Fitness Tracker
User Manual

ID131Color HR

Thank you for purchasing our products. This manual addresses the safety guidelines, warranty and operating instructions. Please review this manual thoroughly before operating your device.

SAFETY AND WARRANTY

Important Safety Instructions

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

● Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet, as it may result in electric shock and injury.

● Keep your device clean and dry. Do not use abrasive cleaners to clean your device.

● Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.

● Don't wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or discomfort, please discontinue using your device and consult your doctor.

● Do not expose your fitness tracker to extremely high or low temperatures.

● Do not leave your fitness tracker near open flames such as cooking stoves, candles, or fireplaces.

● This product is NOT a toy – never allow children or pet to play with this product. Always store the product out of reach from children. The devices themselves or the many small parts they contain may cause choking if ingested.

● Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.

● If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.

● Do not use your device in a sauna or steam room.

● Do not bring your device into contact with any sharp objects, as this could cause scratches and damages.

- For light colored arm bands, minimize direct contact with dark-colored clothing, as color transfer could occur.

- Dispose of this device, the device's battery and its package in accordance with local regulations.

- Don't not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazardous. Always be aware of your surroundings while exercising.

Battery Warnings

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leak, and/or injury.

- Do NOT disassemble, modify, remanufacture, puncture or damage the device or batteries.

- Do NOT remove or attempt to remove the non-user-replaceable battery.

- Do NOT expose the device or batteries to fire, explosion, or other hazard.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.

- The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.

- Always consult your physician before beginning or modifying any exercise program.

- The device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.

- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.

- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.

- The activity tracker relies on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data.

- If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.

- Whether you have the conditions above or not, if you start to experience any discomfort or skin irritation on your wrist, remove your device. If symptoms persist longer than 2-3 days of not using your device, contact your doctor.

- If you sweat for more than two hours while wearing your fitness tracker, be sure to clean and dry your band and your wrist to avoid skin irritation.

- Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the band for an hour after extended wear.

Maintenance

- Regularly clean your wrist and the fitness tracker, especially after sweating in the exercise or being exposed to substances such as soap or detergent which may attach on the internal side of the tracker.

- Do NOT wash the fitness tracker with household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.

- While the fitness tracker is water resistant, it's not good for your skin to wear a wet band.

● If your bands get wet—like after sweating or showering—clean and dry them thoroughly before putting them back on your wrist.

● Be sure your skin is dry before you put your bands back on.

Warranty

We strives to build our products with the highest attention to detail and craftsmanship. However, sometimes there are occurrences of defect.

We are happy to offer 1-year hassle-free warranty to all our devices as we continue to make amazing products. Please contact us if you have any questions about our devices.

Package List

● Fitness tracker (tracker body and bands)

● Assemble/Dissemble & charging instruction card

● User manual

Note:

This tracker is designed with a built-in USB plug, no charging cable is required for charging and no charging cable or wall charger is included in the package.

Please charge your tracker for at least 10 minutes to have it activated before initial use.

Gently pull the bands off the tracker body following the direction of the arrow.

Insert the built-in USB plug with metal pins into a USB charger for charging.

1

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Red indicator is on during charging.

The tracker will automatically boot up once fully charged. Remove the tracker from the power supply once fully charged.

USB charger requirement: DC USB port (5V-500mA)

Charging time: 1-2hrs (recommended).

Assemble and Wear the Fitness Tracker

Assemble: Push the bands in the tracker body.

Wear: Wear the tracker on your wrist horizontally, about 2cm to carpal, the same way as wearing a watch.

App Installation

Use the tracker with our customized app "VeryFitPlus". You can download "VeryFitPlus" from Apple Store/Google Play or scan the QR codes below to download.

For Android   For IOS

Notes:

● "VeryFitPlus" app is only compatible with smartphones, not tablets or PCs.

● Smartphones should have iOS 8.0 or higher/Android 4.4 or higher systems, Bluetooth version should be 4.0 or higher.

## App Interfaces
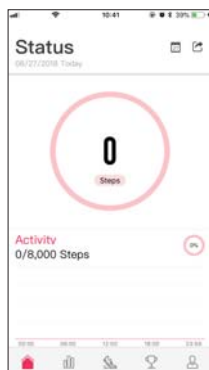
Main Page

Details

Sports

Me

8
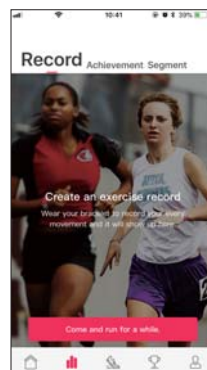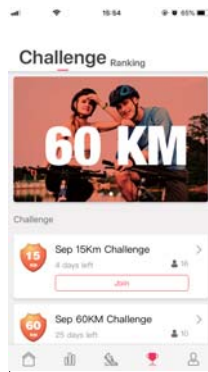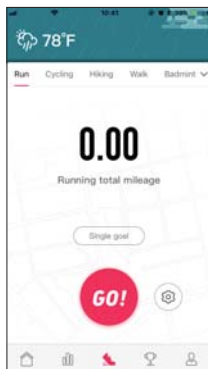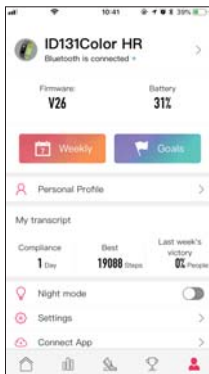
Pair the Device with Your Phone

1. Enable the Bluetooth of your phone.

2. Open "VeryFitPlus" app on your smartphone and go to "Me" page, tap the question mark on top of the page and tap "Hand Ring Products", then your smartphone starts searching devices.
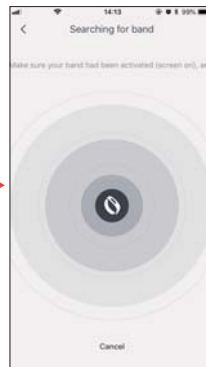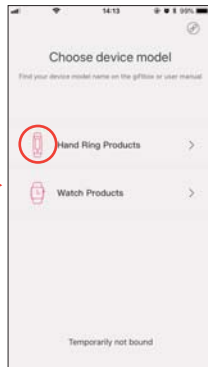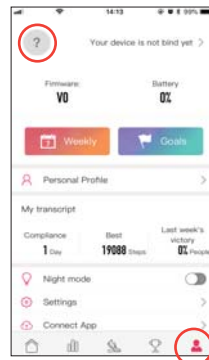
3. Choose "ID131Color HR" in the list of found devices, tap "ID131Color HR" to pair it with your smartphone. (If your phone failed to find ID131Color HR, please tap the touch key to wake the tracker, and search the device on your phone one more time.)
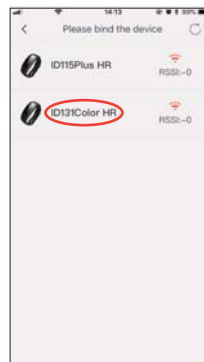
4. Tap "Start experiencing" to start exploring more functions in the app.

Notes:

● The app will ask you to pair your tracker with your phone the first time you open the app. You can also do the pairing later following the steps above.

● After first successful searching and binding, if you enable the Bluetooth function of the smartphone afterwards, the tracker will automatically search and link back to the smartphone it has bound.

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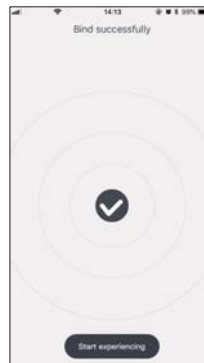
- If the tracker is unbound under connective state, the app will set the settings back to default and all data on the tracker will be cleared. If the tracker is unbound under disconnected state, the app will set the settings back to default, but the data on the tracker will not be cleared.

- The tracker can only connect to ONE smartphone at a time.

Know Your Device

1. Touch Key

Display

Note:

This is a non-touch screen, please use the touch key to choose different functions.

Touch Key

Note:

Tap the touch key to switch to different interfaces; Hold the touch key to enter the function.

2. Heart Rate Monitoring

- To monitor Heart Rate more accurately, please wear the tracker on the upper position of your wrist and a bit tighter than usual when you are taking exercise. Besides, complete your personal profile in the app.

- Automatic heart rate monitoring is ON as default, monitoring heart rate all day automatically.

3. Interfaces

Tap the touch key to look through different interfaces:

Main Screen	Step Mode	Heart Rate Mode	Alarm Mode※1

Walk Mode※2	Run Mode	Bike Mode
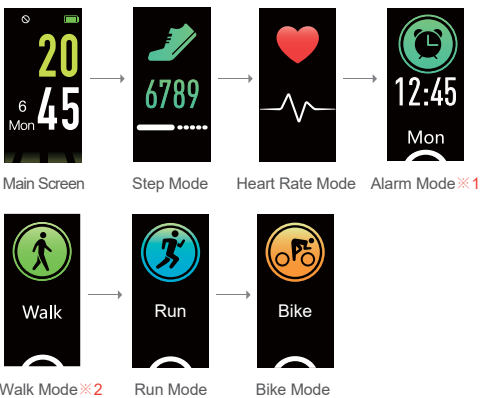
Notes:

※1: "Alarm Mode" is displayed on the tracker screen only when alarm alert(s) is/are added and turned on in the app (Go to "VeryFitPlus" app → "Me" page → "ID131Color HR" on top of the page → "Alarm Alert").

※2: "Walk Mode", "Run Mode" and "Bike Mode" are displayed on the tracker screen by default. You can set up to 3 different sports modes from 14 sports modes to display on the tracker screen (Go to "VeryFitPlus" app → "Me" page → "ID131Color HR" on top of the page → "More settings" → "Activity display").

4. Waking a Dimmed Screen

When you're not using ID131Color HR, the display is off.

To wake it up:

● Turn your wrist towards you, and the screen will display time and steps.

● Tap the touch key, and the tracker will display the Main Screen.

Main Screen

Note:

The screen brightness can be adjusted from Level 1 to Level 5 in "Me" page → "ID131Color HR" on top of the page → "More settings" → "Bracelet brightness" in the app and Level 5 is the brightest.

Functions

1. Step Mode

Hold the touch key for 2s to enter Step sub-mode and view detailed step data.

Tap the touch key to enter the next mode: Heart Rate Mode.

6789

Step Sub-Mode

Tap the touch key to flip through detailed step data.

Note:

You can go to the app to set you sports target ("Me" page → "Goals"). When you reach your sport target, the tracker vibrates to remind you.

1678 Steps
12 Min
0.75 MI
85 Kcal
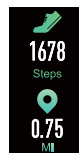
2. Heart Rate Mode

After entering the heart rate interface for 1s, the tracker starts monitoring the heart rate automatically. Before the correct data is detected, the tracker shows " ~\/~ "; after the correct data is detected, it shows specific data.

Monitoring   Heart rate displayed
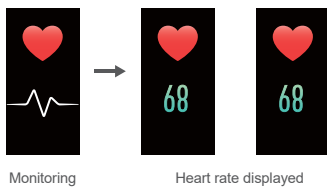
Tap the touch key to enter the next mode: Alarm Mode.

3. Alarm Mode

Hold the touch key for 2s to turn on/off the alarm function.
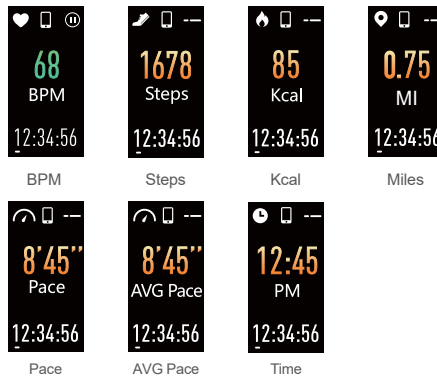
Tap the touch key to enter the next mode: Walk Mode.

Note:

"Alarm Mode" is available only when alarm alert(s) is/are added and turned on in the app (Go to "VeryFitPlus" app → "Me" page → "ID131Color HR" on top of the page → "Alarm Alert").

4. Walk Mode

1) Hold the touch key for 2s to start the walk mode.

Walk

During exercise, tap the touch key to flip through exercise data.

68 BPM 12:34:56	1678 Steps 12:34:56	85 Kcal 12:34:56	0.75 MI 12:34:56
BPM	Steps	Kcal	Miles

8'45'' Pace 12:34:56	8'45'' AVG Pace 12:34:56	12:45 PM 12:34:56
Pace	AVG Pace	Time

2) Hold the touch key for 2s to quit the walk mode.

The following data is displayed after the exercise is ended:

1678 Steps 0.75 MI	12 Min 85 Kcal	8'45'' AVG Pace 89 BPM
Steps/MI	Min/Kcal	AVG Pace/BPM
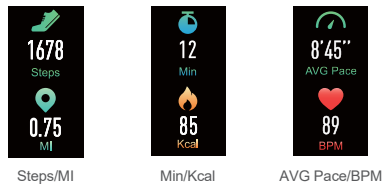
Tap the touch key to flip through exercise data.

3) Tap the touch key to enter the next mode: Run Mode.

Data of exercises less than 1 minute will not be saved.

5. Run Mode

1) Hold the touch key for 2s to start the run
mode.
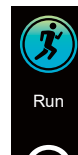
During exercise, tap the touch key to flip through exercise data.

| BPM | Steps | Kcal | Miles |

| Pace | AVG Pace | Time |

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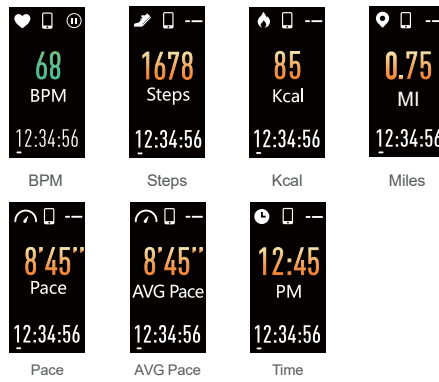
2) Hold the touch key for 2s to quit the run mode.
The following data is displayed after the exercise is ended:

Steps/MI   Min/Kcal   AVG Pace/BPM

Tap the touch key to flip through exercise data.

3) Tap the touch key to enter the next mode: Bike Mode.

6. Bike Mode

1) Hold the touch key for 2s to start the bike
    mode.

During exercise, tap the touch key to flip through exercise data.

BPM   Kcal   Time

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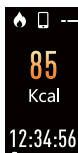
2) Hold the touch key for 2s to quit the bike mode.

The following data is displayed after the exercise is ended:

Min/Kcal   BPM
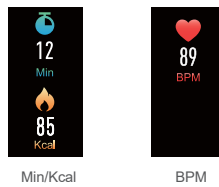
Tap the touch key to flip through exercise data.

3) Tap the touch key to go to the main screen.

Notes:

● In the Sports page in the app, choose a sport and tap "GO" to start, then the tracker enters the sport mode you choose and starts recording your sport data.

● During walking, running, cycling and more, tap the GPS icon on the bottom right of the page to see GPS map.

● Tap " " to pause the sport, " " to resume, and

hold " " for 3s to stop the sport.
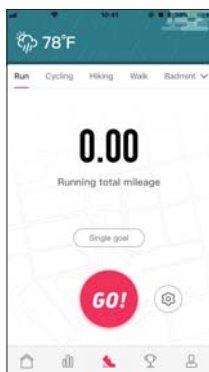
Choose a sport

Pause the sport

GPS map

Resume or stop the sport

6.1 Abnormal Situations During Exercise

1) Inactive Exit Prompt

a. The tracker will automatically exit the sport mode if no action is taken in 15 minutes.

b. The tracker will be forced to exit the sport mode if you don't tap on the waiting prompt within 15 seconds.

Tap the touch key to cancel the Automatic Exit Sport prompt, and the sport mode can work as normal.

2) The prompt of being forced to exit the sport mode when memory is full.

Tap the touch key to confirm the prompt if the tracker is force to exit the sport mode when memory is full, then the tracker exits the sport mode and exercise data is displayed.

Notes:

● The sport mode lasts for up to 6 hours.

● When the memory is full, it will prompt that the sport mode is forced to exit.

3) The prompt of being forced to exit sport mode when battery is low

Tap the touch key to confirm the prompt if the tracker is force to exit sport mode when battery is low, then the tracker exits the sport mode and exercise data is displayed.

6.2 Abnormal Operation Situation During Exercise

When the app and the tracker are disconnected, the screen will display a prompt of waiting.
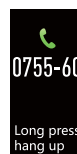
Tap the touch key to exit the interface of waiting prompt.

7. More Functions

7.1 Call Alert

When there is an incoming call, the tracker vibrates to remind you and the screen displays the caller ID.

Contact name in contact list   Stranger number

Hold the touch key for 2s to reject the call; tap the touch key to return to the main screen.

Notes:

● Only when "Call alert" is ON in the app, calls will be notified (Go to "VeryFitPlus" app → "Me" page → "ID131Color HR" on top of the page → "Call alert").

● When "Non-disturb mode" is enabled in the app ("Me" page → "ID131Color HR" on top of the page → "Non-disturb mode "), calls will not be notified on the tracker during the set non-disturb period.

7.2 Notifications Alert

When messages (including: SMS, Facebook, WhatsApp, Twitter, Instagram, Facebook Messenger, LinkedIn, Email and more) come in, the tracker vibrates to remind you and the screen displays the message content.
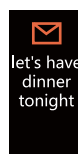
Notes:

● Only when "Notifications Alert" is ON in the APP, messages will be notified (Go to "VeryFitPlus" app → "Me" page → "ID131Color HR" on top of the page → "Notifications Alert" → "Allow notification").

● When "Non-disturb mode" is enabled in the app ("Me" page → "ID131Color HR" on top of the page → "Non-disturb mode "), messages will not be notified on the tracker during the set non-disturb period.

7.3 Sedentary Alert

The tracker vibrates to remind you to move when you are sitting too much (Go to "VeryFitPlus" app → "Me" page → "ID131Color HR" on top of the page → "Sedentary alert", switch on the Sedentary alert function and set the remind interval.)

7.4 Remote Camera Control

Tap the touch key to control the camera of your smartphone to shoot photos (Go to "VeryFitPlus" app → "Me" page → "ID131Color HR" on top of the page → "Camera", then the tracker screen shows the camera interface.)

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7.5 Target Completion Reminder

When your goals are achieved, the tracker vibrates to remind you.

7.6 Device Error Notification

When the tracker has an exception, an Error is displayed.

Status code:

-01 indicates the acceleration sensor is abnormal;

-02 indicates the heart rate sensor is abnormal;

-03 indicates the touch key IC is abnormal;

-04 indicates the flash memory is abnormal

Basic Specifications

Model No.: ID131Color HR
Battery Type: Lithium polymer battery
Battery Capacity: 90mAh
Working Voltage: 4.35V
Sync: Bluetooth 4.0
Working Temperature: -20℃~ 40℃
Waterproof Rate: IP68
Working Time: up to 7days
Host Weight: about 25g

Declaration of toxic and hazardous substances in electronic information products

The device meets the EU ROHS criterion.
Please refer to IEC 62321, EU ROHS Directive
2011/65/EU and revised directive.

FCC ID:2AR5EID131COLORHR