Smart Bracelet User Guide

1.Power on & charge

Remove the packaging,and touch the screen about 3-5 seconds, bracelet will vibrate then power on.The Smart bracelet should be charged by contact (adsorbed by magnet).Connect the end of the charging cable to the charging contact on the back of the main body by correct direction.Generally charging for about 4 hours can be full.Note: the charger must be no more than 5V/2A.

Charging reference

2.APP/APP Download

Android users download and install "SmileRun" APP from Google Play store,IOS users can get the app by searching for the keyword "SmileRun" on the app store.

Android Platform:

SmileRun Google play

IOS platform:

SmileRun APP Store

3.Binding to your mobile phone by Bluetooth

Turn on Bluetooth of the mobile phone; Enter APP-> "My device"-> "My device"-> "Available devices", find the name of the bracelet in the list, click for connect. Pull down to refresh the list. Rename the band in "Rename band" after binding.

Note:After connecting to an Iphone, you should make the next mobile phone connection after "Forget This Device" in the Iphone Settings - Bluetooth.

4.How to use

Touch the screen of the bracelet, clock, pedometer, distance, calories, stopwatch, sleep, heart rate, blood pressure, sports mode (include running, walking, riding, hiking four modes), search mobile, shutdown interface. the last page is "The machine information" : Bluetooth name and the MAC code, the firmware version number.

5.Change clock interface

Long touch 3s for change.

6.Functions

A.pedometer B.calories C.stopwatch D.sleep E.heart rate

F.blood pressure G.sports H.search mobile I.shutdown

A.pedometer:

record your sports throughout the day. In the application you can set the moving target. Through the bracelet and APP home page "movement" interface to view the amount of exercise and energy consumption of the day. In the APP "Details" interface to view the daily, week and month as a unit of movement statistics.

B.calories

C.stopwatch: long touch for On/Off.

D.sleep:

The bracelet can monitor whether you are going to sleep, in deep sleep or shallow sleep, judge your sleep quality according to the statistical results. In the APK home page slide to the "Sleep" interface, you can view the day of sleep. Also in the APK "Details" interface to view the day, week, and month as a unit of sleep statistics.

E.heart rate:

There are 3 ways. First one, touch the screen on the bracelet, page-by-page switch to the heart rate interface, direct start heart rate monitor, wait a few seconds, heart rate value will be displayed on the bracelet screen; Second one, in the APK home interface, left slide to the "heart rate" interface, click on the button of "Start", the bracelet began to monitor heart rate, in about more than ten seconds heart rate value displayed on the phone screen; Third one, In APK "my device" interface enabled "backstage heart rate", bracelet regularly monitor the heart rate and upload to the phone, in APK "details" interface to view the highest heart rate, the lowest heart rate, the average heart rate of the day,and the heart rate curve of the day.

F. blood pressure:

There are 3 ways. First one, touch the screen on the bracelet, page-by-page switch to the blood pressure interface, direct start blood pressure monitor, wait about one minute blood pressure value will be displayed on the bracelet screen; Second one, in the APK home interface, left slide to the "blood pressure" interface, click on the button of "Start", the bracelet began to monitor blood pressure, in about one minute blood pressure value displayed on the phone screen; Third one, In APK "my device" interface enabled "background blood pressure", bracelet regularly monitor the blood pressure and upload to the phone, in APK "details" interface to view the blood pressure value,and the blood pressure curve of the day.

*To obtain accurate heart rate and blood pressure value, keep the lens of the sensor on the bottom of the bracelet clean and attach it to the wrist skin.Measure the blood pressure when sitting still is more accurate.

G.sports

The bracelet has 4 sport modes, running, walking, riding, and hiking. Long press on the corresponding interface to enter the motion details interface, you can view the details of motion.

running riding walking hiking

H. search mobile & search bracelet

The bracelet is connected to the mobile phone by Bluetooth. Long press on the corresponding interface, the function is on,mobile phone responds with an alarm tone.

The bracelet is connected to the mobile phone by Bluetooth.Enter APP on mobile "My device"-"Find band",press, bracelet will vibrate.

I. Shutdown

Long press on this interface, short press to"YES",then long press,the bracelet power off, show "ByeBye".

7.The bracelet can do assisted by the APP

A.Sharing functions: Share your pace and mood with your friends via QQ, WeChat, micro-blog and so on.

B.Notification & reminder: Alarm clock, call and message, QQ and Wechat, sedentary, and so on, vibrate and display icons to remind.

C.Remote camera: Click APP "My device"->"My camera" to enter, shake the bracelet to remotely take pictures.

D.Turn the wrist to light screen:Put the bracelet in the right way.

1.The bracelet is light up after the wrist is turned over;

2.Raise your hand from low to high, the bracelet screen lights up;

Note: Be sure to turn on "Turn the wrist to light screen" in APP.

H. Factory data reset: When connected, in APK "information" click "Factory data reset", settings and data in APK will be cleared, wristband unbind,time and motion data in wristband unchanged.

8.Hardware platform for mobile phone should meet:

iOS 8 above Android 4.4 above Bluetooth 4.0

9.General issues

A. Bluetooth connection or synchronization data fail.Restart Bluetooth of your phone or restart your phone.Some mobile phone models need to open the positioning.

B. Can not push QQ, WeChat and other news

Check notification management, confirm the right to use the notification is on.

C. When the phone is on standby, incoming calls and messages can not be pushed

Some phones will have built-in security centers, and the system will clear the APP programs that run in the background, click on the security center ->authorization management, set APP to "auto start".Some mobile phones installed power saving management software, you should add APP to the list of "Protected Apps" in your mobile phone.

D. can not measure the exact heart rate

1 bracelet did not wear well, please follow the "wear way" accurate wear.

2 users with deep skin color or thicker arm, heart rate measurement using light reflection principle, deep skin tone or thick hair will seriously affect the light reflection, resulting in measurement is not allowed to even can not measure the data, try to heart rate sensor lens affixed Wrist medial skin to obtain a relatively accurate value. Dark skin may not be able to measure the data.

E. Remote camera function can not be used

When entering the "my camera", please give the APP permission to access the camera.