

1.3-inch Smart Heart Rate and Blood Pressure Bracelet

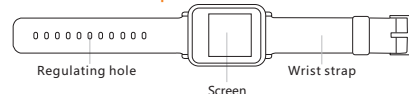
Smart Bracelet User Guide



Model: G20

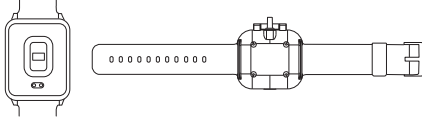
Instructions for Quick Use of Bracelet

An Introduction to Components



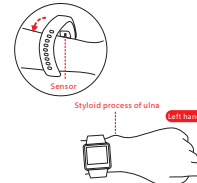
Charge Mode

For the first time, please take out the bracelet and charge the device with the corresponding charger. (The charging method is as illustrated in the following figure: put the bracelet into the charger; aim it at two contacts of the charger, and cover the charger to charge. The charging voltage is 5V.)



Way to wear

1. It is preferable to wear the bracelet behind the ulnar styloid process;
2. Adjust the size suitable for the wrist according to the regulation hole and buckle the wrist strap;
3. Keep the sensor close to the skin to avoid movement.



Switch on / off

1. When the bracelet is power off, charge it or press the function button for 3 seconds to start up the bracelet with shake;
2. When the bracelet is turned on, switch to the POWER OFF interface and press the function button for 3 seconds to shut down the bracelet with shake.

Bracelet Operation

1. When the bracelet is on, quickly touch the function key to light up the screen or switch the menu;
2. The screen will be off after 5 seconds without operations by default. The user can connect it to the phone APP to modify the screen off time;
- 3 The call and message reminder of the bracelet is open by default. The user can close it in the APP;
4. Switch it on or off in the main interface of (Android)/ Smart Play (IOS).

To install Bracelet APP

Scan the following QR code or enter the application markets to download and install it. "FlagFit2.0"

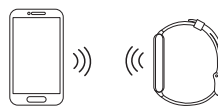


Device Requirements: IOS 8.0 and above versions; Android 4.4 and above versions; Support Bluetooth 4.0.

Device attachment

When being used for the first time, it is necessary to connect APP for alignment. After successful connection, wristband will self-synchronize time, or otherwise, step calculation and sleep data won't be accurate.

- Open the phone APP. Click My Icon.
Add device (IOS) / Add device (Android)
Click the search icon in the upper right.
Click the device connection.



Bluetooth connection: after successfully matching, APP will automatically save the wristband bluetooth address. When APP is opened or operated in background, it will automatically search and link with the wristband. Data Synchronism: manually pull down the synchronization data on the APP home page; the bracelet can store off-line data for 7 days, the more data, the longer the synchronization time is, and the longest time is about 2 minutes.

APP Functions and Settings

Personal Information and Sport Target

Please set the personal information after entering the APP.
My - Click the avatar - Avatar change/Background change/Cancel

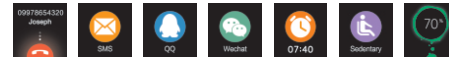
My - Click the avatar - Avatar change/Background change/Cancel

- Personal settings-Sex-Age-Height-Weight, distance unit.

- Set personal daily sport target. Reasonable sports planning is conducive to the improvement of physical fitness.

Reminder Function

The reminder switch should be switched on the "Play Bar" page in the APP and keep the Bluetooth of the phone connected with the bracelet. It will shake if there's a message.



Call Reminder: When there is an incoming call, the bracelet shakes and displays the name or phone number of the caller. If the "Call Reject" is enabled on the APP, press and hold the function button for 3 seconds to reject the call.

Message Reminder: When receiving messages, the bracelet shakes and displays icon reminder. Click to view the message content.

QQ Reminder: When receiving QQ messages, the bracelet shakes and displays icons. Click to view the QQ content.

WeChat Reminder: When receiving WeChat messages, the bracelet shakes and displays icon reminder. Click to view the WeChat content. Smart Alarm: A total of 3 alarms can be set, which, after being set, can be synchronized to the bracelet. Smart alarm is a silent alarm clock. When alarming, the bracelet shakes moderately and supports offline alarm reminder.

Sedentary Reminder: The reminder interval is one hour by default. Under the connection state, if the user does not exercise within an hour, the bracelet will shake to remind the user to exercise.

Charge Reminder: When the bracelet is connected to the power supply or charging clip, the motor will shake. Please note that the bracelet will not shake when the power is low or full.

Sleep Detection

When you fall asleep, the bracelet will automatically judge and enter the

sleep monitoring mode, automatically detect the duration of your time of deep sleep/light sleep/wakefulness all night, and calculate your sleep quality. For the time being, sleep data can only be viewed on the APP. Attention: There is sleep data only when you go to sleep wearing the bracelet.

Main Functions

Main Interface

The bracelet has 3 main interfaces. Press and hold the main interface to switch the interface. After the APP is firstly matched and connected successfully, the bracelet will sync the phone's time, date and day of the week.



Notifications

Press and hold the touch button for 3 seconds to check the historical information; If there's no historical information, it will be empty.

1.3-inch, large font, multi-display content, convenient check.



Switch to this interface to view the states of current steps, distances and calories. Distances and calories will be calculated and displayed according to the current step number, the height and weight set by the APP.

Notes for heart rate monitoring:

- The heart rate LED light behind the bracelet will be on when measuring.
- The sensor should be close to the skin to prevent external light from affecting the accuracy of the measurement;
- Measuring area should be kept clean, because sweat or stains will affect the measurement results.



Weather

Press and hold for 3 seconds to switch to the detailed weather page. You can check the weather and temperature here.

Heart Rate

Switch to the heart rate interface. Start to measure the heart rate automatically. Switch the menu to measure again.

Stopwatch

On the stopwatch interface, short press start/pause. Press and hold for 3 seconds to reset and then press and hold for 3 seconds again to exit.

Training

Switch to this interface. Press and hold for 3 seconds to enter the specific sport page including 7 sorts of rope skipping, swimming, riding, table tennis, tennis, badminton and running. Click to switch the specific sport page. Press and hold for 3 seconds to exit the sport interface.

Press and hold the specific sport page for 3 seconds to start the corresponding sport and enter the detailed sport page. Press and hold for 3 seconds to finish the current sport and go back to the specific sport page.

Blood Pressure

Switch to the blood pressure interface. Start to measure the blood pressure automatically. Switch the menu to measure again.

Blood Oxygen

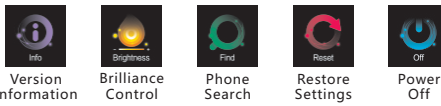
Switch to the blood oxygen interface. Wait for 10 seconds to measure the blood oxygen value automatically. Switch the menu to measure again.

Information

On the information interface, press and hold for 3 seconds to check the information. Click to turn the page. Exit after checking the information or press and hold 3 seconds to exit.

Settings

Press and hold other function interfaces for 3 seconds, and enter the submenu interface for more operations.



Version Information: Press and hold the interface to check the firmware version number and Bluetooth address of the bracelet.

Brilliance Control: Press and hold to choose different brilliance. There are 4 levels of brilliance.

Phone Search: Under the connection, press and hold the phone search interface to make the phone ring.

Restore Settings: Press and hold for 3 seconds in the interface to clear all the data in the bracelet, and the data in the APP will be cleared on that day (other historical data will be retained).

Power Off: Press and hold for 3 seconds in the interface to switch off. The phone will shake at the same time (if the phone is in low power, it won't shake.)

Matters needing attention

- Please avoid strong impact, extreme heat and exposure to the wristband. Please do not disassemble, repair or transform the machine on its own.
- This machine is charged with 5V 500MA, and it is strictly forbidden to use overvoltage load power.

- The use of the environment is 0 degrees ~45 degrees, and it is forbidden to hrow it into the fire so as not to cause an explosion.
- Please wipe the water, the wristband can be used only for the charging operation with a soft cloth, otherwise it will cause corrosion of charging contact point, charging fault.
- Do not touch the chemical substances such as gasoline, clean solvent, propanol, alcohol or insect repellent.
- Please do not use this product in high pressure and high magnetic environment.
- If you have sensitive skin skin or tighten the wristband, you may feel discomfort.
- Please dry the sweat drips on the wrist in time. The strap has long contact with soap, sweat, allergies or pollution ingredients, which may cause skin allergy itching.
- If it is often used, it is recommended to clean the wristband every week. Wipe with wet cloth and remove oil or dust with mild soap.
- It is not appropriate to wear a hot bath with a wristband. After swimming, please wipe the wristband in time so as to keep dry.

Common problems

Why is the first test of heart rate too long?

To test your heart rate, you need to take a long time signal to accurately calculate your heart rate.

What do Bluetooth connections do? (connection / reconnection failure or connection speed is slow)

Confirm whether your device is 4.4 or more versions of IOS8.0 and Android system and support Bluetooth 4.

- Because of the problem of signal interference in Bluetooth wireless connection, there may be no time to connect each other. If the connection is not long enough, please ensure that the operation is carried out without magnetic field or without multi Bluetooth device interference.
- Turn off Bluetooth and open.
 - Turn off the mobile phone background application or restart the mobile phone.
 - Mobile phones do not connect to other Bluetooth devices or functions at the same time.
 - APP is running normally in the background and may not be connected if it is not in the background.

Can't search the wristband?

Since the wristband is not searched by phone in Bluetooth broadcast, make sure the wristband is in power and activated and is not connected to any

other phones. Then, put the wristband close to the phone, if it is still invalid, turn off the phone, and after about 20 seconds, restart the phone Bluetooth.

Why the wristband should be worn more tightly when measuring heart rate?

The wristband uses light reflection principle, penetrates the skin through the light source, and collects the signal reflected to the sensor, to calculate your heart rate. If you don't wear it tightly, there will be ambient light reaching into the sensor, which will affect measurement accuracy.

Why not remind when opening the reminder function?

Android phone: confirm that the phone and the wristband are connected, and open the corresponding permissions in the phone settings, allowing the "FlagFit2.0" APP access calls, messages and address book, and keeping "FlagFit2.0" running in the background; if the phone is installed with security software, add "GloryFit" to "trust".

Iphone: If there is no reminder after the connection, it is recommended to restart the phone to reconnect, when reconnecting the wristband again, there will be reminder after popping up "Bluetooth pairing request" and clicking "Pairing".

Is the wristband waterproof?

It supports IP67 waterproof and dust-proof level (IP67 standard is 35 degrees below water, 1 meters below 30 minutes). Usually, wash hands, rain, cold water shower, wash car can be worn with heart.

Does the Bluetooth connection need to be open all the time? Is there any data after disconnection?

Before the data is synchronized, the data is kept on the wristband host (seven days of data can be retained). When the Bluetooth connection of the wristband and the wristband is successful, the wristband data will be automatically uploaded to the mobile terminal. Please synchronize the data to the mobile terminal in time.

Note: if the caller and SMS alerts are opened, you must keep the Bluetooth connection, and the alarm is offline.

Basic parameter

Type	Smart continuous heart rate bracelet	Battery type	Li-polymer
Display screen	1.3 cun IPS	Battery model	392121
Weight	31g	Battery capacity	180mAh
Length	25.0cm	Battery voltage	DC 3.7V
Waterproof level	Ip67	Battery power	0.666Wh
Material	Silica gel	Packing list	Host, instructions

FCC WARNING:

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

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 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.

This device complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter