

Smart Wristband

Heart Rate Edition
User Manual 2.7.0

Thanks for using our product. Before using this bracelet, please read the following instructions first.

1. Warning

Please consult your doctor before starting a new exercise. The bracelet has no medicinal use anyway, though it can monitor your real-time heart rate dynamically. Remember to consult your doctor before starting any exercise and dieting program.

2. Device Requirement

The Bracelet supports electronic devices with Android 4.3, IOS 8.0, Bluetooth 4.0 and above. Also supports Android 6.0 and above devices but need to turn on the GPS function.

3. Charging

Please ensure bracelet is full of electricity via charging with 5V500mA USB device before using it. Note: Please remember to recharge bracelet at least once each month if keep long-term idle.



a. first put the bracelet and the charging stand Metal contacts are aligned.
b. Fasten the charging stand to the main body Press the arrow direction when removing the charging stand Press your finger down.
c. insert the micro USB cable and use The 5V adapter can be charged. Hand ring charge it takes 2-3 hours to fully charge.

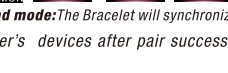
4. Connect Bracelet and App

4.1 **Starting up:** Charging or long press the touch key for 3 seconds to switch on the bracelet, then will show

a pairing code on the display screen to identify the bracelet.

4.2 Install App:

4.2.1 Scan QR code with devices to download App;
4.2.2 Search "Smart Wristband" in App Store or Google Play, Myapp



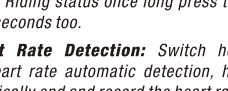
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4.3.1 Android device connection:

Android system needs permissions, set app background running permissions (open in mobile phone housekeeper, set Smart Wristband self-start, high power consumption, white list open permissions, see Help - APP background running solution),

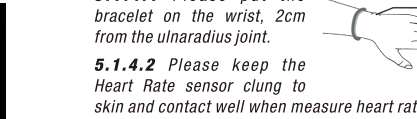
4.3.2 Connect Apple devices:

User need to finish the Bluetooth pairing request once connect App successfully for the first time. Then user can receive notifications such as incoming calls, SMS, QQ, Wechat, WhatsApp and so on via bracelet.



5. Function Instruction

5.1 Function pages on the main interface



5.1.1 **Time and mode:** The Bracelet will synchronize time and date with user's devices after pair successfully with App.

5.1.2 **Step-counting:** Step-Counting function is booted up by default. The bracelet will record steps once user walk and swing arms when wearing it. Meanwhile, user can see the real-time motion data immediately!

5.1.3 **Riding:** On the Cycling interface, user will enter Riding status once long press Riding Button for 3 seconds and bracelet will record Riding time and calories immediately.

5.1.4 **Heart Rate Detection:** Switch heart rate interface, heart rate automatic detection, heart rate test automatically end and record the heart rate data to the bracelet. In the heart rate detection mode, the battery life of the bracelet will be shortened, and the app can set the automatic detection frequency of the bracelet.



5.1.4.1 Please put the bracelet on the wrist, 2cm from the ulnar radius joint.

5.1.4.2 Please keep the Heart Rate sensor clung to skin and contact well when measure heart rate, or else the sensor light will leak and affect incorrect record data. Please do not look directly at the green sensor light which may cause eyes discomfortable.

5.1.4.3 Though the bracelet can detect real-time heart rate dynamically, but still suggest user to keep sit quietly. Or else, it may take much more time to measure heart rate or result in incorrect data. Once bracelet start measure data, then can do exercise again and can check the dynamic data.

5.1.4.4 If there is big difference in record date, then suggest to have a rest and test again. Best to make 5 successive measurement data and take the average value as correct result.

5.1.4.5 The bracelet measure dynamic heart rate, so each record data is different which depend on the actual situation.

5.1.4.6 After connecting bracelet to APP, user can set the maximum heart rate value warning and synchronize it to bracelet. Then bracelet will vibrate once it upto the value limitation, the test value will flash to remind user to stop intensive exercise.

5.1.4.7 If you are not clear of your maximum or minimum heart rate, please consult your doctor before taking exercise.

5.1.4.8 Before making a measurement, ensure that there is no contamination at the bottom of the heart rate sensor. Such factors as skin color, thick hair, tattoo, and scar may affect the detection result.

5.1.4.9 This heart rate detector works according to the PPG measurement principle. Therefore, its precision may vary with the physiological factors (blood circulation, blood pressure, skin conditions, blood vessel location and density) which affect light absorption and reflection. When the measure value is very big or very small, then please test again to get correct detection data.

5.1.4.10 Long-time measurement may cause the bracelet to get hot. If it makes uncomfortable, then take off the bracelet and wear it again once cool down.

5.1.4.11 User are suggested to make measurement when warm weather because cold weather may affect detection data.

5.1.5 Sleep Mode:

The sleep state is automatically monitored at night, and other sleep periods need to be opened for setting, and the sleep record and sleep quality can be viewed after the app is synchronized.

5.2 Secondary menus

In the time mode, long press the button for 3 seconds to enter the interface for secondary menus.

5.2.1 **Back:** Long press this button to return back to the main interface.

5.2.2 **Table tennis mode:** Long press to start, the

Ping-Pong Ball icon will show in the time interface and record data. Here also require the bracelet wearing on the waving wrist

5.2.3 **Badminton mode:** Long press to start, the Badminton icon will show in the time interface and record data. Here also require the bracelet wearing on the waving wrist

5.2.4 **Vibration on/off:** This button allows you to enter the interface for switching on or off vibration by long pressing this button. By default, vibration is ON. When vibration is in OFF state, the bracelet does not vibrate no matter what notification is received.

5.2.5 **Set display brightness:** : set the screen brightness level, long press to enter, then click the button to switch 1.2.3.4.5 to set the display brightness, 5 is the brightest.

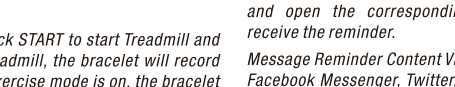
5.2.6 **Time theme setting:** long press to enter the function, click to switch the interface to be set, and long press to set up successfully.

5.2.7 **Power off:** Long press for 3 seconds to enter Power Off mode, press button to switch on to off, then 5,4,3,2,1 will display on screen, the bracelet will power off.

5.2.8 **Reset:** Among the secondary menus, select the Reset icon and long press it to enter the Reset interface. On this interface, switch from Off to On, The system will be reset, the motion data will be cleared.

5.2.9 **Palming screen-on:** If you enable this function, the screen of the bracelet will light up

automatically when you raise your wrist to help you view the time



6. App Functions And Settings

6.1 Home Page

Check Step counting and Calories data in App home page. Also can check sleeping and heart rate data after App synchronization with bracelet automatically or down pull the interface. User can also share these data.

After synchronizing the history data, you can view the exercise record of each day, each month and each year on the daily records.

After synchronizing the history data, you can also view the data about your sleeping time and the related history records.

6.2 Activity

6.2.1 Outdoor

Need to start GPS and connect network before running and riding then can record the motion trajectory.

6.2.2 Indoor

6.2.2.1 **Jumping rope:** Click START to start jumping rope and click FINISH to over jumping rope, the bracelet will record data.

6.2.2.2 **Jumping jack:** Click START to start jumping jack and click FINISH to over jumping jack, the bracelet

will record data.

6.2.2.3 Sit-up:

Click this icon and START to start sit-up and FINISH to stop sit-up, then the will record the number of sit-ups

6.2.2.4 **Treadmill:** Click START to start Treadmill and click FINISH to over Treadmill, the bracelet will record data. When the multi-exercise mode is on, the bracelet will display the corresponding exercise icons, long press bracelet or exit App to over the multi-exercise mode.

6.2.2.5 **Test heart rate:** click into the heart rate function of the activated bracelet, and can view the real-time heart rate monitoring curve.

Click the top right corner icon to set the heart rate alarm switch, set the highest, minimum heart rate, and after synchronizing the device, the bracelet will vibrate when the heart rate reaches the set value.

6.3 Device

6.3.1 **Device information:** display device name, version number, MAC address

6.3.2 **Incoming call notification:** If it supports incoming call notification by default from the address book kept in the phone, but not support the incoming call remind from the thirty party. Only display incoming call Number if not come from the contact person kept in the address book.

6.3.3 **Android device:** When the Android device is

installed into the app, it will prompt to enable the access notification permission, and then enter the notification use right to set the smart wristband app and open the corresponding message switch to receive the reminder.

6.3.5 **Sedentary:** This function allows you to set an on-off, notification interval, notification time segment, and notification period.

6.3.6 Find device :

Click START to find bracelet when bracelet vibrate.

6.3.7 Control your phone bracelet

Remote-control photo and video: This function allows you to switch on or off the photo function of the APP.

6.3.8 More Settings:

Set other functions.

6.3.9 **First screen display:** The main screen will display time and weather; Weather will update each hour, it is necessary to allow app to get the location of the mobile phone, keep the network open, otherwise the weather data can not be updated. then it will show date.

6.3.10 Customize the UI of the wristband:

You can set the wristband to show or hide the content.

6.3.11 Automatic heart rate:

You can set the heart rate automatic detection interval or turn off the heart rate detection automatically.

6.3.12 Palming bright screen:

User can set this function on or off.

6.3.13 Sleeping Period:

User can set three different sleep period. Bracelet will test sleeping quality after synchronization with bracelet.

6.3.14 DND (Do not disturb) mode:

Can set one

period to keep silent and without any vibration except alarm clock.

6.3.15 **Bright screen time:** Can set the screen light up time

6.3.16 **Clear the data:** Click to clear the bracelet data, and the motion data and sleep data displayed on the APP are reset to zero.

6.3.17 **Device Update:** View the bracelet firmware version.

6.3.18 **Add the bracelet:** Click to enter the scanning bracelet and connect.

6.3.19 Unbind:

You can delete the bracelet. Apple device to remove the bracelet: According to the above steps to remove the bracelet, and into the phone system - Bluetooth settings, click the device name behind the exclamation point, in the pop-up dialog box click to ignore the device to remove the bracelet ANCS Connection, and will not receive Apple to push the information to inform the content.

8. Precautions for use

8.1 Theoretically, the bracelet supports phones or tablets with operating systems of IOS 8.0 and above, Android 4.3 and above, and bluetooth 4.0, but not all mobile device models. The models supported are subject to the actual situation.

8.2 There is precision device inside bracelet, so please don't drop it or hit hard object which may cause bracelet surface and damage bracelet hardware.

8.3 Never dismantle or remake this bracelet, which may cause problems or hinder the

product's warranty.

8.4 This bracelet uses 5V500MA for charging. It is prohibited to use the power supply exceeding the voltage load. Otherwise, hardware damage may be caused.

8.5 Never throw this bracelet into fire. It may cause explosion.

8.6 This bracelet uses built-in battery which is non-detachable. Do not try to replace the battery.

8.7 The bracelet works at 0-45°C, and its charging temperature is also 0-45°C.

8.8 Take care of the following items when wear bracelet: If you have sensitive skin or if you wear your bracelet too tightly, you may feel uncomfortable.

8.9 Please swipe off the sweat on your body and wrist in time. If the bracelet strap contacts soap, sweat, allergens or contamination often, it may cause allergy or pruritus to your skin.

8.10 Please keep bracelet dry before charging it. Otherwise the bracelet will not charge successfully or battery will be corroded.

8.11 When the bracelet working environment is full of static electricity, then it will be unsuccessful to display any information. Please do not use bracelet in high voltage or magnetic environment where bracelet may suffer to electrostatic interference

try without a login. If you have registered an account but forget the password, you can click Forget Password, and the system will send a mail to your register email for you to reset your password.

7.2 **Google Fit and Apple Health:** After the app is synced with the wristband, you can set up syncing your bracelet data to Google Fit and Apple Health.

7.3 **Goal:** This function allows you to set your exercise goal. Google Fit and Apple Health: After the app is synced with the wristband, you can set up syncing your bracelet data to Google Fit and Apple Health.

7.4 **Help:** This function allows you to view the help information about the use of the bracelet

7.5 **About:** This function allows you to view the APP version.

7.6 **Exit app:** Disconnect bracelet connection.

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should I do? (Fail or slow to connect/reconnect to bluetooth)

Answer: 1. Check whether your phone supports bluetooth connection, that is, whether your phone is among the following products: iPhone4s with IOS 8.0 operating system, Android phones with Android 4.3 or above operating systems, phones or tablets with bluetooth 4.0. Android 6.0 and above devices need to be turned on to use the GPS.

2. As signal interference exists for wireless bluetooth connection, it may take you different time each time you try to connect to bluetooth. If you fail to connect to bluetooth for a long time, please check whether you are operating in an environment where there is no magnetic field or additional bluetooth device.

3. Disconnect and then connect bluetooth connection again

4. Close the background applications on your phone or restart your phone

5. Do not connect your phone to other bluetooth devices or functions at the same time.

6. Whether the APP is running in the background may not connect if it is not in the background. Due to the limitation of the Android system, the app will be cleared by the system. Therefore, the Android device needs to open the self-booting, high power consumption, white list, etc. in the mobile phone housekeeper or settings to ensure that the app runs normally in the background. The Android device's APP is not running in the background and it can't receive

message alerts.

9.2 The bracelet cannot be found on my phone. Why? Answer: This is because a bluetooth broadcast is ongoing. Please ensure that your watch has electricity, is in activated state, and has not connected to another phone. Then, keep your bracelet close to your phone. If the problem still persists, please disconnect the bluetooth connection on your phone and reconnect it in 20 seconds.

9.3 Should I keep the Bluetooth signal connected all the time? If I disconnect the bluetooth connection, will any data is lost? Answer: The data about exercise and sleeping before data synchronization will still remain on the main unit of the bracelet. After the bracelet has successfully connected to your phone via bluetooth, the data on the bracelet will be automatically uploaded to the phone. The bracelet, however, has a storage space for only about one week's data. When its storage space is full, the system will automatically cover the earliest data circularly. Therefore, you need to synchronize the data to your bracelet in time.

Note: If the functions of call notification and SMS notification have been enabled, you must keep the bluetooth connection in connected state. The function of alarm clock notification, however, supports offline notification.

9.4 The bracelet cannot be charged. Why? 1) Please check whether the main unit is inserted in a correct direction.

2) When the main unit has electricity low, there will be a period for battery precharging.

Note: The Bracelet can start to charge normally once plug in for 3-5 minutes. Check whether the metal sheet or metal contacts are dirty or oxidized. Please clean them before charging.

Is the charging cable or charging stand damaged? Whether or not the charging device is connected to a battery that exceeds 5V for charging causes internal circuit damage.

9.5 If I keep wearing the bracelet, will the bluetooth radiation generated by the bracket damage my body? Answer: The bluetooth radiation generated by the bracelet is far below American FCC standard and can be neglected. Therefore, long-time wearing the bracelet does not cause radiation damage to human body.

9.6 Is the bracelet waterproof? Answer: Yes, all bracelets are IP67. User can wash face and hand when wearing it. Also support diving for 30 minutes 1m underwater.

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.

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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.

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