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 download and install the app

Android/iOS

System Requirements: Android 5.0 or 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 on the 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 the mobile phone system settings are 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 of 24/12 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.

(Skiping 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:Rearing 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 3 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)

Incoming call:

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 three 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.

(Locking for a bracelet)

In the connected state, click the "Lock 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 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	Type of battery	Lithium polymer

	wristband	
Vibration motor	support	method re asynchronou
Operating temperature	-10℃~50℃	omnipo
System Requirements	iOS9.0 and above/Androi	

Precautions

1.Bathing and swimming should not be w

2.Please Connect the bracelet when sym

3.Use the included charging cable to c

4.Do not expose the bracelet to high temperatures for long periods of time

5.The bracelet appears to crash and p information clear and try again, or ex

6.After the call bracelet is connected t up on the mobile phone interface and d

Component introduction

*Host *Wrist strap *Charging cable *Pac