

## Fitness Tracker HR Quick Start



Model: Y3

### Start

The fitness tracker should be activated before use. Remove the band from home button side.



Plug into any USB power, charge for 5 minutes to activate. No specific charger is required. You can charge the fitness tracker with either:

- Any phone or tablet power adapter
- USB port on PC or power bank
- Wall charger or power strip with USB port.

Note: Charge the fitness tracker on PC USB port may take longer time.

### Plugged but not Charging?

Please make sure you have plugged the USB charging port in correct way. If the fitness tracker is not charging, turn the USB to another face and plug again.



USB is a single-face device, you may notice there is only one face with metal pieces, if you plugged in reversed way, fitness tracker will not receive power.

### Download the App

Search "JYouPro" in the App Store or Google Play.

Or scan the QR code to download.



Requires iOS 8, Android 4.4 and newer version.

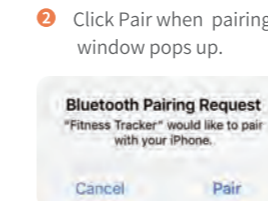
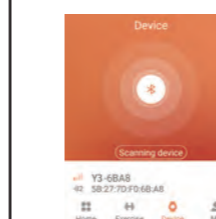
The fitness tracker works with JYouPro only, not support third party fitness App.

### Pair with Phone

Enable the Bluetooth before pairing.

Pair must be made in the App, not the phone settings.

1. Find the fitness tracker in JYouPro App



2. Click Pair when pairing window pops up.

Tip: To avoid signal interference, remove other Bluetooth devices near the fitness tracker

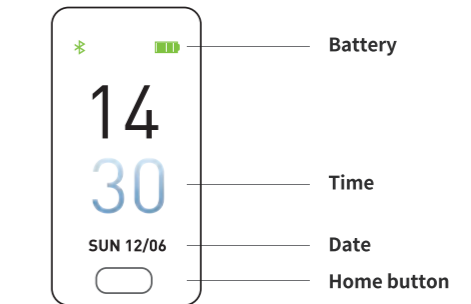
### Unbind with Phone

If you want to unbind the fitness tracker or pair with another phone, unbind in the App first

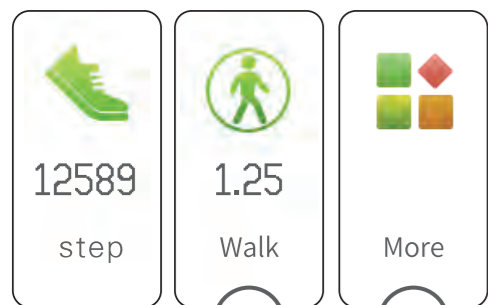


then go to phone Bluetooth settings, forget this device.

### Main Screen



The fitness tracker sync with phone time, to modify or correct time, update phone time first then sync with fitness tracker.



Steps Walking mode More features

press 3 seconds to enter



### Heart rate / bpm

This data is your real-time heart rate (beats per minute), check detailed history data in the JYouPro App.

Heart rate data is only for sports. Results may vary on moving and affected by environment, do not use for medical purpose.

### Reboot and Reset

Tap the button to switch menus towards More, hold for 3 seconds to enter advanced menu, continue tapping until you see power off and reset option.



To power off or reset, hold button for 3 seconds. To switch on the fitness tracker again, hold button for 3 seconds again.

### Please Pay Attention

This IP67 waterproof provides daily protection like rain, shower, and shallow swimming pool.

Do not use it to swim in the 1m or deeper water, or in river, sea, diving.

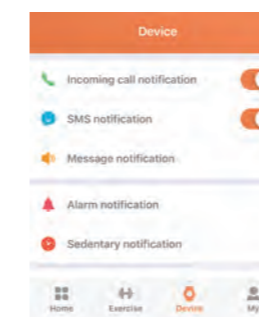
Do not use in hot places such as sauna, steam, hot spring.

### Reminders and Notifications

You may set up call, SMS, App notifications, sedentary reminders and alarms in JYouPro App.

Sync the fitness tracker and phone to validate your settings.

Go to Device to set up.



### FAQ

1. Why didn't I see the charger or adapter in the box?

To charge the fitness tracker, you just need to simply remove the band, and plug the USB charging port into any power adapter or PC USB. No specific charger is required.

2. Why the fitness tracker could not be charged?

You may plug the fitness tracker charging port in reversed way, turn it to another face and try again. Charging port is on the home button side.

3. Can I use the fitness tracker without a smartphone?

You may have very limited access to the fitness tracker such as advanced data history and settings, even though tracking still could work. We suggest you use with a smartphone.

4. Why can't I pair or sync the tracker with phone?

Pair and sync must be made in the App, not the phone settings. Make sure your phone supports Bluetooth 4.0, remove other Bluetooth devices nearby to avoid interference. Keep the phone near the tracker before pair and sync.

5. Why can't I pair the fitness tracker with another phone?

One fitness tracker to one phone only, if you change pairing, unbind the fitness tracker in JYouPro first, then forget the fitness tracker in phone

Bluetooth settings, then you can bind the fitness tracker to another device.

6. Why step counting, sleep or heart rate is inaccurate?

We suggest you set your personal data in the App, this will optimize the accuracy. Heart rate data is affected by whether you are moving, and the environment, try to measure at calm and stable condition.

7. How do I set time when I travel to another time zone?

The fitness tracker itself does not do timing, it reads your phone time settings. So when you need to change time setting, confirm your phone time is right, then sync with the fitness tracker.

8. Why does the fitness tracker stop tracking my step, sleep or heart rate?

Please try to power off the device. Switch to "settings" screen and hold for 3 seconds, continue tapping until you see "power off" screen. Hold for 3 seconds, the fitness tracker will be switched off. Then switch on by hold home button for 3 seconds.

9. Can I turn off notifications during sleep so the messages won't bother?

Yes, go to the JYouPro App: "Device-More settings-Power saving mode", enable "do not disturb" option and set the time you don't want to receive notifications.

#### 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.