

# **Instruction Manual**

### Equipment requirements



IOS9.0 or later



Android4.4 or later



Bluetooth 5.0

### APP ---- Two-dimensional code :



### Main function description



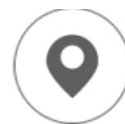
Step counting



Sleep monitoring



Heart rate monitoring



Mileage



Calories



Walking mode



Camera control



Blood pressure monitoring



Blood oxygen monitoring



Message notification



Incoming call



Stopwatch



Wallpaper replacement



Sedentary reminder



Smart alarm clock

Chip: Realtek8762c + full touch chip

Bluetooth: 5.0

Screen size: 1.3 inches full circle

Screen pixels: 240 \* 240

Compatible system: Android4.4 or higher, iso9.0 or higher

Standby time: 20 days for normal standby, 5-7 days in use

## Main function interface

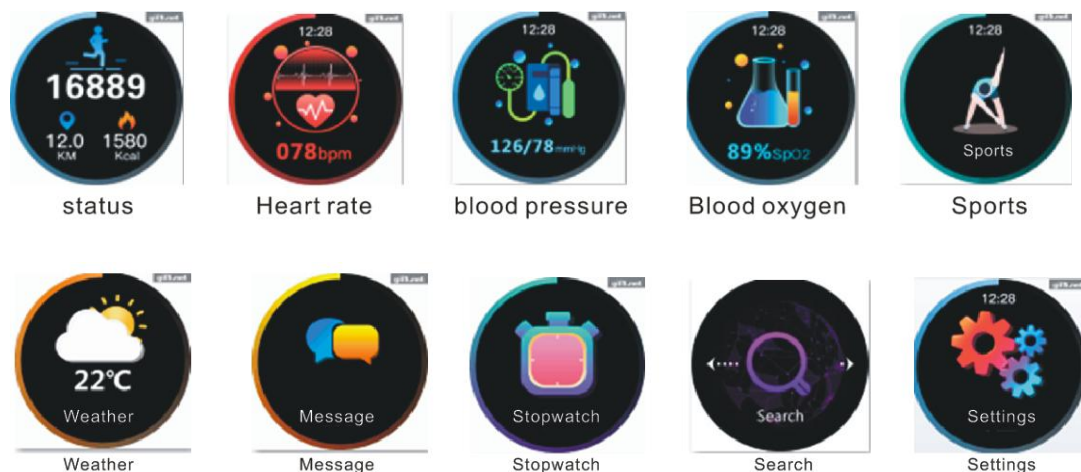
### A. Main dial interface



APP side --- docking dial application market, you can download with ease

The bracelet has three main interfaces, and the interface can be switched after long pressing on the main interface for three seconds. After the APP is paired and connected for the first time, the bracelet will synchronize the time, date and day of the week.

### B. Main menu interface



### Status interface

Switch to this interface to view the current steps, distance, and calorie status. The distance and calories are calculated and displayed based on the current number of walking steps, the height and weight set by the APP personally.

## 2. Heart rate interface, blood pressure interface, blood oxygen interface

Switch to the heart rate interface / blood pressure interface / blood oxygen interface and enter the detection automatically; you can also connect to the mobile app to test on the heart rate interface / blood pressure interface. If the bracelet is not worn properly or the test fails, the failure interface will be displayed. In the heart rate detection / blood pressure detection / blood oxygen detection mode, the battery life will be reduced.

The heart rate model is: VC31, which is a real-time dynamic heart rate and adapts to various skin tones.

Heart rate, blood pressure, blood oxygen monitoring precautions:

- During the test, the heart rate LED on the back of the bracelet will light up;
- The sensor should be close to the skin to avoid external light from affecting the accuracy of the test;
- Keep the test area clean. Sweat or stains can affect test results.

## 3. Sports interface

Switch to this interface, click the screen to enter the specific sports interface, including running, riding, skipping, badminton, table tennis, tennis, climbing, hiking, basketball, football, baseball, softball, volleyball, cricket, rugby, American football, hockey, dancing, cycling, yoga, sit-ups, treadmills, gymnastics, rowing, closing, jumping 23 sports, sliding screen can switch specific sports interface.

Press the side key to return to exit the specific exercise interface.

## 4. Information interface

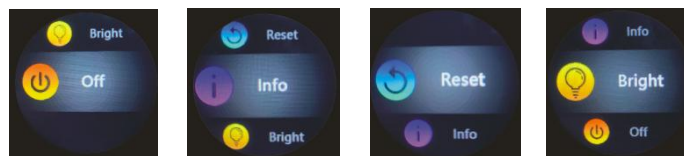
In the message interface, you can view the message on the single screen. Slide the screen to turn the page. After viewing the information, press the side button to return or exit.

## 5. Search interface

When the watch and phone are connected, long press search to find the phone.

## 6. Setting interface

Tap the screen function interface to enter the lower menu interface for more function operations.



Brightness adjustment: Tap the screen to select different brightness. There are four levels of brightness.

Version information: Click the interface on the screen to view the firmware version number and Bluetooth address of the bracelet.

Restore settings: Press and hold the screen for three seconds on this interface, all the bracelet data will be cleared, and the APP's data will be cleared on the day (the rest of the historical data will be retained).

Shutdown: On this interface, press and hold the bracelet for three seconds on the screen to shut

down, and the bracelet will vibrate at the same time.

Startup: key status, long press the side button to start up.

## 7. Music Control

When the watch and mobile phone are connected, open the music control, press the play button to play the music, you can pause, the previous song, the next song.

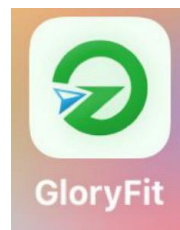
### Charging method

For the first time, please remove the bracelet and charge the device with the corresponding charger. When charging, the bracelet will automatically turn on. (The charging method is as follows: Align the two contacts of the charger with the charging position on the back of the bracelet. The magnetic charging base will automatically close, and the other end is connected to the standard USB interface to charge.



### Install the bracelet app

Scan the following QR code or enter the major application markets to download and install "GloryFit"



Device requirements: iOS 9.0 and above; Android 4.4 and above, support Bluetooth 5.0.

### Device connection

The first time you use the watch, you need to connect to the APP for calibration. If the APP is successfully logged in, you need to set personal information. After the connection is successful, the bracelet will automatically synchronize the time, otherwise the step counting and sleep data will be inaccurate.

After the mobile APP is successfully set, click the device icon



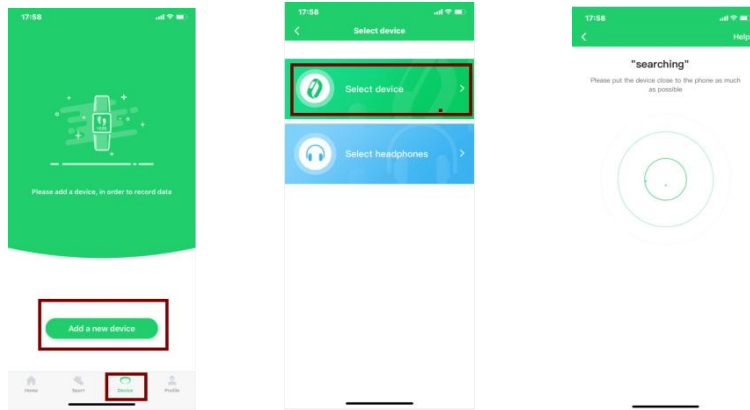
Add Device (iOS) / Add Device (Android)



Click the search icon in the upper right



Click device connection



Bluetooth connection: After the pairing is successful, the APP automatically saves the Bluetooth address of the bracelet. When the APP is opened or running in the background, it will automatically search and connect to the bracelet.

Data synchronization: Manually pull down the synchronization data on the APP homepage; the bracelet can store offline data for 7 days. The more data, the longer the synchronization time, the longest is about 2 minutes. After the synchronization is completed, there will be a "sync completed" prompt.

### **Reminder function**

The reminder function needs to turn on the reminder switch on the "Device" function page on the APP side, and keep the Bluetooth connection status between the mobile phone and the bracelet, and shake the reminder when a message comes.

**Call reminder:** When a call comes in, the bracelet will vibrate and the name or number of the call will be displayed. If the app turns on the "call rejection" function, long press the screen to reject the call.

**Reminder categories:** call reminder, message reminder, sedentary reminder, smart alarm reminder, do not disturb mode, etc.

**SMS reminder:** When receiving a text message, the bracelet vibrates and displays an icon reminder. Click to view the content of the text message. Application software reminder: When receiving the application software message, the bracelet vibrates and displays an icon reminder. Click to view the content of WeChat.

**Smart alarm clock:** You can set three alarm clocks. After setting, the alarm clock will be synchronized to the wristband. Smart alarm clock is a silent alarm clock. When the alarm sounds, the wristband will initiate a moderate vibration and support offline alarm clock reminders.

**Sedentary reminder:** The default reminder interval is one hour; after being connected, if the user has not exercised for an hour, the bracelet will vibrate to remind the user to exercise.

**Other reminders:** When receiving other information such as emails, the bracelet will vibrate and display other reminder icons. Click to view the content.

**Charging reminder:** When the wristband is connected to the power supply or the charging base is charged, the motor vibrates. Pay attention to the low battery or full power state. The wristband does not vibrate.

### **Sleep detection function**

When you fall asleep, the bracelet will automatically determine to enter the sleep monitoring mode, automatically detect your deep sleep / light sleep / wake time all night, and calculate your

sleep quality; sleep data only supports APP-side viewing for the time being.

Note: Sleep data will only be available when you wear the bracelet to sleep.

### **Camera control**

APP side --- Shake to take photos remotely; Bluetooth connection status must be guaranteed

### **Restore device**

APP --- Restore Device- Section delete all history records on APP and device

### **Precautions**

1. Please avoid the bracelet from strong impact, extreme heat and exposure.
2. Do not disassemble, repair or modify the machine yourself.
3. This machine uses 5V 500MA for charging. It is strictly prohibited to use over-voltage load power supply for charging.
4. The operating environment of this machine is 0 ° ~ 45 °. It is forbidden to throw it into fire to avoid causing explosion.
5. When the bracelet is wet, please dry it with a soft cloth before charging. Otherwise, it will corrode the charging contacts and cause charging failure.
6. Do not touch chemicals such as gasoline, cleaning solvents, propanol, alcohol, or insect repellent.
7. Do not use this product in high voltage and high magnetic environment.
8. If you have sensitive skin or you wear your bracelet too tightly, you may feel uncomfortable.
9. Please wipe off the sweat drops on your wrist in time. The strap may be exposed to soap, sweat, allergens or pollution components for a long time, which may cause itchy skin.
10. If you use it often, it is recommended to clean the bracelet every week. Wipe with a damp cloth and remove oil or dust with a mild soap.

It is not advisable to wear a bracelet to take a hot bath.

### **common problem**

#### **1. Wait too long for the first test heart rate?**

Testing your heart rate for the first time requires you to collect longer signals based on different populations in order to accurately calculate your heart rate.

#### **2. What should I do if the Bluetooth connection fails? (Connection / reconnection failed or connection reconnection is slow)**

Check if your device is iOS9.0 and Android 4.4 and above and supports Bluetooth 5.0.

Due to the problem of signal interference in Bluetooth wireless connection, the time of each connection may be different. If the connection cannot be made for a long time, please ensure that the operation is performed in the absence of magnetic fields or multiple Bluetooth devices

1. Turn Bluetooth off and on
2. Close the phone background app or restart the phone
3. Do not connect other Bluetooth devices or functions at the same time.
4. Whether the APP is running normally in the background. If it is not in the background, it may not be connected.

#### **Can't find the bracelet?**

Because the bracelet is not searched by the mobile phone during the Bluetooth broadcast, please make sure that the bracelet is powered and activated, and it is not bound to other mobile phones. Then close the bracelet

to the mobile phone. If it still does not work, please turn off the mobile phone Bluetooth for 20 seconds. Then restart the phone Bluetooth.

#### **Why should I wear my bracelet tightly when measuring heart rate?**

The bracelet uses the principle of light reflection. After the light source penetrates the skin, it collects the signal reflected to the sensor to calculate your heart rate. If you don't wear it tightly, ambient light will enter the sensor, which will affect the measurement accuracy.

#### **Why do n't I get reminders when the reminder is turned on?**

Android phone: Make sure the phone and the bracelet are connected. After connecting, open the corresponding permissions in the phone settings, allow the "GloryFit" APP to access incoming calls, text messages, and contacts, and run "GloryFit" in the background; if the phone is installed There is security software, please add "GloryFit" as a trust. Apple phone: If there is no reminder after connecting, it is recommended to restart the phone and reconnect. When connecting the bracelet again, you must wait for the phone to pop up the [Bluetooth pairing request], and click [Pairing] to get the reminder.

#### **Is the bracelet waterproof?**

Support IP67 waterproof and dustproof level (IP67 standard is 35 degrees water, water depth is 1 meter, soak in water for 30 minutes), usually wash your hands, rain, cold shower, car wash.

#### **Does the Bluetooth connection need to be always on? Is there any data after disconnection?**

Before the data is not synchronized, the data is retained on the bracelet host (the data can be retained for seven days). When the Bluetooth connection between the mobile phone and the bracelet is successful, the data of the bracelet will be automatically uploaded to the mobile phone. Please synchronize the data to the mobile phone in time.

**Note: If you turn on the reminder function for incoming calls and text messages, you must keep Bluetooth connected. The alarm reminder supports offline.**



FCC Warning 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.