## 1.Warning

Please consult your doctor before starting a new exercise. Although the wristband can monitor your real-time dynamic heart rate, it can't be used for any medical purposes. It is only to help people live a more healthy life.

2.Device Requirements

Support Bluetooth 4.0 devices with Android 4.4, IOS9.0 and above. For devices with Android 6.0 and above, GPS need to be switched on.

3.Charging

To ensure smooth charging, please keep the metal contacts clean and not oxidized.
Note: Please remember to recharge wristband at least once each month if keep long-term idle.
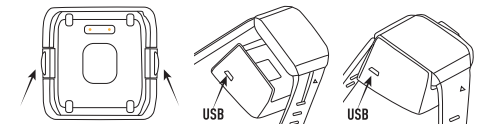
a.Please press down the active buckle on both sides of the charging adapter,
b.Put the wristband onto the charging adapter, the metal contacts should be aligned.
c.The wristband should be fixed to the charger adapter with the help of the buckles
d.Plug in the micro USB to start charging
e.Charging time, 3h will be fully charged after 2 to 3 hours).

4.Connect Smart bracelet and App

4.1Starting up: When first time use, charge or long press the side button of the wristband to power on.
4.2Install APP: Scan the QR code with your phone, or search for the "SmartWristband3" APP in the Apple Store, Google Play, or other App platform to download it. Please recognize the APP icon!

Smart Wristband3

4.3 Keep the smart wristband close to the smart phone, following APP guide to switch on Smartphone Bluetooth., activate the GPS if system is Android 6.0 or above. Search for the Wristband in APP, [Bluetooth name is "SmartWristband"], choose the wristband name to add. Set personal information according to the APP prompts, allow the app to obtain phone positioning, and complete the connection.
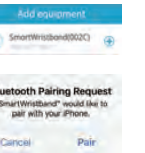

4.3.1 Pairing connection of Apple device: When first time doing paring, there would be a dialog prompted out as below, the user needs to click pair. So the Wristband cannreceive notifications of incoming calls, SMS, QQ, WeChat, etc. from the IOS system. Otherwise it will not be able to receive alerts.
4.3.2 Android device connection: Android system needs to allow app to get positioning, incoming calls, SMS permissions, set app background running permissions (open in mobile phone housekeeper, set Smart Wristband3 self-start, high power consumption, whitelist open permissions, see Help - APP background running solution).
4.3.3 If you prefer message notifications, you need to set 'notification authority' on. Tick 'Smart Wristband 3' APP.

5.Function Instruction

5.1 Main interfaces
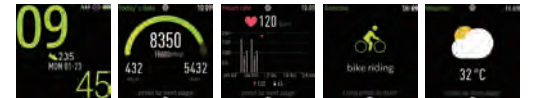
5.1.1 Watch faces

After paring between the smart wristband and the smartphone, time, date and history data would be synchronized.
In watch interface, long press touch button to enter watch face options, navigate through the available watch faces by short press. Long press to confirm the selection and return.
More settings: Press the side button in the watch interface to enter more settings, press the touch button to navigate through the stopwatch, brightness adjustment, shutdown, reset and other functions, long press to enter the settings.
5.1.2 Step counter:

Display the steps. The step counter function is automatically on. Wearing the wristband, the wristband records the steps according to the number of arm swings. Historic steps data can be checked on APP after synchronization.
5.1.3 Heart rate mode:
This product uses ultra-low power consumption heart rate sensor, and monitors the heart rate 24hous in real time.
5.1.4 Multiple sports modes: Selecting from APP, at most 3 sports can be displayed on the wristband. It will take effect after synchronization. When start the certain exercise, just activate in wristband.
Running mode: In Running interface, press and hold the touch key to start or end. Records can be synchronized to APP and stored in APP.
Cycling mode: In Cycling interface, press and hold the touch key to start or end. Records can be synchronized to APP and stored in APP.
5.1.5 Weather forcast push : Make sure smartphone GPS is on, and allow location access by APP Smart Wristband 3. Allow APP to access smartphone location in the dialog which prompts out when install APP . Also assure the smartphone has internet connection. The APP can synchronize the weather forcast to smart bracelet correctly if above settings are correct.
5.1.6 Sleep mode: The device automatically detects the user's sleep at night, and you can check the sleep record and sleep quality in APP after synchronization.
5.1.7 Lift wrist bright: When wearing the wristband. Lifting your wrist will light up the screen.

6.APP function

6.1Homepage
In APP, the data module displaying position can be changed by drag and drop operation on the smart phone **6.1Homepage**
In APP, the data module displaying position can be changed by drag and drop operation on the smart phone screen.
The steps, calories, sleep quality, heart rate, weight status can be dragged to display in home page alternatively.
6.2 Activity with GPS route
Make sure the smartphone GPS is on, GPS trajectories can be recorded while doing activity.
6.3Device
6.3.1Device information:

Display device name, version number, MAC address
6.3.2Call reminder:
It supports incoming call notification by default from the address book kept in the phone, but not supports the incoming call from the thirty parties. For unknown caller, only number can be displayed. APP setting allows you to switch on/off call reminder function.
6.3.3Message reminder:
Android device: When running APP, an access alert dialog would prompt out. Follow the guide to enable notification.Activate the receiving reminder of the app message switch. APP setting allows you to switch on/off message reminder function.
Message Reminder and Content View Support Q Q, WeChat, Facebook Messenger, Twitter, LINE, Skype, WhatsApp, KakaoTalk, Instagram, Snapchat, etc.
Long press touch key to exit the information view. The smart wristband receives the message push from the Smartphone notification centre. If the message doesn't enter notification centre means can't be pushed to smart wristband.
Apple device: The messages can be pushed to the wristband from smartphone message centre, you just need to confirm 'pair' when first time connected to the APP as explained in 4.3.1
6.3.4Alarm reminder:

After setting, synchronize to smart wristband to take effect. This function supports offline notification.
6.3.5Sedentary Remind: This function allows you to set on-off, notification interval, notification time.
6.3.6 Find device : Click the smart wristband icon to find smart wristband bounded to the smart phone, the smart wristband will vibrate.
6.3.7 Remote control smartphone camera:
Remote photo shooting: After setting and turn on smartphone camera, you can shake the wristband to take photo.
6.3.8 More settings
6.3.8.1 Multiple sports modes: You can select up to three sports modes to display on smart wristband. After settingand synchronization, you can operate the sports modes on the wristband

6.3.8.2 Lift wrist bright: You can switch on/off
6.3.8.3 DND[Do not disturb] mode: Can set one period to keep silent and without any vibration except alarm clock.
6.3.8.4 Screen-on time: Screen bright time can be set.
6.3.8.5: Device Update: View the smart wristband firmware version.
6.3.8.6Add the smart wristband: Click to enter the scanning smart wristband and connect.
6.3.8.7Unpair: You can disconnect the smart wristband.
Apple device: Select 'Unpair' in APP, then enter smart phone 'Settings'- 'Bluetooth', click the exclamation mark which is behind the device name. Further click 'Forget the device'. After unpairing, the smart wristband can't receive any notifications from Apple device.
6.4Personal information
6.4.1 User profile: You can register, log-in or change your account password by email or QQ, WeChat, Facebook. After seting, you can synchronize your personal information to the wristband.
6.4.2 Exercise Target: Setting your exercise target
6.4.3 Google fit and Apple Healthkit: Enter Google Fit and Apple Healthkit to set data source from SmartWristband 3,after the wristband is synced to the app, the relevant data can be synced to Google Fit and Apple Healthkit.
6.4.4 Help: View the help information of wristband.
6.4.5 About: View the app version.

7. Precautions for use

7.1 Theoretically, the smart wristband supports devices with operating systems of IOS9.0 and above, Android 4.4 and above, and bluetooth 4.0, but not all mobile device models. The models supported are subject to the actual situation.
7.2 There is a precision device inside smart wristband, so please don't drop it or hit a hard object which may abrase smart wristband surface and damage smart wristband hardware.
7.3 Never dismantle or remake this smart wristband, which may cause problems or hinder the product's warranty.
7.4 This smart wristband uses SV500MA for charging. It is prohibited to use the power supply exceeding the voltage load. Otherwise, hardware damage may be caused.
7.5 Never throw this wristband into fire. It may cause explosion.
7.6 This wristband uses built-in battery which is non-detachable. Do not try to replace the battery.
7.7 The wristband works at 0-45℃, and its charging temperature is also 10-45℃.

7.8 Take care of the following items when wear wristband: If you have sensitive skin or if you wear your wristband too tightly, you may feel uncomfortable.
7.9 Please wipe off the sweat on your body and wrist in time. If the wristband strap contacts soap, sweat, allergens or contamination often, it may cause skin allergy or pruritus.
7.10 Please keep wristband dry before charging it. Otherwise the wristband will can't charge successfully or the battery will be corroded.
7.11 When the smart wristband working environment is full of static electricity, then it will be unsuccessful to display any information. Please do not use wristband in high voltage or magnetic environment where wristband maysuffer to electro-static interference

8. Notes of heart rate monitoring

8.1 Please put the wristband on the wrist, 2cm from the ulna.
8.2 Please keep the Heart Rate sensor clung to skin and contact well when measuring 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 uncomfortable.

ulna

8.3 When the smart wristband is connected to APP, max heart rate alarm can be set and synchronized into the smart wristband. When the heart rate reached the Max value, the smart wristband will vibrate to alert, and the heart rate data will flash too. User is suggested to stop the on-going exercise immediately.
8.4 If you are not clear of your safe Max and Min heart rate, please consult doctors.
8.5 Make sure the sensor surface is clean before measuring heart rate. Skin color, hair density, tattoos and scars may affect the monitoring results.
8.6 Long time measuring may raise the temperature of the sensor, remove it when you're not feeling comfortable.
8.7 Cold weather will affect the measuring result, please operate under warm environment.

9.FAQ

9.1 My wristband can't connect to bluetooth. What should I do? [Fail or slow to con-

nect/reconnect to bluetooth)
Answer: 1. Check whether your phone supports bluetooth connection, that is, whether your phone is among the following products: iPhone with IOS 9.0 or above operating system, Android phones with Android 4.4 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 What to do if I can't see the recorded history in APP?
Answer: After pairing between the smart wristband and APP, synchronization can be automatically done. Or drag down the APP interface to synchronize. If synchronization fails, please re-switch on the Bluetooth or reboot the smart phone. Or exit APP and run again.
9.3 Why the smart wristband doesn't alert me after I have done incoming calls alert setting.
Answer: Make sure your APP has the access to incoming calls. Keep the smart wristband and APP in connection. Assure the APP is running in background. Android device system management APP may end the smart wristband3 APP when running the cleaning process, in this case, set Smart Wristband3 self-start, high power consumption, whitelist open permission. Please refer to 4.3.1
9.4 Why the smart wristband doesn't alert me after I have done message alerts seting.
Answer: After seting, you should make sure the App stays connected with the smart wristband. Enable message alerts in mobile phone settings and switch on the message alerts from different sources in 'Smart Wristband3' App.

9.5 Why does the smart wristband battery endurance come down?
Answer: The most power consumption parts are display, motor and PPG sensor. If the incoming calls and message alerts, heart rate monitoring are frequent, the battery standby time would be shortened.
9.6 Why the smart wristband can't be charged?
Answer: 1) Please make sure the adapter is correctly mounted onto the smart wristband
2) When the smart wristband is in ultra-low power status, a period of pre-charging time is needed.
Notes: normally if correctly connected to USB, the charging will start.
9.7 Will the Bluetooth do harm to health if the smart wristband is always worn?
Answer: The smart wristband Bluetooth radiation is far lower than FCC standard and negligible. Long-time wearing won't do harm to health.

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.
changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.