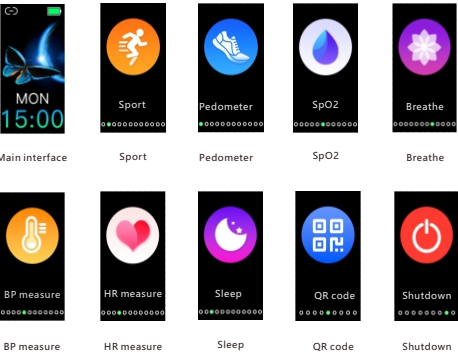


Start guide



II Initial operating instruction
1. Introduction of equipment function interface

After the device is turned on, the main time interface is displayed by default, and you can click the touch key to Different functional interface switching



2 Softear download
A: Search and download “Zmoofit” from the APP Store on IOS
B: Android to GooglePlay, app treasure, pea pod and other application markets Search and download “Zmoofit”



3.Connection device

Enter the APP, select the device button at thebottom,and click add device on the interface.The device appears and displays the band model. Click one-key connection (first connection).Please pop up the settings box (please check the corresponding function switch), and connect successfully afterwards.The time, date, etc. data of the ring automatically synchronize.

4.Connection notes

- A. Make sure that the Bluetooth of the mobile phone is turned on
- B. Make sure that the device is fully charged. Please charge it before use. The bracelet will automatically turn on when it is charged.
- C. When the device is paired and connected, the distance between the device and the phone is within 50CM
- D. For Android phones, please turn on all permissions in the phone permission settings

III Main function introduction

Note:to ensure the data is valid, please enter the real gender,height,weight and skin color in the APP profile.

A. on/off

When the device is off, press and hold the touch button to turn on, and the bracelet is in the charging state Automatically turn on, click to switch to the last page of the function menu interface, long press to select Shut down

B.exercise monitorin g

Click the touch button in the power-on state to view the number of steps and card Road, distance

C.running mode

Long press on the running sport interface to enter sport mode, click touch to select sport Sports item. long press touch to enter the currently displayed sports item, the data page is Time display exercise time, exercise heart rate, calories, distance and other data,End the exercise and long press the touch key to stop

D. sleep monitoring

Click to switch to the sleep monitoring interface, and display the total sleep time last night (required The data is only available when you wear the bracelet and fall asleep)

E.heart rate

Single click to switch to heart rate interface, long press to enter the interface and test heart rate again Start testing the hand ring vibration sensor light display interface flashing, test completed Display data and vibrate to remind;

Clicking on the heart rate position on the homepage of the APP brings up the test interface, then click to test Heart rate, vibration reminder after the test is completed and automatic data upload to the APP

F. Search mobile phone

Keep “Zmoofit” running in the background of the phone, and switch the device to search Mobile phone interface, long press the touch key, the phone responds Note: The phone is in ringing mode, and the bracelet and the phone are in a normal connection state

G.alarm clock

10 groups of alarm clocks can be set on the APP, and the bracelet will respond after the settings are successfully saved Vibration reminder

H.information alert/push

When the phone has new information, the bracelet will vibrate to remind and display the message content Note: Please set the reminder switch on the APP first

I. call reminder

When the phone calls, the bracelet will vibrate to remind, short press the touch button to mute, long press Touch key reject

J. sedentary reminder

This function needs to be turned on and set on the APP first, when the device detects that it is wearing When the duration of the sitting or relatively static state reaches the set value,Vibration reminds you to get up and move

K. remote photographing

Enter the APP interface and click the remote control to take a picture, and quickly shake the wrist to remote control the phone Take a photo

L.waterproof

This product has a waterproof and dustproof rating of IP68, daily hand washing, bathing, swimming, etc.Can be worn

M. Physiological reminder

This function can be turned on or off in the APP according to different needs.The function pushes warm reminders at different times according to personally set data,Factory default closed

IV.Matters needing attention

1. It is forbidden to use the bracelet with a charging voltage greater than 5V and a charging current greater than 2A Charger, charging time is about 2 hours
2. It is forbidden to charge in the presence of water stains;
3. This bracelet is an electronic monitoring product, and the data is for reference only and cannot be used as Medical reference
4. The heart rate sensor is a highly sensitive component, be careful of hard objects bumped and wear it After sweat, dust and other foreign objects appear afterwards, please clean them regularly with a soft cloth;
5. Please clear the charging position of the bracelet regularly to prevent dust, liquid and other foreign objects from rot Corrosion of the charging contact position leads to non-charging.

V.frequently asked questions

1. Why does the watch automatically disconnect Bluetooth after the screen of the Android phone is off? connect?
a: Lock the background APP, after the “Zmoofit” process is cleared, it will cause The watch is disconnected from the mobile phone;
b: Set self-start;

- c: There is no limit to running in the background, the Android phone installs APP, the default is smart limit The system runs in the background and needs to be manually set without any restrictive measures.
2. Why can't the watch receive the message push?
a: Confirm that the message push switch is turned on on the mobile APP;
b: The confirmation message can be displayed normally in the notification bar of the phone, and the watch message Push is to push by reading the message in the notification bar of the mobile phone; if the mobile phone is connected If there is no message displayed in the notification column, the watch will not be able to receive push notifications. Need to be in hand
Find the notification settings in the machine settings, Turn on WeChat, phone calls, text messages, etc.Know the switch.

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. Any 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.

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