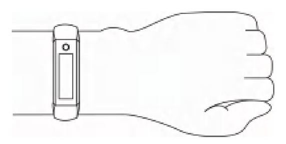
智能手环
使用说明书

Model：BB2657

正确佩戴

手环以尺骨茎突后佩戴最佳
根据调节孔调好适合手腕的大小；扣上腕带扣。
传感器要紧贴皮肤，避免移动



给手环充电

初次使用确保手环电量正常，若低电不能正常开机，
请连接充电器对设备进行充电，手环会自动开机。

开/关机

① 在设备关机状态下，触摸长按功能键4秒以上可使设备开机
② 在手环的蓝牙地址界面，长按2秒可进入关机界面，选择ON 3秒会退出关机页，选择 YES 3秒后手环关机。

手环操作

① 设备开机状态下，触摸短按功能键可点亮屏幕；
② 手环默认时钟页面，触摸短按功能键可切换查看不同页面，无操作默认五秒左右息屏.
③ 切换到心率和血压界面长按进入开始测试，心率血压50s超时自动灭屏（若手环支持）。

在手机上安装手环 APP

扫描以下二维码或进入APP Store 下载并安装APP

系统要求：Android 5.0及以上； iOS9.0及以上；支持蓝牙4.0。

设备连接

首次使用，需连接APP进行校准，连接成功后手环会自动同步时间，否则计步和睡眠数据不准

①配对成功后，APP会自动保存手环蓝牙地址，APP打开或在后台运行，都会自动搜索并连接手环；
②安卓手机请确保在安装时或手机系统设置中赋予APP后台运行和读取联系人信息等所有权限。

APP 功能及设定

个人资料

进入APP后请先设定个人信息
设置→个人设置，可设置性别-年龄-身高-体重，
您也可以设置您的每日运动和睡眠目标，监控每日的完成情况。

消息提醒

来电提醒：
连接状态下，如果开启了来电提醒功能，当来电时，手环上会震动，并显示来电的姓名或号码。（需赋予APP读取通讯录权限）
短信提醒：
连接状态下，如果开启了短信提醒功能，当有短信时手环上会震动提醒。
其他提醒：
连接状态下，如果开启了此功能，则当有微信、QQ、Facebook等消息时，手环会震动提醒，并显示app接收到的内容（消息查看后自动清除）（需赋予APP获取系统通知的权限，手环端能显示20-40个字数）。
震动提醒：
开启此功能，则当有来电，信息或其他提醒时，手环会震动，若关闭，则手环只会有屏幕提醒而不震动，以免打扰。

久坐提醒：
设置是否开启久坐提醒功能，您可在个人资料中设置提醒时间间隔，若在设定时间内长时间坐着，则手环会提醒。
Android用户温馨提示：
使用提醒功能时需要设置为允许"优活手环"后台运行；
建议在权限管理中添加"优活手环"为信任并打开所有权限。

APP 功能及设定

智能闹钟

连接状态下，可进行三个闹钟的设置，设置后，会同步给手环；支持离线闹钟，在同步成功后，即使APP未连接，手环也会按设定时间提醒。

手环显示设置

您可在此选项中设置手环端功能按键切换的画面，打开的页面会在按下功能按键后依次切换，而关闭的功能则不会在切换中出现。

寻找手环

连接状态下，点击"寻找手环"选项，手环会发出震动。

摇一摇拍照

连接状态下，进入摇一摇拍照界面，摇一摇手环，倒计时3秒后自动拍照请允许APP访问相册以保存自拍的照片。

功能

抬手亮屏：设定抬手亮屏功能，每次抬手姿势屏幕自动点亮
久坐开关：请设定久坐提醒的时间并保存

表盘设置

更换表盘背景，选择时间位置后同步到手环端。APP提示同步成功后可在手环端查看显示。

手环显示说明

手环每个界面长按2秒 进入/退出子菜单。

时钟界面

与手机同步后，手环会自动校准时间；
待机设置：在主题界面长按可切换不同主题。

计步

- **运动步数**
  佩戴手环，记录每天运动步数，可查看当前实时步数。
- **距离**
  根据行走步数，估算运动距离。
- **卡路里**
  根据行走步数，估算消耗的卡路里

心率、血压

进入心率、血压测试界面等待数秒后，显示当前心率、血压的测试结果。此功能需要手环支持心率、血压传感器。

天气

与手机同步后，进入天气界面可以查看当前天气，包括：天气情况、最高温、最低温等。

音乐播放控制

进入音乐控制界面，短按按键控制音乐的播放/暂停/上一曲/下一曲。

睡眠模式

入睡时，手环会自动进入睡眠监测模式；
自动检测您整晚深睡/浅睡/清醒次数，计算您的睡眠质量；
睡眠数据暂时只支持APP端查看。

注意：佩戴手环入睡才会有睡眠数据，且在晚上9点后会开始记录睡眠，到第二天9点以后才可以同步到APP中。

基本参数

设备类型	智能手环	电池类型	锂聚合物
振动马达	支持	同步方式	蓝牙 4.0
工作温度	-10℃~50℃	传感器	低功耗加速度计
系统要求	IOS9 以上/Android5.0 以上		

注意事项

1. 洗澡和游泳事不宜佩戴。
2. 同步数据时请连接手环。
3. 使用自带的充电线充电。
4. 不要把手环长时间暴露在水分较高、温度极高或极低的地方。

部件介绍

*主机 *腕带 *充电线 *包装盒及说明书

APP支持的语言：英文、简体中文、繁体中文、荷兰文、俄文、法文、德文、葡萄牙文、西班牙文、土耳其文、日文、波兰文、阿拉伯文、马来西亚文、泰文、捷克语、斯洛伐克语。

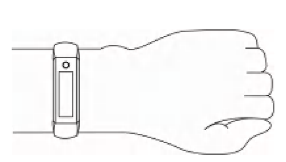
消息内容推送支持的语言：中文，英文，欧洲。

Smart Band
User Guide

Model：BB2657

Wearing method

Best to wear the bracelet after the styloid of ulna;
Please fit the adjusting holes according to your wrist size, and then do up the wristband buckle;
The sensor should cling to skin to avoid movement.



Charging the band

Please ensure the band has enough battery at your first time using it. Please charge the band first if it cannot be powered on, and then the band will automatically start working.

Power on/off

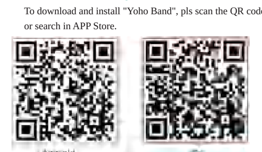
① In shutdown state, please long touch the function key over 4 seconds to start the device with vibration;
② In Power off page, long touch the function key for more than 3 seconds to enter the shutdown interface, and short touch to select YES, system will be powered off if no operation in 3 seconds.

Band operation

① In power on state, short touch the function key to light up the screen to default page with date and time information;
② In the default time/date page, short touch the function key can switch band to different pages. The screen will be turned off if no operation in 5 seconds.
③ Switch to the heart rate / blood pressure page to start the measurement. The result will be displayed in 50s, and then the screen will be turned off automatically.

Install the band APP on the phone

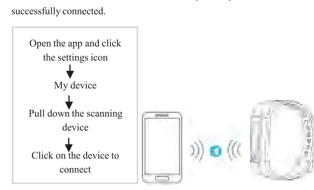
To download and install "Yoho Band", pls scan the QR code below, or search in APP Store.



System Requirements: Android 5.0 and above; iOS9.0 and above; Bluetooth 4.0 support.

Bundle the band to APP

For the first time using the band, please connect it to the APP to calibrate the time and date, otherwise the pedometer and sleeping monitor will not be accurate. The band will automatically be synchronized when successfully connected.



① After the band is bundled to APP successfully, the APP will save the band info, search and connect the band automatically if the APP is opened or running in the background.
② Pls ensure the band has all the required permissions of the system during installation or set the permission in your phone's system settings, such as running in background and reading contact information.

APP functions and settings

Personal information

Please set personal information after entering the APP;
Settings → personal settings, you can set the gender - age - height – weight to ensure the accuracy of distance and calorie calculation.
You can also set your daily exercise and sleep goals and monitor daily completion.

Message notification

Incoming call:
In the connected state, if the incoming call reminder function is enabled, the band will vibrate when there is incoming call, and the name or number of the incoming call will be displayed. (Need to set permission for APP to access phone address book)
SMS notification:
In the connected state, if the SMS remind function is enabled, the band will vibrate when there is a SMS.
Other remind:
In the connected state, if you turn on this feature, the band will vibrate when there are WeChat, QQ, Facebook and other notifications on your phone, and the message will be displayed on wristband. (Need to turn on notification in phone system, and set permission of APP to access system notifications).
Vibrating reminder:
If turned on, the band will vibrate when there is a call, information or other reminder. If turned off, there will only be remind on screen without vibration, so as not to disturb you.

Sedentary reminder:
Set to enable/disable the sedentary reminder function. You can set the reminding interval in the profile, thus the band will remind if you sit for a long time over that interval.
Tips for Android phone users:
The reminder function needs to be set to allow "Yoho band" running in the background; it is strongly recommended to add "Yoho band" in the entitlement management to trusted list and allow all permission to enable full functions.

APP features and settings

Smart alarm clock

In the connected state, three alarm clocks can be set and synchronized to the band;
Offline alarm is supported. After successful synchronization, even if the APP is not connected, the band will still alarm according to the set time.

Band display settings

In this option, you can set the display pages on your band . The enabled function pages will switch one by one with your touch on function key, and disabled function page will not appear.

Looking for band

In connected state, click the "Looking for band" option, the band will vibrate to cause your attention.

Shake to take selfie

In the connected state, enter the "shake to take selfie" in APP, shake the band, and the APP will take photos automatically after 3 seconds countdown. Please allow APP to access the camera and photo album to take and save the selfie.

Function

Raise your hand to light up the screen: set the raise your hand to light up the screen, and the screen will automatically light up every time you raise your hand.
Sedentary switch: please set the time of sedentary reminder and save it.

Band display settings

Replace the dial background, select the time position and then sync to the band. After the APP prompts for successful synchronization, the display can be viewed on the band.

Band display instructions

Long touch for 2 seconds in each page to enter the sub-menu of that function.

Date and Clock

After synchronized with the phone, the date and clock on band will automatically be calibrated.
Standby Settings: Long press in the theme interface to switch different themes.

Pedometer

Wear a band to automatically record your daily activity. You can view the real-time steps today.

Distance

Based on the number of your daily activity and your personal profile, the distance you traveled will be displayed.

Calories

Based on your walking distance and your personal profile, the calories burned will be displayed.

Heart rate, blood pressure

Switch to the heart rate or blood pressure interface, long touch to enter measurement page, and the result will be displayed in 40 seconds.
This feature is only supported if the band has heart rate or blood pressure sensor.

Weather

After synchronizing with the mobile phone, you can enter the weather interface to view the current weather, including: weather conditions, the highest temperature, the lowest temperature and so on.

Music control

Enter the music control interface, can play or pause music and switch the previous song or the next one.

Sleep mode

The bracelet will automatically monitor your sleeping status in night; it will detect your sleep status with deep sleep / light sleep / awake times, calculate your sleep quality; the result can be checked on APP.

Note:
The band will track sleeping status only when you wore it during your sleep in night. Place the band somewhere will not trig the sleeping monitor.
Sleeping status from 9:00pm to 9:00am will be recorded.
Please synchronize your band with APP after 9:00am the next day to upload the data before you check it.

Specifications

Device type	Smart band	Battery	Lithium polymer
Vibration motor	support	Connectivity	Bluetooth 4.0
Operating temperature	-10℃~50℃	sensor	Low-power accelerometer
System Requirements	IOS 9.0 above / Android 5.0 above		

Notices:

1. Take off your band before having shower or swimming.
2. Please connect the band when synchronizing data.
3. Use the 5V USB charging adapter.
4. Do not expose the band in high moisture or extreme high temperatures.

Components

* Host * Wristband * Charging cable * Packing box and manual

APP Language:

English, SC,TC, Netherlands , Russian , French,German, Portuguese, Spanish,Turkish, Japanese , Polish , Arabic, Malaysia, Thai, Czech, Slovak.

Wristband Language:

SC,TC, The European.

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.