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

## 1. Warning

Please connect 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, IOS8.0, Bluetooth 4.0 and above. Also supports Android 6.0 and some devices but need to turn on the GPS function.

## 3. Charge tips

Please ensure bracelet is full of electricity via charing with SYS50mA USB device before using it. Note: Please remember to recharge bracelet at least once each month if keep long-term idle.
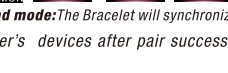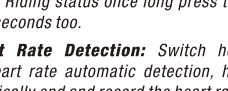
## 4. Connect Bracelet and App

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

**4.3** Keep Bracelet close to device to start and enter into App, then find bracelet (Bluetooth name is "Smart Watch") as per connection guide and finish pairing, finally click Next to finish connection.

**4.4** Historical data record: After connection and synchronization successfully, your sports data records to App, will not disappear even after long time out of connection. Please rest assured to get correct detection data.

## 5. Function pages on the main interface



**5.1.1 Step-Counting function:** on the main interface, boot up.

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

**5.1.3** Historical data connection: Android support needs to allow app to get positioning, incoming calls, SMS permission; 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 solutions).
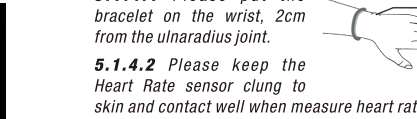
**5.1.3** Connect Apple devices: User need to finish the Bluetooth pairing request once connect App successfully for the first time. Then user can receive notifications such as incoming calls, SMS, QQ, Wechat, WhatsApp and so on.

## 6. Function instruction

**5.1.4.1** Please put the bracelet on the wrist, 2cm from the ulnar/radial joint.

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

**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 data, then suggest to have a rest and part again. Best to make 3 successive measurement data and take the average value as correct result.

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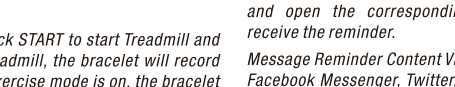
**5.2.6** Time theme setting: long press to enter the function, click to switch the interface to be set, and long press to set up successfully.

**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 synchronize 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 connecting bracelet successfully, you can view the mobile phone notification bar. If the mobile phone notification bar has no push message, the wristband may not receive the message.

## 6.2 Activity

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

**6.2.2 Indoor**

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

**6.2.2 Indoor**

**6.2.3 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.

**6.2.3 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 activation 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

## 6.2.2 Indoor

**6.2.3 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.

Message Reminder Content View Support! Q Q, WeChat, Facebook Messenger, Twitter, LINE, Skype, WhatsApp, KakaoTalk, Instagram, Snapchat, etc.

Press and hold for 3 seconds to exit the information view. The wristband receives the message push from the mobile phone notification bar. If the mobile phone notification bar has no push message, the wristband may not receive the message.

**Apple devices:** The unified notification notification content from the notification center only needs to prompt the Bluetooth pairing request when the app is connected to the wristband. Some models can support the message alert switch.

**6.3.4 Clock:** This function allows you to set an clock for 4 periods, and set an on/off, snooze time and alarm cycle for each clock. After finishing setting, click Synchronize to Device to bring your setting into effect. This function supports offline notification.

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

**6.3.6 Find device :** Click START to find bracelet bounded to mobile phone, user will 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.

**6.3.10Customize the UI of the wristband:** You can set the wristband to show or hide the content

**6.3.11Automatic heart rate:** You can set the heart rate automatic detection interval or turn off the heart rate detection automatically.

**6.3.2 Flashing 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 date:** 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 ANDC Connection, and will not receive Apple to push the information to inform the content.

## 7. Renew

**7.1User profile:** You can set includes nickname, head portrait, gender, date of birth, height, weight, step pitch, and unit (metric/imperial). Modify the login account password After finish settings, you can synchronize your personal information to your bracelet.

If this is the first time for you to use this APP, you will recommend to register an account with your email address and log in to the account. Also, you can have a

try without a login. If you have registered an account but forget the password, you can click Forgot 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 target of each day and step counting and calories and input 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 section 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.

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

## 8. Precautions for use

**8.1** Theoretically, the bracelet supports phones or tablets with operating systems of IOS8.0 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 abrase 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** The bracelet cannot be found on my phone. Why?

Answer: 1. Check whether your phone supports bluetooth connection, that is, whether your phone is an appropriate device, and has not connected to other 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 the GPS program.

**8.5** If I keep wearing the bracelet , will the bluetooth radiation generated by the bracelet 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.

**8.6** Is the bracelet waterproof?

Answer: It can support live waterproof, but can not dive and swim when wearing it. Also support diving for 30 minitues and within 2M deep

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

**8.7** Never dismantle or remake this bracelet?

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

**8.2** This bracelet uses SYS50MA for charging. It is prohibited to use the power supply exceeding the voltage load. Otherwise, hardware damage may be caused.

**8.8** 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 operating temperature of the bracelet is 0~45℃, and the charging temperature is also 0~45℃.

**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 stings 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 cannot 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.

**8.3** Never dismantle or remake

this bracelet, which may cause problems or hinder the

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.

## 9. FAQ

**9.1** My bracelet cannot connect to bluetooth. What