

SMART BRACELET

USER MANUAL



Adapt to platform requirements:

- Android 5.0
- IOS 9.0
- Support Bluetooth BT4.0

APP download method:



- Android download method:

Search “Hiwatch plus” in the Android application market to download the application or scan the QR code to download.

- IOS download method:

Scan the QR code to download the APP application

Preparation before use:

For the first time, please make sure the Hand has enough power. If the Hand cannot be turned on, please charge the Hand first.

Binding use

1. Connection mode:

- Android: the bracelet is connected to an Android phone. Click "add device" to enter the app and search for the device's bluetooth address connection 4.0

After the automatic pop-up 3.0 connection click agree, if not, please go to the phone settings bluetooth, search you device name, and connect.

- IOS: IOS is connected to the bracelet. Click add device in the mobile APP to search for the device bluetooth address 4.0 connection, and enter the setting menu in the phone.

Single 3.0 manual connection IOS disconnect mode if the device needs to be replaced, the APP in the current mobile phone needs to interrupt the device before entering in the setting menu of the mobile phone, bluetooth cancels the pairing of this device to allow other devices to connect; bluetooth 3.0 supports shared contacts media audio and communication audio.



- After the APP is connected to the Hand successfully, a guide page will pop up. According to the guide page enter the Bluetooth search pairing "Fit pro Bluetooth". After successful connection, you can make / receive calls and play Bluetooth music.

Hand operation instructions

- Dialing: When Bluetooth 3.0 is connected, you can make a call by dialing the number. At this time, the phone will automatically dial, and the phone can set the call device as a Hand.
- Phonebook: After the Hand is connected to the APP successfully, you can add 50 frequently-used contacts in the APP. After the contact is successfully added, the Hand phonebook will be displayed synchronously. The Hand can click the contacts in the phonebook to make calls. The phone needs to be connected to Hry3.0)
- Call record: keep a record of calls made by the Hand.

- Information: keep the information pushed by the mobile phone: you can view the last 8 pushed message.
- Sports mode: 1. Record running distance and calorie consumption in running mode 2. Record calorie consumption in skipping mode 3. Riding distance and calorie consumption in riding mode 4. Calorie consumption in swimming mode 5. Climbing mode Walking records and calorie consumption.
- Pedometer record: display the step count, completion status, walking distance and calories of the day.
- Sleep detection: wear the Hand to fall asleep, the Hand will record the length of sleep, deep sleep, light sleep and awake time, you can view the details of your sleep data on the APP side, and you can also set the sleep detection time range.
- Sedentary reminder: the period of the sedentary reminder and the effective time range of the sedentary reminder, the sedentary switch needs to be set in the APP-side sedentary reminder.
- Heart rate measurement: After entering the heart rate, it will automatically measure heart rate data. After the measurement is completed, the data will be uploaded to the APP Remarks: The Hand is required to support the heart rate sensor
- Remote camera: need to be connected to the APP, open the remote camera phone will open the camera, shake the Hand phone to take a picture, the Hand to exit the remote camera phone will also exit the camera
- Flashlight: turn on the flashlight function, the Hand MB screen will be bright
- Find mobile phone: When the APP is connected, enter the function of finding mobile phone, long press the icon, the phone will send out a ringtone reminder.
- Device information: display the MAC serial number and version number of the device.
- Alarm: Connected to APP you can add an alarm to the alarm reminder on the APP side, and synchronize to the Hand after the addition is completed, you can add up to 5 alarms
- Bluetooth music: It can be used only when connected to phone Bluetooth 3.0. The guide page jumped out of the APP for the first time is connected to 3.0 Bluetooth. You can control the play / pause of the music model being played on the mobile phone through Bluetooth music.
- Theme: After entering, slide up and down to select different watch themes.
- QR code: download the QR code of the device's APP
- Settings: APP opens / closes the wristband bright screen of the Hand, vibration reminder, the Hand displays its status switch

APP Hand settings

- Personal information: set your avatar, nickname, gender, age, height and weight, set a target number of steps to monitor the completion of daily step counting

- Message reminder: set the message type that the mobile phone pushes to the Hand, such as: QQ, WeChat, Weibo, incoming calls and other information (requires mobile phone system authorized APP to obtain notification permission)
- Alarm reminder: set the alarm reminder time, after the setting is completed, it will be synchronized to the Hand. The Hand will have a vibration reminder, even if disconnected from the APP, the Hand will save the APP settings to point reminder
- Sedentary reminder: Switch on the sedentary function and set the reminder duration and time range of sedentary. After the setting is successful, it will be synchronized to the Hand, and the wristband will send a vibration reminder at the time point of sedentary setting
- Remote self-timer: When connected to the Hand, start taking pictures from the Hand or enter the remote camera interface from the APP. Shake / turn the wristband, take photos automatically after 3 seconds, please allow APP to access the album to save the selfie photos
- Sleep detection: when connected to the Hand, you can set the detection time of the Hand sleep detection, sleep heart rate detection auxiliary switch and other detection functions
- Automatic heart rate measurement: When the Hand is connected, set the time point for automatic heart rate measurement. After the setting is completed, it will be automatically synchronized to the Hand. During the wearing process, your heart rate data will be automatically detected and transmitted to the APP to save,
- Vibration: Turn on / off the vibration reminder function of the Hand. After closing, your Hand will not have the vibration function
- Language setting: It can be set according to the language supported by the Hand. After the setting is completed, the Hand will automatically switch to the language you set
- Wearing mode: Left-hand / right-hand wearing mode you can match heart rate pedometer and other data algorithms according to your wearing mode
- Synchronize system time: manually synchronize the time of the phone to the Hand
- Restore factory: let your device reset and clear data, such as step sleep
- Raise your hand to brighten the screen: turn on this function. When the wristband is in the state of breathing the screen, raise your wrist and turn the screen to yourself to light the screen, and touch it to turn off

Precautions

- It should not be worn when taking a bath or swimming.
- When synchronizing data, please connect the Hand.
- Use the built-in charging cable to charge.
- Do not expose the handle ring to a place with high moisture or extremely high or low temperature for a long time.
- The wristband restarts unexpectedly. Please check the memory information of the phone to clear it and try again, or exit the APP and reopen it.

Hand maintenance

- Do not scratch the sensor, protect it from damage
- Wipe the surface of the Hand with a damp cloth and use mild soapy water to remove oil or dust
- Do not expose the Hand to the environment with strong chemicals, such as gasoline, cleaning solvents, propanol, alcohol or insect repellent. The chemicals will damage the sealability of the Hand and the surface of the casing
- Prevent your Hand from being subjected to strong impact and extreme high temperature exposure
- When the lens and casing are intact, it is waterproof. Violent disassembly will affect the waterproofness.