Smart Bracelet
User Manual

Welcome to use smart bracelet, the high-performance wrist-band smart bracelet will create an intimate gym experience for you.
Wearing way and Maintenance
1.Assemble the watch band:align the main body with the square hole of the watch band ,then insert it forcefully until the watch band is absolutely assembled with the main body properly.

2.Dismantle the watch band: hold the main body of bracelet and the watch band respectively in each hand, then pull it out from one end by lateral force.

3. Please be reminded of the tips below in bracelet maintenance:
 •Clean the bracelet regularly, especially the inner side of it, keep it dry.
 •Adjust the tightness of bracelet to ensure aeration.
 •Excessive skincare product is undesirable on wrist with a bracelet on.
 •Please cease wearing in case of skin allergy or any discomfort.
4. You can wear in bath or body exercise, it is sweatproof, rainproof
and waterproof (up to 1.0m waterproof depth), undesirable to wear
at a bathing water temperature higher than 42℃.

Charging of Barcelet
1.Plug the USB end into the charger   2. Icons displayed on screen

Downloading and Binding of Bracelet APP
1. Schematic diagram of main body of bracelet

2. Power-on
Long-press the touch key for 3s or plug in a
charger for charging.
3. Download and Install JYou Pro
Install APP by scanning the QR code with
your mobile phone.
Note: Your mobile phone must support Android 5.1 or IOS 8.0 or
above, and Bluetooth 4.0 or above.
4. Bind Bracelet

| 1.Click the "Device" in mobile APPs. | 2. Click to bind "Scan Device" | 3. Click the ID consistent with the bracelet MAC. The IOS system will show a request for Bluetooth pairing, and click Pairing. The Android system can be connected directly. | 4.The binding is successful. |
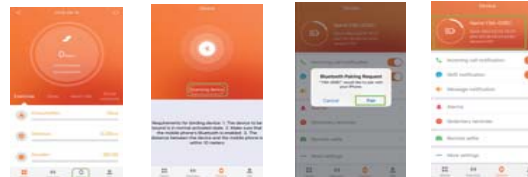
Brief Introduction to APP Functions

APP home page: record various kinds of current and historical movement data of movements, sleep, heart rate and blood pressure.

Movement mode: record the current and historical movement data of various modes of walking, running, biking and climbing.

Device: enable Bluetooth to search ID No. of your smart bracelet.

My status: available to set information relevant with your account number.

Locking of Backstage Application

No need to set and lock backstage except that the backstage program is cleared off by hand for IOS system. For Android system, the APP backstage requires to be set and locked by hand as bracelet is unconnected from the mobile automatically with auto-cleaning of tasks in the backstage. Due to differences in software settings of varied brands, the setting is done as followings with reference to software of some branded mobile phone:

1. Launch APP, and click a key in the middle to go back to main interface.

2. Click Task key (Generally menu key, or long pressing Desktop key for calling) to call recent task management interface, that is, the application management interface running at the backstage.

3. Press the locked APP application icon, and pull it down for locking. At the same time, a lock head sign appears on the top right corner of the icon, indicating the locking is successful; or after pulling it down, click the Locking Task on the top left corner, indicating the locking is successful.

4. This application is not cleared off by using one-key clearing function in the backstage after locking, indicating APP program has been locked successful.

Bracelet Function Interface

1. Start-up status

Click the touch sign for the menu interfaces switching of main screen, such as the following interfaces;

2. Introduction of main interface functions
Time, date, and the symbols of electricity quantity and successfully-connected Bluetooth on the mobile phone are synchronized when bracelet and APP are first paired and well connected.

Long-press the touch key for 3s on main interface, to switch the main interface into another menu, available in a circulating way in a total of various.

3. Counting of steps, distance and calories
The step-counting interface shows number of steps. Wear the bracelet on wrist, and count the number of steps, walking distance and consumed calories automatically when the user is walking with arms swinging.

4. Movement

Long-press the touch key for 3s on the movement interface into the movement mode, that is, walking, jogging, riding, and climbing mountain. If the Walking mode is selected, long-press the touch key for 3s to record the movement parameters.


5. Heart rate monitoring

5.1 Click the touch area to switch to the heart rate monitoring interface, supporting real-time dynamic heart rate, so that the user can know the health data of him or herself. In the heart rate monitoring mode, the working time of bracelet is reduced. Note: Dynamic heart rate data don't stop in monitoring on this interface, or otherwise quit from this interface.
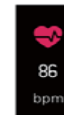
5.2 Wear the bracelet properly on wrist at 2cm to inside of ulna joint, as shown in the right figure.
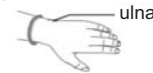
5.3 The heart rate sensor shall be closely attached to skin and well contacted with skin in measurement of heart rate. The sensor light exposure in case of wearing bracelet too loosely can result in inaccurate measured figures. Don't look steadily at the green light

of sensor which may cause eye irritation.

5.4 Measure the heart rate when keep sitting quietly and the body not moving though this device can measure heat rate in a real-time and dynamic way; otherwise, the time is delayed for measurement of heart rate, or no data can be measured. The user should not move until the bracelet measures the figure of heart rate when the data of real-time dynamic heart rates can be checked.

5.5 Measure heart rate after having a rest if there is a big difference in measured data. The average value obtained through five times of consecutive measurement is more accurate.

5.6 This device is used to measure heart rate in a real-time dynamic way. So the heart rate is varied with different conditions such as speaking, dining and drinking. It shall be subject to the actual case.

5.7 Be sure that there is no dirt at the bottom of the heart rate sensor when conduct measurement. Skin color, hair density, tattoo and scar may affect the accuracy of the measuring results, in which cases please re-measure the heart rate.

5.8 Measurement for a long time may cause heating of the device, in case of any comfort, please remove the device, don't wear it until it becomes cool.

5.9 The chilled weather may affect your measuring result; please conduct the measurement in warm condition.

6. Message

Switch to the message interface, and long-press the touch area for 3s by finger to access the message

content; click the touch area to switch to next piece of content; content includes the messages of incoming call and push from chat software. At most seven pieces of messages can be saved. When it is up to seven pieces, the messages displayed before can be substituted one after another.

7. Blood pressure

The blood pressure shall be measured in a quiet environment and at proper temperature. Have a rest for at least 5 minutes before measurement. Avoid nervous, anxious and exciting feelings; measure three times repeatedly at an interval of 2 minutes. Record the average value of readings measured three times.

8. Blood oxygen

Saturation of Oxygen (SpO2) is the percentage of the capacity of Oxyhemoglobin (HbO2) which is oxygenated in the blood and the total amount of hemoglobin (Hb,hemoglobin) which is can be oxygenated,means the concentration of oxygen in blood.

Note:The blood pressure and blood oxygen date are for reference only and should not be used as a basis in medical aspects.

9. Others

Long-press the Others interface long into the following function interfaces:
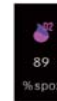
9.1 Stopwatch

Switch to the stopwatch interface, and long-press the interface into the stopwatch function; click the touch area to start timing, and click the area again for suspending timing; long-press the area to quit the stopwatch function.

9.2 Find mobile phone

Switch to the Find Mobile Phone interface; shake the bracelet, and the mobile phone can make a ringtone synchronically.

9.3 MAC address, used to indicate the hardware address of bracelet, is the only one sign of the bracelet. This MAC address can not be modified. If the mobile phone is used to check the bracelet, the corresponding bracelet can be found by only check the last four digits of MAC. The MAC address is used to identify the bracelet and connected to the mobile phone quickly.

9.4 Power-off

Long-press the touch area for over 3s on the power off interface,The bracelet will automatically shut down.

9.5 Restoring factory settings

Long-press the touch area for over 3s, to start to clear off all messages in bracelet, and restore the defaulted factory setting.

Frequently Asked Questions (FAQ)

1. Question: Does the bracelet generate radiation? Does it hurt you when you wear it for a long time?

 Answer: As applying the low-power consumption Bluetooth technology, this product has less radiation than Bluetooth earphone,

and its signal launching intensity is not more than1/4 of mobile phone's. The WHO didn't find any impact of Bluetooth signal on human body through over ten years of research and general survey. So rest assured to use this product.

2. Question: What can I do if the bracelet is not searched as prompted?

Answer: First, check the bracelet is energized or not;

Second, Put the bracelet near the mobile phone, and try connecting the bracelet.

If you are still unable to connect the bracelet by above operations, try switching off and on the mobile phone Bluetooth once, or restart the mobile phone.

3. Question: Is the Bluetooth not connected accidently?

Answer: 1>.The connecting time may be different each time as the signal is disturbed in Bluetooth wireless connection. If it is not connected for a long time, make sure your operation is done in the place where there is no disturbance of magnetic field or Bluetooth device.

2>.The mobile phone Bluetooth services become abnormal accidentally in re-starting up, so that the Bluetooth may not be connected.

3>. The mobile phone Bluetooth is connected normally when you restart the mobile phone.

4. Question: Why is there no vibration of the bracelet to remind me after setting the notification of incoming call?
Answer: First check the mobile phone Bluetooth is switched on and the bracelet is connected or not;

Second, check the bracelet APP is running (or backstage running) for Android and IOS systems.
Note: FLY memory cleaner and some keeper software may clean or intercept tasks, please add APP to the white list.

5. Question: Why does the bracelet give no prompt even if the message reminding of Wechat and QQ has been set?
Answer: The following requirements should be met for the message reminding of Wechat and QQ:
1>. The mobile phone is working in the sleeping and non-use mode, and the backstage tasks shall not been switched off;
2>. Both computer and mobile phone can't be used online at the same time;
3>. The bracelet is always connected with mobile phone, and the Bluetooth needs to be always in an open state;
4>. Open the permission management of the mobile phone, and set to allow the backstage to pop out of the interface.
Notes: The most upper menu can pop out the message when the mobile phone's message is coming, indicating the successful setting is completed. At the same time, the message is pushed to bracelet.

If restarting the mobile phone, click the message prompt in into the center, and find out JYou Pro device's message notification; then re-open the option.

6. Question: Why does my heart rate measure fail?

Answer: Note to keep the user in a quiet status in measuring heart rate, and keep the bottom of bracelet closely attached to the arm without obvious gap. Don't wave arms during measurement.

7. Why is the Bluetooth connecting icon blinking all the time?

Answer: It mainly can prompt the users that the pushed message is not received if APP is not connected with bracelet. Launch APP to connect to bracelet, and the Bluetooth icon can be displayed normally.

8. Question: Why it can't be charged?

Answer: 1>. Check the bracelet inserting direction is right or not; 2>. The battery has to undergo a pre-charging period when the electricity capacity for bracelet is too low (the bracelet has been set aside and not been used for a long time).

Note: Generally charge by plugging in the charger; note that generally it is charged normally after two or three minutes when the charger is plugged in .

9. Question: Which factors can affect the measuring result of heart rate?

Answer: Non-standard way of bracelet wearing may affect the measurement of heart rate. For example, the insufficient attachment of bracelet to skin which may cause light leakage, arm swinging, slight movement of bracelet on skin, too tight in bracelet wearing, too high

in arm raising, and clenching fists, all of which may affect blood circulation as well as the signal of heart rate. The right measuring ways are: to put the arm at a level, take it easy and keep quiet, and make sure the bracelet is closely attached to the arm. Note that skin color, hair, tattoo, and scar may also affect the signal of heart rate for individual differences even when the bracelet is worn in a correct way.

10. Question: Why is the time of bracelet inaccurate?

Answer: Error may occur with the time of bracelet after the bracelet is recharged when out of electricity. In this case, please connect the bracelet to the mobile phone, and the time of the bracelet will be synchronized automatically with that of the mobile phone for correction.

⚠ **Warning:**

Please consult your doctor before you take part in a new sport. The smart bracelet should not be used for medical purpose though it may monitor the real-time dynamic heart rate.

FCC statement

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.

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 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.

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

FCC Radiation Exposure Statement

This device complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.