












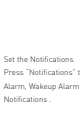





<p>Activity Tracker J1810</p>  	<p>Get Started</p> <p>What Included</p> <ol style="list-style-type: none"> 1. Heart Rate Monitor 2. User Manual 3. Gift Box <p>How to charge it</p> <ol style="list-style-type: none"> 1. In-Built USB Charger: No additional charger needed. 2. Pull out the band (the side with wristband buckle ; both sides can be pulled out) 3. Plug the device (the side with chip) directly into any USB port, Laptop or an Adaptor 	<p>1. Download the App</p> <p>Go to Apple App Store or Google Play Store, please search "Heart Beat Expert" to download our "Heart Beat" application.</p> <p>Or you can scan the below QR code to download our APP</p>  <p>Ensure Bluetooth is enabled on your smart phone. Important: Please ensure that your Android OS is version 4.3 or above and iOS version is 7.0 or above and the device has Bluetooth 4.0.</p>	<p>2. Activate the Device</p> <p>Before use, please connect the battery charger to Charge the device for activation. The progress bar will change from empty to full to indicate full activation as below. After activation, the device will start charging the battery</p>  <p>3. Battery Charge</p> <p>The battery indicator is displayed on the home screen of the device. When the battery of the device is lower than 10%, all functions are closed and only lower battery icon will show as below to remind you to charge the battery.</p> 	<p>4. Activity Mode</p> <p>Touch the screen to cycle through each function display</p>  <p>5. Heart Rate Mode</p> <p>Long touch the screen for 3 seconds to enter into Heart Rate Mode at the heart rate screen, the heart rate icon will change from empty to full and then turn to heart rate value. Long touch the screen again for 3 seconds to exit Heart Rate Mode to Main Screen. Please note that you can only enter to the Heart Rate Mode at the heart rate screen.</p> 	<p>Please do wear tightly for accurate heart rate monitor. In case you don't wear the bracelet properly, then the device will remind you to wear tightly with vibration.</p> <p>Wear Tightly!</p> <p>Based on different HR range, the display will show 5 different HR training zone like Fat Burn, HR Aerobic, HR, Steady HR, Anaerobic, HR Maximal HR, so that you could control your exercise intensity scientifically. When the heart rate value is too high, the device will gently vibrate to remind you to slow down your exercise.</p> 	<p>6. Remote Camera Shoot Mode</p> <p>Put the camera shoot On in the App, then long press the camera icon on screen to enter into remote shoot screen, control remote photograph shooting with following actions: Lift wrist sensor to shoot a picture.</p>  <p>7. Sleep Mode</p> <p>The device can recognize and calculate the sleep status without any action by users. It will track your sleep hours and quality. If you wear the bracelet at the night and set the alarm clock, then it will wake you up with slight vibration.</p> 
<p>8. Phone GPS Supported</p> <p>The app continues with phone GPS to track the exercise trajectory, to record the Speed, Distance, Calories and Duration.</p> <p>When the exercise starts, the heart rate monitoring function will turn on and continues to track your heart rate. When the exercise ends, the heart rate monitoring function will turn off.</p> <p>And you can check the exercise trajectory from the history</p>  <p>9. Phone Notifications</p> <p>Set different notification on the app, the device will vibrate when users have incoming calls, text messages, Whatsapp, Twitter, Facebook, Wechat, QQ, etc.</p> <p>10. Personal Reminder</p> <p>Customize your personal reminder for better life habit, like pill time, drinking water, etc.</p>	<p>11. Set Workout Plan on App</p> <p>Customize your workout plan on app, the device will gently vibrate to remind you to exercise more.</p> <p>12. APP Operation</p> <ol style="list-style-type: none"> 1. Download the application named Heart Beat Expert from the Apple Store or Google Play and install into your smart phone. 2. Start using the mobile app with your Heart Rate Monitor. 3. Go to "Personal Setting" to select your Heart Rate Monitor in the search list by click "About Device". 	<p>Enter Your Personal Information</p> <p>Once connected, set your personal information and save the setting.</p>  <p>Set the Notifications</p> <p>Press "Notifications" to set the Activity Alarm, Wakeup Alarm and Call Notifications.</p> 	<p>Set the Workout Plan to keep health</p> 	<p>3. Press the "HR Setting" to set your different Heart Rate Zone</p> <p>4. Go back to the homepage and press Start and you are ready to go!</p> <p>5. Heart Rate</p> <p>When the device is in heart rate mode and connected with the app, you can check the real-time heart both on device and app.</p> 	<p>6. Check History Data</p> <p>Go to "History data" to check the previous activity and sleep data</p> <p>Go to "Heart Rate" to check the previous heart rate value</p>  <p>Specifications</p> <p>Size: Main body: 42.5*20*10mm Wristband: 247.5*19.5mm Weight: 31.8g Battery: 110mAh Rechargeable Lithium polymer battery</p> <p>Display: 0.96" TFT Data Memory: 30 days Walking distance: Max 999.99km Calories burned: Max 999.99kcal Activity time: 99h00min</p>	<p>FCC Statement</p> <p>Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.</p> <p>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:</p> <ul style="list-style-type: none"> -- 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. <p>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.</p>