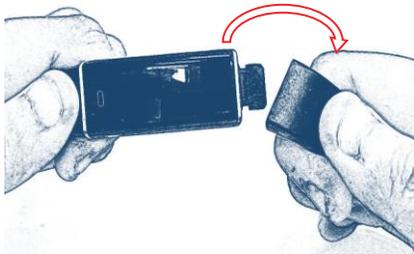
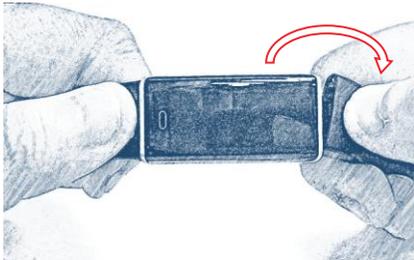


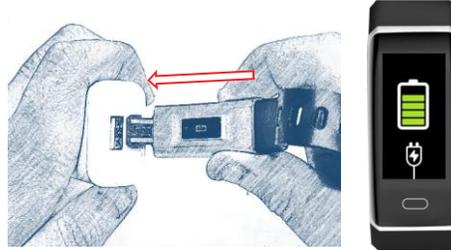
SensFit HABIT+ BAND Quick Start Guide

Charging

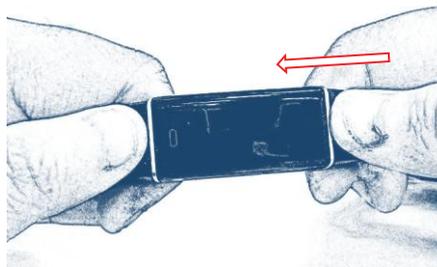
- 1 To charge, gently separate the band from the main body. Grasp the main body with one hand, and use your other hand to gently twist each piece of the band from the main body.



- 2 Then, connect the device to an USB port on PC or charger. The charging icon should be displayed. The device will be fully charge in under 2 hours.



- 3 To assemble, remove the main body from the USB port. Gently push the main body back into the band.



Power On/Off

- On To power on, press and hold (long press) the home button on the device until it vibrates, and the screen turns on.



2 Click on “**Device**” for Bluetooth device list.



i The App is required to monitor your progress and to configure the device.

Off

To power-off, press the home button to go to the “**Functions**” menu. Press and hold the home button to enter it. Then, press the home button to go to the “**Power Off**” menu. Press and hold the home button to enter it. Finally, press the home button to select “**Off**” and wait up to 3 seconds for the band to power off.

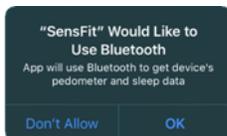


SensFit Mobile App

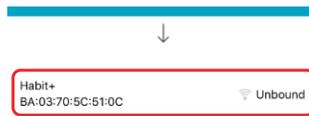
Scan the QR code below to download the App on App Store or Play Store. You can also search for “SensFit” in either store to locate the download for the App.



Once installed, allow Bluetooth access for connecting to the device.



3 Select the Habit+ Band to connect. Scroll down to refresh.



i If you have a previously connected band, please “**Unbind**” and unpair in your phone’s settings.

4 To Disconnect, swipe left and click on “**Unbind**”.

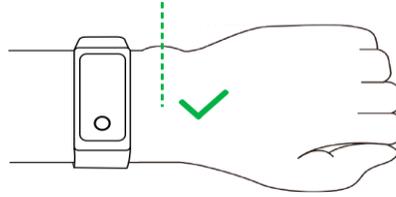
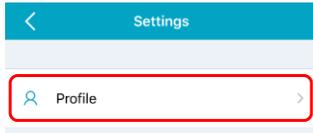


1 Go to “**Settings**” by clicking on the upper left corner.

Connection



Wearing Habit Setting

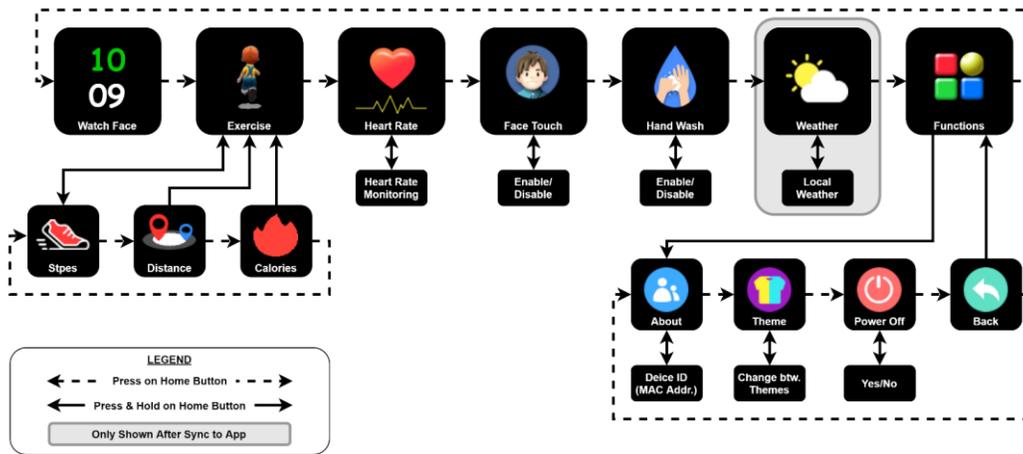


2 Click on “**Wearing habits**” to change from left to right hand, and vice versa.

Face Touch Alert

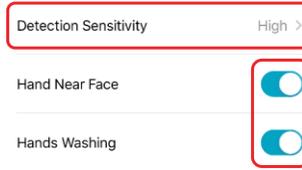
The HABIT+ BAND provides an alert(vibration and visual notification) when your hand is near or touches your face. A figure notification will be displayed on the screen as well.

HABIT+ BAND Menu Map



i Wear the HABIT+ BAND one finger width below the wrist bone.

Wearing Position



Hand Washing Detection

The HABIT+ BAND provides an alert (vibration and visual notification) when your hands are properly washed. A figure notification will be displayed on the screen as well.



Detection Sensitivity Setting

Click on the “**Detection Sensitivity**” to select between “**Low**”, “**Medium**” and “**High**”.



Click on the switch buttons to enable or disable “**Face Touch Alert**” and “**Hand Washing Detection**”.



To enable or disable “**Face Touch Alert**”, follow the steps in “**HABIT+ BAND Menu Map**” or the instructions in “**Detection Sensitivity Setting**”.

Pedometer

Swipe **left** to view the pedometer statistics on the app entrance page. Daily step count is displayed, **as well as in addition to** the distance travelled, calories burned, and steps goal.

Tap the circle with step count to view the detailed daily statistics, as well as the weekly and monthly statistics.



To enable or disable “**Hand Wash Detection**”, follow the steps in “**HABIT+ BAND Menu Map**” or the instructions in “**Detection Sensitivity Setting**”.



Sleep Monitor

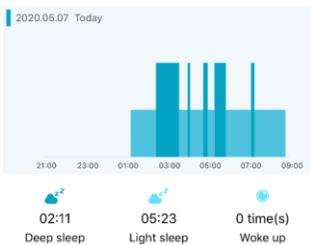
Swipe to view the sleep cycle on the app entrance page. Total time asleep (deep/light sleep) and times disturbed are displayed.

Tap the circle with total time asleep to view the

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detailed sleep cycle, as well as the weekly and monthly statistics.



 Sleep monitor requires user wearing the HABIT+ BAND while sleeping.

 The HABIT+ BAND should be in firm contact with the skin on your wrist. Be sure to tightly fasten the band, but not too tightly that it cuts off circulation.

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.

Heart Rate Monitor



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.

Firmware Upgrade

If a red dot appears in “**Settings**” → “**Firmware upgrade**”, it indicates the current firmware version is not the latest one and the HABIT+ BAND is ready for upgrade. Click on the “**Firmware upgrade**” to proceed.

