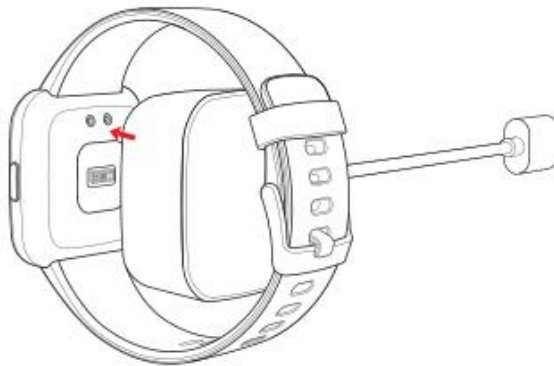
3) Packaging List

1. Watch×1 Charger×1 Charging cable×1 User manual×1

2.Initial Use Instructions

1)Instruction about Function interface

After starting device, at time page, slip upward and downward to switch different time display style. Slip leftward and rightward to switch different function pages

Main page---Activity detection--Heart rate--blood oxygen ---sleep------HRV

Physical period-----Countdown------Find cellphone------Stopwatch-----Run mode

Note: Physical period reminder shows after setting the gender as "Female" in your profile.Find phone, the countdown, and the stopwatch interface are closed by default.

User need to restart those functions through APP settings >My device > Switch settings

2) Software Download

A. Search " FITUP " in APP Store for iOS users;

B. Search " FITUP " through Google Play, Ying Yong Bao,Peasecod for Android users.

FITUP

3) Connecting Device

Under the interface of "APP settings > Device", pull under the interface and findEquipment Model. After successfully connecting the device model, "V12" will beshown under the list of "My Device" in the APP. Also in the left top of the

devicethe sign " ⌒ " will be present. Please reconnect if the sign " ⊂/⊃ " is showing.

1. Introduction of Main Functions

Attention: To ensure the data is valid, please input the right sex, height, weight andcolor of the skin through APP personal information.

A.Power on/of

Attention: To ensure the data is valid, please input the right sex, height, weight andcolor of the skin through APP personal information.

When device is off, push side button for 3 seconds, shows bootinglogo ⏻ and

come to the time page, if no operate in 5 seconds,screen will be off and in standby status. Push side button for 3seconds to turn off the device.

B.Multiple time display styles

At time page, slip upward and downward to switch different timedisplay style, if no operate in 5 seconds , screen will be off and in
standby status automatically.

C.Activity detection

At time page, slip leftward and come to activity detection page, showcurrent steps, distance and calories.

D.Sports reach standard remind

You can set a sports target value on your APP, When the number ofmoving sports reaches the target value, the device will vibratereminder.

E.Manual Heart Rate Test and Automatic Monitoring

On heart rate detection manual page, device will detect
automatically. The device will continuously capture data and willpresent those results constantly on the screen. After accumulatingdata for 60 seconds, the device will enter into standby mode and thisis not dependent upon receiving results to the test. The data testedthrough the device will not be saved.

User can find the Heart Rate icon at the bottom of the APP interface. Tapthe

icon 🫀 and the device enters the manual Heart Rate Test Interface.While in this mode, the user can use the device to test their heart ratemanually. The data tested through the device will not be saved.

Turn on the button for the 24 hours Automatic Heart Rate Testthrough APP, then the device will automatically capture the heart rateof the user every ten minutes and will present captured data every 30minutes. After syncing, test results and details will be presentedthrough the APP.
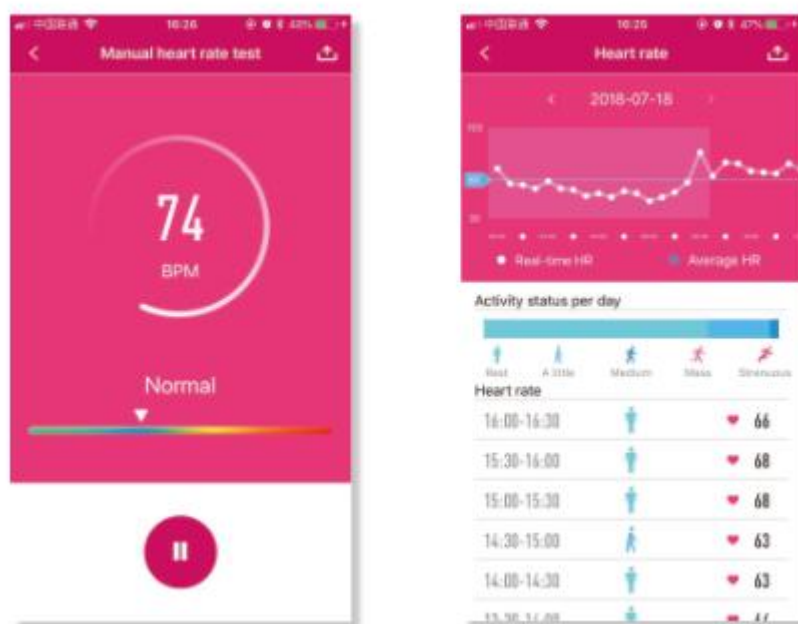
F.Blood oxygen detection

Device side measurement: Detect at device end: slip screen leftwardor rightward, and switch to blood oxygen page, equipmentmonitoring data real-time display blood oxygen data for 5 minutes, ifthe monitoring process shows 0%SPO2, please check whether thewearing a posture is correct, is the device sensor Close to the skin?

APP Manual Measurement: At the bottom of the APP's data panel, Into the blood oxygen manual test interface, continuously monitorand display the real-time blood oxygen value, until Click pause tostop monitoring. Monitoring data will not be saved.

Blood oxygen monitoring in the night : Open blood oxygen night monitoring switch in APP. The device will automatically monitor theblood oxygen data at 00:00-07:00 every day, real-time monitoring,and the data report can be detailed in the APP data panel.In datapanel click on the blood oxygen analysis module into the data panel,The panel will display data from 00:00 - to 07:00, the results of theanalysis, main indicator, interventions.

(1) click icon, You can view every ten minutes of data, Continue clicking on asingle average, You can look at each minute of data.
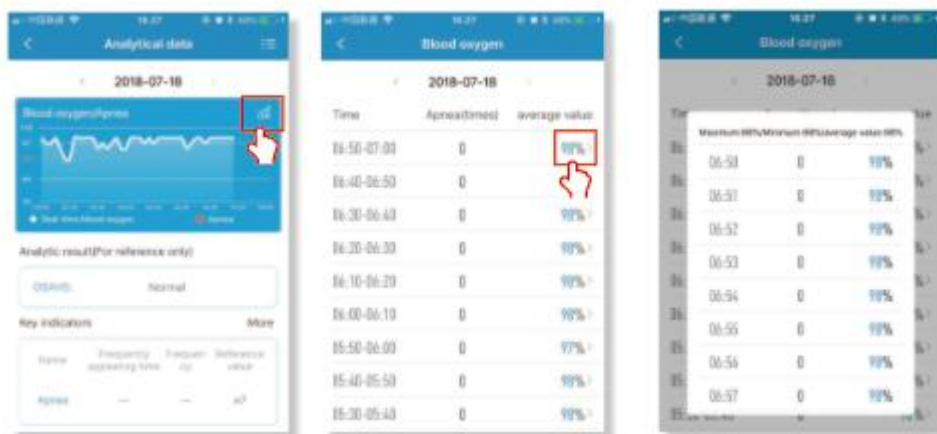

Analysis data panelEvery ten minutes dataEvery minute data
(2)Open the oxygen night monitoring switch, according to wear the day night monitoring blood oxygen data, The results of the report are displayed in the analysis results in the panel, divided into normal, mild, moderate, severe severallevels.
(3) The analyze data panel, click on main indicators the "more", The indicators will
have an overall presentation, Click on the each indicators, You can view the nouninterpretation, common symptoms and treatment methods of each indicator.
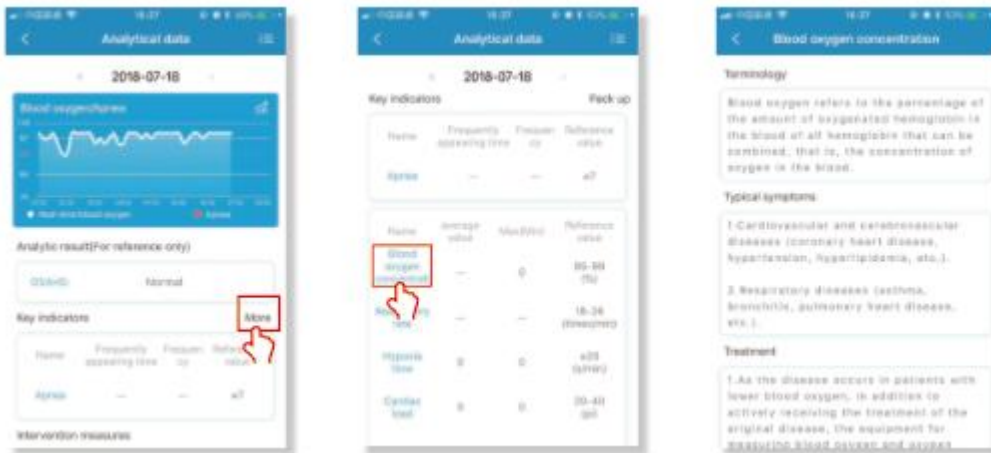
Analysis data panelThe report of the indicatorsGlossary

(4) Click icon, Enter the analysis data panel, To view about the bloodoxygen/apnea, cardiac load, sleep activity, pulse variability, respiratory rate, low noxygen time several big module chart report, click on the name of each report,and to view the corresponding detailed data.

Analysis data panelThe chart reportDetailed data display

5) Turn on the "hypoxic wake" switch on "intervention", When the equipment detected the blood oxygen continues too low.may be affect your health, the equipment will vibrate the reminder for notification.

(6) Click at the bottom of the panel "breath pauses common sense", Can see the "apnea syndrome" related content.

G.Sleeping monitoring

Switch to sleep monitoring page, show total sleep time and sleep quality last night.

H.HRV

If you need to know wear time "heart rate variability" (According tothe changes of each cycle of heart rate, reflecting the degree ofheart rate changes, law, you

can determine its impact oncardiovascular activity).In the app settings, Open the HRV nightmonitor switch, The equipment will monitor the HRV data from00:00-07:00 in real time, Come to HRV page, show HRV health index,at this page, slip upwards to show the scope about normal, light

abnormal, abnormal. Detail data is showed on dashboard.

(1) Open the HRV data panel, you can view the HRV health index,based on the monitoring data to determine whether the user isabnormal. Fatigue, tension, or excitement, The exponent is normal,indicating that the user is in a relaxed state.

(2) Select the date on the data panel to wear the bracelet, can checkout the daily HRV data charts. Sliding HRV data charts, can see theaverage difference in heartbeat cycles per 10 minutes.

(3)At the bottom of the data panel, you can look at the HRV data for each minute,Lorentz scatter diagram(Compare the same lorentz scatter reference graph andclick the comment for each image).

HRV data trends of the dayEvery minutes HRV data
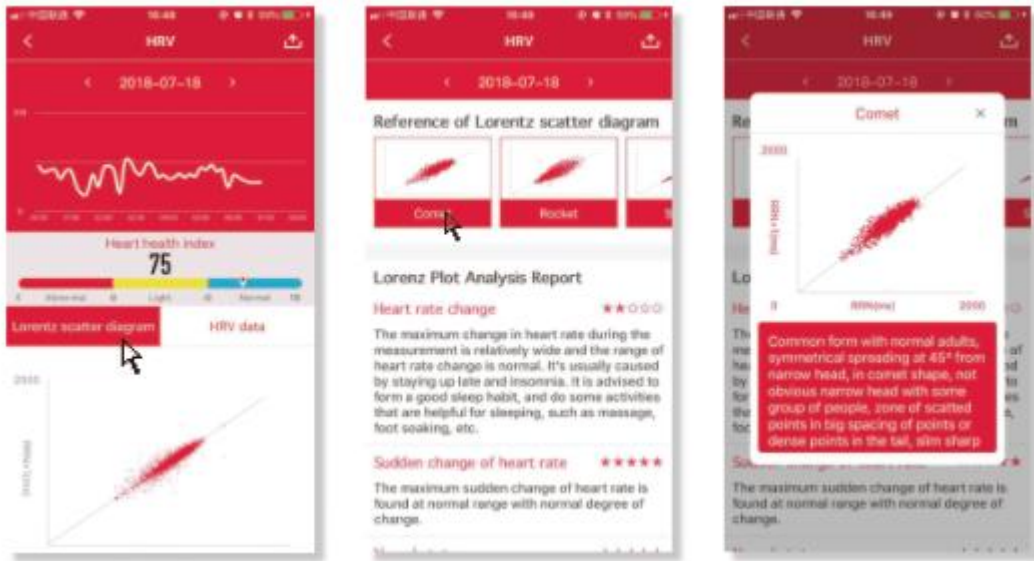
Lorentz scatter diagramLorentz scatter point Annotations for each image
reference graph

I.Fatigue test

At the bottom of the APP's data pane,click enter into the fatiguetest

interface,After the test, select whether or not to save the testresults according to the popup window.

J. Breath rate test

At the bottom of the APP's data pane,click enter into therespiratory rate test interface. The test duration is one minute.Please maintain the correct posture during the test. The test resultswill not be saved.

K.Physical period reminder

Device shows the physical status based on current setting, thefunction is used to push proper sweet reminder in different physicalstatus for the user.
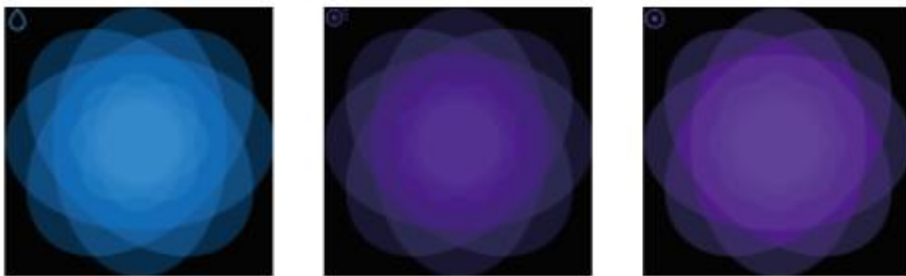
◯ Safety period ◉ Ovulation date ◉ Ovulation period
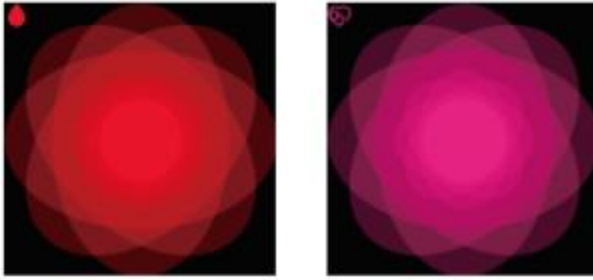
🔴 Female period 🔴 Pregnant period

1.ow to turn on the function?

User can set their gender in their profile within the APP. If the gender is "female",

the system reminds the user promptly to set up her physiological period (If unnecessary then tap to skip). There are four statuses for female physiologicalperiod. They are "Period", "Preparing for Pregnancy", "Pregnancy", "Postpartum".

User information and status will be saved in the APP.
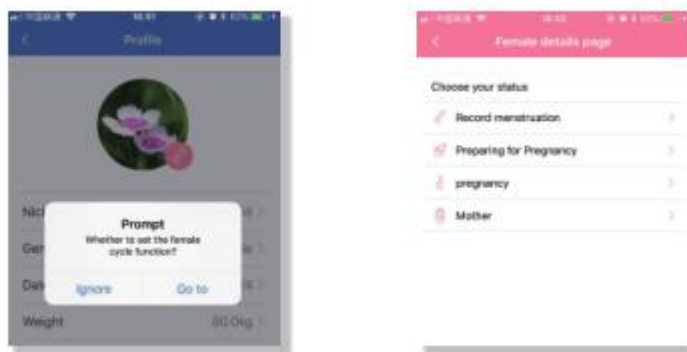
2.How to modify current physiological status on user's device?

Change the settings through the femalesection on the APP dashboard.

3.How to change diferent physiological states?

Tap and enter into the "Personal Settings", thenpull down the list to the right bottom. Enter viathe physiological status icon to adjust settings.

L.Countdown

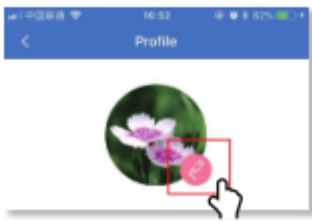On App, come to countdown setting page, click start countdownand set countdown time to confirm, then device starts countdownwith showing time and sand clock icon, complete countdown withvibration and showing time and sand clock icon. If you usecountdown function often, could set usual countdown time on APP,then while you switch to countdown page at device end, pressscreen to start countdown directly.

M.Find cellphone

Make sure APP "FITUP" run at backstage, at device end, switch to find cellphone page, click the screen, then cellphone alarm (note: yourcellphone should be set as ring mode in advance)

N.Stopwatch

After turn on stopwatch on APP, stopwatch page is showed at device end, at stopwatch page, click start button to do timing with vibration reminder, press button for 3 seconds to finish with vibrationreminder.

Attention: While in stopwatch mode, all rest reminders and pushes notifications will be temporarily blocked. The maximum time-count reaches up to 99 min 59 sec.

O.Run mode

At Run page, click and come to Run mode, click button to startrunning with vibration reminder, press button for 3 seconds to finishand quit Run mode with vibration reminder.At data page, showrunning time, distance, heart rate, calories and steps.

P.Alarm Clock and Events Reminder

Multiple alarms can be set through "Settings" in the APP. Snoozereminders for the alarms can be set within the APP.

This function can also add tags for important things whichhappening in the future. When set time arrives, the device will vibrateand show those tags.
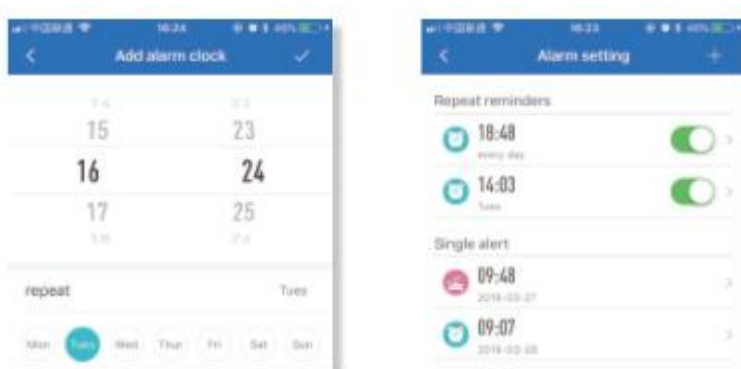
Edit Alarm Clock ModeAlarm Setting Mode

Q.Notifcations/Pushes

When a new message arrives, the device vibrates and the screenshows relevant notifications and corresponding icons.

Attention: please switch on APP notifications first; Relevantcommunication tools should be set to allow contents to be shownon the device screen.

R.Call reminder

While call is coming, device keeps vibrating, click volume button toset as mute, press for 3 seconds to refuse call.

S.Sedentary reminder

This function can be turned on using the APP. The user can set a timevalue for the warning. When the device detects that the user has sator kept still for the set time limit, the device will vibrate to remind theuser to move around.

T. Heart Rate Warning

Using the APP, the user can choose to turn on the heart rate warningand preset the upper limit of their heart rate. If the device detectsthat the user's heart rate has reached or exceeded the preset value, itwill vibrates and display

the following icon on the device screen .

U. Remote Photograph

To use the device to take a remote photograph, the user can turn onthe Camera Mode in the APP, then quickly shaking the waist.

V. Waterproof

This device is life waterproof and suitable for hands washing, rain orcold shower, not suitable for plunge, dive or soak.

W. Low power state

When the bracelet is too low,to avoid power consumption too fastand influence use,the monitoring function of heart rate, bloodoxygen and sleep will be automatically blocked.

4. Notes

1) Do not use a charger with a current greater than 5V2A. charging time is 90 minutes;

2) Do not charge if the device is water damaged;

3) Do not soak the device, and do not wear it to swim, dive and take hot shower.

4) This is an electronic monitoring product; data received from it cannot be used as

medical reference and is for reference only;

5) The photoelectric sensor is a highly-sensitive component, and should be careful not to be damaged by hard objects. The device may be sweat stained or have dustattached after wearing it for a period of time. User can use soft cloth to clean regularly.

5. Q&A

Q: What if the update fails?

A: If the initial upgrade fails, please reconnect the device "Dfulang."The system willautomatically begin the update.

Q: Why is the sleeping heart rate test result inaccurate?

A: Wearable devices monitors human activities through electronic sensors,andthey are at the consumer electronics level. It's normal for certain deviation. The usershould treat data objectively.

Q: Where to set APP permissions?

A: Android Phone – Settings – Find "FITUP" Application – Set to "Trust this software."

1. If the phone has a Security Management or Clean Up APP, please addthe "FITUP"application to the White List (Trusted List).

2. In System Settings, under Permission Manager, set "FITUP" as a trusted application in order to allow phone calls and incoming messages to be shown onthe device display.

Q: How to set the time display?

A : The device will match the time display format of the phone when synced.

Q: How to reset password?

A : At sleep page, press screen for 6 seconds, device vibrate once and reconnectwith inital password "0000".

6. Specifcations

Chipset :nRF52840Sensor : OSRAM SFH7060Weight : 41.7g

Data Transfer :Bluetooth 4.0Battery : Polymer Lithium

Volume of Battery :220mAhCharging Voltage : 5V

Charging Current : 180mAWorking Temperature ： -5℃- 45℃

Waterproof ： Yes (Life waterproof)

Device Requirement: Android 4.4/above; Bluetooth 4.0; iPhone 4S/above, iOS 8.0/above;

FCC Caution.

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.

Any Changes or modifications 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 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.

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