

# Smart bracelet

## Bedienungsanleitung

### S18

### manual

Thankyou for choosing our smart watch!

when using this device for the first time, for your convenience, please read the manual carefully and follow the steps in the manual. please note the following points:

1. connect to Wireless: 1.1. please make sure that the Wireless of the mobile phone is turned on and the bracelet is turned on; 1.2. when searching for Wireless, please make sure that the bracelet has not been bound by other accounts; 1.3 when searching for Wireless keep the bracelet and mobile phone as close as possible. 1.4 Before using Wireless to make calls, please make sure that the call icon is turned on in the control panel interface on the watch, and then the watch Wireless can be searched normally.

2. If the user's mobile phone has installed other software such as mobile housekeeper, in order to ensure the normal operation of the background APP, please open the message push and allow the background operation permission on the mobile phone, otherwise the message cannot be pushed.

3. charging requirements: use a charger with a specification of 5v 0.5-2A to charge, please be sure to turn off the battery if it is not used for a long time and keep it to recharge once a month.

#### Download the app and add a device

EN

1. Turn on the device with a charging cable; Open the device and use your phone to scan the QR code to download and install the app: or search for BRFIT in the iOS App Store/Android App Market, download and install (compatible systems: Android 8.0 and above, wireless devices 4.0, mobile phones iOS 12.0 and above)
2. Open the mobile app, search for and select the device to be bound from the app device list.  
Step 1: Open the wireless connection on your phone:  
Step 2: Open your phone! BRFIT APP, on the "Devices" interface, click "Select Device" and then click "Add Device" (\* Please confirm that the wireless connection MAC address on the bracelet is consistent when pairing).



#### Operation Manual

1. Connect the charging cable, activate charging, and turn on the device
2. After connecting the device to the mobile app, click on the homepage to enter the testing interface, click on the heart rate testing item, and perform a heart rate test (the wristband must be tightly fastened, too loose cannot test heart rate)

#### Functional Description

Step counting: Detailed recording of daily steps, distance, calories, and other data.

Sleep monitoring: It can record and display the total sleep duration, and view 7 days of sleep data. (Must wear a wristband to sleep in order to detect data)

Heart rate detection: measure the current heart rate, record and display the 24-hour heart rate throughout the day, and automatically monitor the heart rate every 30 minutes (this function requires clicking on the automatic heart rate test item on the device interface to set the repetition cycle)

Multiple sports modes: outdoor running, cycling, hiking, brisk walking, golf, and other sports modes.

Camera control: Open the mobile app and click/shake the watch on the camera control interface to take photos

#### Frequently Asked Questions

1. Analysis of the causes of abnormal heart rate loop measurements  
(1) Usually caused by poor contact between the sensor of the measuring ring and the human body during measurement  
(2) When measuring, please note that the sensor is in full contact with the hand wall.
2. Reasons for abnormal sleep data  
(1) Sleep monitoring is designed to simulate people's self perceived falling state, sleep and wake-up times, and requires proper wearing.  
(2) Sleeping too late may lead to mistakes.  
(3) Sleep data is not monitored during the day, and the default sleep monitoring time is from 9pm to 11pm the next day. For more common questions, please refer to the application (My - Frequently Asked Questions)

#### Precautions

- (1) Do not charge in damp and humid environments
2. Please regularly clean the magnetic charging hole on the back of the device with clean flannel to ensure that the magnetic charging hole of the device matches well with the magnetic charger to ensure normal charging. This product does not come with a power adapter. To ensure the safety of your and your family's property during charging, you can use the computer's USB port or choose a power adapter with an output of no more than 5V/1A. Please purchase power adapters through legitimate channels and avoid using inferior or counterfeit power adapters to prevent them from bursting or catching fire
3. The measurement results of this product are for reference only and should not be used as a basis for medical purposes or doctor's guidance

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.