

# Smart Bracelet User Manual

**Welcome to use smart bracelet, the high-performance wrist-band smart bracelet will create an intimate gym experience for you.**

#### **Maintenance**

Please be reminded of the tips below in bracelet maintenance:

- Clean the bracelet regularly, especially the inner side of it, keep it dry.
- Adjust the tightness of bracelet to ensure aeration.
- Excessive skincare product is undesirable on wrist with a bracelet on.
- Please cease wearing in case of skin allergy or any discomfort.

#### 1. Schematic diagram of main body of bracelet



## 2. Power-on

Long-press the side button for 3s or plug in a charger for charging.

## 3. Download and Install APP

1>.Scan QR code with mobile phone and download APP.

2>.For IOS system, select APP store; for Android system, it allows to select Application Treasure to download and install Da Fit.



**Note:** Your mobile phone must support Android 5.1 or IOS8.0 or above, and Bluetooth 4.0 or above.

## 4.View mac address

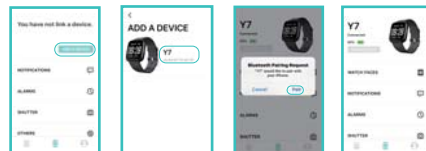
You can get the bracelet MAC by holding the main interface for two seconds.



MAC address, used to indicate the hardware address of bracelet, is the only one sign of the bracelet. This MAC address can not be modified.If you use a cell phone to check the bracelet, you can only find the corresponding bracelet by checking the MAC number. The MAC address is used to identify the bracelet and connected to the mobile phone quickly.

### 5.APP Bind Bracelet

- 1.Go to the Device, Click Add a Device.
- 2.Choose your device on the scanning list
- 3.Click to pair (Android system direct connection)
- 4.Finish.



Note:For Android, click the binding device, click the selected device type, and Android can be unconnected with your mobile. For IOS, set the Bluetooth after IOS is unconnected; click the sign on the right to select Ignore This Device. .

### Smart Watch Features

#### 1.Start-up status

Click the touch sign for the menu interfaces switching of main screen, such as the following interfaces;

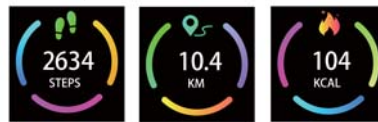


#### 2. Introduction of main interface functions

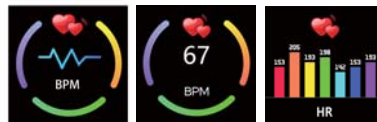
After the bracelet and the APP are first paired, it will synchronize the time, date,



movement steps, and calorie symbols of the phone.  
 3.Counting of steps, distance and calorie  
 The step-counting interface shows number of steps.  
 Wear the bracelet on wrist, and count the number of  
 steps, walking distance and consumed calories  
 automatically.



4. Heart rate monitoring  
 4.1 If you click on the touch area, it will be switched to  
 the heart rate monitoring interface, the test will start  
 after the heart rate interface stays for 2 seconds, the  
 heart rate test will "start" and "end", with the motor  
 vibrating once as a reminder respectively. You can  
 understand your health data through real-time dynamic  
 heart rate. In the heart rate monitoring mode, the  
 duration of the bracelet will be reduced, and heart rate  
 measurement value for the last seven times will be  
 displayed if you keep pressing it.



4.2 The heart rate sensor shall be closely attached to skin and well contacted with skin in measurement of heart rate. The sensor light exposure in case of wearing bracelet too loosely can result in inaccurate measured figures. Don't look steadily at the green light of sensor which may cause eye irritation.

4.3 Measure the heart rate when keep sitting quietly and the body not moving though this device can measure heart rate in a real-time and dynamic way; otherwise, the time is delayed for measurement of heart rate, or no data can be measured. The user should not move until the bracelet measures the figure of heart rate when the data of real-time dynamic heart rates can be checked.

4.4 Measure heart rate after having a rest if there is a big difference in measured data. The average value obtained through five times of consecutive measurement is more accurate.

4.5 This device is used to measure heart rate in a real-time dynamic way. So the heart rate is varied with different conditions such as speaking, dining and drinking. It shall be subject to the actual case.

4.6 Be sure that there is no dirt at the bottom of the heart rate sensor when conduct measurement. Skin color, hair density, tattoo and scar may affect the accuracy of the measuring results, in which cases please re-measure the heart rate.

4.7 Measurement for a long time may cause heating of the device, in case of any comfort, please remove the device, don't wear it until it becomes cool.

4.8 The chilled weather may affect your measuring result; please conduct the measurement in warm condition.

#### 5. Blood pressure

If you click on the touch area, it will be switched to the blood pressure monitoring interface, the test will start after the blood pressure interface stays for 2 seconds, the test will "start" and "end", with the motor vibrating once as a reminder respectively. The blood pressure measurement value for the last seven times will be displayed if you keep pressing it.

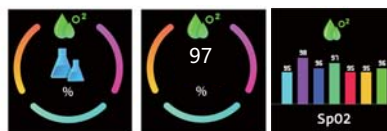
The blood pressure shall be measured in a quiet environment and at proper temperature. Have a rest for at least 5 minutes before measurement. Avoid nervous, anxious and exciting feelings; measure three times repeatedly at an interval of 2 minutes. Record the average value of readings measured three times.



#### 6. Blood oxygen

If you click on the touch area, it will be switched to the blood oxygen monitoring interface, the test will start after the blood oxygen interface stays for 2 seconds, the test will "start" and "end", with the motor vibrating once as a reminder respectively. The blood oxygen measurement value for the last seven times will be displayed if you keep pressing it.

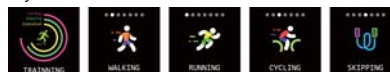
Blood oxygen saturation (SpO<sub>2</sub>) is the percentage of the amount of Oxyhemoglobin (HbO<sub>2</sub>) which has been oxygenated in the blood and the total amount of hemoglobin (Hb, hemoglobin) which can be oxygenated. It means the concentration of oxygen in blood.



Note: The blood pressure and blood oxygen data are for reference only and should not be used as a basis in medical aspects.

#### 7. Training

In the sports interface, if you keep pressing the touch key for three seconds, it will get into the movement mode, and there are a total of seven kinds of sports, including walking, running, riding, skipping rope, badminton, basketball and football. If you choose the "walking" mode, if you hold the touch key for two seconds, the motion parameters will be recorded, if you need to "pause", you need to hold the touch key for one second, and you need to press the side key to "exit".







#### 8. Message

Switch to the message interface, and long-press the touch area for 2s by finger to access the message content; click the touch area to switch to next piece of content; content includes SMS and messages from chat software. At most three pieces of messages can be saved. When it is up to three pieces, the messages displayed before can be substituted one after another.



#### 9.Weather

It could show the weather info of current and tomorrow on the weather page.

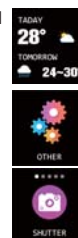
Weather info is synced after connecting with the APP, it will not be updated after a long disconnected.

#### 10.Settings

Long-press the "Settings" interface long into the following function interfaces:

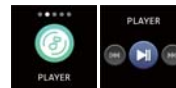
##### 10.1Remote Shutter

After connecting the device can remote control the camera on your phone.



#### 10.2 Music Play contraller

After connecting the device can remote contral the music player on your phone.



#### 10.3Stopwatch

Long press on the stopwatch page to start timing,You can press the touch key to "pause" timer and long press again to stop timing.



#### 10.4 Luminance regulation

If you hold the touch area, it will enter the brightness page, you can hold the touch key to select brightness, and press the side key to return.



#### 10.5Restoring factory settings

Long-press the touch area for over 3s, to start to clear off all messages in bracelet, and restore the defaulted factory setting.



#### 11. Power-off

If you hold the side key for 3 seconds, the main interface will trigger the shutdown interface. If you hold the touch area for more than 3 seconds, the machine will be turned off and if you press the side key, it will return to the main interface.



### Frequently Asked Questions (FAQ)

1. Question: What can I do if the bracelet is not searched as prompted?

Answer: First, check the bracelet is energized or not;  
Second, Put the bracelet near the mobile phone, and try connecting the bracelet.

If you are still unable to connect the bracelet by above operations, try switching off and on the mobile phone Bluetooth once, or restart the mobile phone.

2. Question: Is the Bluetooth not connected accidentally?

Answer: 1>.The connecting time may be different each time as the signal is disturbed in Bluetooth wireless connection. If it is not connected for a long time, make sure your operation is done in the place where there is no disturbance of magnetic field or Bluetooth device.

2>. The mobile phone Bluetooth services become abnormal accidentally in re-starting up, so that the Bluetooth may not be connected.

3>. The mobile phone Bluetooth is connected normally when you restart the mobile phone.

3. Question: Why is there no vibration of the bracelet to remind me after setting the notification of incoming call?

Answer: First check the mobile phone Bluetooth is switched on and the bracelet is connected or not;  
Second, check the bracelet APP is running (or backstage running) for Android and IOS systems.

Note: FLY memory cleaner and some keeper software may clean or intercept tasks, please add APP to the white list.

4. Question: why doesn't the bracelet receive message push?

Answer: 1>. You have to confirms that a switch for message push is opened on the phone client

2 >. You have to confirm that message can be displayed normally in the mobile phone notification bar. The

message push on the bracelet is completed by reading the message from the mobile phone notification bar; the bracelet will not receive the push if there is no message in the mobile phone notification bar.

(you need to find notification settings in the mobile phone settings, turn on the notification switch of Wechat, QQ, phone, SMS and mobile phone client)

3>. You have to open the auxiliary function settings of the bracelet client.

(You have to find auxiliary function in mobile phone settings, open the auxiliary function settings of the bracelet client)

The settings for iPhone:

1>.You have to confirm that a switch for push notification is opened on the phone client

2>. You have to confirm that notification can be displayed normally in the mobile phone notification bar. (you need to find notification settings in the mobile phone settings, turn on the notification switch of Wechat, QQ, phone, SMS and mobile phone client)

5. Question: *Why does my heart rate measure fail?*

Answer: Note to keep the user in a quiet status in measuring heart rate, and keep the bottom of bracelet loosely attached to the arm without obvious gap. Don't wave arms during measurement.

6. Question: *why do blood pressure values deviate from blood pressure monitor?*

Answer: The deviation between the measured values of the bracelet and the blood pressure monitor is determined by many factors. The blood pressure monitor is located in the brachial artery and the bracelet is located in the two main branches of the arterioles.

Under normal circumstances, there will be a difference between the aortic and arterioles blood pressure measurements, about 3 to 40; if you use a bracelet and a blood pressure monitor to measure at the same time, because blood flows in the artery in a centrifugal direction, the bandage of the blood pressure monitor keeps the part right below the middle of your elbow under pressure and temporarily prevents the blood from flowing smoothly down the lower branch of the artery; and increases vascular tension, which will cause greater deviation between the upper and lower blood pressure measurements.

7. Question: why can't you wear the bracelet to take a hot bath?

Answer: Bath water temperature is relatively high, there will be a lot of vapor, and vapor is in the gas phase, with small molecular radius, it is easy to infiltrate from the shell gap of the bracelet; when the temperature drops down, it will condensate into liquid droplets, which will easily cause short circuit inside the bracelet, damage the ring circuit board, and then damage the bracelet.



**Warning:**

Please consult your doctor before you take part in a new sport. The smart bracelet should not be used for medical purpose though it may monitor the real-time dynamic heart rate.

FCC ID: Q78-ZTEY8

**Federal Communications Commission (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.

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.

Warning: Changes or modifications made to this device not expressly approved by ZTE Corporation may void the FCC authorization to operate this device.

Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.