智能手环
使用说明书

正确佩戴
手环以尺骨茎突后佩戴最佳
根据调节孔调好适合手腕的大小；扣上腕带扣。
传感器要紧贴皮肤，避免移动

给手环充电
初次使用确保手环电量正常,若低电不能正常开机,请连接充电器对设备进行充电。

在手机上安装手环APP
扫描二维码或进入APP Store、应用宝下载并安装APP

Android/IOS

系统要求：Android 5.0及以上； iOS9.0及以上；支持蓝牙4.0。

设备连接
首次使用，需连接APP进行校准，连接成功后手环会自动同步时间
打开手机系统蓝牙开关→进入app设备模块设置→点击"绑定设备，体验更多功能"进入，
会自动搜索到附近手环蓝牙设备，找到手环设备并与连接。
» 配对成功后，APP端会弹出引导页，根据指示跳转到手机系统蓝牙搜索找到WellAudio设备并连接，
连接成功后即可拨打/接听电话和听音乐（备注：如果手机系统蓝牙一直搜索不到WellAudio设备，
请进入Dual mode菜单下设置为开启，未连接WellAudio设备是不能拨打电话的。）
» APP会自动保存手环蓝牙地址,APP打开或在后台运行,都会自动搜索并连接手环;
» 安卓手机使用要读取联系人信息等所有通知权限和手机设置中赋予APP后台运行。

手环功能说明
按键：长按2秒开关机；任意页面短按一键返回到表盘；表盘页面短按灭屏
» 待机页面往滑进入通知提醒，往上滑进入控制中心。
» 待机页面左右滑动可循环切换表盘
» 待机表盘页面长按2秒可启动语言助手。（备注：手机同时需要连接WellAudio设备，
智能机端需在语音菜单提前设置好使用人的声音）
» 待机页面点击屏幕可进入主菜单
» 手环重置设备此功能会清除手环所有数据（如计步）。
» 切换到心率三合一界面进入开始测试，心率三合一界面60s超时自动灭屏（心率和血压需手环硬件支持）。

时钟界面
与手机同步后，手环会自动校准时间；

计步

运动步数
佩戴手环，记录每天运动步数，可查看当前实时步数。

距离
根据行走步数，估算运动距离。

卡路里
根据行走步数，估算消耗的卡路里

心率、血压、血氧三合一
进入心率三合一测试界面等待数秒后，显示当前心率、血压、血氧的测试结果。此功能需要
手环支持心率、血压传感器。

拨号
拨号盘可拨打电话（备注：手机同时需要连接WellAudio设备）

电话本
在APP中添加8个常用联系人，手环与APP蓝牙连接成功后，联系人即可同步到手环电话本里显示，
点击联系人即可拨打电话（备注：手机同时需要连接WellAudio设备）

音乐控制
手环可控制切换上一曲，下一曲，暂停/开始播放。（备注：使用此功能手机需要连接WellAudio设备）

多运动

跑步模式：
此界面下可以记录跑步消耗的卡路里和持续时间；
仰卧起坐模式：
此界面下可以记录仰卧起坐消耗的卡路里和持续时间；
开合跳模式：
此界面下可以记录开合跳消耗的卡路里和持续时间。
排球模式：
此界面下可以记录排球消耗的卡路里和持续时间。
篮球模式：
此界面下可以记录篮球消耗的卡路里和持续时间。
羽毛球模式：
此界面下可以记录羽毛球消耗的卡路里和持续时间。
骑行模式：
此界面下可以记录骑行消耗的卡路里和持续时间。
网球模式：
此界面下可以记录网球消耗的卡路里和持续时间。

睡眠模式
入睡时，手环会自动进入睡眠监测模式；自动检测您整晚深睡/浅睡/清醒次数,计算您的睡眠质量;
手环端只显示深睡/浅睡/睡眠总时长，APP端可查看睡眠数据详情。
注意：佩戴手环入睡才会有睡眠数据且从晚上10点开始检测睡眠，入睡3/4小时睡眠数据可以边睡边
同步到app中。

信息模式
当手环推送多条提醒消息，进入此界面可查看最近3条消息记录

秒表功能
进入秒表点击开始按钮开始计时，点击暂停按钮停止，点击重置按钮清除掉计时。

天气
连接APP成功，手环可获取当前天气数据，APP端设置--个人信息--能设置温度单位切换（摄氏度与
华氏度的转换）

更多菜单
1.关于--可查看项目版本号以及蓝牙名称等信息
2.语言--设备端可以直接设置语言（连接APP成功会自动同步APP当前语言）
3.时间/日期--设备端可设置时间日期

自定义表盘
需连接APP获取表盘设置，可选择推荐表盘/默认表盘/相册自定义表盘进行同步到手环

APP功能及设定
个人信息
进入APP后请先设定个人信息
设置→个人信息，可设置性别-年龄-身高-体重-距离
您也可以设置您的每日目标步数，监控每日的完成情况。

应用推送
短信提醒：
连接状态下，如果开启了短信提醒功能，当有短信时手环上会震动提醒。

其他提醒：
连接状态下，如果开启了此功能，则当有微信、QQ,Facebook等消息时，手环会震动提醒,并显示
app接收到的内容（也可进手环信息菜单查看最近消息记录）（需赋予APP获取系统通知的权限，
手环端能显示20-40个字数）。
注意：来电推送需要连接WellAudio设备其他功能：
开启震动设置此功能，则当有来电、信息或其他提醒时，手环会震动，若关闭，则手环只会有屏
幕提醒而不震动，以免打扰。

Android用户温馨提示:
使用提醒功能时需要设置为允许"FitPro"后台运行；建议在权限管理中添加"FitPro"为信任
并打开所有权限。

闹钟设置
连接状态下，可进行8个闹钟的设置，设置后，会同步给手环；支持离线闹钟，在同步成功后，
即使APP未连接，手环也会按设定时间提醒。

寻找手环
连接状态下，点击"寻找手环"选项，手环会发出震动。

遥控拍照
连接状态下，从手环端启动拍照或APP端进入遥控拍照界面，摇一摇/翻腕/触摸手环，倒计时3秒后
自动拍照请允许APP访问相册以保存自拍的照片。

久坐提醒
设置是否开启久坐提醒功能，您可设置提醒时间间隔，若在设定时间内长时间坐着，则手环会提醒。

抬手亮屏
开启此功能当手环息屏状态下，抬起手腕将屏幕转向自己即可点亮屏幕，放下屏幕会灭

勿扰模式
开启勿扰模式此功能，您可设置勿扰时间段，在设定时间段内手环停止接收通知消息，
以免提醒消息打扰

设备重置
设置重置此功能会清除手环所有数据（如计步）

移除设备
移除设备此功能会清除数据并移除设备

基本参数

设备类型	智能手环	电池类型	锂聚合物
振动马达	支持	同步方式	蓝牙4.0
工作温度	-10℃~50℃	传感器	低功耗加速度传感器
系统要求	IOS9以上/Android5.0以上		

注意事项

1.洗澡和游泳事不宜佩戴。
2.同步数据时请连接手环。
3.使用自带的充电线充电。
4.不要把手环长时间暴露在水分较高、温度极高或极低的地方。
5.手环出现死机重启现象，请注意检查手机内存信息清除再试，或退出APP重新打开。
部件介绍
*主机   *腕带   *充电线   *包装盒及说明书
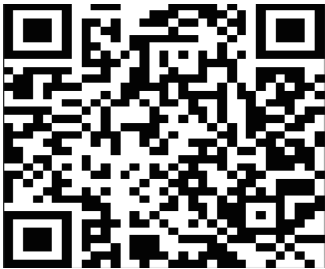
smart wristband user's Guide

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 WellAudio 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 WellAudio equipment, please enter the Dual mode menu and set it to On, you cannot make calls without connecting the WellAudio 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
» Button: long press for 2 seconds to switch the machine; short press on any page to return to the dial; short press on the dial page to turn off the screen
» 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 on the standby dial page for 2 seconds to start the language assistant. (Note: The mobile phone needs to be connected to the WellAudio device at the same time, and the smart phone needs to set the user's voice in advance in the voice menu)
» On standby page, tap the screen to enter the main menu
» Bracelet reset device This function will clear all data of the bracelet (such as step counting)
» 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;

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 WellAudio 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 WellAudio device)
Music control
The bracelet can control the previous song and the next song, and pause / start playback. (Note: WellAudio devices need to be connected to use this feature phone)

exercise more
Running mode
The calories and duration of running consumption can be recorded under this interface;
Sit-up mode
This interface can record the calories and duration consumed by sit-ups;
Jump mode
In this interface, the calories consumed and the duration of the opening and closing jump can be recorded.
Volleyball mode
In this interface, you can record the calories and duration consumed by volleyball.
Basketball mode
In this interface, the calories and duration of basketball consumption can be recorded.
Badminton mode
In this interface, the calories and duration of badminton consumption can be recorded.
Riding mode
In this interface, you can record the calories and duration of cycling.

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: Sleep data will be available when you wear your wristband and sleep will be detected from 10:00 pm. Sleeping data for 3/4 hours can be synchronized to the app while sleeping.

Information mode
When the bracelet pushes multiple reminder messages, enter this interface to view the last 3 message records.
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.

the weather
Successfully connected to the APP, the bracelet can obtain the current weather data, the APP terminal settings-personal information-can set the temperature unit switch (the conversion between Celsius and Fahrenheit)
More menus
1. About--You can view the project version number and Bluetooth name and other information
2. Language--The device can directly set the language (it will automatically synchronize the current language of the APP after connecting to the APP)
3. Time/date-the device can set the time and date
Custom watch face
You need to connect to the APP to get the dial settings, you can choose the recommended dial/default dial/photo album custom dial to synchronize to the bracelet

APP function and settings
Personal information
Please set your personal information after entering the app.
Settings → Personal Information, you can set gender - age - height - weight - distance
You can also set your daily goal steps to monitor daily completions.
Application push
SMS notification:
In the connected state, if the SMS reminder function is enabled, the bracelet will vibrate when there is a text message.

Other reminders:
In the connected state, if this function is turned on, when there are WeChat, QQ, Facebook, etc. messages, the bracelet will vibrate to remind and display the content received by the app (you can also enter the bracelet information menu to view the recent message history) (required Give the APP access to system notifications, and the bracelet can display 20-40 words).
Note: Call push needs to connect to WellAudio 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.

Tips for Android users:
When using the reminder function, you need to set it to allow "FitPro" to run in the background; it is recommended to add "FitPro" 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; offline alarm is supported. After the synchronization is successful, even if the APP is not connected, the bracelet will be reminded according to the set time.
Looking for a bracelet
In the connected state, click the "Look for the bracelet" option and the bracelet will vibrate.
Remote photography
In the connected state, start the photo from the wristband or the APP to enter the remote camera interface, shake/turn the wrist/touch the bracelet, and automatically take a photo after 3 seconds of counting down. Please allow the APP to access the photo album to save the self-portrait photo.
Sedentary reminder
Set whether to enable the sedentary reminder function, you can set the reminder interval, if you sit for a long time in the set time, the bracelet will remind you.
Raise your hand to brighten
Turn this function on. When the wristband is in the state of the screen, lift your wrist and turn the screen to yourself to light up the screen.
Do not disturb mode
Turn on the Do Not Disturb mode. You can set the Do not disturb time period. During the set time period, the bracelet stops receiving notification messages to avoid reminding messages.

Device reset
Setting this feature reset will erase all data in the bracelet (such as step counting)

Remove device
Remove device This feature will erase data and remove device

Basic parameters

Equipment type	smart wristband	type of battery	Lithium polymer
Vibration motor	stand by	Synchronously	Bluetooth 4.0
Operating temperature	-10° C~50° C	sensor	Low power acceleration sensor
System Requirements	IOS9 or above / Android5.0 or above		

Precautions
1. Bathing and swimming should not be worn.
2. Please connect the bracelet when synchronizing data.
3. Use the included charging cable to charge.
4. Do not expose the handle ring to moisture for a long time, where the temperature is extremely high or extremely low.
5.The flashover of the wristband restarts. Please check the memory information of the mobile phone to clear it and try again, or exit the APP and reopen it.
Component introduction
*Host *Wrist strap *Charging cable *Packing box and manual

Federal Communications Commission (FCC) Statement. This device complies with part 15 of the FCC Rules. Operation is subject to the following twoconditions:

(1) This device may not cause harmful interference, and

(2) this device must accept any interference received,

including interference that may cause undesired operation. 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 ormore 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.

Warning: Changes or modifications made to this device not expressly approved by CMN TECHNOLOGY CO.,LIMITED may void the FCC authorization to operate this device.Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

RF exposure statement:

This device complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. The device is installed and operated without restriction.