

Function Instruction of Q8T Wristband

I. Operational Instructions of wristband

1. Power-on: long press the touch button for 3 seconds to power on the wristband.
2. Click: functional interface switch.
3. Long press: confirm/exit, switch mode.
4. Power-off: Click the touch button to switch to the power-off interface, and long press 3 seconds to power off.
5. Low battery: a. When the battery is low, the wristband will not vibrate at the time of measurement or notification
b. Power off when Battery is Low: After the battery has run out, the wristband will be powered off automatically.
6. Charging: If the wristband is charged when it is off, it will be powered on. The home page will be displayed and the battery icon on the home page will flash.

II. Download Applications and Connecting APP Operations

1. The wristband needs application support before it can be connected to the mobile phone. The application can be downloaded by scanning the QR code first.



2. Bluetooth Connection: In Android Market or APP store, search "Youth health" and install the APP>turn on the Bluetooth function of

the mobile phone>turn on the APP "Youth health" > "Connect Device". Through the above steps, the wristband can be connected to the APP on the mobile phone, thus you can set the wristband in the APP.

3. Disconnection: Turn on "Youth health" -->Device --> Disconnect (If ios is adopted, disconnection is possible only when the device is ignored in the setup of the Bluetooth function of the mobile phone.)

III. Main Functions

1. The main interface includes time, date, week, Bluetooth connection status icon, 12-hour AM/PM display, battery power display and current step-counting step display, and standby automatically after no operation for 5S. Long press the touch button in this interface, the user can select to switch main interface style.



2. Step Count/Distance The wristband displays your total number of steps of the day, calorie consumed on the day, traveled distance, etc. on the screen. The data are zeroed at 24:00 every day. The screen will be turned off automatically and the wristband will enter standby mode after no operation for 3S.



3. Sports function introduction: There are walking, running, climbing, riding and other sports modes. Long press the touch key to enter the sports function mode, long press the touch key to pause, and long press again to exit the current function. (If the sports time is less than 1 minute, the data will not be saved)



4. Temperature measurement: The user's body temperature is measured under the body temperature measurement interface. The results are displayed after the test is completed, and the screen will automatically turn off and stand by when there is no operation. (Turn on device and set the start time and test frequency on APP) device) Temperature measurement.)



5. Heart Rate Measurement: Enter the health mode to measure the user's heart rate under the Heart Rate Measurement interface. After the measurement, the wristband will vibrate and display the results. When there are no operations, the screen will be turned off automatically and the wristband will enter standby mode. Turn on device and set the start time and test frequency on APP) device) heart rate measurement.



6. Blood pressure measurement, enter the blood pressure mode of health interface and start measurement. After the measurement, the wristband will display the results. When there are no operations for 60S, the screen will be turned off automatically and the wristband will enter standby mode.



7. Blood oxygen test, enter the blood oxygen mode of health interface and start measurement. After the measurement, the wristband will display the results. When there are no operations for 60S, the screen will be turned off automatically and the wristband will enter standby mode.

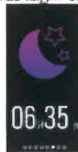


8. Information: It can synchronize the notification function of mobile,

such as QQ Wechat and other letters. It is necessary to open the notification function of mobile such as QQ Wechat. It can store the latest 8 messages and long press to view.



9. When entering the sleep interface, the wristband displays the length of your sleep at previous night on the screen.



10. More function submenu includes functions such as finding mobile phone, about, reset, shutdown, etc.

- (1) After the wristband is connected to "Youth health", long press the touch key, and the phone device will ring. If it is not connected to the phone, this function will be hidden.
- (2) Long press the touch key in this interface to check the BTMac address, device name and firmware version of the wristband.
- (3) Long press the touch key in this interface, the wristband will return to the factory mode, and all data will be cleared.
- (4) Long press the touch key in this interface, and the wristband will be turned off.



11. Shake for photographing: Enter my device at the APP, click on the "photographing" function, and the mobile phone directly enters the photographing mode. Photographing interface appears at the wristband, click the wristband touch key, and the mobile phone automatically takes pictures.

12. Rotate Wrist to Brighten Screen: Turn on the Rotate Wrist to Brighten Screen in the APP, and when the wrist is rotated, the screen is automatically brightened, this function is more power-consuming to turn on.

13. Reminder: App can set various reminders, call, SMS, alarm clock, excessive sitting reminder, meeting, drinking water and other reminder functions.

14. Time format: 24-hour system and 12-hour system can be set. Unit Setting: Metric or imperial unit can be set.

15. Excessive sitting reminder: Users can set Time before Excessive Sitting Reminder. Here, the wristband will begin to continuously monitor whether you are sitting or not. If your sitting exceeds the set time, the wristband will vibrate and display the Excessive Sitting Reminder screen. Operating Steps: Turn on "Youth health" --> device --> Turn on the Excessive Sitting Reminder switch --> Click to enter the Setup page (set the start time and end time and the Time before Excessive Sitting Reminder) --> Save.