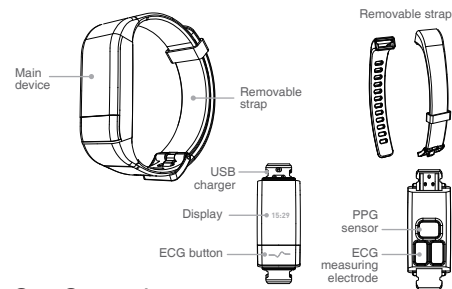


ARM2020  
Fitness Tracker



## Bracelet Components



## Get Started

### What Included

1. ECG + PPG HR Tracker with Built-in Charger
2. User Manual
3. Gift Box

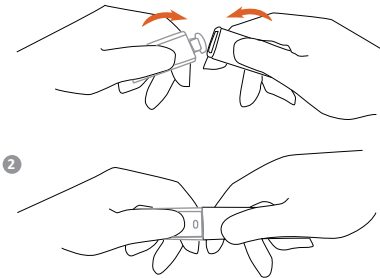
01

## Turning On and Setting Up the Device

Before you can use your device, you must plug it into a power source to active it.

### Assemble

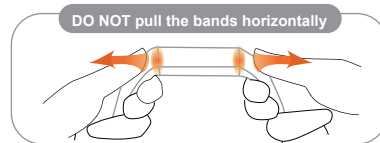
- 1 Push the bands in following the direction of the arrow.



02

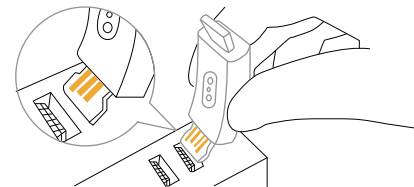
## Disassemble and Charging

- 1 Gently pull the bands off the tracker body following the direction of the arrow.

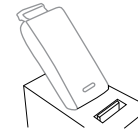


03

- 2 Insert the built-in USB plug with metal pins into a USB charger for charging.



- 3 Remove the tracker body from the power supply once fully charged.



04

## Wearing the Device

Wear the ECG+PPG HR Tracker above your wrist bone.

NOTE: The device should be snug but comfortable, and it should not move while running or exercising.



NOTE: The heart rate sensor is located on the back of the device.

## Using the Device

### Swipe

Swipe the touchscreen to scroll through widgets and menu options.

---

### Slide

Slide the touchscreen to check all the data.

Slide to return to the previous screen.

---

### Tap

Tap each button to execute whatever function you want to check.

---

### Wrist Gesture

Rotate and lift your wrist toward your body to turn the screen on.

Rotate your wrist away from your body to turn the screen off.

## Recognize Your Device

### Time and Date

The current time and date. The time and date are set automatically when the device acquires satellite signals. The device updates the time and date when you sync your device with a smartphone.



The total number of steps taken and your step goal for the day. The device learns and proposes a new step goal for you each day.



The amount of total calories burned for the day, including both active and resting calories.



The distance traveled in kilometers or miles for the day.

07



Real Time Electrocardiogram display on APP



Your active minutes in total for everyday.



How many percentage of Exercise finished based on your Exercise Goal







Your current heart rate in beats per minute (bpm)



Multi activity sports, include indoor and outdoor exercise

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	<p>Vital signs monitoring, include blood pressure</p> <p>Stress level and HRV monitor</p>
	<p>Find phone, Camera Control, Timer</p>
	<p>Send alert message for immediate help when band connects the APP.</p>
	<p>Setting Clock, Distance unit, Wrist on and Alarm ON/OFF</p>

## Notifications

Notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.

## Sleep Tracking

The device can recognize and calculate the sleep status without any action by users. It will track your sleep hours and quality. If you wear the bracelet at the night and set the alarm clock, then it will wake you up with slight vibration.

## Recording a Timed Activity

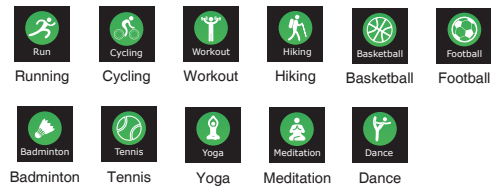
1. You can record a timed activity, which can be saved and sync to your JCLife app.
2. Slide the touchscreen to view the menu.

3. Select



Swipe to select an activity, Slide to check difference sports mode.

## Select



4. If you choose taking exercise, the device will show 3-2-1 to enter into this sport mode.

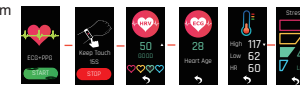


And it will show you the current Steps, Heart Rate, Pace, Distance, Calories and Activity Time. Slide to view additional data screens.

You can long press the display to stop the tracking and then all data will show on the screen.

## ECG + PPG Measurement

Real time electrocardiogram graphic can be shown on the APP when Bluetooth is connected and support ECG playback for doctor future reference.

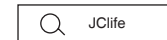


Combined AI algorithm for ECG + PPG to precaution for potential Heart Cardiac Disease, such as arrhythmia, tachycardia, slow heartbeat, pulse pause, pulse miss and ventricular premature beat.

## How to Use the Apps?

### Download the App

The JClife app can be downloaded from the Google Play and Apple App stores.

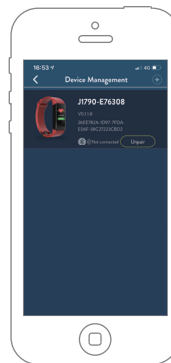


Ensure Bluetooth is enabled on your smart phone.

Important: Please ensure that your Android OS is version 4.3 or above and iOS version is 7.0 or above and the device has Bluetooth 4.0.

1. Slide image introduce you details about the product and App.
2. Personal information setting, Photos, Age, Gender, Height, Weight, BMI and Exercise Goal.
3. Connect to the JClife – Choose the device you have, tap next, then you can get the device information screen.

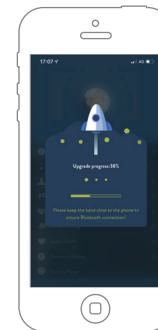
Ensure Bluetooth is enabled on your smart phone.  
Important: Please ensure that your Android OS is version 4.3 or above and iOS version is 7.0 or above and the device has Bluetooth 4.0.



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## Firmware Upgrade

To guarantee the device is the latest firmware running, please go to setting page to check if your device is the latest firmware or not.  
If there is new firmware uploaded, please upgrade your firmware before experience the device.



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## Dashboard

The JClife app will normally go to this screen, from the Dashboard Screen, it is easy to see your Steps, Calories, Distance, Heart Rate, Exercise Time, Intensive Minutes, Exercise Record and Sleep Tracking – simply tap whichever option you want to see.



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### 1) Steps

The Step count will show you how many steps you have taken, how many percentage of the steps goals you have finished. Tap the Steps icon, you can check the data details weekly, monthly and yearly.

### 2) Calories

Tap the calories icon, the Calories burned will show you how many total calories burned and the daily average calories burned, the weekly average calories burned and monthly average calories burned. Progress will be displayed in the graph at the screen to let you know details.

### 3) Distance

Tap the Distance icon, the Distance will show you how many total Distance exercised and the daily average Distance exercised, the weekly average Distance exercised and monthly average Distance exercised. Progress will be displayed in the graph at the screen to let you know details.

### 4) Heart Rate

Tap the Heart Rate icon, the heart rate screen illustrates your heart beat over time. You can drag your finger across the graph to show a tag that pinpoints the exact beats per minute at each data point on the graph.

The Daily Heart Beat will analyse your heart beat data and give you professional Health Report to remind you of more effectiveness exercise method., also you can check your weekly, monthly, yearly data to know your average heart rate during a time.

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## 5) Exercise Time

Tap the Exercise Time icon, it will show the total time in daily, weekly, monthly when you are moving, and the average exercise time.

## 6) Intensive Minutes

Intensive Minutes Tap the Intensive Minutes icon, it will show the Intensive Minutes in daily, weekly, monthly when you are taking exercise, and the average Intensive Minutes

## 7) Sleep Tracking

The sleep screen will be populated if you wear your band in bed to track your sleep.

Your total sleep time and sleep condition will be shown in the middle, then you will get the data of your average heart rate when sleeping, the deeply sleep time. Further information you will see is the detailed sleep condition, sleep heart rate and sleep time, also the weekly, monthly sleep data, which help you know your sleep well.

Tap the Sleep Record from Dashboard, you can check the daily, weekly and monthly data.

## Exercise Record

Multi activity sports to check all of the daily exercise data here easily.

It records every different exercise separately, like Running, Cycling, Yoga and whatever exercise the band can be record and you added into the app.

You can check the Exercise Duration, Exercise Distance, Exercise Calories Burned Pace and Heart Rate from different Exercise mode.



## Activities

The activities screen allows you to plan and record your physical activities, 11 exercise modes for your selection.

From the calendar, you can tap everyday to check the detailed data, each color bar means different data, like steps, calories, distance etc.

To know more information, please check it from the help page by tap the ⓘ .



When you create an exercise event, it will sync data to wristband, also record the exercise data. All data will store in the exercise record page.

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## Health Board

- Heart Rate: Rest HR, Max HR, Min HR, Heart Rate Chart to show the changes.
- Blood Pressure: The latest blood pressure data, average blood pressure and Max blood pressure value.
- HRV: The latest HRV, min HRV and Max HRV value.
- Stress Level: The latest Stress level, Min Stress level and Max Stress level.

Tapping the ⓘ icon, the daily, weekly, monthly, yearly data chart and report will show for you.

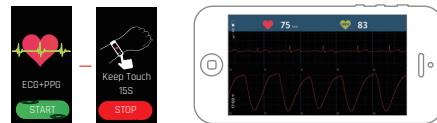


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## How to Check Your Real Time ECG

Turn on the " ECG " display to start detect real time ECG, then put your finger on the ECG button, it will monitor and record your ECG data.

Real time ECG graphic can be shown on the APP and support ECG report for doctor future reference.

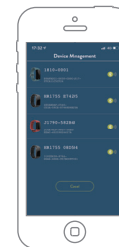


## Device Setting

### Device Management

About the device information, to disconnect the device here and get your software and hardware version.

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## Personal Information

The personal information page allows you to add and update the information about yourself, enabling the app to more accurately predict calories expended when you have completed exercise. Simply tap each option to fill in the fields.

## Setting Your Goal

Customize your workout plan on app, the device will gently vibrate to remind you to exercise more.

1. Tap Steps Goal
2. Choose the number of steps you would like to aim to complete per day
3. Choose the sleep hours you may required everyday.
4. Tap confirm

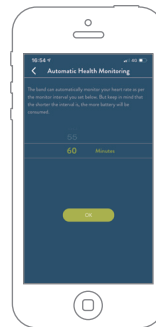


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## Monitor the Health Automatically

This wristband support real time heart rate monitor, you can set the interval time for heart rate monitoring from the Health Monitor screen. The default monitor time interval is 60 minutes, you can set it to 5 minutes, 15 minutes and 20 minutes.

Attention: The shorter the interval time to monitor the heart rate automatically, the faster the power consumption.



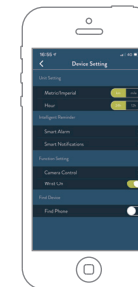
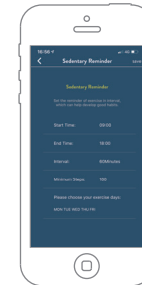
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## Setting Your Band

Change between metric and imperial measurements by tapping the units.

Change the time mode between 24 hours and 12 hours mode.

Set Alarm about sedentary reminder and other event reminder.



1. Tap into the Alarm setting screen
2. Tap Sedentary Settings
3. Select which hours you would like to be reminded to move, which hour you want to enable the reminder, and reminder interval.
4. Set which days you want reminding (tick the boxes) next to the days you prefer to be reminded.
5. Save the setting to sync the data to the device.

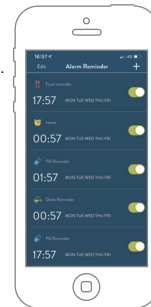
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## Other Event Reminder

1. Tap into the Other Alarm Setting.
2. Tap the “+” icon in the top right of the app screen.
3. Select the event name you want the alarm for, such as drink reminder, Wake up reminder etc – choose the time and week time you want the device to remind.
4. Tap Done when the digital display shows the desired alarm time.



Notifications ON or OFF for Incoming Call, Message, Wechat, Facebook, Twitter and Skype. The Notification must be ON, then you can set each one separately, also if you OFF the Notification, all Notification will be not remind through the device.



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## Camera Remote to control the camera of the phone, which will sync to the device setting.

1. Tap into the Device screen
2. Tap Capture Photo
3. Set up your phone and pose for the shot
4. When you're ready, tap the screen of your band
5. Your photo(s) will be in your phone's photos app

Wrist On through turn your hand over to show the screen timer, you can set it ON through both device and App.

Find Phone ON remind you when your phone is out of Bluetooth Range, also you can find your phone through app online to get if the Phone is near with your band.



## Sync Data to Apple Health Firmware Upgrading

Tap Update Firmware. If there is a firmware update available for your band, you will be able to tap Update Now to install the Update, then your device will be the latest firmware to take you more better using experience.

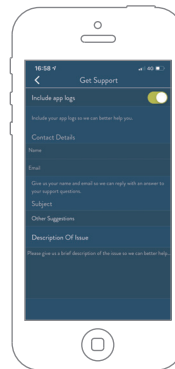
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## Factory Mode

If you want to clear all the data from now on, tap the Factory mode, at this time, the screen will be required to activate by charging.

## Feedback

If you get any good or bad experience about the device and app, you can come to Feedback screen to send your idea to our technical team, they will improve our device and app as per your valuable suggestion, on other hand, your positive feedback will encourage our team to keep going to show more better work.



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## Specifications

Size: Main body: 40.0\*20.2\*11.7mm

Wristband: 120\*16mm / 95\*16mm

Strap Material: TPU

Weight: 30g

Battery: 100mAh rechargeable lithium polymer battery

Display: 0.96" TFT multi-touch screen

Data Memory: 30 days

Walking Distance: Max 999.99km

Calories Burned: Max 9999.9kcal

Activity Time: 99h59min

## 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.