

smart wristband User's Guide

Wear it properly

The bracelet is best worn after the ulnar styloid
Adjust the size of the wrist according to the adjustment hole; buckle the
wrist strap buckle.

The sensor should be close to the skin to avoid moving

Charge the bracelet

Use it for the first time to ensure that the battery is in normal condition.
If the power is not turned on normally, please connect the charger to
charge the device.

Install the bracelet app on your phone

Scan the QR code or go to the App Store, app download and install the
app.



Android/IOS

System requirements: Android 5.0 and above; iOS9.0 and above; support
for Bluetooth 4.0.

Device connection

- For the first use, you need to connect the APP for calibration. After the connection is successful, the bracelet will automatically synchronize the time.
- Turn on the Bluetooth switch of the mobile phone system → enter the app device module settings → click "Bind device, experience more features" to enter, it will automatically search for nearby Bluetooth devices on the bracelet, find and connect the bracelet device.
- After the pairing is successful, the APP will pop up a guide page. According to the instructions, jump to the mobile phone system Bluetooth search to find the H13mini/ L10/ J18 device and connect it. After the connection is successful, you can make / receive calls and listen to music (Note: If the mobile phone system Bluetooth has not been searched equipment, please enter the Dual mode menu and set it to On, you cannot make calls without connecting the equipment.)

- APP will automatically save the Bluetooth address of the bracelet, and the APP will open and run in the background, and will automatically search and connect the bracelet;
- Android phones use all notification permissions to read contact information and give the app background running in the phone settings.

Bracelet function description

- Slide down the standby page to enter the notification reminder, and slide up to enter the control center
- Swipe left or right on the standby page to cycle through the dials
- Long press 2 seconds on any dial page to start the language assistant. (Remarks: The mobile phone also needs to be connected to

the device, and the smart phone needs to set the user's voice in advance in the voice menu)

- Click the screen on the standby page to enter the main menu, the style of the main menu can be switched
- Bracelet reset device This function will clear all data of the bracelet
- Switch to the heart rate three-in-one interface to start the test, heart rate three-in-one interface 60s timeout automatically off screen (heart rate and blood pressure need bracelet hardware support).

Clock interface

After synchronizing with the phone, the bracelet will automatically calibrate the time;
Swipe left or right on the standby page to cycle through the dials

Step

Number of steps

Wear the bracelet and record the number of daily movement steps to view the current real-time steps.

distance

The distance of motion is estimated based on the number of walking steps.

Calories

Estimate the calories burned based on the number of walking steps

Heart rate, blood pressure, blood oxygen three-in-one

After entering the heart rate three-in-one test interface for a few seconds, the current heart rate, blood pressure, and blood oxygen test results are displayed. This feature requires a wristband to support heart rate and blood pressure sensors.

dial

Dial pad for making calls (note: the phone also needs to be connected to a device)

phone book

Add 8 commonly used contacts in the APP. After the bracelet is successfully connected with the APP Bluetooth, the contacts can be displayed in the bracelet phone book. Click the contact to make a call (Note: The phone needs to be connected to a device)

Custom dial

You need to connect to the APP to get the dial settings, you can choose

the recommended dial / default dial / album custom dial to synchronize

to the bracelet.

APP function and settings

Personal information

Please set your personal information after entering the app.

Looking for a bracelet

After synchronizing with the phone, the bracelet will automatically

calibrate the time;

Swipe left or right on the standby page to cycle through the dials

Step

SMS notification:

In the connected state, if the SMS reminder function is enabled, the bracelet will vibrate when there is a text message.

exercise more

All sports modes can record the calories and duration of skipping rope.

distance

The distance of motion is estimated based on the number of walking

steps.

Calories

Estimate the calories burned based on the number of walking steps

Other reminders:

In the connected state, if this function is enabled, when there are

messages such as WeChat, QQ, Facebook, etc., the bracelet will vibrate

to remind and display the content received by the app (You need to give

the APP permission to get system notifications, and the wristband can

display 20-40 words).

Sleep mode

When you fall asleep, the bracelet will automatically enter the sleep monitoring mode; automatically detect your deep sleep / light sleep /

wake up all night, calculate your sleep quality; the wristband only shows

the total length of deep sleep / light sleep / sleep, APP end can View

sleep data details.

Note: Incoming call reminder system is enabled by default, no switch

option (calls for incoming calls need to be connected to device)

Other functions:

Turn on the vibration setting function, when there are calls, messages or

other reminders, the bracelet will vibrate. If it is off, the bracelet will only

have a screen reminder without shaking to avoid interruption.

Stopwatch function

Enter the stopwatch and click the start button to start timing, click the pause button to stop, and click the reset button to clear the timing.

Custom dial

You need to connect to the APP to get the dial settings, you can choose

the recommended dial / default dial / album custom dial to synchronize

to the bracelet.

Music control

The bracelet can control the previous song and the next song, and pause

/ start playback. (Note: devices need to be connected to use

this feature phone)

Dual mode switch

This switch needs to be turned on for the phone to search for the

device. If the phone is not connected to the device

within 5 minutes after the bracelet is turned on, the switch will be

turned off automatically, and it needs to be turned on manually when it

is used again.

exercise more

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Information mode

Information menu can view the latest news content

Tip for Android user:

When using the reminder function, you need to set "Fit" to run in the background; it is recommended to add "Fit" to the rights management and open all permissions.

Alarm setting

In the connected state, 8 alarms can be set. After setting, it will be synchronized to the bracelet; if the alarm is suspended. After the synchronization is successful, even if the APP is not connected, the bracelet will be reminded according to the set time.

Music control

The bracelet can control the previous song and the next song, and pause

/ start playback. (Note: devices need to be connected to use

this feature phone)

Dual mode switch

This switch needs to be turned on for the phone to search for the device. If the phone is not connected to the device within 5 minutes after the bracelet is turned on, the switch will be turned off automatically, and it needs to be turned on manually when it is used again.

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Information mode

Information menu can view the latest news content

Setting this feature will release data in the bracelet such as step counting)

Remove device

Remove device This feature will release data and remove device

Basic parameters

Equipment	smart wristband	type	lithium polymer
Standby	standby	Synchronization	Bluetooth 4.0
Operating temperature	-10°C~50°C	Sensor	Low power
System	iOS 9.0 above / Android 5.0 or above	acceleration sensor	
Requirements			

Precautions

- Bathing and swimming should not be worn.
- Please connect the bracelet when synchronizing data.
- Use the included charging cable to charge.
- Do not expose the hand ring to water for a long time, where the temperature is extremely high or extremely low.
- If the bracelet restarts, please check the memory information of the mobile phone to clear it and try again, or exit the APP and reopen it.

FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.