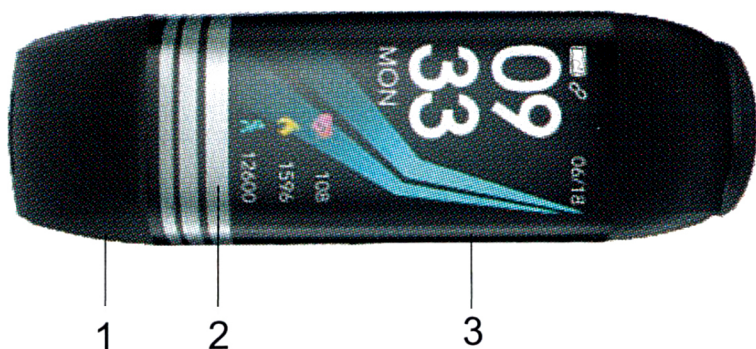


User Manual

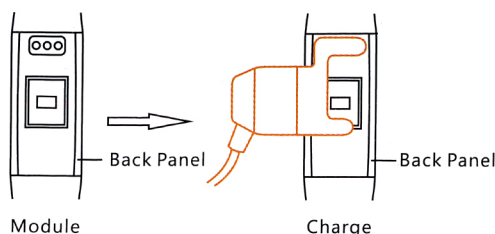


- ① Watch strap
- ② Touch Key
- ③ TFT Display

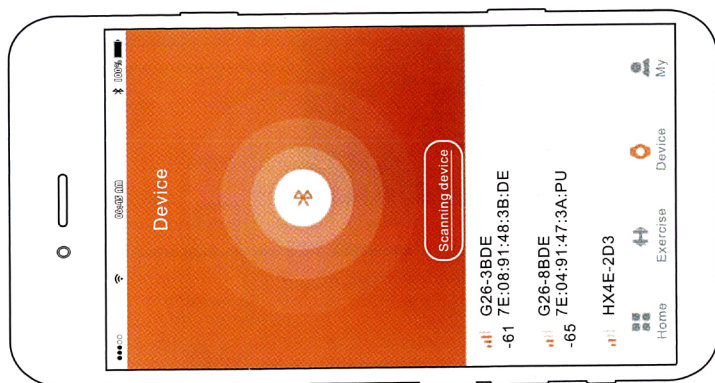
First Time Use

Thank you for selecting our company's smart health fitband. Please read the instruction manual carefully before use. In-proper operations may affect the measurement results and give you a less comfortable experience. When you receive this product, press the touch button for 3 seconds to start the machine. If the power is insufficient or the power is exhausted, please charge it first.

Charging method:



2. Open APP->Click-> "Device" ->Click"Scanning Device" , find out the bluetooth name -> connect successful (Below display)



Shutdown interface
(Press the button for 3 seconds, it will be vibration and shutdown)

Functions

- ⌚ Time
- 👣 Steps
- 📏 Distance
- 🔥 Calories
- 🌙 Sleep
- 🏃 Multi- sport modes
- 👤 Long seat reminder
- ⏻ Shutdown
- 📞 Call reminder
- ✉ Information push(QQ, Facebook Skype Twitter Line WhatsApp Kakao Talk and so on)
- ⌚ Timer
- 📶 Find the phone
- 🌐 Multilingual
- 🫀 Heart rate(optional)
- 🩺 Blood pressure(optional)

Install APP

According to your mobile operating system, please select and scan the corresponding QR code below. Enter "App store" or "Android Application Market" to download and install "JYUUPRO".



System Requirements :Android4.4 or above/iOS 8.2 or above. Supports mobile phones with bluetooth 4.0 or above.

Band Biding

1.Setting the bluetooth of the phone and make sure it is on.

Operating Instructions

- Touch button
Single touch: select interface or switch function
Long press: switch on / off / confirm / exit
- Synchronous information
When the Band are biding to the mobile phone, the Band will automatically adjust the time, and immediately synchronize and record your movement information and health status
- First time use
Please make a full deep charge before using. The fitband is fully charged, it will start automatically
- Power on/off
1. When the fitband is in shutdown, press the button for 3 seconds to boot-up.
2. Click on the touch button, switch to the shutdown interface, as shown in the following picture, press the button in the pop-up shutdown interface, select YES, and press 3 seconds to power off.

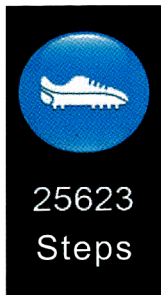
Themes

Press 3-5 seconds to choose different themes. We have 3 to 5 different themes for you to choose.



Operation

Steps



Every night at 00:00, It will automatically reset the data. Recalculate new day's data and saving historical data on APP

Calories



Every night at 00:00, It will automatically reset the data. Recalculate new day's data and saving historical data on APP

Distance



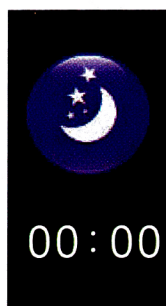
Every night at 00:00, It will automatically reset the data. Recalculate new day's data and saving historical data on APP

Multi-Sports Modes



Press 3 seconds to enter Multi-Sports Modes, You can choose the motion mode in this display.

Sleep Time



The system automatically turns on the sensor at 8 PM to detect sleep and record your sleep time.

Heart Rate



Enter the interface and start the heart rate measurement. At the same time, the green light of PPG is turned on and the measurement begins. The data will be released in about 10 seconds and the final value will be measured in 30 seconds

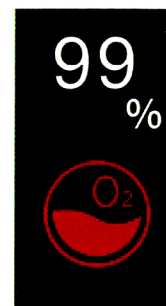


Blood Pressure

Enter the interface and start the heart rate measurement. At the same time, the green light of PPG is turned on and the measurement begins. The data will be released in about 10 seconds and the final value will be measured in 30 seconds

Blood Oxygen

Enter the interface and start the heart rate measurement. At the same time, the green light of PPG is turned on and the measurement begins. The data will be released in about 10 seconds and the final value will be measured in 30 seconds

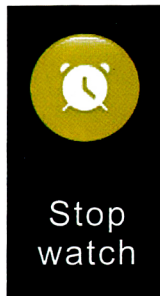


Message



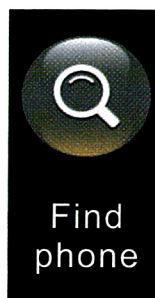
If relevant information is set up in the APP to send messages, you can receive mobile phone information when the switch is on and save 3 messages.

Timer



This interface is the Timer function, press 3 seconds to enter the timer interface, click to start, press 3 seconds to exit

Find The Phone



This interface is used to find mobile phone, press 3 seconds and the phone rings

System



Press 3 seconds in this interface to enter the next interface to display the bluetooth number and software version

Power Off

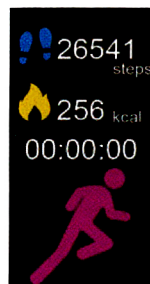


This interface is used to power off. Press 3 seconds, the device will be power off

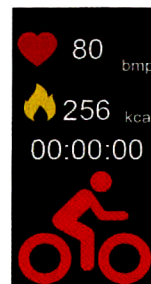
Multi-Sports Modes



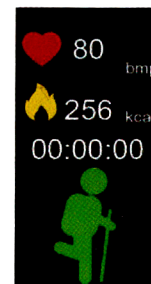
Switch the interface to the Multi-Sports Modes interface, as shown in the left picture, Press 3 seconds to enter Multi-Sports Modes selection states, a total of four you can choose between running mode, cycling mode, mountaineering mode and walking mode. Select the motion mode you want by switching the interface (select the mode you want and press 3 seconds to start the motion, press 3 seconds exit and return to the upper level interface).



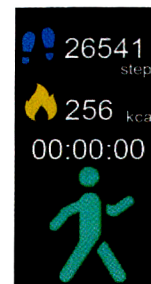
Running



Cycling



Mountaineering



Walking

APP Languages

APP languages: English, French, German, Japanese, Arabic, Hindi, Portuguese, Russian, simplified Chinese, Spanish, follow-up will continue to add more languages.

Basic Parameter

Chipset : DA14585
Display : 0.96" TFT colour screen
Resolution: 160*80dpi
Weight : 25g
Size : 250*10.5*19.5MM
Waterproof level : IP67
Strap material : TPU or Silicon

Battery : 105mAh(Polymer)
Working time : 6-8 days
Bluetooth : 4.0
operating Temperature : -10°C ~ 50°C
Packing list : ◊Mould ◊Charger
◊Strap ◊User Manual
System : IOS 8.2+Android 4.4

Precautions

1. Do not puncture the Band.
2. Do not expose the Band to solvents.
3. Do not expose the Band to strong magnetic field.
4. Avoid direct exposure to heat sources.
5. Do not puncture or incinerate the device or battery.
6. Replaceable poly-battery may contain perchlorate material.
Please handle the battery properly.
7. Do not wear it when showering.

Heart Rate Tips

The heart rate of the most people is about 60~120, while the heart rate of quiet people is about 60~90 beats/min, and the optimal heart rate is about 70 beats/min.

The heart rate of the normal athlete and the trained person is 40 ~ 60 beats per minute.

When aerobic exercise is effective and safe, the heart rate is 170 - "your age", or between 108 and 144.

Heart rate is always changing. After exercise, after diet, personal factors, good or bad mood, heart rate is constantly changing.

Blood Pressure Tips

Cardiac systolic blood to artery blood pressure peak is called a "high pressure", the heart for the reserves next blood expansion of low blood pressure is called a "low", is called the systolic pressure, diastolic blood pressure respectively. The average person's blood pressure is around 80(low pressure)-120(high pressure). In the normal range, there is a difference in blood pressure between age and sex. Generally speaking, the blood pressure of middle-aged and old people is higher than that of young people, and that of men is higher than that of women. Blood pressure is always changing. After exercise, after diet, personal factors, mood, etc., blood pressure is constantly changing.

FAQs

1. Connections: Ensure Bluetooth is enabled on Smart Phone and physically close to the Band. If no connection, restart WearHealth App and Bluetooth Connection and restart the pairing process.
2. No synchronized Data in App: With continuous use, the Band will measure and collect Data and display this Data in the App and on the interfaces of the Band.
3. Time and Date not accurate: When the Band is switch off or the Battery is empty, you must recharge the Battery and sync again with the WearHealth App.
4. Band will not charge: Connect the Band to the Charging Clip and ensure the contacts realign with the contact points on the underside of the Band.
5. Prior to using your Band, please make a Deep-charge it for 2 hours.

Blood Oxygen Tips

Oxygen saturation is the percentage of oxygen-bound oxyhemoglobin (HbO2) capacity vs total hemoglobin (Hb) combined capacity, that is the concentration of oxygen in the blood.