



Product Name: Smart Headband  
Model: FT01-YHG001  
Designed by Entertech in China & Pq Design in Italy  
Manufacture: Hangzhou Enter Electronic Technology Co., Limited  
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# FLOWTIME

Biosensing Meditation Headband

## Quick Start Guide

- TIPS:**
1. Other Bluetooth devices may interfere Flowtime when it is connecting with the app. Please keep them far away.
  2. When you are doing meditation with Flowtime headband, please keep your phone within 2 meters to ensure stable signal transmission.
  3. When you wear the headband, please don't move your head heavily in case the sensor can't acquire stable signals.
  4. To avoid any product damage or a safety hazard, please use the USB charger with maximum output of 5V to charge the headband.
  5. If you have more questions, please go to the Help Center by visiting Me-Instructions and help or contact us at customer@entertech.cn

## PRODUCT SPECIFICATIONS

Model: FT01-YHG001  
Dimensions: 310 mm \*100 mm \*15 mm  
Battery specs: 40mAh  
Operating system: IOS 11.2 +/ Android 5.0 +  
Operating temperature: 0 C -40 C  
Band sizes: 8cm, 13cm, 17cm  
Bluetooth: BLE 4.0+

## LEGAL INFORMATION

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 statement. The device can be used in portable exposure condition without restriction.

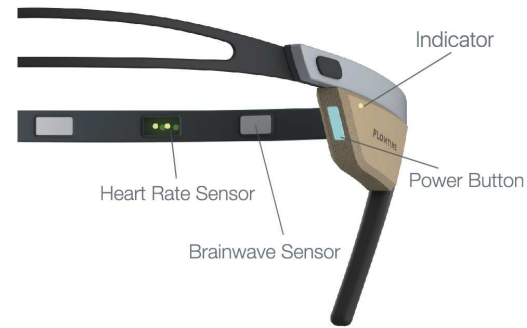
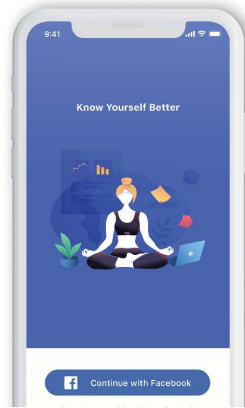
### 01/ DOWNLOAD THE FLOWTIME APP

Search **Flowtime** in your app store.



### 02/ CREATE YOUR ACCOUNT

Create your personal account to keep the data.



### 03/ TURN ON FLOWTIME HEADBAND

Press the power button and the indicator will flash blue. If it's red, please charge it first.

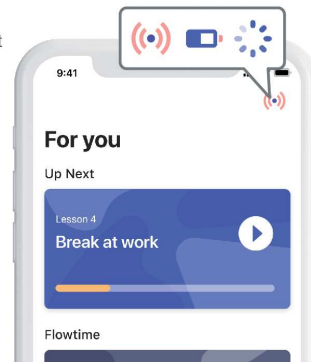
INDICATOR LIGHT	BATTERY STATUS
Blue (Flashing/Solid)	Normal
Red (Flashing/Solid)	Low
Yellow (Flashing slowly)	Charging
Green (Solid)	Full

### 04/ CONNECT FLOWTIME HEADBAND WITH THE APP

Tap the device icon on the upper right corner of the screen in the app and connect the headband with the app as the instruction says.

Note: Make sure Bluetooth is enabled on your phone. Once Flowtime is turned on and held near your phone, every time you open the app, Flowtime will be connected directly with the app.

APP ICON	HEADBAND INDICATOR	CONNECTION STATUS
	Blue light flashes	Not connected, ready to connect
	Blue light stays on	Connecting
	Blue light stays on	Connected



### 05/ PUT ON FLOWTIME HEADBAND

Choose the band that fits closely to your head.

Put on the headband and place the sensors in the middle of your forehead. **Please make sure there is no hair between the sensors and your skin.**

### 06/ MEDITATE AND SEE HOW YOU PERFORM!

- Select a lesson and start to meditate.
- After you end the session, review the reports and see how you did.

