

USER MANUAL

I System compatibility



II Preparation before use

1. Please read the USER MANUAL carefully.
2. Please make sure the device has been fully charged for the first time. If low or no power, use the charging seat to charge the device. When you charge the device, the screen will show the charging icon. After charging, touch the "touch screen" for 3 seconds to turn on your device.
3. Download and install the APP to mobile phone.
 - a. From the app store
 - IOS: search and download from App Store "CarefitPlus" and install.
 - Android: search and download from Google Play "CarefitPlus" and install.
 - b. Please scan the following QR code to download "CarefitPlus" and install.













IOS



Android

Introduction to the interface functions:

-  Standby Interface: it shows the battery, bluetooth icon, week and date. Pedometer: it records your walking steps in a day.
-  Distance: it records your walking distance in a day.
-  Calories: it records your daily calorie consumption.
-  Run Mode: it records the running time and steps, calorie consumption and distance of this running time. Pressing the "Touch Screen" for 2 seconds to enter this mode and short press to start, pause or reset. And pressing "Touch Screen" for 3 seconds to quit.
-  Heart Rate Monitor: it records the current heart rating. You can set the single reading or real time reading from APP.
-  Blood Oxygen: it records the current blood oxygen. You can set the single reading or real time reading from APP.
-  Blood Pressure: it records the current blood pressure. You can set the single reading or real time reading from APP.
-  Sleeping Monitor: it automatically monitors your sleeping.
-  Stopwatch: Long press for 3 seconds to start, short press to pause or reset and long press for 3 seconds to quit.
-  Device Vision: the vision for each device is unique.

VI Specification

Quartz Movement: Made in Japan (3 hands)
Touch : AIR TOUCH
Chipset: Nordic-51822
Screen Size: 0.49 inch OLED 64*32
Bluetooth: V4.0
Heart Rate Sensor: PixArt PAH8001
Battery : 85mAh Li-ion Polymer
Glass : Sapphire glass
Watchcase : Stainless steel 316L
IP Grade: 3ATM
Accessories: device, user manual, charging seat, cable

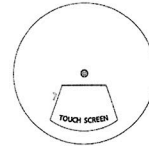
III How to connect mobile phone and device

1. Turn on the mobile phone Bluetooth.
2. Run the APP "CarefitPlus" on mobile phone.
3. Click "Link Device" and from the device list find the device "S8 aaa:aaa:aaa" and click to connect and pair the device. You can set up your personal information in the "Settings".


IV Start to use

After the device has been paired, it will be synchronized the date. Then you can start to use all the functions: Pedometer, Distance, Calories, Run mode, Heart Rate, Blood Oxygen, Blood Pressure, Sleeping and Stopwatch.

"Touch Screen" (near 6 o'clock) functions:



In power-off state, long press the "Touch Screen" for 3 seconds to turn on the device. (The device will vibrate.)

In power-on state, long press the "Touch Screen" for 3 seconds, short press the "Touch Screen" to choose "YES" , long press the "Touch Screen" for 3 seconds to turn off the device. (The device will vibrate.)

In power-on and screen-off state, long press the "Touch Screen" for 2 seconds, the screen will show the standby interface. Short press the "Touch Screen" to switch the different functions in cyclic periods: Pedometer, Distance, Calories, Run Mode, Heart Rate, Blood Oxygen, Blood Pressure, Sleeping, Stopwatch and device version.

Introduction to the APP "Carefit Plus" functions:

1. Synchronizing the data of movement, sleep, heart rate, blood pressure, blood oxygen, fatigue, etc. of the device and setting the single or real-time reading.
2. The health weekly report will provide the related health advice and tips based on the measurements data.
3. It supports the function of call reminder, SMS notification, shake photograph, anti-lost, search equipment, sedentary reminder, alarm clock, wrist activation,
4. Sharing exercise or health data with friend via Facebook, Twitter or WhatsApp.
5. Firmware upgrade.

V FQA

1. Phone cannot search the device.

Please ensure that mobile phone Bluetooth and the device have been turned on. Also, please ensure that your mobile phone system version: Android is 4.4 or above, IOS is 8.0 or above.
2. The device screen displays Bluetooth disconnected after paired successfully.

Mobile phone will not connect the device during sleep mode. It will connect the device automatically when you run App on your phone. And please ensure that mobile phone Bluetooth has been turned on. Please connect again if the device disconnect with mobile phone. Also one device can only be connected with one mobile phone.
3. App doesn't have data.

App will not refresh all the time, so please dropdown the menu to refresh data. The device supports measuring once per hour. The data will not pop up if not reach the specified time. Please check Bluetooth connection if there is no data synchronized for a long time.
4. How to charge the device.

Please put the device on the charging seat provided and you can see the charging icon displayed on the device. USB cable into PC or Adaptor are both ok. Caution: Just support 5V=1A power supply!
5. The date no synchronized.

Please pair with the mobile phone via APP.

VII Statement

1. The company reserves the right to make changes to the contents of this user manual without notice. It is normal that some of the features are different in different versions.
2. Please place the device far away from children or pets to avoid harms caused.
3. Please avoid placing or using this product in a hot or cold place. High or low temperature will reduce the electronic products life length, damage to the battery or cause other hidden dangers.
4. Please do not use chemicals contact with the product, also can not use chemicals to wipe the product.
5. Please do not touch the product with chemicals or wipe it with chemicals.
6. This device is not a kind of medical equipment and the measurement results of the device will be only for your reference and cannot be used as a medical diagnostic data.