



Distance Interface

The distance will be counted and showed in this interface according to steps and height set in APP.

Calorie Interface

Burning Calories will be counted and showed in this interface according to walking steps and height set in App

Heart RateInterface

In heart rate monitoring interface, heart rate monitoring model is automatically entered. Dynamic real time heart rate test is supported. In heart rate monitoring model, it ensures will be lower.

Notes of heart rate or blood pressure test

- In the test, icon bounces and heart rate LED light is at the bracelet back.
- In the test, the sensor should be close to the skin, avoid its accuracy to be affected by external light.
- Keep test areas clean, sweat or stains will affect test result.



Bluetooth connection: after pairing , APP will save bracelet Bluetooth address automatically, when opening APP or running in the background, it will search automatically and connect bracelet.

Data synchronization : in APP homepage, manual drop-down can synchronize data, seven-day off-line data can be saved by bracelet,, the more data there is, the longer time can be synchronized, the latest time is about two minutes. After synchronization, an accomplish synchronization hint will exist.

APP Functions and Setting

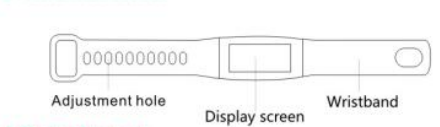
Personal Information and exercise goals

Set your personal information before entering APP.

1. Because of signal interference, each connection time is not same, if can't get connection for a long time, please ensure your operation in non-magnetic or non-Bluetooth distribution environment.
 2. Close Bluetooth and then open it again.
 3. Close background applications or reboot your phone
 4. Don't let phone connect other Bluetooth device or functions at the same time.
 5. If APP is ran in the background, if it isn't, it may disconnect.
- Be unable to detect bracelet**
- It isn't searched by phone in bracelet Bluetooth broadcasting state, please ensure your bracelet in full charge, activated state and not bind other phones, then place bracelets close to phone, if it is still, please close your phone Bluetooth, restart it after 20 seconds.
- Why is the bracelet wore closely in testing heart rate?**
- Adopting light reflection, it will collect signals reflecting in sensors by passing your skin to calculate your heart rate. A loose wearing will make ambient light enter into sensor, affecting test accuracy.
- Why do not receive reminder in opening reminding function?**
- Android Phone: ensure phone in connection with bracelet, after

Bracelet User Guide

Parts Introduction



Charge Method

The bracelet needs to be pop out at first when you receive the device (charged by corresponding charger). In charging, the bracelet will power on automatically (charge method is as followed, charge on USB port or PC by popping the host out)

Notes: charging direction connects the shorter wristband



blood pressure interface

Test blood pressure when switch to blood pressure interface, stop test when switch to the next interface. The last result or " ---/--- " will be shown when testing without results. Or connect phone APP to test in blood pressure interface. Test methods and notes are same as that of the heart rate test.

Exercise Interface

In exercise interface, have a long press for 3 seconds to enter exercise interface, including four exercises, table tennis, tennis, badminton and cycling. Click to switch. Have a long press for three seconds to exercise. Have a long press for three seconds to drop out exercise

Message Interface

In message interface, have a long press for three seconds to check, click to turn page, drop out after checking messages or have a long press for three seconds

Setting--> Personal Setting

- Be able to set head portrait -gender-age-height-weight, personal information may increase data accuracy.
- Set your each-day exercise goal, reasonable exercise plan improves physical fitness.

Sleep Monitoring Function

Start reminding switch in APP setting center to open reminding function, and keep phone and bracelet in successful connection with Bluetooth, vibrate to remind in receiving message.



Call reminder: when the phone rings, bracelet vibrates and shows caller's name and ID. (if caller's name is saved in phone, name will be shown, otherwise call's ID is shown.)

connection, open related limitations in phone setting, allow "FlagFit2.0" APP to visit calls, messages, address list, and keep " Flag Fit2.0" running in the background. If security software is installed, please add " FlagFit2.0" into trusted list.

Apple Phone: if there is no reminder after connection, restart your phone to reconnect is suggested, in reconnecting, a reminder will appear only by clicking on pairing when an interface of Bluetooth pairing requirement is popped out.

Is the bracelet water-proof?

IP67 water-proof and dust-resistant level, (water temperature not beyond 35°, depth not over 1m, time not over 30mins) you can wear in washing hand, raining, cold showing and washing cars.

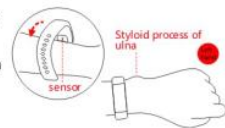
Does the Bluetooth connection need to openat all times?Is there data when closing it?

Prior to synchronizing data, data is save in host (be able to save seven-day data). When phone connects with bracelet Bluetooth successfully, bracelet data will be uploaded automatically into phone client, please synchronize data in time.

Notes: if you want to open calling and message reminding functions, Bluetooth must keep in connection state, alarm clock supports offline work.

Wearing Method

- 1.wear behind the styloid process of Ulna is an optimum fit
2. adjust size according to regulation hole, fasten wristband buckle.
3. sensor should be close to skin, avoid to be moved.



Startup and Power off

1. In power-off state, have a long touch function keys for at least three seconds to start up.
 - 2.In start-up state, switch to main interface, have a long touch function keys for at least three seconds to power off.
- #### Bracelet Operation
1. In bracelet start-up state, have a short touch function keys to light screen or switch interface
 2. screen darkens automatically after five-second nonoperation, users are able to change screen darkening time by connecting phone APP.
 - 3 .switch to heart rate and blood pressure interface to test automatically, stop test when leave interface.

Find Phone Interface

In the connected state, click on finding phone options, vibration alarm or rings alarm will be emitted by the phone.

Power-off Interface

In start-up interface, have a long press for three seconds to power off by vibration

Precautions

- Please avoid being impacted intensively, too-hot temperature and exposed consistently.
- Please don't disassemble, repair or modify.
- The device charges with 5V500MA, overvoltage shall not be used to charge.
- Using environment between 0° and 45°, throwing into the fire is forbidden, avoid exploding.
- Please use soft cloth to dry bracelet before charging, otherwise

Message reminder: in receiving message, the bracelet vibrates and displays message icon reminder: if caller's name is saved in phone, name will be displayed, otherwise, number will be displayed

QQ reminder: in receiving QQ information, the bracelet vibrates and displays QQ icon reminder

Wechat reminder: in receiving Wechat information, the bracelet vibrates and displays Wechat icon reminder.

Smart Alarm Clock: be able to set three alarm clocks, after setting, it will synchronize into bracelet; smart alarm clock is silent, when going off, the bracelet vibrates mildly, it supports offline work.

Sedentairiness reminder: the default reminding time interval is one hour, in connection state, if users don't exercise within one hour, the bracelet will vibrate to remind users to exercise.

sleep monitoring function

Automatically recognize your sleeping state, monitor the whole sleeping progress, analyze deep sleep hours and light sleep hours and help you make effective sleep plan. Sleep date is only checked in APP client.

Notes: sleep data is displayed only by wearing bracelet in sleep

Mobile APP use

- Sedentary reminder:** the bracelet vibrates to remind if no exercising for an constant time.
- Light screen by raising hand:** when raising hand, the screen will be on automatically.
- Smart anti-lost:** open APP floating window in phone setting's authority management. When phone is far away from bracelet, phone will remind. It will not remind in closing phone Bluetooth.
- Shake a photo:** only by shaking your bracelet, a photo is taken simply.
- Quite hours:** after opening quite hours, it will close light screen by raising hand, bracelet vibration and APP notifications during this period.
- Wechat exercise:** start Wechat to connect with each day smart wearing interface, compete exercise ranks with friends only by following them.
- Notes:** if unbinding the bracelet, please ignore Bluetooth in phone setting, otherwise be unable to search bracelet in the next use.

Install the bracelet APP

Scan the following QR code or enter various markets to download and install "FlagFit2.0"



Compatibility : iOS 8. 0, Android 4. 4, and above system, Supporting Bluetooth 4.0.

The device connection

At first use, connect APP for calibration, after connecting successfully, the bracelet will synchronize time automatically, otherwise step counting and sleep date are inaccurate.

- charging points will be corroded, lead to charge fault.
- Please don't touch chemical materials, such as gasoline, clean solvent, propyl alcohol, ethyl alcohol or vermifuge.
 - Please don't use the device in hyperbaric and high-magnetic environment
 - If you have sensitive skin or bracelet is wore closely, you may feel uncomfortable.
 - Please dry sweat in wrist, wristband having touched soap, sweat, allergen or pollution components for a long time may lead to itchy skin and allergies.
 - If used regularly, suggest to clean it each week. Wipe with damp cloth, use mild soap to get rid of grease or dust.
 - Wear bracelet is not suitable for having a hot bath

Common problems

Why waiting for 8 seconds before testing heart rate?

In testing heart rate, a long-time signal is needed to calculate your heart rate.

What should we do when the Bluetooth is not connected? (connection/failure reconnection or low speed reconnection)

Ensure your device's system is IOS8.0, Android 4.4 or above system and supports Bluetooth 4.0.

The main function interface

Main Interface

When Bluetooth icon is on, representing bracelet disconnects with phone. When Bluetooth icon is on, showing a successful connection. After bracelet and APP connect at first bracelet synchronizes steps, time, date and week.

Step Counter Interface

Display step counter, bracelet is in steps counter model automatically, wear bracelet in your wrist, when users are walking and swing arms, bracelet records walking steps according to swinging times.

Basic parameters

Device type	Intelligent heart rate blood pressure bracelet	Battery	Lithium-ion polymer
Viewing screen	0.96 inch TFT	Battery model	361525
Product weight	30g	Battery capacity	100mAh
length	25.5cm	Battery voltage	3.7V
Water-proof level	Ip67	Power of battery	0.296Wh
Wristband Material	TPU strap	Package Included	host, specification, wristband

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.

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

RF exposure compliance statement:

This device has been evaluated to meet the general RF exposure requirement, it can be used in portable exposure condition without restriction.