



HELIO

HYBRID SMART WATCH WITH
MECHANICAL HANDS & HEART RATE MONITOR

Instruction Manual v1.2

Model: helio

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Get Started

Thank you for choosing the Helio Hybrid Smart Watch. Please read this user guide before using the watch for the first time to ensure safe and proper use.

What's in the box



Watch Overview

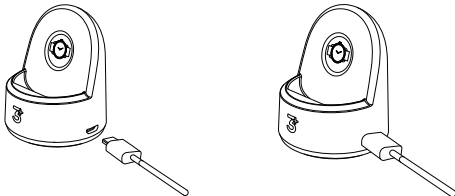


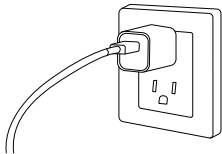
Charging the Helio Hybrid Smart Watch

Before using your watch for the first time, you should charge the battery. Use the charging dock provided with your watch to charge its battery. On a full charge, the Helio Hybrid Watch can last up to 5 days. Battery life and time to fully charge your device vary with use and other factors; actual results will vary.

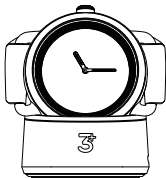
To charge Helio:

1. Connect the USB cable to the plug on the back of the charging dock



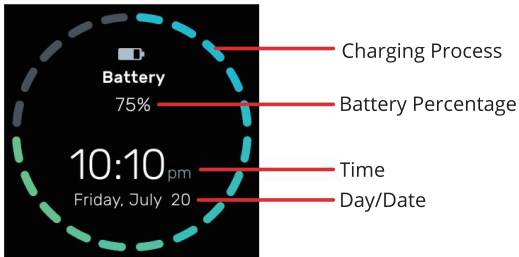


2. Plug the USB cable into a power adaptor. Plug the power adaptor into an electrical socket. (power adaptor not included)



3. Place your watch on the charging dock as shown below. The crown is facing up to allow the watch to reset on the charging dock.

4. While your watch is charging, the screen will show the time, day, date, battery percentage and charging progress (indicated by the ring around the edge of the watch face).



5. Once the battery is fully charged, remove it from the charging dock.

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.
- The charging dock is 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 device for the first time.
- Exposure to liquids or other foreign objects while using your watch may affect the charging dock, causing it to disconnect from the watch while charging.
- If the charging screen does not appear after connecting to a power source, adjust your watch's position on the charging dock.
- Do not charge the watch if the device, USB cable or charging dock is wet or contains any moisture. This can cause fire, electric shock, injury or damage to the watch.

Turning the Watch On and Off

Press and hold the crown for a few seconds to power on and off the watch.



Waking 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 Crown

Watch Navigation

The Helio Hybrid Smart Watch has an AMOLED Color touch screen built under the mechanical watch hands. Navigate the watch by tapping on the screen, swiping side to side, up and down, pressing the crown or by rotating the crown.

Basic Navigation

The home screen is the watch face. From the watch face:

- Swipe left or press the Crown to view the apps installed on your watch.
- Swipe from top to bottom to open your quick settings menu.
- Swipe up to see your notifications.
- Long press on the watch face to open the Choose Watch Face menu.



Crown Navigation

Crown Press

- When the watch screen is off, a crown press will turn on the screen and show the Watch Face.
- When the watch screen displays the Watch Face, a crown press will view the app menu.
- When the watch displays an app, a crown press will take the user to the Watch Face.

Crown Long Press

- When the watch is on (even if the screen is off), a long crown press will open a confirmation screen to turn off the watch.
- When the watch is off, a long crown press will turn on the watch.



Crown Rotate

- If the page is longer than the screen, rotating the crown will scroll the screen up or down.
- Rotate the crown to increase or decrease numbers when inputting numbers.

Set Up

Download the 3+ App for iOS or Android mobile devices. Not compatible for tablets, Windows or PC. The 3+ 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+ users. You'll have the option to share activity information and hide your account from other 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 5.5+ or iOS 9.3+ 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+ App from the Play store or the 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 Wi-Fi network

Pair the Watch

QR Code Method

On the Watch

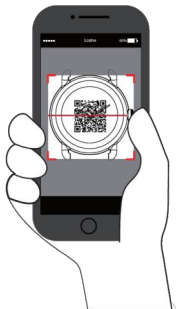
- Turn on the Helio Hybrid Watch.
- Select a language.
- Follow the onscreen instructions and download the 3+ App.

On the 3+ App

- Open the 3+ App on your mobile device.
- Create an account or login using an existing 3Plus account.
- Select the Helio Hybrid Watch from the list of devices.
- Select pair the watch via QR Code method.

On the Watch

- Swipe to the Right edge of the Watch to show the QR code



On the 3+ App

- On your mobile device, hold the view finder above the QR Code on the watch.

On the Watch

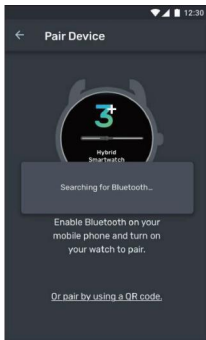
- A pairing animation will display on the watch while it pairs to the mobile device.
- A confirmation message will appear on the watch once its paired.

Calibrate the Watch Hands

After the pairing process is complete, follow the on-screen instructions on the 3+ App to calibrate the watch hands on your Helio Hybrid Watch to make sure the watch hands show the correct time. Select the Camera Calibration Method.

Camera Calibration Method

- Line up your watch with the outline on the 3+ App to calibrate the hands.
- Hold your watch in position until you see the watch hands move through the camera.

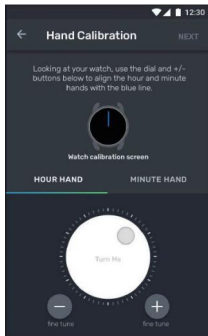


Notes*

If you have issues pairing or calibrating the watch with your mobile device's camera, you can select the manual pairing or manual calibration method.

Manual Pairing

- Select Manual from the Pair Device screen on the 3+ App
- Your mobile device will automatically search for nearby 3+ devices.
- A pop up will appear when the 3+ App locates a device.
- Match the Device ID number to the device ID on the 3+ App. Tap to number to pair.
- A confirmation message will appear on the watch and the 3+ App once its paired.



Manual Calibration

- Using the 3+ App, rotate the dial or tap the +/- buttons to align the hour and minute hands to the blue line.
- Tap on Hour Hand or Minute Hand to switch between each watch hand.
- Once watch hand is aligned, tap Next to save.

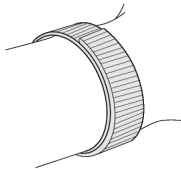
If your watch hands need to be recalibrated again for any reason, you can calibrate the hands again in the 3+ App. Go to the Watch settings and select Hand Calibration.

Wearing the Watch

For best results, the heart rate sensor on the back of the Heliio Hybrid 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 their job.

You may want to tighten the watch during workouts but loosen it when you're done. The heart rate sensor only works if the watch is worn on the top of your wrist.

Keep your watch and bands clean and dry to maximize comfort and prevent any long-term 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.

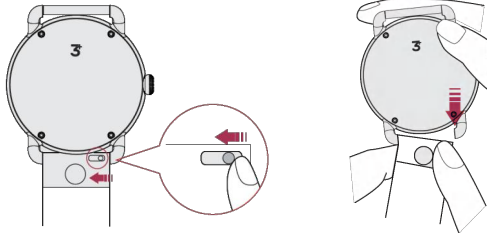


Changing the Band

Swap your watch's band anytime with the quick-change pins.

Turn the Helio Hybrid Watch over and look for the quick release pin on the side of the band that meets the frame.

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



Cleaning the Watch

Make sure to clean the watch and watch band regularly.

It is strongly recommended to regularly clean your watch's band after workouts or prolonged use. Moisture from sweat or dirt from other means 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 dampened 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.

Operating Conditions

-13°F to 131°F (-25°C to 55°C)

Water Resistance

The Helio Hybrid Watch is water resistant up to 5 ATM. This means that you may wear and use your watch during exercise (exposure to sweat is ok), in the rain and while washing your hands. The Helio Hybrid Watch can be used for shallow water activities, but it shouldn't be used for activities such as scuba diving, water skiing or any other activities involving high velocity water

Showering with the watch is ok but we do not recommend exposing the watch to any soaps, shampoos, conditioners or lotions as they can negatively affect the materials of the watch.

Water resistance is not permanent, and it may diminish over time. Dropping your watch, exposing the watch to soap or soapy water, wearing the watch in a sauna or steam room may affect the water resistance of your Helio Hybrid Watch.

Watch Features

Watch Face

The watch face is your home screen. Depending on which watch face you selected, you can see the current time, date, battery level, and more.



Changing the Watch Face

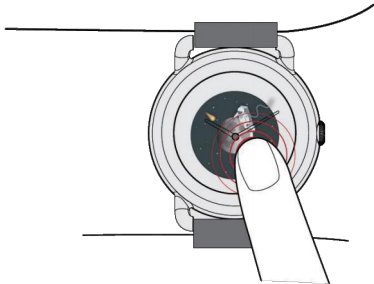
Give your screen your style by changing the watch face from the 3+ App or on the watch.

In the 3+ App

- Open the 3+ App on your mobile device
- Go to Settings
- Select Watch Settings
- Select Watch Faces
- Swipe left and right and stop on the watch face you want to use
- Tap Save to change the watch face.

On the Watch

- Touch and hold the watch face to bring up the watch face gallery
- Swipe up and down to cycle through the watch faces
- Tap on the watch face you want to use.



Daily Activity

Helio Hybrid Watch continuously tracks a variety of daily activity whenever you wear the watch. We recommend syncing the watch to the 3+ App once a day so you can keep track of your stats.

From your watch face, Press the crown to view your apps and tap on the Activity app.

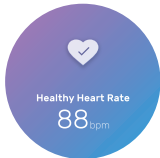
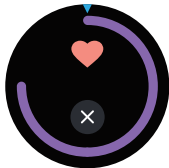
- The Activity App displays the activity metrics for the current day and percentage of activity goals completed.
- The Activity Graph shows the percentage completed for the current day's goal.
- Scroll down to see detailed information for Distance travelled, Steps taken, Active Minutes and Calories Burned.



Heart Rate

Helio Hybrid Watch can continuously track your heart rate throughout the day or you can take a Heart Rate measurement at any time. To measure your heart rate in real time, go to the apps section on the watch and tap on heart rate. Tap the  to start measuring your heart rate.

Your heart rate changes minute to minute. It depends on whether you are standing up or lying down or moving around. Try to stay still when you measure your heart rate.

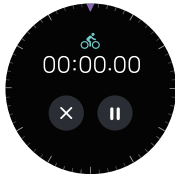


Record Workout

The workout app tracks detailed information about pre-determined workout types. Users can track their Cycling, Exercise Bike, Running and Walking workouts.

On the Watch

- Open the app section, scroll down and tap on workouts.
- Tap the desired workout mode.
- Tap  to begin your workout
 - Tap  to pause or  to resume the workout
 - Tap  to save and exit your workout and view your summary.



Notifications

Many notifications you see on your mobile device can also show up on your Helio Hybrid Watch. These include notifications for text messages, event reminders, emails, and more. Keep in mind that your mobile device and your watch must be within 30 ft of each other to receive notifications.

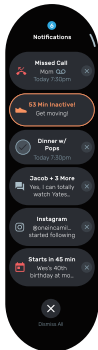
Set Up Notifications

Make sure the Bluetooth on your phone is turned On and your phone can receive notifications.

Make sure the Helio Hybrid Watch is already paired and calibrated to the 3+ App.

In the 3+ App, go to Settings and head to the Watch Settings tab and tap on Notifications.

Use the On/Off slider to allow notifications for calendar events, emails, calls, text messages and social media alerts.



Incoming Notifications

When your Helio Hybrid Watch and mobile device are within range, an incoming notification causes the watch to vibrate. If you don't read the notification when it arrives, you can check it later by swiping from the bottom edge to the middle to open the notification center.

Helio Hybrid Watch stores up to 15 notifications, after which the oldest are replaced as you receive new ones. To clear old notifications from your notification center, tap the small dismiss icon on each notification or swipe all the way down to dismiss all your notifications.



Reading Notifications

From your notification center, you can tap on a notification and read the details.

Quick Replies (Android Only)

Use quick replies to send short response to text messages on your watch. After receiving a text message, you'll see a Quick Replies section after swiping down below the dismiss button. These messages have generic responses, but you can customize each message in the 3+ App to match your style.



Incoming Calls

When you receive an incoming call, the callers' name appears if that person is in your contact list. If it's an unknown number, you'll just see a phone number. To ignore a call, you can tap  to send the caller to voicemail.

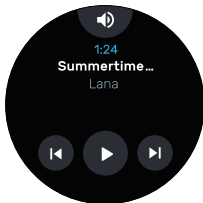


System Notifications

In addition to Smart Phone notifications, your watch will notify you when you are inactive, when you achieve a daily activity goal, when your watch is running low on battery and more.

Music Control

With the music app on the Helio Hybrid Watch, you can control your favorite songs and podcasts that play from your phone, right on your wrist. The music app is optimized to control songs that are locally stored on your mobile device or from Spotify Premium.



Local Music

- To control your local music, start by playing a song from your mobile device.
- While the music is playing, go to the apps section on the watch.
- Tap on Music to use the music controller.
- Play or pause the track or tap on the arrow icons to skip to the next track or previous track (if there is one).
- Tap on the sound icon at the top to change the volume.

Spotify Premium Music & Podcasts

- To control your music from Spotify Premium, start by opening the Spotify app on your mobile device
- Select a song or podcast from any playlist and play it.
- On your watch, go to the apps section.
- Tap on Music to use the music controller.
- Play or pause the track or tap on the arrow icons to skip to the next track or previous track (if there is one).
- Tap on the sound icon at the top to change the volume.

Weather

The Weather app displays weather in a location of your choice. To check the current weather, open the Weather app on your watch. By default, the weather app will show the weather for Los Angeles, CA. You can customize the location and other settings in the 3+ App.

To change the Weather Location

- Open the 3+ App on your mobile device
- Go to Settings
- Select App Settings
- Select Weather
- Tap the + icon and type the name of your preferred city then search.
- In the search result below, tap the city in the list.



Quick Settings

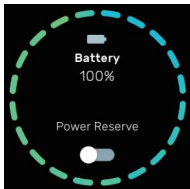
The Quick Settings Menu give you quick access to features such as Brightness, Airplane Mode, Do not Disturb Mode, Find my Phone, the current battery percentage and to the settings page.

Airplane Mode

- Tap the switch to toggle it On or Off. When Airplane mode is On, you can still use many of the features on your watch on an airplane or anywhere else where sending or receiving data is prohibited.

Do not Disturb Mode

- Tap the switch to toggle it On or Off. When Do not Disturb mode is On, you will not receive any incoming smart phone or system notifications. The watch's vibration setting will also turn off.



Power Reserve

- Tap the  icon to find the Power Reserve Toggle. When Power Reserve mode is On, the watch syncs with your mobile device less often, reduce the number of heart rate measurements and sets the screen brightness at 25% to achieve the longest battery life.

General Device Information and Tips

Device Information

The Helio Hybrid Watch contains the following:

- 6-axis accelerometer
- Optical Heart Rate Sensor
- Gyroscope
- AMOLED Display
- Rechargeable Lithium Polymer Battery
- 22mm Quick Change Pins

Memory

The Helio Hybrid Watch stores your activity data for up to 7 days in between the time you sync your watch to the 3+ App. Activity data includes your steps, distance, calories, active minutes, heart rate, sleep duration and workout data. We recommend syncing the watch to the 3+ App daily.

Tips

How do I update my Helio Hybrid Watch?

- Your watch automatically checks for updates daily. When an update is available, the 3+ app will notify you of a new update.

How do I find my watch's current firmware version?

- When the watch is paired, open the 3+ App, go to the watch settings and tap on Device Information.

Using the battery efficiently

- To minimize battery consumption, follow these tips
 - Turn off the Always-On screen option when not using your watch for a long time
 - Minimize the screen brightness
 - If you receive notifications on your watch that you don't want to see on your watch,
 - go into the 3+ App's notification settings and limit the watch notifications you want to receive

- The watch hands will continue to tell the time up to 30 days after your touch screen runs out of battery

If the Screen Freezes

- If the watch screen freezes and stops working, press and hold the crown until the watch reboots and the 3+ logo appears

How does 3+ estimate how many calories I've burned?

- 3+ estimates how many calories you've burned based on the physical data you entered when you set up your account. Sex, age, height and weight
- Your calorie count on your watch will reset each night at midnight.

How do I change my activity goals?

- Open the 3+ App, go to the activity dashboard
- Tap the edit icon ()
- Tap on an Activity and pick your new goal

How do I log my weight?

- On the 3+ App, go to the activity dashboard
- Tap on the scale icon
- Tap on the + icon to enter your new weight then tap Add weight to save

How do I log my water intake?

- On the 3+ App, go to the activity dashboard
- Scroll down and tap on circle that says water
- Tap the + icon to enter an amount then tap Add water at the bottom

How do I delete my 3+ Account?

- From the 3+ App, go to the Account tab
- Scroll down and tap on Delete Account
- Follow the on screen instructions

5 ATM Water Resistance

- Despite a rating of 5 ATM, your watch is not impervious to all liquids
 - Do not immerse the watch in any liquid chemicals (soap, etc) other than water

- Do not immerse the watch in salt water, including sea water
- Do not immerse the watch in a hot spring or jacuzzi
- The watch's water and dust resistant features may be damaged by dropping or receiving an impact. The watch is not resistant to shock. Doing so may damage or deform the unit causing water leakage

Trademarks

3Plus™ is a trademark or registered trademark in the United States. Apple® is a registered trademark of Apple Inc. Google Play is a trademark of Google LLC. Any use of such marks by 3Plus™ is under license. All other brands and product names are or may be trademarks of their respective owners.

Regulatory and Safety Information

USA: Federal Communications Commission (FCC) Statement

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions:

- 1) This device may 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 76 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.

In some cases, prolonged use of 3+ products may cause skin irritation. Prolonged contact may contribute to skin irritation or allergies in some users. To reduce the possibility of irritation, keep the watch and watch band clean and dry. Don't wear it too tight and give your wrist a rest by removing the watch after an extended period of wear. If you feel soreness, tingling, numbness, burning or stiffness in your hands or wrists while or after wearing the watch, please immediately discontinue use.

The 3Plus Helio Hybrid Watch is not a toy. The watch contains small components that could be a choking hazard and are not intended for use by small children or pets. Unless otherwise specified, 3+ devices and services are not a medical device and are not intended to diagnose,

treat, cure or prevent any disease. 3+ develops products and services to track daily activity and wellness information as accurately as possible. The accuracy of 3+ devices are not intended to be equivalent to medical devices or scientific measurement devices.

Customer Support

If you experience any problems with the watch, it may be fixed by restarting your watch.

For additional troubleshooting or to contact customer support email at service@3plususa.com.

For more information, visit us online at www.3plususa.com.

方格網料[A]		包打(取價便宜)[A]	
尺寸(mm)	重量(kg)	尺寸(mm)	重量(kg)
> 100×100	4.00	> 100×100	2.1
< 100×100	4.02	< 100×100	2.08
> 100×100	2.05	< 100×100	4.02
< 100×100	4.03	> 100×100	2.07
> 100	4.01	< 100	4.04

规格要求	
尺寸	成品尺寸：90x60mm
页数	
材质	1. 封套封底157g铜版纸，四色印刷 2. 内页105g铜版纸，四色印刷 3. 成品黑框不印刷
工艺	1. 胶装5mm，不能打钉，裁切不能露到内容

备注：此页不在印刷范围！

6. 结论

1. 代平相府，在山西境内；无毛刺，去飞虫，去刺尖；
2. 煎服时以瓦、土瓦罐、瓦瓶、砂锅、铁锅、铜锅、瓷锅、宣白等中县煎服；
3. 以行经时服用，非经期忌服；
4. 按服法点按或点按。

变更历史	PRB版本	变更内容说明	变更人	时间
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		审核	黄清弟	日期	20190123
		设计	伍剑岚	日期	20190123
		PROJECTION		UNITS 单位	MM
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材料	铜板纸		版本	Y C	第 1 页