Hand ring quick use instructions

Component introduction

Back electrode L
Display area
Back electrode R
Temperature
Touch button Front electrode
Heart rate sensor
Charging icon
USB charging interface
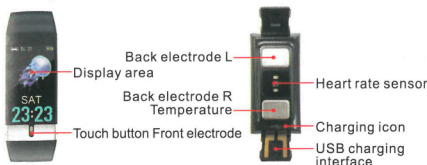
Note: When testing the ECG, you need to fully contact the three electrodes with the skin

Instruction for Charging

For initial use, please take out the bracelet and charge it with the corresponding charger. When charging, the bracelet will turn on automatically (the charging method is shown in the following figure: take the bracelet body out of the wrist strap and plug the charging port into the standard USB port. The charging voltage is 5V.) The battery grid displays in scrolls when charging and the grid will be full when it is fully charged.

Unplug the strap first (Touch the end of the button)
Plug into the charging USB port(Note the direction)

Install bracelet APP

Scan the QR code or enter the major application markets
Download and install "SmartHealth"

① English

Device requirements: iOS 9.0 and above; Android 4.4 and above, Bluetooth 4.0 is supported.

Open the mobile client to set up personal information
↓
Switch to the "Device" page and click on the binding device
↓
Click on your device in the list of scanned devices
↓
Binding completed

Main function interface

Main interface/dial
In the APP menu, click "Theme Selection" Switch the main interface / dial.Dials come in 4 styles

Pedometer/Distance/Calories
View steps, distance, calories burn in real time It can synchronize apps in time to view motion data.

Body temperature interface
Switch to the temperature test interface to enter the real-time temperature measurement and test data It can be updated to the APP type synchronously and has a test report.

Note: When measuring body temperature, the bottom electrode must be fully in contact with the skin (test after 10 minutes of wearing) The body temperature test will be affected by the environmental temperature difference, and it only serves as a warning reminder.Please refer to medical professional equipment and doctor's diagnosis for details

② English

Heart rate monitoring
Switch to the heart rate monitor interface, Heart rate monitoring, in real-time The measurement data can be synchronized with the APP in real time with a test report.

Blood pressure monitoring
Switch to the blood pressure monitor interface, to enter real-time monitoring. The measurement data can be synchronized with the APP in real time with a test report.
Note: When measuring blood pressure, please measure by the correct posture.The test result is for reference only, Cannot be used as medical data.

ECG interface
Press and hold the touch key on the ECG interface, and then The other hand touches the front electrode of the bracelet, three electricExtremely full skin contact, test, test report The report needs to be viewed in the APP.
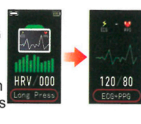
Blood oxygen interface
Switch to the blood oxygen test interface to enter the blood oxygen real-time detection and measurement data It can be updated to the APP synchronously, and there is a test report.

Motion interface
Long press to enter sport detection. There are multiple sport modes to choose from. Long press to enter sport mode, click to switch modes, long press to start calculation, long press to stop.

③ English

Sleep monitoring function
When falling asleep, the bracelet will automatically determine to enter the sleep detection mode, and automatically detect Calculate your sleep quality when you sleep deep / light sleep / waking all night; sleep Data can be updated to the APP simultaneously.
Note: Sleep data is only available when you wear the bracelet to sleep.

Weather information
The weather page displays current weather, air quality information, and tomorrow Condition. Weather information needs to be connected to the client before data can be obtained If you disconnect for a long time, the weather information will not be updated.
Note: Phone settings need to be turned on for positioning

Message interface
In the message interface, you can view the message in three seconds in Changan. After viewing the message, press and hold for three seconds to exit.

More features page
On the More Functions page, press and hold for three seconds to enter the lower menu page for more operations.

Turn your wrist on
In the APP menu, click "Turn your wrist on to brighten the screen" On or off.

④ English

Brightness adjustment page
On the brightness adjustment page, press and hold the touch key to adjust the screen brightness.

Restore page
On the bracelet restore page, long press the touch key to restore the bracelet.

Shutdown page
On the shutdown page, long press the bracelet for more than three seconds to shake off.

Back to page
On the return interface, press and hold the touch key to return to the previous menu.

Other feature reminders
The reminder function needs to be set to enable the reminder switch on the APP side, and keep the mobile phone and the bracelet connected successfully in Bluetooth. The message is a vibration reminder.

Precautions
1.Do not use an adapter with a current over 2A. Charging time is around 2~3 hours
2.Do not charge after the device was water damaged
3.This is an electronic monitoring product, data received from it cannot be used as medical basis.
4.Blood pressure testing tip:
a)Keep your body relaxed and still while testing.
b)Keep device at the same height as your heart, and don't talk while you are testing

⑤ English