

User Manual

smart bracelet



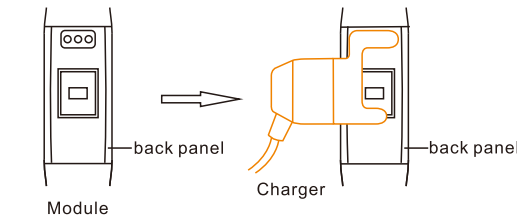
G16

① Display(TFT) ② Touch button ③ Watch strap
Manufacture:Shenzhen Jingyun Welink Technology Co., Ltd.

Getting Started

Thank you for selecting our company's smart health fitband. Please read the instruction manual carefully before use. In-proper operations may affect the measurement results and give you a less comfortable experience. First time use: Check to ensure the battery is fully charged. If the battery is not fully charged, please make a full deep charge for 2 hours before using.

1. Charging method



Installing APP

Scan the QR code or install the APP "WearHealth" from "App store" or "GooglePlay".



(IOS APP)



(GooglePlay)

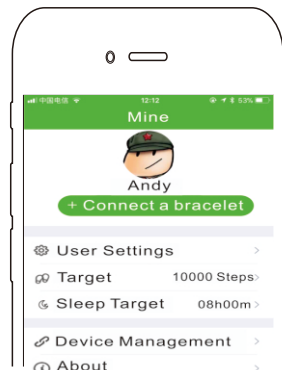


(Android)

System Requirements :Android4.4 and above/IOS 8.0 and above.

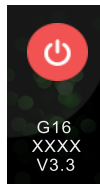
Band Biding

After downloading the software, please ensure Bluetooth is turned on, open the WearHealth App and connect your smart phone to the Band. When pairing is successful, the App will enter the Main interface. For example, the diagram below shows

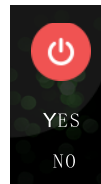


Operating instructions

- Touch button**
Single touch: select interface or switch function Long press: switch on / off / confirm / exit
- Synchronous information**
When the Band are biding to the smart phone, the Band will automatically adjust the time, and immediately synchronize and record your movement information and health status
- First time use**
Please make a full deep charge before using. The fitband is fully charged when the Battery icon on the Display is full.
- Power on/off**
 - when the fitband is in shutdown, long press the button for 3 seconds to boot-up.
 - click on the touch button, switch to the shutdown interface, as shown in the following picture, long-press the button in the pop-up shutdown interface, select YES, and long-press 3 seconds to power off.



Shutdown interface
(press the button for 3 seconds)

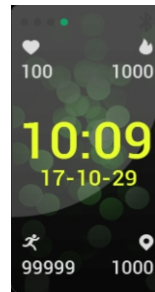


Exit windows
(select YES and long-press for 3 seconds)

Functions

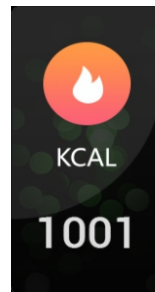
- | | | | | | | | | | | | | |
|--------|---------|------------|---------|----------------------|------------|-----------------|--|---------|------------------|----------------|--------------|------------------|
| ⌚ Time | 🚶 steps | 🔥 Calories | 🌙 Sleep | 👤 Long seat reminder | 🔔 Shutdown | ☎ Call reminder | ✉ Information push(QQ、Facebook and WhatsApp) | ⌚ timer | 📶 Find the phone | 🌐 Multilingual | ❤ Heart rate | 🩺 blood pressure |
|--------|---------|------------|---------|----------------------|------------|-----------------|--|---------|------------------|----------------|--------------|------------------|

(App language: English, French, German, Italian, Japanese, Korean, Portuguese, Russian, simplified Chinese, Spanish, etc.)



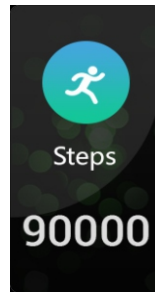
Time Mode

(Long press 3-5 seconds to choose different themes. We have 3-5 different themes for you to choose.)



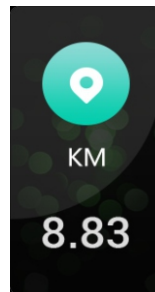
Calories

Display your all-day Calories burned. Note: Your movement stats reset to Zero at 0:00)



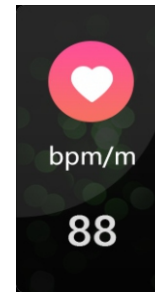
Steps

(Automatically tracks Steps and displays on the Screen Note: Your movement stats reset to Zero at 0:00)



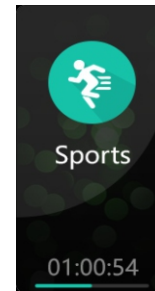
Distance

(Display your all-day Distance traveled.Note: Your movement stats reset to Zero at 0:00)



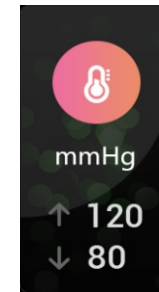
Heart Rate Monitor

(keep monitoring your heart-rate)



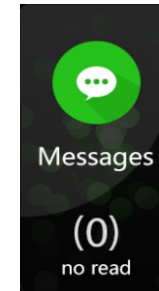
Sport Mode

(Long press button 3 seconds to enter sport mode, record your heart-rate,steps and distance continuously.)



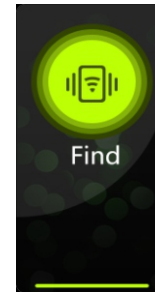
Blood Pressure

(keep monitoring your blood pressure.)



Message Reminder

(Display sms,twitter, skype, WhatsApp message etc.from your smart phone)



Find the Phone

(Long press button 3 seconds, when fitband and smart phone are connected, your phone will ring.)

Basic parameters

Chipset: nRF52832
Display: 0.96"TFT
Resolution: 160*80dpi
Weight: 25g
Size: 250*10.5*19.5CM
Waterproof level: IP67
strap material: Silicon

Battery: 105mAh(Polymer)
Working time: 5-7days
Bluetooth: 4.0
Operating temperature: -10℃~50℃
Packing list:
◇Module ◇Charger
◇Strap ◇User Manual

Precautions

- Do not puncture the Band.
- Do not expose the Band to solvents.
- Do not expose the Band to strong magnetic field.
- Avoid direct expose to heat-sources.
- Do not puncture or incinerate the device or battery.
- Replaceable poly-battery may contain perchlorate material. Please handle the battery properly.
- Do not wear it when showering.

FAQs

- Connections:** Ensure Bluetooth is enabled on Smart Phone and physically close to the Band. If no connection, restart WearHealth App and Bluetooth Connection and restart the pairing process.
- No synchronized Data in App:** With continuous use, the Band will measure and collect Data and display this Data in the App and on the interfaces of the Band.
- Time and Date not accurate:** When the Band is switch off OR the Battery is empty, you must recharge the Battery and sync again with the WearHealth App.
- Band will not charge:** Connect the Band to the Charging Clip and ensure the contacts realign with the contact points on the underside of the Band.
- Prior to using your Band,** please make a Deep-charge it for 2 hours.

Blood Oxygen Tips

Oxygen saturation is the percentage of oxygen-bound oxyhemoglobin (HbO2) capacity vs total hemoglobin (Hb) combined capacity, that is the concentration of oxygen in the blood.

Heart Rate Tips

- Most people has the heart rate of about 60-120.
- Most people resting heart rate is 60 to 90 beats / minute, the optimal heart rate is up to 70 beats / minute.
- The heart rate of athletes and trained people is 40 to 60 beats / minute.
- Heart rate is always been changing and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.
- When doing Aerobic exercise to on effective and safe condition, people's heart rate is 170, minus age, people should hold the heart rate between 108 to 144.

Blood Pressure Tips

- Systolic blood pressure, arterial blood delivered to the highest value when referred to as "high pressure", the heart for the next time the lowest blood pressure value reserve dilate when blood is called "low-voltage", are referred to as systolic and diastolic blood pressure.
- Most people has the heart rate of 80 blood pressure (low pressure) to 120 (high pressure) around.
- Within the normal range, blood pressure has differentiation of age, gender. Generally, the elderly have the higher blood pressure than the young, men have the higher blood pressure than the young, men have the high blood pressure than women.
- Blood pressure is always been changing and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.

Warning

If you have heart disease or abnormal blood pressure, please go to the hospital for examination or treatment. Product measurements are for reference only and are not suitable for any medical use.

Warranty card

Product name:
Model:
Name:
Contact phone number:
Address:
Distribution company:
Contact phone number:
Address:
Sales date:

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.