

尺寸: 108x80mm
材质: 封面封底157g铜版纸+哑膜内页105g铜版纸
工艺: 4色印刷 封面封底过哑膜, 骑马钉



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Get Started

Introducing the 3PLUS Hello smart watch, your personal fitness companion that lasts 7+ days and helps you track your everyday activity to help make fitness, your lifestyle.

What's in the box



1x Hello



1x Charging Cable

Watch Overview

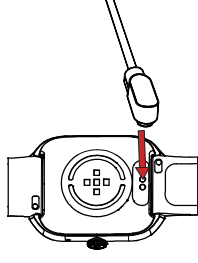


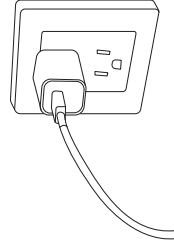
Charging Your Watch

Before you set up the watch, you need to charge the battery. Use the USB charging cable provided with your watch to charge its battery. On a full charge, the Hello smart watch has a battery life of 7+ days. Your devices charging time may vary depending on use and other factors.

To charge Hello

1. Attach the pins on the USB cable to the back of the
The cable will magnetically snap into place
when attached correctly





2. Plug the USB cable into a power adaptor or a computer.
Plug the power adaptor into an electrical socket.
*Power adaptor is not included.

3. While your watch is charging, the screen will show the charging progress through battery percentage.

4. Once the battery is fully charged, remove it from the charger.

Notes

- The watch may become warm while charging. If the watch becomes hotter than usual, remove the watch from the charger and discontinue charging until it cools.
- This USB charging cable is specifically designed to only be used with this watch and is not compatible with other 3+ devices..
- To maximize battery life, make sure the battery is fully charged before you use the watch every time.
- Exposure to liquids or other foreign objects while using your watch may affect the charging, causing it to disconnect from the watch while charging.
- If the charging screen does not appear after connecting to a power source, check if the pins are attached correctly to the back of the watch.
- Do not charge the watch of the device or USB charging cable is wet or contains any moisture. This can cause fire, electric shock, injury or damage to the watch.

Turning the watch On and Off

To turn on your watch, press and hold the button for 2.5 seconds. To turn off your watch, press and hold the button for 4 seconds until you see the prompt asking if you want to turn off your watch. Tap to turn off the watch.

Wake Up the Watch

To preserve battery, the watch screen turns off when not in use.

To turn the screen back on, you can wake up the watch by:

- Pressing the button
- Raise the wrist and turn the watch toward you.



Set Up

Download the 3+ GO App on iOS or Android mobile devices. Not compatible for tablets, Windows or PC. The 3+ GO App will ask for personal information such as height, weight and sex to calculate your stride length, walking distance, calorie burn rate and basal metabolic rate. When you set up your account, your name and profile picture will be visible to other 3+ GO users.



App Set Up

Before pairing, follow these steps to set up your watch to your mobile device.

- Make sure your mobile device is running Android 5.0+ or iOS 10+ and supports Bluetooth.
- Turn on the Bluetooth on your mobile device if it isn't already on.
- Make sure your mobile device is next to your watch.
- On your mobile device, download the 3+ GO App from the Google Play store or the Apple App store and install it. Create an account or login using an existing account.
- Make sure your mobile device is connected to a mobile data or a WiFi network

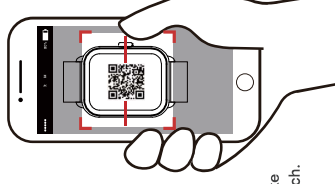
Pair the Watch

Step 1 :Before Paring

- Turn on the Hello smart watch.
- Scan the QR code with your mobile device camera to download the 3+ GO app OR download the 3+ GO app from the Apple App Store (IOS) or Google Play Store.
- Open the 3+ GO App on your mobile device.
- Create an account or login using an existing 3plus account.

Step 2: Option 1 - Manual Pairing

- Select the Hello smart watch from the list of devices
- Your mobile device will automatically search for nearby HELJO
- Select your device from the list that appears on the app.
- Match the device ID number to the device ID on the 3+ GO App. Make sure the correct device is selected, then tap pair to connect the watch.



Step 2: Option 2- QR Code Method

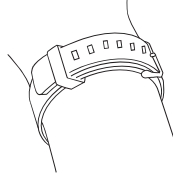
- Swipe left on the watch until it shows the QR code.
- Tap the  icon at the top right corner on the app screen.
- Scan the QR code with your mobile device camera.

Stay Connected

- For both iPhone and Android users, set the location service to “always” under your phone privacy settings.
- Allow the “Nearby device” under your App permission in the phone settings. (Android users only)
- Go to your App and swipe down the main page to constantly sync with your watch to keep the data up to date.
- Your App also automatically syncs with your watch once a while. However, please **DO NOT** close your App and have your App always running in the background in order to always stay connected.

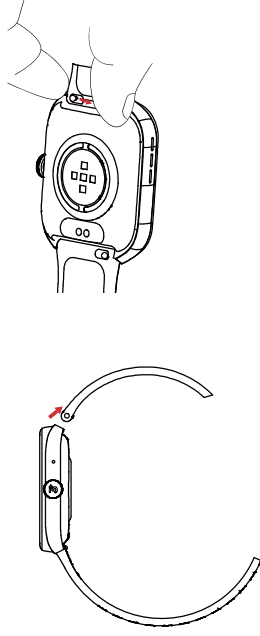
Wearing the Watch

- For best result, the heart rate and blood oxygen sensor on the back of the Hello smart watch needs skin contact to work properly. Wearing the watch with the right fit with a little room for your skin to breathe will keep your wrist comfortable and let the sensor do its job. You may want to tighten the watch during workouts but loosen it when you're done. The
- heart rate and blood oxygen sensor only works if the watch is worn on top of your wrist. Keep your watch and bands clean and dry to maximize comfort and prevent any longterm damage to the watch. This is important after workouts or exposure to liquids such as sweat, soap, sunscreen and lotions that can cause skin irritation.



Changing the Band

Push the quick release pin inward to release the band and pull the band away from the watch.



Cleaning the Watch

Make sure to clean the watch and the band regularly.

It is strongly recommended to regularly clean your watch's band after workouts or prolonged use. Moisture from sweat or dirt can build up underneath the band and can cause skin irritation.

Wipe down the band with a nonabrasive, lint free cloth. If necessary, the cloth can be lightly dampene with water. Allow the band to air dry. Direct sunlight, high temperatures or humid conditions may damage the band overtime.

Note*

- The 3+ limited warranty does not cover the use of 3rd party bands.

Watch Navigation

The Hello smart watch features a colorful 2.04" high resolution AMOLED touch screen that allows you to navigate the watch by either tapping on the screen, swiping side to side, up and down or pressing any of the buttons.

Basic Navigation

- The home screen is the watch face. From the watch face:
- Swipe from right to left to view the apps installed on your watch.
- Swipe from bottom to top to see your notifications.
- Swipe from top to bottom to open the quick settings.
- Long press on the watch face to switch between different watch faces.
- Short press the button when the screen is off to wake up the screen.
- Short press the button to go back to main watch face.
- Short press the button at the main watch face to access application menu.
- Long press 4 sec. to access the system settings for shut off, reboot or reset.

Swipe up from bottom to top to see list of Notifications



Press the button to access the main menu



Swipe Up to see more APPs



Swipe down from top to bottom to access Quick Settings



Change the Watch Face

From the watch:

- Tap and hold the watch screen.
- Swipe left and right to cycle between the different watch faces.
- Tap on the watch face to select it.

From the 3+ GO App:

- Open your 3+ GO App, then go to Device at the bottom menu.
- Tap Watch face and select Online faces.
- Choose the watch face you want to use, then press the install button.
- After the transmission is completed, the watch face will automatically change.

Activity Tracking

When the watch is connected and synced to the 3+ GO App, you can save and view your personal health related data. Only your daily activity show up on your watch. You can view previous days, weeks or months activity on the 3+ GO App.

Note*

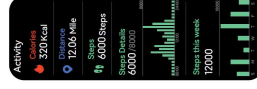
- The activity data gathered from this watch or any other related software is not intended for use in the diagnosis, or other conditions in the cure, mitigation, treatment or prevention of disease.
- The accuracy of the data recorded, including heart rate readings, may be affected by factors such as environmental conditions, skin conditions, specific activity performed while using/wearing the watch, settings of the device, user configuration/user provided information, placement of sensor on the body and other end-user interactions.

While moderate physical activity, such as a brisk walk, is safe for most people, we suggest consulting with your doctor before you start a new exercise program.

From the watch:

Swipe from left to right to access the application menu, and tap on  to open the activity page.

Scroll up and down to see your daily steps, distance travelled, calories burned and active minutes for today.



Heart Rate

The watch can automatically measure and track your heart rate throughout the day or during workouts.

For the App :

- Tap on Settings
- Tap on Heart Rate Settings under App Device
- Turn on Auto Track

By Auto Track default, the watch will turn on the heart rate sensor every five minutes.

Record Workouts

Track specific exercises with the Hello to see real time stats including heart rate data, calories burned, elapsed time, distance travelled and a post workout summary on your wrist. For a detailed summary of your workout and route if you used the GPS, review your history on the 3+ GO App.

The Hello has a connected GPS that allows you to track your run, walk or cycle route when you exercise outdoors with your phone. (Does not apply to indoor cycling workout)



Every workout is different. Before every workout, you can set a separate goal specially for this workout.

You can set a goal to exercise for a certain period of time, a specific distance or amount of calories you want to burn. Tap on the 🎯 and scroll down and up to set your goals. If you don't want to set a goal, tap icon to begin your workout.

Time

5

10 min

15

OK

Calories

250

300 Kcal

350

OK

Distance

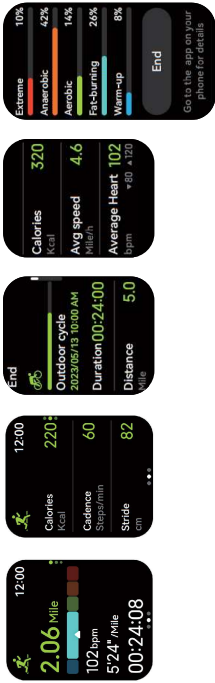
3.5

4.0Mile

4.5

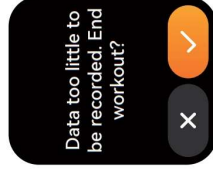
OK

- During your workout, scroll up and down the screen to see your real time stats.
- For walks and runs the real time stat changes between distance, steps and calories burned.



When you're done with your workout or want to pause, press the button to pause.
Tap  to resume your workout. Tap  when you finish your workout.

When prompted, confirm you want to end your workout. After you ended the workout, your summary will appear.



Blood Oxygen SpO2

The watch has Blood Oxygen sensor to monitor your oxygen level throughout the day. Oxygen saturation refers to oxygen-saturated hemoglobin relative to its total amount in the blood.

A level of over 95% in vascular blood is considered normal.

From the Watch:

- Go to main menu page.
- Tap on  to start.
- After the measurement, the watch will display the measurement result.

Precautions before you measure your Blood Oxygen:

- Wear the watch to a finger distance from the wrist bone; wear the watch tightly.
- Place your arm on the table for measurement with the watch screen facing up.
- Please stay still during the measurement.
- Factors such as hair, tattoos, shaking, low temperature and improper wearing may affect the results.
- This function is for reference only and should not be used as the basis for medical diagnosis.

Notifications

Stay connected with events, notifications, messages and incoming calls from your smart phone.

When you receive a notification, your watch will vibrate and display a small preview or alert.

To view a list of your recent notifications:

- From the watch face, swipe down from the top of the screen to open your recent notifications.

To clear all notifications:

- From the watch face, swipe up from the bottom of the screen to open your recent notifications.
- Swipe all the way down then tap on the trash can button 

Favorite Contacts

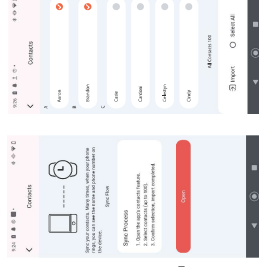
Open 3+ GO app->Go to Device ->Tap contacts-> Tap ‘Open’ button-> Select the contact number to add to your list.

Bluetooth Calling

There are multiple ways to make calls on your watch.

Tap 📞 on main menu -> Dial the number you want to call.

Tap 📞 on main menu -> Choose the person you want to call from the list. (The person you want to call must already be in your Favorite Contacts list.)



Answer Incoming Calls

Tap  icon to accept a call.

Decline Incoming Calls

Tap  icon to reject an incoming call.



Adjust Speaker Volume During A Call

Tap  icon to adjust the volume of the speaker

Tap  icon to mute yourself. You can tap the same icon again to unmute.

Call History

Tap  icon on main menu to view call history on watch



Music

Control music, podcasts, audiobooks and more playing on your mobile device. From your watch you can switch between songs and increase or decrease volume. The Hello can support online and offline music playback from popular apps such as Spotify and Pandora as well as music that is downloaded onto your phone. A premium subscription is not necessary to control your music.

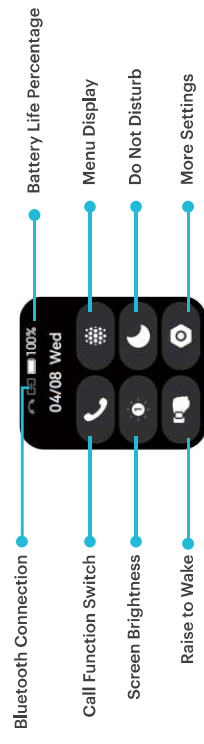
Weather

Check the weather in your current location or select a city around the world in your weather app. By default, the weather is set to your current location. If the weather does not appear, check that you've turned on location services for the 3+ GO App. Also check and see if you have allowed the "Nearby device" under your phone App permission. (Android users only) If you change your current location, open your App and swipe down the main page to sync your watch with the app for an updated weather location information. Your App also automatically syncs with your watch once a while, please DO NOT close your App and have your App always running in the background in order to always stay connected.

Quick Settings

To open the Quick Settings:

On the watch, swipe down to access the menu.



Call Function Switch

You can set the bluetooth call function according to your needs.

- From the watch face, swipe down to access the quick settings menu.
- Tap  icon to turn on or off the bluetooth call function.

Find My Phone

If you misplace your phone in the couch cushions or if it hides under blankets, you can ping your phone from the watch.

- From the watch face, swipe down to access the quick settings menu.
- Tap  to ping your phone.
- Listen for the pings coming from your phone.
- When you find your phone, tap on your watch screen to stop the pinging.

Adjust the Brightness

Adjust the watch's display brightness depending on the time of the day.

- From the watch face, swipe down to access the quick settings menu.
- Tap  Adjust the level of brightness by tapping on 1 to 5 for the brightness level.

Do Not Disturb Mode

You can set the watch not to vibrate and turn off the screen when a notification, except for alarms, is received.

- From the watch face, swipe down to access the quick settings menu.
- Tap .

Update, Turn On/Off and Reset

Some issues can be troubleshooted by updating, restarting or resetting the watch.

Update

Keep your watch updated to get the latest feature improvements and product updates.

When an update is ready to install, you will receive a notification from the 3+ GO App. After you start the update, a progress bar will appear on the app and on the watch. Make sure your watch and app are near each other during the update progress. Before you update the watch, make sure your watch is charged at least 30% or more before you update.

Restart

To restart your watch, Go to main menu from your watch and tap on settings icon. 

Scroll down the menu and tap on System settings. Tap on Restart and tap on OK to restart your watch.

Restarting the watch will only turn off and then turn on the watch. All your setting will not change.

Factory Reset

If you want to give the Hello to another person or wish to return it, clear your personal information first by factory resetting the watch. You can factory reset from the watch.

From the 3+ GO App:

Tap on **Device**

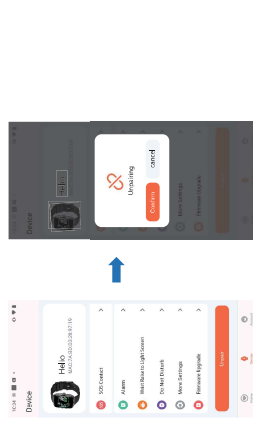
Select **Unpair**

Tap **Confirm to Unpair**

Note *

For iPhone users:

Please remember to forget Bluetooth connection from your phone **Bluetooth** Settings.



General Information and Troubleshooting

Sensors

The Hello is built with the following hardware:

- 3-axis accelerometer
- Optical heart-rate tracker
- Connected GPS
- Bluetooth Calling
- Vibration motor
- Bluetooth 5.3 radio receiver
- Blood Oxygen Monitor

Battery

The Hello has a rechargeable lithium-polymer battery.

Display

The Hello has a color high resolution AMOLED display.

Memory

The Hello can store your daily activity information on the watch for 7 days. This includes your steps, distance travelled, active minutes, calories burned, and workouts. We recommend syncing your watch to the app at least once a day.

Operating Conditions

- 14° to 113° F (-10° to 45° C).
- IP68 ingress protection ratings grade, suitable for daily use. Do Not swim or shower with it.

Heart Rate is Not Showing

- The Hello can continuously track your heart rate throughout the day and when you're exercising.
- If the heart rate sensor is unable to track your heart rate, please check if you're wearing the watch correctly.
- If not, move it higher or lower on your wrist by tightening or loosening the band. Make sure the heart rate sensor is in contact with your skin.

Other Issues

If you experience any of the other following issues, try restarting your watch and your mobile device before trying again.

- Helio failed to update.
- Helio will not sync to the 3+ GO App.
- Helio is not responding to screen taps.

For more information, you can contact our Customer support.

Regulatory and Safety Information

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.
2. This device must accept any interference received, including interference that may cause undesired operation.

Warning

Changes of 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 conditions without restriction.

BATTERY WARNING:

This device uses a lithium-ion battery. If the following guidelines are not followed are not followed the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and/or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

SAFETY INFORMATION:

- Please charge the watch when it has low power.
- Do not leave the watch in a damp environment or expose it to liquids when charging.
- Please use our standard charging dock to charge the watch.
- Do not expose the watch under extreme temperatures.
- Do not place the device near a fire and avoid contact between the watch and any other sharp objects.
- Do not misuse the watch, including but not limited to, dripping, dismantling, disassembling, puncturing, baking, burning, etc.
- Do not clean the watch with an abrasive cleaner.
- Keep it out of reach of infants as small parts may cause choking.
- For the latest up-to-date manual version, please visit our website at [3plususa.com](https://www.3plususa.com).

Customer Service Support

If you have any questions or you have other questions about the warranty, repairs and etc, 3Plus customer support is ready to help. 3Plus customer support is available Monday - Friday from 8am to 3pm PST.

- Toll Free 1 866-592-0184
- Email: service@3plususa.com

