smart wristband

user's manual

Wear it properly

The wristband is best worn after the ulnar styloid
Adjust the size of the wrist according to the adjustment hole; Buckle belt buckle.
The sensor should be close to the skin to avoid moving.

Charge the bracelet

For the first time, make sure that the battery is in normal power. If the power is not turned on normally, please connect the charger to charge the device, and the bracelet will automatically turn on.

Install the bracelet app on your phone

Scan the QR code or go to the App Store, app do waload and install the app

Android/iOS

System Requirements: Android 5.0or above; iOS9.0 or above;Support for Bluetooth 4.0.

Device connection

For the first time, you need to connect to the APP for calibration. After the connection is successful, the bracelet will automatically synchronize the time.

- Open the phone app→click to start scanning→ click onthe device connection
- After the pairing is successful, the APP will automatically save the Bluetooth address of the bracelet, and when the APP is opened or running in the background, it will automatically search and connect the bracelet;
- Android mobile phone Please ensure that the APP runs in the background and ensure that the mobile phone has been given all permissions such as running the background and reading the contact information.

Bracelet function description

- When the device is turned off, touch and hold the function button for more than 3 seconds to turn the device on
- In the Bluetooth address interface of the bracelet, press and hold the 2 second wristswitch to turn off the phone. Short press will exit the shutdown page
- Bracelet reset device This function will clear all data of the bracelet (such as step counting)
- Under the power on state, touch the short press function key to light up the screen
- Whether the default clock page of the bracelet, press the short press function key to switch to view different pages, no operation default five-second screen
- 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 syncing with the phone, the bracelet will automatically calibrate the time.
Press and hold the standby interface for 2 seconds to switch the clock interface (2/2/3 hours)
（tracks 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.
Calorie
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.
Multi-sport mode
(Running Mode)
Under this interface, you can record the calories and duration of running.
(Skipping rope mode)
Under this interface, you can record the calories and duration of rope skipping.
(Sit-up mode)
Under this interface, you can record the calories and duration of sit-ups.
（Sleep mode）
When you fall asleep, the bracelet will automatically enter the sleep monitoring mode: Automatically detect your deep sleep/shallow sleep/wake up all night and calculate your sleep quality: Sleep data is only supported for APP viewing.
Note:Wearing a bracelet to sleep will have sleep data and start to detect sleep at 10 o'clock in the evening. Sleeping 3\4 hours of sleep data will be synchronized to the APP while sleeping
Information mode
When the bracelet pushes multiple reminder messages, enter this interface to view the last 5 message records.

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

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

（Application push）

In the connected state, if the call alert function is enabled, when the call comes in, the wristband will vibrate and display the name or number of the caller.(You need to give APP read address book permission)
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 is a message such as WeChat, QQ, Facebook, etc., the bracelet will vibrate to remind and display the content received by the app.(You can also view the last about 20 message records in the ring information menu).(You need to give the APP permission to get system' notifications. The wristband can display 20-40 words).

Other functions:
Turn on vibration to set this function, When there is a call, message or other reminder, the bracelet will vibrate. If it is closed, the bracelet will only have a screen reminder without shaking to avoid disturbing.

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.
(Raise your hand to brightens)
After the function is turned 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 pa rameters

Equipment type	smart wristband	Power Battery	Lithium polymer
Vibration motor	support	Bluetooth4.0	
Operating temperature	-10℃-50 ℃	Bluetooth synchronization sensor	Low Power Acceleration Sensor
System Requirements	iOS9.0 and above/Android 5.0 and 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 bracelet to high moisture, high temperature, or very low temperatures for long periods of time

5.The bracelet appears to crash and restart. Please Check the phone memory information clear and try again, or exit the APP and reopen it.

Component introduction

*Host *Wrist strap *Charging cable *Packing box and instructions

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

智能手环

使用说明书

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。
传感器紧紧贴皮肤，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。

在手机上安装手环 APP

扫描二维码或进入 APP Store，应用宝下载并安装 APP

Android/iOS

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。

打开手机APP→点击开始扫描→点击设备连接

- 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；
- 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。

手环功能说明

- 在设备关机状态下，触摸长按功能键 3 秒以上可使设备开机。
- 在手环的蓝牙地址界面，长按 2 秒左右手环关机。短按会退出关机页。
- 手环重置设备此功能会清除手环所有数据 （如计步）
- 设备开机状态下，触摸短按功能键可点亮屏幕；
- 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
- 切换到心率三合一界面进入开始测试，心率三合一界面 60s 超时自动关屏（心率和血压需手环硬件支持）。

时钟界面

与手机同步后，手环会自动校准时间；

待机界面长按 2 秒可以切换时钟。

计步

运动步数
佩戴手环，记录每天运动步数，只查看当前实时步数。
距离
根据行走步数，估算移动的距离。
卡路里
根据行走步数，估算消耗的卡路里
心率，血压，血氧三合一
进入心率三合一测试界面等待数秒后，显示当前心率，血压，血氧的测试结果；此功能需要手环支持心率，血压传感器；

多运动模式

跑步

此界面下可以记录跑步消耗的卡路里和持续时间；

跳绳模式

此界面下可以记录跳绳消耗的卡路里和持续时间；

仰卧起坐模式

此界面下可以记录仰卧起坐消耗的卡路里和持续时间，

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从晚上 10点开始检测睡眠，入睡 3/4 小时睡眠数据可以选睡达到步列 app 中。

信息模式

当手环推送多条提醒消息，进入此界面可查看最近3条消息记录

APP 功能及设定

个人信息

进入 APP 后请先设定个人信息

设置→个人信息，可设置性别-年龄-身高-体重

您也可以设置您的每日目标步数，监控每日的完成情况。

应用推送

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（也可进手环信息菜单查看最近三条消息记录）。（需赋予 APP 获取系统通知的权限，手环最能显示 20-40 个字数）。

其他功能:

开启震动设置此功能，则当有来电，信息或其他提醒时，手环会震动，若关闭，则手环只会有屏幕亮醒而不震动，以免打扰。

Android 设置设置

使用提醒功能时需要设置为允许"FitPro"后台运行;建议在权限管理中加"FitPro"为信任并打开所有权限。

闹钟设置

连接状态下，可进行 8 个闹钟功设置，设置后，会同步给手环；支持跨线闹钟，在同步成功后，即使 APP 未连接，手环也会按设定时间提醒。

寻找手环

连接状态下，点击“寻找手环”选项，手环会发出震动。

遥控拍照

连接状态下，从手环端启动拍照或 APP 端进入遥控拍照界面，按一回/触摸/触摸手环，则计时 3 秒后自动拍照请允许 APP 访问相册以保存自拍的照片。

久坐提醒

设置是否开启久坐提醒功能，您可设置提醒时间间隔，若在设定时间内长时间坐着，则手环会提醒。

抬手亮屏

开启此功能当手环息屏状态下，抬起手腕将屏幕转向自己即可点亮屏幕，放下屏幕会灭

勿扰模式

开启勿扰模式此功能，您可设置勿扰时间段，在设定时间段内手环停止接收通知消息，以免提醒消息打扰

设备重置

设置重置此功能会清除手环所有数据（如计步）

移除设备

移除设备此功能会清除数据并移除设备

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	充电方式	磁吸 4.0
工作温度	-10℃~50℃	传感器	低功耗加速度传感器
系统要求	iOS9 以上/Android5.0 以上		

注意事项

1.洗澡和游泳都不宜佩戴。

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，温度较高或极低的地方。

5.手环出现死机重启现象，请注意检查手机内存信息清除再试，或退出 APP 重新打开。

部件介绍

*主机 *腕带 *充电线 *包装盒及说明书

该设备符合FCC规则第15部分。操作需满足以下两个条件： (1) 本设备不得造成有害干扰，以及 (2) 本设备必须接受接收到的任何干扰，包括可能导致不希望的操作的干扰。
未经合规责任方明确批准的任何更改或修改可能导致用户操作设备的权限失效。
附注：本设备已经过测试，符合B类数字设备的限制，根据FCC规则第15部分。这些限值旨在提供合理的保护，防止住宅安装中的有害干扰。本设备产生、使用并能辐射射频能量，如果不按照说明书安装和使用，可能会对无线电通信造成有害干扰。但是，不能保证在特定的安装中不会发生干扰。
如果此设备确实对无线电或电视接收造成有害干扰，
这可以通过关闭和打开设备来确定，鼓励用户尝试通过以下一个或多个措施来纠正干扰：
--调整接收天线的方向或位置。
--加大设备与接收器之间的距离。
--将设备连接到与接收器连接的电路不同的插座上。
--请咨询经销商或有经验的无线电/电视技术人员以获得帮助。
该设备已被评估，以满足一般的射频暴露要求。该装置可在便携式曝光条件下使用，不受限制