

Fitness Tracker

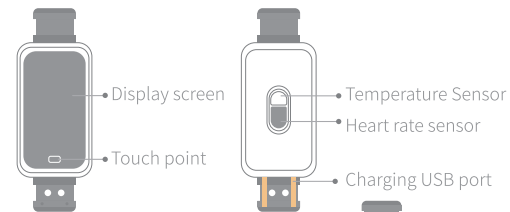
Operation Manual



Thanks for purchasing this product.
Please read this Manual carefully before use.

Use introduction

1. Product overview

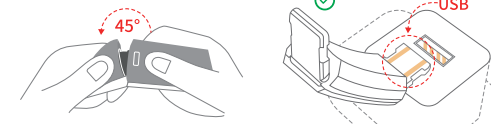


2. Touch Instructions

- Click to toggle function.
- Long press to enter the sub interface.
- Short press to turn on the screen when the screen is off.
- Long press for 3 seconds to turn on.

3. Charging instructions

As shown in the picture, remove one side of the strap and plug the end with the USB interface into the USB port of the power supply to charge; charge for 5 minutes or press and hold the touch point for 3 seconds to activate the device.



APP download and connection

1. APP download

Please download and install the "Runmefit" application in AppStore, GooglePlay or scan the QR code on the right to download.



2. Pairing

Please turn on the Bluetooth of the mobile phone before pairing, and then you must perform the Bluetooth pairing in the APP, and the Bluetooth pairing cannot be performed in the mobile phone system.

- Click "Add Device" on the "Devices" interface of the APP, and the Bluetooth search interface will pop up. Next, find the corresponding Bluetooth name to pairing.

Notice: If the device cannot be searched through Bluetooth in the "Runmefit" APP, it may be that the device has been paired with the Bluetooth of the mobile phone system. At this time, you need to find the name of the paired device in the Bluetooth settings of the mobile phone, click "Ignore this device" or Delete this device, and then enter the APP for pairing.

Function introduction

This device has a wide range of functions, mainly including:

- Health-related functions: One-tap measurement, heart rate detection, blood oxygen saturation, blood pressure detection, temperature detection, blood glucose detection, MAI health score, sleep monitoring, water drinking reminder, sedentary reminder, etc;
- Sports-related functions: 16 sports modes, today's activity, etc;
- Other functions: Message reminders, stopwatch, alarm clock, low battery reminders, call reminders, goal achievement, etc.

Precautions

- The waterproof level of this product is IP68, and can only use it for daily waterproof protection, such as washing hands, raining, Etc.;
- Do not take it for swimming, diving, surfing, and other water sports;
- Do not use it in high-temperature places such as saunas and steam rooms. The high-temperature environment will significantly increase the probability of water entering the watch;
- This product is not a medical device. Therefore, all the measured data and results are for reference only and not for medical evidence.

FAQ

1. Can not search the Bluetooth of the device in the APP.

It is possible that when you connected the device, you linked directly to the Bluetooth of the mobile phone system. Therefore, the connected device needs to be connected to the APP and not join in the phone settings. If the Bluetooth has bound in the phone settings, please unbind in the phone settings first, and then enter the APP to search for Bluetooth to bound. Note: A Bluetooth pairing request will pop up when the watch has connected to the IOS system. You need to click Allow pairing to connect the device normally.

2. The APP can't synchronize the data of the smartwatch.

The Bluetooth wireless connection may have signal interference and other reasons, which may cause the link or data synchronization time to be too long. In addition, the Bluetooth of some mobile phones may occasionally be abnormal when starting up. Therefore, it is better to restart the phone's Bluetooth before pairing.

3. The watch cannot be charged.

Please make sure that the positive and negative poles of the charging port are not reversed and that the charger is powered on; when the battery of the watch is too low, there will be a period of battery pre-charging time.

4. The time of the watch is not accurate.

When the device is fully charged after a dead battery or has not been used for a long time, there may be errors in the time. However, as long as the APP is connected, the time will be automatically synchronized.

5. Heart rate detection will fail or be inaccurate.

These conditions may be caused by non-standard wearing methods, such as light leakage due to incomplete fit to the skin, movement of the watch on the skin, wearing the watch too tightly, raising the arm, and making a fist that affects the blood circulation, Etc. These conditions may affect the heart rate measurement. The correct measurement method requires laying your arms flat, relaxing your body, and keeping it still while ensuring that the watch is close to your wrist.

6. The number of steps recorded by the watch is inaccurate or wrong.

The following conditions may cause it:

- The arm swing amplitude, frequency, and law of the arm swing will have a particular impact on the step count. In addition, the accuracy of the watch's step count is related to the walking posture, walking habits, walking speed, walking continuity, and road conditions.
- Please fill in various information correctly in the APP and synchronize it to the watch, including gender, height, weight, age, all of which will affect the step counting algorithm.
- In daily life, we often shake our arms or bodies. In some scenes, the shaking is regular, and the watch will misjudge it as walking.
- If only a few steps are taken when counting steps and the movement is not continuous, the watch may not record.
- The watch does not have a GPS positioning function, so there will be a specific error in step counting in sports mode.

For more questions (for example, no message reminder), please check "My"-FAQ in the APP.



Model
S5



Screen Type
0.96-inch color screen



Battery Capacity
145mAh



Charging Voltage
5V



Charging Time
About 1.5 hours



Battery Life
10 days



Waterproof Level
IP68



Bluetooth Version
BLE5.3



Scan the QR code for
more function information



Made in China

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction