

Smart Wristband User's Guide



Charge the bracelet

Use it for the first time to ensure that the battery is in normal condition. If the power is not turned on normally, please connect the charger to charge the device.

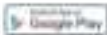


Install the bracelet app on your phone

System requirements: Android 5.0 and above; iOS9.0 and above; support for Bluetooth 4.0.



SCAN THE QR CODE
TO DOWNLOAD
THE APP



Device connection

- For the first use, you need to connect the APP for calibration. After the connection is successful, the bracelet will automatically synchronize the time.
- Turn on the Bluetooth switch of the mobile phone system → enter the app device module settings → click “Bind device, experience more features” to enter, find and connect the bracelet device.



- Android phones need to allow apps to run in the background.
- Android phones use all notification permissions to read contact information and give the app background running in the phone settings.

Wear it properly

The bracelet is best worn after the ulnar styloid

Adjust the size of the wrist according to the adjustment hole; buckle the wrist strap buckle.
The sensor should be close to the skin to avoid moving.

Health tricycle

- Number of steps (the outermost ring): The total number of steps every day, reset overnight, and the number of steps can be set on the APP.
- Exercise (middle ring): The data comes from any exercise under exercise, and it is cleared overnight. (As long as it is any exercise time in the exercise, it can be accumulated.) It can be set on the exercise target APP.
- Standing (innermost ring): Data source (if the number of steps in an hour is more than 20 consecutive steps, a standing will be displayed), reset overnight, and can be set on the standing target APP.
- The second page shows the goals and proportions of the three rings of health.

Histogram:

Figure 1 Steps: Distribution of steps per hour.

Figure 2 Exercise: hourly exercise duration distribution.

Figure 3 Standing: Hourly distribution of standing.

Below the graph there is also a display showing total distance and total calories.

Exercise :

Heart rate is measured at the beginning of each exercise, and then it is automatically measured every 5 minutes during the exercise process. Each exercise can pause and continue its functions, and the music can be controlled during the exercise. When the exercise is finished, the current exercise summary will be displayed. This exercise data is not saved locally, and the exercise summary will not be displayed when the exercise is finished for less than 5 minutes.

Heart rate /blood pressure/bloxygen/electrocardiogram

After entering the measurement interface and waiting for a few seconds, the current test result will be displayed. This feature requires the bracelet to support a heart rate sensor.

Dial

Dial the dial to make calls (note: the phone needs to be connected with audio to use this function)

Phone book

Add common contacts in the APP, and the contacts can be displayed in the phone book of the phone ring synchronously. Click The contact person can make a call

(note: the phone needs to be connected with audio to use this function)

Music control

The bracelet can control to switch the previous song, the next song, pause/start playback. (Note: The use of this feature phone requires an audio connection)

Style switch

can switch between different styles of the main menu in the options .

Voice assistant

- Pull down the standby page to enter the shortcut interface, click the voice assistant menu to start the language assistant. (Note: The mobile phone needs to be connected to the Audio device at the same time , and the user's voice needs to be set in advance in the voice menu on the smartphone side)

Information mode

connected to the APP, if the push notification reminder is enabled, when the bracelet pushes multiple reminder messages, you can enter this interface to view the latest message records .

Stopwatch function

Enter the stopwatch and click the start button to start timing, click the pause button to stop, and click the reset button to clear the timing.

Weather

Connect to the app and enter this interface to view the weather conditions of the day.

Find phone

APP is connected , click "Find Phone " on the bracelet and the phone will emit a prompt tone

QR code

Scan the QR code with your mobile phone to download the APP

Sleep mode

The latest 7-day records are displayed locally on the sleep details page, and the sleep data details can be viewed by connecting to the APP.

Do not disturb mode

Turn on the Do Not Disturb mode, the bracelet stops receiving notification messages to avoid reminding messages.

Note: Only when the app is connected and the bracelet is worn to sleep will the sleep data be uploaded to the app and the detection will start at 10 pm.

Photograph

connected to the app , start the camera from the bracelet or enter the remote camera interface from the APP, shake/turn the wrist/touch the bracelet, and

automatically take a photo after a countdown of 3 seconds. Please allow the APP to access the album to save the self-portrait photo.

Reset

Resetting this function will clear all data on the bracelet. (like step counting)

* **Siri:** Tap the voice assistant menu to launch the language assistant. (Note: The mobile phone needs to be connected to the audio at the same time, and the user's voice needs to be set in advance in the voice menu on the smartphone side)

More

- **About:** You can view information about the machine.
- **Language:** You can set any language in the options.
- **Set Date:** You can set the date required by the user.
- **Set time:** You can set the time required by the user.
- **Backlight time:** There are multiple options on the backlight time setting page. When the corresponding time is selected, the screen will automatically turn off.
- **Return to the dial:** There are multiple options for returning to the dial setting page. After the disk is

extinguished, the timer starts. When the corresponding time is selected, it will return to the dial.

APP function and settings

Sleep mode

When you fall asleep, the bracelet will automatically enter the sleep monitoring mode and will automatically detect your sleep pattern (deep sleep / shallow sleep / wake up) all night to accurately calculate your sleep quality.

Note: Please note the following description for the Sleep monitoring:

1. Sleep will be recorded, if the time when falling asleep is between 22:00 PM and 6:00 AM. The sleep data will be recorded if you sleep for more than 4 hours.
2. Sleep data synchronization: When wearing the bracelet, it will exit sleep mode only after 15 minutes of getting up and moving around. The sleep data will then be synchronized to the app.
 - A. Wear the bracelet while sleeping and ensure that it remains connected to the app.
 - B. Do not remove the bracelet from your wrist

immediately after waking up, as this may cause a misjudgement of your sleep status.

C. Sleep will not be recorded, if you fall asleep before 22:00 PM or after 06:00 AM. The time of getting up is independent of this.

Alarm setting

In the connected state, 8 alarms can be set. After setting, it will be synchronized to the bracelet; offline alarm is supported. After the synchronization is successful, even if the APP is not connected, the bracelet will be reminded according to the set time.

Sedentary reminder

Set whether to enable the sedentary reminder function, you can set the reminder interval, if you sit for a long time in the set time, the bracelet will remind you.

Raise your hand to brighten

Turn this function on. When the wristband is in the state of the screen, lift your wrist and turn the screen to yourself to light up the screen.

Remove device

Remove device This feature will erase data and remove device

Looking for a bracelet

In the connected state, click the “Find” option and the bracelet will vibrate.

Other functions:

Turn on the vibration setting function, when there are calls, messages or other reminders, the bracelet will vibrate. If it is off, the bracelet will only have a screen reminder without shaking to avoid interruption.

Basic parameters

Equipment type	smart wristband	type of battery	Lithium polymer
Vibration motor	stand by	Synchronously	Bluetooth 4.0
Operating temperature	-10°C~50°C	sensor	Low power acceleration sensor
System Requirements	IOS9 or above / Android5.0 or above		

Precautions

1. Please connect the bracelet when synchronizing data.
2. Use the included charging cable to charge.
3. Do not expose the handle ring to moisture for a long time, where the temperature is extremely high or extremely low.
4. The flashover of the wristband restarts. Please check

the memory information of the mobile phone to clear it and try again, or exit the APP and reopen it.

FCC Caution

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.

Any Changes or 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 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.

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