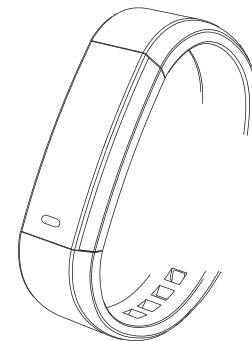


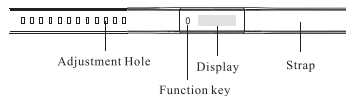
# Smart Bracelet C115HR

## User Guide



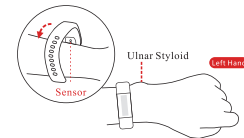
### Introduction of Flagfit

#### Component Description



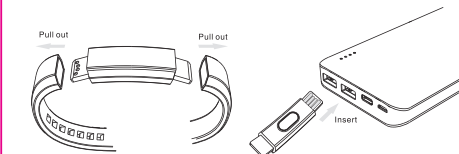
#### How to Wear

Best to wear the band after ulnar styloid and to adjust via Adjustment Hole.  
Sensor should be close to skin avoiding moving.



#### Band Charging

Please make sure the battery level is normal at first use. Low battery will cause shutdown and you need to charge the band for automatic power-on.  
How to Charge  
Pull the bracelet core out of the band.  
Insert one end of the core with charging copper into the charging device with USB interface.



### How to Use



#### On/Off

① In the shutdown state, long touch the function key over 3s to start up the device with vibration.  
② In the state of power-on, long touch the function key over 3s to enter into shutdown interface and long touch again to shut down the device after choosing OFF.

#### Operation

① Shortly touch the function key can light up the screen or switch display page under the state of power-on.  
② No operation in 5s will turn off screen by default. Users are supported to modify the time by connecting phone's APP.  
③ In Heart Rate interface, long touch the function key can start test.  
In the other interfaces, long touch will show ON/OFF options.

#### Install Flagfit APP on Phone

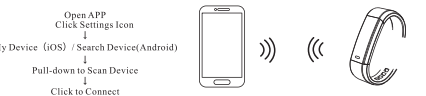
Scan the following QR code or enter the application market to download and install "Flagfit"



System requirements: Android 4.4 and above, iOS 8 and above, phone supports for Bluetooth 4.0.

### How to Connect

Connect the APP at first use to calibrate the band, automatic sync time, otherwise steps and sleep data will be incorrect.



When band connects the phone successfully, APP will automatically save Bluetooth address. Once opened, APP will automatically search and connect band. Manually syncs data by pull-down under Exercise, Sleep and Heart Rate interfaces. Seven days offline-data is saved. The more the data is the longer it takes to sync maximum nearly 2 minutes. "Sync finished" will be shown after syncing done.

#### Main APP Features and Settings

##### Personal Information and Exercise Goal

Please set personal information first after entering APP. Settings → Personal Settings. Editing your portrait, gender, age, height and weight included to increase data accuracy. Plan a daily exercise goal and a feasible plan links to a sound body.



##### Notifications

This feature will be workable under: 1. Notifications enabled in Settings; 2. The band and phone APP keep connecting successfully. The band will vibrate reminder once got messages



**Incoming Call:** Vibrate and name or number displayed (Display name only if it's in your contacts, display number otherwise.)  
**Message:** Vibrate reminder with name from Contacts or number if unknown.  
**QQ:** Vibrating and QQ icon reminder  
**WeChat:** vibrating and WeChat icon reminder

**Alarm Clock:** Up to 3 alarms with user-friendly vibration. Support offline Clock alarming.  
**Sedentary:** One hour default interval. Notified with vibration after sitting more than interval.  
**Warn tips for Android users:** Allow Flagfit running in backstage when uses Notifications and add it to trust one in your privilege management.

#### Other Features

**More APP Notifications:** Add more APP notifications in Settings, which support partial model only.  
**Against Lost:** The connected state, the phone will alert when the band is away from the phone.  
**For Android users, must allow Flagfit's floating window display when use the function.**  
**Find Band:** Click "Find band", band will vibrate when connected with phone.  
**Shake and Photograph:** On Shake and Photograph interface, user can shake the hand which wear the band to take a picture after 3 seconds prompt.  
**Firmware Upgrade:** Detecting new version; Upgrade must be Bluetooth-connected; Upgrade takes 2~3 minutes and avoid disconnecting with Bluetooth.  
**Factory Date Reset:** Zero out all data from band and APP, then APP rebooted.

#### Symbol Description

##### Clock Interface



If the Bluetooth icon is ✖, it represents the band doesn't connect with phone; if the Bluetooth icon is ☺, it represents the band connects with phone and it will automatically calibrate time after sync with phone.

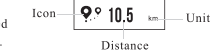
#### Steps Interface

Wear band to record steps every day. Check out real-time steps constantly.

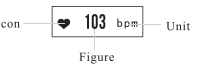


#### Distance Interface

The band will calculate the total distance based on steps and height of APP's personal settings.



#### Heart Rate Interface



① Long press start/stop to test/stop. Default shown as "--" before test result. "--" or last test result shown when Heart Rate unused.  
② Or you can also connect phone APP to test heart rate, clicking on the "start". (when testing, icon flickers and LED backside lights up.)

**Warn Tips:** Sensor must close to skin when test the heart rate to avoid testing from external light affecting. Heart rate test area are must keep clean. Sweat or stains will affect the test results.

#### Sleep Mode

When sleep, Band will automatically monitor how long and how well you sleep, check data only on APP terminal.  
**Note:** Please wear band so as to acquire sleep data.



### FAQ

**Why wait for 8 seconds to test heart rate?**  
The longer signal acquisition takes the more accurate of testing will be.  
**Why wear band so tight in heart rate test?**  
According to Light Reflection Theory, light will reflect to sensor when there is a space between band and your skin, which will affect accuracy.  
**Why no notification after enabling it?**  
Android users: Make sure band connect with phone. Then, open privilege and allow it to access Incoming Call, Message and Contacts at Settings in running backstage. If any security APP installed, add Flagfit to trust.  
iOS users: No notification even connected, please reboot the phone and connect again. Then click Pair after Bluetooth Pairing Request.

#### Basic Parameters

Band type: Smart Heart Rate band	Screen type: 0.87 inches OLED
Host weight: 20g	Battery type: Lithium polymer
Battery capacity: 55mAh	Sync way: Bluetooth 4.0
Working temperature: -10°C ~ 50°C	Waterproof grade: IP67
Band length: 240mm	Wrist Strap material: TPU or silicone
Wrist clasp material: Aluminum alloy	

#### Safety Notice

- Don't wear the band when shower or swimming.
- The color of most skin test is normal, when goes on a normal temperature test.
- For reference only, it cannot replace the medical equipment.
- Please connect band when sync data.
- Use the built-in charging line for charging.
- Don't exposure the band in higher moisture or extremely high or low temperature.
- When band crashes, check phone's memory sufficient and service close or not and then restart your phone and try again.

#### Components Introduction

\*Host \*TPU wristband \*USB Charging \*Packaging and instructions

#### FCC Statement

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