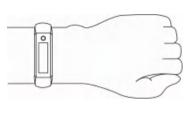
智能手环 使用说明书



传感器要紧贴皮肤, 避免移动



初次使用确保手环电量正常, 若低电不能正常开机, 请连接充电器对设备进行充电, 手环会自动开机。

手环以尺骨茎突后佩戴最佳 根据调节孔调好适合手腕的大小; 扣上腕带扣。

① 设备开机状态下,触摸短按功能键可点亮屏幕; 作默认五秒左右息屏. 灭屏(若手环支持)。 在手机上安装手环 APP

扫描以下二维码或进入APP Store 下载并安装APP

系统要求; Android 5.0及以上; iOS9.0及以上; 支持蓝牙4.0。

① 在设备关机状态下, 触摸长按功能键 4 秒以上可使设备开机 ② 在手环的蓝牙地址界面,长按2秒可进入关机界面,选择ON 3秒 否则计步和睡眠数据不准 会退出关机页,选择 YES 3秒后手环关机。

② 手环默认时钟页面, 触摸短按功能键可切换查看不同页面, 无操 ③ 切换到心率和血压界面长按进入开始测试,心率血压50s超时自动

下拉扫描设备 点击设备连接

①配对成功后, APP 会自动保存手环蓝牙地址, APP 打开或在后台运行, 都会自动搜索并连接手环; ②安卓手机请确保在安装时或手机系统设置中赋予 APP 后台运行和 读取联系人信息等所有权限。

首次使用,需连接 APP 进行校准,连接成功后手环会自动同步时间, 打开手机 APP 点击设置图标

我的设备

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时,手环会震动提醒,并显示app接收到的内容(消息查看后自动清除)

设置→个人设置,可设置性别-年龄-身高-体重, 您也可以设置您的每日运动和睡眠目标, 监控每日的完成情况。

进入 APP 后请先设定个人信息

APP 功能及设定

连接状态下,如果开启了短信提醒功能,当有短信时手 环上会震动提醒。 连接状态下,如果开启了此功能,则当有微信、QQ、Facebook等消息

(需赋予APP获取系统通知的权限,手环端能显示20-40个字数)。 开启此功能,则当有来电,信息或其他提醒时,手环会震动,若关 **据一据拍照** 闭,则手环只会有屏幕提醒而不震动,以免打扰。

设置是否开启久坐提醒功能, 您可在个人资料中设置提醒时间间隔, 若在设定时间内长时间坐着,则手环会提醒。

Android 用户温馨提示: 使用提醒功能时需要设置为允许"优活手环"后台运行: 建议在权限管理中添加"优活手环"为信任并打开所有权限。

连接状态下,如果开启了来电提醒功能,当来电时,手环上会震动, 并显示来电的姓名或号码。(需赋予APP读取通讯录权限)

定时间提醒。 手环显示设置 您可在此选项中设置手环端功能按键切换的画面,打开的页面会 在按下功能按键后依次切换,而关闭的功能则不会在切换中出现。

连接状态下,点击"寻找手环"选项,手环会发出震动。 连接状态下,进入摇一摇拍照界面,摇一摇手环,倒计时3秒后 自动拍照请允许APP访问相册以保存自拍的照片。

抬手亮屏: 设定抬手亮屏功能, 每次抬手姿势屏幕自动点亮 久坐开关: 请设定久坐提醒的时间并保存

更换表盘背景, 选择时间位置后同步到手环端。APP提示同步成功后 可在手环端查看显示。 手环显示说明

测试结果。此功能需要手环支持心率、血压传感器。

手环每个界面长按2秒 进入/退出子菜单。 时钟界面 与手机同步后, 手环会自动校准时间; 连接状态下,可进行三个闹钟的设置,设置后,会同步给手环; 待机设置:在主题界面长按可切换不同主题。 支持离线闹钟,在同步成功后,即使APP未连接,手环也会按设

> • 运动步数 佩戴手环,记录每天运动步数,可查看当前实时步数。 根据行走步数,估算运动距离。

◆ 卡路里 根据行走步数,估算消耗的卡路里 进入心率、血压测试界面等待数秒后,显示当前心率、血压的 与手机同步后,进入天气界面可以查看当前天气,包括:天气情况、 1. 洗澡和游泳事不宜佩戴。 最高温、最低温等。

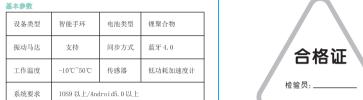
入睡时, 手环会自动进入睡眠监测模式; 自动检测您整晚深睡/浅睡/清醒次数,计算您的睡眠质量; 睡眠数据暂时只支持APP端查看。

> 设备类型 智能手环 电池类型 锂聚合物 振动马达 支持 同步方式 蓝牙 4.0

到第二天9点以后才可以同步到APP中。

2. 同步数据时请连接手环。 4. 不要把手环长时间暴露在水分较高、温度极高或极低的地方。 进入音乐控制界面,短按按键控制音乐的播放/暂停/上一曲/下一曲。

APP支持的语言:英文、简体中文、繁体中文、荷兰文、俄文、法文、 德文、葡萄牙文、西班牙文、土耳其文、日文、波兰文、阿拉伯文、 马来西亚文、泰文、捷克语、斯洛伐克语。 注意: 佩戴手环入睡才会有睡眠数据,且在晚上9点后会开始记录睡眠, 消息内容推送支持的语言: 中文,英文,欧洲。

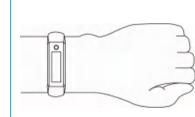


*主机 *腕带 *充电线 *包装盒及说明书





Best to wear the bracelet after the styloid of ulna; Please fit the adjusting holes according to your wrist size, and then do up The sensor should cling to skin to avoid movement.



Please ensure the band has enough battery at your first time using it.

Please charge the band first if it cannot be powered on, and then the band will automatically start working.

to start the device with vibration;

① In power on state, short touch the function key to light up the screen to default page with date and time information; ② In the default time/date page, short touch the function key can switch band to different pages. The screen will be turned off if no operation in 5 seconds. 3 Switch to the heart rate / blood pressure page to start the measuremen

off automatically. To download and install "Yoho Band", pls scan the QR code below,



① In shutdown state, please long touch the function key over 4 seconds ② In Power off page, long touch the function key for more than 3 seconds to enter the shutdown interface, and short touch to select YES, system will be powered off if no operation in 3 seconds.

System Requirements: Android 5.0 and above; iOS9.0 and above; Bluetooth 4.0 support.

In the connected state, if the incoming call reminder function is enabled, the settings icon

My device

For the first time using the band, please connect it to the APP to calibrate the time and date, otherwise the pedometer and sleeping monitor will not be accurate. The band will automatically be synchronized when

> the band will vibrate when there is incoming call, and the name or number of the incoming call will be displayed. (Need to set permission

so as not to disturb you.

Personal information

Set to enable/disable the sedentary reminder function. You can set the Please set personal information after entering the APP; Settings → personal settings, you can set the gender - age long time over that interval. height - weight to ensure the accuracy of distance and calorie calculation. Tips for Android phone users: The reminder function needs to be set to allow "Yoho band" running in the background; it is strongly recommended to add "Yoho band" in the Band display settings You can also set your daily exercise and sleep goals and monitor daily full functions.

> APP features and settings Smart alarm clock In the connected state, three alarm clocks can be set and synchronized to

take and save the selfie.

reminding interval in the profile, thus the band will remind if you sit for a Raise your hand to light up the screen: set the raise your hand to light up the screen, and the screen will automatically light up every time you raise Sedentary switch: please set the time of sedentary reminder and save it.

Replace the dial background, select the time position and then sync to the band. After the APP prompts for successful synchronization, the display can be viewed on the band. Long touch for 2 seconds in each page to enter the sub-menu of that function.

Enter the music control interface, can play or pause music and switch

Full down the scanning device

Click on the device to comment

After the band is bundled to APP successfully, the APP will save the then done, and the measure gave will be displayed on wristband. (Need to turn on notifications in plane system, and set permissions of the system of permission in plane system, and set permissions of the system of connected state, click the "Louis above the band has all the required permissions of the system

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Pile are specified with the phone, the date and clock on band will still alarm according to the set time.

Band display settings

In this option, you can set the display against power and to autom

countdown. Please allow APP to access the camera and photo album to burned will be displayed.

Heart rate, blood pressure Switch to the heart rate or blood pressure interface, long touch to enter measurement page, and the result will be displayed in 40 seconds. This feature is only supported if the band has heart rate or blood pressure sensor.

After synchronizing with the mobile phone, you can enter the weather interface to view the current weather, including: weather conditions, the highest temperature, the lowest temperature and so on. Music control

Wear a band to automatically record your daily activity and your personal profile, the

Note:

The band will track sleeping status only when you wore it during your sleep in night. Place the band somewhere will not trig the sleeping monitor.

Slooping status from 9:00 mm to 9:00 am will be recorded.

Note:

English, SC,TC, Netherlands, Russian, French, Jerman, Foruguese, Spanish, Turkish, Japanese, Polish, Arabic, Malaysia, Thai, Czech, Slovak.

Wristband Language:

Specifications

Device type Smart band Battery Lithium polymer

Vibration support Connectivity Bluetooth 4.0 motor
Operating -10°C-50°C sensor Low-power temperature

System IOS 9.0 above / Android 5.0 above Requirements

Notices:

1. Take off your band before having shower or swimming.
2. Please connect the band when synchronizing data.
3. Use the 5V USB charging adapter.
4. Do not expose the band in high moisture or extreme high temperatures.

Components

**Host * Wristband * Charging cable * Packing box and manual APP Language:
English, SC,TC, Netherlands , Russian , French, German, Portuguese,

Device type Smart band Battery Lithium polymer

Low-power

Low-power

accelerometer

System IOS 9.0 above / Android 5.0 above

Requirements

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 to radio communications. 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 will not occur in a particular installation. If 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 will not occur in a particular installation. If this equipment does cause harmful interference 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. Consult the dealer or an experienced radio/TV technician for help.