

PPG+ECG Eletrode Blood Pressure Smart bracelet with colored display



User Manual

EN

Power on/off

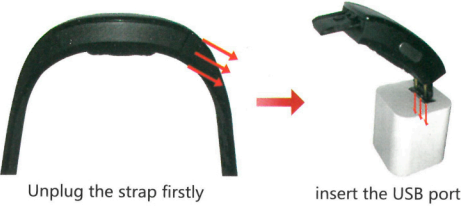
Power on:long press the touch area to turn the device on (Pic 1)



Power off:switch to the power off interface firstly,then long press the touch area to turn the device off.(Pic 2)

Charge

This bracelet is USB charge directly, no need USB cable, take out the belt of touch key side, and directly insert to USB devices to charge, for example computer, power bank, USB connector.

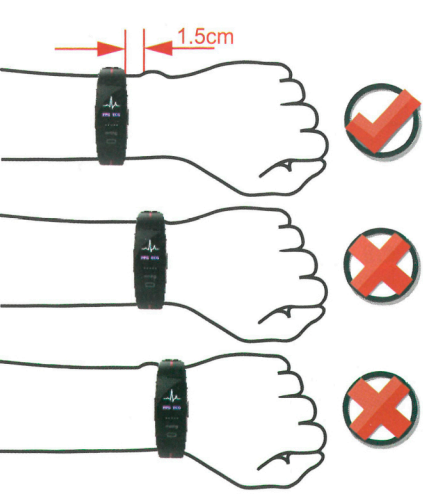


Device's structure



Wear Guidance

The best wear position is 1-2CM behind your wrist ulnar styloid, please make sure to wear the sensor close to wrist skin, in order to get accurate results.



Correct testing method

Put the middle finger totally touch with the side ECG metal point, and use index finger tightly clip another side, make sure the sensor close to wrist skin, and not leak green light, then keep moveless.



APP download, installation and Bluetooth connection

Use mobile phone to scan the following QR code, download and install, or search "Mecare" directly from Google Play Store and Apple store, then download and install.



Mecare



Android

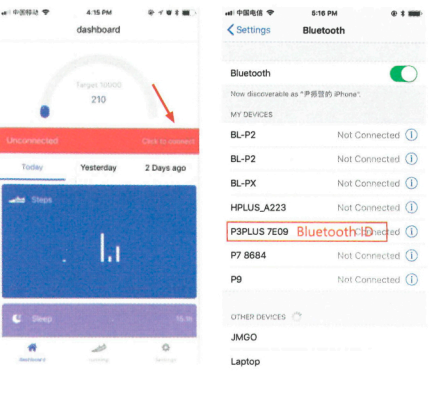


IOS



GooglePlay

After installation, open APP, register and enter personal information(make sure to enter the correct personal information, in order to get accurate blood pressure data), open mobile phone Bluetooth, "click to connect - refresh - choose the right Bluetooth ID" (Each bracelet has a sole Bluetooth ID, please reference to ON/OFF page of the bracelet
The mobile phone will receive a pair request, please agree to connection.
After finished synchronization, the bracelet will automatic sync the time, date, week from mobile phone, and APP will sync sports data from bracelet.



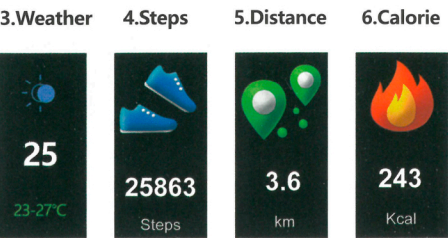
Bracelet Functions

1.OFF (MODEL NO, Version, Bluetooth ID)
Bluetooth ID is use for Bluetooth connection



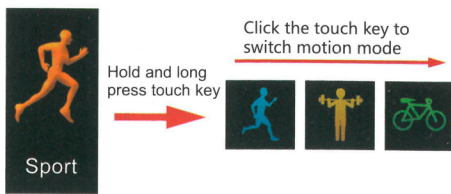
2. Time, Date, Week, Battery status

For the first time use, please pair with mobile phone first in order to synchronize the correct time, date, week from mobile phone.



7.Sport mode

Long press the touch key , to select the sports mode of running, fitness and cycling.



8.Blood pressure (PPG+ECG)

Switch to this interface, the device will start the PPG+ECG blood pressure detection automatically. Please clip the electrode on the side of device, the detection ends with a vibration. This result will be saved on app.

Attention

In order to get accurate results, please pay attention to the following points before testing
1.Before testing, make sure to enter and save correct user information in APP, such as age, sex, height, weight.
2.Before testing, please sit still and keep moveless for 5-10 minutes, make sure your heart rate keeps in a smooth condition , alarm and also smooth breathing .
3.During testing, no talking and not move, it's not suitable to test after sports or walking.
4.Keep right sitting posture, keep the hand straight with the heart.



9. Heart rate

Switch to this interface, the device will start the single heart rate detection automatically. It takes about 5-10 seconds to get the data, but will be saved on APP.



10.Blood oxygen monitor

Switch to this interface, the device will automatically start blood oxygen measurement ,you can read the result when device vibration



11.Respiratory rate monitor

Switch to this interface, the bracelet automatically turns on the single breath rate measurement mode,after device vibration you can read the measurement data on the device.



12.Thermometer

Switch to this interface, the device willstart the single body temperature detection automatically



13. Message

After connecting with mobile, the message will be synced and shown on the device.



14. Refuse calls by bracelet

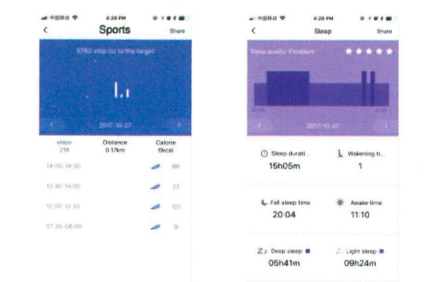
After connecting with mobile, the call will be shown on the device. Long press the touch area to refuse the incoming calls.



APP specifications and functions

1.Steps

Click to check history steps, distance, calories and share to social platform.Picture(1)



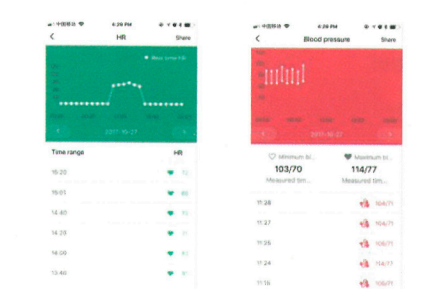
(1)

2.Sleep monitor

Click to check history sleep data, such as quality, duration, wake times, fall asleep time, awake time, deep sleep time, light sleep time and share to social platform. Picture(2)

3.Heart rate

Click to check real-time heart rate data, you can set real-time intervals from the APP settings.Picture(3)
Also you can share data to social platform.

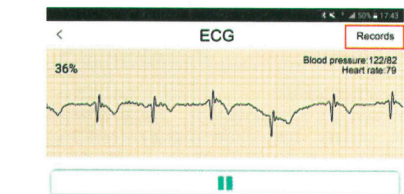


(3)

(4)

5.ECG detection

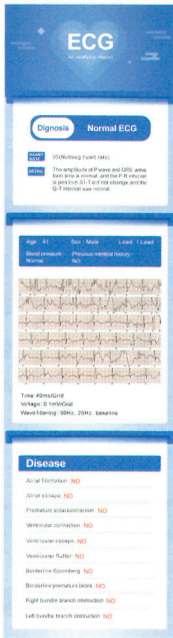
Turn to this menu, the bracelet will automatically start to test blood pressure, when the icon start flicker, please put the middle finger totally touch with the side ECG metal point, and use index finger tightly clip another side, make sure the sensor close to wrist skin, and not leak green light, then keep moveless until the bracelet vibrates and come out the results. The results will automatic save to APP. (Please refer to the page 04 for a correct detection.)



Attention

In order to get accurate results, please pay attention to the following points before testing
1.Before testing, make sure to enter and save correct user information in APP, such as age, sex, height, weight.
2.Before testing, please sit still and keep moveless for 5-10 minutes, make sure your heart rate keeps in a smooth condition , alarm and also smooth breathing .
3.During testing, no talking and not move, it not suitable to test after sports or walking.
4.Keep right sitting posture, keep the hand straight with the heart.

After detection, there will be a note "ECG AI Analysis" shows on the APP. Click "Confirm" to generate an ECG AI Analysis report.



6.HRV

Heart rate variability (HRV) refers to the difference in instantaneous heart rate or instantaneous cardiac cycle small changes. Turn on automatic heart rate detection, detect HRV values all the day: the normal range for reference15-60 (5)



(5)

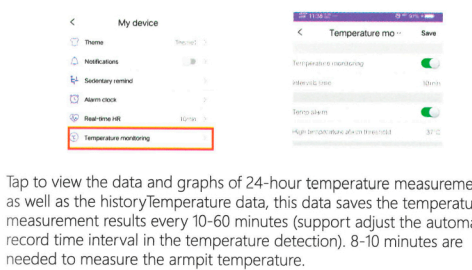
(6)

7.CVRR

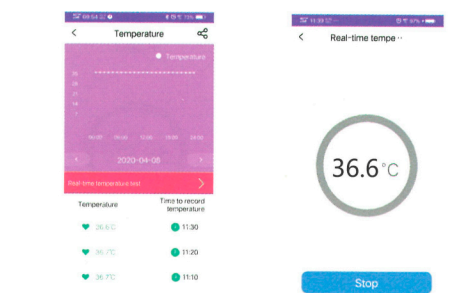
swift on automatic heart rate detection, monitor heart rate R-R waveform interval coefficient of variation throughout the day (6)

8.Thermometer

turn on the APP page and click to enter the temperature monitoring, set the measurement interval time,High temperature alarm threshold

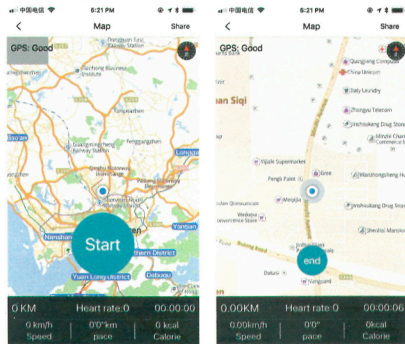


Tap to view the data and graphs of 24-hour temperature measurement, as well as the history temperature data, this data saves the temperature measurement results every 10-60 minutes (support adjust the automatic record time interval in the temperature detection). 8-10 minutes are needed to measure the armpit temperature.



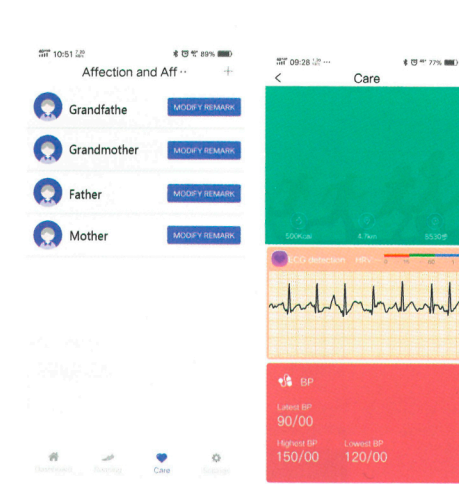
9.Running

Click to start running, the bracelet will automatic start sports mode, during running, the APP will show locus, speed, pace, calorie, distance, real-time heart rate, sports time.
After finished sports, click to stop, then the records will automatic save to APP.



10.Care

Add parents or relatives as friend, then you can check their datas like distance, calories, sleep time and heart rate, blood pressure ECG etc for better knowing your family health data and condition..



Settings

User Info:Age, Gender Height Weight

Connected device (click to make settings)

check the model number and power consumption when device connected

- 1.Theme (tap to select the theme)
- 2.notification: after being synced with mobile, click notification" for setting. Long press the message interface of device to check up to 5 messages.
3. Sedentary (Click to set sedentary time, reminder method, remind time range)
4. Alarm clock(other alarms can be added)
5. Real-time heart rate (Click to set record time intervals)
- 6.temperature monitoring(set the measurement interval time,High temperature alarm threshold)
7. Anti-lost setting (Click to find devices and vibrate remind)
- 8.Dangerous HR (Click to open and set dangerous heart rate level, when reach the level, bracelet will vibrate to remind)
- 9.Wrist brightness (Click to open wrist brightness)
- 10.Wear position (Click to choose right/left hand)
11. Screen intensity(adjust the intensity of screen)
12. Undisturbed(set the interval of undisturbed)
13. Factory settings (Click to reset the bracelet)
14. Upgrade (Click to upgrade firmware version, after finished, please make sure to restart APP and connect Bluetooth again)
- 15.Disconnection (Click to disconnect bracelet)

sport target : Set target steps.

Sleep target : Set daily sleep target time.

Unit setting : Set metric / imperial unit

Language : set the language of band

About us : Check APP version.

Login out : Login out APP

Specifications:

Chip: Nordic N52832
Display:0.96" TFT
Material: stainless steel + Aluminum + TPU
Weight:25g
Wrist belt size: 26CM
Belt type:Removable
Charge type:USB direct charge
Battery:100mAh Polymer lithium battery
Charge time:1 hour
Stand by:3-5 days
Waterproof: Ip67
ECG IC:T11291
Bluetooth version:4.0
Support OS:Android4.4 or above
IOS8.0 or above

* The data collected by this device is for reference only, not for medical purpose.