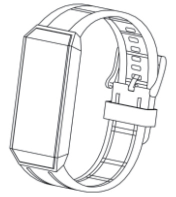
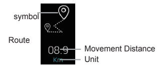
Z27 Smart band

User guide



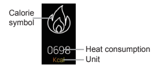
Distance interface

The interface is based on the number of walking steps, the personal height that user set up in the App, calculate the distance travelled on the day then display it.



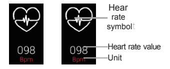
Calorie interface

The interface is based on the number of walking steps, personal height and weight that user setup in the App, calculate the consumption of the total number of calorie on the day then display it.



Heartbeat interface

In the heart rate monitoring interface, it would automatically enter the heart rate detection mode, supporting dynamic realtime heart rate detection. Under the heart rate detection mode, the battery life of the band will decrease.

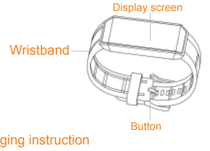


Heart rate detection precautions:

- When it is detecting, the symbol will beat and the heart rate LED light on the back of the band will light up;
- When it is detecting, The sensor should stay close to your skin, so as to avoid external light affecting the accuracy of the test;
- The detection area should be kept clean, sweat or stains can affect the detection results.

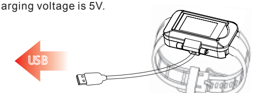
Band usage instructions

Component introduction



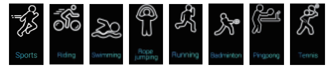
Charging instruction

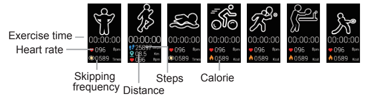
Charging CLIP charging(charging mode as shown below)
Plug the USB interface into the charging stand for charging, and the charging voltage is 5V.



Sports interface

In the sports interface, you could press and hold for three seconds to enter the specific category of sports interface, click to switch into different kind of exercise including skipping,running, cycling, etc. Long press and hold for three seconds on the specific sports interface to enter the sport details Interface, also press and hold for three seconds to exit the current exercise.





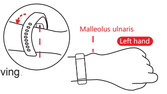
Message interface

In the message interface, the band will save 8 pieces of message pushed in APP recently. Long press 3 seconds to view the message (if there is no message, it will be stopped in the message interface.). Click to turn to the next page. View all the information, and press and hold for three seconds to delete the current message, then to exit the message interface.

Message icon
(3)
Message

Wearing method

1. The best wearing positioning of the wristband should be after the ulnar styloid process;
2. Adjust the size of the wrist according to the adjustment slot, buckle upthe wristband;
3. Keep the sensor stay close to your skin and avoid moving.



Power on/Poweroff

1. Whenpowered off charge or long press the function button for 3 seconds can turn on the band with vibration
2. When powered on, after the switch to the shutdown interface, long press the function button for 3 seconds can turn off the band with vibration.

Band operation

1. Short touch function button to turn on the screen or switch display when the band is turned on;
2. No operation default fivesecond screen standby display off, users can connect to the mobile APP to modify the idle time before turning off the display;
3. The band Factory setting by default turned on for 24 hours heart rate monitoring, and the user can select in the APP device interface to turn it on or off in the general settings.

More function interface

In the more function interface long press and hold for three seconds to enter the sub menu interface for more function operations. More symbol

More icons
Function

Search phone interface

When connected to the phone, long press and hold the phone interface for three seconds, the phone will ring a reminder. Search phone symbol

Find phone icon
Find

Reset settings interface

Long press and hold on the restore interface for three seconds, all data of the band will be cleared. As for the App, the data on the current day will be cleared. (The rest of the historical data will retain)

Restore icon
Revert

Product information interface

In the product information interface, long press and hold for three seconds to view the firmware version number and Bluetooth address. Symbol of the product about

About icon
About

Ap Installation

Scan the QR code below or enter any major App markets to download and install "Power Fit"

System requirements: iOS 8.0 or above; Android 4.4 or above, support Bluetooth 4.0.

Device connection

You need to connect to the APP for calibration that you use the band in the first time. After the connection is successful, the band will synchronize the time automatically. Otherwise, the step counting and sleep data will not be accurate.

Shutdown interface

In the shutdown interface,long press for more than three seconds to shut down the phone with vibration. Shutdown symbol

off icon
Power

Brightness adjustment interface

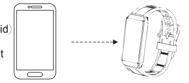
In the brightness adjustment interface, long press and hold the brightness symbol for three seconds until it blinks, a single press can adjust different brightness, in the total of four levels of brightness. Brightness symbol

Luminance icon
Brightness

Precautions

- The band should avoid strong impact, extreme heat and exposure under the sunlight for a longterm.
- Do not disassemble, repair or modify the band yourself.
- This band is charged with 5V500MA. Overvoltage load power supply charging is not applicable.
- The suggested usage environment temperature should be 0 to 45 Celsius degree. Do not throw it into the fire to avoid explosion detonating.

Open mobile APP
Click the settings symbol
↓
My device (iOS) / Search device (Android)
↓
Click the search symbol in the top right
↓
Click the device



Bluetooth connection: After the pairing is successful, the APP will save the Bluetooth address of the band automatically. When the APP is opened or running in the background, it will search the band and try to connect to it when found.

Data synchronization: Manually pull down the screen on the home page to sync data; the band can store 7 days of offline data, the more data, the longer the synchronization time, the longest is about 2 minutes, and there will mention "Synchronization completed" remind after the synchronization is completed.

APP Function and setting

Personal information and exercise goal

You have to fill in your personal information after you enter the APP

- Please dry the band with the soft cloth before charging when the band is wet. Otherwise, it will corrode the charging contact point, causing a charging failure.
- Do not touch chemicals such as benzene, cleaning solvents, propanol, alcohol or insect repellent.
- Do not use this product in a highvoltage, highmagnetic environment.
- If you have a skin type which is sensitive to allergy reactions or wears the band too tightly, you may feel uncomfortable.
- Please dry the sweat on your wrist in time, and the strap exposed to soap, sweat, allergens or dirt for a long time may cause skin irritation and itching.
- If you use it frequently, it is recommended to clean the band every week. Wipe with a damp cloth and mild soap to clear up oil or dust.
- Do not wear a band to take a hot bath and swim.
- After showering, wipe the bracelet in time to keep it dry.

Frequently Asked Questions

Is this too long to wait for the first time heart rate test?
For the first time to detect heart rate, it needs to collect longer signals depend on different groups of people, in order to calculate your heart rate accurately.

What if the Bluetooth connection is not available?(Connection/reconnection failed or reconnection is slow)
Confirm that your device is either iOS 8.0 or Android 4.4 or above, and also supports Bluetooth 4.0.

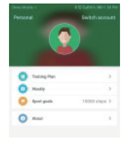
1. Due to the signal interference of the Bluetooth wireless connection,the connection time may vary in each time. If it is not connected for a long time, please make sure that the operation is carried out without the interference from the magnetic field or from multiBluetooth equipment.
2. Turn off Bluetooth and turn it on again.
3. Close the mobile background app or restart the phone.
4. Do not connect other Bluetooth devices to your phone at the same time.
5. Check whether the APP is running normally in the background, if it is not in the background, it may not be connected.

Unable to detect the band?
Because the band is not detected by the mobile phone during the Bluetooth broadcast, please make sure that the band is charged and activated, and is also not bound to other mobile phones already. Then,you can put the band close to the mobile phone. If it still does not work, please turn off the Bluetooth of your phone and restart the Bluetooth after 20 seconds.

Why has the wrist been worn tight when measuring heart rate?
The band uses the principle of light reflection. After the light penetrates the skin, the signal reflected the sensor is collected to calculate your heart rate. If you do not wear it tightly, ambient light will enter the sensor, which will affect the measurement accuracy.

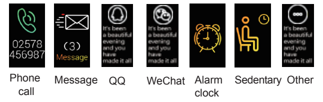
My → personal

- Able to set avatar-gender-age-height-weight, personal information for improving the accuracy of the data.
- Customize your daily sports goals through a reasonable exercise planning, able to help improve physical fitness.



Reminder function

Activate the reminder function needs to turn on the reminder switch in the APP setting centre and keep the mobile phone and the band in a state of successful connection of Bluetooth. Vibration to remind when new messages coming up.



Incoming call reminder: When calling in, the band will vibrate and display the name and number of the caller. If the APP turns on the "Call rejection"function, long press and holds the wristband function button to reject the call for threeseconds.
SMS reminder: When receiving a text message, the band vibrates and displays a symbol to remind, click to view the text message content.
QQ Reminder: When receiving QQ message, the band vibrates and displays a symbol to remind, click to view the QQ content.
WeChat reminder: When receiving a WeChat message, the band vibrates and displays a symbol to remind, click to view the WeChat content.
Smart alarm: Threealarm can be set. After setting, it will be synchronized to the band. The smart alarm clock is a silent alarm clock. When the alarm is activated, the band will initiate moderate vibration and support offline alarm reminder.
Sedentary reminder: The default reminder interval is one hour; in the connected state, after the user is turned on, if the user does not exercise within one hour, the band will vibrate to remind the user to exercise.
Other reminders: When receiving other messages such as emails, the band will vibrate and display another reminder symbol, click to view thecontent.

Sleep detection function

When you fall asleep, the band will determine to enter the sleep monitoring mode automatically, and detect the length of your deep sleep/ light sleep / awake time period, calculating your sleep quality; sleepdata can only be viewed on APP at this moment.
Note: Sleep data will only be available when you wear the band to sleep.

Why didn't I receive a reminder when the reminder function wasturned on?
Android phone: Make sure the phone and the band are connected. After connecting, enable the corresponding permissions in the phone settings, allow the "Power Fit"app able to access phone calls, text messages, contacts list, and keep "Power Fit"running in the background; if the phoneis installed with security software, add "Power Fit" as trustable.
Apple mobile phone: If there is no reminder after connecting, it is recommended to restart the mobile phone to reconnect. When connecting the band in again, you must wait for the mobile phone to come up [Bluetooth Pairing Request], and click [Pairing] to have your reminder function available.

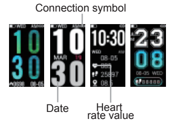
Is the band waterproof?
Support IP67 waterproof and dustproof level (IP67 standard is capable in less than 35 Celsius degrees, and water depth is 1 meter for under 30 minutes). As usual, wash hands, raining, cold water shower and car wash can be worn at will.

Does the Bluetooth connection need to be turned on all the time? Is there still data recording after disconnection?
Before the data is synchronized, data is retained on the main body of the band. (data can be retained for seven days). When the Bluetoothconnection between the mobile phone and the band is successful, the band data will be uploaded to the mobile phone automatically. Please synchronize the data to the mobile phone in time.
Note: If you enable the call and SMS reminder function, you must keep the Bluetooth connected but alarm clock reminder is supported in offline.

Main function interface

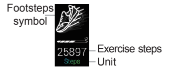
Main interface

There are main interfaces in the band. Long press for three seconds on the main interface to select which specific interfaces to switch to. Single click to switch. Long press and hold for three seconds to confirm selecting the current main interface. After the APP is paired for the first time, the band will synchronize the time and date of the phone.



Remind:
1. When it is not wearing, ♥ do not beat, and display the last heart rate value measured;
2. When it is wearing, ♥ beating, the heart rate value would be cleared and the measurement will be started, displaying the realtime heart rate value.

The interface display steps, the band default step counter mode. when the band is worn on the wrist that the user walks and the arm swings, the band record walking step data according to the number of swings.



Specifications

Device Type	Smart Continuous Heart Rate Bracelet	Type of battery	Polymer
Display	TFT1.14 color screen	Battery model	401727
Product weight	40g	Battery capacity	140mAh
Dimensions	64.8x21.8x11.9mm	Input voltage	DC 5.0V
Waterproof rating	IP67	Operating temperature	10~50℃
Wristband material	TPU strap	Packing list	Host, manual,Charging CLIP Box

FCC 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

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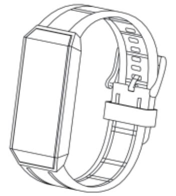
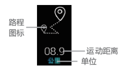
智能连续心率手环

使用说明书
User Guide



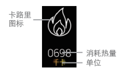
距离界面

该界面根据行走步数，APP个人设置的身高，计算当天行走的路程并显示出来。



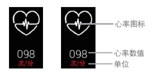
卡路里界面

该界面根据行走步数，APP个人设置的身高和体重，计算当天消耗的卡路里总数并显示出来。



心率界面

在心率监测界面，自动进入心率检测模式，支持动态实时心率检测。心率检测模式下，手环的续航时间会降低。

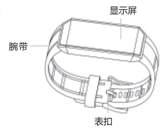


心率测试注意事项：

- 测试时，图标会跳动同时手环背部心率LED灯会点亮；
- 测试时传感器要紧贴皮肤，避免外部光线影响测试的准确度；
- 测试区域要保持清洁，汗水或污渍都会影响测试结果。

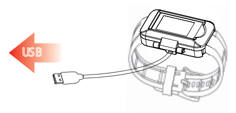
手环快速使用说明

部件介绍



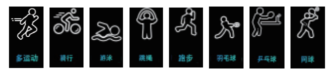
充电方法

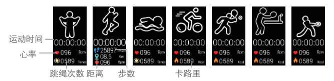
充电夹充电（充电方式如下图)
将USB接口插入充电座即可进行充电，充电电压5V。



运动界面

在运动界面，长按三秒进入具体运动界面，包括跳绳、跑步、骑行等多项运动，点击可切换。在具体的运动界面长按三秒开始运动，进入运动详情界面，长按三秒退出当前运动。



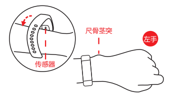


消息界面

在消息界面，手环会保存APP最近推送的8条信息 长按三秒即可查看消息（无消息则停在消息界面），点击翻页，长按三秒删除当前消息，查看完信息即可退出。

佩戴方法

1. 手环以尺骨茎突后佩戴最佳；
2. 根据调节孔调好适合手腕的大小，扣上腕带扣；
3. 传感器要紧贴皮肤,避免移动。



开/关机

1. 在手环关机状态下，充电或长按功能键3秒手环震动开机；
2. 在手环开机状态下，切换至关机界面，长按功能键3秒手环震动关机。

手环操作

1. 在手环开机状态下短触摸功能键可点亮屏幕或切换显示；
2. 无操作默认五秒息屏,用户可连接手机APP修改息屏时间；
3. 手环出厂默认打开24小时心率监测，用户可在APP设备界面的通用设置中选择打开或关闭。

更多功能界面

在更多功能界面，长按三秒即可进入下级菜单界面，进行更多功能操作。

更多图标
功能

查找手机界面

连接状态下，在查找手机界面点长按三秒，手机会发出铃声提醒。

查找手机图标
找手机

还原界面

在还原界面长按三秒，手环数据全部会清零，APP当天数据清零（其余历史数据继续保留）。

还原图标
还原

关于界面

在关于手环界面，长按三秒查看固件版本号和蓝牙地址。

关于图标
关于

安装手环APP

描以下二维码或进入各大应用市场下载并安装“Power Fit”

设备要求：iOS 8. 0及以上；Android 4. 4及以上，支持蓝牙4.0。

设备连接

首次使用手环需连接APP进行校准，连接成功后手环会自动同步时间，否则计步和睡眠数据不准。

关机界面

在关机界面，长按三秒以上手机即可震动关机。

关机图标
关机

亮度调节界面

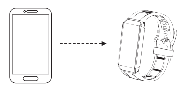
在亮度调节界面，长按三秒亮度图标开始闪亮，单点可选择不同亮度，共有四档亮度。

亮度图标
亮度调节

注意事项

- 请避免手环遭受强烈撞击、极度高温和暴晒。
- 请勿自行拆卸、修理或改造本机。
- 本机使用5V500MA充电，严禁使用超电压负荷电源进行充电。
- 本机使用环境为0度~45度，禁止将其扔进火中，以免引起爆炸。

打开手机APP
点击设置图标
↓
我的设备(iOS)搜索设备(Android)
↓
点击右上方查找图标
↓
点击设备连接



蓝牙连接：配对成功后，APP自动保存手环蓝牙地址，APP打开或在后台运行，都会自动搜索并连接手环。

数据同步：在APP主页手动下拉同步数据；手环可存储7天的离线数据，数据量越多，同步时间越长，最长大约2分钟，同步完成后会有"同步完成"的提示。

APP功能及设定

个人信息和运动目标

进入APP后请先设定个人信息

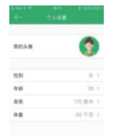
- 手环沾水时请用软布擦干后方可进行充电操作，否则会腐蚀充电接触点，导致充电故障。
- 请勿接触汽油、清洁溶剂、丙醇、酒精或驱虫剂等化学物质。
- 请勿在高压高磁环境中使用本产品。
- 若您拥有敏感皮性肤质或将手环佩戴过紧，可能会感到不适。
- 请及时擦干手腕上的汗滴，表带长时间接触皂类、汗水、过敏源或污染成分，可能造成皮肤过敏瘙痒。
- 如果经常使用，建议每周清洁手环。用湿布擦拭，用温和的肥皂祛除油污或灰尘。
- 不宜佩戴手环洗热水澡及游泳。
- 淋水后，请及时擦拭手环，以保持干燥。

常见问题

首次测试心率等待时间过长？
首次测试心率，需根据不同人群采集较长的信号，才能准确计算您的心率。

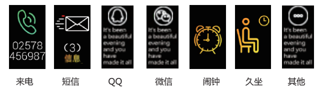
我的→个人

- 可设置头像-性别-年龄-身高-体重，个人信息可提高数据的精准度。
- 定制个人每天的运动目标，合理的运动规划，有助于身体素质的提高。



提醒功能

提醒功能需要在APP端设置中心开启提醒开关，并保持手机与手环在蓝牙连接成功的状态，来消息时震动提醒。



蓝牙连接不上怎么办？（连接/重连失败或连接重连速度很慢）
确认您的设备是否是IOS8.0和安卓系统4.4及以上版本并支持蓝牙4.0。
1. 由于蓝牙无线连接存在信号干扰的问题，可能每次连接的时间不等，如果长时间连接不上，请确保操作在无磁场或无多蓝牙设备干扰环境下进行
2. 关闭蓝牙再打开
3. 关闭手机后台应用或重启手机
4. 手机不要同时连接其他蓝牙设备或功能。
5. APP是否在后台正常运行，如果不在后台可能连接不上。

无法搜索到手环？
因为手环蓝牙广播时没有被手机搜索到，请确保手环处于有电，并激活状态，且未与其它手机绑定，然后将手环靠近手机，如果仍然无效，请关闭手机蓝牙，20秒后再重启手机蓝牙。

测量心率时为什么手环要戴的比较紧？
手环采用光反射原理，通过光源穿透皮肤后，采集反射到传感器的信号来计算您的心率，如果佩戴不紧 ，会有环境光进入传感器，会影响测量精度。

来电提醒：来电时，手环上会震动，并显示来电的姓名或号码。如APP打开"来电拒接" 功能，长按三秒手环功能键可拒接电话。
短信提醒：收到短信时，手环震动并显示图标提醒，点击查看短信内容。
QQ 提醒：收到QQ信息时，手环震动并显示图标提醒，点击查看QQ内容。
微信提醒：收到微信消息时，手环震动并显示图标提醒，点击查看微信内容。
智能闹钟：可进行三个闹钟的设置，设置后，会同步给手环；智能闹钟是一种无声闹钟，闹铃时，手环会发起适度的震动，支持离线闹钟提醒。
久坐提醒：默认提醒时间间隔是一个小时；连接状态下，开启后，如果用户一个小时内都没进行运动，手环将会发出震动，提醒用户进行运动。
其他提醒：收到邮件等其他信息时，手环会震动，并显示其他提醒图标，点击可查看内容。

睡眠检测功能

入睡时，手环会自动判断进入睡眠监测模式，自动检测您整晚深睡/浅睡/清醒时长，计算您的睡眠质量；睡眠数据暂时只支持APP端查看。
注意：佩戴手环入睡才会有睡眠数据。

已开启提醒功能为什么没有收到提醒？
安卓手机：确认手机与手环是连着的，连上后在手机设置里打开对应的权限，允许“PowerFit” APP访问来电、短信、通讯录，并保持“Power Fit” 在后台运行；如果手机安装有安全软件，请将“Power Fit” 添加为信任。
苹果手机：若连上后没有提醒，建议重启手机重新连接，再次连接手环时，必须等手机弹出【蓝牙配对请求 】，点击【配对】后才会有提醒。

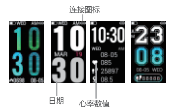
手环是否防水？
支持IP67防水防尘等级（IP67标准为35度水以下水深1米以下30分钟），通常情况下洗手、下雨、冷水淋浴、洗车可随心佩戴。

蓝牙连接是否需要一直开启？断开后是否还有数据？
未同步数据前，数据保留在手环主机上（可保留七天数据）。当手机和手环的蓝牙连接成功时，手环数据会自动上传到手机端，请及时同步数据到手机端。
注意：如果开启来电、短信提醒功能，则必须保持蓝牙处于连接状态，闹钟提醒支持离线。

主要功能界面

主界面

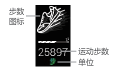
手环有3个主界面，在主界面长按三秒后可以进行界面选择，单点进行切换，长按三秒确定选择当前主界面。APP首次配对连接好以后，手环会同步手机的时间、日期等信息。



注：
1. 未佩戴时，♥不跳动，显示最后一次测试值；
2. 佩戴时，♥ 跳动，心率值清零并开始测试，显示实时心率值。

计步界面

显示计步，手环默认计步模式，将手环佩戴在手腕上，当用户走路并且手臂摆动的时候，手环根据摆动的次数记录为行走步数数据。



基本参数

设备类型	智能连续心率手环	电池类型	聚合物
显示屏	TFT1.14彩屏	电池型号	401727
产品重量	40g	电池容量	140mAh
主体尺寸	64.8x21.8x11.9mm	输入电压	DC 5.0V
防水等级	IP67	工作温度	-10~50℃
腕带材料	TPU表带	包装清单	主机、说明书、包装盒、充电夹