LIFESENSE

User Manual

Lifesense Band 2S   LS418-F

CE

- Thank you very much for selecting Lifesense Band 2S LS418-F.

- Please do read the user manual carefully and thoroughly so as to ensure the safe usage of this product, and keep the manual well for further reference in case you have problems.

Table of Contents

♥ Symbol Meaning

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:

Symbol	Meaning	Symbol	Meaning
⚠	Symbol for "THE OPERATION GUIDE MUST BE READ"	�	Symbol for "MANUFACTURER"
	Symbol for "MANUFACTURE DATE"	CE	Symbol for "COMPLIES WITH EU REQUIREMENTS"
---	Symbol for "DIRECT CURRENT"		Symbol for "ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
(((•)))	Symbol for "Including RF transmitter"		

♥ OLED Display

SYMBOL	DESCRIPTION
9:25 18 THU ○	Time (Time format :24 hours)
2023 ○	Steps and goal completion progress
♥ 95 ○	Heart rate
1.97 ○	Walking Distance
36.6 ○	The Consumed Calorie (kcal)

♥ General Instructions

Brand new Lifesense Band 2S LS418-F can track your activity in anytime.
It is designed to measure the walking steps, distance,consumed calories and dynamic heart rate.
This device has Bluetooth 4.0 technology, the user can set personal information such as height, weight, goal step and so on through the Bluetooth devices, and then the information can be downloaded to the Lifesense Band 2S. The data in the Lifesense Band 2S also can be uploaded to the device which supports the Bluetooth 4.0 technology. So the user can check it in anytime.
Main Features:
a. support the Bluetooth 4.0 technology
b. Single point of touch function and OLED display
c. keep a record of the measuring data during 7 days
d. display walking steps, walking distance, the consumed calories, dynamic heart rate, and time
e. 24 hours heart rate monitoring
f. Swimming water proofing
g. Sleeping monitoring
h. Accurate step-counting
i. Call notification
j. Text Notification
k. Automatic identify running function

♥ Device Components

OLED Display
Touch Key
Wristband
Wristband button
Heart rate sensor
USB Interface
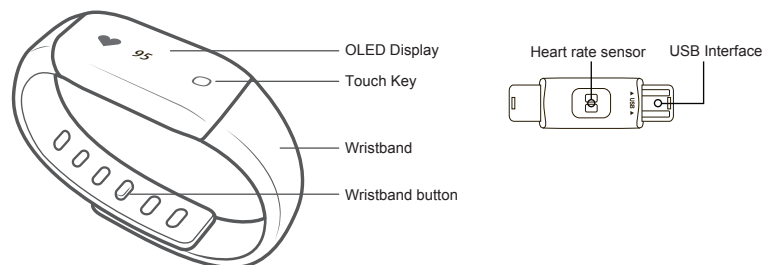
♥ List

1. Lifesense Band 2S LS418-F (Built-in Polymer Lithium Battery)
2. User Manual

❤ Activate the Lifesense Band 2S

For the initial use, tap the touch key to light up the Lifesense Band 2S. "Open App to Connect" appears on the screen for 10 seconds and then turns off. Please activate it by connecting it with the app during 30 minutes, otherwise, it will return to shipping mode automatically and only support touch light up function, displaying "Open App to Connect".

⚠ CAUTION

Notes:
(1) When the shipping mode is removed, the Lifesense Band 2S will display the initial time: 0:00.
(2) After connecting with the mobile device, the Lifesense Band 2S will download the time from the mobile device, and it will display the current time.

❤ Install the App and Pair-Up

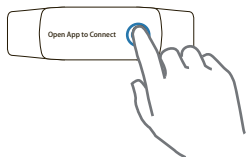· Before you use the mobile device which supports Bluetooth 4.0 technology, please turn on the Bluetooth.

· Download the Lifesense app from APP Store or Google Play.

· Install the APP, and register an account. Then set your personal information (Gender, Birthday, Height, Weight, Name and so on).
· Enter the "Me" interface to add the device. Click "Add New Device" to add it . Then use the mobile device to scan the special QR code which is located on the kraft paper for the Lifesense Band 2S to bind the device, after the pairing is completed, click "OK" on the APP to confirm, it will synchronize with your mobile device.

· The time on Lifesense Band 2S will synchronize with the one on your mobile device. The measuring data will be transmitted to your device which supports Bluetooth 4.0 technology through the Bluetooth.

⚠ CAUTION

The device can't connect with the app or upload the data if the following situations appear:
1. The Bluetooth is off, or unconnected with the Internet.
2. Over the specified transmitting distance. The Bluetooth transmitting distance of Lifesense Band 2S is ≤8 meters in the situation of no obstacle.
3. The special QR code is not correct.
4. The smartphone isn't in the list of compatible devices.
List of compatible devices:
For iOS devices:
The operating system must be iOS 8 or more, such as iPhone 4S, iPhone 5/5C/5S, iPhone 6/6 Plus and so on.
For Android devices:
The operating system must be 4.3 or more.

♥ Tie the wristband

Must make the touch key towards to the inner side of body. The heart rate sensor must be close to the skin. The distance between wristband and wrist should be 2 cm or more.

≥2cm

Close to the skin
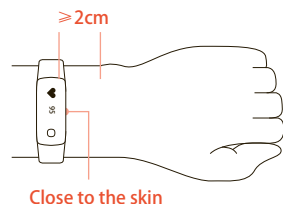
♥ Change the wristband

Press the identifed part of the wristbands to take them out as below.

Press here
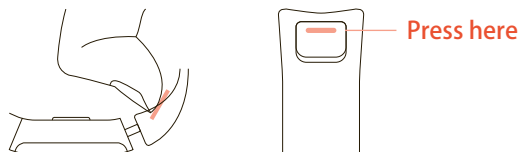
♥ Battery Charging

When the OLED displays the following symbol, it reminds you the battery is used up, you need to charge the power at once.

9:25 THU

When the OLED displays the following symbol, it reminds you the battery is low, you need to charge the power.

9:25 THU

Pull out the wristband, then insert the device's charging port into the computer's or charger's USB port to finish the charging.
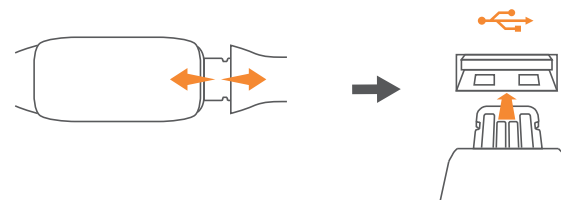
When the device is charging the power, the OLED will display as the following picture. The power symbol blinks.

The OLED displays as the following picture, it means the charging is complete.

⚠ CAUTION

The Mini USB port is only used for charging the power, but can not be used for transmitting the data to the computer.

Batteries (battery pack or batteries installed) shall not be exposed to excessive heat such as sunshine, fire or the like.

The charging input voltage is 5V.

♥ Light It up

Light up the Lifesense Band 2S as the below steps:
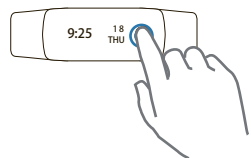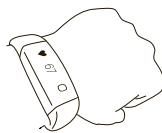
Tap the touch key   OR   Rotating your wrist

♥ How to Use

Follow the hints in the manual to wear the Lifesense Band 2S. Then it can start the measurement.

Start Walking
(within 10 steps)   10 Steps   More than 10 steps
(the digit increases)

The measuring data will be transmitted to your device which supports Bluetooth 4.0 technology if you have paired up with it.
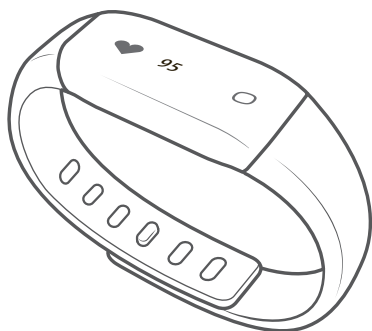
♥ Check the Data

Following the steps of LIGHT IT UP to read the data you want.

Tap the touch key at any time to light up the Lifesense Band 2S, it will display the time first. Tap the touch key each time, it will display the data according to the following order: time, steps and goal completion, heart rate, distance and calorie alternately. If there is no operation, it will turn off in 5 seconds.

Time   Steps   Heart rate   Distance   Calorie
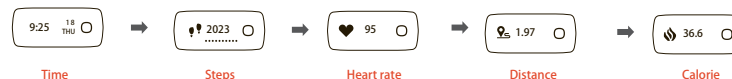
⚠ CAUTION

Notes: The data of the day will be cleared to zero automatically when the time is 0:00. The data cannot be cleared to zero manually.
The device only stores the latest 7 day's heart rate data, the data will be deleted if it's over 7 days.

♥ Alarms

Please set the Silent Alarms on the app. When the setting time is coming, it will display the alarm clock icon and vibrate continuously.

Tap the touch key to stop the alarm clock, or the alarm clock will stop vibrating until it's over the duration of the setting time.

You can set the alarm clock to vibrate 5 seconds,15 seconds, 30 seconds, or 60 seconds on the app.

> 🔔 14:20 ○

♥ Move Reminder

When you focus on your work too long, it can give you a notice to relax. But you must set the move reminder on through the app. Set the reminder interval, reminder frequency, starting and ending time.

When the setting time is coming, it will vibrate twice and display the sedentary icon about 5s, then turn off and log out. You also can tap the touch button to log out.

> ○

♥ Call Notification

Keep the Lifesense Band 2S connecting with the mobile device. Set the Call Notification on the app. When the phone call is coming, it will display the phone icon and the name about 10s, vibrate 1s then stop 1s. It will vibrate 4 times and then turn off in 10s.

When the phone is coming, tap the touch key to hang up.
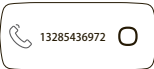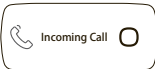
📞 David ○	📞 13285436972 ○	📞 Incoming Call ○
Name	Phone number	Unidentified

♥ Text Notification

You can set the Text Notification on the app. Keep the Lifesense Band 2S connecting with the mobile device. When a message is coming, the Lifesense Band 2S will vibrate, display the message icon and contents.

The Lifesense Band 2S only supports displaying the messages from the smartphone with iOS system or Android system.

The Lifesense Band 2S only displays the message icon and contents once, and it cannot be thumbed through .

Messages from	Name	1 new message	(1-99) new message	More than 99 new messages
Smartphone	✉ David ○	✉ New Message ○	✉ 9 New Messages ○	✉ 99+ New Messages ○

⚠ CAUTION

The device can't give you a Text Notification if the following situations appear:

1. The Bluetooth is off, or unconnected with the Internet.
2. Never set the Text Notification on.
3. Never set notice permission on the smartphone.
4. The screen of the smartphone is unlocked.
5. There are many messages in the smartphone, it won't give you a notice unless you clear them.

♥ Wrist Selection

You can select wear the Lifesense Band 2S on left wrist or right wrist. The default wrist is the left one.

When it displays vertically, the display direction of left wrist and the right wrist is the same.

When it displays horizontally, the display direction of left wrist and right wrist is different, 180° oppositely, as below:
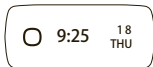
9:25 18 THU ○	○ 9:25 18 THU
Left wrist	Right wrist

♥ Night Mode

The default state of night mode is OFF. You can set it on or off, and the starting and ending time on the app. In night mode, you could not light up the Lifesense Band 2S by rotating your wrist, but you could by touching the key on the screen.

♥ Heart Rate Detection

The default mode of heart rate detection is ON. If you set it off, it will stop heart rate measurement. If you set it on, the indicator with green light will be on for continuous heart rate detection.

♥ OFF ○	♥ -- ○	♥ 95 ○
Heart Rate Detection is OFF.	**Can't detect heart rate.**	**Detect heart rate.**

♥ Display Mode

You can select horizontal or vertical display on the app. The default display is horizontal.
Text notification and call notification only support horizontal display.
Activate startup screen, battery charging, and update screen only support vertical display. Other pages can support both horizontal and vertical display.

♥ Display Settings

You can decide which screen you want to display on the Lifesense Band 2S through the app. The default pages (time, steps, calorie, distance, heart rate) are on. You can select the order of displaying pages, and must keep at least one page on.

♥ Goal Achievement Reminding

You can set the goal achievement reminding on the app. There is a goal celebration to encourage you to reach your goal. When you reach the setting goal, it will vibrate twice, and display the encouragement icon about 3s and then display goal steps about 2s. Then it will turn off and log out the reminding mode. The default goal step is 6000 steps. You can set it through the app.

♥ Sleeping Condition Monitor

You can wear the Lifesense Band 2S to sleep, it will monitor your sleeping condition. The sleeping data will upload to the app, you can check your sleeping condition on the app.

♥ Running Mode

The Lifesense Band 2S can identify whether the user is running or not automatically.
In the mode of heart rate detection, the Lifesense Band 2S can identify the user is running and turn on the heart rate detection. It will save a piece of heart rate and calorie data every minute. If the mode of heart rate detection is off, it only can identify the user is running, but won't start heart rate detection. It will only keep a piece of calorie data per 1 minute.
You can check running data, including running time, calorie, average heart rate, the maximum step frequency, average frequency, total steps, heart rate curve and calorie curve on the app.
Note: If there is no heart rate data, the app won't display heart rate curve.

♥ Troubleshooting

Problem	Root Cause	Solution
Abnormal measuring results: Huge difference between two recent measurement.	Incorrect portable fashion make the device has irregular shaking.	Use the correct portable fashion, avoid that the Lifesense Band 2S has irregular shaking.
	Less than 10 steps	Continue to walk more than 10 steps.
	Slide or wearing the slippers to walk.	Walk in a normal way.
No display on OLED when the device powers on.	The power is not enough.	Charge power in time.
Data transmission failed.	Bluetooth is OFF.	Turn ON the Bluetooth.
	The App is OFF.	Press the icon to turn ON your app.
	Out of range of Bluetooth transmission.	Place your device which supports the Bluetooth 4.0 technology close to the Lifesense Band 2S.

♥ Specifications

Product Name	Lifesense Band 2S
Dimension	Whole size: Approx. 250mm x 17 mm x 10.8 mm (including the wristband)
Weight	Approx. 22 g (including the wristband)
Display	White OLED V.A.:22.8mm x 6.8mm
Steps	0-120000 steps, division 1 step
Calories	0-12000.0 kcal, division 0.1 kcal
Distance	60.00 km
Heart rate	Range: 30 beat/min~200 beat/min,division 1 beat /min
Exercise Time	0-23 hours and 59 minutes, division 1 minute
Battery Grade	1-7 grade, division 1 grade
Running hour	When the battery is fully charged, it can be used about 5 days (heart rate function is open), or about 1 month (heart rate function is closed).
Power Source	3.8V / 75mAh polymer lithium battery
Working Environment	Temperature: 0°C to 40°C Relative Humidity: ≤90% RH Atmospheric Pressure: 80 kPa ~ 106 kPa
Storage Environment	Temperature: -20°C to 60°C Relative Humidity: ≤90% RH
Protection against ingress of water	IP67
Accessories	1. One Wrist Band 2. User Manual

WARNING: No modification of this equipment is allowed.

About the Accuracy of This Product

This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions on accuracy.

♥ Maintenance

When carrying out usual maintenance, please ensure practice of the following Do's and Don'ts:

- DO use a dry soft cloth to wipe the dust.
- DO use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device.
- DON'T wash the device with water or immerse it in water.
- DON'T use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- DON'T disassemble this device. If you have any problems, please contact Transtek. (*Please refer to Warranty for contact information*)
- Charge the power once for every 3 months, or at least once for half a year, if the device is not likely to be used for a long time.

♥ Warranty

- Transtek warrants its products free of defects in materials and workmanship in normal use for a period of TWO years from the date of retail purchase.
- This warranty does NOT cover damages caused by misuse or abuse, including but not limited to:
→ Failure caused by unauthorized repairs or modifications;
→ Damage caused by shock or drop during transportation;
→ Failure caused by improper operation inconsistent with the instructions stated in this user manual;
→ Malfunction or damage from failure to provide the recommended maintenance;
→ Damage caused by improper use of power supply.
- Should this device require maintenance (or replacement at our option) under warranty, please deliver the original package to GUANGDONG TRANSTEK MEDICAL ELECTRONICS CO., LTD prepaid. Please return the store receipt (with the retail purchase date) and a note with reasons to return on it as well.

Guangdong Transtek Medical Electronics Co., Ltd.
Zone A, No.105 ,Dongli Road, Torch Development District,
Zhongshan,528437,Guangdong,China
Tel: 86-760-88282982
Website: http://www.transtek.cn

♥ Warning

While your Lifesense Band 2S is designed to be worn 24/7, its components are electronic and susceptible to damage if used improperly. Please read the safety guidelines on the following pages to ensure proper use and care.

♥ Lifesense Band 2S Care

- Do not expose your Lifesense Band 2S to liquid, moisture, humidity, or rain while charging. Exposure of the Lifesense Band 2S to moisture while charging could result in electric shock.
- Do not tamper with or abuse the Lifesense Band 2S. For example, without limitation, do not drop,disassemble, open, crush, excessively bend, deform, puncture, shred, microwave, incinerate, paint, or insert foreign objects into the Lifesense Band 2S.
- Do not use abrasive cleaners to clean your Lifesense Band 2S.
- Do not expose your Lifesense Band 2S to extremely high or low temperatures.
- Do not leave your Lifesense Band 2S near open flames such as cooking burners, candles, or fireplaces.
- Do not bring your Lifesense Band 2S into contact with any sharp objects. This could cause scratches and damage.
- Do not insert anything into your Lifesense Band 2S unless otherwise specified in the user instructions. This may damage the internal components.
- Do not attempt to repair, modify, or disassemble your Lifesense Band 2S; it does not contain any user-serviceable components.

♥ Built-in Battery Care

- Do not attempt to replace your Lifesense Band 2S's battery. It is built-in and not changeable.
- Only charge the battery in accordance with the user instructions supplied with the Lifesense Band 2S.
- Avoid charging your Lifesense Band 2S in extremely high or low temperatures.
- Do not wear your Lifesense Band 2S while you are charging it.
- Do not attempt to disassemble the Lifesense Band 2S or force open the built-in battery.
- Do not clean the Lifesense Band 2S when it is being charged. Always unplug the charger first before cleaning the Lifesense Band 2S.
- Do not dispose of your Lifesense Band 2S in a fire. The battery could explode causing injury or death.

♥ Health Disclaimer

WARNING: THIS LIFESENSE BAND 2S IS NOT A MEDICAL DEVICE. The Lifesense Band 2S and its associated applications should not be used to diagnose, treat, or prevent any disease or medical condition. Always seek the advice of a qualified medical professional before making any changes to your exercise, sleep or nutrition, as doing so may cause severe harm or death.

♥ Other Notes

- Dispose of the Lifesense Band 2S, the Lifesense Band 2S's battery in accordance with local regulations. Do not dispose of the battery with regular household waste.
- Recycle your package in accordance with local regulations.

❤ FCC Statement

FCC ID: OU9LS417-F01

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. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or 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 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 my cause undesired operation.

MODIFICATION: Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the device.