



3+ | 3PLUS VIBE LITE BT

User's Manual



Watch Overview

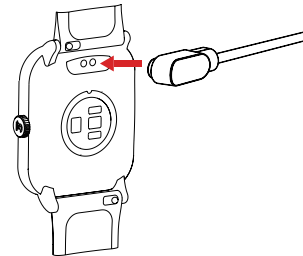


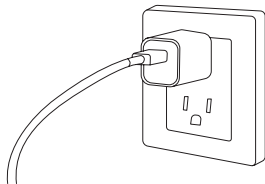
Charging the 3Plus Vibe Lite BT smart watch

Before you set up the watch, you need to charge the battery. Use the USB charging cable provided with your watch to charge its battery. On a full charge, the 3Plus Vibe Lite BT smart watch has a battery life of 14+ days. Battery life and time to fully charge your device vary with use and other factors.

To charge 3Plus Vibe Lite BT

1. Attach the pins on the USB cable to the back of the 3Plus Vibe Lite BT. The cable will magnetically snap into place when attached correctly.





2. Plug the USB cable into a power adaptor or a computer.
Plug the power adaptor into an electrical socket.
*Power adaptor is not included.

3. While your watch is charging, the screen will show the charging progress through battery percentage.
4. Once the battery is fully charged, remove it from the charging dock.

Notes

- The watch may become warm while charging. If the watch becomes hotter than usual, remove the watch from the charger and discontinue charging until it cools.
- This USB charging cable is specifically designed to only be used with this watch and is not compatible with other 3Plus devices.
- To maximize battery life, make sure the battery is fully charged before you use the watch every time.
- Exposure to liquids or other foreign objects while using your watch may affect the charging, causing it to disconnect from the watch while charging.
- If the charging screen does not appear after connecting to a power source, check if the pins are attached correctly to the back of the 3Plus Vibe Lite BT.
- Do not charge the watch if the device or USB charging cable is wet or contains any moisture. This can cause fire, electric shock, injury or damage to the watch.



Turning the watch On and Off

To turn on your watch, press and hold the button for 2.5 seconds. To turn off your watch, press and hold the button for 4 seconds until you see the prompt asking if you want to turn off your watch. Tap  to turn off the watch.

*If the watch freezes, press and hold the button for 15 seconds to force restart the watch.

Wake Up the Watch

To preserve battery, the watch screen turns off when not in use.

To turn the screen back on, you can wake up the watch by:

- Pressing the button
- Raise the wrist and turn the watch toward you.



Set Up

Download the 3PlusBT App on iOS or Android mobile devices. Not compatible for tablets, Windows or PC. The 3PlusBT App will ask for personal information such as height, weight and sex to calculate your stride length, walking distance, calorie burn rate and basal metabolic rate. When you set up your account, your name and profile picture will be visible to other 3PlusBT users.

App Set Up

Before pairing, follow these steps to set up your watch to your mobile device.

- Make sure your mobile device is running Android 5.0+ or iOS 10+ and supports Bluetooth.
- Turn on the Bluetooth on your mobile device if it isn't already on.
- Make sure your mobile device is next to your watch.
- On your mobile device, download the 3PlusBT App from the Google Play store or the Apple App store and install it. Create an account or login using an existing account.
- Make sure your mobile device is connected to a mobile data or a WiFi network





Pair the Watch

QR Code Method

On the Watch

- Turn on the 3Plus Vibe Lite BT smart watch.

On the 3Plus Vibe Lite BT

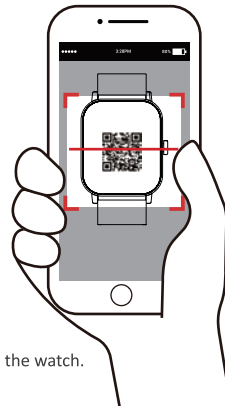
- Open the 3Plus BT App on your mobile device.
- Create an account or login using an existing 3Plus BT account.
- Select the 3Plus Vibe Lite BT smart watch from the list of devices.
- Select pair the watch via QR Code method.

On the Watch

- Swipe to the right edge of the watch to show the QR Code

On the 3Plus BT App

- On your mobile device, hold the view finder above the QR Code on the watch.



On the Watch

- A confirmation message will appear on the watch once its paired.

Notes*

If you have issue pairing the watch with your mobile device's camera, you can select the manual pairing method.

Manual Pairing

- Select Manual from the pair device screen on the 3Plus BT App
- Your mobile device will automatically search for nearby 3Plus BT devices.
- A pop up will appear when the 3Plus BT App locates a device.
- Match the device ID number to the device ID on the 3Plus BT App make sure the correct device is selected then tap Pair to connect the watch.
- On the watch, tap OK check mark to accept the pairing request.
- A confirmation message will appear on the watch and the 3Plus BT App once its paired.



Airplane mode

Airplane mode disconnects your watch from all networks and turns off Bluetooth.

- From the watch face, swipe up from the bottom of the screen to open the quick settings
- Tap **Airplane mode**, then tap on the check mark to confirm

Find my phone

If you misplace your phone in the couch cushions or if it hides under blankets, you can ping your phone from the watch.

- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap **Find my phone**, to ping your phone.
- List for the pings coming from your phone.
- When you find your phone, tap on your watch screen to stop the pinging.

Adjust the brightness

Adjust the watch's display brightness depending on the time of the day.

- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap **Brightness**.
- Adjust the level of brightness by tapping on 1 to 5 for the brightness level.

Do not disturb mode

You can set the watch not to vibrate and turn off the screen when a notification, except for alarms, is received.

- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap **Do not disturb**.





FCC ID User Description Warning:

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. 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.

FCC RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

