

# Smart Wristband User Manual

## How to Wear

The wristband is best worn on the wrist, on the ulnar styloid (the bony part). Adjust the size with the strap, but the sensor should be close to the skin to avoid moving.

## Charging the Bracelet

For the first time using it, be sure to fully charge the bracelet. Connect the unit to the USB adapter and plug it into any USB wall adapter, car adapter, or computer's USB ports for 3-4 hours.

## Installing the App

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



Fit Pro Android/iOS App

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

## Device Connection

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

**TURN ON THE BLUETOOTH SWITCH OF YOUR SMARTPHONE → AND PAIR TO YOUR DEVICE AS YOU WOULD A PAIR OF BLUETOOTH HEADPHONES. IT WILL AUTOMATICALLY SEARCH FOR NEARBY BLUETOOTH DEVICES, FIND THE BRACELET DEVICE AND CONNECT TO IT.**

- After the pairing is successful, the APP will automatically save the Bluetooth address of the bracelet, and you won't have to pair it again. When the APP is opened or running in the background, it will automatically search and connect the bracelet.

- For Android users: agree to all notification permissions such as contact information and mobile app settings to run in the background.

## **Bracelet Functions**

- To turn on for the first time, touch and hold the function button for more than 3 seconds to turn the device on
- Under the “More” menu, cycle through until you see a power button logo. (This will also show the software version installed) Long press to shut the device off
- When on, touch the short press function key to light up the screen
- Whether the default clock page of the bracelet, you can enter more menus to set different clock pages, no operation default five-second screen
- Long press the button to go to different modes
- 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**

After syncing with the phone, the bracelet will automatically calibrate the time.

## **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 Monitor**

You can also see your heart stats: current heart rate, blood pressure, and blood oxygen test results are displayed as provided by the sensor.

## **Multi-sport Modes**

### ***Running Mode***

In this interface, you can view the calories and duration of your runs

### *Jump Rope Mode*

This interface allows you to view system time, record calories burned and duration

### *Sit-Ups Mode*

This interface allows you to view system time, record the calories burned and duration of sit-ups

## **Temperature Measurement**

1. When the bracelet is worn for the first time, please go to the More menu, select the QR code page and press and hold 2 seconds or more to start the temperature calibration. The temperature calibration needs to run for about 15 minutes. After you long press on the QR menu, just go back to wearing the device as normal. Within 15 minutes, you should have accurate readings. Note: You only need to calibrate when you use the bracelet for the first time.

2. The calibrated bracelet should be touching the skin when worn normally.

3. When taking off the bracelet and wearing it again, please wear it for 15 minutes while the temperature readings become more accurate

4. Successfully connected to the APP, the data measured on the wristband can be uploaded to the APP's temperature history page. The average value of the first 10 seconds will be uploaded to the APP.

5. Temperature data is not uploaded without the APP or Bluetooth connection.

6. You can switch between degrees Celsius and Fahrenheit, within the APP. This also changes the value on the wristband tracker.

7. Long press on the temperature measurement page to switch the measurement mode from body to surface temperature readings

Note: The temperature measurement results vary according to the ambient temperature, and the data is for reference only.

## **Sleep Mode**

**WHEN YOU FALL ASLEEP, THE BRACELET WILL AUTOMATICALLY ENTER THE SLEEP MONITORING MODE; IT AUTOMATICALLY DETECTS YOUR DEEP SLEEP, SHALLOW SLEEP, AND WAKE UPS, ALL NIGHT. THESE READINGS HELP CALCULATE YOUR TOTAL 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. Every 3/4 hours of sleep data will be synchronized to the APP while sleeping.

## **Information mode**

When the bracelet alerts to multiple reminder messages, enter this interface to view the last 3 notifications.

# **APP Functions and Settings**

## **Personal Information**

Please set your personal information after entering the app.

**SETTINGS** → **PERSONAL INFORMATION**.

Then you can set gender - age - height - weight

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

## **Push Notifications**

### **Incoming call:**

When connected to your phone, 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 grant the App access to your contacts or address book permission)

### **SMS notification:**

When connected to your phone, if the SMS reminder function is enabled, the bracelet will vibrate when there is a text message.

### **Other reminders:**

When connected to your phone, 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.

Note: You need to give the APP permission to get system notifications. The wristband can display 20-40 words.

### **Other Functions:**

Turn on vibrations: When there is a call, message or other reminder, the bracelet will vibrate. If it is disabled, 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 Settings**

When connected to your phone, 8 alarms can be set. After setting then in the APP, it will be synchronized to the bracelet; offline alarm is also supported. After the synchronization is successful, even if the APP is not connected, the bracelet will be reminded according to the set time.

### **Bracelet Finder**

When connected to your phone click the "Look for the bracelet" option and the bracelet will vibrate.

### **Remote Photography (Shutter Button)**

When connected to your phone, the app enters the remote camera interface. Shake your wrist and your phone automatically takes a photo after 3 seconds of counting down. Please allow the APP to access the album to save the self-portrait photos. Note: When taking a remote control photo, the bracelet cannot operate other functions.

### **Sedentary Reminder**

Here you can set the reminder time interval. When turned on, if you sit for a long time, the bracelet will remind you to stand.

### **Raise Hand to Brighten/ Turn On Screen**

With this function on, when the wristband is raised and the screen is turned toward yourself, it will light up.

### **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 and erase all data in the bracelet (such as step counting)

## Remove Device

This feature will erase data and remove device from your phone

### Tech Specs:

<b>Equipment Type</b>	Smart Wristband	<b>Type of Battery</b>	Lithium Polymer
<b>Vibration Motor</b>	Support	<b>Method of Synchronization</b>	Bluetooth 4.0
<b>Operating Temperature</b>	-10°C~50°C	<b>Sensor</b>	Low-Power Accelerometer
<b>System Requirements</b>	iOS9.0 and above/Android 5.0 and above		

### Precautions

1. Don't wear it while swimming or bathing.
2. Please keep the bracelet connected to your phone while synchronizing data.
3. Use the included USB 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. If the bracelet appears to crash and restart while the APP is open or active, make sure to close and restart the APP.

### Contents:

Unit, Adjustable Wrist Strap, USB Charging cable

### **OTHER INFORMATION:**

**CPU: HS6620**

Memory:512K

Android: 5 Or Later

iOS: 9.0 Or Later