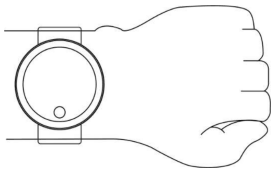


智能手环 使用说明书

正确佩戴

手环以尺骨茎突后佩戴最佳
根据调节孔调好适合手腕的大小；扣上腕带扣。
传感器要紧贴皮肤，避免移动



给手环充电

初次使用确保手环电量正常,若低电不能正常开机,请连接充电器对设备进行充电,手环会自动开机。充电方式:
将充电器的两个触点对准手环背部充电位置,磁吸式充电器会自动吸附;另一端连接标准USB接口即可进行充电。

开/关机

- ①在设备关机状态下,触摸长按功能键4秒以上可使设备开机。
- ②在手环的蓝牙地址界面,长按2秒可进入关机界面,选择**ON**3秒会退出关机页,选择**OFF**3秒后手环关机。
- ①设备开机状态下,触摸短按功能键可点亮屏幕;
- ②环默认时钟页面,触摸短按功能键可切换查看不同页面,无操作默认五秒息屏
- ③切换到心率和血压界面进入开始测试,心率血压50s超时自动灭屏(若手环支持)。

在手机上安装手环APP

扫描下方二维码或进入APP Store下载并安装APP



系统要求: Android 5.0 及以上; iOS9.0 及以上; 支持蓝牙4.0。

设备连接

首次使用,需连接APP进行校准,连接成功后手环会自动同步时间,否则计步和睡眠数据不准

打开手机APP
点击设置图标

我的设备

↓

下拉扫描设备

↓

点击设备连接



- ①配对成功后,APP会自动保存手环蓝牙地址,APP打开或在后台运行,都会自动搜索并连接手环;
- ②安卓手机请确保在安装时或手机系统设置中赋予APP后台运行和读取联系人信息所有权限。

APP 功能及设定

个人资料

进入APP后请先设定个人信息
设置一个人设置,可设置性别-年龄-身高-体重,
您也可以设置您的每日运动和睡眠目标,监控每日的完成情况。

消息提醒

来电提醒:
连接状态下,如果开启了来电提醒功能,当来电时,手环会上震动,并显示来电的姓名或号码。(需赋予APP读取通讯权限)
短信提醒:
连接状态下,如果开启了短信提醒功能,当有短信时手环会上震动提醒。
其他提醒:
连接状态下,如果开启了此功能,则当有微信、QQ、Facebook等消息时,手环会震动提醒,并显示app接收到的内容(消息查看后

自动清除)。(需赋予APP获取系统通知的权限,手环端能显示20-40个字数)。

震动提醒:
开启此功能,则当有来电,信息或其他提醒时,手环会震动,若关闭,则手环只有有屏幕提醒而不震动,以免打扰。

久坐提醒:
设置是否开启久坐提醒功能,您可以在个人资料中设置提醒时间间隔,若在设定时间内长时间坐着,则手环会提醒。

Android用户温馨提示:
使用提醒功能时需要设置为允许“优活手环”后台运行;建议在权限管理中添加“优活手环”为信任并打开所有权限。

APP 功能及设定

智能闹钟

连接状态下,可进行三个闹钟的设置,设置后,会同步给手环;支持离线闹钟,在同步成功后,即使APP未连接,手环也会按设定时间提醒。

手环显示设置

您可在此选项中设置手环功能按键切换的画面,打开的页面会在按下功能按键后依次切换,而关闭的功能则不会在切换中出现。

寻找手环

连接状态下,点击“寻找手环”选项,手环会发出震动。

摇一摇拍照

连接状态下,进入摇摇拍照界面,摇一摇手环,倒计时3秒后自动拍照请允许APP访问相册以保存自拍的照片。

功能

1. **抬手亮屏**: 设定抬手亮屏功能,每次抬手姿势屏幕自动点亮
2. **久坐开关**: 请设定久坐提醒的时间并保存

手环显示说明

手环每个界面长按2秒 进入/退出 子菜单。
时钟页面
与手机同步后,手环会自动校准时间;
待界面面长按2秒可以切换到钟页面,共有两个时钟页面可选择。

计步

运动步数
佩戴手环,记录每天运动步数,可查看当前实时步数。
距离
根据行走步数,估算运动距离。
卡路里

根据行走步数,估算消耗的卡路里

心事、血压

进入心率、血压测试界面等待数秒后,显示当前心率、血压的测试结果。此功能需要手环支持心率、血压传感器。

多运动模式

分时计步

从0开始计算此界面下开始的步数,可查看系统时间、记录分时计步数值,和持续时间;退出此界面后分时计步会累加到手环总计步数。

跳绳模式

此界面下可以查看系统时间、记录跳绳个数和持续时间

仰卧起坐模式

此界面下可以查看系统时间、记录仰卧起坐个数和持续时间

睡眠模式

入睡时,手环会自动进入睡眠监测模式;自动检测您整晚深睡/浅睡/清醒次数,计算您的睡眠质量;睡眠数据暂时只支持APP端查看。

注意:佩戴手环入睡才会有睡眠数据,且在晚上9点到第二天9点以后才会同步到APP中。

基本参数

设备类型	智能手环	电池类型	锂聚合物
振动马达	支持	同步方式	蓝牙4.0
工作温度	-10℃~50℃	传感器	低功耗加速度计
系统要求	IOS9 以上/Android5.0 以上		

注意事项

1. 洗澡和游泳等不宜佩戴。
2. 同步数据时请连接手环。
3. 使用自带的充电线充电。
4. 不要把手环长时间暴露在水分较高、温度极高或极低的方。
5. 手环出现死机重启现象,请注意检查手机内存信息清除再试,或退出APP重新打开。

部件介绍

*主机 *腕带 *充电线 *包装盒及说明书

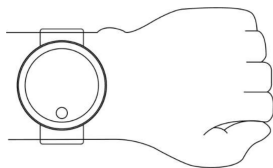
APP 支持的语言: 中、英、西、法、葡、荷兰、德、俄
消息内容推送支持的语言: 中文, 英文, 西班牙语, 德文, 法文和葡萄牙文

Smart Band User Guide

Introduction of Smart Band

Wearing method

Best to wear the bracelet after the styloid of ulna.
Please fit the adjusting holes according to your wrist size, and then do up the wristband buckle;
The sensor should cling to skin to avoid movement.



Install the band APP on the phone

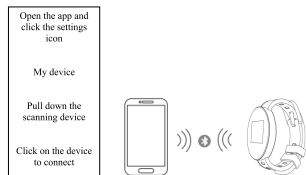
Please scan the QR code below, or enter the APP Store.



System Requirements: Android 5.0 and above; iOS9.0 and above;
Support Bluetooth 4.0.

Connecting band to APP

For the first time using the band, please connect it to the APP to calibrate the time and date, otherwise the pedometer and sleeping monitor will not be accurate. The band will automatically be synchronized when successfully connected.



- After the pairing is finished, the APP will remember the band, and will search and connect the band automatically if the APP is opened or running in the background.
- Please ensure the band has all the required permissions of the system during installation or set the permission in your phone's system settings, such as running in background and reading contact information.

APP functions and settings

Personal information

Please set personal information after entering the APP.
Settings → personal settings, you can set the gender - age - height - weight.
You can also set your daily exercise and sleep goals and monitor daily completion.

Message notification

Incoming call:
In the connected state, if the incoming call reminder function is enabled, the band will vibrate when there is incoming call, and the name or number of the incoming call will be displayed. (Need to set permission for APP to access phone address book)

SMS notification:
In the connected state, if the SMS reminder function is enabled, the band will remind when there is a text message.

Other reminders:
In the connected state, if you turn on this feature, the band will vibrate when there are WeChat, QQ, Twitter, Facebook and other notifications on your phone. (Need to turn on notification in phone system, and set permission of APP to access system notifications. The maxims letters supported for each message is limited).

Vibrating reminder:

Turn on this feature, when there is a call, information or other reminder, the band will vibrate, if closed, there will only be screen reminder without vibration, so as not to disturb you.

Sedentary reminder:

Set to enable/disable the sedentary reminder function. You can set the reminding interval in the profile, thus the band will remind if you sit for a long time over that interval.

Android user tips:

The reminder function needs to be set to allow "Yoho band" running in the background; it is strongly recommended to add "Yoho band" in the entitlement management to trusted list and allow all permission to enable full functions.

APP features and settings

Smart alarm clock

In the connected state, three alarm clocks can be set and synchronized to the band;

Offline alarm is supported. After successful synchronization, even if the APP is not connected, the band will still alarm according to the set time.

Band display settings

In this option, you can set the display pages on your band. The enabled function pages will switch one by one with your touch on function key, and disabled function page will not.

Looking for band

When connected, click the "Looking for band" option, the band will vibrate to cause your attention.

Shake to take selfie

In the connected state, enter the "shake to take selfie" in APP, shake the band, and the APP will take photos automatically after 3 seconds

countdown. Please allow APP to access the camera and photo album to take and save the selfie.

Lift Wrist to view info

Set the function to ON, the screen will be lighted automatically when user lift the wrist.

Sedentary Reminders

Please set the period for sedentary remind.

Band display instructions

In general, long touch in each page for more than 2 seconds will enter the subpages if current page has subpages.

Date and Clock

After synchronized with the phone, the date and clock on band will automatically be calibrated.

Long touch in this page for >2s, you can enter subpages for selecting default date&clock page style, totally 3 styles are available.

Pedometer

Wear a band to automatically record your daily activity. You can view the real-time steps today.

Distance

Based on the number of your daily activity and your personal profile, the distance you traveled will be displayed.

Calories

Based on your walking distance and your personal profile, the calories burned will be displayed.

Heart rate, blood pressure

Switch to the heart rate or blood pressure interface, the band will automatically start measurement, and the result will be displayed in 40 seconds. This feature is only supported if the band has heart rate or blood pressure sensor.

Multi Sports mode

Running mode

Long touch to start running mode. In this mode, the pedometer and

time will start from 0, and the activity and lasting time will be recorded until long touch again to quit the running mode. The pedometer during this period will also be counted in the daily activity.

Skipping-Scope mode

Long touch to start Skipping-scope mode. In this mode, the band will record the number of skipping scope you did and lasting time automatically until long touch again to quit this mode.

Sit-up mode

Long touch to start Sit-up mode, in this mode, the band will record the number of sit-up you did and lasting time automatically until long touch again to quit this mode.

Sleep monitor

The bracelet will automatically monitor your sleeping status in night; it will detect your sleep status with deep sleep / light sleep / awake times, calculate your sleep quality; the result can be checked on APP. **Note:** The band will track sleeping status only when you wore it during your sleep in night. Place the band somewhere will not trigger the sleeping monitor.

Please synchronize your band with APP after 9:00am the next day to upload the data before you can check it.

Basic parameters

Device type	Smart band support	Battery	Lithium polymer
Vibration motor		Connectivity	Bluetooth 4.0
Operating temperature	-10°C-50°C	sensor	Low-power accelerometer
System Requirements	IOS 9.0 above / Android 5.0 above		

Notice:

- Take off your band before having shower or swimming.
- Please connect the band when synchronizing data.
- Use the 5V USB charging adapter.
- Do not expose the band in high moisture or extreme high temperatures.
- When the APP crashes or reboots, please check the phone memory, clear it and try again, or exit the app to reopen it.

Components

* Host * Wristband * Charging cable * Packing box and manual

Languages Supported

APP Language: English, Chinese, French, Deutsch, Spanish, Portuguese, Russian, Dutch.

Wristband Language: English, Chinese, French, Deutsch, Spanish, Portuguese