Smart Wristband3

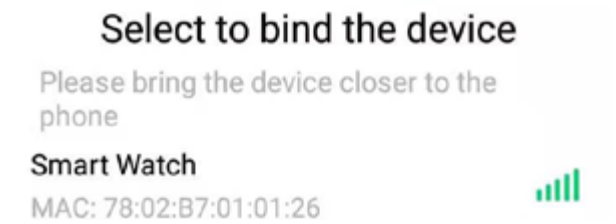
Heart Rate Edition
User Manual 2.1.5

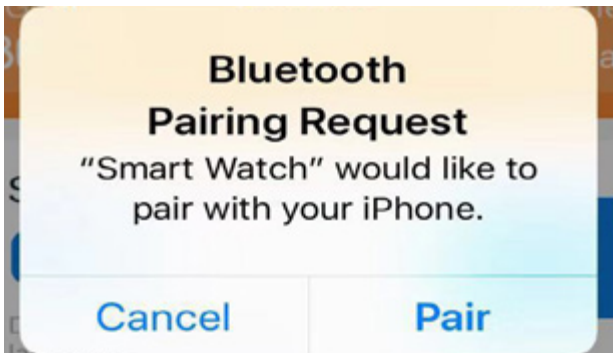
4、How to connect smart watch with mobile phone

4.1 Smart watch power on: charge or press the smart watch side button for 3 seconds.

4.2 How to install APP: Scan QR code through mobile phone, or search "Smart Wristband 3" APP in Apple store, Google store and APP store to download and install.

4.3 How to connect smart watch through mobile APP: First, put the smart watch close to the mobile phone, and then turn on the Bluetooth of the mobile phone according to the APP connection guide. Android version 6.0 and above must turn on GPS. Then search the APP for the smart watch. The Bluetooth name of the smart watch is "Smart Watch". Click the smart watch to connect. Set personal information according to APP prompts, and allow APP to obtain mobile location authority to complete the connection.





4.3.1 Apple device connection:

After the smart watch and Apple App are connected for the first time, the "Bluetooth pairing request" will be prompted. Please click "Pair" to complete the connection. After pairing, it is allowed to display a notice to check whether the Bluetooth settings are connected. Then enter the system to check whether the sharing notice is turned on, and then the smart watch can receive from IOS

system push calls, SMS, QQ, WeChat and other notification reminders, otherwise can not receive the reminders.

4.3.2 Android device connection: When connecting with Android system, you need to open the APP background operation permission in the mobile phone manager or system settings (please open the options such as self-start, high power consumption, white list, etc., otherwise the APP will be cleared by the system, and the connection with the smart watch will be disconnected. For details, please refer to the help background operation solution).

5、Smart watch function interface

5.1. Swipe down the dial screen to access shortcuts and directly select functions.

5.2. Time interface:

When the smart watch is paired with the app for the first time, the app will automatically synchronize the time and date of the smart watch. Slide the touch screen for function operation.

5.3 Step counting: the default step counting mode of smart watch. Please wear the smart watch on your wrist. When walking and arm swinging, the smart watch records the number of steps according to the number of arm swings. You can view the history after synchronizing the app.

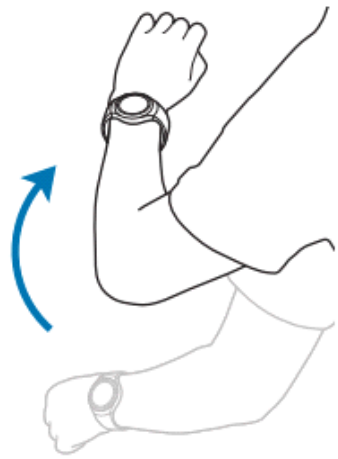
5.4Heart rate: Ultra-low power consumption heart rate detection, 24-hour real-time detection of heart rate.

5.5Sleep monitoring: The device will automatically detect the user's sleep status at night and check the sleep time and sleep quality.

5.6 Weather: The weather can only be synchronized to the smart watch after

connecting to the APP. The phone should allow the APP to locate the service and keep the phone's network connection open. Slide the screen to the right to exit.
5.7 Function interface: slide the dial screen to the right to enter the function interface.
Exercise: Slide into exercise mode and click to start exercise.
Music: You need to connect the App to use this function. Tap to enter the Music function, you can control the music to play, pause, switch to previous song, or switch to next song. Swipe the screen to the right to exit the function. (iPhone devices need to pair in Bluetooth to control the music).
Stopwatch： Click to enter the stopwatch function and slide the screen to the right to exit.
Countdown: Click to enter the countdown function, slide the screen to the right to exit.
Change dial: select the dial, click the screen to select and exit.
Brightness: Click to adjust the brightness of the screen.
Find Phone: When the App is connected, tap Find Phone, the phone will ring to alert its location. Swipe the screen to the right to exit.
Flashlight: Click to turn on the flashlight, slide the screen to the right to exit.
Settings:
About: Displays the watch App's QR code, mac address, and software version.
Power off: Follow the prompt to choose whether to power off.
Reset: Follow the prompt to choose whether to reset.
5.8SMS: Slide through the time interface to check the contents of unread messages.

5.9 Lighting up screen: When you lift your wrist, the smart watch display will automatically light up to check the time.



6、APP function

6.1、Home page

After synchronizing the smart watch, you can view the history of steps, distance, heat, heart rate, sleep, etc.

6.2、Motion

This function needs to turn on the GPS and network of the mobile phone, and can record the motion track and other data. Slide the interface left and right to select the motion mode.

6.3、Device

6.3.1 Device information: Display device name, power

6.3.2 Watch Face Push: When the watch is connected to the App, and there is an internet connection, you can set the watch face to use the App's built-in watch face, or a photo taken or an image from the album.

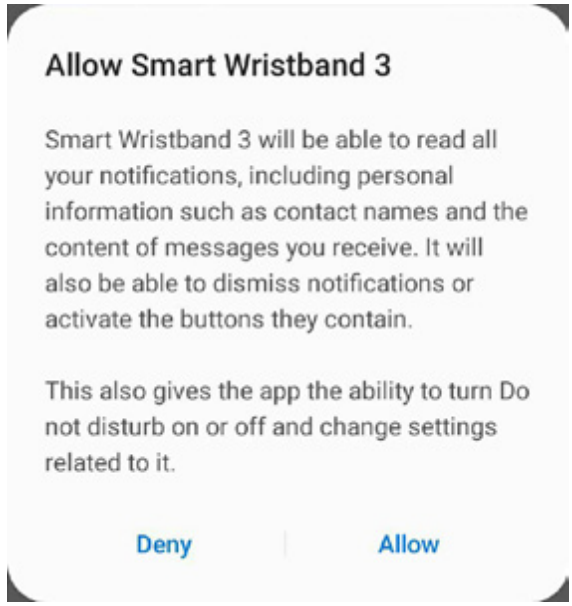
6.3.3Call reminder: Call reminder supports the default system address book contact, does not support the third-party address book call reminder. If the contact is not saved, only the number will be displayed, and the switch can be set

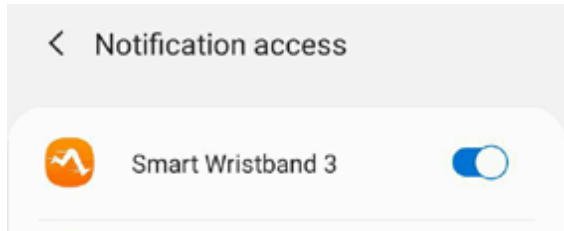
to control whether the call reminder is allowed.

6.3.4APP reminder:

Android device: Please open the access notice permission according to the prompt after entering the APP reminder, and only check the smart wristband 3 APP according to the prompt. Open the message switch of APP to receive reminders.

Apps supporting message reminders include QQ, WeChat，Facebook, Messenger, Twitter, LINE, Skype, WhatsApp, KakaoTalk, lnstagram, Snapchat etc. The smart watch can only receive messages from the mobile phone banner notification bar. If there is no push message in the mobile phone banner notification bar, the smart watch may not receive messages.





Apple device: the notification center uniformly pushes the notification content to the smart watch. It needs to connect the smart watch in the app, and when the Bluetooth pairing request is prompted, it must allow the app to display the notification from the iPhone.

6.3.5 Sedentary reminder: You can set the sedentary reminder, with reminder interval, reminder time and lunch break don't disturb.

6.3.6Heart rate detection: automatic detection switch can be set;

6.3.7 Smart alarm clock: Click add alarm to set alarm name, time and period. Click save to take effect after the setting is completed. It supports offline alarm

clock vibration reminder.
6.3.8Lighting up screen: Can set the hand up light screen switch.
6.3.9 Do not disturb mode: The time period of no disturb mode can be set.
6.3.10 More settings:
Shake photographing: After opening and allowing the app to take photos, you can shake the smart watch in the app photo interface to take photos.
Find device: Click to find the bound smart watch, and the smart watch will vibrate.
SMS reminder: set SMS reminder switch function.
Bright screen duration: Set the duration of the smart watch bright screen.
Time format: the time format of smart watch can be set.
6.4.0 Firmware update: click detect update to detect the firmware version and MAC address of the smart watch.
6.4.1 Clear data: smart watch data will be cleared, please be careful.
6.4.2 Unbind: Disconnect the smart watch from the APP.
Apple device to delete the smart watch: delete the smart watch according to the above steps, and enter the mobile phone system-Bluetooth settings, Click the exclamation mark after the Bluetooth device name, and select ignore this device in the pop-up dialog box to disconnect the ANCS connection of the smart watch. After unbinding, the smart watch will no longer receive any information notifications and content pushed by Apple.
6.5 My
6.5.1 Personal information: Login account, change account password, set personal information, and personal picture, the personal information can be synchronized to the smart watch after setting.
6.5.2 Goal steps: Set your goal steps.

6.5.3 System settings:

Unit setting: Sets the metric or English display of the watch.

Feedback: Email feedback about the use of the product.

About: Check the version number of the app and update the app.

7、Precautions

7.1. In theory, the smart watch supports operating system iOS9.0, Android4.4 or above and Bluetooth 4.0 devices, but not all mobile device models. Please refer to the actual conditions for details.

7.2. The product is charged with 5V500MA. It is strictly forbidden to use the over-voltage load power supply to avoid hardware damage.

7.3. The smart watch battery is built-in and cannot be removed. Please do not try to replace the battery.

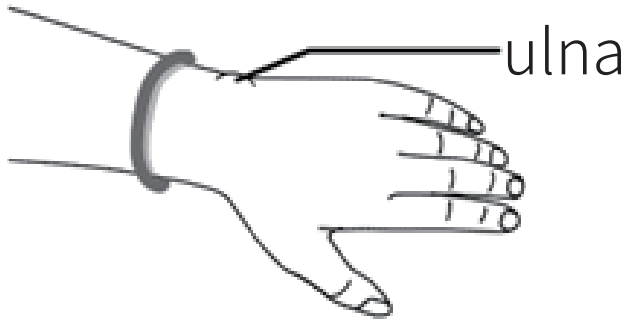
7.4. The operating environment of the wristband is 0°C to 45°C ;Charging temperature: 0°C to 45°C .

7.5. Please note when wearing: if you are sensitive skin or wearing the wristband too tightly, you may feel uncomfortable.

7.6. Please wipe the smart watch dry before charging. Otherwise, it will lead to failure or corrosion of charging contact point.

8、Precautions for heart rate measurement

8.1. Please wear the smart watch on your wrist, 2cm inside the ulnar joint.



8.2. When measuring the heart rate, please make sure that the heart rate sensor is in good contact with the skin, otherwise the sensor will leak light and the measurement will be inaccurate. Please do not look directly at the green induction lamp to avoid eye discomfort.

8.3. When the smart watch is connected to the app, it can set the alarm of the maximum heart rate value and synchronize it with the smart watch. When the heart rate of the smart watch reaches the set maximum heart rate value, the smart watch will send out vibration prompt, and the heart rate value will flash. In this case, please stop violent activities.

8.4. Please consult your doctor before exercising if you don't know your maximum or lower heart rate.

CC Statement

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:

FCC Statement

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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user’ s authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.