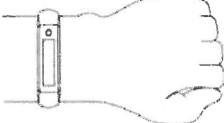


# Smart Wristband user manual

## How to Wear it properly.

The wristband is best worn after the ulnar styloid  
Adjust the size of the wristband according to the adjustment hole  
buckle the wrist strap:

The sensor should be close to the skin to avoid moving



## How to charge the wristband

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 wristband will automatically turn on.  
charging method;

Put out the straps at both ends of the bracelet, and insert the  
USB plug of the wrist strap into the USB port of the computer or  
mobile phone charger to charge it.

## Bracelet display settings

In this option, you can set the screen for switching the function  
of the wristband side. The open page will switch after pressing  
the function button, and the function will not appear in the  
switch.

### Looking for the wristband

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

### Shake to take 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.

### Functions

Raise your hand to brighten the screen; set the function of  
raising the hand to brighten the screen, and the screen will  
automatically light up every time you raise your hand.  
Sedentary switch: Please set the time for sedentary reminder and  
save

## The Wristband display instructions

Press and hold each interface for 2 seconds to enter/exit  
Sub menu.

### Clock interface

After synchronizing with the phone, the bracelet will automatically  
calibrate the time:

Standby time setting: More-theme can set three theme clock interfaces.

#### Step

#### Number of steps

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

## How to Power On/OFF

- ① When the device is turned off, touch and hold the function button for  
more than 4 seconds to turn the device on.
- ② In the Bluetooth area 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, select OFF for 3 seconds and then turn off the  
bracelet.
- ③ When the device is turned on, touch the short press function key to  
light up the screen:
- ④ When the wrist band is on the default clock page, touch the function  
key can switch to view different pages. If you have no any operate, the  
LED display will off after 5 seconds
- ⑤ Switch to the heart rate and blood pressure interface and press and  
enter to start the test. If the Heart rate and blood pressure have 50s  
timeout the LED display will automatically

Off (If the wrist band have the function).

## How to Install the app on your phone

Scan the QR code below or go to the App Store to download and

Install "Yoho Sports"



Android



iOS

System requirements: Android 5.0 and above; iOS 9.0 and above; support  
for Bluetooth 4.0.

### Distance

Estimate the distance of movement 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 / light sleep /  
wake up all night, calculate your sleep quality; sleep data only supports  
APP side view.

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

### More modes

## How to connect the device

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 and sleep data are not exact.



①After the pairing is successful, the APP will automatically save the  
Bluetooth address of the bracelet, and the APP will open and run in the  
background, and will automatically search and connect the bracelet;  
For Android phones, please make sure that the APP is running in the  
background and the contact information is read in the phone system  
settings.

## 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:

About: Local address information

Theme: Three standby time styles can be set

Shutdown: long press 2S pop-up shutdown prompt box, choose whether to  
shutdown

### Function

| Equipment type        | Smart<br>wristband          | type of battery | Lithium polymer            |
|-----------------------|-----------------------------|-----------------|----------------------------|
| Vibration motor       | Supported                   | Synchronously   | Bluetooth 4.0              |
| Operating temperature | -10°C~50°C                  | sensur          | Low power<br>accelerometer |
| System Requirements   | IOS9 / Android5.0 or higher |                 |                            |

## Precautions

1. Bathing and swimming should not be worn.
2. Connect the bracelet when synchronizing data.
3. Do not expose the handle ring to moisture for a long time, where  
the temperature is extremely high or extremely low.
4. The flash drive restarts. Please check the phone memory information  
and try again, or exit the APP and reopen it.

## Component introduction

\*wristband \*Charging Cable \*Packing box and manual

APP supported languages: Chinese, English, Spanish, French, Portuguese, Dutch,  
German, Russian

Language supported by message content: Chinese, English, Spanish, German, French  
and Portuguese

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 are  
messages such as WeChat, QQ, Facebook, etc., the bracelet will vibrate  
to remind and display the content received by the app (the message is  
automatically cleared after viewing). (You need to give the APP  
permission to get system notifications, and the wristband can display  
20-40 words).

### Vibrate 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.

### Sedentary reminder:

Set whether to enable the sedentary reminder function. You can set the  
reminder interval in the profile. If you sit for a long time in the set  
time, the bracelet will remind you.

Tips for Android users:

When using the reminder function, you need to set it to allow  
the "Yoho Sports" to run in the background; it is recommended  
to add "Yoho Sports" to the permissions management and open  
all permissions.

## APP function and settings

### 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.