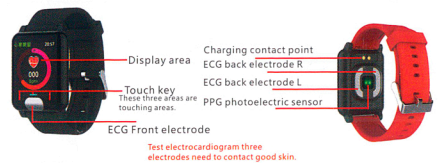


Thank you for purchasing our fitness tracker!

## Product Instructions:



1. Package Include:  
Fitness bracelet \*1  
The strap\*1  
Charging cable \*1  
User Manual\*1  
Packing box \*1
2. Battery parameter:  
Battery type: polymer lithium battery  
Battery model: 402224  
Battery capacity: 200mAh  
Charging voltage:4.2V  
Charging current: 70-100mA

## Functions:

**Turn on/off:** For the first time to use the fitness bracelet, please charge the fitness bracelet for 2-3 hours. The fitness bracelet will automatically be turned on and activated after use.  
When the battery is too low, the fitness tracker will automatically shut down or fail to power on, and will automatically turn on when charging. (When the battery is very weak, the charging will not start immediately, it needs to be charged for more than 15 minutes, and the battery will be turned on after the battery has a certain amount of power).

1) English

### 1. Main interface / dial

Long press the touch area on the main interface can directly switch the dial. There are 3 styles on the dial, sports / fashion / minimalist.



### 2. Pedometer/distance/calories

View the number of steps, the distance of walks and consumption of calories at any time during all the day. Besides, it can synchronize apps in time to view motion data.



### 3. Heart rate monitoring

Switch to heart rate test interface to enter real-time monitoring of heart rate, Measurement data can be synchronized to the APP in time, and there is a test report.



### 4. Blood pressure monitoring

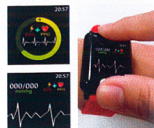
Switch to blood pressure test interface to enter real-time monitoring of blood pressure, Measurement data can be synchronized to the APP in time, and there is a test report.



**Note:** When measuring blood pressure, please measure by the correct posture. And the test result is for reference only. Cannot be used as medical data.

### 5. ECG measurements:

Press the touch button to enter the ECG interface for a long time, then touch the front electrode of the hand ring with the other hand, and fully contact the skin with the three electrodes for testing.



### 6. Sleep monitoring

Wearing the fitness bracelet to sleep, you can monitor the sleep time, as well as deep sleep and light sleep. According to the data, you can adjust your own sleep status and increase your health index.



2) English

### 7. Multiple sports modes

Long press to enter sport mode monitoring. Running, cycling, hiking, walking. Long press the sport mode to enter, click to switch mode, Long press to start count Long press to stop.



### 8. Message reminder/push

When new message is available, the device vibrates and displays the message content. The corresponding message shows the corresponding icon, and the message will retain the current 3 pieces of content.



### 9. Find your phone

When the Bluetooth connection between the phone and the fitness bracelet is normal, press and hold to find it. The phone will ring.



### 10. Turn off

Long press to enter the selection whether turn off or not. Single click to switch, long press to confirm, turn off interface will show the Bluetooth model, fitness bracelet, software version and Bluetooth code.



**Other function reminding (in the APP, you can set the Screen brightness, vibration and other reminder mode)**



### incoming call

When you call, you can check the name of the caller, etc. In case of inconvenience, long press to hang up



### Drinking reminder

You can set your own drinking frequency and time period alerts in the app.



### Sedentary reminder

Set the time period and sit tired to activity



### Remote control camera

When the remote side opens the remote camera function, the fitness bracelet can display the camera

3) English

icon. The fitness bracelet shakes and the phone automatically takes pictures.



### Find the fitness bracelet

Open the APP and click on the device to find it.



### Alarm reminder

Multiple sets of alarms can be set in the APP and the number of repeat days can be set.

## About the APP

### 1. Choose different ways to download APP.



iOS



Google play

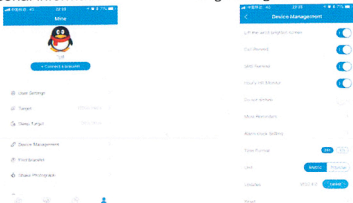


Android

### 2. When the download finished, register for a new user or third-party login.

3. Start binding the bracelet and fill in the wearer's personal information.

4. According to your habits to start some of the opponent's ring settings.



4) English

## Cautions:

1. Do not use the adapter of charging voltage more than 5V or charging current more than 2A, the charging time is about 2 ~ 3 hours.
2. Do not charge in case of water stains.
3. This product is an electronic monitoring product. The result cannot be intended as a medical reference. The measurement data is for reference only.
4. The blood pressure test method:  
You need to have a quiet rest for more than 5 minutes before monitoring; do not eat, smoke, take medicine or drink caffeine 2 hours before the monitoring;



During the monitoring, a comfortable and static sitting posture is adopted to maintain a stable state of mind and to speak at rest. Please make sure that the bracelet is at the same height as the heart (as shown on the right)

**Note:** Be sure to moisten the skin with water or gas to the skin where the electrodes are in contact. Especially when the weather and the skin is dry in winter. (There are two electrode pads on the bottom of the bracelet, please be sure to touch the skin well).

5) English