

Smart Health Bracelet

V6



User Manual

Introduction

This is a smart health bracelet which can monitor multiple body vital signs under many different activity modes.



Blood
Glucose



Sleep
Tracking



Sleep Apnea
Monitoring



24/7 Heart
Rate



SpO2



Blood
Pressure



HRV



Stress



ECG



Skin Temperature
Trend



Activity
Tracking



Female
Wellness



GPS



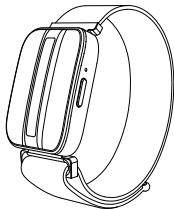
SOS



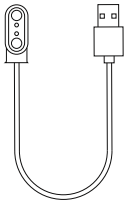
IP68
Waterproof

Note: The watch is not a medical device. The test results and suggestions are for reference only.

What's Included in the Box



Smart bracelet

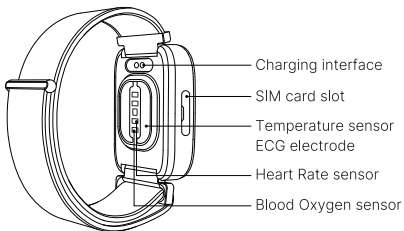
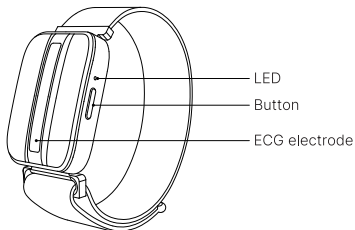


USB charger



User manual

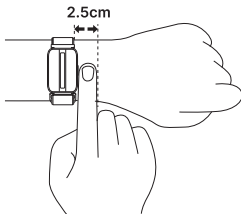
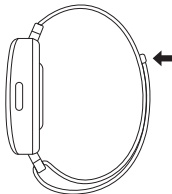
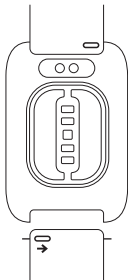
Functional Diagram



Straps Instructions

1. Push the ear switch in the direction of the arrow. Install the strap into the Bracelet mounting slot.
2. Buckle the strap and press down the adhesive strip to secure it in place.
3. Adjust the strap and device so that it fits snugly on your wrist, positioned up to 2.5cm above the wrist bone for optimal performance.

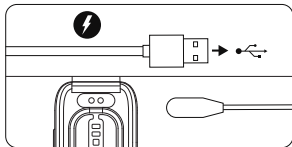
Note: This product is suitable for the common (18mm) strap on the market, please choose according to the original strap specification.



Charge Before Use

- Please **fully** charge the device to activate for first use.
- If after factory reset on the App, please charge to power on.

Simply **place** your device on the provided USB charger and plug in the adapter to begin charging. The indicator **light** **flashes** green during charging, and the green **light** is **always** on when **fully** charged.



Power Indicator

When using the device for the first time, the device needs to be charged to activate. After activation, the indicator **flashes** for 2s, indicating that the bracelet is on.

The indicator **lights** up in different **colors** to indicate different **power levels**, as follows:

- Red light for 1 second, indicating that the current power is 0%~25%;
- Yellow light for 1 second, indicating that the current power is 25%~50%;
- Green light for 1 second, indicating that the current power is 50%~100%.

When the bracelet is successfully bound to the mobile App, the blue indicator will light up for 5s and then turn off.

When the power is lower than 5%, device will be disconnected, please charge in time. Battery life changes depending on the activated features, type and frequency of device use.

Note: Please prevent the USB charger port from coming into contact with conductive materials, such as liquids, dust, metal powders and pencil leads.

Installing the SIM Card

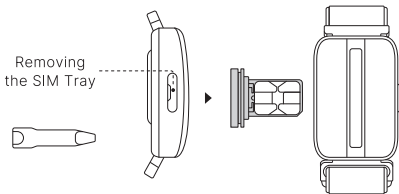
1. Preparing the SIM Card

Please use a nano-SIM card that only supports CAT-M or NB-IOT.

Do not use self-trimmed nano-SIM card, as this may damage the device or prevent normal functioning.

2. Removing the SIM Tray and Inserting the SIM Card

Use the card remover to remove the SIM tray, align the SIM card with the notch in the tray, place the card into the slot and press gently to secure it, then insert the tray back into the device.



LTE band support in hardware:

Cat -M1 : B1, B8, B2, B4, B25, B66

Cat -NB1/NB2: B3, B8, B2, B4, B25, B66

Download the APP

1. Scan the QR code below or search JCVital on Google Play or iOS App Store to download our JCVital App.
2. Open the App, go to the "My device" page, click "Pair 4G device", and scan the QR code on the device for binding.

JCVital



Note: Please ensure that your Android version is 5.0 or later, iOS version is 12.0 or later.

GPS Introduction

1. Fitness

Multiple motion modes enable motion, display real-time motion data, motion trajectory, and generate detailed motion data reports.

2. GPS Positioning

Through the built-in GPS module, the wristband can receive satellite signals, calculate and track the position of the wristband wearer in real time, and the user can check the current position of the wristband through the mobile App.

3. Safety Zone

Users can set up multiple security areas (fences), and when the bracelet wearer enters and leaves the area, the system will automatically send an alert notification.

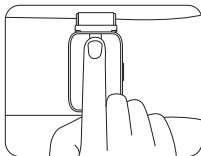
When in the area, location information is sent every 20 minutes.

When it is not in the area, it enters the early warning mode and sends a location information report every 20 minutes.

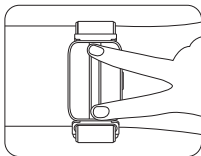
It vibrates every 20 minutes. Three knocks out warning mode.

ECG Measurements

When the bracelet is awake, the App initiates ECG measurement, which lasts 30 seconds. After the measurement is completed, the App can view the real-time ECG waveform, generate an ECG report, and the user can also download the ECG waveform.



or



Completely cover the electrode area with your finger.

Place two fingers on each end of the electrode.

Main Functions

Sleep Tracking: It will record your sleep duration and quality. You can view the sleep data by connecting to the APP.

Heart Rate: 7/24 real-time heart rate monitoring, you can also measure manually through the App. Set the automatic

measurement interval, and after the measurement, you can view the results in the App.

Blood Oxygen: 7/24 real-time Blood Oxygen monitoring, you can also measure manually through the App. Set the automatic measurement interval, and after the measurement, you can view the results in the App.

Blood Glucose: Turn on manual blood glucose measurement through the App;
Set the semi-automatic measurement time through the App, the default measurement is 3-5 minutes.

HRV

1. Automatic measurement every 15 minutes;
2. Automatic measurement can be initiated through the App and the automatic measurement interval can be set.

Pressure

1. Automatic measurement every 15 minutes;
2. Automatic measurement can be initiated through the App and the automatic measurement interval can be set.

Blood Pressure

1. Automatic measurement every 15 minutes;
2. Automatic measurement can be initiated through the app and the automatic measurement interval can be set.

Body Temperature

1. Automatic measurement every 10 minutes;

2. Automatic measurement can be initiated through the app and the automatic measurement interval can be set.

SOS

To enable SOS feature, firstly you need to set emergency contact info (name & phone number) on the App, up to 3 emergency contacts can be added. The SOS feature can only be effectively triggered when the device's Bluetooth is connected to the APP. An SOS message will be sent to the emergency contact, including your name and GPS location.

In standby mode, long press home button for 3s to trigger SOS message alert. If the white light flashes quickly for 3s, it indicates successful sending; if the red light flashes quickly for 3s, Sending failed, red light flashes for times.

Device Mode Setting

Users can select a device mode on the App according to the actual situation.

Real-time mode: the factory default is the normal connection mode, and the card can be directly connected to the network. Users can use the App to communicate with the bracelet in real time and modify user Settings. The normal mode has high power consumption and short battery life. Please switch to other modes in time.

Normal Mode

The device reports location data and health data every 20 minutes.

Smart Mode

The device will judge the movement status every 20 minutes, and immediately report the positioning data and health data when the device is in the movement status.

Ultra Long Standby Mode

The device reports location data and health data every 2 hours.

Firmware Update (OTA)

Remind you if a new firmware version has been released; if so, please follow the steps to upgrade to the latest version. There is no indicator light during the update process, and when the update is finished, it will light up in different colors to indicate different power levels.

Specifications

Product name: Smart Health Bracelet

Product model: 2358

Input: 5V $\approx$ 240mA

Warranty: 12 months

Charging time: <1.5h

Size: 43.2*24*11.5mm

Battery: 250mAh rechargeable lithium polymer battery, non-replaceable

Data memory: 30 days

Waterproof: IP68

Operating temperature: 14F~113F (-10°C~45°C)

Activity time: Max 99h59min

Calories burned: Max 9999.9kcal

Running & Walking distance: Max 999.99km

These specifications are subject to change without notice.

Troubleshooting

If the APP cannot bind and find the device properly:

1. Please check whether the SIM card is correctly loaded, this device only supports CAT-M and NB-IOT cards, if the card is correctly installed, please try in an environment with no shielding or good signal.
2. Please check whether the SIM card is overdue or has enough traffic.
3. If the above fails to solve the problem, please consult your carrier or contact after-sales service.

Fast battery consumption:

1. Check the current mode of the device. If the mode is real-time, switch to intelligent mode or normal mode.
2. please check the stability of the network signal or signal shielding, please stay away from signal interference or use the device in a good signal environment.

Positioning deviation is too large:

1. The device supports GPS, LBS, WIFISCAN and other positioning modes. The device will give priority to WIFISCAN for position confirmation, and LBS or GPS will be used for positioning in open areas.
2. If the location fails, check the SIM card status or network connection status.

3. If you have not been able to locate normally, please consult the operator or after-sales service.

Health data measurement initiated by:

1. ECG and blood sugar measurement are initiated manually by the user from the APP side, and other health data devices will automatically measure according to the interval set by the user.

2. If the APP cannot manually initiate the measurement, please check whether the device is online on the APP side.

3. If the device is not online, please check the device power, network status and SIM working is normal.

4. If the above can not exclude the problem, please consult after-sales service.

Safety Notices

Failure to follow these safety instructions could result in fire, electric shock, injury, or damage to the device or other property. Read all the safety information below before using the device.

Not a Medical Device

It's not a medical device and should not be used as a substitute for professional medical judgment. It is not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of any condition or disease. Please consult your healthcare professional prior to making any decisions related to your health.

Handling

Handle this device with care as it contains sensitive electronic components and can be damaged if dropped, burned, punctured, or crushed. Don't use a damaged Move Wearable as it may cause injury. Avoid heavy exposure to dust or sand.

Battery

Do not attempt to replace the device battery yourself, you may damage the battery, which could cause overheating and injury. The lithium-ion battery in the device should be serviced only by manufacturer or an

authorized service provider. Batteries must be recycled or disposed of separately from household waste. Do not incinerate the battery. Do not dispose of the device in domestic waste. If you have any questions, please contact us.

Operating Temperature

This device is designed to work in ambient temperatures between 14°F and 113°F (-10°C and 45°C) and be stored in temperatures between -4°F and 131°F (-20°C and 55°C). It can be damaged and battery life shortened if stored or operated outside of these temperature ranges. Avoid exposing this device to dramatic changes in temperature or humidity.

Prolonged Heat Exposure

Do not expose the device to extreme temperatures or extreme temperature fluctuations. Protect the device from direct sunlight. While this device is charging or the power plug is plugged into a power source, do not sleep on it or place it under a blanket, pillow, or your body. Take special care if you have a physical condition that affects your ability to detect heat against the body.

Water and Dust Resistance

The device has been tested and shown to be waterproof and dustproof in specific environments.

This product meets the IP68 (GB/T 4208) protection level requirement and supports wearing during swimming in

pools, shallow swimming and other shallow water water activities.

The waterproof function is not permanently effective and the waterproof performance may deteriorate due to daily wear and tear, and is not suitable for scuba diving, diving, hot showers, hot springs, saunas, and other wading or deep-water activities under high-velocity water currents.

Children's Health

This device and its accessories may contain small parts, keep the device and its accessories out of the reach of children. Children may inadvertently damage this equipment and its accessories or swallow small parts, resulting in choking or other hazards.

This device is not a toy and children should use the device under adult supervision.

Accessory Requirements

Use of unapproved or incompatible power supplies, chargers or batteries may cause fire, explosion or other hazards.

Do not place metal foreign objects on the surface of the charger for a long period of time, which may cause the device to malfunction or heat up. Please use the charger to charge the device within the range of 14°F~113°F (-10°C and 45°C) .

The charger will stop operating if the external ambient temperature is too high. If you are in an environment where the external temperature is too high, please stop charging.

To ensure that the device can be charged properly, please avoid charging the device in the car.

Maintenance and care

If the device is not used for a long period of time, turn it off and place it in a cool, dry place after it has been fully charged, and recharge it at least once every 3 months. Before cleaning and maintenance, please stop using the device and disconnect all connections or cables from other devices.

Keep the device and its accessories dry. Do not use external heating devices such as microwave ovens or hair dryers to dry them.

Do not subject the device and its accessories to strong shocks or vibrations, which may damage the device and its accessories and cause the device to malfunction.

Do not place the appliance near sources of heat or naked flames, such as electric heaters, microwave ovens, ovens, water heaters, stoves, candles or other places where high temperatures may be generated.

Do not place the device in direct sunlight.

Do not use the device near magnetic fields, which may cause the device circuit to malfunction.

Do not use the equipment during thunderstorms as this may cause equipment malfunction or click hazard.

Do not use aggressive chemicals, cleaning agents or strong detergents to clean the device or its accessories.

Use a clean, dry soft cloth to wipe the device or its accessories.

Do not leave your magnetic stripe card (e.g. bank card, phone card, etc.) in contact with the device for a long period of time, as this may cause the magnetic stripe card to malfunction.

Do not disassemble or modify the device and its accessories without authorization, otherwise the device and its accessories will not be covered by our warranty. For daily wear, you can slightly relax the strap or wristband to ensure that the part of the skin in contact with the device is dry and breathable. If you experience discomfort when wearing the device continuously for a long period of time, please remove the device and let your wrist rest for a period of time or wear it with a different hand. If discomfort still occurs, it is recommended that you stop wearing the device and consult a doctor.

Environmental Protection

Do not dispose of this device and its accessories as ordinary household waste.

Please observe local ordinances regarding the disposal of this device and its accessories and support recycling initiatives.

FCC Requirement

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

Note: 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.

Radiation Exposure Statement:

This device is in compliance with Specific Absorption Rate(SAR) for general population/uncontrolled exposure limits(1.6W/kg@1 g) and (4W/kg@1 0g) specified in FCC 47CFR part2(2.1093). Device types have also been tested against this SAR limit. The evaluation distance for product specific(front of face) and extremity(wrist) is 10mm and 0mm separately.

This transmitter must not be collocated or operating in conjunction with any other antenna or transmitter.