



File No.	
Ver.	V0.0

## IR139 Smart Wristband

### Product Basic Operation Guides

Product Name	Smart Wristband
Model No.	IR139
APP	Keefit Pro
APP Version (iOS/Android)	Keefit Pro V1.2.9.ipa/Keefit Pro V1.1.8.apk
Firmware Version	
Issued Date	2015/7/30

Prepared by:	Reviewed by			Approved by:
	EE	SW	QA	
Y M D	Y M D	Y M D	Y M D	Y M D



更改记录 (History of Changes):

Version	Date	Description of Changes
V0.0	2015-07-30	First issued



## IR139 Health Smart Wristband Operation Guides

### 1. App Installation

Please download our app at App store (IOS 7.0 or above) or Google Play (Android 4.3 or above, Bluetooth 4.0 or above)

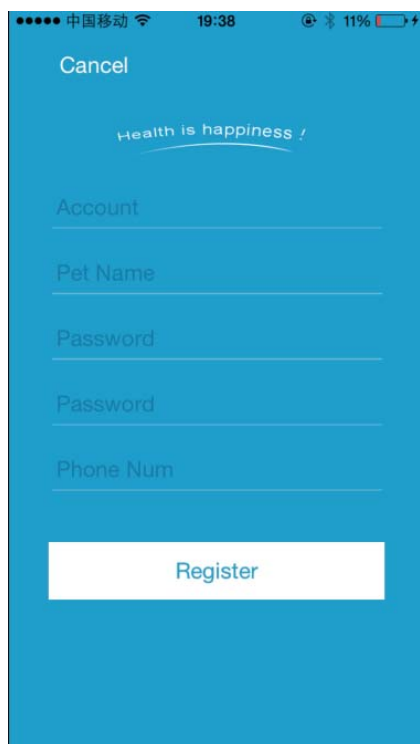
Support:

iPhone4S/5/5S/5C,iPod touch5, ipad3, iPad 4, iPad Mini, iPad Mini with Retina display, iPad Air.  
Samsung S3/S4/S5, Note 2, Note 3.

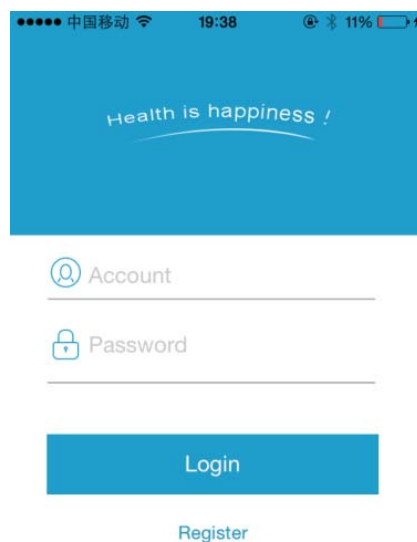
### 2. APP

#### 1) Login

At the first time log in the app, the user need to create an account and input the user name, nickname, password and phone number( Figure ①); After the registration, the user can log in directly with the user name and the password(Figure ②).



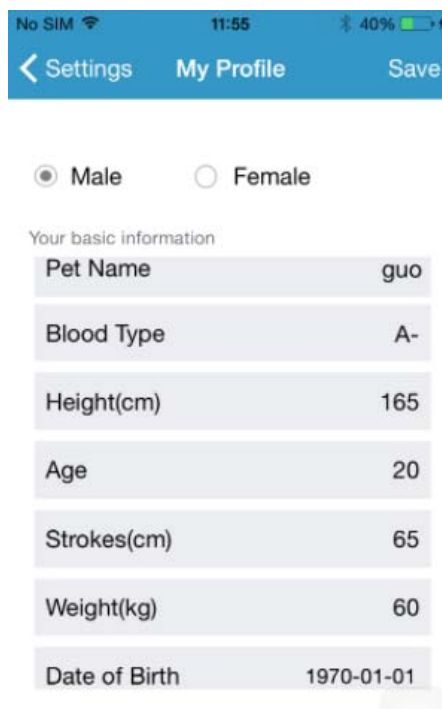
Figure①



Figure②

## 2) Personal Centre

a. Profile Setting: Complete your name, gender, blood type, height, age, strokes, weight, birthday in My Profile and save all the profile information.



Field	Value
Pet Name	guo
Blood Type	A-
Height(cm)	165
Age	20
Strokes(cm)	65
Weight(kg)	60
Date of Birth	1970-01-01

b. Workout Goal: Set your daily physical exercise goal KM/Day and save it.



Set your daily goal:  
Keep Running Everyday.

Daily goal **6923 Steps**

**4.5**  
KM / Day

c. Activity Reminder: Remind you to do some physical exercise

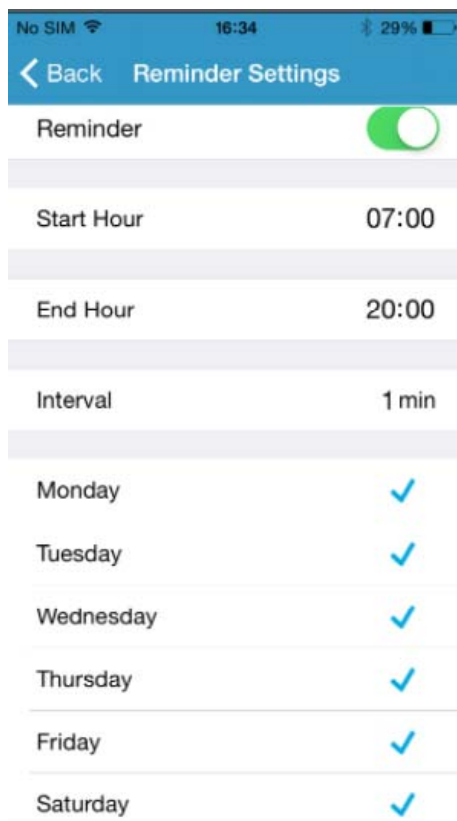
Reminder: Turn on / off

Start Hour: set the kickoff time of the day

End Hour: Set the end hour of a day

Interval: Set the intervals that the band should remind the user to do some exercises .

Mon, Tue, Wed, Thu, Fri, Sat, Sun can be selected freely.



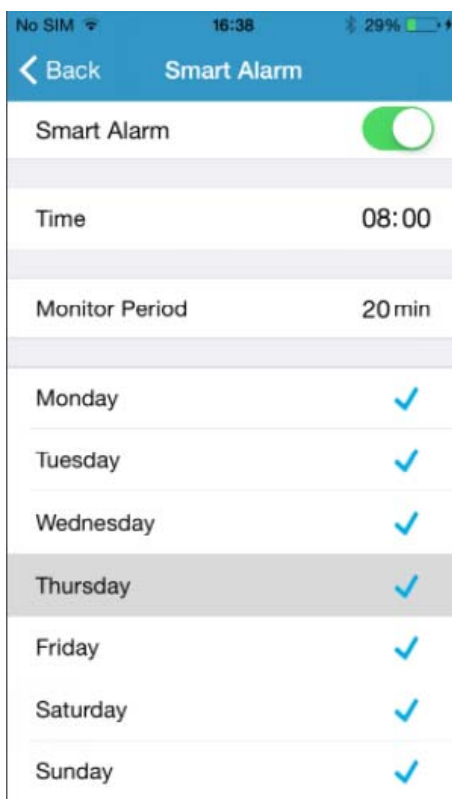
d. Alarm

Smart Alarm: Turn on/ off

Time: Set alarm time

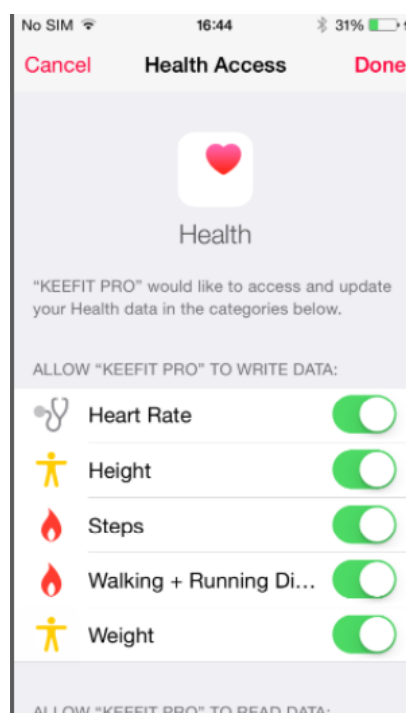
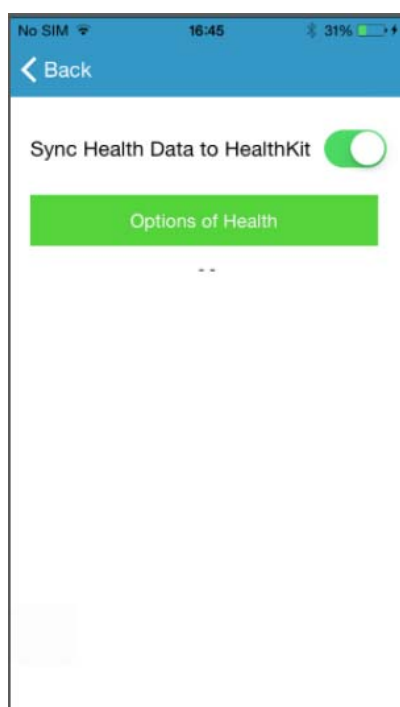
Monitor Period

Mon, Tue, Wed, Thu, Fri, Sat, Sun can be selected freely.



e. Sync Health Data (IOS Version Only)

Launch the Health (Apple App), click the circle to on state and show color green. Then upload the data (only today's data). Then you can check your health data at Health.



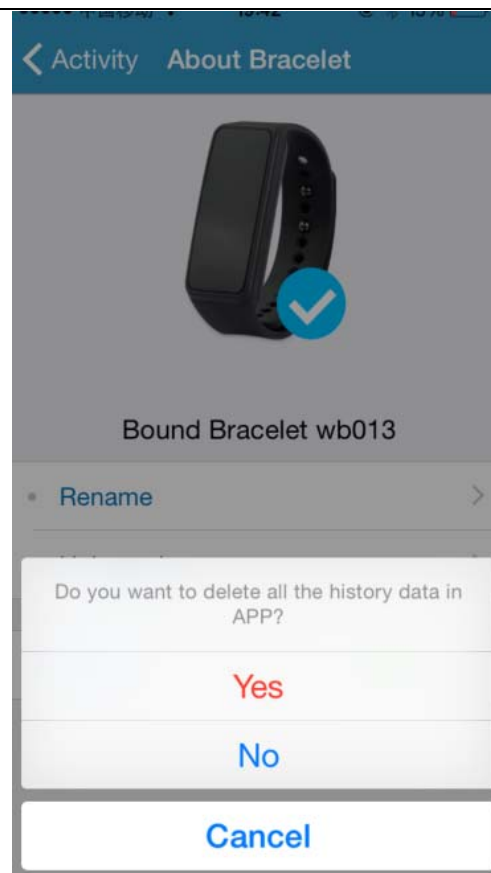
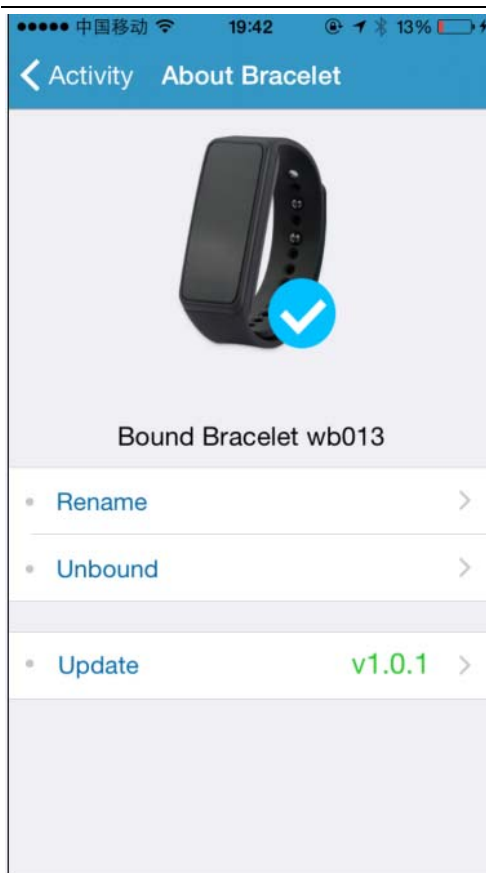


3) Bind & Unbound (Every time after binding or unbound, the band and the app will follow the user's guide to delete or keep the data )

a. Login at the first time, click Sync at home page, the app will send a message requiring to bind a ban. Or search the device at home page then bind it. When the ban shows a connect symbol, please press the button on the ban immediately and sync to the app.



b. After binding your band, if you want to sync another ban, you need to unbound the bound ban. Please enter About Bracelet at home page and select Unbound. You can select delete or save the data on the app.









4) a. Sync: After binding the band, press the sync icon on the Activity page to sync the data of the band.

b. Bluetooth sync (bind the band to APP before use ): Launch app to enter About Bracelet on the home page and click Scan to search bands. While you choose and click to connect one band, the band will show a connect symbol on the screen. Then press the button on the band immediately to sync the band to the app.

**Noted:** After the first binding, all data on the band will be cleared.

### 3. Activity monitor

a. In sleep mode, if press the button on the band twice quickly, it will switch to activity mode and show the icon  with vibrating.

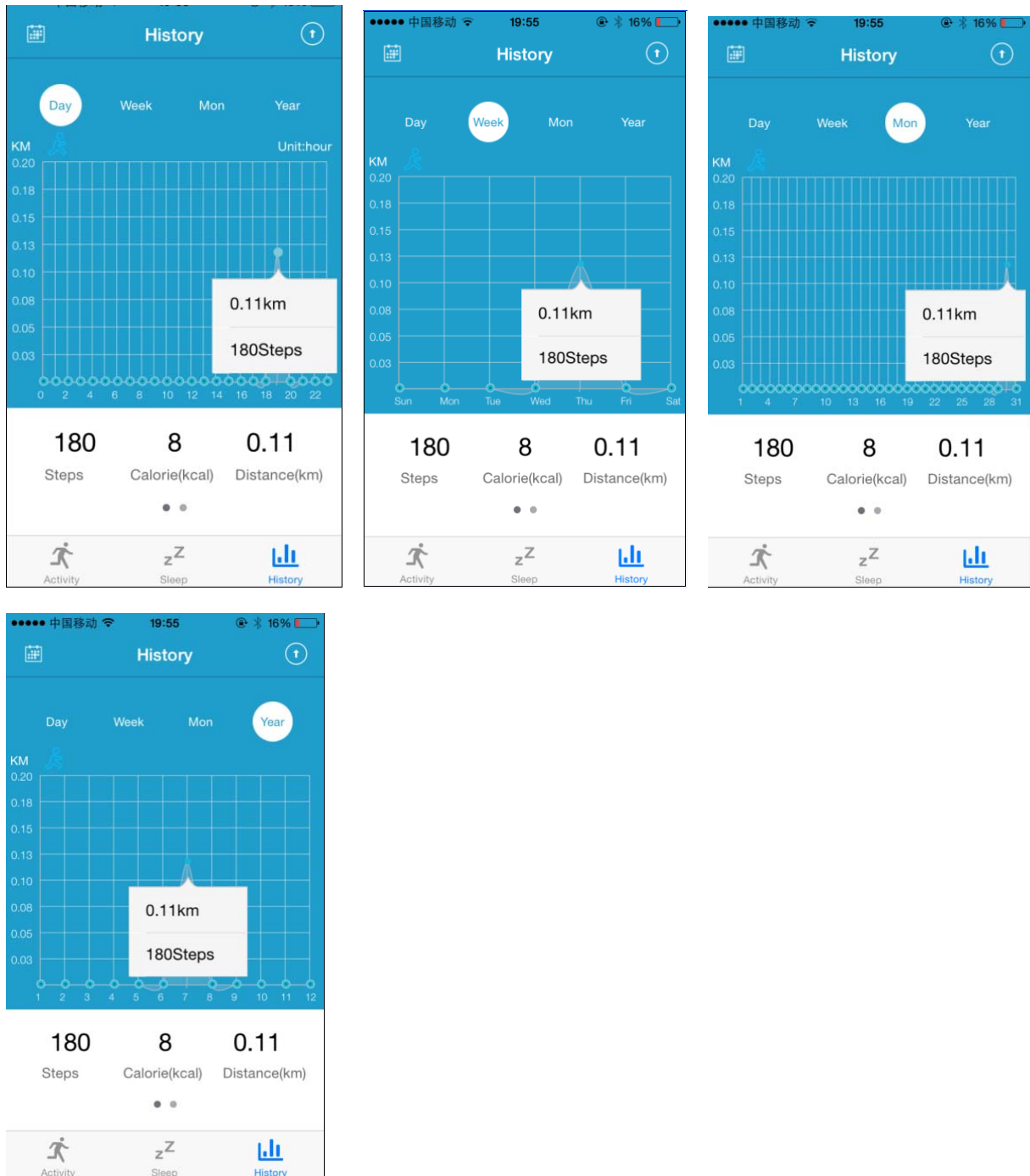
b. In activity mode, press button to check six parameters like  (time/date, electric quantity),  (steps),  (distance),  (calories),  (goal percentage).





c. After syncing the band to app, you can check activity conditions like steps distance, calories, goal percentage. You can also check the activity general condition of the day, the week, the month and the year.


**Noted:** The workout goal is set on the App.



#### 4. Sleep monitor

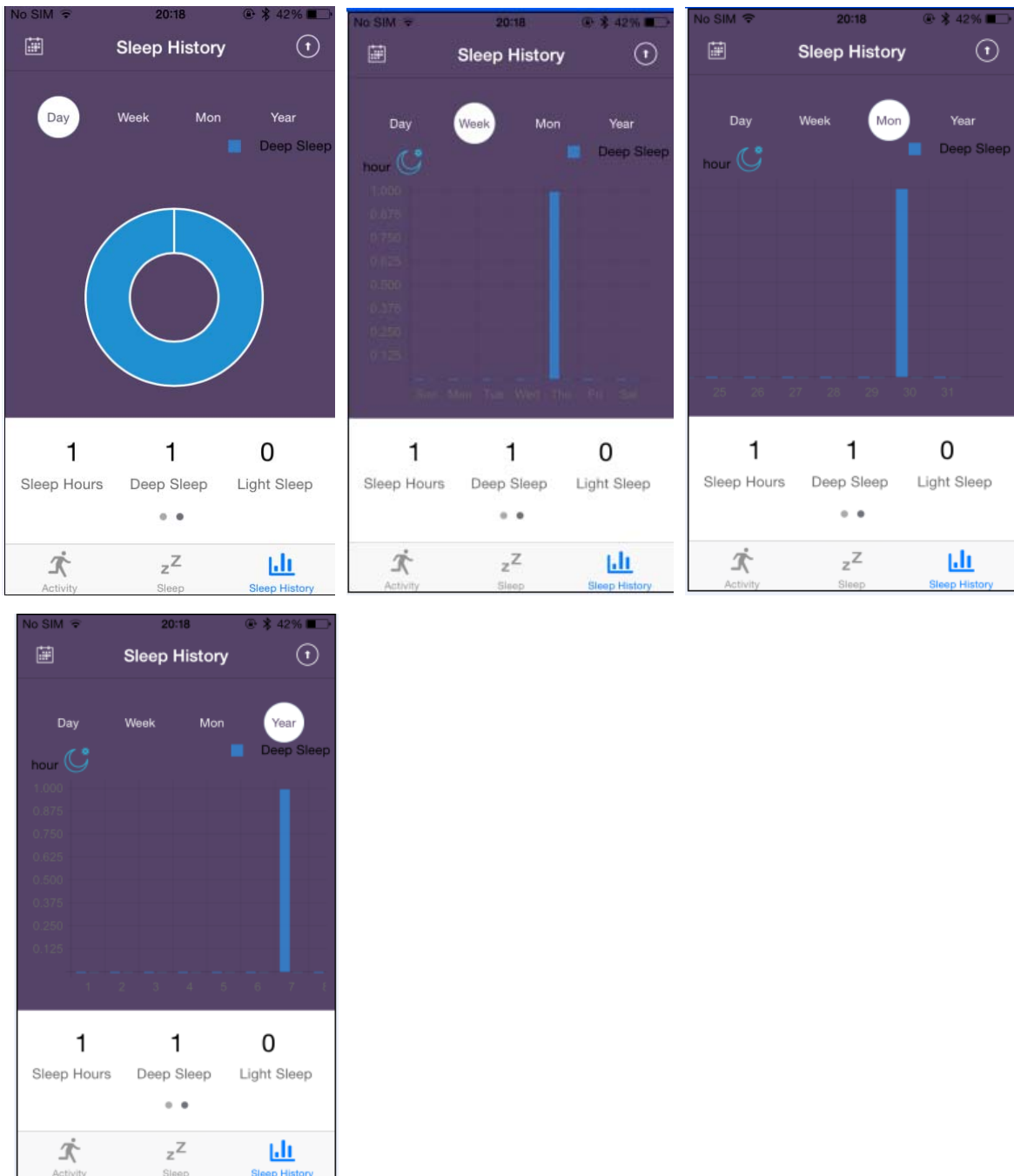
a. In activity mode, if press button on the band twice quickly, it will switch to sleep mode and show

the icon  with vibrating.

b. In sleep mode, press button briefly just to check  (time/date, electric quantity).

c. After getting up in the morning, the band will check the user's activity condition and will automatically switch to activity mode.



d. After sync the band to the App, you can check the sleep condition of last night, the day, the week, the month and the year.



## 5. Heart Rate & ECG test



This band doesn't support these two functions.

## 6. Battery management

This device adopts built-in battery (non-removable).Please charge the band at the first time. Then sync with cell phone. There will be a icon , when it is in charge. And the display will shows charging icon with ascending bars-of-power .At the moment, the button is invalid. After full charge, it will turn into .

**Noted:** It takes two to three hours to charge full.

## 7. Turn on/off

- a. In shutdown mode, press and hold the button for 5 seconds, then the screen will show a turning off icon 
- b. In starting up mode, press and hold the button for 5 seconds, then the screen will show a turning on icon 



### **FCC 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

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