

## Packing contents

When you unpack the product, make sure the following items are enclosed:

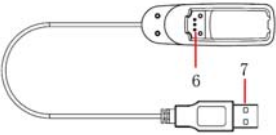
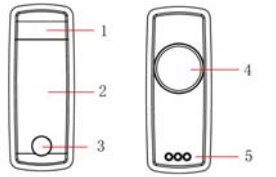
1. Main Unit    2. Power adapter    3. Silicon Wristband    4. User manual

*Note: The main unit of the pedometer is put in the charging box before shipment.*

## Main Features

- Synchronization via BT4.0
- Track routine activities
- OLED screen

## Product Overview



### Main Unit

1. Sheet metal for putting finger on to test heart rate
2. OLED screen
3. Button, press to explore the menu.
4. Sheet metal for touching skin to test heart rate
5. Contacts for charging

### Charging Box

6. Contacts for charging
7. Standard USB port

To charge the battery, take out the main unit from the wristband, then put it into the charging box, and connect it to PC or power adapter.



### Wristband

8. Fixing clasp
9. Slot for holding the unit
10. Positioning holes

## Motor actions

### Low battery

1. When the battery level is less than 10%, the built-in motor will **vibrate, stop and vibrate again respectively for 1 seconds** , warning user to charge the battery as soon as possible;
2. When the battery level is less than 5%, the motor will keep vibrating for 3 seconds before the device is powered off.

### Amount of exercises

Once the goal is achieved by 25%, 50%, 75% and 100% respectively, the motor will keep vibrating for **1 second**;

## Charging the battery

Charge the battery when the battery capacity is low.

To charge the device, user needs to:

1. Put the device into the charging slot of the power adapter in correct orientation, making sure the charging contacts of both units meet together;
2. Connect the power adapter to a running PC via the USB port;
3. Normally, charging starts as soon as the connection is done, with a battery icon, power level and current time displayed on the screen.

**Note:** Normally, the OLED screen will have on-screen display as charging starts; if not, it means that the battery capacity is too low.

## Installation

### Fixing the Product

Put the unit into the slot on the wristband, then put the wristband on your wrist, and fix it

**Note:** It is suggested to fully charge the main unit before using it.



### Installing software

#### 1. System requirements

- iPhone® 4S or later, iPad®3 or later, iOS 7.0 or later

- Android™ 4.3 or later with bluetooth 4.0.

## 2. Download and install software

On your iOS device (iPhone, iPad), download and install the NextOne app from the App Store<sup>SM</sup>; on your Android device, download the NextOne app from the Google Play™ Store.

## Getting Started

When you use the device and run the app NextOne for the first time, you shall have to set up your personal Profile and Goal first.

### 1. Profile

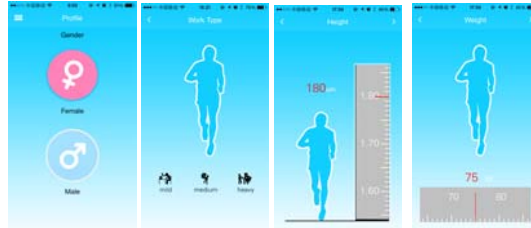
**Gender:** Female/ Male;

**Work Type:** Mild/ Medium/ Heavy. It refers to the actual type of your work, in terms of work strength. For instance, if you are an office clerk, your type should be Mild; and if you are a worker on production line, your type tends to be Medium; and for construction worker, you should be Heavy.

**Height:** Slide the ruler up or down to set your actual height.

**Weight:** Slide the ruler left or right to set your actual weight.

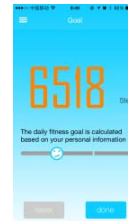
**Date of Birth:** Select your date of birth.



### 2. Goal

The app will calculate your proper amount of exercise according to your personal information. You can change your goal parameter any time by sliding the below block left or right.

**Note:** These two steps are very essential for the application, as all analysis results will be generated based



on these data.

## Using the Device and App

### Homepage

After setting up your profile and goal, you will come to the Homepage:



- a. Main Menu: Enter the Main Menu;
- b. Day view: Switch between Day and Week view;
- c. Sync: setup connection between the device and phones or tablets;
- d. Share: Share the app data to social networks;
- e. Display area: Show your goal, actual exercise statistics and real-time analysis results

### Binding and Sync

When the device is used for the first time, it must be bound with the app NextOne via Bluetooth connection.

#### 1. Binding

Tap on Sync button **Sync** on the top right of the Homepage, then the system will scan for any BT device within the range. Once the product is found on the BT device list, tap it to start connecting it with the phone or tablet.

As soon as the connection is done, you will be asked to enter the initial password to set up binding. Enter the initial password '0000' and tap on OK button to confirm.

Now the device has been bound with the application NextOne.



#### 2. Sync

After binding, the next step is sync. Before using the device each time, user needs to sync the device with the NextOne app. Tap the Sync **Sync** button; the system will start synchronizing and finish it in seconds. The time on the device will be

synchronized with that of the app. User can see the data on the Homepage. You need to sync the device with the NextOne app every seven days to avoid data loss.

### Share

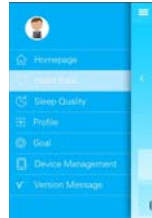
User can share the exercise results with friends through social networks, like Facebook, Twitter, MSN etc..

### Day/ Week View

You can check your exercise data of one day or a week.

### Main Menu

User can go to Main Menu any time if he wants to use other function or change his personal settings.



### 1. Heart rate

One amazing feature of this device is that it can monitor user's heart rate.



*Note: When monitoring your heart rate every time, you must put on this device on your wrist and press the metal end of it with one finger.*

- Press the power button to shift to Heart Rate monitoring screen;
- Press and hold on the metal end of the device to start monitoring your heart rate.

- c. The monitoring lasts for at least 15 seconds before you get the result.
- d. Tap the Sync button on your phone or tablet to check the data.

## 2. Sleep Quality

The device can be used to measure and monitor your sleep quality. To monitor your sleep:


1. From the main menu select Sleep Quality
2. Press the start monitoring button on the bottom of the screen
3. After your sleep press the Sync monitoring button on the bottom of the screen.
4. The device will sync with the app and display your total Sleep Time, Deep Sleep, Light Sleep and Awake time.

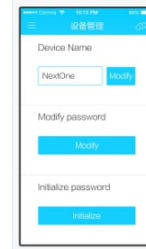


**Note:** When using this device for monitoring sleep quality, the minimum duration of this process must be at least 1 hour.

## 3. Device management

Here you can rename the device that has been bound, modify the password or initialize the device.

Tap the  icon on the top right to set up the connection first if you haven't connected and synchronized the device. Then you can modify the device name and your password. (Note: the initial password is "0000".)



**Note:** To initialize means that you will restore the factory default settings for the device and cancel the binding with NextOne app. To do this, you need to put the device into the charging box first.

If you hope to use the device again, you should go back to the Homepage and try syncing the data a second time to bind it.

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Warm Tips: In the event that this device can not be found on the smart phone, be sure to put it inside the charging box to reset it as you do to charge it, but not to

charge it actually.

## FCC Caution.

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.