

SLIDE™

FITNESS TRACKER SF-206



Manual

Please read this manual before use.

Visit us at
www.slideusa.com
or contact us at
support@slideusa.com

SAFETY WARNING

- Please charge the Fitness tracker with the provided charging clamp for at least two hours prior to its first use.

PRODUCT OVERVIEW



1. Fatigue Monitor
2. Touch Sensor
- 3a. Charging Contacts
- 3b. Charging Contacts
4. Charging Clamp

DETACHABLE WRISTBAND

This device comes with a detachable wristbands. To remove the wristband locate the metallic pin on the edge of the wristband where it meets the watch. Pull the pin sideways and the wristband will automatically detach from the watch.



GETTING STARTED

Powering On/Off: Power the fitness tracker On/Off, by touching and holding the touch sensor.

Charging: The fitnesses Tracker comes with its own USB compatible charger. To charge the device plug the USB charging clamp into a USB slot. Then clamp the fitness tracker into the charger.



Note: Make sure that the charging contacts on the clamp and the fitness tracker are aligned.

Touch Sensor: Available functions will be shown on the screen and can be navigated through by simply touching or touching and holding the touch sensor under the screen.

Downloading The App: To use the SF-206 as intended the user should download the **Lefun Health** app using the provided QR code.






Note: If the App is not downloaded some features of the device may not be usable.

Enabling All features: Before first use, the user should enable all features of the device. This is done while in the Health section  by navigating to the menu  in the top left side of the screen and selecting both Band Function Settings and Message Reminder.



Pairing Instructions: To pair the Fitnesses tracker and the user's phone follow the below instructions.

1. Open the Lefun Health App and while in the Health section  navigate to the menu  in the top left side of the screen and select Device Name/Connection Status.
2. The user will be asked to provide Lefun Health permission to access several of the phone's features. For the Fitness Tracker to operate as intended the user should allow the device all permissions.
3. While on the pairing page the user will see all devices compatible with the Lefun Health app listed. If the user does not see their fitness tracker they should take the following steps.
 - A. Make sure that the fitness tracker is powered on.
 - B. Press the  search button to begin scanning for a signal.
4. Select the fitness tracker from the available list to pair.

Restore factory Settings: To restore factory settings touch and hold the touch button while on the "About" page of the fitness tracker. The user will see a prompt saying "Long Press Restore Factory Settings." To confirm the reset touch and hold the touch sensor again. The fitness tracker will then automatically restore itself to factory settings.

MENU SETTINGS

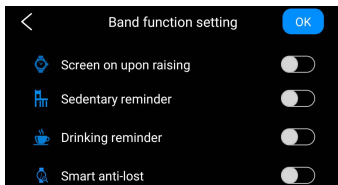
Menu Features: The fitness tracker has several features that can be changed on the app by navigating to the health page and selecting the menu option in the top left side of the screen. These features include but are not limited to,



- Smart Alarm - After the alarm is set the watch will vibrate at the appointed time.
- Message Notification - The fitness tracker will vibrate when the user's phone receives a message or call. **Note:** This feature must be turned on manually.

- **Search Device:** The user can locate the lost fitness tracker (make it vibrate) by selecting this option.
- **Shake For A Selfie:** Select this feature to access the camera on the user's phone. Next, shake the fitness tracker to take a photo. Note: Photos will be saved on the user's phone.
- **Band Function Settings:**
 - A. **Sedentary Reminder:** The fitness tracker will automatically provide the user a warning should they remain sedentary for too long.
 - B. **Reminder for drinking:** The fitness tracker will automatically provide the user with a reminder to drink water at regular intervals.
 - C. **Screen Up Upon Raising:** Quickly view the time or messages without tapping the screen or pressing the multifunction button. To use it just turn your wrist towards you and the screen will be displayed for a few seconds.

D. Smart Anti-lost: Turn On/Off Smart Anti Lost Setting.



Note: The following features may not work as intended if the user has not turned them on.

WATERPROOFING

Your Fitness tracker is water-resistant, rain-proof, splash-proof and can stand up to even the sweatiest workout.

NOTE: Do not swim or shower with your wristband. Though water won't damage the device, it should be dried thoroughly after coming into contact with any water.

FEATURES

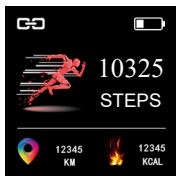
While on the Home Screen of the device touch the touch sensor to

navigate through the available apps.



Home Screen: press and hold the touch sensor to switch

between the available home screen displays as shown above.



Pedometer: Records the number of steps the user is taking during a 24 hour period. This information is accessible on both the fitness tracker

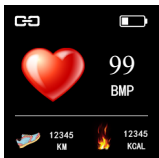
and the app. Note: The step counter is reset to zero at midnight.



Exercise: Records the amount of time the user has exercised. Note: The time exercised is reset to zero at midnight. Note: The user can select between the

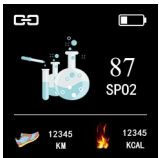
following four exerciser options.

1. Running
2. Badminton
3. Climbing
4. Bicycling

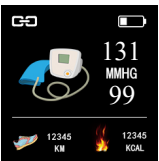


Heart rate monitor:
Measures the
wearer's current
resting heart rate
and displays that
data as the number
of heartbeats per

minute (BPM). Note: Data will be
saved in the app



SPO2 Test: Measures
the amount of
oxygen in the blood
(spO2) Note: data
not recorded in the
app.





Blood Pressure:
Measures the
wearer's current
Blood pressure. Note:
Normal Blood
pressure is 120/80.

Additional Features: The fitness tracker has several additional features including Find Phone, Messages, Details about the device, QR Code, and the Power Off feature.

After the App has been successfully downloaded, the user should be sure to pair the fitness tracker to their phone using the app.

Enabling All features: App: (Necessary For Messages, Calls, and Reminders)

Before first use the user should enable all features of the device. This is done while in the Health section  by navigating to the menu  in the top left side of the screen and selecting both Band Function Settings and Message Reminder.

Enabling All features: Phone: (Necessary For Messages, Calls, and Reminders)

Some features may not work as intended if the user has not enabled "Lefun Health" on their phone. To do this the user should open their phone's settings and select

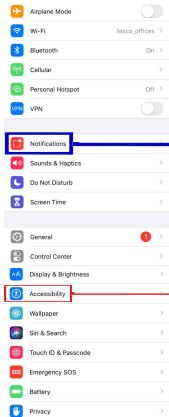
Notifications and Accessibility from the following options. Find "Lefun Health" and enable the Apps to Access your phone.

Note: This is detailed in the image on the next page.

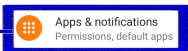
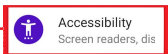
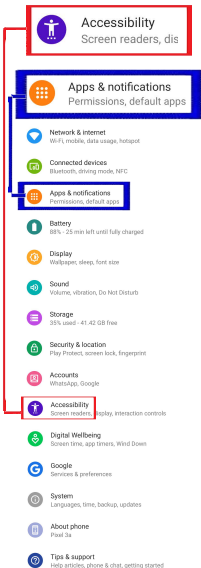
Note: As the settings page on phones varies from type to type. The above instructions and included images may not directly reflect the appropriate method of enabling all features on the user's phone.

Important

Iphone



Android



GENERAL INFORMATION

Environmental Conditions

Operating Temperature: 14°F-122°F
F:-4°C-14°C

Size

The wristbands have an adjustable circumference and will fit anyone who has a wrist between 5.5 and .5 inches.

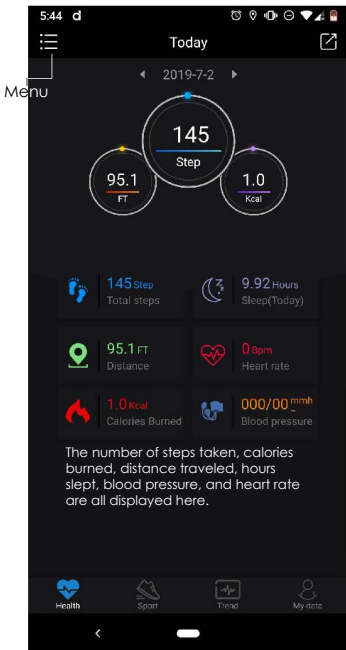
Disposal and Recycling

The user should be aware that it is the consumer's responsibility to properly dispose of and recycle the SmartWatch and accompanying components. Do not dispose of the SmartWatch with common household waste as it is considered electronic waste and should be disposed of at your local electronic equipment collection facility.

APP - HEALTH SECTION

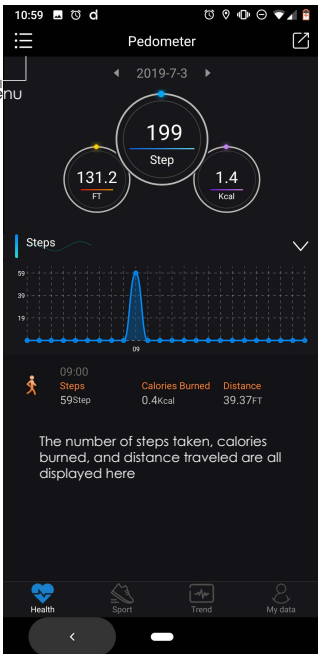
While in the health section the user may select the menu in the top left side of the screen or navigate to other pages of the health section by swiping left.

Today's Data



Pedometer

Menu



Sleep Monitor

10:59



Sleep Monitor



◀ 2019-7-2 ▶

10^H00^M

Excellent

Awake

0^H00^M

Light sleep

0^H00^M

Deep sleep

10^H00^M

Current total sleep time

- Awake 0%
- Light sleep 0%
- Deep sleep 100%



Note: The sleep Monitor only works so long as the user is wearing the fitness tracker when they are asleep.

Sleep time goal 8h



Health



Sport



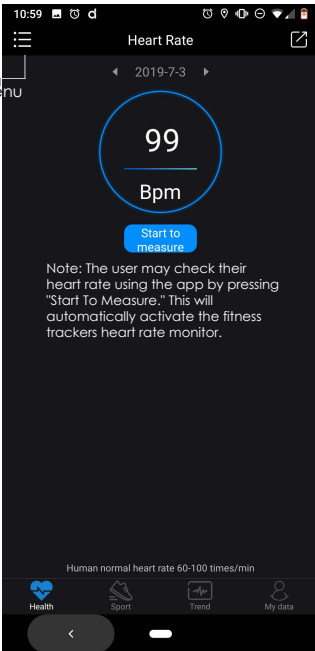
Trend



My data



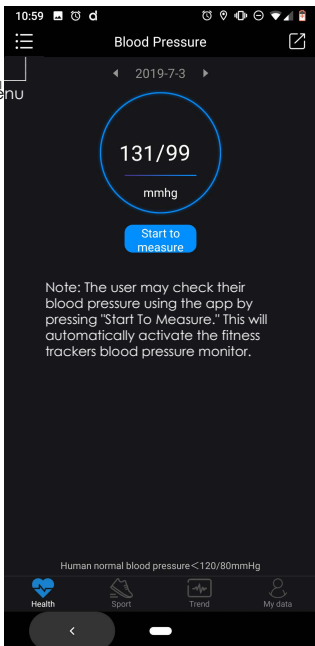
Heart Rate



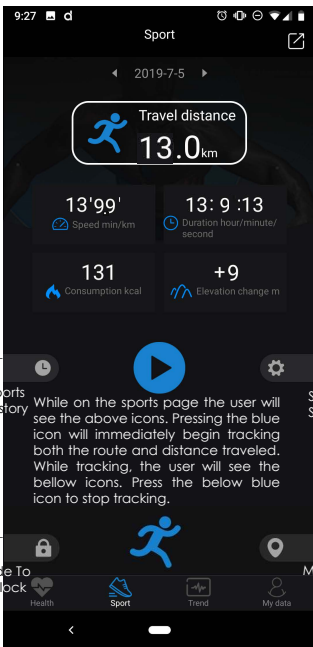
Menu

Blood Pressure

Menu




App - Sports





Data: While on the Sports page the user will see the following information displayed. Travel Distance, Speed in min/km, Calo burned in Kcal, and Elevation change in Meters.




Sports Features:




History : Records the user workout history.

Settings : Allows the user to set Calorie targets, or adjust countdown settings.

Begin Tracking : Actively begins tracking distance traveled, speed, calories burned, and route traveled.

Note: When tracking has begun the phone screen will automatically lock. To Unlock the screen press  and the user will be prompted to "Slide To Unlock"  the screen.

To access route tracking via the map press .

Press  button and the user will be prompted with  and . Pressing the first one will continue tracking and pressing the second one will end the workout and record the data in the sports history section.

App - Trend

9:26



d



Trend summary



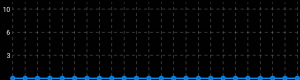
Day

Week

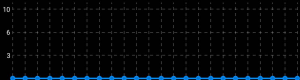
Month

Year

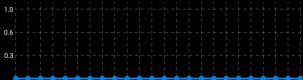
Steps



Mileage



Calorie



Sleep Monitor(H)



Health



Sport



Trend



My data



App - My Data

9:26 d



My data

Users Personal information can be edited here.



user

130

Average steps

376

Max steps

0.1

Total

Personal data >

My device ---Device Information >

Target setting ---Set fitness targets >

Help ---Frequently Asked Questions >

About ---Check For Updates >



Health



Sport



Trend



My data



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

FCC ID: 2AJVKSF206