

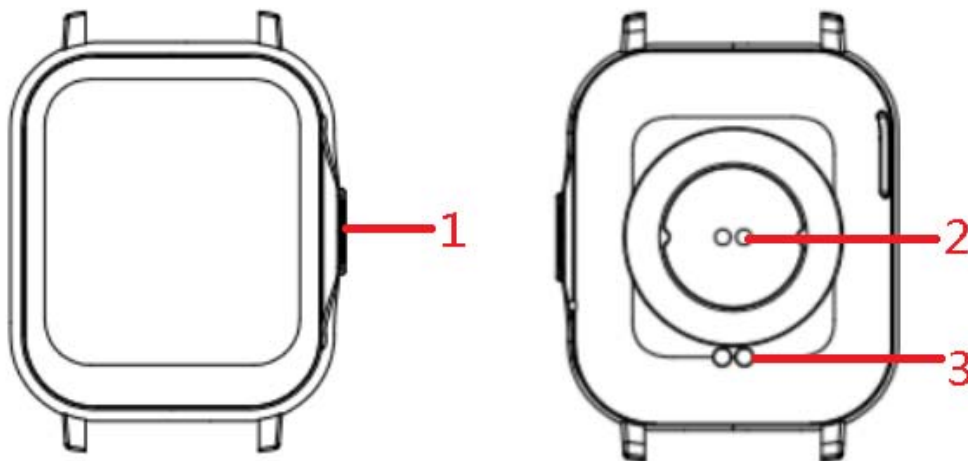
User Guide

Instructions for first use

Thank you for purchasing our company's smart health bracelet. Please read the manual carefully when you use this device for the first time, and use it according to the operation method of the manual, so as not to affect the measurement results and good experience due to improper operation! When you receive this product , first turn it on to check if there is power.

Tip: If you have any questions during use, please contact the online customer service for consultation in time!

Exterior parts description



① Off button

② heart rate sensor

③ electric shock

PS: Instructions for the use of the power button: long press to turn on the power in the off state, long press to turn off the power in the on state, short press to return to the home page in other pages, short press to turn off the screen on the home page, and short press to turn on the screen when the screen is off.

Boot instructions

Power on: ①Long press the power button for 3 seconds and the display will light up (if it is not powered on, it means the battery is exhausted, please charge it).

Shutdown: ①Long press the power button for 3 seconds -->②Click to shut down->③Confirm.

APP download and installation

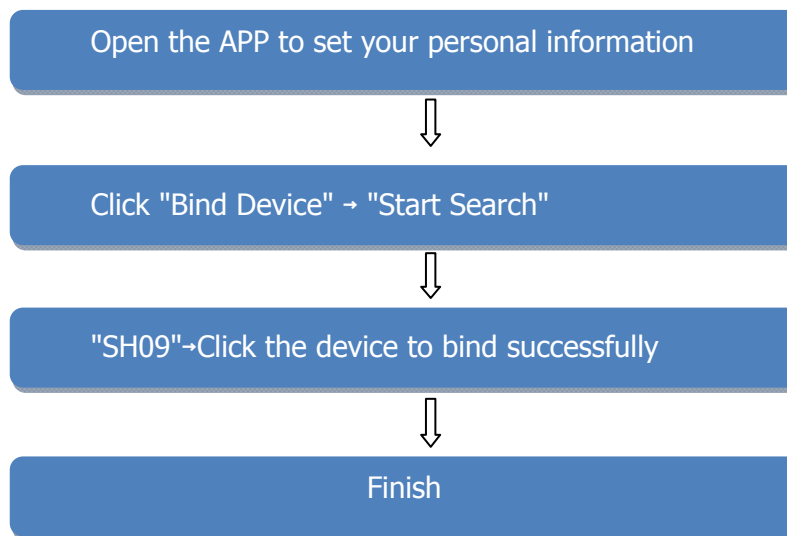
- The Apple system opens the camera and prompts to open it with the Safari browser. After clicking, jump to the APP Store to download and install the APP.
- The Android phone scans and clicks to access the website through the browser, and then selects Chinese Android users to download to install the APP.
- System requirements: Android5.0 and above, Apple IOS10.0 and above, Bluetooth 4.0 and above can be used.

Scan the QR code to download the APP



connect bracelet

1. APP Bluetooth connection method



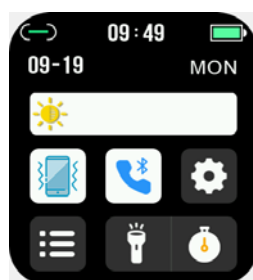
Note: The mobile phone needs to turn on the Bluetooth function, otherwise it cannot be searched on the software, and the Android mobile phone does not need to be paired with the Bluetooth of the bracelet in the mobile phone Bluetooth. After the Apple mobile phone is bound, the mobile phone pairing information will pop up, please click "OK" to pair, otherwise the bracelet will not remind you of calls and messages.

2. Classic Bluetooth voice connection

3. The bracelet needs to be connected to classic Bluetooth to make calls and play music. The steps to connect to classic Bluetooth are as follows:

Turn on the classic Bluetooth of the bracelet in the call center. Both Android and Apple mobile phones can enter the Bluetooth of the mobile phone, turn on the Bluetooth function of the mobile phone, find the device named "PC SH09" and click pairing. After the pairing is successful, you can play music through the bracelet to make and answer calls. .

Tap the bluetooth phone icon to turn classic bluetooth on or off



Or go to the following menu to turn classic bluetooth on or off



Scroll down the quick page



Swipe up to view information



Swipe right Main menu

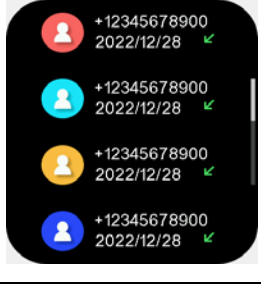


Left swipe motion data

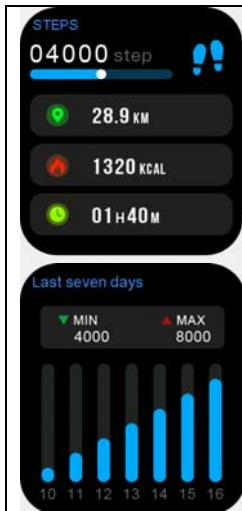


	Pull up on the main interface to quickly enter the information interface, or swipe right to the menu list and click Information to enter the information interface. Information can be received: phone calls, text messages, WeChat, QQ, and more; note that you need to enable the notification usage right on the APP side, and turn on the switch to push messages.
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Colling

	Connect the mobile phone to the classic Bluetooth of the bracelet, enter the number on the dial interface, and click the dial button to make a call normally. (After dialing an address book number, the call interface displays the address book remarks name, and after dialing a non-address book number, the call interface displays the call number)
	The bracelet is connected to the APP, and the contacts of the mobile phone address book are imported from the APP side, and they can be displayed in the address book of the bracelet synchronously. Click a contact in the address book to make a call to the contact. The name of the note inside.
	The call log shows received calls, missed calls, outgoing numbers, and the date and time of the incoming call. (Non-address book contacts display the calling number, and address book contacts display the name of the note in the contact's address book)

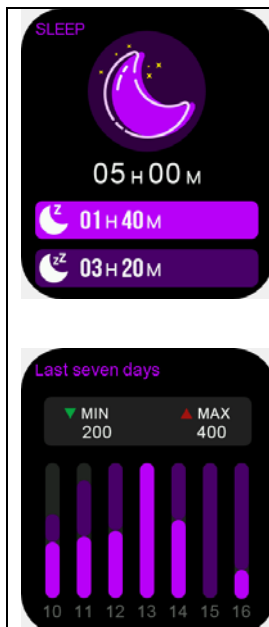
Step count



Swipe left on the main interface to quickly enter the step count data interface, or swipe right to the menu list and click Step count to enter the step count data interface. Data can be recorded: steps, distance, calories, consumed time; the menu step page slides up to display the steps interface display diagram of the past seven days and the maximum and minimum steps data.

The data is updated every day, and the data can be saved synchronously when the APP has been synchronized, and the device will recalculate the data information of the new day.

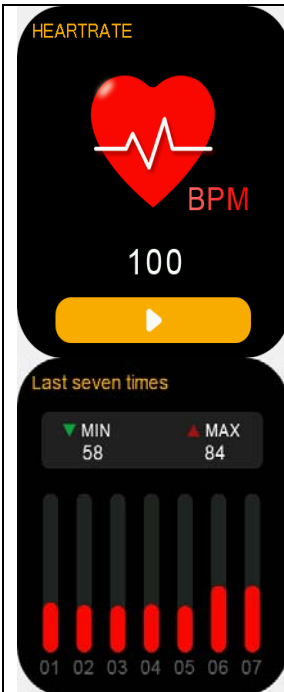
sleep



Swipe left on the main interface to enter the sleep data interface, or swipe right from the menu to the list and click Sleep to enter the sleep data interface. The sleep page displays the sleep monitoring status of the day (including sleep time, light sleep, deep sleep and other data), and the menu sleep page slides up to display the sleep data display chart and maximum and minimum sleep data for the past seven days.

The data is updated every day, and the data can be saved synchronously when the APP has been synchronized, and the device will recalculate the data information of the new day.

heart rate

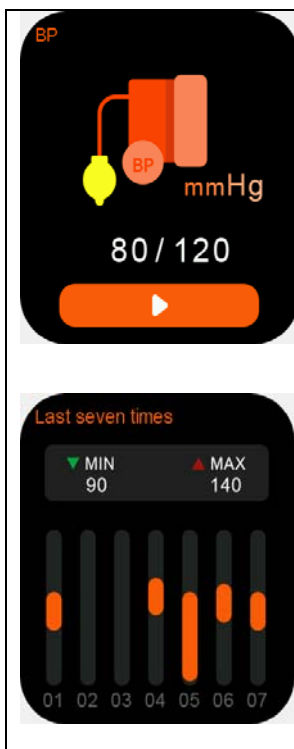


Swipe left on the main interface to enter the heart rate measurement interface, or swipe right to the menu list and click Heart Rate to enter the heart rate measurement interface.

1. After entering the heart rate measurement page, click the measurement button, wait for about 20 seconds to get the measurement result, the bracelet vibrates and displays the measurement result;
2. Enter the heart rate interface on the app and click to start the measurement, the watch will automatically switch to the measurement interface to automatically start the measurement, wait for about 20 seconds for the measurement result, the bracelet vibrates and displays the measurement result. (The measured data will be displayed simultaneously on the app, and the current measurement results can be seen on the wristband)

On the menu page, click on the heart rate to enter the heart rate interface and swipe up to enter the heart rate data display interface for the past seven times, displaying the heart rate measurement data and the maximum and minimum values for the past seven times.

blood pressure

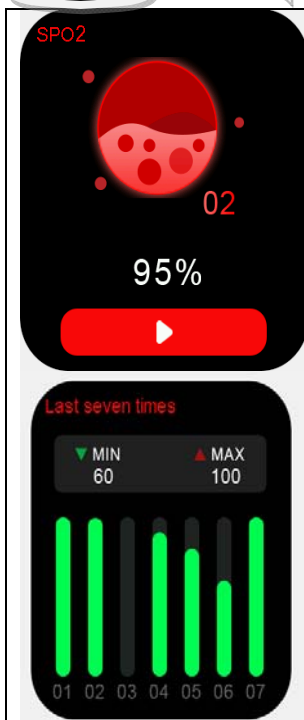


Swipe right to the menu list and click Blood Pressure to enter the blood pressure measurement interface.

1. After entering the blood pressure measurement page, click the measurement button, wait for about 30 seconds for the measurement result, the bracelet vibrates and displays the measurement result;
2. Enter the blood pressure interface on the app and click to start the measurement, the watch will automatically switch to the measurement interface to automatically start the measurement, wait for about 30 seconds for the measurement result, the bracelet vibrates and displays the measurement result. (The measured data will be displayed simultaneously on the app, and the current measurement results can be seen on the wristband)

On the menu page, click on the heart rate to enter the blood pressure interface and swipe up to enter the blood pressure data display interface for the past seven times, displaying the blood pressure measurement data and the maximum and minimum values for the past seven times.

blood



Swipe right to the menu list and click on blood oxygen to enter the blood oxygen measurement interface.

1. After entering the blood oxygen measurement page, click the measurement button, wait for about 20 seconds to get the measurement result, the bracelet vibrates and displays the measurement result;
2. Enter the blood oxygen interface on the app and click to start the measurement, the watch will automatically switch to the measurement interface to automatically start the measurement, wait for about 20 seconds for the measurement result, the bracelet vibrates and displays the measurement result. (The measured data will be displayed simultaneously on the app, and the current measurement results can be seen on the wristband)

Swipe right on the main interface to the menu and click on blood oxygen to enter the blood oxygen interface. Swipe up to enter the blood oxygen data display interface for nearly 7 times, and display the blood oxygen measurement data and the maximum and minimum values for the past 7 times. .

sports



When the screen is on, press and hold the sports button to enter the sports interface, or swipe right to the menu list and click sports to enter the sports interface; including walking, running, cycling, badminton, basketball, skipping rope, football, mountain climbing, swimming and other sports. When you select a certain exercise, you will enter the corresponding exercise interface. For example, walking will display data such as steps, kilometers, kilocalories consumed, heart rate, stride frequency, and stride length.



To end the exercise, press the power button, and a prompt will pop up to end or continue? Click the end button, and the exercise data will be displayed in the exercise on the homepage of the APP. Click the exercise to view the details of the exercise data.

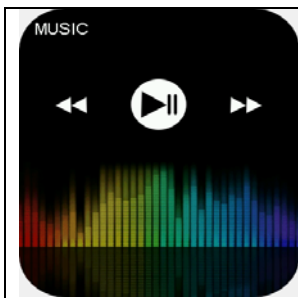
weather



Prerequisite: Open the weather information in other settings on the APP side, you can locate the current city or select the city you want to check the weather, and the bracelet will display the weather of the selected city.

Swipe left on the main interface to enter the weather interface, or swipe right to the menu list and click Weather to enter the weather information display interface. The weather page displays the city's current temperature range and weather conditions and the city's corresponding weather conditions and temperature ranges for the last three days.

music



Prerequisite: Connect to classic Bluetooth, and the mobile phone bracelet will enter the music playback interface at the same time.

Swipe right to the menu list and click Music to enter the music playback interface, where you can switch songs up and down, pause, and play music.

camera



Premise: APP can be in foreground or background state

Click the camera bracelet on the APP side to enter the photo control page, swipe right to the menu list and click the camera to enter the camera page.

stopwatch

Pull down the shortcut page and click the stopwatch icon to enter the stopwatch timing page, or swipe right to the menu list and click the stopwatch to enter the stopwatch timing page. Press the button to scroll up and down to view the counting results, click the pause button or the power button to pause the stopwatch, and click the resume button to restart the timing operation.

more

language

The system language of your mobile phone is automatically recognized, and the bracelet automatically matches accordingly. (Multiple languages supported, and more languages will be added in the future)

menu style Pull down the shortcut page and click the menu style icon to switch the menu type in real time, or enter the menu style page from more to choose the style. There are currently 7 built-in menu styles, such as list, disc, starry sky, etc. You can change according to your preferences .	
	Call reminder type Go to the call reminder type setting interface from More, you can change the reminder type of the incoming call, there are three reminder methods: vibration only, ringtone only, vibration and ringtone; if the vibration is normally connected to the classic Bluetooth of the bracelet, when your phone calls The ring will vibrate and light up to alert you, while displaying the caller's
	Backlight time From the more entry to the backlight time setting interface, the backlight time on the bracelet refers to the length of time the background of the display screen is bright when the bracelet is in use, which can be set according to personal usage habits, such as 5 seconds, 10 seconds, 15 seconds, etc.
find phone Go to the Find Phone interface from More, click Find Phone when the bracelet device is bound, and the connected mobile phone will make a sound and vibrate (when the classic Bluetooth is connected, the sound will be emitted from the bracelet).	
dial Enter the dial switch interface from More to switch the dial theme, or long press the main dial interface to switch the dial theme. There are currently 6 built-in interfaces, which you can change according to your preferences.	
	App download Android devices can use WeChat, App Store and other software to scan the QR code. If App Store scans the QR code, a download page will pop up. You can select the corresponding version and click to download. The IOS system opens the camera and prompts to open it with the Safari browser. After clicking, it will jump to "APP Store" to download and install the APP.
reboot Scroll down to find the restart on more pages. After clicking restart, a prompt "Do you want to restart?" will pop up. After clicking OK, the bracelet will restart to display the boot animation and return to the main dial interface.	

shutdown

Scroll down to find Shutdown on more pages, click Shutdown and a prompt "Shut down?" After clicking OK, the bracelet will shut down; or long press the power button, and a prompt "Shut down?" After clicking OK, the bracelet will shut down .

reset

Scroll down to find factory reset on more pages, click on factory reset and a prompt "Restore factory settings?" will pop up. After clicking OK, the bracelet will clear all data on the bracelet; or click on reset to factory settings in other settings on the app, and a popup Prompt "Do you want to restore factory settings?" After clicking OK, the bracelet will clear all the data of the bracelet

about

Scroll down to find about on more pages, click about and you will enter the detailed information introduction page of the bracelet, including the device name, Bluetooth address, version number and other information.

Basic parameters

Type: SH09

System Requirement: Android5.0 or IOS10.0

Weight: 50g

Main control chip:GR5515

Bracelet length: 250 mm

Sensor: SC7A20ETR

Waterproof level: IP65

Display screen: TFT 1.72inch

Battery: polymer battery

Main material: leather strap

battery capacity: 180mAh Operating temperature: between 10 and 50
degrees

Synchronously: Bluetooth 5.1 Packing list: Bracelet, manual and charging
cable

Blood pressure tips

The highest blood pressure when the heart contracts to deliver blood to the arteries is called high pressure, and the lowest blood pressure when the heart expands to reserve the next blood is called "low pressure, which are called systolic blood pressure and diastolic blood pressure, respectively. - The blood pressure value of the average person is around 80 (low pressure) -120 (high pressure). Within the normal range, the blood pressure value has differences in age and gender. - Generally speaking, the blood pressure of middle-aged and elderly people is higher than that of young people, and male blood pressure is higher than that of young people. The blood pressure of women is higher than that of women. Blood pressure is always changing. After exercise, after diet, personal factors, mood, etc. will affect blood pressure, and heart rate is also constantly changing, so strengthen exercise and maintain a good mood Great help for the body!



Warn

Please follow the doctor's instructions. During measurement,for the wearing correctness (tightness) of this bracelet,patients who are sensitive to speaking, motion and measuringenvironment (dryness of the hand), and users with blood circulation disorder and blood diseases, please follow the guidance of the doctor for treatment. Its measurement results are for reference only, and could not be used as any medical use and basis!

Frequently Asked Questions and Trouble Shooting

1、 How to bind device?

First, turn on the Bluetooth of the mobile phone, and then enter the APP and click "Add Bracelet" on the home page or the "Bind Device" on the watch sub-page; then enter the "Bind Bracelet/Device" page and click the device to be bound in the list. (Note: Before connecting, please check whether a paired watch exists in the Bluetooth of the mobile phone. If so, please delete the pairing information and pair it again.)

2、 How to unbind watch/bracelet?

Android phone: Enter the watch sub-page of the APP, click the "Unbind" button, and select "OK" to unbind.

iPhone: Enter the watch sub-page of the APP, click the "Unbind" button, and select "OK". Then enter the "Settings" - "Bluetooth" -- "My Device" and click the blue "i" on the right of the device to be unbound, and then click "Ignore This Device".

3、 Wrong time on watch/bracelet?

1. Ensure that the bracelet is successfully connected to the bracelet APP before it synchronizes with the time of the mobile phone.
2. After the battery of the bracelet runs out and the device is powered off, the time will be incorrect if it is not used for a long time. After charging, you need to connect the bracelet APP to synchronize the time.

4、 How to use the photo function?

When the bracelet is successfully connected to the APP, enter the APP and click "Photo Control" or enter the camera interface on the bracelet and click "Photo".

5、 How long does it take for the watch/bracelet to be fully charged?

Generally, it can be fully charged within 2h. It is recommended to charge the battery for more than 2h to maximize the performance of the battery. If the bracelet is not used for a long time, it will be in low battery state. Please charge it with the mobile phone charger for about 0.5h to activate it. (Note: it is best to charge the device with a mobile phone charger, as the current on the computer is too low and it may be difficult to charge it in at low battery)

6、 How does the watch/bracelet synchronize data?

After the APP is connected to the bracelet, pull down and refresh the home page of the APP to synchronize data.

7、 Why can't the watch/bracelet receive the message?

1. Ensure that the switch of "Push Message" is enabled on the bracelet APP.
2. Confirm whether the message can be displayed normally in the notification bar of the mobile phone. The message of the bracelet is pushed by reading the message in the notification bar of the mobile phone. If there is no message in the notification bar, the bracelet cannot receive the message pushed. (You need to find the notification and status bar in the "Settings" of the mobile phone, find the application that needs to receive notifications in the "Notification Management", and click "Allow Notifications")
3. Open the APP, and select "OK" - "Allow" after the prompt for enabling the use permission of notification is displayed.

8、 Is the watch/bracelet waterproof?

Bracelet cannot prevent water vapor, warm and hot water, but can prevent splashing water. (Swimming with the bracelet is not recommended as it may be affected by water pressure)

9、 Why doesn't the watch/bracelet display the weather?

Ensure that the bracelet is successfully connected to the APP, and turn on the switch of "Weather" in the APP. (Note: Network and location are the essential factors for obtaining/updating the weather. If the weather is not displayed or the weather forecast is inaccurate, please check whether your network status and location service are normal. When the network status is not good, the weather data may not be updated synchronously or there is no data status.

10、 Why is there no sleep data when sleeping with the watch/bracelet?

1. Physical activities during sleep are too frequent, resulting in poor sleep quality, and the bracelet will recognize it as a non-sleeping state.
2. The battery on the bracelet runs out during sleep;
3. The bracelet is left unworn and left on the table all night;

11、 Why can't turning the wrist wake up the screen of the watch/bracelet?

Open the APP and make sure that the switch of "Turn Wrist to Wake Up Screen" is not turned off. If you are walking or standing, it is recommended to look at the screen by raising your wrist naturally from the side of your body (the screen should be as horizontal as possible). If you are sitting, you can turn your wrist outward (preferably 90°) and then inward (screen up and as horizontal as possible). It is recommended that you try several times to get the best angle of wrist turning.

12、 Is Bluetooth often disconnected?

1. Check whether the distance between the bracelet and the mobile phone is too far. The Bluetooth connection will be weakened beyond 7m.
2. Check whether there is any obstacle between the bracelet and the mobile phone. Human body, metal, ceramic, etc., may block Bluetooth signal, resulting in signal attenuation.
3. Check whether the Bluetooth function is abnormal. It is recommended to close the bracelet APP and restart the Bluetooth or the mobile phone.

13、 Why is there no data when measuring heart rate (blood oxygen, blood pressure)?

1. Improper wearing will affect the measurement signal of heart rate, such as light leakage caused by loose wearing, arm shaking or bracelet movement, so please keep still during measurement. Pressure on blood vessels will also affect measurement if wearing too tightly.
2. The heart rate, blood oxygen, and blood pressure will be measured after 15-20s. Please wait patiently.

14、 How to power on/off the bracelet?

Power on: When the bracelet has no power, by connecting the charger, the watch will automatically power on. When the bracelet has power but in the power off state, by pressing and holding the side button of the watch for about 3s, the bracelet will power on.

Power off: Switch to the power off page of the bracelet, click the power off menu to pop up the prompt of power off, and then click √ to power off the bracelet. Or press

and hold the side button of the watch for about 3s on the watch dial plate interface, and then click √ to power off the bracelet.

15、 How to set the APP language?

APP language automatically switches with system language.

16、 Why does battery life get shorter?

If the bracelet is enabled with functions such as "Turn Wrist to Wake Up Screen" and "All-day Heart Rate Detection", it will increase power consumption and reduce battery life.

17、 Why is Android phone so easy to be disconnected?

The APP must be running in the background so that Bluetooth will not be automatically disconnected. However, the system memory management of Android phone will forcibly close the APP. We need to manually turn off the power saving mode of the phone system or add the APP to the green background of system management so that the APP will not be forcibly closed.

18、 How to use the music control function?

When the bracelet is successfully connected to the APP, open the music player of the mobile phone and play the music from the download list. You can click the "Play" and "Switch" buttons on the music interface of the bracelet to pause, play and switch the music.

FCC Compliance Notice

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.

Any 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.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment . This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Warranty Card

Product name: _____

Model: _____

Name: _____

Contact phone number: _____

Address: _____

Distribution company: _____

Contact phone number: _____

Address: _____

Sale date: _____