



DOFIT Band Manual

Medi Plus Solution is
Health-Care Solution Development Specialty.

MODEL : NF-B20
FCC ID : 2ANRT-NF-B20
Power source : DC 3.8V

Manufacturer : Tianjin Pachem Electronics Co.,Ltd

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01. Cover



DOFIT

Quick Guide

02. Product



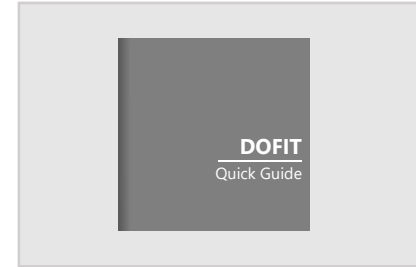
DOFIT



Charging Cradle



USB Cable



Quick Guide

03. DOFIT: Names and Roles of Each Part



Display

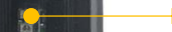


Touch Button
(Power on/off, Operation)



Band

<Front>



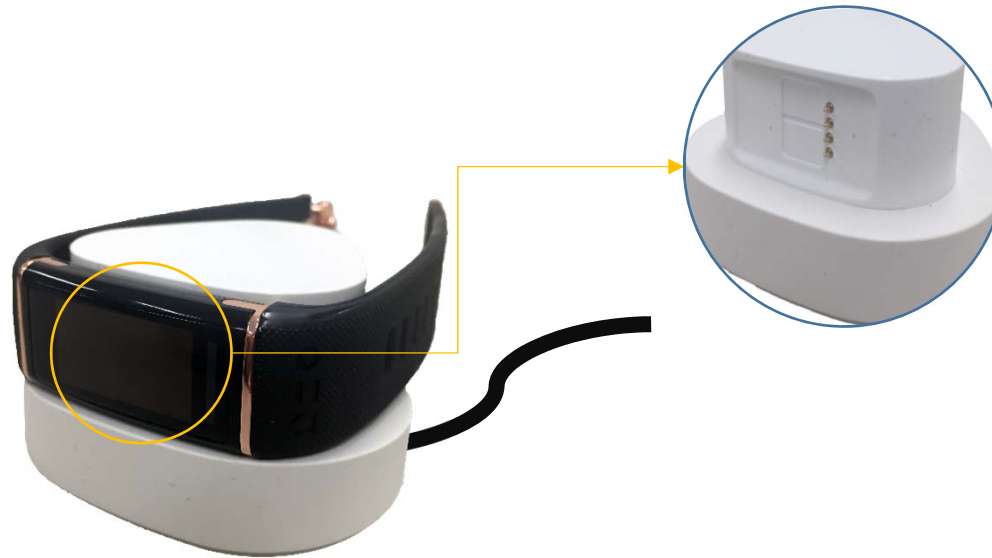
Measuring
sensor

(A sensor that measures
user's amount of
activity and number of
pulses)

<Back>

04. DOFIT: How to charge

When you use DOFIT for the first time after purchasing it, charge the battery sufficiently.



- Connect USB cable to the cradle.
- Adjust DOFIT to the cradle charging terminal and combine them as above.
- Connect USB cable connected to the cradle to PC or a charging adapter and then charge.
- If a green light is on in the cradle, it means that DOFIT is fully charged.

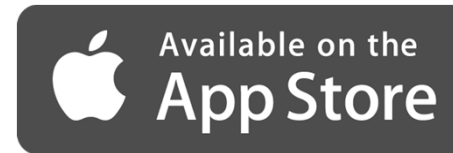
! You must use only the cradles provided by this product.

! If the charging terminal gets wet, the product can have corrosion.

Remove sweat or water before charging.

05. APP Download

**DOFIT can be used only in the app for private use.
In the app for private use, you need to sign up for a membership and complete connecting DOFIT in order to use the service.**

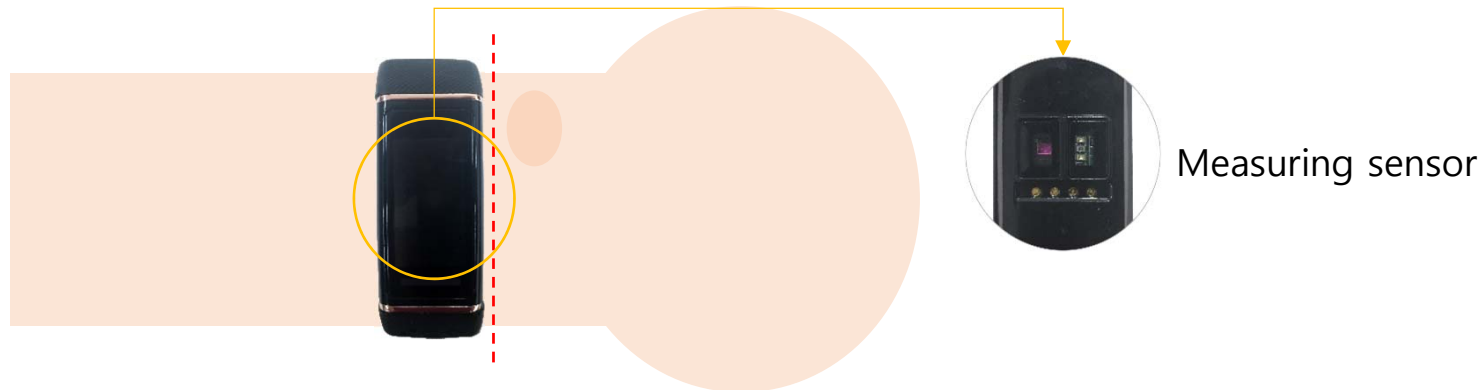


- Download 'DOFIT' from Store.
Android smart phone: Google Play Store
Apple(IOS) smart phone: Apple App Store

Tip. How to connect DOFIT to the app for private use can be found in the app.

! DOFIT app may not work properly in certain smart phones.

06. How to Wear



- For the accurate recognition of motions (motion sensing), be sure to wear it on your left wrist.
- In order for a band not to be stuck in your wrist bone, wear it as in the illustrations above.
- Wear it in a way that a sensor will be in the center of your wrist.
- For the accurate recognition of the amount of activities and motions(motion sensing), wear it in a way that it will stick to your wrist so that the sensor will not come off.

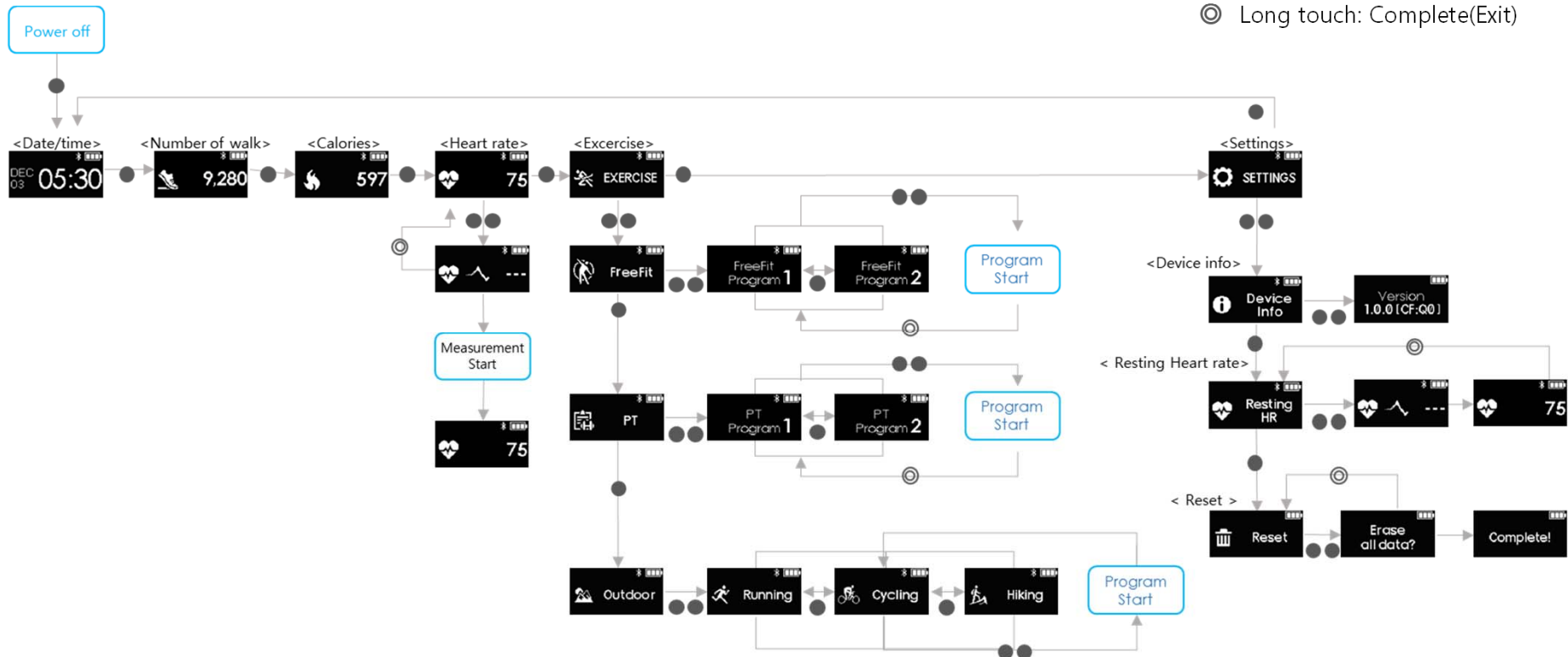
! If you don't wear the band properly, the accuracy of motion recognition(motion sensing) can become low.

! If you tighten the band too hard, the accuracy of heart rate can become low. So do not tighten it too hard.

! The life span of batteries can be shortened according to the frequency of use.

07. How to Operate DOFIT

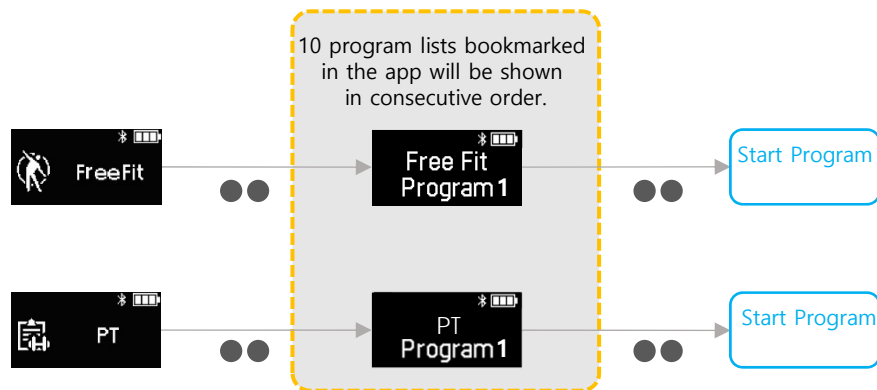
- Touch once: Move
- Touch twice: Select
- ⊙ Long touch: Complete(Exit)



08. FreeFit, PT Service

DOFIT provides information by recognizing motions and number of activities through sensors. There are **FreeFit** mode that allows user to select motions and to make programs and **PT** mode that enables you to learn from experts. Start right now, recording will be done by **DOFIT**.

1. Start Program



- Touch once: Move
- Touch twice: Select
- ⊙ Long touch: Complete(Exit)

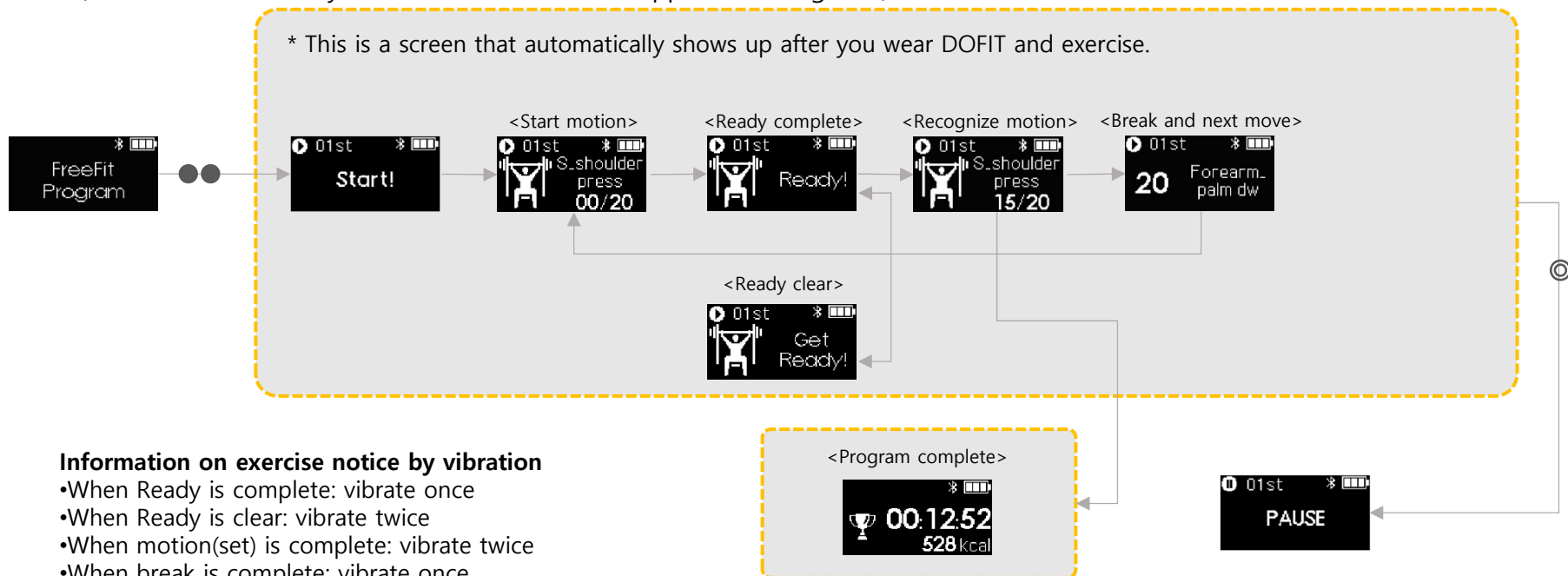
* When there is no list of FreeFit or PT bookmarked, the program will not start.

08. FreeFit, PT Service

2. Exercise / Complete

When you exercise by FreeFit or PT with DOFIT, you need to complete Ready motion for motion recognition(motion sensing).

* If Ready motion defined by DOFIT is not complete, motion recognition (motion sensing) will not work.
(Information on Ready motion can be found in App > motion guide.)



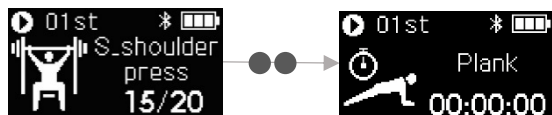
Information on exercise notice by vibration

- When Ready is complete: vibrate once
- When Ready is clear: vibrate twice
- When motion(set) is complete: vibrate twice
- When break is complete: vibrate once
- When the program is complete: long vibrate once

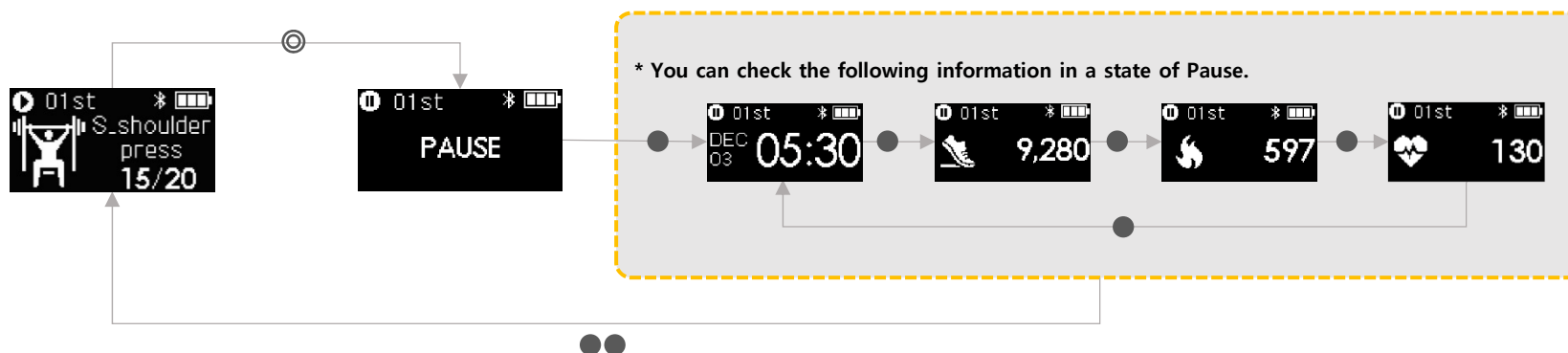
* DOFIT will notify according to the situation.

08. FreeFit, PT Service

▶ Move to the next motion (skip function)



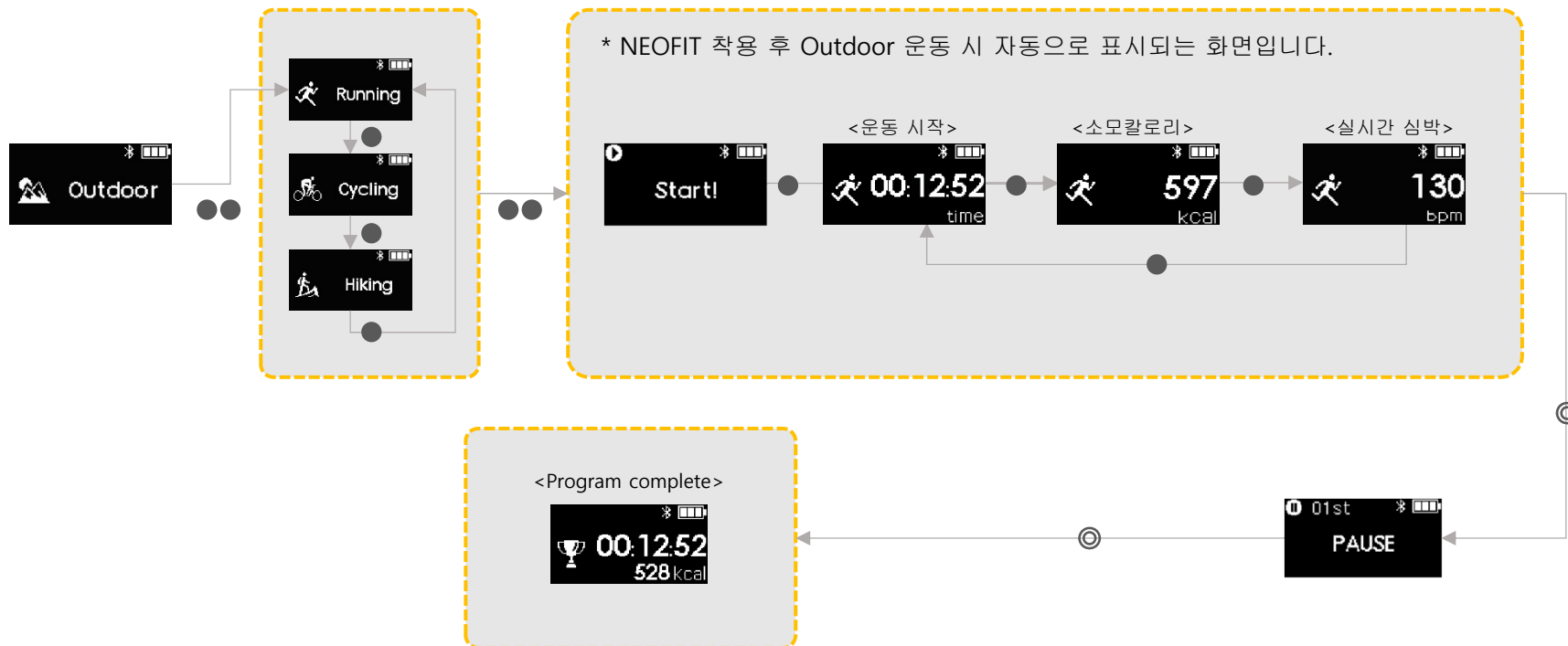
▶ Pause/Restart




* If pause continues for more than 30 minutes, the program will stop automatically.

09. Outdoor Service

1. Start Outdoor Exercise



10. TIP

- When it is connected to a smart phone, you can check phone calls, text messages, Kakao talk in DOFIT.
* Notice setting can be done in the app for private use. (App> Setting > Band setting > Band notice setting)
- It can be disconnected when DOFIT and smart phones gets beyond certain distance, but when it gets closer, bluetooth will be automatically connected.
* But, smart phone's bluetooth function needs to be activated to be connected to DOFIT.
- If you fail to connect it to the app, you need to finish the app, turn off bluetooth and turn it on and then restart the app.
- As DOFIT can only save a certain amount of data, you need to sync () with the app periodically.

11. Precautions

Precautions in using DOFIT

- If the product does not work or shows no response, please restart by pressing a touch button longer.
- The app for private use may not operate properly in certain smart phones.
- The proper temperature for the product is $-10 \sim 55^{\circ}\text{C}$, and the one for storage is $-20 \sim 60^{\circ}\text{C}$. When the product is operated beyond this temperature, it can be damaged or the battery's lifespan can be shortened.
- If some parts of the product such as glass or acryl are damaged or if the product has problems, please do not disassemble. You need to call the customer service.
- This product supports waterproof and dustproof, but please do not let the product in the water deeper than 1.0m for more than 30minutes.
- When the product is wet with clean water, you can wipe it out with a soft and clean towel. When the product touched other liquid than water, please wash it with clean water and wipe it with a soft and clean towel. If you do not wash it with clean water or wipe it out, it can have problems with performance or appearance.
- If you give the product a shock, its waterproof/dustproof function can be damaged.
- Touch functions can slightly differ according to a person.

11. Precautions

Precautions for safety

- While the product abides by the international safety standard, if you wear it for a long time, it can cause irritation or allergy on the skin for some users. If you find symptoms, you must stop using the product.
- Accidents can occur due to fire or explosion.
- The product and charging cradle can be damaged by a shock, so you need to be careful.
- For parts, you need to use only approved ones. (It can be the cause of explosion or errors.)
- You should be careful so that any metal will not touch a charging cradle connection terminal.
- Please do not touch a charging cradle and a product being charged with wet hands.
- Please be careful so that infants or pets will not put it in their mouth.
- Please do not poke the body such as eyes, ears and mouths with the product.
- Please do not put the product in a high-temperature or in and near firearms. (Gas range, microwave, heater, sauna, electric pad, inside the car in the summer, etc.)
- When there is thunder or lightening outside, do not use the product.

12. Electromagnetic Waves Equipment

- This product is an electromagnetic waves equipment suitable for domestic use (grade B). It is aimed to be used mainly at home and can be used in every place.
- The corresponding wireless facility has the possibility of bad connections, and therefore, the services related to human safety cannot be provided.
- The product's absorption of electromagnetic waves (body) was evaluated and passed the test, with 1.0cm separated.

13. Customer support and customer compensation standard

Customer support

- The problems that occurs using the product can be solved through FAQ and 1:1 questions in the app.
- When there is a reason for free exchange, you can first get informed through 1:1 questions in the app before free exchange.

Customer compensation standard

Standard of free exchange

-Warranty is for one year, and if there is an error in the product and its function within a year, not caused by a user's fault, free exchange and firmware update will be supported.

Standard of paid exchange

- When the warranty expired(1 year for equipment, 6months for expendable supplies)
- When problems occurred due to violations of precautions or prohibition of the product use.
- When problems occurred due to customers' obvious faults such as submersion or screen damage.
- When the product was damaged due to natural disasters such as typhoon, rains, floods, earthquake.
- When expendable parts are dead(battery, cable, cradle, etc.)
- When the customer disassembled the product arbitrarily, when a person who is not a CS professional from the service center tried to repair and then errors occurred.
- When washing the inside of the product and removing dirt.

14. Product Features and Certification

Product features

- Communication method : BLE 4.2
- Wireless range: Within 10m(*It is different according to smart phone types.)
- Appearance : 52x19.8x11.2(mm)
- Weight : 36g
- Display : OLED 0.96"(128 * 64)
- How to input : electrostatic touch method
- Waterproof/dustproof grade : Grade IP65
- Operation temperature : -10 ~ 55°C
- Battery : 95mAh
- Support function : 6-axis sensor, PPG sensor
- Notification method : Vibration

Product Certification

KC Certification

15. FCC Information to User

MODEL : NF-B20

FCC ID : 2ANRT-NF-B20

Power source : DC 3.8V

Manufacturer : Tianjin Pachem Electronics Co.,Ltd

FCC Information to User

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.

Caution

Modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC Compliance Information : 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