

- Download the App.  
Scan the QR code, download and install the app.  
The mobile phone operating system requirements are:  
Android 4.4 and higher / IOS 9.0 or higher / Bluetooth 4.0 and higher



- Load and activate.  
Make sure the battery is fully charged the first time.  
To charge the device, plug the charger cable into an adapter or USB port on your computer.



área de botón táctil

- Link.
  - Turn on the phone's Bluetooth and make sure it can't connect to other devices.
  - Open the App and set your profile.
  - Go to "device", and click "add device".
  - Choose your device from the list. And finish.
 Press and hold the "time page" on your device, go to the details page. The MAC address on the detail page can help you identify your device from the list. Notice: If the Bluetooth icon on the bracelet is blue, it means that it is connected to your phone. If the Bluetooth icon on the bracelet is gray, it means that it is not connected to your phone.

- Features.  
Main interface (Open the app "see screens" change):  
date, time, week, battery, bluetooth status, number of steps, calories.



- 4.1. Sports: the smart bracelet automatically track steps dices. Hold down the sports page so that the calories burned and distance traveled is displayed on the screen.



- 4.2. Heart rate measurement: touch and hold the frequency page heart rate to start measuring your rate cardiac. Press the button for 2 seconds to exit the measurement. Press the button again to exit. Data is for reference only, not for medical use.



- 4.3. Sleep monitoring: If you wear your bracelet smart while you sleep it will show you sleep hours, quality and statistics of sleep both on the screen and on the application. Notice: sleep statistics they reset to zero at 8:00 pm.



- 4.4. Blood pressure measurement: hold down the pressure page blood to start measuring your pressure blood. On the blood pressure page You can see the measurement data. The data is for reference only, not for medical use.



- 4.5. SpO2 test: hold down the SpO2 page to start the measurement. In the page SpO2 can see the data of measurement. The data is only from Reference, not for medical use.



- 4.6. Time: can display the information of the current time. Press and hold to show tomorrow's information. The information of the time is updated after connecting with the App will not update after a long time disconnected.



- 4.7. Music playback control: after connecting the device you can remotely control the music player on your phone.



- 4.8. Self-timer: remote control your phone camera pressing and holding the camera icon.



- 4.9. Off:  
tap and hold on the page  
off to turn off.



- 4.10. Motion reminder:  
The device will vibrate to remind you that  
move after 1 hour sitting.  
You can enable / disable this feature  
in the App.



- 4.11. Hands-free phone:  
press and hold the touch button  
on the bracelet and you can  
take the call.



5. Notice:

- 5.1. A more detailed analysis and data logging can be seen on the client.
- 5.2. Using the touch button: One touch in the touch area of the main screen to wake up the device and switch to another function screen. Press and hold to enter more functions you need.
- 5.3. Using Quick View: With Quick View, you can see the time or phone messages on your wristband without pressing. Just turn your wrist towards you and the time display will appear a few seconds.

6. Precautions for use:

- 6.1. Throwing the product into a fire is prohibited due to the risk of explosion.
- 6.2. In a strong static environment, malfunctions may occur, such as not seeing the screen or abnormal screen operation. Do not use the smart bracelet in environments with high pressure or high magnetism, to avoid electrostatic interference.
- 6.3. This product is waterproof for cold water, hot water can cause fog to appear on the lenses.
- 6.4 Battery life depends on environment usage and pattern changes.

Warning:

The product is not a medical device. Data are for reference only and not for medical use.  
All rights reserved. The company reserves the right to improve or modify the product without prior notice.  
All images in this guide are for reference, specifications are subject to physical product.