Smart Fitness Tracker
User Manual

Thank you for purchasing this product. We highly appreciate
any feedback which helps us to improve our products.
Please keep this instruction manual for future reference.

Product appearance

Heart rate test point

Power button
/Function key

Electrode plates

Models can be paired with

Android 4.4 +   IOS 8.2 +

Quick Start Guide

I. APP download and connection

1. An APP is required to connect the bracelet with a smart phone.
You can download relevant APP by scanning one of the QR codes
below.

Android   IOS   Googleplay

2. Android users can download the App by searching WearHeart through
Googleplay;IOS users may download the APP by searching WearHeart
throughApp Stort.The minimum requirements for smart phone operating
systems are Android

3. Connection between bracelet and App

Step1：Open the Bluetooth on your smart phone

Step2：Download the ″WearHeart″App；register your personal
account as instructed or use a third-party account to log in；

Step3：Open the application interface of ″WearHeart″App；click″
connecting bracelet″on ″My options″interface to search Bluetooth
devices for the bracelet. Find and click the correct Bleutooth for
connection；the time interface of the bracelet will display a″Bluetooth
icon″after a successful connection；the bracelet will synchronize the
time of your smart phone as well as various sports data.

II. Unbinding App

1. Unbinding for Android phones：Click″Disconnect bracelet
connection″on the management interface of the ″WearHeart″App.

2. Unbinding for IOS phones：After clicking″Disconnect bracelet
connection″on the management interface of the″WearHeart″App,
go to system settings-Bluetooth-click the exclamation mark behind
the device name--ignore the device to completely unbind relevant
Bluetooth.

III.Operation mode

1. Short press：Interface switchover
2. Long press：ok/exit,switchover mode
3. Power on：Long press the button for more than 3 seconds to power it on
4. Power off：In the power off interface, long press to pop up the "YES"
and "NO" options, short press to select "YES" After a long press, it will
power off

Model
version
ID

5. The recharging duration is about 1.5 hours.It will go to the time
interface after the recharging is finished.If it is not used for along time,
it shall be powered off and recharged once every month.

IV. Main display interface

Dial plate	Steps	Caloric	Distance
Heart rate	Alarm clock	ECG	Sleep monitoring
Messages	Sport mode	Stopwatch	Find my phone

V.Illustrations on main functions

1. dial plate : it can be long press for 3 Seconds switchover dial plate.

2. Step counting：It can record the number of your steps within one
day. The steps will return to zero at 00：00 of each day to start the
record of the new day。

3. Calorie：It can record the calories sonsumed by you within one day.

4. Distance：It can display the distance accumulated within one day
(Metric units or British units can be set up in the App as per
requirements)

5. Heart rate：Your heart rate can be tested 1 second after it is
switched to the heart rate interface. It will vibrate and display the
test result.

6. Sports mode：Switch to sports mode interface. Long press key to
enter multi-sports mode, then long press and timekeeping begins,
long press again and timekeeping pauses, short press to exit and
enter the next sports mode. Eight sports modes currently: running,
sports walking, mountain climbing, biking, ping-pong, basketball,
badminton, football.

Running	Sports walking	Mountain climbing	Biking
Ping-pong	Basketball	Badminton	Football

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7. Sleep monitoring:It can display the total duration of your sleep
last might.The duration for sleep monitoring is from 22:00 of day 1 to
08:00 of day 2.Relevant sleeping data will be displayed after 08:00.
Note:The sleeping data monitoring during and period other than the
above duration will not be recorded.

8. Messages:The latest three messages will be stored.Long press it to
view these messages and clear the record after viewing them.

9. Find my phone：Long press it to enter ″find my phone″interface
(It isnot allowed to set you phone as mute and your phone needs
to stay connected to the bracelet)

10. Stopwatch：Long press it to enter″Stopwatch″. Shortly press
once to start the function and shortly press it again to pause the
function. Long press it to exit from the function.

11. Remote photographing：Open the ″WearHeart″App on your
smartphone. Find the shake camera function to shake your
smartphone and control mobile phone photographing. (The
WearHeart App shall be authoriaed to have photographing
permission. Your smartphone shall be connected to the bracelet
when the function is used).

12. Reminder：You can set up various reminders such as incoming
calls, sms, alarm clocks, sedentary warnings, meetings, taking
medicine, and drinking water.

13. Lighting up screen by turning wrist:The function of enabling or
disabling lighting up screen by turning wrist can be set up on the App.
The display screen will automatically light up by turning your wrist
when checking the time.

VI. Detailed description of electrocardiography measurement

1. Correct method for measuring electrocardiography

When electrocardiography is measured, the watch must be worn on
wrist, thumb and index finger contact with electrode slice at the
same time (as shown in figure). Relax your body, don't move during
measurement and don't speak as far as possible until the
measurement ends (measurement time is 30-60s). If
electrocardiography waveform is in disorder or seriously drifted,
this may cause inaccurate heart rate and blood pressure value,
please measure again. If not much meat in skin or dry, please
moisturize arm skin with water and measure again, and please keep
good contact between electrode slice and skin.

2. Electrocardiography measurement can be done directly on bracelet
(offline) and can also be done on APP side (online), two ways:

• The first method: Measurement on bracelet (offline measurement)
Switch interface to electrocardiography measurement interface
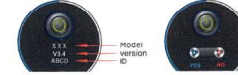on device at first, as shown in figure:

Long press to enter

No matter offline measurement or measurement on APP side, body
shall be in place. During offline measurement, switch interface to
(figure above) electrocardiography measurement interface, contact
electrode with thumb and index finger, oscillogram appears after
three seconds (the wave mode is simulated waveform not the real
wave mode). After measuring 30-60s, device prompts the end of
measurement. Check history records on APP side at this time and
choose the last record. Record can be played back and HRV and
more result parameters can be checked, electrocardiography can be
shared or sent to doctor for further analysis at the same time

• The second method (online measurement)

When APP side is chosen to measure electrocardiography, trend and
change of oscillogram can be seen on mobile phone in real time.
Operation method: Start "WearHeart" client end, click "Health" in status
bar at bottom of APP, then click "One-key measurement" (if this is the
first time that you use the device, "One-key measurement" is grey, blood
pressure is required to be calibrated. Click "Measurement calibration"
to enter calibration interface. Blood pressure calibration is divided into
"Accurate calibration" and "Blood pressure grade calibration", if you
know your blood pressure value, choose "Accurate calibration", input
high pressure and low pressure value correspondingly and exit; if you
don't know your blood pressure value, please click "Blood pressure
grade calibration", and choose grade of blood pressure value. Blood
pressure grade is divided into "low", "slightly low", "normal", "slightly

high", "high", exit after choosing the grade.) Click "Begin to measure",
contact electrode slice with thumb and index finger for measurement,
duration is 30-60s, after measurement ends, conclusion report is given
(attention: the report is just for reference, not for medical basis, improper
posture, speaking can influence measurement accuracy, please pay
special attention!)

Charging demonstration

The watch applies magnetic contact charging technology,allowing
charging upon sticking between the metal contact of usb charging
line and the charging port.
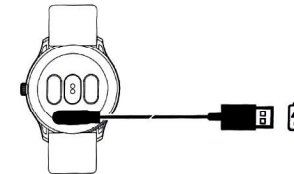
More Functions

This product is a high-tech products, because the continuous updating
of technologies and algorithms, and our company continually improve

the function of product, if you receive the bracelet is UI interface or
interface changes, all of these are normal circumstances, please refer
to our official announcement or contact with the dealers to consult the
relevant issues, more help can also be in the APP side "my", "common
problems" find help.

⚠Warning

Please follow the doctor's instructions. This device is sensitive to
the correctness (tightness) of wearing, speak, action and
measurement environment (dryness of the hand). The user who
suffering the blood circulation disorder and blood disease, please
under doctor's guidance for treatment. The product measurement
results are for your reference only, not for any medical purposes
and basis!