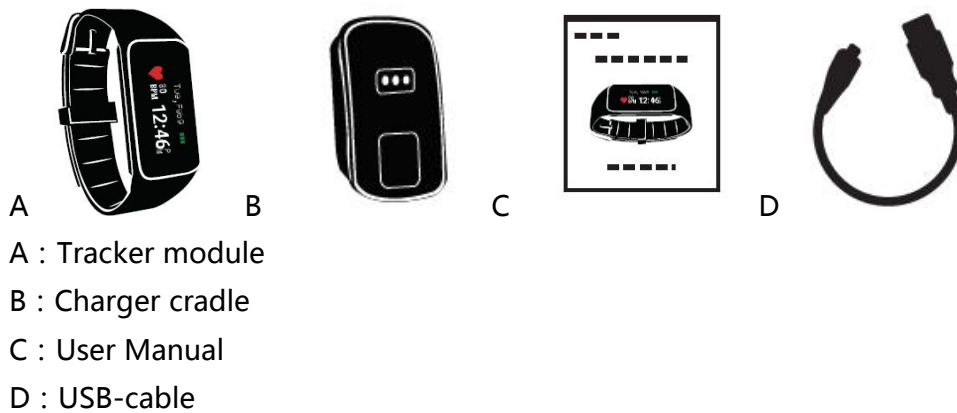


L38I User's Manual

1 Packing List



2 Install APP

Setting the wristband, reviewing and saving exercise data in the "3PLUS ELITE" APP.
Please log in <http://appscomm.cn> or scan the following QR codes to download the "3PLUS ELITE" APP.



Device compatibility: apple' s device and android device with Bluetooth4.0

System compatibility : iOS7.0 and above , Android 4.3 and above.

3 Charging

			
Low power	Charging process	Charging process	Charging completed

Screen is always light on during charging

When full charged, power icon is full. Screen keeps light on for 1min and then will be off.

Move out the charger, the device will display full charging for 3s, and then in standby interface.

4 Switch Interface

Your wristband will show an icon device number



If there is no operation on the device, screen light off



If pairing is successful, your wristband will show a time icon



4.1 Device connected

- 1、 turn on the Bluetooth on you mobile device.
- 2、 open the APP on your mobile device. please register or login with an existing account .click" setup" after entering your personal information.

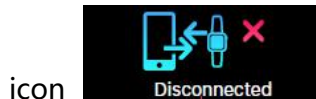
- 3、 make sure that the band is nearby ,select APP from your Bluetooth menu.

- 4、 The wristband will show pair requirement  , click  to pair

- 5 If pairing is successful, your wristband will show a "connected" icon



; If pairing is failure , the wristband will show an "disconnected"



icon

When APP search out several devices, connect the right one, wristband will

automatically get into bluetooth pair interface. Click  to pair. If fail to pair, it will be back to bluetooth pair interface.

5 Switch Interface

Main Interface



time



steps



exercise distance



calories



Sport time



hear



5.1 Time

After logging in the phone APP and binding the device successful, the tracker' s time will be synchronized with the phone automatically.



5.2 Flip screen

Vertically rotatable screen display :

This function allows you to choose the orientation of the band which best suited to your wrist. To flip the screen, enter the “Flip screen?” at the setting menu.

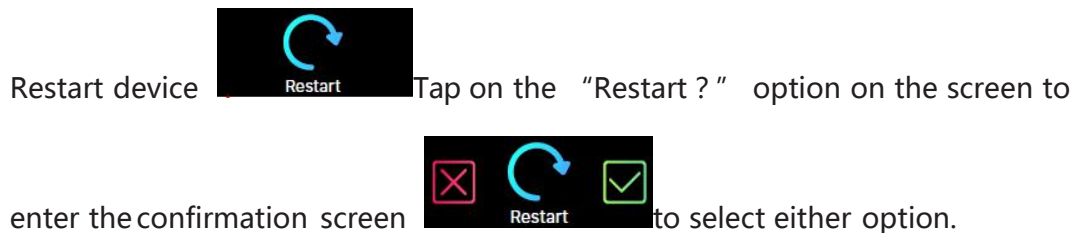


5.3 Restart

Restarting allows users to restart their device

This function will not delete the data on your device.

To restart your device, enter the “Restart?” at the setting menu.



5.4 Factory Reset

Factory resetting will return your device to its original state during factory shipment.

This function will delete the activity, sleep, and etc. data on your device.

To factory reset, enter the "Factory Reset?" option at the setting menu.

Factory reset  tap on the "Factory Reset ?" option to enter the confirmation screen  to select either option.

5.5 Data Sync

The band can monitor steps and distance you have walked throughout the day, as well as the calories you have burnt. You can check the data shown on the band screen; you can also monitor your activity data and historical record at the "activity" section of the APP, you can check the progress of your daily target at the main interface, you can retrieve your daily, weekly, and monthly detailed chart by tapping the activity column once. The band will display daily data; the APP will be reset daily at midnight. If you would like to upload your latest activity data, please tap the upper right "Synchronize" icon in your APP

5.6 Heart Rate

5.6.1 Open the heart rate

No numbers on the screen when the first time you use the device, only heart rate

icon 

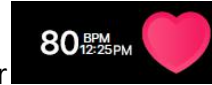
Heart is empty inside without turning on heart rate monitor



Heart is full inside when turning on heart rate monitor



Heart is full inside when turning on heart rate monitor



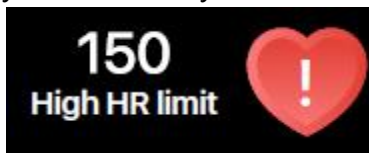
display the heart rate number monitored by the last time of the day.



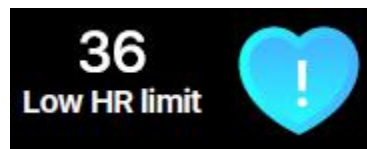
Watch-off, can't monitor

5.7 Heart rate Reminder

you can select you hear-rate alert zone at the "setting" section of your APP

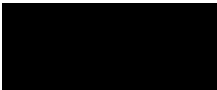


Low HR alert



High HR alert

5.8 Automatic Sleep

Any interface  click  to enter sleep mode. When sleep

mode is on, there just time  and sleep icon  displayed on screen.

Exit manually if awake without automatically exit

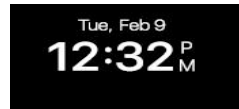


5.9 Pre-set Sleep Time

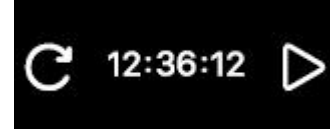
Set up sleep time in APP, notice icon for entering sleep



Exit automatically



5.10 Stopwatch



User can turn on/off stop watch on the screen.

When stop watch is working, user can switch to other interface, such as time, steps, calories, distance, heart rate and so on.

Count time will stop when it comes up to 12hours.

6 Reminder



In the APP, you can set the functions and follows: exercise, reminder, sleep reminder, dining reminder, pill reminder, and alarm reminder. The wristband will display the reminder interface and vibrate. Press any button to exit from the interface.

7 Information

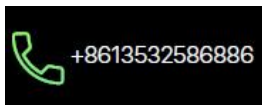
- Open App, go to devices settings and then go to the Notification setting to turn on or off the notification you want to receive. Click “Save” to Sync your notification settings with the wristband.
- Make sure Bluetooth is enabling on your mobile device, and wristband is within operating distance.
- When your mobile device and wristband are within operating range, you will be able to receive notification that you selected.
- After switched to sleep mode, all notification will be turned off.



Device vibrates and screen is on when mobile gets text, email, missed call and calendar notification.



Device does not vibrate but screen is on when receive social media notification



There are 3 lines on the screen, the first line is sender, and the second and third are content.

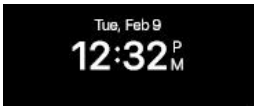
8 Goal



Single-tap the upper right synchronization button to save your goal settings.

When your goal is reached, your wristband will vibrate slightly and display the “Goal achieved” icon.

9 Syncing

1. Sync in APP, wristband will turn into  interface.
2. If syncing is failed, the wristband will show an “syncing failed” icon .
3. If syncing is successful and then in time interface .

10 Upgrade

1. Sync in APP, wristband will turn into  interface.
2. if upgrade is failed the wristband will show an “failed” icon .
3. if upgrade is successful and then in time interface .

11 Remarks

Please charge the device promptly when it shows low power, and please use our standard charging clip.

Please do not leave the device in damp environment or expose it to liquid when charging.

Please do not expose the device to extreme temperature.

Please do not expose the device to direct sunlight place for long duration.

Please do not place the device in vicinity of a fire.

Please avoid contact between the device and any sharp object.

Please do not misuse the device, including but not limited to, falling, dismantling, disassembling, pressing, puncturing, baking, burning, etc.

Please do not clean the device with an abrasive cleaner.

Please keep it out of reach of infants as small parts may cause choking.

12 Specification

Display screen	Type : TFT dot-matrix 160*64
Dimension	Dial: 44.8mm(length)*20.3mm(maxwidth)*10.8mm(thickness)
Material	Main Material: PC + glass lens for display Material of wristband:TPU
Acceleration sensor	Support(3-axis)
Battery	100mAh
Standby time	≥150
Bluetooth	4.0 BLE
waterproof	IP67

13 Troubleshooting

13.1 APP failed to synchronize data

1. Check if your phone network and Bluetooth settings are turned on or not. Both the phone network and Bluetooth need to be on at the same time for data synchronization.
2. Check if your band is near your phone. The connection distance is within 5 meters.
3. Make sure that your band had been connected with your devices.

13.2 APP failed to connect with the band

1. Check if your phone network and Bluetooth settings are turned on or not. Both the phone network and Bluetooth need to be on at the same time for data synchronization.
2. Check if your band is near your phone. The connection distance is within 5 meters.
3. Make sure that the band is not connected to other account. Kindly contact us if the above didn't solve your issues.

FCC STATEMENT :

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.

Warning: Changes or modifications not expressly approved by the party responsible for compliance 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.

RF warning statement:

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