



When prompted, confirm you want to end your workout. After you ended the workout, your summary will appear.



#### Note\*

If you set a workout goal, the Vibe PRO will vibrate when you reach your goal.  
If you use the built in GPS during your workout, you can tell when the GPS signal has successfully connected on when the icon stops loading and turns solid white.



## Blood Oxygen SpO2

The watch has Blood Oxygen sensor to monitor your oxygen level throughout the day. Oxygen saturation refers to oxygen-saturated hemoglobin relative to its total amount in the blood. A level of over 95% in vascular blood is considered normal.

#### Form the Watch:

- Go to main menu page.
- Tap on  to start.
- After the measurement, the watch will display the measurement result.


#### Precautions before you measure your Blood Oxygen:

- Wear the watch to a finger distance form the wrist bone; wear the watch tightly.
- Place your arm on the table for measurement with the watch screen facing up.
- Please stay still during the measurement.
- Factors such as hair, tattoos, shaking, low temperature and improper wearing may affect the results.
- This function is for reference only and should not be used as the basis for medical diagnosis.

## Compass

The watch supports compass function. When the compass page opens, the watch automatically detects the current orientation and degree. You can also calibrate the compass by filling out the circle with figure 8 movements in the air, then the compass function can be reused.


Form the Watch:

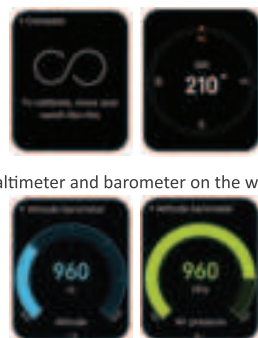
- Go to main menu page.
- Tap on  to start.

## Altimeter/Barometer

The watch supports altimeter and barometer function. The altimeter and barometer on the watch show the current altitude and atmospheric pressure in real time

Form the Watch:

- Go to main menu page
- Tap on  to start.



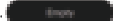
## Notifications

Stay connected with events, notifications, messages and incoming calls from your smart phone. When you receive a notification, your watch will vibrate and display a small preview or the alert.

To view a list of your recent notifications:

- From the watch face, swipe down from the top of the screen to open your recent notifications.

To clear all notifications:

- From the watch face, swipe down from the top of the screen to open your recent notifications.
- Swipe all the way down then tap on the dismiss all button. 



## Music

Control music, podcasts, audiobooks and more playing on your mobile device. From your watch you can switch between songs and increase or decrease volume. The Vibe PRO can support online and offline music playback from popular apps such as Spotify and Pandora as well as music that is downloaded onto your phone. A premium subscription is not necessary to control your music.

## Weather

Check the weather in your current location or select a city around the world in your weather app. By default, the weather is set to your current location. If the weather does not appear, check that you've turned on location services for the 3+ PRO App. If you change locations, sync your watch to the app to get an updated weather report.



## Quick Settings

To open the Quick settings:  
On the watch, swipe up from the bottom of the screen.





## Airplane mode

Airplane mode disconnects your watch from all networks and turns off Bluetooth.

- From the watch face, swipe up from the bottom of the screen to open the quick settings
- Tap **Airplane mode**, then tap on the check mark to confirm

## Find my phone

If you misplace your phone in the couch cushions or if it hides under blankets, you can ping your phone from the watch.

- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap **Find my phone**, to ping your phone.
- List for the pings coming from your phone.
- When you find your phone, tap on your watch screen to stop the pinging.

## Adjust the brightness

Adjust the watch's display brightness depending on the time of the day.

- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap **Brightness**.
- Adjust the level of brightness by tapping on 1 to 5 for the brightness level.

## Do not disturb mode

You can set the watch not to vibrate and turn off the screen when a notification, except for alarms, is received.

- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap **Do not disturb**.

## Update, Turn On/Off and Reset


Some issues can be troubleshooted by updating, restarting or resetting the watch.

### Update

Keep your watch updated to get the latest feature improvements and product updates.

When an update is ready to install, you will receive a notification from the 3+ PRO App. After you start the update, a progress bar will appear on the app and on the watch. Make sure your watch and app are near each other during the update progress. Before you update the watch, make sure your watch is charged at least 30% or more before you update.

### Restart

To restart your watch, Go to main menu from your watch and tap on settings icon. 

Scroll down the menu and tap on System settings. Tap on Restart and tap on OK to restart you watch.

Restarting the watch will only turn off and then turn on the watch. All your setting will not change.

### Factory Reset

If you want to give the Vibe PRO to another person or wish to return it, clear your personal information first by factory resetting the watch. You can factory reset the watch from the Vibe PRO or from the 3+ PRO App.

From the watch:

- Tap on setting icon at the main menu.
- Scroll down and tap on System settings.
- Tap on Reset to perform Factory Reset.

From the 3+ PRO App:

- Tap on Settings.
- Select More settings.
- Tap on Factory reset.
- Tap OK to confirm.

## General Information and Troubleshooting

### Sensors

The Vibe PRO is built with the following hardware:

- 6-axis accelerometer
- Optical heart-rate tracker
- GPS
- Vibration motor
- Bluetooth 5.0 radio receiver
- Altimeter & Barometer
- 3-Axis Compass & GLONASS
- Blood Oxygen Monitor
- Geomagnetic Sensor

### Battery

The Vibe PRO has a rechargeable lithium-polymer battery.

### Display

The Vibe PRO has a color AMOLED display.

### Memory

The Vibe PRO can store your daily activity information on the watch for 7 days. This includes your steps, distance travelled, active minutes, calories burned, and workouts. We recommend syncing your watch to the app at least once a day.

### Operating Conditions

- 14° to 113° F (-10° to 45° C).
- 5 ATM professional water resistant grade, suitable for swimming, showering, rain & snorkeling.

### Heart Rate is not showing

The Vibe PRO can continuously track your heart rate throughout the day and when you're exercising. If the heart rate sensor is unable to track your heart rate then two dashed lines will appear instead of a number.



Check if you're wearing the watch correctly. If not, move it higher or lower on your wrist by tightening or loosening the band. Make sure the heart rate sensor is in contact with your skin.

### GPS signal is not locating

Environmental factors where the signal can be obstructed, such as between tall buildings, or in poor weather conditions may affect your watch's ability to lock on to your location. For the best results try standing outside in an unobstructed and open area for the GPS to quickly lock onto your location.

### Other Issues

If you experience any of the other following issues, try restarting your watch and your mobile device before trying again.

- Vibe PRO failed to update.
- Vibe PRO will not sync to the 3+ PRO App.
- Vibe PRO is not responding to screen taps.

For more information, you can contact our Customer support.



## Regulatory and Safety Information

### FCC STATEMENT

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.

### Warning

Changes of 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 :

- 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 WARNING STATEMENT:**

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

#### **BATTERY WARNING:**

This device uses a lithium-ion battery. If the following guidelines are not allowed are not followed the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and/or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.





#### SAFETY INFORMATION:

- Please charge the watch when it has low power.
- Do not leave the watch in a damp environment or expose it to liquids when charging.
- Please use our standard charging dock to charge the watch.
- Do not expose the watch under extreme temperatures.
- Do not place the device near a fire and avoid contact between the watch and any other sharp objects.
- Do not misuse the watch, including but not limited to, dripping, dismantling, disassembling, puncturing, baking, burning, etc.
- Do not clean the watch with an abrasive cleaner.
- Keep it out of reach of infants as small parts may cause choking.
- For the latest up-to-date manual version, please visit our website at **3plususa.com**.



## Customer Service Support

If you have any questions or you have other questions about the warranty, repairs and etc, 3Plus customer support is ready to help. 3Plus customer support is available Monday - Friday from 8am to 5pm.

- Toll Free 1 866-592-0184
- Email: [service@3plususa.com](mailto:service@3plususa.com)



