

## Getting Started in 2 Steps

### 1. Activate the Smart Bracelet



Remove the straps.

Plug the charging connector into the USB port on your computer or a UL-certified USB wall charger. It will be activated when the screen lights up.

### 2. Setting up Smart Bracelet

Scan QR code as follows, download and install APP/APK, or download "Do Fit" APK from Google play for Android system or APP from APP store for iOS system phone.



Goole Play



App Store

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## Smart Bracelet Features

### 1. Time and date



The current time of day and date based on your location. The device updates the time and date when you synchronize your device to a mobile device, you can not set the time manually.

NOTE: You could switch 3 different watch faces in Mo Fit app.



### 2. Steps

Smart Bracelet automatically tracks Steps taken and displays on the screen.

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## Getting to Know Your Smart Bracelet

This section tells you how best to wear, charge, and care for your tracker.

### 1. Using in Wet Conditions

Your Smart Bracelet is water-resistant, which means it is rain-proof and splash-proof and can stand up to even the sweatiest workout.

NOTE: Do not swim with your Smart Bracelet. We also don't recommend showering with your wristband; though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your bracelet wet, dry it thoroughly before putting it back on.

### 2. Using the Touch Button

Single tap the Touching Area under the main screen to wake up the device and switch to other functional pages.

Long press the Touching Area to enter for more functions which is needed.

### 3. Using Quick View

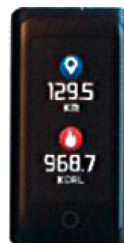
With Quick View you can check the time or the message from your phone on your Smart Bracelet without tapping. Just turn your wrist towards you and the time screen will appear for a few seconds.

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### 3. Calories & Distance

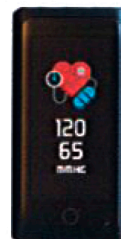
Displays your all-day Calories burned and Distance traveled.

NOTE: Your movement stats reset to zero at midnight.



### 4. Blood Pressure Test

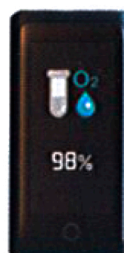
Long-press on the blood pressure page to start measuring blood pressure, please pay attention to keep the correct posture while measuring the blood pressure, then the bracelet will show your current blood pressure.



This function is not the main function. It is only for experimental use.

### 5. SpO2 Test

Get knowing your SpO2 anywhere anytime.



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## 6.Heart Rate Monitor

Long-press the dynamic heart rate page, after the countdown you can start the movement, the bracelet will keep monitoring your heart rate data. In the monitoring process, the bracelet will show your exercise time and current heart rate data. After finishing the movement, long press the device again, you can end the dynamic heart rate monitoring.

Dynamic heart rate monitoring can be viewed in the APP, the APP will show the changing trend curve of heart rate, related data analysis results and other information.



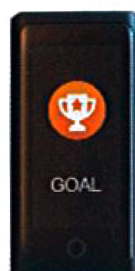
## 9.Message Reminder

Display sms, twitter, whatsapp, message etc. from your mobile device.



## 10.Silent Alarms

Your Smart Bracelet can gently vibrate to wake or alert you with its silent alarm feature. Silent alarms can be configured to recur every day or on particular days of the week. You can create up to 3 silent alarms.



## 11.Goal Tracking

When you reach your goal that you define on your app, your Smart Bracelet will vibrate and flash to celebrate.

NOTE:Activity data begins recording data for each day at midnight, when its data resets. Sleep data begins recording data for each day at 8:00 pm, when its data resets.

Please sync Smart Bracelet regularly to ensure the most detailed data has been sync onto the app.

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## General Info & Specifications

### 1.Environmental Conditions

Operating temperature: 14°F to 122°F (-10°C to 50°C)

Non-operating temperature: -4°F to 140°F (-20°C to 60°C)

### 2.Size

Fits a wrist between 5.5 and 7.7 inches in circumference.

### 3.Disposal and Recycling

Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Smart Bracelet and accompanying components. Do not dispose of Smart Bracelet with common household waste, the Smart Bracelet unit is considered electronic waste and should be disposed of at your local electronic equipment collection facility. For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.

### Important Safety Warnings

Smart Bracelet is not a toy or medical device

Do not attempt to tamper with/modify/disassemble Smart Bracelet

Do not expose Smart Bracelet to abrasive materials:

Do not place Smart Bracelet near open flames

Review Smart Bracelet Specifications and other Information > Environmental Conditions and do not expose Smart Bracelet beyond operating temperatures

Read, follow and keep this user manual and all safety instructions. Improper installation, use or disposal of Smart Bracelet could be hazardous to your health and put others at risk.

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