

STYR

Bluetooth Heart Rate Monitor

Model: NM3



INSTRUCTION MANUAL

PLEASE READ ALL INSTRUCTIONS CAREFULLY AND RETAIN FOR FUTURE USE

Getting Started

- Remove the device from the box.
- Remove any packaging from the product.
- Please retain all packaging until you have checked and counted all the parts and the contents against the parts list.

Package Contents

- Bluetooth Activity Tracker
- USB charger

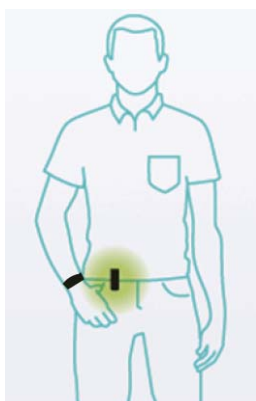
Key Features

- Bluetooth® BLE 4.0
- Digitally Track steps, calories burned, sleep quality, activity time & more with simple one touch device
- Sync Wirelessly via Bluetooth® to your BLE 4.0 smartphone
- Shows time and date
- Clock Alarm and Activity Alarm
- View your data on screen to monitor your progress & set goals
- With real time heart rate and UV time
- App supported by iOS and Google Play Store

SAFETY INSTRUCTIONS

- Keep the unit away from heat sources, direct sunlight, humidity, water and any other liquids.
- Do not operate the unit if it has been exposed to water, moisture or any other liquids to prevent against electric shock, explosion and/or injury to yourself and damage to the unit.
- Do not use the unit if it has been dropped or damaged in any way.
- Repairs to electrical equipment should only be performed by a qualified electrician. Improper repairs may place the user at serious risk.
- Do not use the unit with wet hands.
- Do not put objects into any of the openings.
- Keep the unit free from dust, lint etc.
- Do not use this unit for anything other than its intended use.
- Keep the unit out of reach of children.
- This appliance is not a toy.
- Do not use the handset at excessive levels as damage to hearing may occur.
- Batteries (battery pack or batteries installed) shall not be exposed to excessive heat place, such as sunshine, fire or the like.

How to wear activity tracker?



Use the wristband to wear on your wrist

Note: The Activity Tracker is watersplash. But don't recommend to use it for swimming.

Charging the device

The battery icon on the main screen display indicates the battery life. When you notice battery power is low, you need to charge your device. It takes about two hours to fully recharge the device.

Once fully charged, the battery should last for 4 to 5 days. Actual battery life varies based on individual handling, especially heart rate function consume battery soon.

To charge the device, attach the USB charger to the device caseback and connect into USB source like PC, and the indicator on the device screen will show the charging icon.

Note: Even if the Tracker is not in use, please charge the battery at least once a month to prolong battery life

Step 1 – Activating the device

To save battery life, your Heart Rate Monitor arrives to you in hibernation mode. Connect it into USB source or PC USB port to activate the device. A progress bar will run from empty to full, indicating activation as below.

Note: Your device may not arrive fully charged. You're recommended to charge your device fully before its first use.



Step 2 – Install APP on your Smartphone with BLE 4.0



For Smartphone users - Search for STYR App on iOS App Store or Google Play Store

Mobile device requirements

You can setup and sync your Heart Rate Monitor using mobile devices that support Bluetooth 4.0 technology.

Supported iOS Devices –

iPhone 4S
iPhone 5, 5s, 5C, 6, 6 plus
iPod Touch (5th Generation)
iPad Mini

Supported Android Devices –
Samsung Galaxy S3, S3 Mini, S4, S4 Mini, S4 Active
Samsung Galaxy Note II, III, 10.1
Nexus 4 and 5

Note: Please ensure that your smartphone IOS is version 7.0 and Android OS is version 4.3 or above and the device has Bluetooth 4.0. App can't work with Android Tablet, and when you use Mini iPad to search app, pls ensure the condition "For iPhone Only" is ticked.

Step 3. The Bluetooth is always on Bluetooth pairing mode by default.

Step 4. Run APP to search the device, then connect.

Unlike most Bluetooth accessories like headsets or speakers, your Heart Rate Monitor must be paired directly through the STYR app, and not through the "settings" icon on your mobile device.

Tracking

Your device tracks –
Steps Taken
Calories Burned
Distance travelled
Activity Time
Hours slept
Sleep Pattern
Heart Rate
UV detected

Display modes on your Activity Tracker

To scroll through the screens, simply touch the OLED screen once.

Time, Date, Bluetooth mark and Battery display

Heart Rate

Step for walking and running

Calories burned

Distance for walking and running

Activity Time

Syncing your Bluetooth Activity Tracker with your mobile device

Once you have paired the tracker with the mobile device, access the app on your mobile device and sync all your data into your app. You can switch on UV and Heart Rate Function via your app. You can **view weekly, monthly or yearly progress on your iOS or Android device –**

To conserve battery, the display turns off when the device is not in use for 4 seconds. To activate the screen, short press the button on the device display.

You can set Clock Alarm and Activity Alarm on your app

Clock Alarm (Alarm is off by default)

Total five alarms can be set on the app, for example wake up alarm, and you can set it from Monday to Sunday, and it will alarm or wake you up with quiet vibration.

Activity Alarm (Alarm is off by default)

Set this alarm, it will remind you to do more exercises if you don't walk for the preferred steps during the set time and interval.

Heart Rate

On the heart rate page, you can long touch the screen for 3 seconds to detect your continuous heart rate or via app.

UV function

You can track how many hours you are exposed to sunlight every day by switching on/off UV function on your app.

Memory

When you sync your activity tracker, your activity data is uploaded to your mobile device. Your activity tracker can hold activity and sleep data for up to 30 days, and for heart rate data it can hold data for 7 days.

Your recorded data consists of steps taken, distance traveled, calories burned and sleep data as well as heart rate data. Sync your activity tracker regularly to have the most data on your mobile device.

Specifications

Bluetooth® Version: 4.0

Power Input: DC 5V

Built-In Rechargeable Battery: 140mAh

Built-in 3.7V rechargeable Li-ion battery

Charging Time: Up to 2 Hours

Care and maintenance

Read the following recommendations before using Bluetooth Activity Tracker

Following these you will be able to enjoy the product for a long time.

- Do not expose the unit to liquid, moisture or humidity to avoid the product's internal circuit being affected.
- Don't use abrasive cleaning solvents to clean the unit.
- Do not expose the unit to extremely high or low temperature as this will shorten the life of electronic devices, destroy the battery or distort certain plastic parts.
- Don't dispose of the unit in fire as it will result in an explosion.
- Don't expose the unit to contact with sharp objects as this will cause scratches and damage.
- Don't let the unit fall down onto the floor. The internal circuit might get damaged.
- Don't attempt to disassemble the unit as it may get damaged if you are not professional.

You would now see the data getting synced from your tracker to your mobile device.

Note: You are able to sync only one tracker's information on your mobile device. If you have more than 1 tracker and try to sync, the latest tracking information from your tracker would be synced. Your old data would be erased.

Part 15

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: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

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