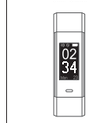
iDO

Smart Bracelet

User Guide



Thanks for choosing our device, please read the user guide carefully before using.

Setting

Use VeryFitPro on iOS or Android smart phone to set the wristband as follows.

Note: Hardware and system of devices should meet the requirements.

iOS Apt 8.4/iOne | Android 4.4/iOne | Support Bluetooth 4.0

1. Download VeryFitPro

Search and download

Search and download "VeryFitPro" from the Apple Store or Android App store.

Scan the QR code and download

Download it then it prompts to open it with the AliChat or other chat tools, please copy the link and open it through browser.

2. Product activation and installation

The product must be activated by charging battery initial use, and "stop charge the product to ensure normal power supply. The hard ring will automatically power on.

Take out the pin from the strap and take out the bracelet body.

Charge the battery, insert the charging terminal of the bracelet body into the USB interface to activate the product by charging the positive and negative of the battery, and ensure the required voltage and current: 5V / 500mA.

Installation: Insert the bracelet body into the strap of the wriststrap.

Wear on: Adjust the length of the wriststrap until it is appropriate to wear on the wrists.

3. Touch key:

Single click the touch key: Turn on the screen
Press and hold the touch key: Clear

4. Make sure the Bluetooth of smart phone is ON, open app"VeryFitPro"

When entering the light band from the search list, please click the name of wristband to wake up the device and then can be connected.

Know your Device

1. Wearing Method

Wear the device on your wrist horizontally, about 2cm to one finger's distance from ear as wearing watches.

2. Heart Rate Monitoring

To monitor Heart Rate more accurately, please wear the device on the upper position of your wrist and not tighter than usual(leave you one finger's distance).

3. Heart Rate Monitoring

Automatic heart rate monitoring is ON as default. monitor Heart Rate in the day automatically.

4 - Interface

（1）Click the touch key to display successively:

Time | Date/Week | Heart Rate Mode | Alarm Clock Mode | Sports Mode

Function Introduction

1.1 Time Mode

Instructions
Time display can be switched as follows:
Time/Date/Week/Heart Rate
（1）Click the touch key to enter the main menu: Date Mode
（2）you can customize the interface through the app.

1.2 Date Mode

（1）Click the touch key to enter the main menu: Heart Rate Mode
（2）Press and hold the touch key for 2s: to enter the submenu of "Date Reading"

1.2.1 Date Reading Sub-Mode

（1）Click the touch key to enter the next submode

Note：To go back to the Date Reading Mode by stoping the touch key on the last submode of Date Reading Submode.

1.3 Heart Rate Mode

Static Data | Exercise Record | Allow Data Broadcast | Change in 5s

Note: Upon staying at the Heart Rate interface for 1s, start to monitor the heart rate (the heart rate sensor will be activated, the indicator will be monitored, and upon the correct data being monitored, data is displayed). （1）Click the touch key to enter the next mode: Alarm Clock Mode

1.4 Alarm Clock Mode

Note: Alarm clock function should be turned on in App first then Alarm Clock can be enabled.

（1）Click the touch key to enter the next mode: Sports Mode
（2）Press and hold the touch key for 2s: to enter the submenu of "Sports Mode"

1.5 Sports Mode

Press and hold the touch key for 2s to enter the Sports Mode.
（1）Click the touch key to enter the next sports mode, and in turn there are no other sports modes, it will return to the first mode.
（2）Click the touch key to exit the sports mode.

Note: Time of Sports mode can be collected in App (Sign up an account and connecting sports with 10 types of other activities)

1.5.1 Sports Start Mode

After the countdown interface of 3s/4s/5s in the sports underway mode,

1.5.2 Sports Underway Mode

Heart Rate | Steps | Calories | Distance

Average pace | Pace/Speed | Other

（1）Click the touch key to enter the next subsection of Sports Underway (Fitness and Walk the touch key for 2s).
（2）Click the touch key to exit Sports Reading, press and hold (2s) to end the sports mode.

Note: The speed and distance of riding can be displayed, but App need to be connected and the riding and App needs to start at the same time.

1.5.3 Sports Stop Mode

1）If the sports duration then 1 minute, the sport will be reminded of not saving the data.

（1）Click the touch key to enter the next interface of sports mode, the data recording interface of sports mode, the data recording interface of sports data display mode is not displayed.

2）If the sports duration then 1 minute, the Sports Not Reminded will be displayed.

（2）Click the touch key to enter the sports data display mode.

3）Sports data display mode

Step | Distance | Duration, Calories | Pace, Heart Rate

（1）Click the touch key to enter the next sports data display mode, and the sports data of the Fitness interface will return to the first interface of sports mode.

1.5.4 Event Reminder in Sports Mode

1）Reminder of setting from sports events upon a period of time ahead:
（1）Click the touch key to remove the reminder of automatic quitting from sports modes.

Note:
（2）there is no any activity in a period (1h remains), reminders will be displayed (10 before 1 min), Lights will be lit up to remove the reminders of automatic quitting from sports modes.

（3）there are no any new operations before the end of the countdown of automatic quitting from the sports mode, it will exit from the sports mode.

2）Reminder of 5 hours quit：
（1）Click the touch key to confirm this quit or Exit Quit.

Note: When the memory of wriststrap is full of sports data, the user will be reminded of ending from the Sports Mode.

3）Reminder of hours quit for Sleepmode:
（1）Click the touch key to accept the Sleep quit and exit the sports mode.

Note: Sleep mode is a feature, when the power is less than the quick mode will appear, and remind the user of stop quit from the sports mode.

4）Reminder of inaccessible sport mode in Sleepmode:

（1）Click the touch key to accept the inaccessible sports mode in Sleepmode.

Note: The reminder will appear when a user tries to start the sports mode with the battery of device is low.

1.5.5 Abnormal operations during the

（1）Click the touch key to accept the inaccessible sports mode in Sleepmode.

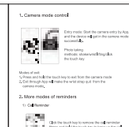
Note: The reminder will appear when a user tries to start the sports mode with the battery of device is low.

1.5.5 Abnormal operations during the

The reminder will be available soon

（1）Click the touch key to quit from the reminder waiting mode

1. Camera mode control



Every mode: Start the camera only by App and the camera will quit the camera mode successfully.

Photo taking:
Methods: slide/shake/Wrist flip/click the touch key.

Modes of use:
1) Press and hold the touch key to exit from the camera mode
2) Click through App will take the wrist strap quit from the camera mode.

2. More modes of reminders

1）Alarm

（1）Click the touch key to remove the alarm reminder
Press and hold the touch key to bring up the alarm

Note: The alarm reminder in the App needs to be set up in.

2）Message Reminder

（1）Click the touch key to remove the alarm reminder
Press and hold the touch key to bring up the alarm

Note: The alarm reminder in the App needs to be set up in.

3. Alarm Clock

Alarm Clock Type: The relevant settings need to done in the App.

Alarm Clock Types

Wake up | Medicine taking | Sleeping | Party

Appointment | Exercise | Meeting

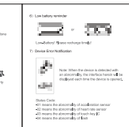
4.Long Sitting Reminder

Alarm Clock Reminder: The relevant settings need to done in the App.
（1）Click the touch key to remove the alarm clock.

5) Target completion reminder

When some goals are achieved, shake the wrist strap to remind the completion of target completion reminder (Sign up an account and connecting sports with App first).
（1）Click the touch key to quit from the reminder

6) Low battery reminder



（Insufficient Fitness recharge in time）

7) Device Anti-Notification

Note: When the device is connected with an Android App, the interface notice will be displayed each time the device is opened.

Status Code:
01 means the abnormality of acceleration sensor
02 means the abnormality of heart rate sensor
03 means the abnormality of heart rate 2
04 means the abnormality of flash
05 means the abnormality of flash

Basic Specifications

Wrist Strap Size: 240*20
Screen Size: 0.96inch
Working Voltage: 3.7V
Host weight: about 27g
Size: 23.8mm*9.1g
Working temperature: -20～+45℃
Working Time: 7days
Product frequency band: 2402μ2480MHz
Maximum transmit power: ＜10dBm (for BLE compliance)

Explanation of toxic and hazardous substances in electronic information products

This device meets the EU ROHS Directory requirements, and also meets the EU Directive 2011/65/EU and revised directive.

Wearing and Maintenance

Our products are designed for you to wear throughout the day, for above 1 year a few brief instructions when you are wearing and maintenance of the product, to ensure the product lifespan and your skin comfortable, we put forward the following tips:

◆ Daily life: clean your wrist and the wrist ornament, sweat or after sweating in the exercise or during exposure to substances such as soap or detergent which may attack on the material of the wristband.

◆ Do not wash the wristband with household detergent. Please use a soft cloth to wipe it clean, rinse thoroughly and wipe with a piece of soft towel or napkin.

◆ For spots or stains that are not easy to remove, soak with alcohol and then follow the above steps.

FAQ

◆ Failed to find the device when pairing

1. Make sure the Bluetooth of smart phone is ON, and smart phone OS Android 4.4/ iOS 8.4/ iOS 8.4/ iOne.

2. Make sure the distance between phone and device is within 5(meter) device is among the range of Bluetooth communication distance (adjustable). Shielded (after putting the)

3. Make sure the device is not under Bluetooth, if there is still no device, please charge the device initially.

Remind, 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.

Caution:
Any 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.

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◆ Failed to connect with Bluetooth occasionally

1. Make sure the device is not under Bluetooth, if there is still no device, please charge the device initially.

2. Cleared mobile phone or tweak the Bluetooth service, then it works normally.

◆ How to restore factory defaults

Make sure the device is connected with smart phone, go to the App, enter "Devices-System setting", and choose "reset device".

Caution:
If you experience a sensitivity when wearing your watch, please stop using it immediately and consult a medical professional if the symptoms cause. If symptoms persist or worsen, please consult a physician.
If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergic from a wearable device.

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.

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.
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Caution:
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Old electrical appliances must be disposed of together with the medical waste, but have to be disposed of separately. The disposal of the contaminated sharp parts by private persons is for free. The owner of old appliances is responsible to bring by appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.