

SMART WRISTBAND USER'S MANUAL

Wear it properly

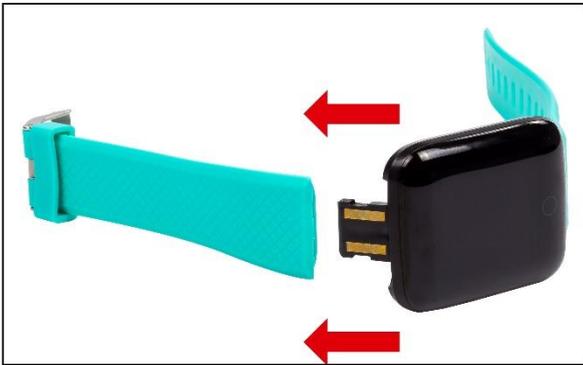
The wristband is best worn after the ulnar styloid

Adjust the size of the wrist according to the adjustment hole; Buckle belt buckle.

The sensor should be close to the skin to avoid moving.

Charge the bracelet

For the first time, make sure that the battery is in normal power. If the power is not turned on normally, please connect the charger to charge the device, and the bracelet will automatically turn on.



Install the bracelet app on your phone

Scan the QR Code below or go to the App Store to download and install the app.

System Requirements: Android 5.0 or above; iOS 9.0 or above
Support for Bluetooth 4.0.



Device connection

For the first time, you need to connect to the APP for calibration. After the connection is successful, the bracelet will automatically synchronize the time, Otherwise the step count and sleep data are not allowed.

- Open the app and click the settings icon -- my device -- pull down the scanning device -- click on the device connection
- After the pairing is successful, the APP will automatically save the Bluetooth address of the bracelet, and when the APP is opened or running in the background, it will automatically search and connect the bracelet.
- Android mobile phone Please ensure that the APP runs in the background and the mobile phone system settings are given all permissions such as running the background and reading the contact information.

Bracelet function description

- When the device is turned off, touch and hold the function button for more than 4 seconds to turn the device on.
- In the Bluetooth address interface of the bracelet, press and hold for 2 seconds to enter the shutdown interface. Select ON for 3 seconds to exit the shutdown page, and select OFF for 3 seconds to turn off the bracelet.
- Under the power on state, touch the short press function key to light the screen;
- Whether the default clock page of the bracelet, press the short press function key to switch to view different pages, no operation default five-second screen

- Switch to the heart rate and blood pressure interface to enter the start test, heart rate blood pressure 50s timeout automatically off screen (Heart rate and blood pressure require bracelet hardware support).

Clock interface

After syncing with the phone, the bracelet will automatically calibrate the time.;

Press and hold the standby interface for 2 seconds to switch between different clock interfaces

- Tracks Step
- Number of steps

Wear the bracelet and record the number of daily movement steps to view the current real-time steps.

- Distance

The distance of motion is estimated based on the number of walking steps.

- Calorie

Estimate the calories burned based on the number of walking steps

- Heart rate, blood pressure

After entering the heart rate and blood pressure test interface for a few seconds, the current heart rate and blood pressure test results are displayed. This feature requires a wristband to support heart rate and blood pressure sensors.

Multi-sport mode

Time-sharing step

Calculate the number of steps starting from this interface from 0, you can view the system time, record the time-sharing step value, and the duration: after exiting this interface, the time-sharing step will be added to the total number of steps in the bracelet.

Skipping rope mode

In this interface, you can view the system time, record the number of skipping ropes, and the duration.

Sit-up mode

In this interface, you can view the system time, record the number of sit-ups and duration.

Sleep mode

When you fall asleep, the bracelet will automatically enter the sleep monitoring mode: Automatically detect your deep sleep/shallow sleep/wake up all night and calculate your sleep quality; Sleep data is only supported for APP viewing.

Note: Sleep data will only be available when you wear a bracelet to sleep, and will be synced to the app after 9:00 pm to 9:00 the next day.

APP function and settings

Personal information

Please set your personal information after entering the app.

Settings Personal Settings, you can set gender - age - height - weight,

You can also set your daily exercise and sleep goals to monitor daily completions.

Message notification

• Incoming call:

In the connected state, if the call alert function is enabled, when the call comes in, the wristband will vibrate and display the name or number of the caller. (You need to give APP read address book permission)

• SMS notification:

In the connected state, if the SMS reminder function is enabled, the bracelet will vibrate when there is a text message.

• Other reminders:

In the connected state, if this function is enabled, when there is a message such as WeChat, QQ, Facebook, etc., the bracelet will vibrate to remind and display the content received by the app. (Automatically clear after the message is viewed) (You need to give the APP permission to get system notifications, and the wristband can display 20-40 words) . Vibrating reminder:

When this function is enabled, the bracelet will vibrate when there are incoming calls, messages or other reminders. If it is turned off, the bracelet will only have a screen reminder without shaking to avoid interruption.

Tips for Android users:

When using the reminder function, it needs to be set to allow the "Excellent Bracelet" to run in the background: It is recommended to add "Utility Bracelet" to the rights management to trust and open all permissions.

Smart alarm clock

In the connected state, three alarms can be set, and after setting, they will be synchronized to the bracelet; Support offline alarm. After the synchronization is successful, even if the APP is not connected, the bracelet will remind you according to the set time.

Looking for a bracelet

In the connected state, click on the "Look for the bracelet" option and the bracelet will vibrate.

Shake a picture

In the connected state, enter the shaking photo interface, shake the bracelet, automatically take a photo after 3 seconds of counting down. Please allow the APP to access the album to save the self-portrait photos. (Features)

Sedentary reminder: Set whether to enable the sedentary reminder function, you can set the reminder interval. If you sit for a long time within the set time, the bracelet will remind you.

Lift the wrist bright screen: Turn this function on. When the hand is in the state of the screen, raise your hand to view it. The angle is slightly tilted and the screen will automatically light up.

(Third party access)

WeChat campaign: Save the QR code of WeChat campaign, enter scan and follow on WeChat, synchronize and update the number of steps that will synchronize the bracelet(Note: If there are other sports software on the phone, the one with the most steps will be displayed first)

Precautions

1. Bathing and swimming should not be worn.
2. Please Connect the bracelet when synchronizing data.
3. Do not expose the bracelet to high moisture, high temperature, or very low temperatures for long periods of time
4. The bracelet appears to crash and restart. Please Check the phone memory information clear and try again, or exit the APP and reopen it.

Component introduction

*Host *Wrist strap *Charging cable *Packing box and instructions

APP supported language: Chinese, Simplified Chinese, English, Spanish, French, Portuguese, Dutch, German, Russian, Turkish, Japanese, Polish, Arabic, Malaysian, Thai

Message content push supported languages: Chinese, Simplified Chinese, all European countries (UK, Ireland, France, Belgium, Monaco, Spain, Andorra, Portugal, Germany, Switzerland, Austria, Luxembourg, Liechtenstein, Netherlands, Denmark, Norway, Sweden, Faroe Islands (Dan), Greenland Iceland, Finland, Estonia, Latvia, Lithuania, Poland, Hungary, Romania, Slovenia, Croatia, Italy, San Marino Vatican, Turkey, Malta, Albania, Russia, Belarus, Ukraine, Bulgaria, Moldova, Macedonia, Greece).