Fitness tracker User Manual

S1

Manufacture: Shenzhen YiHu Technology Co.,Ltd.

1. 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.

3) Connecting Device

Under the interface of "APP settings > Device", pull under the interface and find Equipment Model. After successfully connecting the device model, "S1" will be shown under the list of "My Device" in the APP. Also in the left top of the

device the 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 and color 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 and color of the skin through APP personal information.

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

B.Multiple time display styles

At time page, slip upward and downward to switch different time display 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, show current steps, distance and calories.

D.Sports reach standard remind

You can set a sports target value on your APP, When the number of moving sports reaches the target value, the device will vibrate reminder.

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 will present those results constantly on the screen. After accumulating data for 60 seconds, the device will enter into standby mode and this is not dependent upon receiving results to the test. The data tested through the device will not be saved.

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

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 rate manually. The data tested through the device will not be saved.

Turn on the button for the 24 hours Automatic Heart Rate Test through APP, then the device will automatically capture the heart rate of the user every ten minutes and will present captured data every 30 minutes. After syncing, test results and details will be presented through the APP.
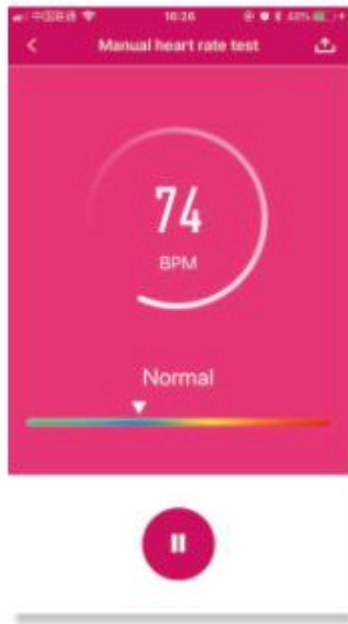
The APP Test Modes   Heart Rate Data Panel

F.Blood oxygen detection

Device side measurement: Detect at device end: slip screen leftward or rightward, and switch to blood oxygen page, equipment monitoring data real-time display blood oxygen data for 5 minutes, if the monitoring process shows 0%SPO2, please check whether the wearing 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 monitor and display the real-time blood oxygen value, until Click pause to stop 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 the blood 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 data panel 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 the analysis, main indicator, interventions.

(1) click icon, You can view every ten minutes of data, Continue clicking on a single average, You can look at each minute of data.
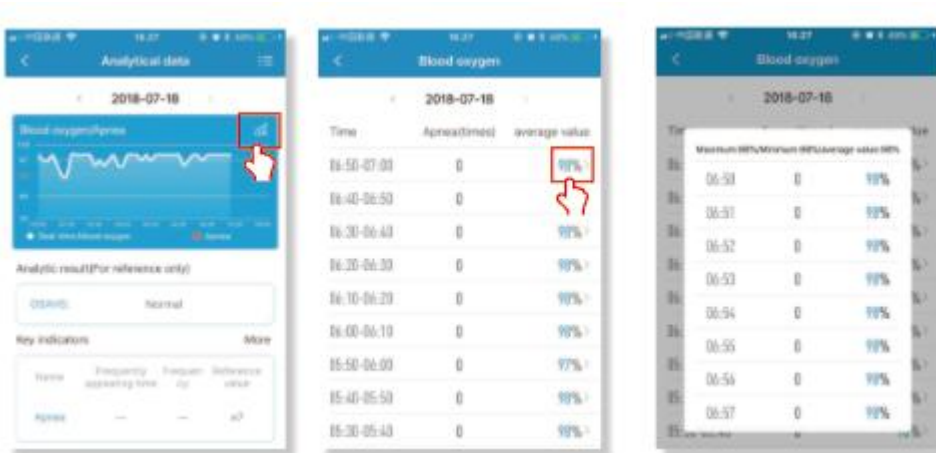
Analysis data panel   Every ten minutes data   Every minute data

(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 several levels.

(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 noun interpretation, common symptoms and treatment methods of each indicator.
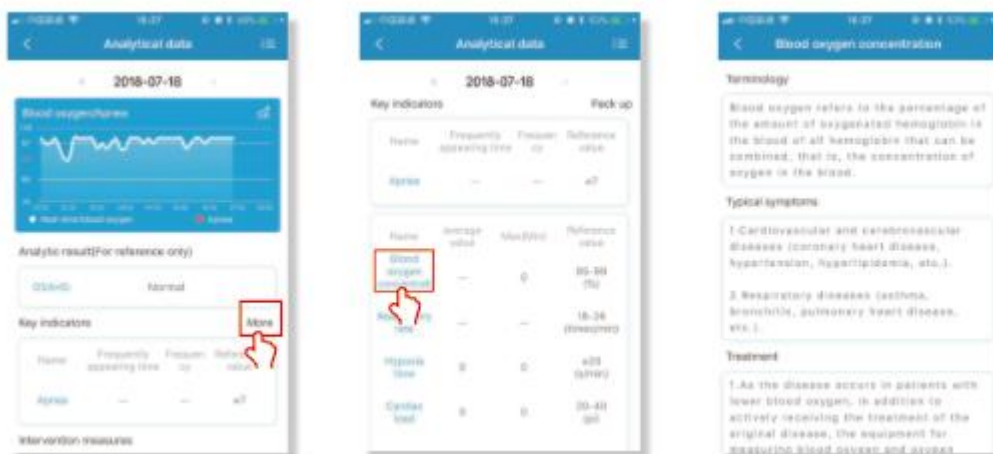
Analysis data panel   The report of the indicators   Glossary

(4) Click ☰ icon, Enter the analysis data panel, To view about the blood oxygen/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 panel   The chart report   Detailed 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 to the changes of each cycle of heart rate, reflecting the degree of heart rate changes, law, you can determine its impact on cardiovascular activity).In the app settings, Open the HRV night monitor switch, The equipment will monitor the HRV data from 00:00-07:00 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 is abnormal. 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 check out the daily HRV data charts. Sliding HRV data charts, can see the average 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 and click the comment for each image).
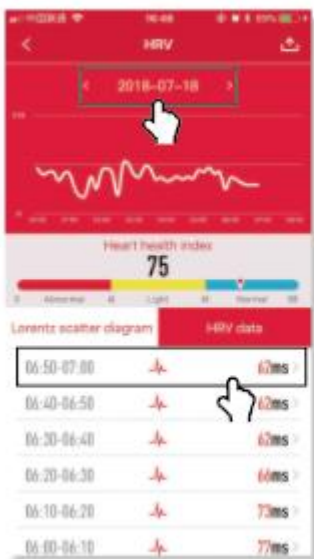
HRV data trends of the day   Every minutes HRV data
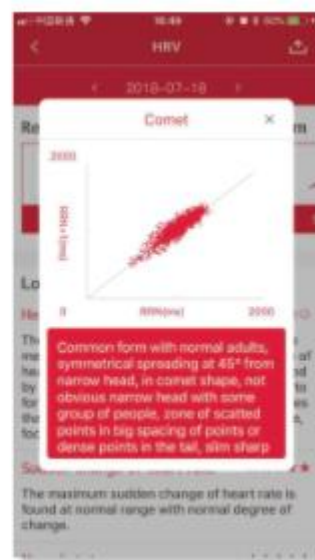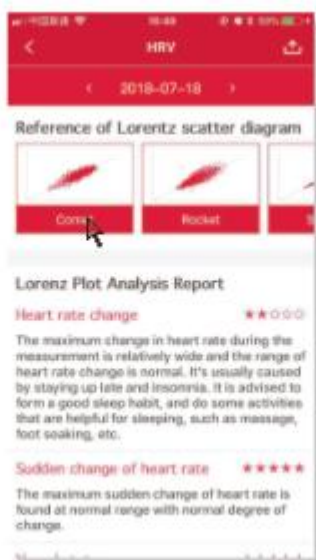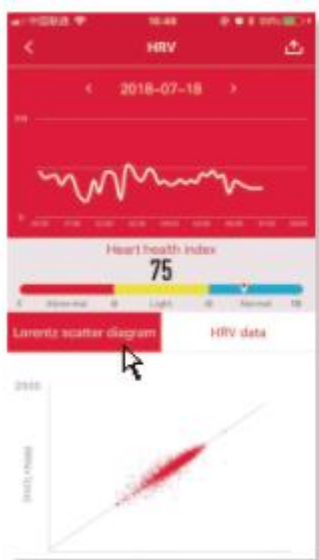
Lorentz scatter diagram   Lorentz scatter point   Annotations for each image
                              reference graph

I. Fatigue test

At the bottom of the APP's data pane, click ⬤ enter into the fatigue test interface, After the test, select whether or not to save the test results according to the popup window.

J. Breath rate test

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

K. Physical period reminder

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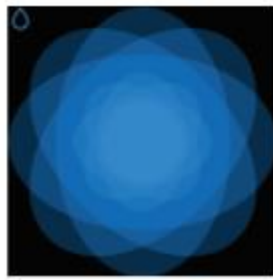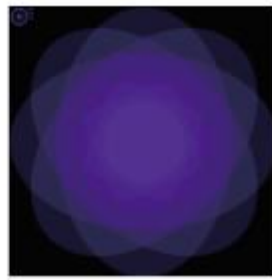
 Safety period   Ovulation date   Ovulation period
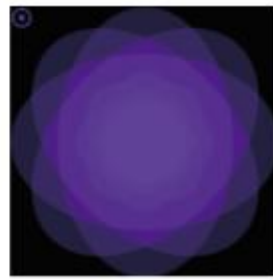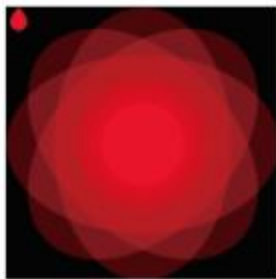
 Female period   Pregnant period

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 physiological period. They are "Period", "Preparing for Pregnancy", "Pregnancy", "Postpartum".

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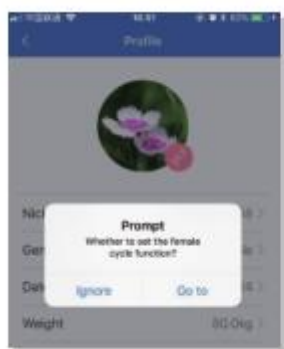
2.How to modify current physiological status on user's device?

Change the settings through the female section on the APP dashboard.

3.How to change diferent physiological states?

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

L.Countdown

On App, come to countdown setting page, click start countdown and set countdown time to confirm, then device starts countdown with showing time and sand clock icon, complete countdown with vibration and showing time and sand clock icon. If you use countdown function often, could set usual countdown time on APP, then while you switch to countdown page at device end, press screen to start countdown directly.
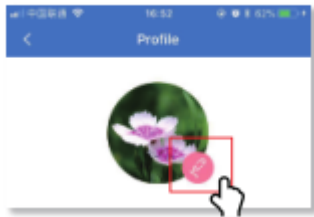
M.Find cellphone

Make sure APP "FITUP" run at backstage, at device end, switch to find cellphone page, click the screen, then cellphone alarm (note: your cellphone 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 vibration reminder. 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 start running with vibration reminder, press button for 3 seconds to finish and quit Run mode with vibration reminder.At data page, show running time, distance, heart rate, calories and steps.
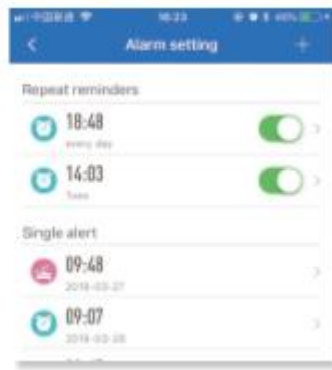
P. Alarm Clock and Events Reminder

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

This function can also add tags for important things which happening in the future. When set time arrives, the device will vibrate and show those tags.

Edit Alarm Clock Mode   Alarm Setting Mode

Q.Notifcations/Pushes

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

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

R.Call reminder

While call is coming, device keeps vibrating, click volume button to set 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 time value for the warning. When the device detects that the user has sat or kept still for the set time limit, the device will vibrate to remind the user to move around.

T. Heart Rate Warning

Using the APP, the user can choose to turn on the heart rate warning and preset the upper limit of their heart rate. If the device detects that the user's heart rate has reached or exceeded the preset value, it will 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 on the Camera Mode in the APP, then quickly shaking the waist.

V. Waterproof

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

W. Low power state

When the bracelet is too low,to avoid power consumption too fast and influence use,the monitoring function of heart rate, blood oxygen 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 carefu l not to be damaged by hard objects. The device may be sweat stained or have dust attached 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 will automatically begin the update.

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

A: Wearable devices monitors human activities through electronic sensors,and they are at the consumer electronics level. It's normal for certain deviation. The user should 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 on the 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 reconnect with inital password "0000".

6. Specifcations

Chipset : N52832

Sensor : OSRAM SFH7060

Weight : 41.7g

Data Transfer : Bluetooth 4.0(BLE)

Battery : Polymer Lithium

Volume of Battery : 90mAh

Charging Voltage : 5V

Working Temperature ： -5℃- 45℃

Waterproof ： Yes (Life waterproof)

Device Requirement: Android 4.4/above; Bluetooth 4.0;

iPhone 4S/above, iOS 8.0/above;

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.

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.