

血压心率手环 使用说明书



一、适配平台要求

 Android 4.2以上手机  IOS 8.0及以上手机  支持蓝牙BT4.0

二、使用前准备

初次使用请确保手环电量充足,若低电量无法开机,请先将手环进行充电。

三、“乐动健康 LEFUN HEALTH” APP下载方法



下载方法一：
扫描二维码下载（安卓手机用户请扫描下载APP）

下载方法二：
可在 Apple Store/ 安卓市场 搜索“LEFUN HEALTH”
直接下载；

四、绑定使用

长按手环触摸按键开机,请确保手机蓝牙开启,打开手机端的”乐动健康“APP——

点击左上角功能栏——点击APP图标——点击“搜索”——选择与手环匹配的MAC串码,出现“蓝牙请求配对”点击“配对”并连接;

五、手环操作

手环连接成功后,将同步手机时间,日期,APP可以同步手环的运动状态如计步、睡眠、心率、血压等数据;短按手环的触摸按键可以切换手环的功能,切换至关机界面时,长按触摸按键即可关机。

六、功能列表

- 首页: 显示时间、日期、电量等;
- 智能闹钟: 在APP内设置闹钟,到时间时手环会震动提醒;
- 计步: 统计您一天的步数,每天24时清零,可在APP查看历史步数;
- 卡路里: 统计您一天的运动卡路里消耗,每天24时自动清零,可在APP查看历史卡路里消耗;
- 里程: 统计您一天的运动里程,每天24时自动清零,可在APP查看历史运动里程;
- 心率测量: 当功能切换至心率界面,自动开始测量显示结果并传输至APP保存;
- 血压测量: 当功能切换至心率界面,自动开始测量显示结果并传输至APP保存;
- 体温测量: 当功能切换至体温界面,自动开始测量显示结果并传输至APP保存;
- 睡眠检测: 手环默认开启睡眠检测功能,检测您24小时的睡眠状态,在APP显示并保存数据;
- 久坐提醒: 在APP“手环功能设置”中打开久坐提醒开关、设置久坐时长等,当到设定时间手环震动提醒;

● 喝水提醒: 在APP“手环功能设置”中打开喝水提醒开关、设置时长等,当到设定时间手环震动提醒;

● 智能防丢: 在APP“手环功能设置”中打开智能防丢开关,当手机超过蓝牙距离时,手环会震动提醒

● 消息通知: 手环与APP配对成功后,手机收到的QQ、微信、短信、等应用消息时,手环端会亮屏并震动提醒;

● 来电提醒: 手环与APP配对成功后,当手机来电时,会在手环显示联系人信息提醒;

● 摇一摇拍照: 在APP“手环功能设置”中打开此功能后,点击功能列表中的“摇一摇拍照”进入拍照界面,通过摇一摇手环进行确认拍照

● 找手环: 点击APP功能列表中的”找手环”,手环会震动提醒

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Smart BP HR bracelet User manual



1. Requirement of phones

 Android 4.2 or above  IOS 8.0 or above  Support BT4.0

2. Before Use

Please make sure that the electricity of the wristband is sufficient before your first use. If the electricity is too low to boot up, please charge for it first.

3. Download “LEFUN HEALTH” APP



Method 1:
Scan the QR code (For Android users)

Method 2:
Search “LEFUN HEALTH” from Apple Store or
Android Market

4. Bind APP

Long touch the key to boot up, please make sure the BT of your phone is open

— Open “LEFUN HEALTH” APP in your phone — Click the menu bar on the top left corner — Click “Device name / connection status” — Choose MAC IMEI which matches with your band.

5. Smart Band Operation

After the wrist band is connected successfully, it will sync the time and date from your phone.

APP can sync the motion state, such as Pedometer, Sleep monitor, Heart rate monitor, Blood pressure, etc.

6. Functions

- Home page: Display time, date and power, etc
- Smart alarm clock: Set clock in APP, it will shake to remind in time.
- Pedometer: Count your steps in a day, clear in 24 hours automatically, you can check the history steps in APP.
- Calories: Count the consumption of calories, clear in 24 hours automatically, you can check the history in APP.
- Temperature measurement: when the function reaches the temperature interface, the measurement results will be automatically jammed and transmitted to the APP for saving.
- Mileage: Count the mileage, clear in 24 hours automatically, you can check the history in APP.
- Heart rate monitor: Switch to the interface of Heart Rate Monitor, it will test automatically, and save the dates in APP.

● Blood Pressure Monitor: Switch to the interface of Blood Pressure monitor, it will test automatically, and save the dates in APP.

● Sleep Monitor: Open the function of sleep detection in Band, detect your sleeping status in 24 hours. Save the dates in APP.

● Sedentary reminder: In “Band function setting”, Turn on the function of Sedentary reminder and setting the time, it will shake in time.

● Drinking remind: In “Band function setting”, Turn on the function of drinking reminder and setting the time, it will shake in time.

● Smart anti-lost: In “Band function setting”, Turn on the function of smart anti-lost, band will shake when the phone is over the distance of bluetooth

● Message notification: After match successfully, when the phone receive the message of QQ, wechat, SMS, the band will bright and shake.

● Incoming call remind: After match successfully, when there is incoming call, band will show the contact message to remind.

● Shake for selfies: In “Band function setting”, open this function, then click “Shake for selfie” in menu bar, shake the band to take photo.

● Search device: Click “Search device” in the menu bar, band will shake to remind.

The company reserves the right to make changes to the specification without notice.

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.