3+

HR+

SMART WATCH

ACTIVITY TRACKER WITH HEART RATE AND
BODY TEMPERATURE SENSOR

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Get Started

Introducing the 3Plus HR+, an advanced activity tracker that features 24/7 heart rate and body temperature sensors to help you understand your health and make fitness your lifestyle.

What's in the box

1 x HR+

1 x Charging Cable

HR+ Fitness Tracker Overview

Band

Screen

Touch area
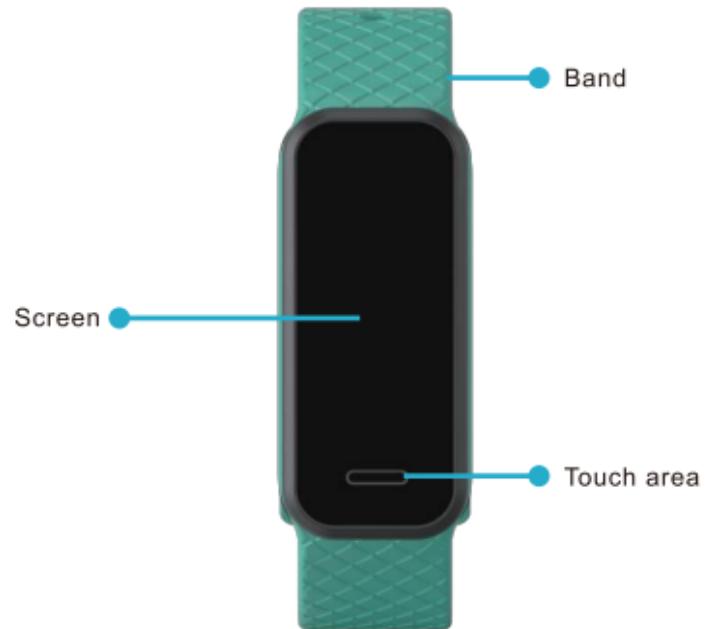
Charging the HR+ fitness tracker

Before you set up the HR+, you need to charge the battery. Use the USB charging cable provided with your HR+ to charge the battery. On a full charge, the HR+ fitness tracker has a battery life of up to 10 days. Battery life and time to fully charge your device vary with use and other factors.

To charge HR+:

1. Attach the pins on the USB cable to the back of the HR+. The cable will magnetically snap into place when attached correctly.
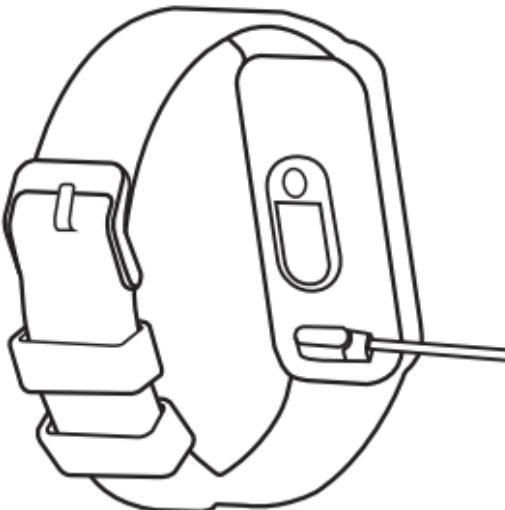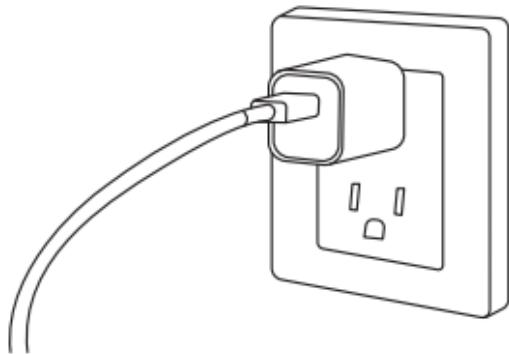
2. Plug the USB cable into a power adaptor or a computer. Plug the power adaptor into an electrical socket. (Adaptor or computer interface output: DC5V/0.5A)

3. While your fitness tracker is charging, the screen will show the charging progress.
4. Once the battery is fully charged, remove it from the charging cable.

Notes*

- The fitness tracker may become warm while charging. If the fitness tracker becomes hotter than usual, remove the fitness tracker from the charger and discontinue charging until it cools.
- This USB charging cable is specifically designed to only be used with this fitness tracker and is not compatible with other 3+ devices.
- To maximize battery life, make sure the battery is fully charged before you use the fitness tracker every time.
- Exposure to liquids or other foreign objects while using your fitness tracker may affect the charging, causing it to disconnect from the fitness tracker while charging.
- If the charging screen does not appear after connecting to a power source, check if the contact points are attached correctly to the back of the HR+.
- Do not charge the fitness tracker if the device or USB cable is wet or contains any moisture. This can cause fire, electric shock, injury, or damage to the device.

Turning the Fitness Tracker On and Off

To turn on your HR+, press and hold the single touch area button for 10 seconds. To turn off your HR+, press and hold the single touch area for 10 seconds until your fitness tracker turns off.

Waking Up the HR+

To preserve battery, the HR+'s screen turns off when not in use. To turn the screen back on, you can wake up the HR+ by:

- Tapping on the touch area

Set Up

Download the 3+ App on iOS or Android mobile devices. The 3+ App is not compatible with tablets, Windows phone or PC. The 3+ App will ask for personal information such as height, weight and sex to calculate your stride length, walking distance, calorie burn rate and basal metabolic rate. When you set up your account, your name and profile picture will be visible to other 3+ users. You can adjust the option to share activity information or hide your account from other users later in the user settings.

App Set Up

Before pairing, follow these steps to set up your HR+ to your mobile device.

- Make sure your mobile device is running Android 5.0+ or iOS 11+ and supports Bluetooth.
- Turn On the Bluetooth on your mobile device if it isn't already on.
- Make sure your mobile device is next to your fitness tracker.
- On your mobile device, download the 3+ App from the Google Play store or the Apple App store and install it. Create an account or login using an existing account.
- Make sure your mobile device is connected to a mobile data or a Wi-Fi network

Pair the HR+

On the HR+

- Make sure the HR+ is charged
- Turn on the HR+ fitness tracker
- You should see your HR+'s device ID

On the 3+ App

- Open the 3+ App on your mobile device
- Create an account or login using an existing 3Plus account
- Select the HR+ fitness tracker from the list of devices.
- The 3+ app will search for nearby devices
- Select your HR+'s device ID from the list of nearby devices
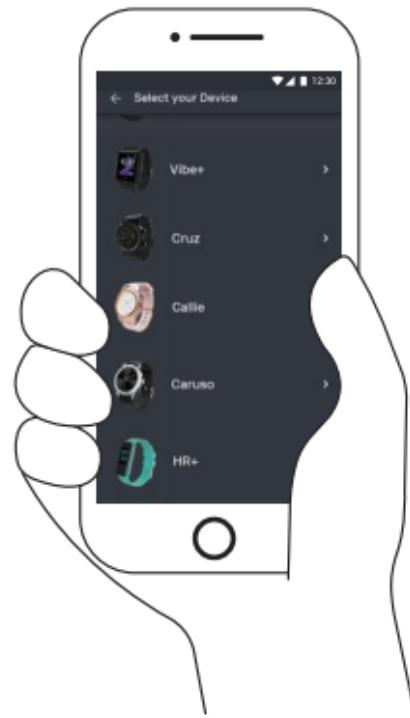
Notes*

If an update is available, the 3+ App will ask you to update your HR+'s software. We recommend updating your software to get the latest feature enhancements and product updates.

Wearing the Fitness Tracker

- For best results, the heart rate sensor and the body temperature sensor on the back of the HR+ fitness tracker needs skin contact to work properly. Wearing the HR+ with the right fit with a little room for your skin to breath will keep your wrist comfortable and let the sensor do its job.
- You may want to tighten the HR+ during workouts but loosen it when you're done. The sensors only work if the HR+ is worn on top of your wrist.
- Keep your HR+ and band clean and dry to maximize comfort and prevent any long-term damage to the fitness tracker. This is important after workouts or exposure to liquids such as sweat, soap, sunscreen and lotions that can cause skin irritation.

Changing the Band

Swap your fitness tracker's band anytime easily.

      Hold on to each end and pull on the wrist band until you see a small gap between the fitness tracker and the band. Use your finger to pop the fitness tracker out of its slot from the front side of the band.
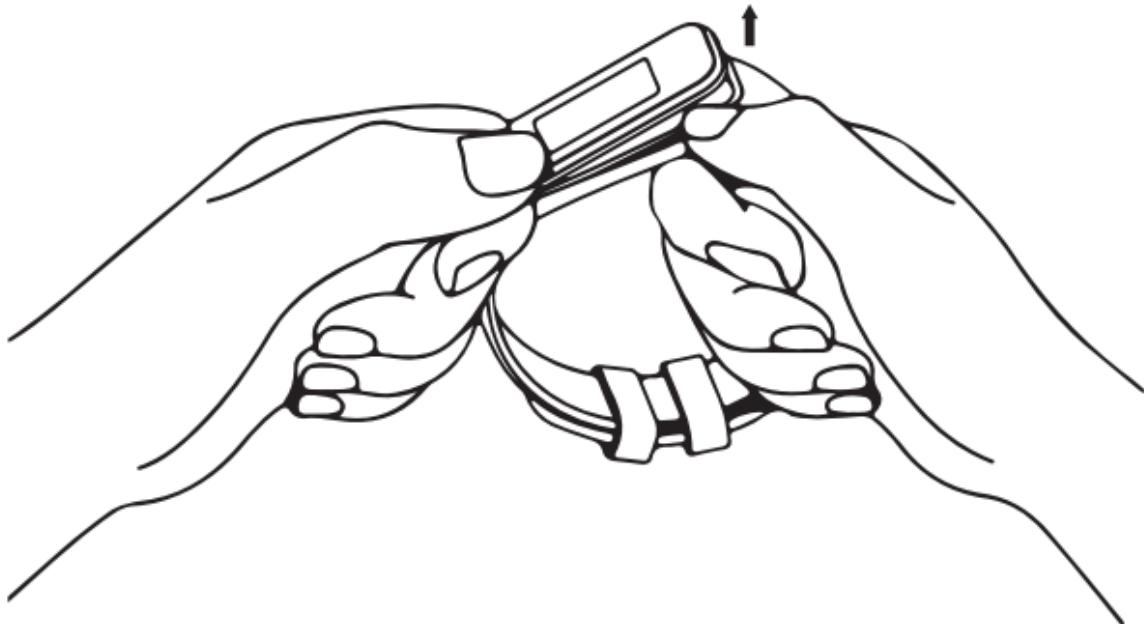
Cleaning the Fitness Band

Make sure to clean the fitness band regularly.

It is strongly recommended to regularly clean your fitness band after workouts or prolonged use. Moisture from sweat or dirt from other means can build up underneath the band and can cause skin irritation.

Wipe down the fitness band with a nonabrasive, lint free cloth. If necessary, the cloth can be lightly dampened with water. Allow the fitness band to air dry. Direct sunlight, high temperatures or humid conditions may damage the band overtime.

Note*

- The 3+ limited warranty does not cover the use of 3rd party bands.

HR+ Navigation

The HR+ fitness band features a colorful TFT display and a single touch area that allows you to navigate through the HR+ by either tapping on the touch area or by long pressing on the touch area.

Tap the Touch Area once

Long Press the Touch Area for 3 seconds

Basic Navigation

The home screen is the watch face. From the watch face, tap on the touch area once to cycle through the UI.

- Watch Face
- Daily Activity
- Heart Rate
- Body Temperature
- Guided Breathe
- Weather
- Stopwatch
- Workouts
- Settings

Activity Tracking

When the HR+ is connected and synced to the 3+ app, you can save and view your personal health related data. Only your daily activity shows up on your fitness tracker. You can view previous days, weeks or months activity on the 3+ app.

Note*

- The activity data gathered from this fitness tracker or any other related software is not intended for use in the diagnosis, or other conditions in the cure, mitigation, treatment, or prevention of disease.
- The accuracy of the data recorded, including heart rate readings, body temperature readings, may be affected by factors such as environmental conditions, skin conditions, specific activity performed while using/wearing the HR+, settings of the device, user configuration/user provided information, placement of sensor on the body and other end-user interactions.

While moderate physical activity, such as a brisk walk is safe for most people, we suggest consulting with your doctor before you start a new exercise program.

On the HR+:

- Tap on the touch area until you see the Daily Activity icon
- Long Press on the touch area
- Single tap on the touch area to cycle through your daily activity
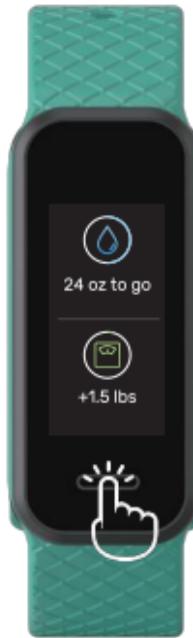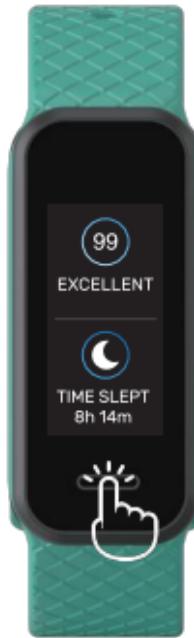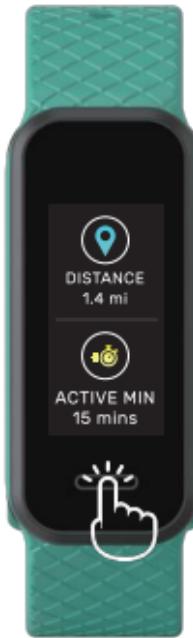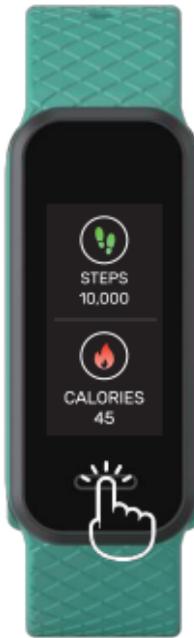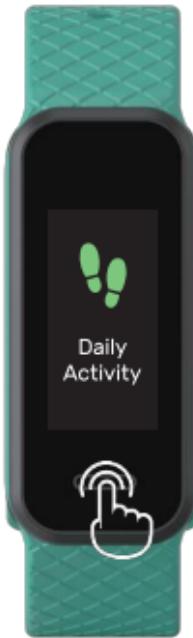
Heart Rate

The HR+ can automatically measure and track your heart rate throughout the day or during workouts.

To track your heart rate throughout the day, turn on Auto Track in the app

- Tap on **Settings**
- Tap on **Heart Rate** under App Settings
- Turn on **Auto Track**

You can customize how frequent you want the HR+ to check your heart rate. By default, the fitness tracker will turn on the heart rate sensor every five minutes.

Body Temperature

The HR+ can automatically measure and track your body temperature throughout the day and alert you if your temperature exceeds your normal range.

To track your heart rate throughout the day, turn on Auto Track in the app

- Tap on **Settings**
- Tap on **Body Temperature** under App Settings
- Turn on **Auto Track**

The HR+ will monitor your body temperature every five minutes.

Record Workouts

Track your walks, runs and outdoor biking workouts the HR+ to see real time stats including heart rate zone data, calories burned, elapsed time, distance travelled and more. For a detailed summary of your workout and route if you used the GPS, review your history on the 3+ App.

The HR+ uses a connected GPS that allows you to track your workout route when you exercise outdoors with your phone.

To start your workout, long press on the touch area when you see the exercise type you want to record. During your workout, single tap on the touch area to cycle between different exercise metrics. When you're done working out, long press the touch area to save your workout data and view your summary.

Notifications

Stay connected with events, notifications, messages and incoming calls from your smartphone. When you receive a notification, your HR+ will vibrate and display a small preview of the alert. Tap on the alert to read the full notification.

Weather

Check the weather in your current location or select a city around the world in your weather app. By default, the weather is set to your current location. If the weather does not appear, check that you've turned on location services for the 3+ App. If you change locations, sync your fitness tracker to the app to get an updated weather report.

Settings

Manage basic settings and access some features in the settings:

- On the fitness tracker, tap on the touch area until you see the settings UI
- Long press on the touch area
- Single tap through the settings UI too customize your HR+

Find my phone

If you misplace your phone in the couch cushions or if it hides under blankets, you can ping your phone from the HR+.

- From the settings, tap on the touch area until you see the Find my phone UI
- Long press on the touch area to open the Find my phone feature
- Single tap to turn on **Find my phone** feature
- Listen for the pings coming from your phone
- When you find your phone, tap on touch area to stop the pinging

Adjust the brightness

Adjust the HR+'s display brightness depending on the time of the day.

- From the settings, single tap on the touch area until you see the brightness UI
- Long press on the **Brightness** UI to open
- Adjust the level of brightness by single tap on the touch area.
- The brightness will cycle between low, medium, and high
- Once you reach the desired brightness, long press the touch area to save

Adjust the vibration

Adjust the HR+'s vibration strength

- From the settings, single tap on the touch area until you see the vibration UI
- Long press on the **Vibration** UI to open
- Adjust the level of vibration by single tap on the touch area.
- The vibration will cycle between low, medium, and high
- Once you feel the desired vibration, long press the touch area to save

Do not disturb mode

You can set the HR+ to not to vibrate and turn off a notification for a short period of time with Do not disturb mode. except for alarms, is received.

- From the settings, single tap on the touch area until you see the Do not Disturb UI
- Long press on the **Do not Disturb** UI to open
- Tap the touch area to turn on or off Do not Disturb mode. You can tell when Do not Disturb mode is on when the icon turns red.
- Long press the touch area to save

Update, Turn On/Off and Reset

Some issues can be troubleshooted by updating, restarting or resetting the fitness tracker.

Update

Keep your HR+ updated to get the latest feature improvements and product updates.

When an update is ready to install, you will receive a notification from the 3+ app. After you start the update, a progress bar will appear on the app and on the fitness tracker. Make sure your fitness tracker and app are near each other during the update progress. Before you update the fitness tracker, make sure your HR+ is charged at least 30% or more before you update.

Factory Reset

If you want to give the HR+ to another person or wish to return it, clear your personal information first by factory resetting the fitness tracker. You can factory reset the fitness tracker from the HR+ or from the 3+ app.

From the HR+:

- Open the Settings
- Tap on the touch area until you see the reset icon
- Long press the touch area to reset the HR+

From the 3+ App:

- Tap on Settings
- Select the Watch Settings Tab
- Tap on Device Information
- Scroll down and tap on the Reset button

General Information and Troubleshooting

Sensors

The HR+ is built with the following hardware:

- 3-axis accelerometer
- Optical heart-rate tracker
- Body temperature sensor
- Vibration motor
- Bluetooth 5.0

Battery

The HR+ has a rechargeable lithium-polymer battery.

Display

The HR+ has a color LCD TFT display.

Memory

The HR+ can store your daily activity information on the fitness tracker for 7 days. This includes your steps, distance travelled, active minutes, calories burned, and workouts. We recommend syncing your fitness tracker to the app at least once a day.

Operating Conditions

- 14° to 113° F (-10° to 45° C)
- IP68 Water Resistance

Heart Rate is not showing

The HR+ can continuously track your heart rate throughout the day and when you're exercising. If the heart rate sensor is unable to track your heart rate then two dashed lines will appear instead of a number.

Body Temperature readings are off

If you use the HR+ to measure your body temperature, you must wear it consistently (at least 10 minutes) to accumulate accurate readings. The body temperature sensor needs to calibrate itself to your body temperature to make sure it takes accurate measurements.

Other Issues

For more information, you can contact our Customer support.

Regulatory and Safety Information

FCC STATEMENT:

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.

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

NOTE: 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.

RF WARNING STATEMENT:

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

BATTERY WARNING:

This device uses a lithium-ion battery. If the following guidelines are not allowed are not followed the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and/or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

Safety Information

- Please charge the fitness tracker when it has low power.
- Do not leave the fitness tracker in a damp environment or expose it to liquids when charging.
- Please use our standard charging cable to charge the fitness tracker.
- Do not expose the fitness tracker under extreme temperatures

- Do not place the device near a fire and avoid contact between the fitness tracker and any other sharp objects.
- Do not misuse the fitness tracker, including but not limited to, dripping, dismantling, dissembling, puncturing, baking, burning, etc

- Do not clean the fitness tracker with an abrasive cleaner.
- Keep it out of reach of infants as small parts may cause choking.
- For the latest up-to-date manual version, please visit our website at https://3plususa.com/pages/3plus-customer-support.

Customer Service Support

If you have any questions or you have other questions about the warranty, repairs and etc, 3Plus customer support is ready to help. 3Plus customer support is available Monday – Friday from 8am to 5pm.

- Toll Free: 1 866-592-0184
- Email: service@3plususa.com