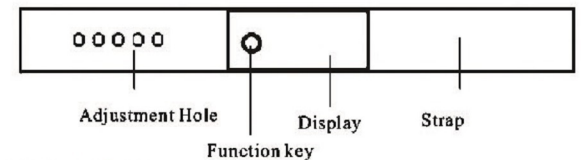


Fitness Tracker User Guide



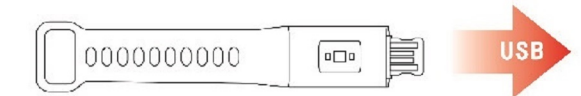
Quick instructions for use

Component Description



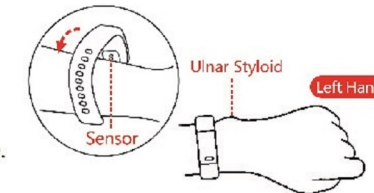
Band charging

Please pull the host out from wristband and insert the corresponding USB port to charge. When charging, the wrist band will automatically start up.



Wearing method

1. Best to wear the wristband behind the Ulnar Styloid;
2. Adjust the size suitable for your wrist via adjustment hole.
3. Sensor shall be close to skin avoiding moving.



On/Off

1. In the shutdown state, long touch the function key over 3 seconds to start up the device with vibration.
2. In the state of power-on, long touch the function key over 3 seconds to enter into shutdown interface and choose Off, device will be powered off with vibration

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 5 seconds will turn off screen by default. User can connect the phone App to modify the off-screen time.

3. Wear the wristband to connect the App, calibrate the heart rate.
4. Wristband will automatically start testing when it is switched to the heart rate or blood pressure interface, and will stop testing when leave the interface.

Install App on Phone

Scan the following QR code or enter the application market to download and install "OTOT Smart Life YKWX"



Google Play



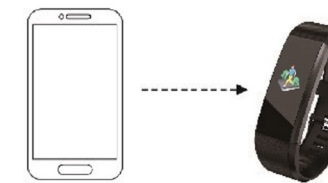
iOS

System requirements: iOS 8.0 and above, Android 4.4 and above, phone support for Bluetooth 4.0.

How to connect

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

- Open mobile phone APP
Click to set up icons
↓
My device (iOS)/ search equipment (Android)
↓
Pull down scanning equipment
↓
Click device attachment

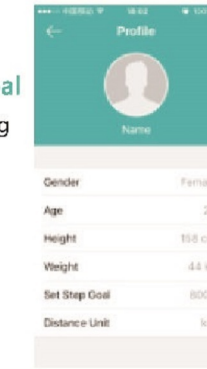


Bluetooth connect: After pair finished, APP will remember Bluetooth's address automatically. Once App is opened or operated in background, it will search and connect wristband automatically.
Data synchronization: manually pull down the synchronization data on the APP homepage; The bracelet can store off-line data for 7 days. The more data, the longer of synchronization time, the longest is about 2 minutes. After the synchronization is completed, there will be a "synchronization completion" prompt.

Main APP Features and Settings

Personal Information and Activity goal

Please set personal information first after entering the APP, Settings—Personal Settings. Set up Head portrait, gender, age, height and weight and personal information, can improve accuracy of data. Customize your personal Activity goal, and a reasonable exercise planning will help improve your physical fitness.



Notifications

This feature will be workable under: 1. Notifications enabled in Settings. 2. The wristband and phone App keep connecting successfully. The wristband will vibrate reminder once get message.



Incoming Call : Vibrate and name or number will be displayed. (Display name only if it's in your contacts, if not, will display number)

Message: Vibrate reminder with name from Contacts or number if unknown.

QQ: Vibrate and QQ icon reminder.

Wechat: Vibrate 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.

A long sit reminder : the default reminder interval is one hour; if the connection is open, if the user fails to move in an hour, the bracelet will vibrate to remind the user to exercise.

Sleep Monitoring

When you fall asleep, the bracelet will automatically determine the sleep monitoring mode, automatically monitor your deep sleep / light sleep / awake time, calculate your sleep quality; Sleep data only support APP side to check.
Note: Sleep data will only be available when you wear a bracelet to sleep.

Main functional interface

Main interface

Without Bluetooth icon, it means the wristband is not connected to the cell phone. When the Bluetooth icon is on, the connection is successful. When the wristband and APP are paired for the first time, the wristband will synchronize the weather, time, date and week of the mobile phone.



Steps interface

Display step, wristband default step mode. Wear the bracelet on the wrist, when the user walks and the arm swings, the number of times the bracelet follows the swing is recorded as the walking step data.



Distance interface

The interface calculates the distance traveled on the day and displays, it according to the number of walking steps and the height of the personal setting of the APP.



Calorie interface

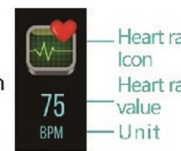
The interface calculates the total number of calories burned on the day and displays, it according to the number of walking steps, the height and weight of the APP personal settings.



Heart rate interface

On the heart rate monitoring interface, it will automatically enter into heart rate monitoring mode to support dynamic real-time heart rate monitoring. In heart rate monitoring mode, the battery life of the bracelet will decrease.

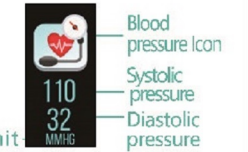
Heart rate / blood pressure test notes:
During the test, the icon will jump and the heart rate LED on the back of the bracelet will light up. The sensor should close to the skin during testing to avoid external light affecting the accuracy of the test. The test area should keep clean, sweat or stains will affect the test results.



- When testing, the sensor should stick to the skin to avoid the influence of external light on the accuracy of the test.
- To keep the test area clean, sweat or stains will affect the test results.

Blood pressure interface

Switch to the blood pressure interface, start testing blood pressure. Switch to the next interface to stop testing. The result of the last test is displayed when the test is started or "----/--" You can also connect to the App, start testing on the blood pressure interface. Test method and precautions are the same of Heart rate test.



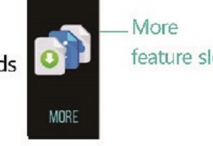
Message interface

In the message interface, long press three seconds to view the message, click page flip, view the message to exit or long press three seconds to exit.



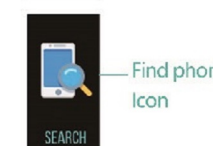
More functional interface

In the more features interface, long press three seconds to enter the lower menu interface for more functions.



Find phone interface

When connected, click on the "Find Phone" option and the phone will send a vibration reminder or ringtone reminder.



Factory Reset

Long Press 3 seconds, all data of the smart band is cleared;



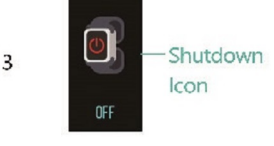
About the wristband interface

On the wristband interface, the four digits and the version number of the Bluetooth address are displayed.



Shutdown interface

In the Shutdown interface, long press more than 3 seconds can Vibration shutdown.



Matters needing attention

- Please avoid strong impact, extreme heat and exposure to the wristband.
- Please do not disassemble, repair or transform the machine on its own.
- This machine is charged with 5V500MA, and it is strictly forbidden to use overvoltage load power.
- The use of the environment is 0 degrees ~45 degrees, and it is forbidden to

throw it into the fire so as not to cause an explosion.

- Please wipe the water, the wristband can be used only for the charging operation with a soft cloth, otherwise it will cause corrosion of charging contact point, charging fault.
- Do not touch the chemical substances such as gasoline, clean solvent, propanol, alcohol or insect repellent.
- Please do not use this product in high pressure and high magnetic environment.
- If you have sensitive skin skin or tighten the wristband, you may feel discomfort.
- Please dry the sweat drips on the wrist in time. The strap has long contact with soap, sweat, allergies or pollution ingredients, which may cause skin allergy itching.
- If it is often used, it is recommended to clean the wristband every week.
- Wipe with wet cloth and remove oil or dust with mild soap.
- It is not appropriate to wear a hot bath with a wristband.
- After swimming, please wipe the wristband in time so as to keep dry.

Common problems

Why does the test of heart rate wait for 8 seconds?

To test your heart rate, you need to take a long time signal to accurately

calculate your heart rate.

What should I do if the Bluetooth connection is not connected?(connection/retry failed or connection reconnection is very slow)

- Confirm that your device is IOS8.0 or Android 4.4 and above support Bluetooth 4.0.
1. Due to the signal interference of the Bluetooth
 2. wireless connection, the connection time may vary. If it is not connected for a long time, please make sure that the operation is performed without magnetic field or without interference from multi-Bluetooth equipment.
 3. Turn off Bluetooth and turn it on again
 4. Close the mobile background app or restart the phone
 5. Do not connect other Bluetooth devices or functions to your phone at the same time.
 6. Whether the APP is running normally in the background, if it is not in the background, it may not be connected.

Can't search the wristband?

Since the wristband is not searched by phone in Bluetooth broadcast, make sure the wristband is in power and activated and is not connected to any other phones. Then, put the wristband close to the phone, if it is still invalid, turn off the phone, and after about 20 seconds, restart the phone Bluetooth

Why the wristband should be worn more tightly when measuring heart rate?

The wristband uses light reflection principle, penetrates the skin through the light source, and collects the signal reflected to the sensor, to calculate your heart rate. If you don't wear it tightly, there will be ambient light reaching into the sensor, which will affect measurement accuracy.

Why not remind when opening the reminder function?

Android phone: confirm that the phone and the wristband are connected, and open the corresponding permissions in the phone settings, allowing the "OTOT Smart Life YKWX" APP access calls, messages and address book, and keeping "OTOT Smart Life YKWX" running in the background; if the phone is installed with security software, add "OTOT Smart Life YKWX" to "trust".
Iphone: If there is no reminder after the connection, it is recommended to restart the phone to reconnect, when reconnecting the wristband again, there will be reminder after popping up "Bluetooth pairing request" and clicking "Pairing".

Is the wristband waterproof?

It supports IP67 waterproof and dust-proof level (IP67 standard is 35 degrees below water, 1 meters below 30 minutes). Usually, wash hands, rain, cold water shower, wash car can be worn with heart.

Does the Bluetooth connection need to be open all the time? Is there any

data after disconnection?

Before the data is synchronized, the data is kept on the wristband host (seven days of data can be retained). When the Bluetooth connection of the wristband and the wristband is successful, the wristband data will be automatically uploaded to the mobile terminal. Please synchronize the data to the mobile terminal in time.

Note: if the caller and SMS alerts are opened, you must keep the Bluetooth connection, and the alarm is offline.

Basic parameters

Type	Smart heart rate blood pressure bracelet	Battery type	Li-polymer
Display screen	0.96 inch TFT	Material	TPU
Weight	38g	Battery capacity	90mAh
Length	25.5cm	Battery voltage	3.7V
Waterproof level	IP67	Packing list	Host, instructions

FCC Warning 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.