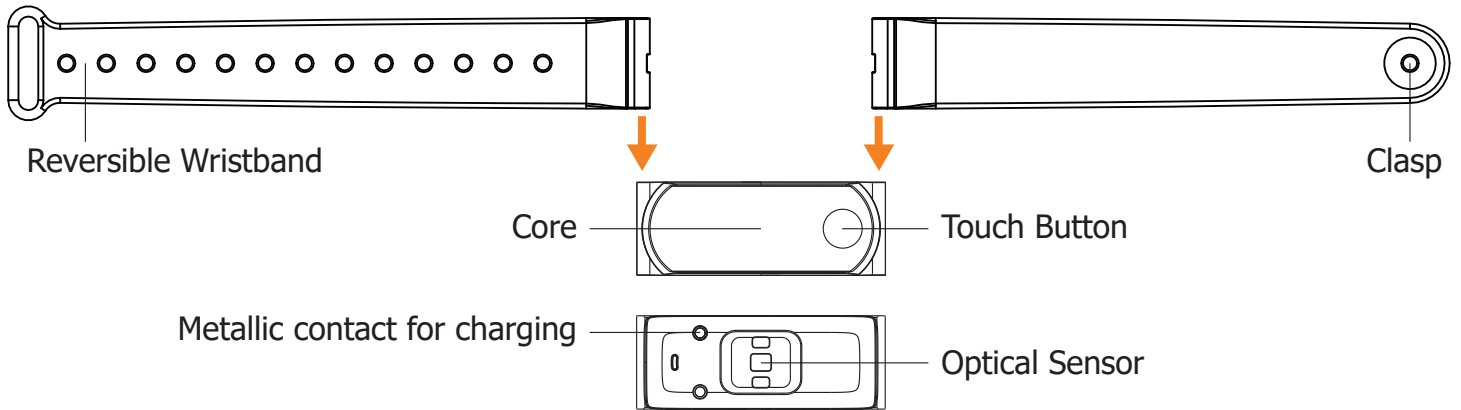


Device Overview



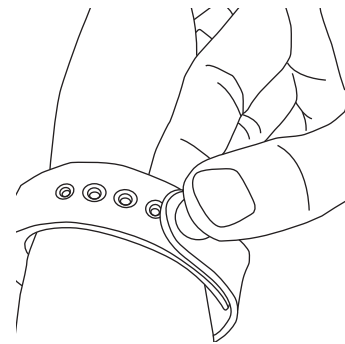
How to wear your Q-68HR?

1 Wear Q-68HR on your wrist



Put on the wristband with the screen facing up and the band wrapped around your wrist. Slide one band through the loop of the other band, and align the clasp along the band to find the holes where best fit the clasps.

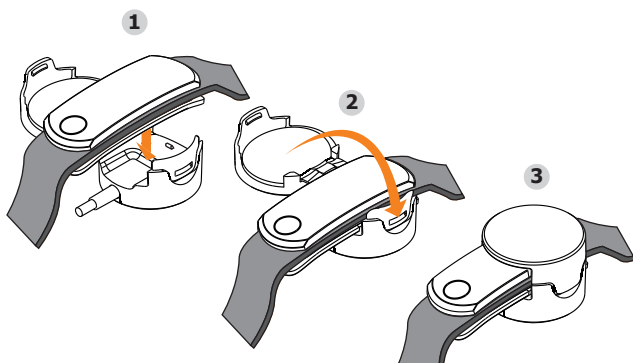
2 Fasten Q-68HR with clasp



Squeeze both clasps into the holes on the wristband until you hear a click, indicating the band is securely fastened.

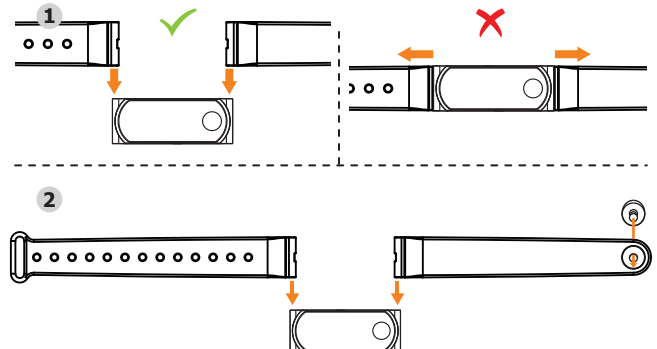
Note: The watch band is replaceable and both side wearable/reversible.

3 Charge your Q-68HR



To charge your Q-68HR, place it in the charging box at the other end of the USB cable. Close the box afterwards, and make sure the Q-68HR is securely covered. Plug the USB connector to either a PC or power adapter to start charging.

4 Change the wristband



1. Spread open both bands with the screen facing up, and press down the screen with your thumb until the core comes off the wristband.
2. Insert the core with screen facing up into the notch from below the wristband. Make sure the two tenons on each side of the core are securely fixed into the corresponding slots in the bands.

Important Notice:
Failure to follow the instructions above might cause damage to the device.

Get started with Q-68HR

1 Download and Install i-gotU Life app

Please download i-gotU Life app from Google Play or the App Store and have it installed on your smartphone:
<https://play.google.com/store/apps/details?id=com.mobileaction.ilife>
<http://appstore.com/igotulife>



Apk download: <http://global.mobileaction.com/download/apk>

Supported device

- Any Android smartphone (v4.3 and up) with built-in 4.0 Bluetooth connectivity; or
- iPhone 4s and later models, iPad 2 and later models, and iPod Touch (all with iOS version 7.0 and up).
- A complete list of supported smartphone or mobile devices can be found at:
<http://ww2.voiis.com/qband/devices.html>



3 Start Using Q-68HR

1. Switch between different function modes

1. Tap the button twice to wake up the device screen.
2. Long-press the button on the Q-68HR until you see 4 icons on the screen for mode selection.
3. Tap the button twice to switch mode.
4. You'll be entering the selected mode in 3 seconds.

2. Change display information

Information shown on the screen will vary as you press the button on the Q-68HR to toggle between screens.

3. Q-68HR modes

- ⚙️ **Daily mode:** Analyzes your daily data, including steps taken and calories burned.
- 🌙 **Sleep mode:** Tracks your sleep pattern and quality.
- 🏃 **Sports mode:** Starts a workout and displays information including duration, steps taken, calories burned, and distance traveled during the workout.
- 🕒 **Nap mode:** Awakes you via vibration after a short nap.

4. Icon description

Mo28 Date



Connection Status



Current Mode



Overall Progress (the average of Calories + Steps)



Battery Status



Heart Rate

2 Set up Q-68HR

Your Q-Band HR can be configured directly on the i-gotU Life app.

First time setup:

1. Open the i-gotU Life app.
2. A **Setup Wizard** will be launched automatically.
3. Follow the on-screen instructions to proceed with more settings.

Set up a new device from Settings:

1. Open the i-gotU Life app.
2. Tap the app icon at the upper left corner to open **function menu**.
3. Choose **Settings**.
4. Tap **Setup New Device** under **MORE DEVICE SETTINGS**.
5. Follow the on-screen instructions to continue.

Note

Your personal information is used to calculate your Base Metabolic Rate (BMR), which determines your calories burned.

4 Features of Q-68HR & i-gotU Life App

Silent Alarm

Silent alarm of Q-68HR gives you a wake-up alert via soft vibrations. While in the sleep mode, the alarm can be dismissed by long-pressing the button on Q-68HR. By pressing the button once, the alarm will not be dismissed but alert you again in 5 minutes. Alarm settings can be changed in: **open i-gotU Life app > Menu > Silent Alarm**.

Notification

You will be notified with incoming calls, SMS, E-Mail, or alerts from the social apps via vibration. When notified about an incoming call on an Android smartphone, you may reject the call by long-pressing the button on Q-68HR. Notification can be set up from: **i-gotU Life App Menu -> Notification**.

Online Help

Android: <http://ww2.voiis.com/igotu-life/help.html?language=en>
 iOS: <http://ww2.voiis.com/igotu-life/help.html?language=en&platform=ios>

Manual download

http://www.mobileaction.com/download/Q-Band_download.jsp

Important Notice

1. Please make sure your Q-68HR is fully charged when used for the first time. It takes about 2 hours before it is fully charged.
2. Please do not use under water.
3. Please do not use any corrosive chemical to clean the device.
4. The built-in Li-Polymer Battery might be damaged if it remains low voltage for a long time. It is suggested that you charge the battery once every three months to prolong the battery's lifetime, even though you don't use the device very often or do not plan to use it for a while.



WEEE

Note on environmental protection:

After the implementation of the European Directive 2002/96/EU in the national legal system, the following applies:
 Electrical and electronic devices may not be disposed of with domestic Waste. Consumers are obliged by law to return electrical and electronic devices at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

Federal Communications Commission (FCC) Statement

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

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 of the device.

FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Operating temperature:-10° to 65°C (14° to 149°F)

Charging temperature:0° to 45°C (32° to 113°F)

Power input type:DC 5V USB cable

Battery type:Rechargeable Li-Poly, 3.7 Vdc

Input:Maximum DC 5V, 0.1A