PPG+ECG
Blood pressure & Heart rate monitor Smart bracelet

PPG | ECG
128/84
mmHg

User Manual

EN

- Aluminum alloy case
- OLED display
- Side ECG metal point
- Touch key(ON/OFF button)
- TPU belt

ECG metal point

Sensor

USB charge

This bracelet is USB charge directly, no need USB cable, take out the belt of touch key side, and directly insert to USB devices to charge, for example computer, power bank, USB connector.

01

Wear Guidance

The best wear position is 1-2CM behind your wrist ulnar styloid, please make sure to wear the sensor close to wrist skin, in order to get accurate results.

1.5cm

✓

✗

✗

02

Correct testing method

Put the middle finger totally touch with the side ECG metal point, and use index finger tightly clip another side, make sure the sensor close to wrist skin, and not leak green light, then keep moveless.

03

APP download, installation and Bluetooth connection

Use mobile phone to scan the following QR code, download and install, or search "Mecare" directly from Google Play Store and Apple store, then download and install.
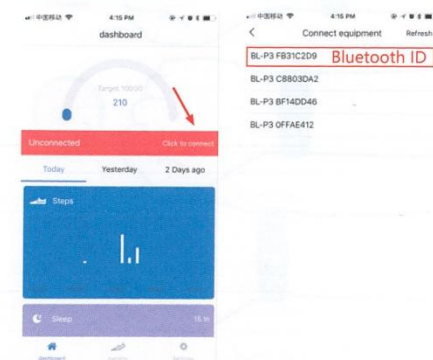
MD Mecare

After installation, open APP, register and enter personal information(make sure to enter the correct personal information, in order to get accurate blood pressure data), open mobile phone Bluetooth, "click to connect - refresh - choose the right Bluetooth ID" (Each bracelet has a sole Bluetooth ID, please reference to ON/OFF page of the bracelet
The mobile phone will receive a pair request, please agree to connection.
After finished synchronization, the bracelet will automatic sync the time, date, week from mobile phone, and APP will sync sports data from bracelet.

Android   IOS   GooglePlay

dashboard

Target 10000
210

Unconnected   Click to connect

Today   Yesterday   2 Days ago

Steps

Sleep

< Connect equipment   Refresh

BL-P3 FB31C2D9   **Bluetooth ID**
BL-P3 C8803DA2
BL-P3 BF14DD46
BL-P3 0FFAE412

04

Bracelet Functions

1.ON/OFF (MODEL NO, Version, Bluetooth ID)
Bluetooth ID is use for Bluetooth connection

BL-P3
V0.28
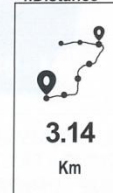**1E27D5A6**
Bluetooth ID

PM ▭
22
14
17-01-04
WED

2. Time, Date, Week, Battery status
For the first time use, please pair with mobile phone first in order to synchronize the correct time, date, week from mobile phone.

3. Steps   **4.Distance**   **5.Calorie**

215 Steps   3.14 Km   231 KCal

06

6.Sport mode
In this menu, hold and long press the key to enter sports mode, it will automatic change into dynamic heart rate, and you can also see the sports distance, calorie and sport time. The heart rate records will not save to APP.
During this mode, short touch the key can switch to the time menu and then automatic switch to sport mode in 1 minute. When finished sports, hold and long press the key to quit from the mode.
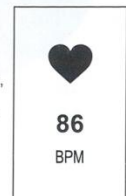Attention:
When entering sport mode, make sure to wear the bracelet 1CM behind the wrist ulnar styloid.

GO

Hold and long press touch key
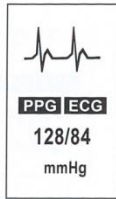
11:10:30
120 bpm
5211
1024
30:02
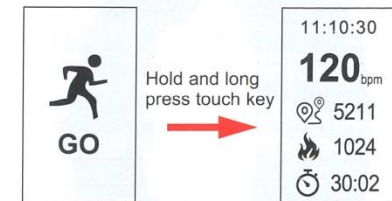
7.Heart rate
Turn to this menu, the bracelet will automatically start to test heart rate, when finished testing, the bracelet will vibrates, and the results will not save to APP.

♥
86
BPM

07

8.Blood pressure (PPG+ECG)

Turn to this menu, the bracelet will automatically start to test blood pressure, when the icon start flicker, please put the middle finger totally touch with the side ECG metal point, and use index finger tightly clip another side, make sure the sensor close to wrist skin, and not leak green light, then keep moveless. Until the bracelet vibrates and come out the results. The results will automatic save to APP.

PPG | ECG

128/84

mmHg

⚠ Attention

In order to get accurate results, please pay attention to the following points before testing
1.Before testing, make sure to enter and save correct user information in APP, such as age, sex, height, weight.
2.Before testing, please sit still and keep moveless for 5-10 minutes, make sure your heart rate keeps in a smooth condition , alarm and also smooth breathing .
3.During testing, no talking and not move, it's not suitable to test after sports or walking.
4.Keep right sitting posture, keep the hand straight with the heart.

9.Refuse calls by bracelet

After the bracelet connected with mobile phone, it will synchronize calls from mobile phone, you can refuse calls by hold and long press touch key.
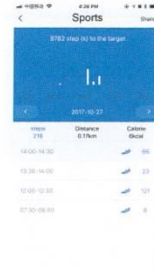
186XXX
XX425

APP specifications and functions

1.Steps

Click to check history steps, distance, calories and share to social platform.Picture(1)

(1)   (2)

2.Sleep monitor

Click to check history sleep data, such as quality, duration, wake times, fall asleep time, awake time, deep sleep time, light sleep time and share to social platform. Picture(2)

3.Heart rate

Click to check real-time heart rate data, you can set real-time intervals from the APP settings.Picture(3)
Also you can share data to social platform.

(3)   (4)

4.Blood pressure

Click to check the manually test records from smart bracelet and share to social platform.Picture(4)

5.ECG detection

Turn to this menu, the bracelet will automatically start to test blood pressure, when the icon start flicker, please put the middle finger totally touch with the side ECG metal point, and use index finger tightly clip another side, make sure the sensor close to wrist skin, and not leak green light, then keep moveless until the bracelet vibrates and come out the results. The results will automatic save to APP.

ECG   Records

36%   Blood pressure:122/82
   Heart rate:79

⚠ Attention

In order to get accurate results, please pay attention to the following points before testing
1.Before testing, make sure to enter and save correct user information in APP, such as age, sex, height, weight.
2.Before testing, please sit still and keep moveless for 5-10 minutes, make sure your heart rate keeps in a smooth condition , alarm and also smooth breathing .
3.During testing, no talking and not move, it not suitable to test after sports or walking.
4.Keep right sitting posture, keep the hand straight with the heart.

6.Running

Click to start running, the bracelet will automatic start sports mode, during running, the APP will show locus, speed, pace, calorie, distance, real-time heart rate, sports time.
After finished sports, click to stop, then the records will automatic save to APP.
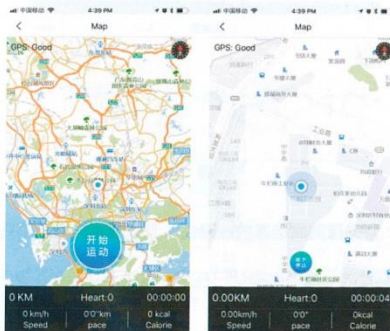
Settings

User Info: Age, Sex, Height, Weight
Connected device(click to make settings)
1.Notifications (For iphone, click "ON/OFF" to open and then click "Notifications" to enter settings, set which applications that you want to remind on bracelet)
2.Sedentary (click to set sedentary time, reminder method, remind time range)
3.Real-time heart rate (click to set record time internals)
4.Find device(click to find devices and vibrate remind)
5.Dangerous HR (click to open and set dangerous heart rate level, when reach the level, bracelet will vibrate remind)
6.Wrist brightness(click to open wrist brightness)
7.Wear position(click to choose right/left hand)
8.Factory settings(click to reset the bracelet)
9.Upgrade(click to upgrade firmware version, after finished, pleasure make sure to restart APP and connect Bluetooth again)
10.Disconnection (click to disconnect bracelet)

Sport target: set target steps
Sleep target: set everyday sleep target time
Unit setting: set metric / imperial unit
Firmware reset: Choose device to reset device firmware
About us: check APP version
Login out   Login out APP

Specifications:

Chip: Nordic N52832
Display:0.96" OLED
Material: stainless steel + Aluminum + TPU
Weight:25g
Wrist belt size: 26CM
Belt type:Removable
Charge type:USB direct charge
Battery:100mAh Polymer lithium battery
Charge time:1 hour
Stand by:3-5 days
Waterproof: Ip67
ECG IC:TI1291
Bluetooth version:4.0
Support OS:Android4.4 or above
              IOS8.0 or above

⚠ Attention

This device adopted medical grade IC, so will be influence by multiple factors.
In order to get accuracy results, please do make sure to follow bellow requirements.
1.Environment: Please testing in a spacious, ventilated, silience and brightness space.
2.Wear position: Please wear the device on 1-2CM behind your wrist ulnar styloid.
3.Wear requirements: Make sure ECG panel and sensor are close to wrist skin. It's not correct to wear loose or tight, otherwise will cause leak of light or oppress blood vessel.
4.Sitting posture:Please sit straight, back to chair, put wrist on desk, keep wrist straight with your heart.
5.Testing requirements: Please keep alarm and sit still for 10 minutes, deep breath 3-5 times, no talking or moving.
6.User information: This device use multiple dimensions algorithm, please enter and save correct personal information in APP before testing, such as Age, Height, Weight, Sex.

1.5cm