W N

E

S

Shanghai 37 Degree Technology Co.,Ltd.

Quick Start Guide

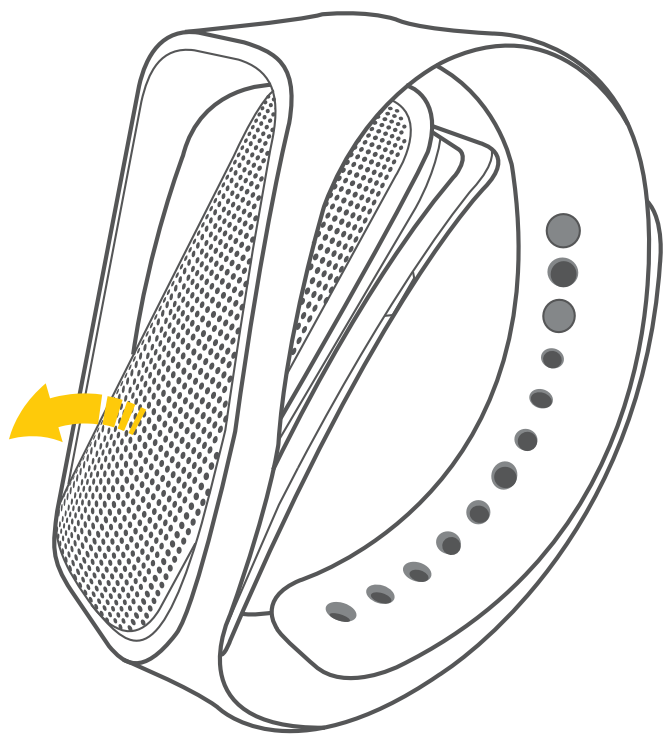
www.37body.com

N

Installing the app and assembling the bracelet

Installing the app: Scan the RQ code underside of the packaging to install the app.

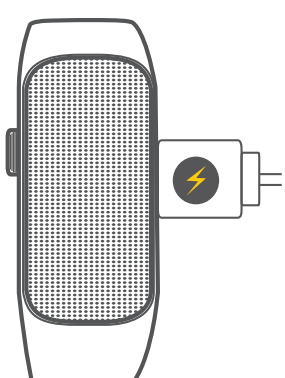
Assembling the bracelet: Install the bracelet body into the band as shown.

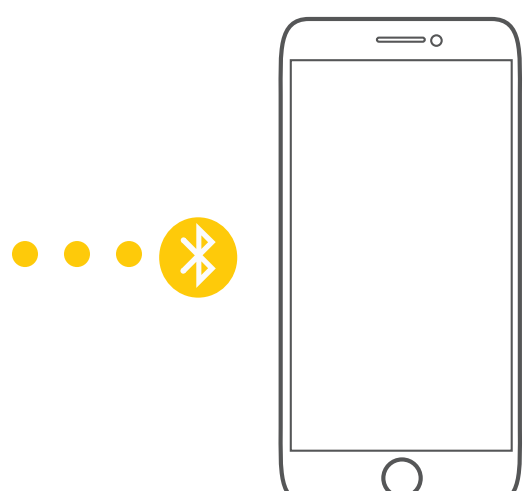


Bracelet Charging and Smartphone Pairing

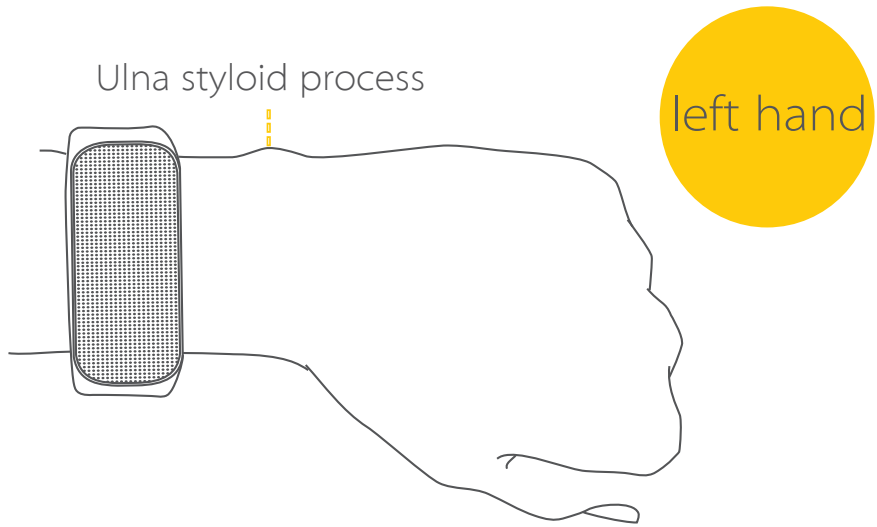
Bracelet charging: Charge the 37° Bracelet as shown below. Aim the metal surface of the charging adapter at the metal contact on the back of the bracelet. (Red flash on the indicator light means low battery, in which case the bracelet should be charged.)

Smartphone pairing: Pairing the 37° Bracelet with a smartphone via the app must be performed when charging is connected via a USB cable. Search for the bracelet as prompted. Indigo flash on the bracelet means pairing is completed.

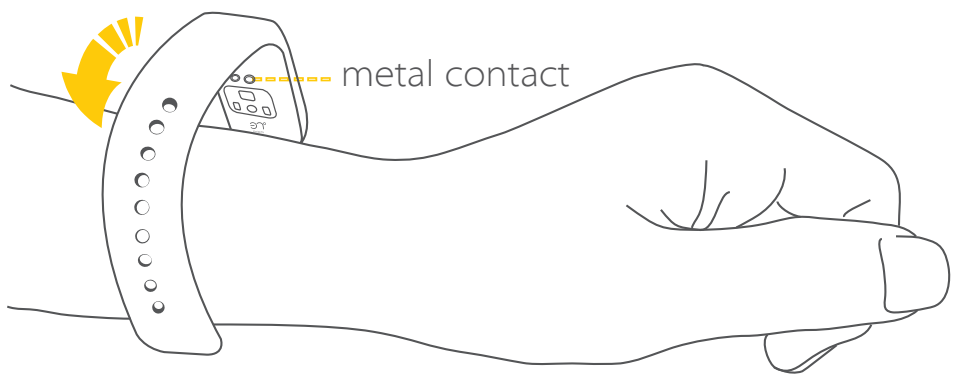




Optimal Measurement



1. The bracelet is best worn at two fingers' width from the ulna styloid process of the left hand.



2. The metal contact on the back of the bracelet should be in the same direction with the thumb.

Specifications

Weight	Working temperature	Battery capacity
21g	-10°C to 45°C	157mAh

Battery type	System requirement	Connected by
Lithium polymer	Android 4.3 or above; iOS7 or above	Bluetooth 4.0

Full length	Adjustable length
247mm	145mm to 209mm

Disclaimer

This product measures biorhythms by monitoring ambulatory blood pressure changes to help the user live a healthier life. It cannot be used as a basis for any medical diagnosis.

The 37° Bracelet is not categorized as medical apparatus. The 37° Bracelet, its related applications, and information thereby obtained shall not be used in medical diagnosis, treatment, or relieving of any disease or any conditions. To prevent injuries from excessive exercise or user's self-diagnosis, please consult a licensed doctor before making changes to your exercise, sleep, nutrition, or medication.

Note: Ambulatory blood pressure is not the same concept as clinical blood pressure used in medical settings.

Indicator lights

Green light	Fully charged
Green flash	Charging
Red flash	Low battery
Indigo flash once	Bracelet paired successfully.
Yellow flash	Bracelet turning off or entering flight mode
Yellow light	Bracelet turning on or exiting flight mode
Blue flash	Bracelet running measurement
Pink flash	Please open the app and connect the bracelet to synchronize data.

Names and content of toxic substances

Hazardous substance	Body	Clasp	Band	Power adapter
Lead (Pb)	×	○	○	×
Mercury (Hg)	○	○	○	○
Cadmium (Cd)	○	○	○	○
Hexavalent chromium (Cr VI)	○	○	○	○
Polybrominated biphenyl (PBB)	○	○	○	○
Polybrominated diphenyl ether (PBDE)	○	○	○	○

Remarks

○ Means the toxic substance content in the materials used in the part conforms to SJ/T 11363-2006 regulations.

× Means the toxic substance content in at least one of the materials used in the part is higher than the limit stated in SJ/T 11363-2006.

This product conforms to the RoHS Directive of the E.U.

For those with sensitive skin and in hot and humid environments, do not wear the bracelet tightly for extended periods of time. Otherwise, rashes and itches may occur due to the skin's lack of opportunity to breathe.

FCC Regulations:

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.

This device 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 radiated 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 Note:

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

RF Exposure Information

This device meets the government's requirements for exposure to radio waves.

This device is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission of the U.S. Government.

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment.

Assessment of compliance of the product with the requirements relating to the Radio and Telecommunication Terminal Equipment Directive (EC Directive 1999/5/EC) was performed by Telefication BV (Notified Body No.0560),

CE 0560