

# Fitness band

SKY Health Band



Sky Phone LLC

[Quick Start Guide]

You should charge the bracelet for 30mins before using it.

### **Working condition for mobile**



IOS 7.1 & above



Android 4.4 & above



Support Bluetooth 4.0



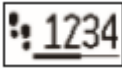
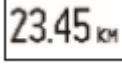
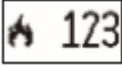
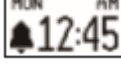
### **Device Activate & Charge**

Make sure power is working normally before initial use. In case device is under low battery, connect the device to the charger. Device will automatically boot up (please clamp the charging clip to the back 3 point position of bracelet as below)







Once the device connected to the app successfully, it will record and analyze your activities and sleep status automatically, please press the key on the device to switch into different display modes as following:

### 1. Normal Mode

Time Mode  --> Heart rate Mode   
--> Step Mode  --> Distance Mode   
--> Calories Mode  --> Alarm Mode 

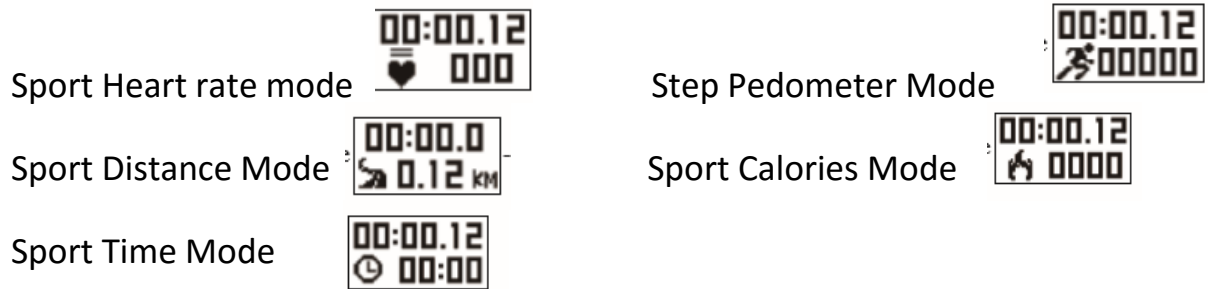
2. Under normal mode, long press the key 2S to enter into the history sports mode, (the latest sports data),then switch into different display modes as following when normal press on the key:

Heart Rate Data  --> Pedometer Data   
--> Distance Data  --> Calories Data 

### 3. Sports Mode

Double click the key under history sports mode, the new activity will start(Clear the latest history data, once new activity started, double click

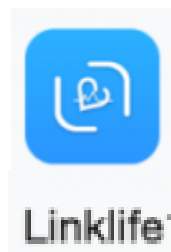
on the key will be invalid, device switch into different display modes as following when normal press on the key:



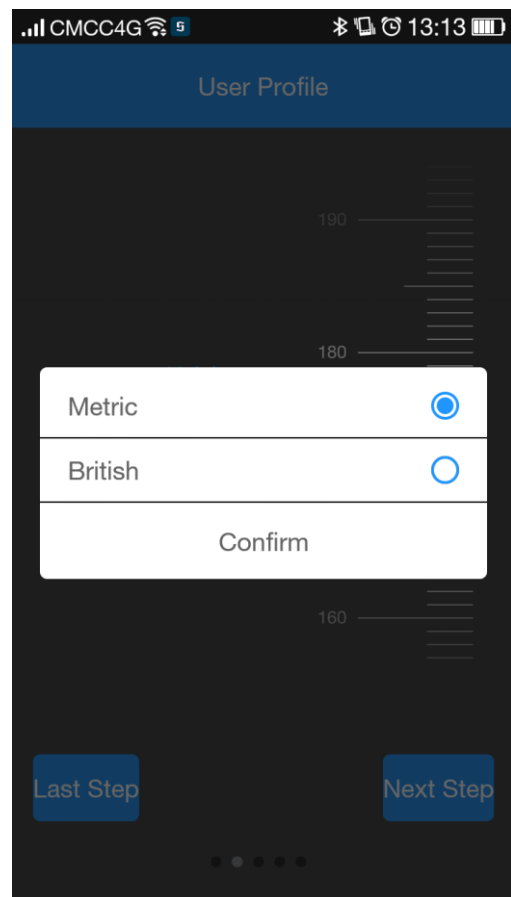
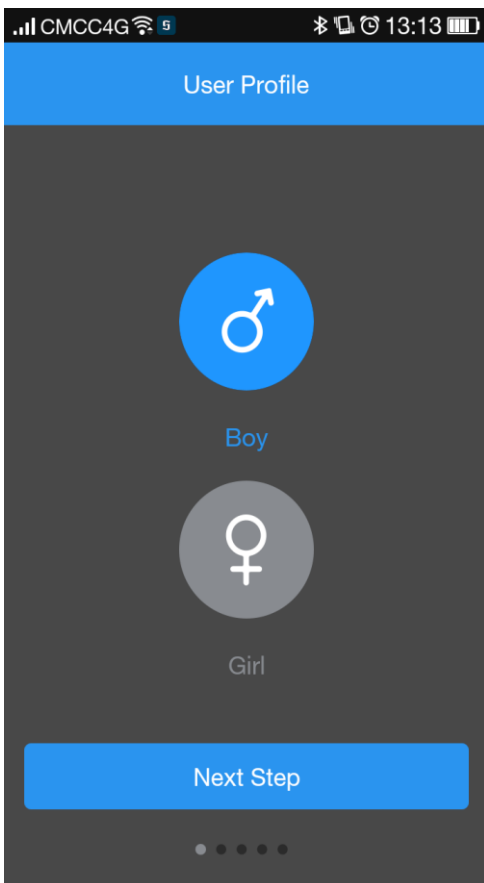
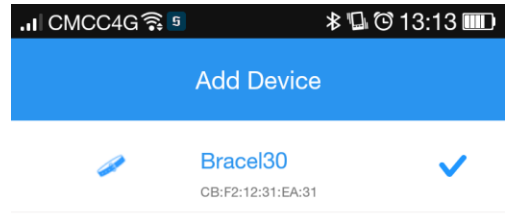
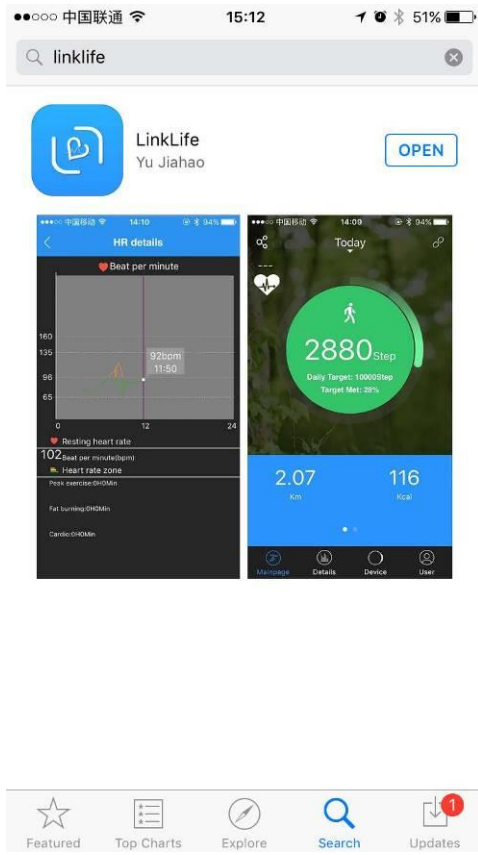
Note: Long press the key 2s to exit the Sports Mode

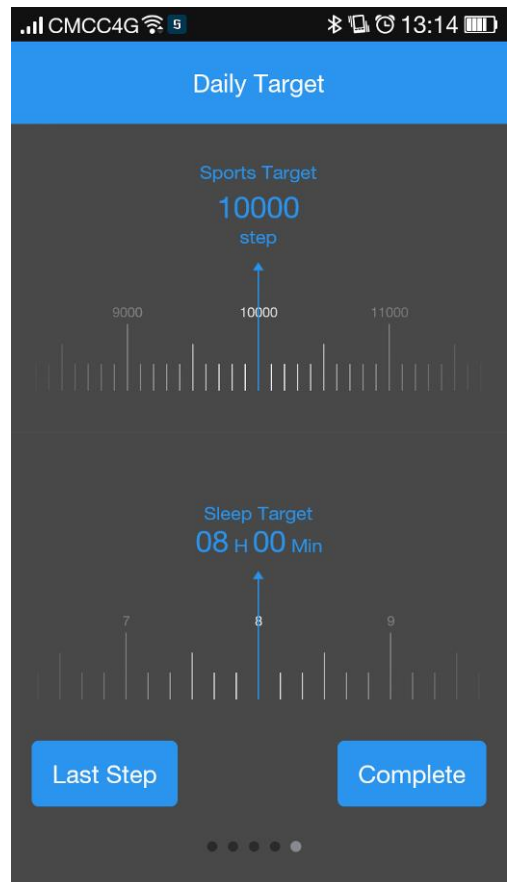
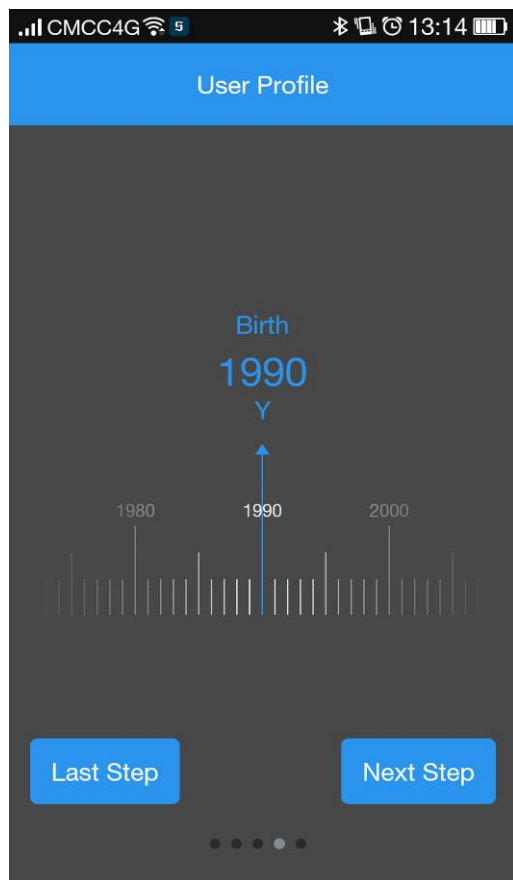
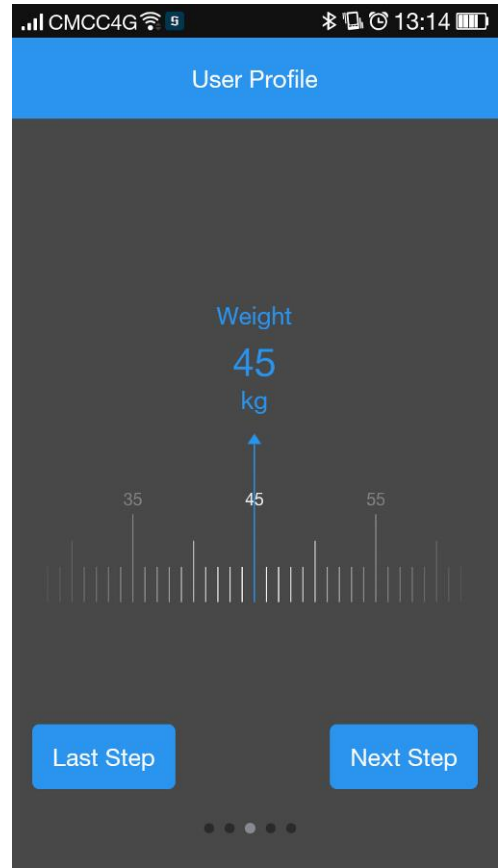
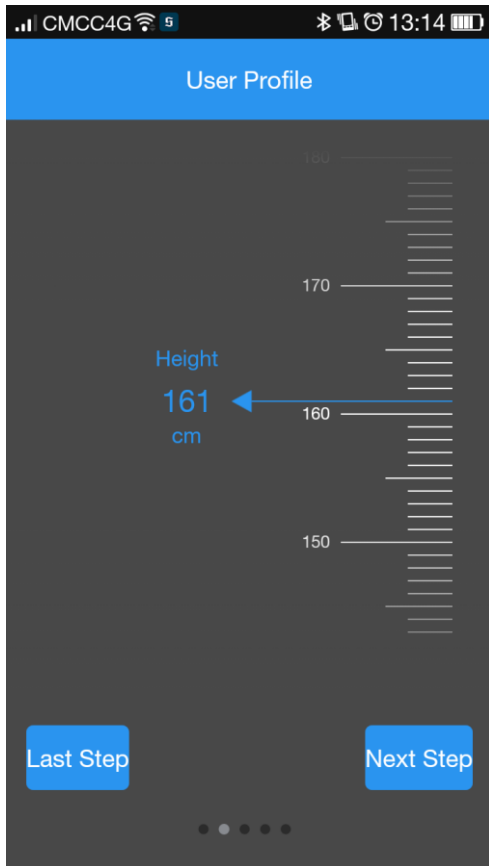
Download app

Install APP: Go to App store or play store, download this APP: "Linklife" and install it. To use Linklife APP, make sure your mobile device connected with internet via Wi-Fi / 4G/ 3G.



# 1, Account set-up

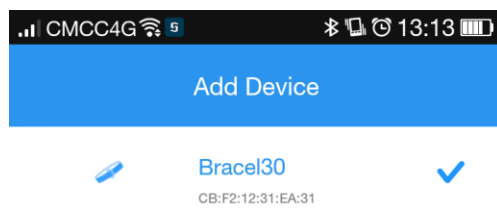




## 2, Pair the device

Please make sure the Bluetooth is ON and then open app "Linklife" and go to bind. When searching and pairing device, please press on the key of device and activate the device (screen on). App will search the device automatically, choose the device name and connect the device to the app.

Select the device in the smart phone searching list  
(Choose the nearest one which figure smallest)

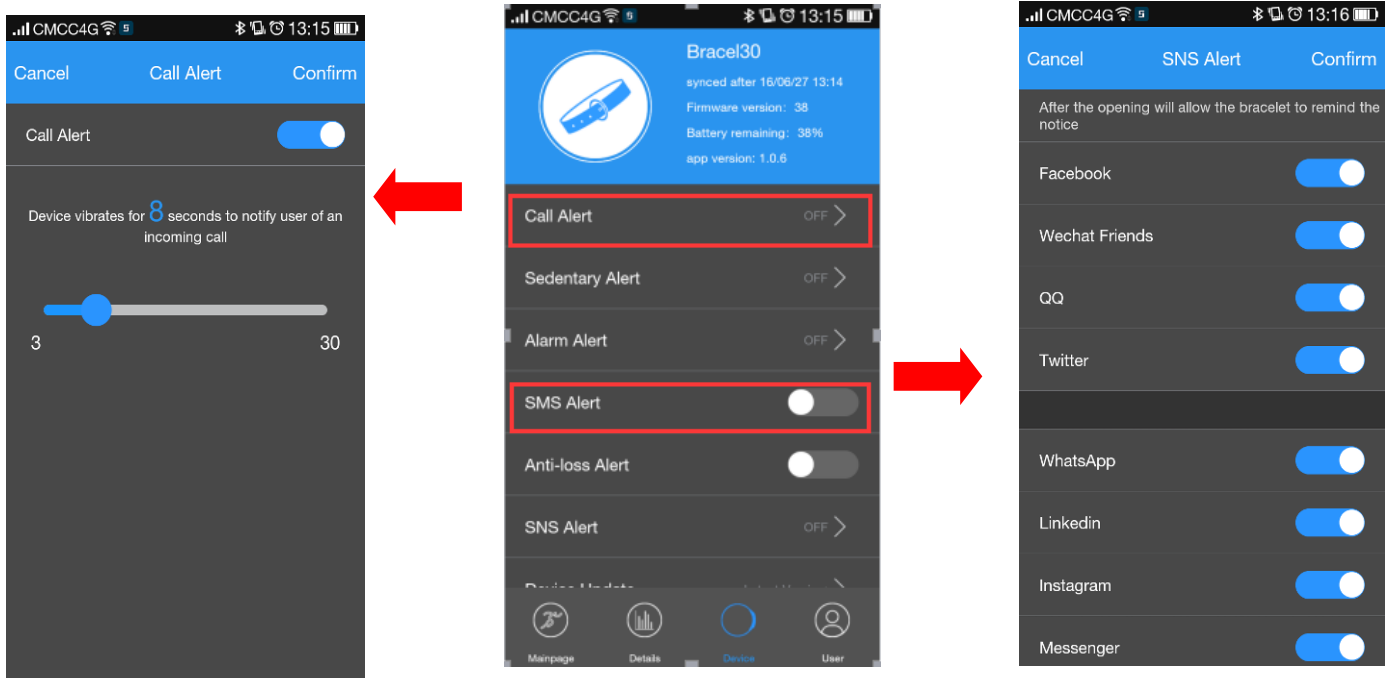


Refresh

Confirm Bind Device

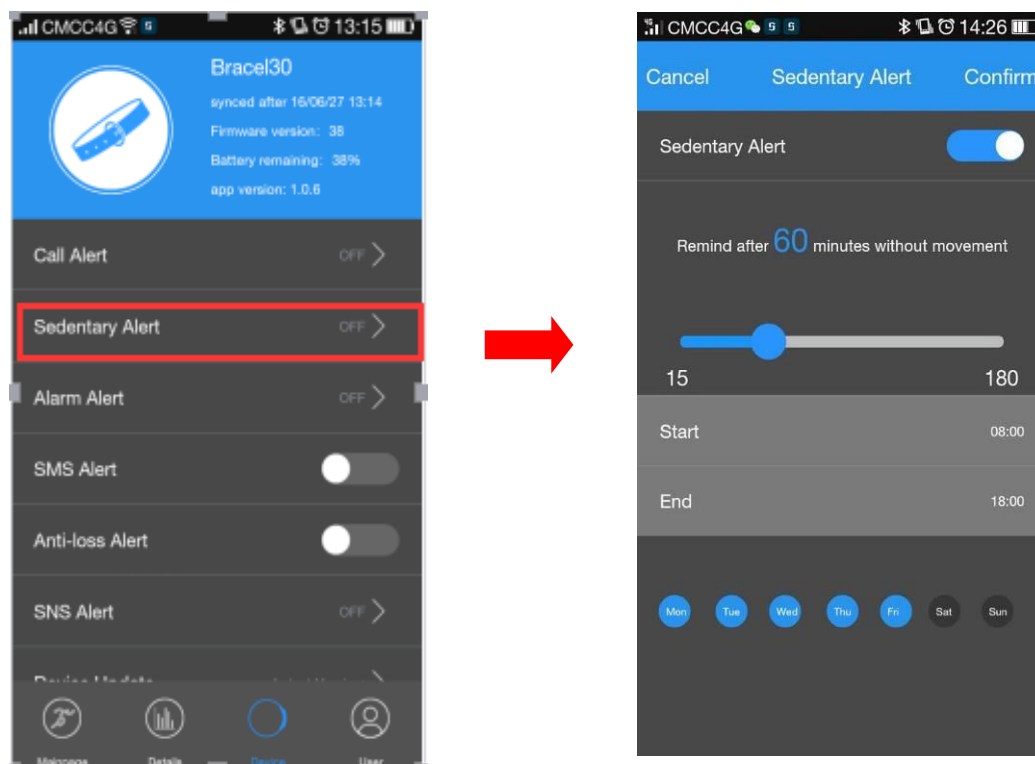
### 3, Calling and message reminder

Check the device and open all the notification items



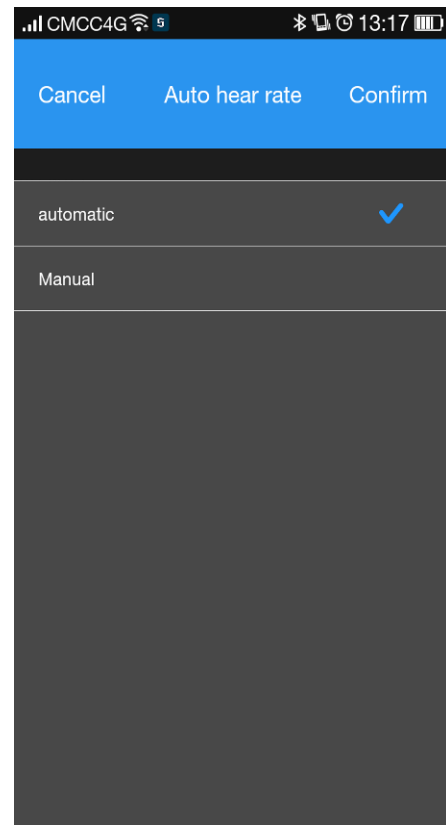
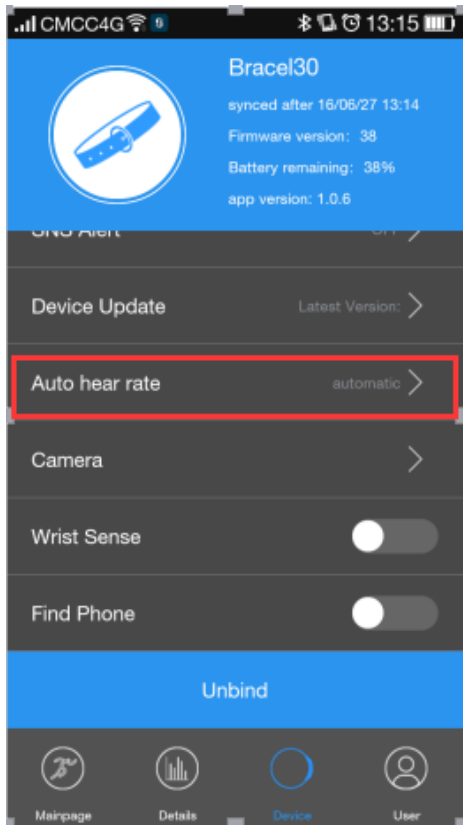
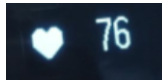
### 4, Sedentary reminder

Open the Sedentary reminder, and settle the time quantum ,by the Sedentary reminder setting

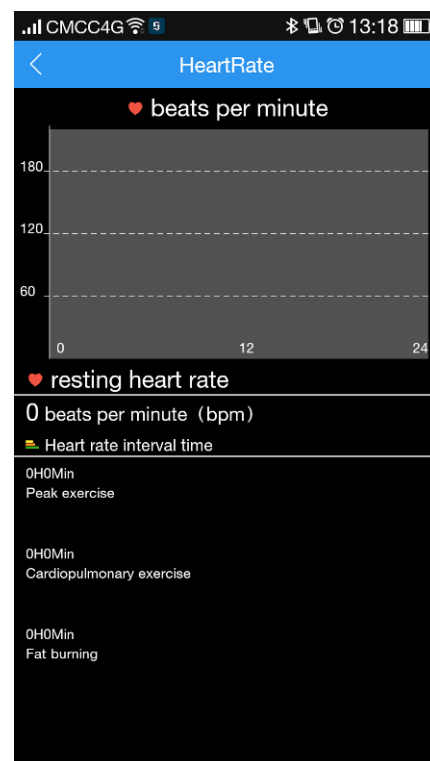
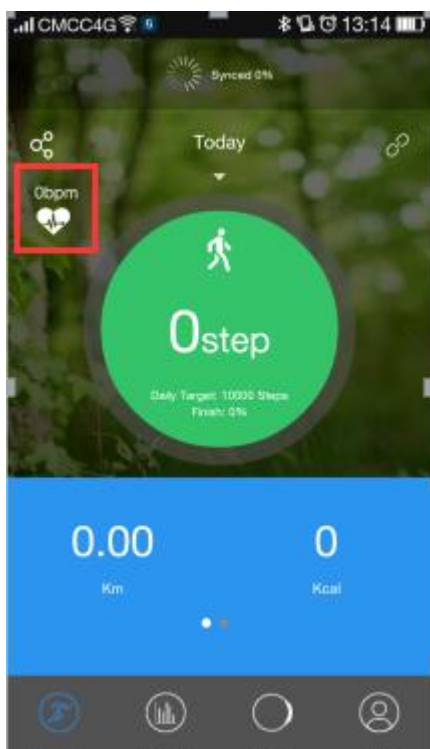




5,, Heart Rate testing mode:



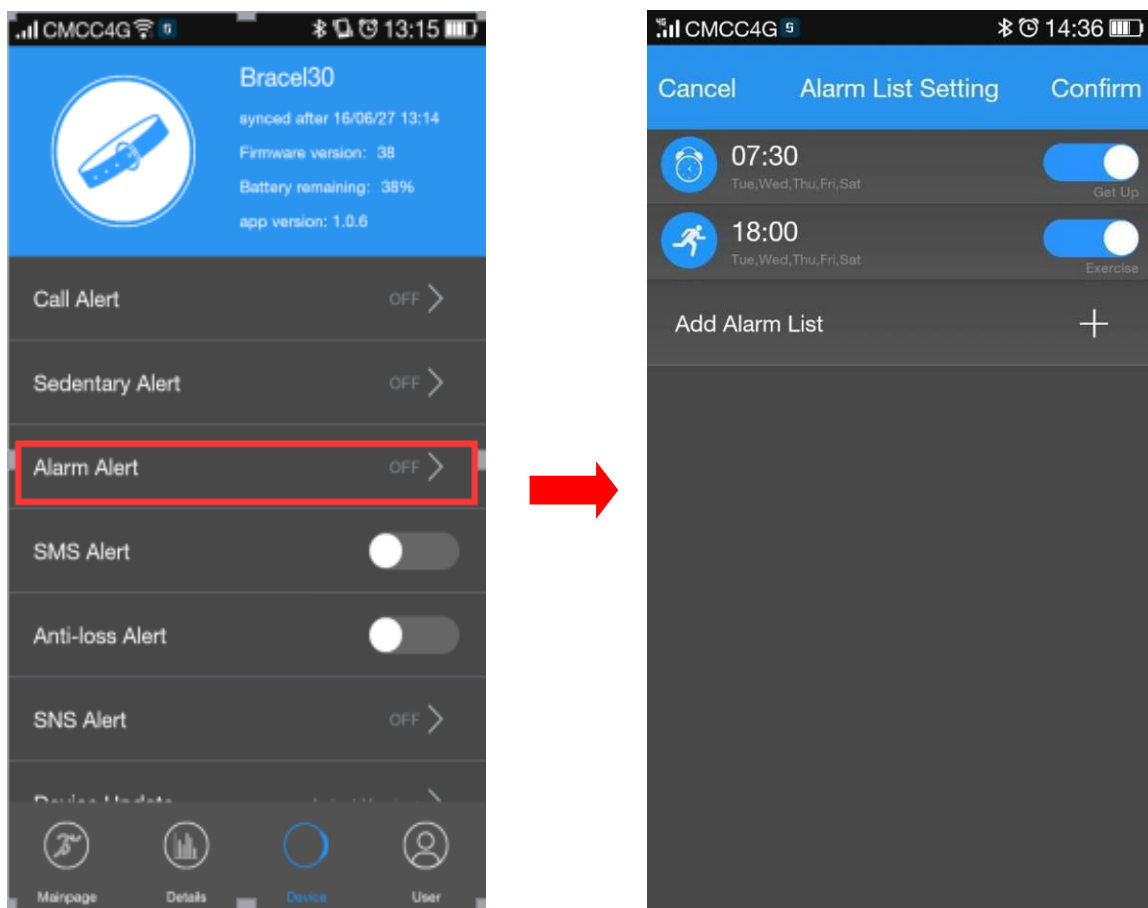
HRM: Monitoring your heart rate effectively, Check the heart rate data as below page



6, Alarm Mode  15:24


when it comes to the settled time,, the band will shake to make a reminder and shows alarm icon  15:24

Choose Alarm Alert, then you can add alarm by the alarm setting, After time finished setting, pls choose the "confirm" to finished the sync.




## 7, Looking mobile phone

Switch on the "find phone" in the APP.

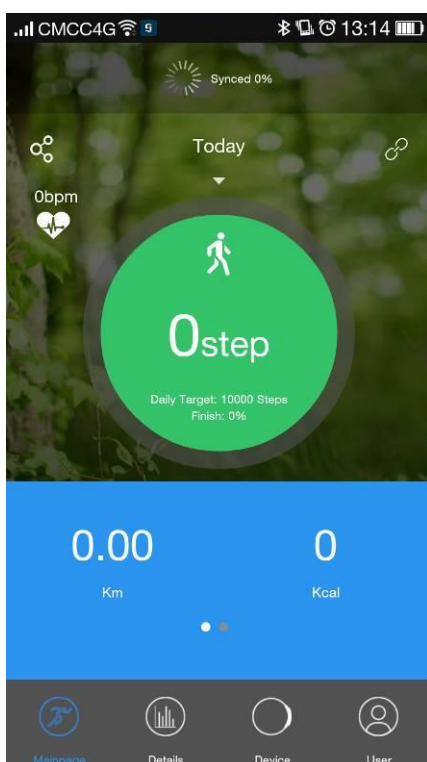
Long press the looking phone icon  till in shakes, the searching mobile will ring if it is under ringing mode, will shakes one time if it under vibration mode.

## Functions Instruction

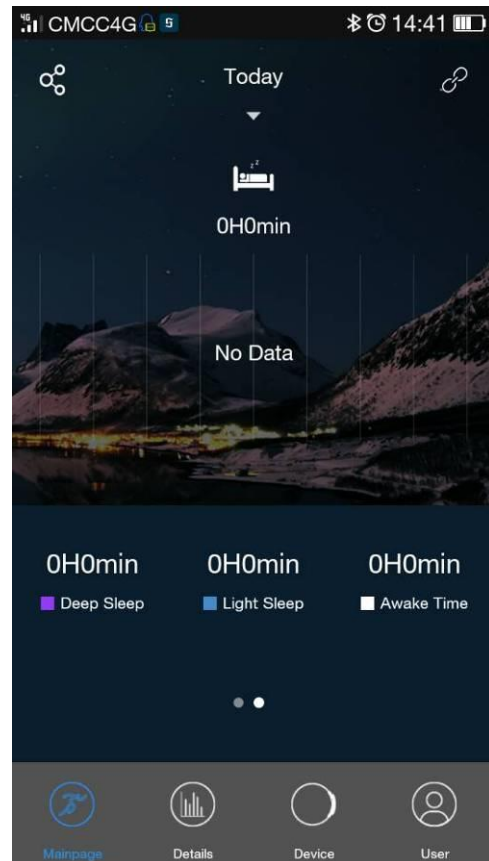
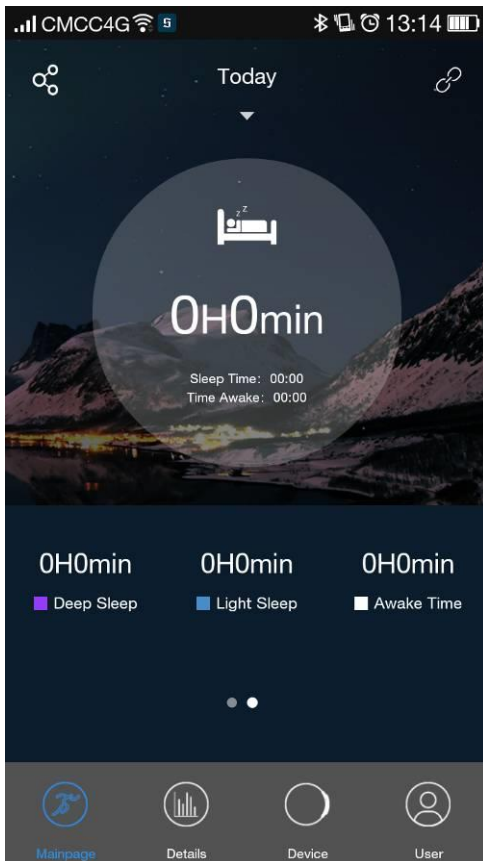
Synchronization Information: Sleeping / Sports Just hold down screen , then pull down, after display  , you can let go.

Remind Alerts: Alarm alert, call alert, sedentary alert, etc. by silent vibration;

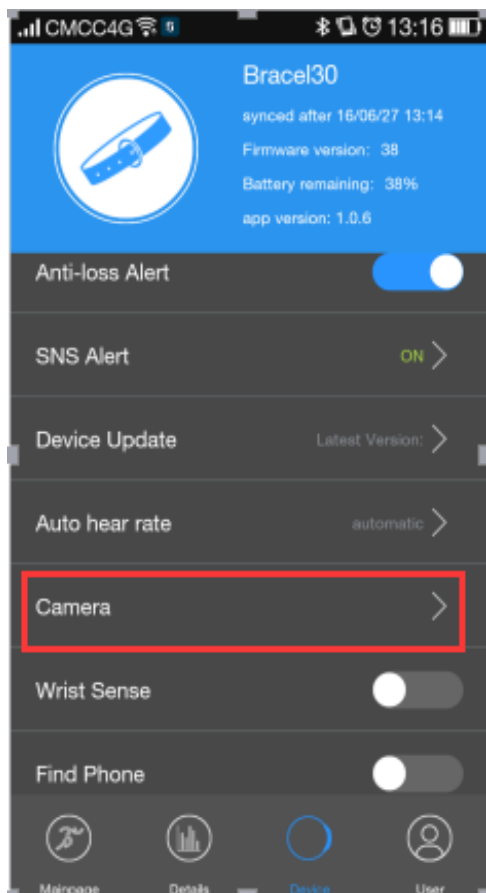
Activities Record: Record daily activities, you could check daily activities including steps, distance and calorie consumption in the app;



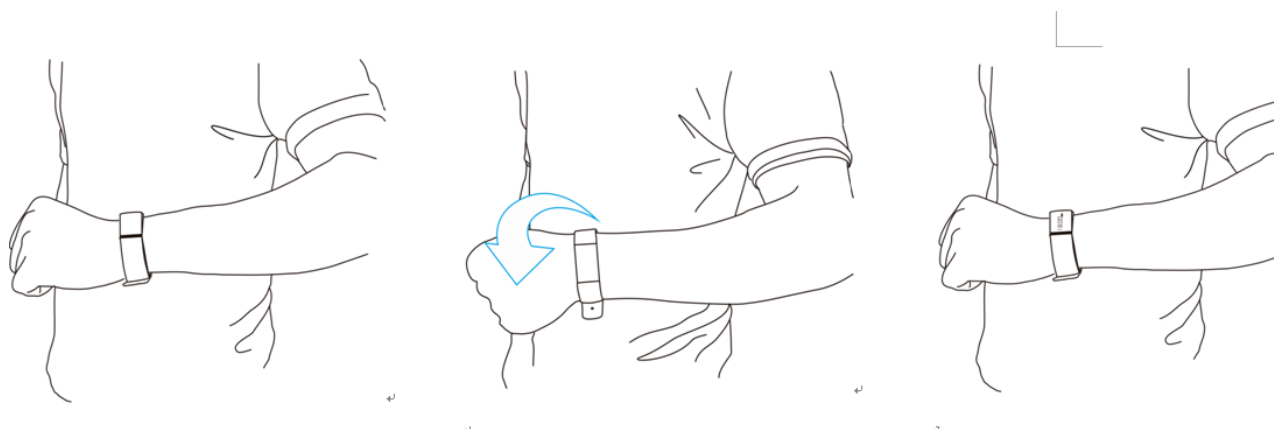
Sleep Monitoring: Device could automatically recognize your status and monitoring the whole sleep progress with analyzing the deep sleep and light sleep hours;



Remote Camera Control: Device key or wrist gesture could control remote photograph shooting.



Wrist gesture : You can use the bracelet by“wrist gesture” It is convenient to check the time by “wrist gesture”.



**FCC Warning:**

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: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

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