Smart Band User Guide

Instruction

1.Basic Layout

TPU Watchband
0.96"LCD TFT
Stainless steel watch buckle
Translucent cover
Touch Area

Hidden USB charging head needs to be pulled out watchband to be visible
TPU watchband
Heart rate sensor
Temperature sensor
Stainless stell watch buckle
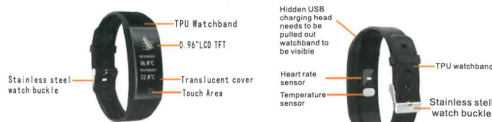
2. Charging the Device

Please charge the device before use the smart bracelet. The machine adopts USB charging, and it needs to pull out the watchband with buckle said, expose the charging head, and then insert the charging head in the correct direction into the USB charger or computer USB port.
Charger: Voltage 5V
Charge time: about1.5-2 hours

UBS Charging

3.Function
3.1Main interface
After the device has been connected via Bluetooth successful with your phone, the time will auto synchronize correctly with your phone.

20:36 — Time
-12℃ — Temperature
Weather Icon
00456 — Steps
Battery Icon

3.2Pedometer / Distance/ Calories

Step count — 04567 steps
Calories — 0456 kcal
Distance — 04.5 mile

3.3 Health

Health
Long press enter

3.4 Body temperature

Cycle through to the Body temperature page then get start, and the Body temperature icon will flicker, it will be better to wear the smart bracelet on your left hand, 1.5cm after styloid process of the ulna, and please make sure the sensor close to your skin.We recommend wearing it on the wrist for a long time before taking your temperature.

Thermometer
Testing......
Body temperature 36.8℃
Surface temperature 32.7℃

3.5 Heart rate monitor

Heart rate
089 bpm

Pressing the touch button turns to the Heart rate screen get start. And the icon will flicker, if you need save the data of test result, please operate this function by APP. On App there will show your Heart rate data every 10 minutes tested or others you sets by device automatically.

3.6 Blood Pressure Monitor

Pressing the touch button turns to the blood pressure screen get start. And the icon will flicker (please stay still when test the blood pressure) . As shown on the right:
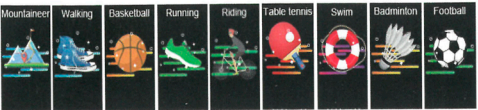
blood pressure
098 098 mmHg

3.7 SpO2 Monitor

Pressing the touch button turns to the SpO2 monitor screen get start. And the icon will flicker and start testing. Result as shown on the right:

Blood oxygen
098

3.8 Sleeping Monitor

Device will monitor sleeping data automatically, please check the sleeping detail data on APP dashboard.
When the bracelet is turned on, sleep is turned on by default. The sleep monitoring period was 22:00 p.m. to 08:00 a.m., the end of the bracelet displayed sleep data, and the sleep data generated that night, Connect to Bluetooth real-time to the phones APF (note: synchronization precondition: APP to bind the bracelet).

3.9 Sports

Mountaineer | Walking | Basketball | Running | Riding | Table tennis | Swim | Badminton | Football

3.10 New

Can display the most recent push of 8 messages.

3.11 More

Long press touch button, can enter the second level to perform related functions.

More | About V.123456 | QR Code Scan it | Reset | Shut down

4.Bluetooth Paring
(1).Turn on the smart bracelet. Turn on your smartphone's BlueTooth and GPS.
(2).Turn on your smartphone's wi-fi capability, scan the QR code below to download the "Youth Health" APP or search for "Youth Health" downloads in GooglePlay or apple's APP Store.
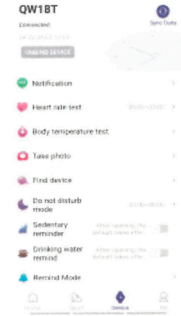
QW18T

(3).Download "Youth Health" APP and run it.
(4).After the installation is completed, in the "Device"/ "+ add device", select the corresponding Bluetooth name from the list (for example: QW18T), and click it connect to the corresponding bracelet. The time、date、language (many language may not be supported) will automatically synchronize to the mobile phone system. As shown on the right.

4.1 Bluetooth Remove
(1).Delete the Bluetooth on the APP
(2).Turn off the APP on the smart phone
(3).Remove the Bluetooth on the setting of the smart phone
4.2 Bluetooth automatic reconnect
When the bracelet reaches the Bluetooth connection range, it will automatically reconnect the bracelet.
5.How to use APP
After install Youth Health APP, you may required to fill your personal information such as gender、weight etc. Then please connect smart bracelet via Bluetooth (Please reference to the Bluetooth Paring Steps)
After successful connection between the bracelet and the mobile APP, the movement data will be synchronized automatically.

5.1"Home"--Steps、Sleep、Heart、BP、SpO2、Body Temperature
These modes need to connect the bracelet to complete the data collection and synchronize to the mobile APP in real time. Show below:
5.2"Sport" –Analysis and Report
Show below:

QW18T
Today's activity
Steps 2882
Sleep 7.88
Sports 0.62
Heart 144
BP 109 73
SpO2
Body temperature
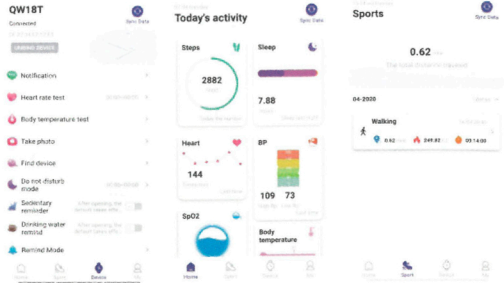
5.3 "Device"--settings
The following functions can only be realized under the premise that the mobile APP is successful.
○ Notifications Function
Include call notification, SMS notification, application message push such as QQ message push, "WeChat message" push and other functions.
○ Heart rate test
Open heart rate detection, set the detection time period, the bracelet can detect the heart rate within the specified time.
□ Body temperature test
○ Take a photo
You can use the bracelet to control your phone to take a photo.
○ Find Device: The bracelet will be vibrate and bright screen.
○Do not disturb mode
After you open the "do not disturb mode", except alarm clock, all notifications in the Settings are not reminded, and the bracelet will no longer have automatic bright screen vibration reminder.
○Sedentary and dirinking water reminder
Turn on this function, set the monitoring period, the bracelet can remind you to drink water or sport at regular intervals during the prescribed time.

○ Remind Mode
It is three modes for you select:
Vibration、Bright screen、Bright screen+Vibration
○ Set an alarm
○ Raise hand
Turn on this function, when you lifting hand to tilt the bracelet inward, facing the wearer straight ahead, the bracelet automatically bright screen.
○ Firmware update
○Unit settings
Specification
Chip: BK3431Q
Display: LCD TFT 0.96
Battery: 90mAh
Waterproof: IP68
Standby time: 7 days
Support system: IOS 10.0 or above, Android 4.4 or above
Heart rate monitor: support
Blood pressure: support
Auto screen light: support
Bluetooth: BLE 4.0
Remark:
Why Bluetooth disconnected and incoming calls and messages do no remind:
1.Please keep APP and smart bracelet both turn on.
2.Please keep smart phone and smart bracelet within 8 meters.
3.here is some smart phone, will turn off APP automatically in order to save power. In this case, please set your phone on Mobile Manger or security center accordingly to allow APP turn on always.
4.Turn off the power saving mode.
5.When you have these problems, and not know how to set, please ask for services online.
Tips:
This device not for medical use, test data just for reference.
This instruction is subject to change without prior notice.