● Usage Method: Vibration Alert
Actively by long pressing the power button or connecting the charger. The device vibrates once for 250ms.

● Pair with Mobile Phone
Download and install the "iSmart" application, compatible with IOS and Android systems.

For APP download only

● Device Connection
When using the watch for the first time, connect it to the APP to complete the initial setup. After successful login, set your personal information. The bracelet will automatically pair with the app and the connection is established.
Scan the QR code to download the APP, register an account and enter the application.
Tap "Mine" in the APP, then click "Not Connected".

Start searching, select the corresponding Bluetooth name of the bracelet to pair and connect. Supported pairing: IOS 10.0 and above, Android 5.0 and above

Audio Connection
After the watch is successfully connected to the APP, a Bluetooth audio pairing request will pop up in about 3 seconds. Authorize the connection request. The bracelet will vibrate once, the audio connection will be completed, and you can use Bluetooth calling and Bluetooth music playback functions.
Long-press the bracelet for 3 seconds to enter pairing mode to connect or disconnect Bluetooth call and audio connection.

(1). What to do if Bluetooth connection fails
Check whether your device runs iOS 10.0, Android 5.0 or later versions and supports Bluetooth 5.0. Wireless Bluetooth connection is affected by environmental factors, and connection time may vary. If the connection cannot be established for a long time, perform the operation in an environment free from magnetic fields and excessive Bluetooth device interference.

1. Turn off Bluetooth and enable it again
2. Restart the bracelet and restart the mobile phone
3. Avoid connecting other Bluetooth devices or activating relevant functions at the same time
4. Ensure the APP is not running in the background. Connection may fail if the APP stops running

(2) Unable to search for the bracelet
The phone may fail to receive the bracelet's Bluetooth broadcast signal. Ensure the bracelet has sufficient power, is activated and not connected to other devices. Place the bracelet close to your phone. If the issue persists, turn off Bluetooth and restart it after 20 seconds.

(3) Why no reminders are received even when the reminder function is enabled?
Android phones:
Confirm that the phone is connected to the bracelet. After connecting, enable app notifications in the phone's system settings. Allow the iS Band app to access incoming calls, SMS and contacts, and keep the app running in the background. If security software is installed on your phone, add iSband to the trusted list.

iOS phones
If you fail to receive reminders after connection, restart your phone and reconnect. When pairing the bracelet again, wait until the Bluetooth pairing request pops up on the phone, then tap Pair to get reminder notifications.

● Function Introduction
Health Check Click on Health Check
Switch to the Mini Health Check interface to detect multiple health indicators. Tap one-click measurement to start detection. The bracelet will vibrate and the measurement will stop upon completion. The assessment results will be synchronized to the APP when the device is connected.
Note: The results are for reference only and shall not be used as medical data.

Steps / Distance / Calories
You can check your daily walking steps, travel distance and burned calories at any time.

Calls
The call function menu includes dialing, contacts and call logs. This function can only be used when the device stays connected.

Sleep
After connecting to the APP, wear the watch normally while sleeping. The device will analyze your sleep quality, including deep sleep, light sleep and total sleep duration. All sleep data can be viewed in the APP.
Note: Sleep data will only be recorded when you go to bed with the watch worn.

Body Composition
On the body composition test interface, tap to start measurement. Place your hands on the sensor and make sure the two rear electrodes and side electrodes fit closely against the skin to start the test. A relevant test report will be ready after measurement completion.
Note: The test results are for reference only and cannot be used as medical data.

Body Temperature
Click on the body temperature interface to start real-time temperature detection. The data can be synchronized to the connected APP.
Note: The system automatic monitoring, with historical data storable for 30 days.
Note: It is recommended to wear the watch for 10 minutes before measuring body temperature. The measurement is affected by ambient temperature changes and are only for health alert reference. Final judgment shall be subject to professional medical devices and doctor diagnosis.

Weather
The weather page displays current weather information. Data retrieval and updates require connection to the APP client. If disconnected for an extended period, weather updates will be unavailable.
Note: The weather interface will not be available when the watch is disconnected from the APP. After connecting to the APP, you must manually update information on your phone for the weather interface to display and update data.

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.

FCC Radiation Exposure statement

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