




- During your workout, tap on the middle of the screen to cycle between your real time stats.
- For walks and runs the real time stat changes between distance, steps and calories burned.



- For outdoor cycling, the real time stat changes between distance, mph and calories burned.
- For indoor cycling, you can only see the duration of your workout, you heart rate and calories burned.

When you're done with your workout or want to pause, press the button to pause.

Tap  to resume your workout. Tap  when you finish your workout.





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 Plus will vibrate when you're halfway to your goal and 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 blue.



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.

From 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 from 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.

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.

Automatic Sleep Tracking

The watch will automatically start tracking your sleep once you pair to your mobile device. The sleep is tracked only once per 24-hour cycle starting from 6pm in your time zone. I.e. If you sleep from 6pm to 11pm your watch will track your sleep for that sleep cycle but will not track any other sleep cycles until 6pm the next day. Please contact us for more questions regarding sleep tracking at service@3plususa.com

Quick Replies

If you paired the Vibe Plus to an Android phone, you can send quick text replies if you're too busy to respond.

- On your watch, open the text message then swipe down until you see a list of quick reply options.
- Tap on the arrow to send the quick text reply.
- You can create and customize different quick text replies in the 3+ PRO App under the Settings at the bottom menu.





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 Plus 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.

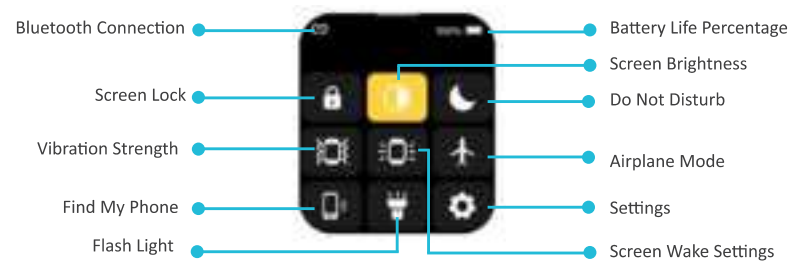
Weather

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 Plus 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 Plus 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 Plus is built with the following hardware:

- 3-axis accelerometer
- Optical heart-rate tracker
- Built-in GPS
- Vibration motor
- Bluetooth 5.0 radio receiver
- Blood Oxygen Monitor

Battery

The Vibe Plus has a rechargeable lithium-polymer battery.



Display

The Vibe Plus has a color TFT display.

Memory

The Vibe Plus 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).
- 3 ATM professional water resistant grade, suitable for rain and daily use. Do Not swim or shower with it.

Heart Rate is not showing

The Vibe Plus 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.

Other Issues

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

- Vibe Plus failed to update.
- Vibe Plus will not sync to the 3+ PRO App.
- Vibe Plus 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 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 3pm.

- Toll Free 1 866-592-0184
- Email: service@3plususa.com



