smart wristband user's Guide

Wear it properly

The bracelet is best worn after the ulnar styloid

Adjust the size of the wrist according to the adjustment hole; buckle the wrist strap buckle.

The sensor should be close to the skin to avoid moving

Charge the bracelet

Use it for the first time to ensure that the battery is in normal condition. If the power is not turned on normally, please connect the charger to charge the device.

Install the bracelet app on your phone

Scan the QR code or go to the App Store, app download and install the app.

Android/IOS

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

Device connection

- For the first use, you need to connect the APP for calibration. After the connection is successful, the bracelet will automatically synchronize the time.
- Turn on the Bluetooth switch of the mobile phone system → enter the app device module settings → click "Bind device, experience more features" to enter, it will automatically search for nearby Bluetooth devices on the bracelet, find and connect the bracelet device.
- After the pairing is successful, the APP will pop up a guide page. According to the instructions, jump to the mobile phone system Bluetooth search to find the H13/Y13/WellAudio/H13Mini/H13Pro/H13PLUS /GTS4/HB13mini/HB13/L10/L2Q/H15/L21PLUS device and connect it. After the connection is successful, you can make / receive calls and listen to music (Note: If the mobile phone system Bluetooth has not been searched equipment, please enter the Dual mode menu and set it to On, you cannot make calls without connecting the equipment.)
- APP will automatically save the Bluetooth address of the bracelet, and the APP will open and run in the background, and will automatically search and connect the bracelet;
- Android phones use all notification permissions to read contact information and give the app background running in the phone settings.

Bracelet function description

- Slide down the standby page to enter the notification reminder, and slide up to enter the control center
- Swipe left or right on the standby page to cycle through the dials
- Long press 2 seconds on any dial page to start the language assistant. (Remarks: The mobile phone also needs to be connected to the device, and the smart phone needs to set the user's voice in advance in the voice menu)
- Click the screen on the standby page to enter the main menu, the style of the main menu can be switched
- Bracelet reset device This function will clear all data of the bracelet (such as step counting)
- Switch to the heart rate three-in-one interface to start the test, heart rate three-in-one interface 60s timeout automatically off screen (heart rate and blood pressure need bracelet hardware support).

Clock interface

After synchronizing with the phone, the bracelet will automatically calibrate the time;

Swipe left or right on the standby page to cycle through the dials

Step

Number of steps

Wear the bracelet and record the number of daily movement steps to view the current real-time steps.

distance

The distance of motion is estimated based on the number of walking steps.

Calories

Estimate the calories burned based on the number of walking steps

Heart rate, blood pressure, blood oxygen three-in-one

After entering the heart rate three-in-one test interface for a few seconds, the current heart rate, blood pressure, and blood oxygen test results are displayed. This feature requires a wristband to support heart rate and blood pressure sensors.

dial

Dial pad for making calls (note: the phone also needs to be connected to a device)

phone book

Add 8 commonly used contacts in the APP. After the bracelet is successfully connected with the APP Bluetooth, the contacts can be displayed in the bracelet phone book. Click the contact to make a call (Note: The phone needs to be connected to a device)

Music control

The bracelet can control the previous song and the next song, and pause / start playback. (Note: devices need to be connected to use this feature phone)

Dual mode switch

This switch needs to be turned on for the phone to search for the device. If the phone is not connected to the device within 5 minutes after the bracelet is turned on, the switch will be turned off automatically, and it needs to be turned on manually when it is used again.

exercise more

All sports modes can record the calories and duration of skipping rope.

Sleep mode

When you fall asleep, the bracelet will automatically enter the sleep monitoring mode; automatically detect your deep sleep / light sleep / wake up all night, calculate your sleep quality; the wristband only shows the total length of deep sleep / light sleep / sleep, APP end can View sleep data details.

Note: Sleep data will be available when you wear your wristband and sleep will be detected from 10:00 pm. Sleeping data for 3/4 hours can be synchronized to the app while sleeping.

Information mode

Information menu can view the latest news content

Stopwatch function

Enter the stopwatch and click the start button to start timing, click the pause button to stop, and click the reset button to clear the timing.

Custom dial

You need to connect to the APP to get the dial settings, you can choose the recommended dial / default dial / album custom dial to synchronize to the bracelet.

APP function and settings

Personal information

Please set your personal information after entering the app.

Settings → Personal Information, you can set gender - age - height - weight - distance

You can also set your daily goal steps to monitor daily completions.

Application push

SMS notification:

In the connected state, if the SMS reminder function is enabled, the bracelet will vibrate when there is a text message.

Other reminders:

In the connected state, if this function is enabled, when there are messages such as WeChat, QQ, Facebook, etc., the bracelet will vibrate to remind and display the content received by the app (You need to give the APP permission to get system notifications, and the wristband can display 20-40 words).

Note: Incoming call reminder system is enabled by default, no switch option (calls for incoming calls need to be connected to device)

Other functions:

Turn on the vibration setting function, when there are calls, messages or other reminders, the bracelet will vibrate. If it is off, the bracelet will only have a screen reminder without shaking to avoid interruption.

Tips for Android users:

When using the reminder function, you need to set it to allow "FitPro" to run in the background; it is recommended to add "FitPro" to the rights management and open all permissions.

Alarm setting

In the connected state, 8 alarms can be set. After setting, it will be synchronized to the bracelet; offline alarm is supported. After the synchronization is successful, even if the APP is not connected, the bracelet will be reminded according to the set time.

Looking for a bracelet

In the connected state, click the "Look for the bracelet" option and the bracelet will vibrate.

Remote photography

In the connected state, start the photo from the wristband or the APP to enter the remote camera interface, shake/turn the wrist/touch the bracelet, and automatically take a photo after 3 seconds of counting down. Please allow the APP to access the photo album to save the self-portrait photo.

Sedentary reminder

Set whether to enable the sedentary reminder function, you can set the reminder interval, if you sit for a long time in the set time, the bracelet will remind you.

Raise your hand to brighten

Turn this function on. When the wristband is in the state of the screen, lift your wrist and turn the screen to yourself to light up the screen.

Do not disturb mode

Turn on the Do Not Disturb mode. You can set the Do not disturb time period. During the set time period, the bracelet stops receiving notification messages to avoid reminding messages.

Device reset

Setting this feature reset will erase all data in the bracelet (such as step counting)

Remove device

Remove device This feature will erase data and remove device

Basic parameters

Equipment type	smart wristband	type of battery	Lithium polymer
Vibration motor	stand by	Synchronously	Bluetooth 4.0
Operating temperature	-10°C~50°C	sensor	Lowpower acceleration sensor
System Requirements	IOS9 or above / Android5.0 or above		

Precautions

1. Bathing and swimming should not be worn.
2. Please connect the bracelet when synchronizing data.
3. Use the included charging cable to charge.
4. Do not expose the handle ring to moisture for a long time, where the temperature is extremely high or extremely low.
5. The flashover of the wristband restarts. Please check the memory information of the mobile phone to clear it and try again, or exit the APP and reopen it.

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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 complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.