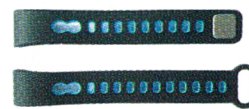


Smart Bracelet User Manual

Welcome to use smart bracelet, the high-performance wrist-band smart bracelet will create an intimate gym experience for you.
Accessories



Main body



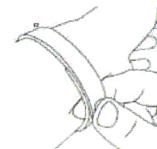
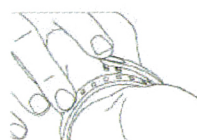
Watch band



Instructions

Wearing way and Maintenance

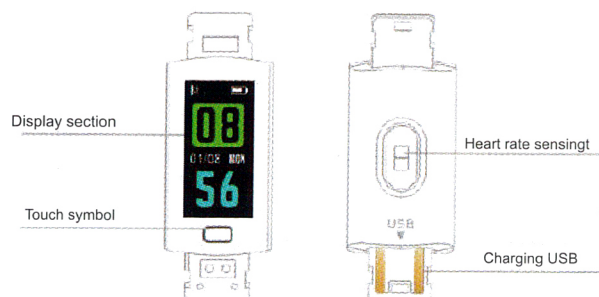
1. Assemble the watch band: align the main body with the square hole of the watch band, then insert it forcefully until the watch band is absolutely assembled with the main body properly.
2. Dismantle the watch band: hold the main body of bracelet and the watch band respectively in each hand, then pull it out from one end by lateral force.
3. Wear the bracelet on as shown in the figure.



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Downloading and Binding of Bracelet APP

1. Schematic diagram of main body of bracelet



2. Power-on

Long-press the touch key for 3s or plug in a charger for charging.

3. Download and Install APP

Install APP by scanning the QR code with your mobile phone.



Google Play



iOS

Note: Your mobile phone must support Android 5.1 or IOS 8.0 or above, and Bluetooth

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Brief Introduction to APP Functions



1. After launching APP, "Status" is available for checking the current values of all movements.
2. Sleep tracking: Check the detailed data of your previous sleep.
3. Sport tracking: Check detailed data and charting statistics of your previous sports.
4. Data statistics: Check monthly or weekly the charting statistical figures of the step numbers in previous movements and sleep records.
5. Function Setting: Set functional parameters of device. For more function settings, click the "?" on the right of "Status" interface, and then select a browser to open for detailed description.

5.1 Messages

Including notification of incoming call, short message, QQ, Wechat, Facebook, Twitter, What's APP, etc. (e.g. enable the notice of incoming call in "Setting"; when the phone receives a call, the bracelet terminal vibrates and the screen is lighting up, indicating the contact name for the incoming call).

5.2 Non-disturbing mode

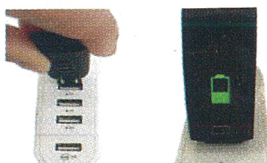
After enabling the non-disturbing mode, the functions of screen lighting with hand raising, reminder of device vibration, and reminder of message are closed, but the alarm clock vibration is not impacted.

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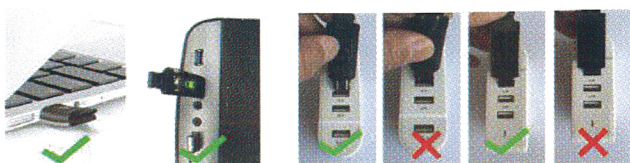
4. Please be reminded of the tips below in bracelet maintenance:
 - Clean the bracelet regularly, especially the inner side of it, keep it dry.
 - Adjust the tightness of bracelet to ensure aeration.
 - Excessive skincare product is undesirable on wrist with a bracelet on.
 - Please cease wearing in case of skin allergy or any discomfort.
5. You can wear in bath or body exercise, it is sweatproof, rainproof and waterproof (up to 1.0m waterproof depth), undesirable to wear at a bathing water temperature higher than 42 C.

Charging of Bracelet

1. Dismantle the watch band
2. Plug the USB end into the charger
3. Icons displayed on screen



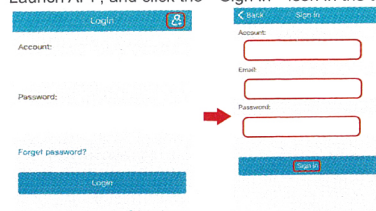
Please refer to the following figures for the charging plugging-in method



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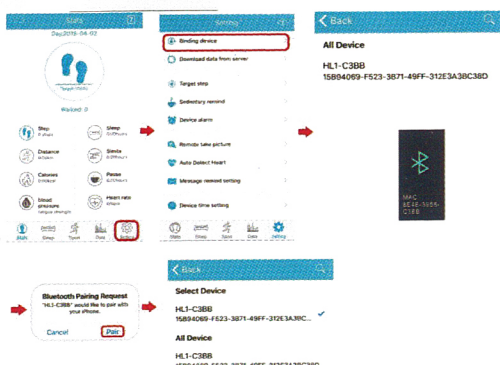
4. Sign in

Launch APP, and click the "Sign in" icon in the top right corner.



5. Bind Bracelet

1. Click the "Setting" in APP.
2. Click "Binding device"
3. Click the ID consistent with the bracelet MAC.
4. The IOS system will show a request for Bluetooth pairing, and click "Pairing". The Android system can be connected directly.
5. The binding is successful.



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5.3 Sedentary reminder

Set the interval (minute) of sedentary time, and click OK to start the sedentary reminder mode. When the sedentary time is out, the bracelet vibrates and the screen is lighting up; the Reminder icon will sway.

5.4 Alarm clock reminder

At APP, click "Setting--Device's Alarm Clock" into the reminder of alarm clock setting to set the alarm clock time. When the time is out, the bracelet prompts with left-right swaying and vibration of alarm clock icon.

5.5 Bluetooth shooting

At APP, click "Setting--Shoot" to enter the shooting mode, and the bracelet shows the shoot icon. Click the Shooting icon for remote-controlled shooting.

5.6 Refuse incoming call

The notification of incoming call can be shown in bracelet simultaneously when the phone call is incoming. If not receiving the call, you can hang up by long-pressing the touch of bracelet.

5.7 Device unbinding

For Android, click the "Binding Device", just click the selected device model to be unconnected with your mobile. For IOS, set the Bluetooth after IOS is unconnected; click the sign on the right to select "Ignore This Device".

Locking of Backstage Application

No need to set locking of backstage except thin the backstage program is cleared manually for IOS system. For Android system, the APP backstage requires to be set as locked manually as bracelet is unconnected from the mobile automatically with auto-cleaning of tasks in the backstage. Due to differences in software settings of varied brands, the setting is done as followings with reference to the software of some branded mobile phone:

1. Launch APP, and click the key in the middle to go back to main interface.
2. Click "Task" key (generally menu key, or long pressing Desktop key for calling) to call recent task management interface, that is, the application management interface running in the backstage

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4. Sport

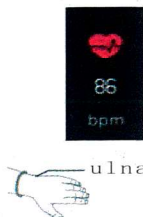
Long-press the touch key for 3s on the "Sport" interface to enter the movement mode, that is, walking, running, riding and climbing mountain. If the "Walking" mode is selected, long-press the touch key for 3s to record the movement parameters.



5. Heart rate monitoring

5.1 Click the touch area to switch to the heart rate monitoring interface, supporting real-time dynamic heart rate, so that the user can know the health data of him or herself. In the heart rate monitoring mode, the working time of bracelet is reduced. Note: Dynamic heart rate data don't stop in monitoring on this interface, unless exit upon scrolling this interface.

5.2 Wear the bracelet properly on wrist at 2cm from inside of ulna joint, as shown in the right figure.



5.3 The heart rate sensor shall be closely attached to skin and well contacted with skin in measurement of heart rate. The sensor light exposure in case of wearing bracelet too loosely can result in inaccurate measured figures. Don't look steadily at the green light of sensor, as may cause eye irritation.

5.4 Measure the heart rate when keeping sitting quietly and the body not moving though this device can measure heart rate in a real-time and dynamic way; otherwise, the time is delayed for measurement of heart rate, or no data can be measured. The user should not move until the bracelet measures the figure of heart rate when the data of real-time dynamic heart rates can be checked.

5.5 Measure heart rate after having a rest if there is a big difference in measured data. The average value obtained through five times of consecutive measurements is more accurate.

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9. More

Long-press the "More" interface to enter the following function interfaces:

9.1 Stopwatch

Switch to the "stopwatch" interface, and long-press to enter the stopwatch function; click the touch area to start timing, and click the area again for suspending timing; long-press the area to quit from the stopwatch function.

9.2 Find phone

Switch to the "Find phone" interface; shake the bracelet, and the mobile phone can make a ringtone synchronically.

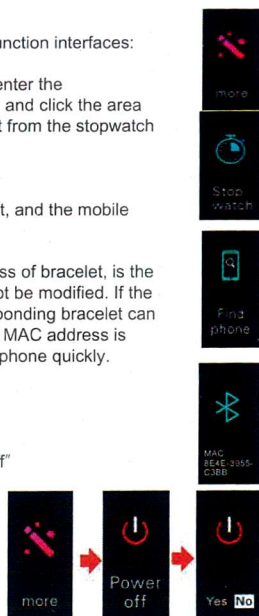
9.3 MAC address, used to indicate the hardware address of bracelet, is the only one sign of the bracelet. This MAC address can not be modified. If the mobile phone is used to check the bracelet, the corresponding bracelet can be found by only check the last four digits of MAC. The MAC address is used to identify the bracelet and connect to the mobile phone quickly.

9.4 Power off

Long-press the touch area for over 3s on the "Power off" interface, and select YES or NO. If YES, long-press the touch sign to power off; if NO, go back to main interface, Long touch on the shutdown interface.

9.5 Restoring factory settings

Long-press the touch area for over 3s, to start to clear all messages in bracelet, and restore the defaulted factory setting.



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3. Press the locked APP application icon, and pull it down for locking. At the same time, a lock head sign appears on the top right corner of the icon, indicating the locking is successful; or after pulling it down, click the "Locking Task" on the top left corner, also indicating the locking is successful.

4. This application can not be cleared by using one-key backstage clearing function after locking, indicating APP program has been locked successful.

Bracelet Function Interface

1. Start-up status

Click the touch sign for the menu interfaces switching of main screen, such as the following interfaces



2. Introduction of main interface functions

Time, date, and the symbols of electricity quantity and successfully-connected Bluetooth on the mobile phone are synchronized when bracelet and APP are first paired and well connected.

Long-press the touch key for 3s on main interface, to switch the main interface into another menu, available in a circulating way in a total of various.

3. Step-counting (steps), distance(km) and calories(kcal)

The step-counting interface shows number of steps. Wear the bracelet on wrist, and count the number of steps, walking distance and consumed calories automatically when the user is walking with arms swinging.



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5.6 This device is used to measure heart rate in a real-time dynamic way. So the heart rate is varied with different conditions such as speaking, dining and drinking. It shall be subject to the actual case.

5.7 Be sure that there is no dirt at the bottom of the heart rate sensor in measurement. Skin color, hair density, tattoo and scar may affect the accuracy of measuring results, in which cases please re-measure the heart rate.

5.8 Measurement for a long time may cause heating of the device, in case of any comfort, please remove the device, don't wear it until it becomes cool.

5.9 The chilled weather may affect your measuring result; please conduct the measurement in warm condition.

6. Message

Switch to the Msg interface, and long-press the touch area for 3s by finger to access the message content; click the touch area to switch to next piece of content; content includes the messages of incoming call and pushed from chat software. At most seven pieces of messages can be saved. When it is up to seven pieces, the messages displayed before can be substituted one after another.

7. Blood pressure

The blood pressure shall be measured in a quiet environment and at a proper temperature. Have a rest for at least 5 minutes before measurement. Avoid nervous, anxious and exciting feelings; measure three times repeatedly at an interval of 2 minutes. Record the average value of readings measured three times.

8. Blood oxygen

Saturation of Oxygen (SpO₂) is the percentage of the capacity of Oxyhemoglobin (HbO₂) which is oxygenated in the blood and the total amount of hemoglobin (Hb, hemoglobin) which is can be oxygenated, means the concentration of oxygen in blood.

Note: The blood pressure and blood oxygen data are for reference only and should not be used as a basis in medical aspects.



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Frequently Asked Questions (FAQ)

1. Question: Does the bracelet generate radiation? Does it hurt you when you wear it for a long time?

Answer: As applying the low-power consumption Bluetooth technology, this product has less radiation than Bluetooth earphone, and its signal launching intensity is not more than 1/4 "that of" mobile phone. WHO didn't find any impact of Bluetooth signal on human body through over ten years of research and general survey. So rest assured to use this product.

2. Question: What can I do if the bracelet is not searched as prompted?

Answer: First, check the bracelet is energized or not; Second, Put the bracelet near the mobile phone, and try connecting the bracelet again. If you are still unable to connect the bracelet by above operations, try switching off and on the mobile phone Bluetooth once, or restart the mobile phone.

3. Question: Is the Bluetooth not connected accidentally?

Answer: 1. The connecting time may be different each time as the signal is disturbed in Bluetooth wireless connection. If it is not connected for a long time, make sure your operation is done in the place where there is no disturbance of magnetic field or Bluetooth device.

2. The Bluetooth services of some mobile phones may become abnormal accidentally in re-starting up, so that the Bluetooth may not be connected.

3. The mobile phone Bluetooth is connected normally when you restart the mobile phone.

4. Question: How are the data synchronized? How to deal with the case that the data is not synchronized?

Answer: 1. Launch APP to connect and bind with the bracelet;

2. Try the following methods if the data fails to be synchronized:

Click "Download Data from Server" on APP "Setting" interface for data updating; if the trouble is not yet solved, re-connect the bracelet after switching off and on the mobile phone Bluetooth once.

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5. Question: Why is there no vibration of the bracelet to remind me of incoming call after setting the notification of incoming call?

Answer: First check the mobile phone Bluetooth is switched on and the bracelet is connected or not;

Second, check the bracelet APP is running (or backstage running) for Android and IOS systems.

Note: FLY memory cleaner and some keeper software may clean or intercept tasks, please add APP to the white list.

6. Question: Why does the bracelet give no prompt even if the message reminding of Wechat and QQ has been set?

Answer: The following requirements must be met for the message reminding of Wechat and QQ:

1. The mobile phone is in the sleeping and non-use mode, and the backstage tasks can not be switched off;
2. Both computer and mobile phone can't be used online at the same time;
3. The bracelet is always connected with mobile phone, and the Bluetooth is required to be always in an open state;
4. Open the permission management of the mobile phone, and set to allow the backstage to pop out of the interface.

Notes: The most upper menu can pop out the message when the mobile phone's message is coming, indicating the successful setting is completed. At the same time, the message is pushed to bracelet. If the mobile phone is restarted, click the "Message prompt" in "Setting" to enter notification center, and find out JYou device's message notification; then re-open the option.

7. Question: Why does my heart rate measure fail?

Answer: Note to keep the user in a quiet status in measuring heart rate, and keep the bottom of bracelet closely attached to the arm without obvious gap. Don't wave arms during measurement.

8. Why is the Bluetooth connecting icon blinking all the time?

Answer: The IOS user may encounter this problem. It mainly can prompt the users that the pushed message is not received if APP is not connected with bracelet. Launch APP to connect to bracelet, and the Bluetooth icon can be displayed normally.

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9. Question: Why it can't be charged?

Answer: 1. Check the bracelet inserting direction is right or not;

2. The battery has to undergo a pre-charging period when the electricity quantity for bracelet is too low (the bracelet has been set aside and not been used for a long time). Note: Generally charge by plugging in the charger; note that generally it enters the normal charging status after two or three minutes upon the charger is plugged in.

10. Question: Which factors can affect the measuring result of heart rate?

Answer: Non-standard way of bracelet wearing may affect the measurement of heart rate. For example, the insufficient attachment of bracelet to skin which may cause light leakage, arm swinging, slight movement of bracelet on skin, too tight in bracelet wearing, too high in arm raising, and clenching fists, all of which may affect blood circulation as well as the signal of heart rate. The right measuring ways are: to put the arm at a level, take it easy and keep quiet, and make sure the bracelet is closely attached to the arm. Note that individual differences such as skin color, hair, tattoo and scar may also affect the signal of heart rate even when the bracelet is worn properly.

11. Question: How to switch the bracelet language?

Answer: The bracelet supports Chinese/English display. The language can synchronize with the language of the mobile phone system automatically. To switch the language, connect JYou APP to synchronize data, and the bracelet can keep its language synchronized with that of mobile phone. For example, if the mobile phone is in Chinese mode, then the bracelet can display Chinese after synchronization; if the phone is in Chinese mode, then the bracelet can display English after synchronization. Note: If the language is changed for bracelet, it required to restart the phone for synchronization after the mobile phone language is switched.

12. Question: Why is the time of bracelet inaccurate?

Answer: Error may occur with the time of bracelet after the bracelet is recharged up when out of electricity. In this case, please connect the bracelet to the mobile phone, and the time of the bracelet will be synchronized automatically with that of the mobile phone for correction.



Warning:

Please consult your doctor before you take part in a new sport. The smart bracelet should not be used for medical purpose though it may monitor the real-time dynamic heart rate.

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Basic Parameters

Screen type	0.96 inches TFT
Bletooth	BLE 4.0
Battery capacity	90 mAh
Battery life	5-7 days
Protection degree	IP 67
System requirement	iOS 8.0 or above/Android 5.1 or above



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