

SMART

SMART WIRELESS FITNESS WRISTBAND

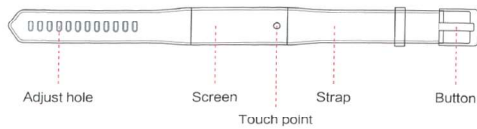


User manual

Smart life with you

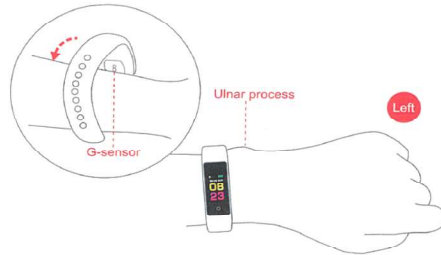
The introduction and usage of the smart wristband

I Part introduction



II Correct ware

It's better ware the device on the back side of the Ulnar process. Adjust the suitable strap length and close the button.

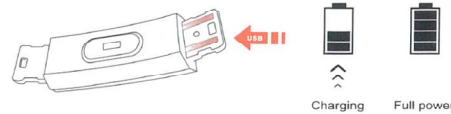


Charging

Make sure the power of the smart wristband is workable for the first time use, if the battery is too low to turn on, please connect the device to the charger, the smart wristband will be turned on automatically.

Charging introduction:

Take out the device body from the strap. Put the USB with metal side into the charger or to the computer USB interface for charging.



Starting use the Smart wristband



I Power on/off

1. When the device is power off, long press the touch button for more than 3 seconds to turn on the device with vibration.
2. When the device is power on, long press the touch button for more than 3 seconds to turn off the device with vibration at the Power off interface.

II Smart wristband usage

1. when the device is on standby, click the touch button to light on the screen.
2. when testing the heart rate, please change the interface to the Heart rate and long press the touch button for monitoring; long press the touch button again to stop monitoring.
3. When testing the blood pressure, please change the interface to blood pressure and long press the touch button for monitoring; long press the touch button again to stop monitoring.

Install APP on the phone

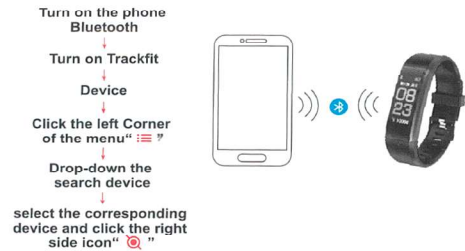
Scan the following QR code or go through by App store download and install "TrackFit".



Operating system: Android 4.3 and above, iOS 8.0 and above; support Bluetooth 4.0

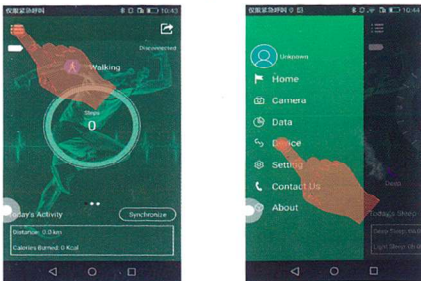
Device connect

At the first time use, the device should connect to APP for adjusting, once connection is successful, the device will synchronize the time automatically, or the step and the sleep is incorrect.



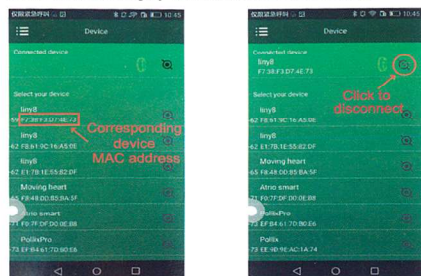
1. when pairing success, the APP will preserve the device bluetooth mac address automatically, no matter the App is turned on or the backstage operation will do search automatically and connect to the device.
2. when doing installment with the android phone, please ensure the phone system setting is allowing the limitation by the App backstage operation.

APP device connection (illustration)



①: When the icon is green, the connection is successful.

②: When the icon is gray, the connection is unsuccessful.



Notes: When the iOS system disconnects the smart wristband, you need to ignore the wristband device in the Bluetooth of the mobile phone, so as not to affect the connection between other mobile phones and the smart wristband.

APP function and settings

I Personal information :

Please set your personal information target after entering the App. Click user avatar → Personal Information → Gender → Height → Weight → Step → Birthday → Unit. Click settings → Goal settings → Steps → Distance → Calories, Supervise Daily Completion. Click settings → Set Alarm / Don't disturb mode / Sedentary reminder, settings. Or add time.

II Message reminder

Call reminder: In the connected state, if the call alert function is enabled, when the call comes in, the smart wristband will vibrate and display the name or number of the caller (subject to the APP to read the address book permission).

SMS reminder: SMS message display name of the contact person, SMS display number of stranger.

Other Permissions :

If this function is enabled in the connected state, the smart wristband will vibrate when there is a message from WeChat, QQ (subject to the APP to read the address book permission).

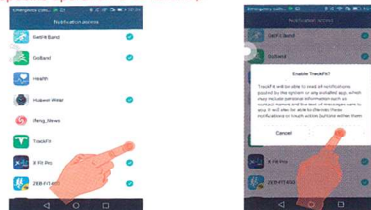
Sedentary reminder:

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 smart wristband will remind you.

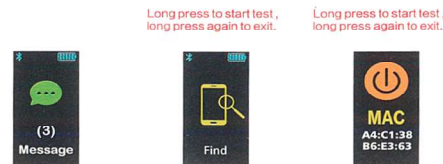
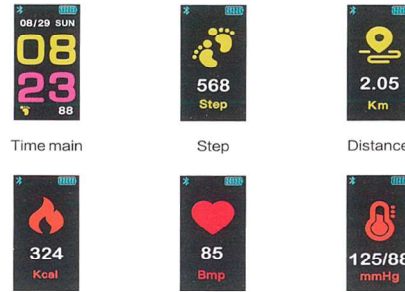
Android users are reminded:

When using the reminder function, it needs to be set to allow TrackFit runs in the background.

It is recommended to add trackfit as trust software in the rights management (The specific operation is as follows).



Smart wristband display



Message

Long press to read the message, press and hold again to exit the message interface.

Looking for the phone

long press to find the phone, long press again and exit.

Shutdown

Long press the vibration to shut down.

When you fall asleep, the smart wristband will automatically enter the sleep monitoring mode, automatically detect your deep sleep/light sleep/wake up, Calculate your sleep quality, sleep data only supports APP side view.

Notes: You will have sleep data when you wear the smart wristband to sleep.

FAQ

Why is there no reminder when the reminder function is turned on?

Android phone: Make sure the phone and the smart wristband are connected. After connecting, open the corresponding permission in the phone settings, allow the "TrackFit" APP to access the call, SMS, address book, and keep "TrackFit" running in the background; if Android phone is installed With security software, add "TrackFit" as a trust.

Apple mobile phone: If there is no reminder after connecting, it is recommended to restart the mobile phone to reconnect. When connecting the smart wristband again, you must wait for the mobile phone to pop up [Bluetooth pairing request] and click [pairing] before there will be a reminder.

Basic parameters

Equipment Type	Smart Bracelet	Battery Type	Lithium Polymer
Vibration motor	support	Synchronization mode	Bluetooth 4.0
Operating temperature	0°C-40°C	Sensor	Low power accelerometer
System requirements	iOS8.0 or above / Android 4.3 or above		

Precautions

1. It is not suitable to wear when bathing and swimming.
2. Link the smart bracelet when synchronizing data.
3. When charging is required, remove the wrist strap and insert the charging interface of one end into the USB of the charging device.
4. Do not expose the handle ring to moisture for a long time, where the temperature is extremely high or low.
5. The flash drive restarts. Please check the phone memory information and try again, or exit the app to reopen.

Component introduction

Device * Wristband * Box * Manual