GURUGEAR
the path to happiness.

Owner's Manual

GURUGEAR Fitness Tracker HR Black
HOUSEHOLD USE ONLY
ITEM NO.NQFVM

Made in China

Setting

Use VeryFitPro on iOS or Android smart phone to set the wristband as follows:

Note: hardware and system of devices should meet the requirements:

iOS 8.0 & Above | Android 4.4 & Above | Support Bluetooth 4.0

1 .Download VeryFitPro

Search and download

Search and download "VeryFitPro" from the Apple Store or Android App store .

Scan the QR code and download

If probably has a problem to open the link with WeChat or other scan tools, please copy the link and open it through browser.

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2、Product activation and installation

The product must be activated by charging before initial use, and then charge the product to ensure normal power supply. The smart band will automatically power on

Take out: Pull open the strap and take out the bracelet body

Charge the battery: Insert the chip-mounted end of the bracelet body into the USB interface to activate the product by charging (be cautious not to reverse the polarity, and comply with the required voltage and current: 5V / 500mA)

Installation: Mount the bracelet body into the slot of the wrist strap.

Wear on: Adjust the length of the wrist strap until it is appropriate to wear on the wrist.

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3、Touch key

Single click the touch key: Interface switch

4、Turn on Bluetooth of smart phone then open "VeryFit Pro" App.

When selecting the right band from the search list, please click the screen of wristband to wake up the device and then complete pairing.

Know your Device

1、Wearing Method

Wear the device on your wrist horizontally, about 2cm to carpal,the same method as wearing watches.

2、Heart Rate Monitoring

To monitor Heart Rate more accurately, please wear the device on the upper position of your wrist and a bit tighter than usual when you are taking exercise.

3、Heart Rate Monitoring

Automatic heart rate Monitoring is ON as default, monitor Heart Rate all the day automatically.

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4、Interface

Function Introduction

1.1 Time Mode

Instructions
Time dial can be switched as follows:
APP Devices Mode>More
[Click the touch key] to enter the next mode:
Date Mode
(you can customize the shortcut through the app)

1.2 Data Mode

[Click the touch key] to enter the next mode:
Heart Rate Mode
[Press and hold the touch key for 2s]
to enter the sub-mode of "Data Reading"

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1.2.1 Data Reading Sub-Mode

[Click the touch key] to enter the next submode

Note: To go back to the Data Reading Mode by clicking the touch key on the final interface of Data Reading Sub-Mode

1.3 Heart Rate Mode

When selecting the Heart Rate interface to monitor heart rate, the above data are displayed, [Click the touch key to exit and enter the next mode].

1.4 Alarm Clock Mode

Note: Alarm clock function should be turned on in App for the alarm clock to be displayed.

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[Click the touch key] to enter the next mode:
Sports Mode
[Press and hold the touch key for 2s]
to start/close alarm clock

1.5 Sports Mode

[Press and hold the touch key for 2s] to enter the Sports Mode
[Click the touch key] to enter the next sports mode; and in case there are no other sports modes, it will go back to the time mode.
Note: Types of Sports mode can be selected in App (App can handle 4 types of track recording sports and 10 types of other activities)

1.5.1 Sports Start Mode

After the countdown interface of 3-2-1-GO is displayed the sports mode is underway.

1.5.2 Sports Underway Mode

Heart Rate | Steps | Calories | Distance

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Average pace | Pace/Speed | Time

[Click the touch key] to enter the next sub-mode of "Sports Underway"[Press and hold the touch key for 2 seconds] to enter any interface of Data Reading, press and hold 2 seconds to exit the sports mode.

Note: The speed and distance of riding can be displayed, but App needs to be connected to sync riding and App at the same time.

1.5.3 Sports Stop Mode

1) If the sports last less than 1 minute, the user will be reminded the data is not saved.

[Click the touch key] to enter the main interface of sports mode (the data reading interface of sports data display mode is not displayed)

Short training session! Not save

2) If the sports last more than 1 minute, the Sports End Reminder will be displayed

[Click the touch key] to enter the sports data display mode

Good job!

3) Sports data display mode

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Scan here to download VeryFitPro

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1.5.4 Event Reminder in Sports Mode

1) Reminder of eating from sports mode upon a period of no activity
[Click the touch key] to remove the reminder of automatic quitting from sports mode.

Note:
1.If there is no any activity in a period (15 minutes), reminder will be displayed 15s before it stops.
2.New activities will remove the reminder of automatic quitting from the sports mode.
3.If there are no any new operations before the end of the countdown of automatic quitting from the sports mode, it will exit from the sports mode.

No actions! Quit in 15s

2) Reminder of full-item force quit
[Click the touch key] to confirm the full-item Force Quit

Note: When the memory of watch is full of sports data, the user will be reminded to exit from the Sports Mode

MEMORY FULL

3) Reminder of force quit for low-battery
[Click the touch key] to accept the force-quit from the sports mode

Note: During the sports activities, when the power is too low, the sport mode will pause, and remind the user of force-quit from the sports mode.

LOW BATTERY

4) Reminder of inaccessible sport mode for low-battery

PLS CHARGE

[Click the touch key] to accept the inaccessible sports mode for low-battery

Note: The reminder will occur when a user tries to start the sports mode with a low battery.

1.5.5 Abnormal operations during activity

The reminder will be available soon

PLS WAIT

[Click the touch key] to exit from the reminder "please wait mode".

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1、Camera mode control

Camera mode can be accessed and used through the App to take photos remotely.

Photo taking methods: shake/wrist lifting/click the touch key

Press and hold the touch key to exit from the camera mode. You may also close camera mode through the App.

2、More reminder modes

1) Call Reminder

Click the touch key to remove the call reminder
Press and hold the touch key to hang up the call

Note: The call reminder in the App needs to be turned on.

2) Message Reminder

When text messages are longer than the screen can display, tap the touch key to read the remainder of the message.
Note: The relevant settings need to be turned on in the App.

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3) Alarm Clock

Alarm Clock: The relevant settings need to be turned on in the App.

Alarm Clock Types:

Wake up | Medicine taking | Sleeping | Party | Appointment | Exercise | Meeting

4)Long Sitting Reminder

Alarm Clock Reminder: The relevant settings need to be turned on in the App. Tap the touch key to exit the reminder.

5) Target completion reminder

The following screen displays when goals are achieved.

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6) Low battery reminder

Low-Battery! Please recharge !

7) Device Error Notification

Note: When the device is detecting an abnormality, the interface herein will be displayed each time the device is opened.

Status Code:
-01 means the abnormality of acceleration sensor
-02 means the abnormality of heart rate sensor
-03 means the abnormality of touch key IC
-04 means the abnormality of flash

Basic Specifications

Model No.: NQFVM
Battery Capacity: 65mAh
Working Voltage: 3.7V
Host weight: about 24g
Sync: Bluetooth 4.0
Working temperature: -20℃~40℃
Waterproof: IP67
Working Time: 7days
Product frequency band: 2402-2480MHz

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Declaration of toxic and hazardous substances in electronic information products

This device meets the EU ROHS criterion. Please refer to IEC 62321, EU ROHS Directive 2011/65/EU and revised directive.

Wearing and Maintenance

Our products are designed for you to wear throughout the day. So please follow a few brief instructions when you are wearing and maintaining your smart devices, To keep your wristband clean and your skin comfortable, we put forward the following tips:

- Regularly clean your wrist and the back of the device with the cloth, especially after exercise or when exposed to soap or detergents that may attach to the devices sensor.
- Do not wash the device with household cleaners, but instead, use a soft non-abrasive cloth to wipe down.

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FAQ

◆ Failed device pairing:

1 Make sure the Bluetooth of smart phone is ON, and smart phone operating system is Android 4.4 & Above or iOS 8.0 & Above.

2 Make sure the distance between phone and device is within 0.5 meter range after pairing is finished.

3 Make sure the devices battery is fully charged.

◆ Bluetooth Connectivity Issues:

① Caused by the abnormality of Bluetooth service when it restarted on the phone.

② Reboot mobile phone or turn off and on Bluetooth mode in settings,then select device to pair.

◆ How to restore factory defaults

Make sure the device is connected to the smart phone then go in the App and enter "device—System setting", and choose "reboot device".

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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.

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

CAUTION
RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE
DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS

Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.

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爱|都|科|技	名称	ID205说明书	材质	105g铜板纸
	尺寸	70X120mm	装订方式	风琴折
	颜色	四色 双面		
	版本号			