

User Manual

Introduction

Thank you for purchasing the Healthy Life Style™ Smart Watch Activity Tracker using OLED display. Healthy Life Style™ Smart Watch Activity Tracker tracks your Exercise, Calories, Heart Rate, Sleep, Steps, Distance, and Time. It can also send an alert to your phone to locate the phone and notifies you of new messages and calls.

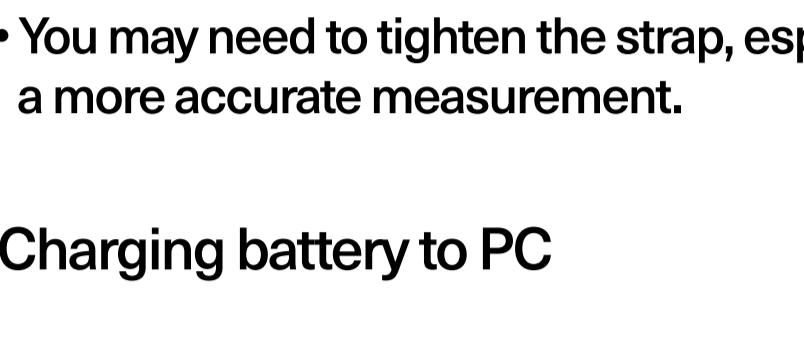
Please read these instructions in full before you start operating the Healthy Life Style™ Smart Watch Activity Tracker.

WARNING

This is NOT a medical device. Consult your doctor before you begin any new exercise program. This is important for those with pre-existing health problems or those who are taking medication regularly. This Healthy Life Style™ Smart Watch Activity Tracker may affect pacemakers. If you have any concerns, consult your doctor before use. Over exercising may result in serious injury or death. If you feel faint or become short of breath, or if you experience pain while exercising, stop immediately and call your doctor.

How to properly wear the device:

1. Fasten the device snugly so that the optical sensor is in contact with your skin.
2. Wear the device above your wrist bone.
3. If the Heart rate data displayed in the band is not stable or erratic, move the device along your forearm to the best wearing position as shown.



Before starting your exercise:

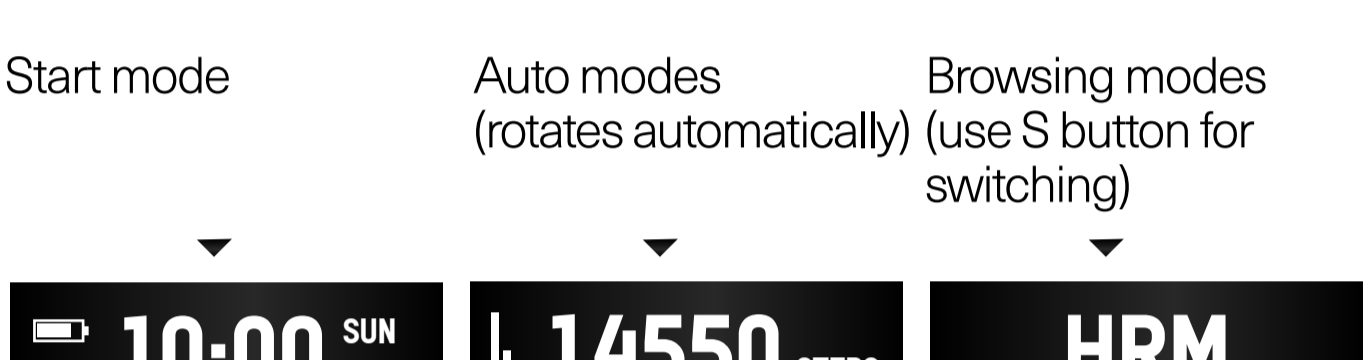
- While measuring HR, minimize wrist movement.
- Make sure the heart rate data is stable.
- You may need to tighten the strap, especially after sweating for a more accurate measurement.

Charging battery to PC

1. Plug your USB cable to your PC.
2. Align the charging clip with the contacts on the back of your device.
3. Connect the charging clip securely to the device.

Important notice
Charge the Healthy Life Style™ Smart Watch Activity Tracker for at least 3-4 hours before first use and immediately charge when the battery level is at 20% to maximize the battery life. It is also recommended to regularly re-charge your Healthy Life Style™ Smart Watch Activity Tracker once a month even if it is not used to maintain good battery condition. Please thoroughly dry the charging contacts and surrounding area to ensure proper electrical contact and prevent corrosion.

Healthy Life Style™ Smart Watch Activity Tracker basics



Note:
Holding the S button for more than 10 sec. will reset the watch and will cause you to lose your previously stored exercise data.

All modes on interactive display

Start mode	Auto modes (rotates automatically)	Browsing modes (use S button for switching)
		FIND mode is visible only when devices are paired.

How to operate with Healthy Life Style™ Smart Watch Activity Tracker

Pairing

Desired scenario

On starting mode press S button and hold

Release S button once PAIR starts blinking

Your device is successfully paired

Unwanted scenario

Make sure Bluetooth on your phone is turned on

On starting mode press S button and hold

Release S button once PAIR starts blinking

Your device is not paired yet so try again

Unpairing

On starting mode press S button and hold

Release S button once PAIR starts blinking

Your device is successfully unpaired

Heart Rate Monitor See the app to track and monitor your progress

On HRM mode wait for the HEART icon

--	--	--

Continue waiting until you see the result

Workout See the app to track and monitor your progress

On WORKOUT mode wait for the timer

--	--	--

Press S button and hold for 2 sec. to start

Timer started

On WORKOUT mode wait for the timer

--	--	--

Press S button and hold for 2 sec. to stop

Timer stopped

On WORKOUT mode wait for the timer

--	--	--

Press S button and hold for 2 sec. to save

Result saved (start mode is open)

Important notice
Don't forget to turn off the timer once you have finished your workout to preserve battery

Sleep See the app to track and monitor your sleep

On SLEEP mode just wait for a moment

--	--	--

Hold S button to turn on this mode

On SLEEP mode just wait for a moment

--	--	--

Hold S button to turn on this mode

Once the WAKE UP is on device will walk you through your sleep details

--	--	--

Find the phone

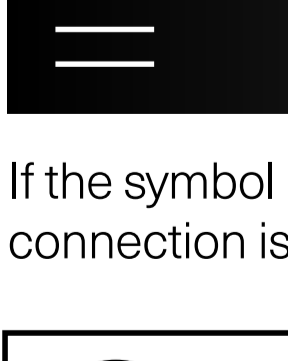
This function will locate your Smartphone that it is paired via Bluetooth. To find your device, please note that Healthy Life Style™ App must be open in the background

On FIND mode just wait for a moment

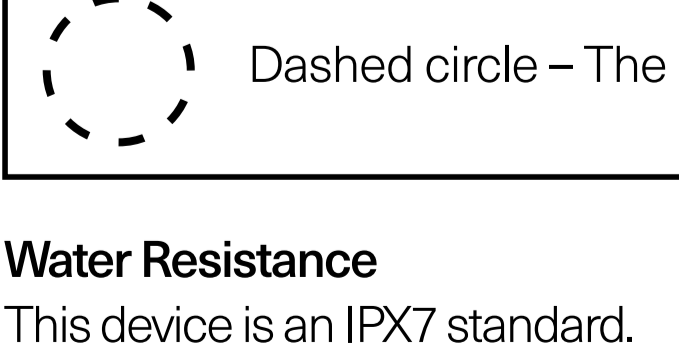
--	--	--

Linking with the App

In order to use the Healthy Life Style™ Smart Watch Activity Tracker you have to have Apple or Android smart phone. Please go to the App Store or Google Play and search for Healthy Life Style™ App and install it on your Apple or Android device.



Open the Healthy Life Style™ App



Press the button LINK DEVICE to link your phone with the app

Speaker	Choose your device	Done
GO! 115A		
Speaker		

Choose the Healthy Life Style™ Smart Watch Activity Tracker from the list and press Done. Check the status in top bar of your app.

	John Doe	
--	----------	--

If the symbol in right top corner appears in green the Bluetooth connection is successfully established.

	Green - The Bluetooth connection is established
	Red - The Bluetooth connection is not established
	Dashed circle - The Bluetooth is connecting

Water Resistance

This device is an IPX7 standard.

Battery Charge

The device is powered by a built-in lithium-ion battery. It can be charged using the USB port and it takes approx. 2 hours to fully charge the battery. Please charge the device before using and never allow it to reach empty.

Press S button from OFF screen to show the battery power level during charging period.

Battery Life

Battery power will last for 7 days on a single charge this will vary depending on on the customer's frequent use of the vibration alert, such as incoming phone calls and text messages.

The battery on this device is not User replaceable.

Please see printed materials for additional information

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

FCC statements:

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.

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment. Such modifications or changes 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.

Caution the user that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.