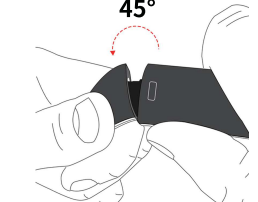


Fitness Tracker HR Quick Start



User Guide:
 1. Download and install the App **Runmifit**.
 2. After installing the App, agree to the App to obtain the permission of the mobile phone; otherwise, some functions cannot be used.
 3. Connect the tracker to App. It will automatically synchronize the time to your tracker.

Let's start!



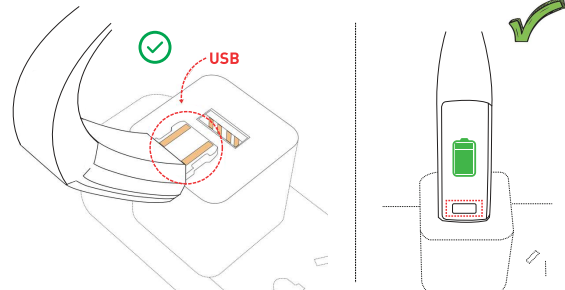
Remove the wristband on the side of the rectangle, plug into any USB power, charge for 5 mins, or touch the button for 3 seconds to activate. No specific charger is required. You can charge the tracker with either:

- Any phone or tablet USB Power Adapter
- USB port on PC or power bank
- Wall charger or power strip with USB port

Note: Charge the fitness tracker on PC USB port may take longer time.

Plugged but not Charging?

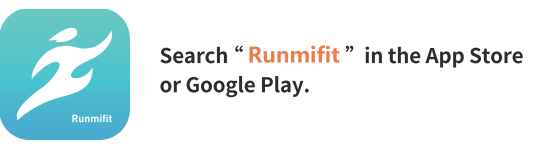
Please make sure you have plugged the USB charging port in correct way. If the fitness tracker is not charging, turn the USB to another face and plug again.



USB is a single-face device, and you may notice there is only one face with a metal piece, if you plugged in a reversed way, the fitness tracker would not receive power.

Download the App

Search "**Runmifit**" in the App Store or Google Play.



Or scan the QR code to download.

Agree to the App to obtain the permission of your phone; otherwise, some functions cannot be used, e.g., Incoming call and other message reminders.

Download on the App Store
 GET IT ON Google Play

Requires iOS 9.0 Android 4.4 and newer version.

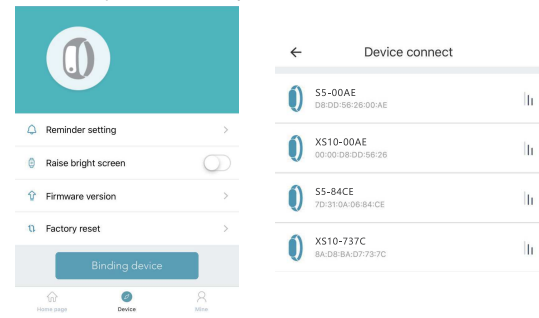
The fitness tracker works with Runmifit App only, not support third-party fitness App.

Pair with Phone

Enable the Bluetooth before pairing.

Pair must be made in the App, not the phone settings.

- For pairing, please make sure to place the tracker near your phone, find the "Binding Device" in the App, then it will enter the Bluetooth searching page to find the correct tracker, tap the name of your tracker and select "Pair".



Tip: To avoid signal interference, remove other Bluetooth devices near the fitness tracker.

Main Questions

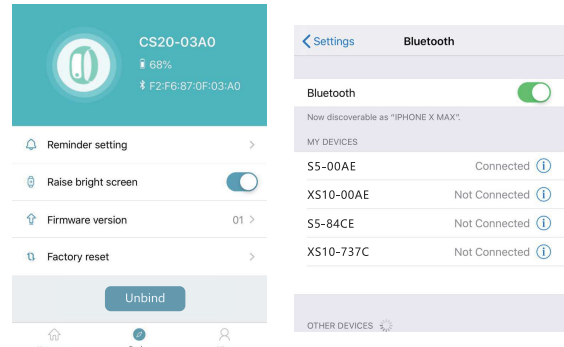
Note: You need to connect it in the App, not Bluetooth of setting, but still need to turn on Bluetooth. If you have bound in Bluetooth, please unbind it, then search and bind again in the App.

- Why can't I search the tracker?
 First, you need to check if the battery is fully charged. Second, put the tracker close to the phone and try to connect again. If it's still a failure, please try to turn on the Bluetooth again.
- Note: When connecting the tracker to iOS, please click "pair" from Bluetooth that the tracker will connect to the phone normally.
- Why can't I connect to my phone sometimes?
 Due to signal interference problems in the Bluetooth, the connection time may be different each time. If it is not connected for a long time, please make sure the fitness tracker is away from the magnetic field. Bluetooth service may be abnormal when your phone is restarted, that will make the connection is unavailable. Usually, restart the phone Bluetooth can be connected normally.

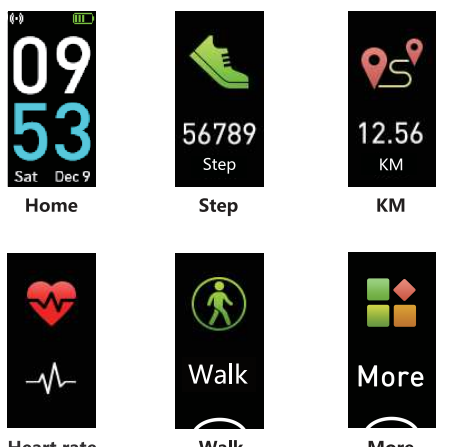
Need help
 You can click the "Need help" on the "Mine" page of the app, send us your question or suggestion, and leave your email address, and we will contact you as soon as possible.

Unbind with Phone

If you want to unbind the fitness tracker or pair with another phone, unbind in the App first



then go to phone Bluetooth settings, forget this device.




Home **Step** **KM**

Heart rate **Walk** **More**

If there is a floating semicircle at the bottom of the screen, you can press the bottom for 3 seconds to enter the menu, such as Walk, Run, Cycling, Hiking, and More.

Heart Rate/BPM




This data is your real-time heart rate (beats per minute), check detailed history data in the Runmifit App.

Results may vary on moving and affected by the environment. Do not use it for medical purposes.

Reboot and Reset

Tap the button to switch menus towards **More**, hold for 3 seconds to enter the advanced menu, continue tapping until you see **Power off** and **Factory reset** option.



To power off or reset, hold the button for 3 seconds. To switch on the fitness tracker again, hold the button for 3 seconds again.

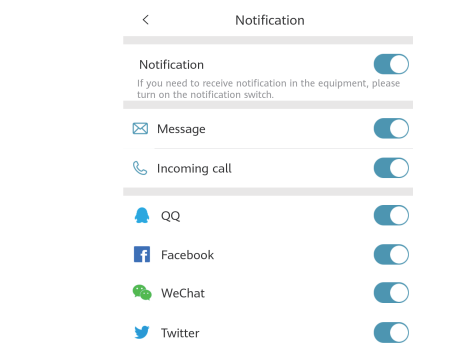
Pay Attention!

- This IP68 waterproof provides daily protection like rain, shower, and shallow swimming pool.
- Do not use it for swimming in the 2m or deeper water, or river, sea, diving.
- Do not use in hot places such as sauna, steam, hot spring.

Notification

You can allow Notification, Incoming call, SMS, Sedentary reminder, and Alarms in Runmifit App.

Use reminder and notification features that require you to authorize Runmifit. The reminder and notification function can not be used even if turn on the function, please uninstall the APP, re-download and install, and agree to all the authorizations for Runmifit.



FAQ

- Why the fitness tracker could not be charged?
 Please make sure you have correctly plugged the USB charging port. USB is a single-face device, and you may notice there is only one face with metal pieces; if you plugged in a reversed way, the fitness tracker would not receive power.
- How do I set time?
 When the tracker is out of power, there may be an error in the tracker time. After the battery is fully charged, please connect your phone, it will automatically synchronize the time to your tracker.
- Why the call notification was turn on, the tracker does not vibrate when my phone receives the call?
 Please confirm the Bluetooth is turned on and linked with the tracker, then check if the Runmifit is working.

Tip: One-click cleaning of memory and some housekeeping the software may clean up the process or intercept, please add the Runmifit to the whitelist.

- Why is the message reminder function turned on, but the tracker does not vibrate? (e.g., Wechat, Line)
 The APP must meet the following conditions:
 1)The phone is lock screen, but the App still working.
 2)The PC client and Mobile client can't be online at the same time.
 3)The tracker is always connected to the phone, Bluetooth is always turn on.
 4)Agree to "notification permission" for your phone.
 Tip: When your mobile phone receives the message and alert it in banners, it is mean that the setting has been successful, the tracker will vibrate and receive the reminder.
- Why does the fitness tracker stop tracking heart rate?
 When measuring the heart rate, keep the person at rest, keep the bottom of the bracelet close to the arm. Do not shake the arm during the measurement.
- Is the step count data inaccurate?
 The three-axis accelerometer is used in the wristband, and each acceleration of the human body is converted into steps, and the error is about 2%, that's normal for deviation.

FCC Caution:

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

FCC ID: S8UHT-750