


**USER MANUAL  
SMART BRACELET**

### Getting Started in 2 Steps

**1.Usage to preparations**

first use, please ensure that the electricity is sufficient. If you cannot start the watch in lower power, please use the charging clip of the product to align the louch point on the back of the main body. When the is charging and will start and display the charging state.

**2.Setting up Smart Bracelet**



Scan QR code  
download APP

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### Getting to Know Your Smart Bracelet

This section tells you how best to wear, charge, and care for your tracker.

**1.Using in Wet Conditions**

Your Smart Bracelet is water-resistant, which means it is rain-proof and splash-proof and can stand up to even the sweatiest workout.

NOTE: Do not swim with your Smart Bracelet. We also don't recommend showering with your wristband, though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your bracelet wet, dry it thoroughly before putting it back on.

**2.Using the Touch Button**

Single tap the Touching Area under the main screen to wake up the device and switch to other functional pages.

Long press the Touching Area to enter for more functions which is needed.

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### Smart Bracelet Features

**1.Time and date**

The current time of day and date based on your location. The device updates the time and date when you synchronize your device to a mobile device, you can not set the time manually.

NOTE: You could switch 3 different watch faces in app.

**2.Steps**

Smart Bracelet automatically tracks Steps taken and displays on the screen.

**3.Calories & Distance**

Displays your all-day Calories burned and Distance traveled.

NOTE: Your movement stats reset to zero at midnight.

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**4.Blood Pressure Test**

Long-press on the blood pressure page to start measuring blood pressure, please pay attention to keep the correct posture while measuring the blood pressure, then the bracelet will show your current blood pressure.

NOTE: This function is not the main function. It is only for experimental use.

**5.SpO2 Test**

Get knowing your SpO2 anywhere anytime.

**6.Heart Rate Monitor**

Long-press the dynamic heart rate page, after the countdown you can start the movement, the bracelet will keep monitoring your heart rate data. In the monitoring process, the bracelet will show your exercise time and current heart rate data. After finishing the movement, long-press the device again, you can end the dynamic heart rate monitoring.

Dynamic heart rate monitoring can be viewed in the APP, the APP will show the changing trend curve of heart rate, related data analysis results and other information.

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**7.Remote Shutter**

Control your mobile device camera from a distance by a long press on the camera icon.

**8.Call Notifications**

Receive incoming phone call notifications.

**9.Message Reminder**

Display sms, twitter, whatsapp, message etc. from your mobile device.

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**10.Control Music**

Control your mobile device Music Play from a distance by a long press on the Music icon.

**11.Silent Alarms**

Your Smart Bracelet can gently vibrate to wake or alert you with its silent alarm feature. Silent alarms can be configured to recur every day or on particular days of the week. You can create up to 3 silent alarms.

**12.Goal Tracking**

When you reach your goal that you define on your app, your Smart Bracelet will vibrate and flash to celebrate.

NOTE: Activity data begins recording data for each day at midnight, when its data resets. Sleep data begins recording data for each day at 8:00 p.m. when its data resets.

Please sync Smart Bracelet regularly to ensure the most detailed data has been sync onto the app.

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### General Info & Specifications

**1.Environmental Conditions**

Operating temperature: 14°F to 122°F (-10°C to 50°C)  
Non-operating temperature: 4°F to 140°F (-20°C to 60°C)

**2.Size**

Fits a wrist between 5.5 and 7.7 inches in circumference.

**3.Disposal and Recycling**

Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Smart Bracelet and accompanying components. Do not dispose of Smart Bracelet with common household waste, the Smart Bracelet is considered electronic waste and should be disposed of at your local electronic equipment collection facility. For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.

**Important Safety Warnings**

Smart Bracelet is not a toy or medical device. Do not attempt to tamper with/modify/dismantle Smart Bracelet. Do not expose Smart Bracelet to abrasive materials. Do not place Smart Bracelet near open flames. Review Smart Bracelet Specifications and other information > Environmental Conditions and do not expose Smart Bracelet beyond operating temperatures.

Read, follow and keep this user manual and all safety instructions. Improper installation, use or disposal of Smart Bracelet could be hazardous to your health and put others at risk.

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### ? 问题解答

**为什么手环接收不到消息推送?**

安卓手机设置:  
1.确认在手机客户端开启了消息推送的开关  
2.确认消息是否存在手机通知栏都可以正常显示,手环消息推送是通过读取手机通知栏消息;若手机通知栏没有消息,手环是接收不到推送的。(需要在手机设置找到通知和状态栏,开启微信、QQ、电话、短信、手机客户端)  
3.打开手机客户端——点击其他设置——点击辅助功能——开启客户端  
4.打开手机客户端——点击我——点击设置——点击新消息通知——开启通知显示消息详情  
5.打开手机客户端——点击设置——点击消息通知——开启通知显示消息内容

苹果手机设置:  
1.确认在手机客户端开启了消息推送的开关  
2.打开手机设置——点击通知——点击微信、QQ、短信、电话——开启允许通知,在“通知中心”中显示  
3.打开手机设置——点击我——点击设置——点击新消息通知——开启通知显示消息详情  
4.打开手机设置——点击设置——点击消息通知——开启通知显示消息内容

**手环为什么不能洗澡或者游泳呢?**

不建议游泳时佩戴,游泳时水压较大细小的水分子容易进入手环缝隙,可能会对手环的元器件造成损害。

不建议洗澡时佩戴。

主要因素之一: 洗澡时产生的水蒸气  
洗澡水的温度比较高,容易产生很多的水蒸气,而且水蒸气是气体,其分子半径小,容易从手环的壳体空隙渗透进去,当温度降下来后会逐渐凝结成水滴,从而伤害手环电路板,进而损坏手环。

主要影响因素之二: 温度  
电子产品在受到高温、低温、高低温循环变化的影响时,温度的变化会引起机器内部元器件和零件的参数变化,直接影响机器正常工作,甚至损害机器。所以大家在平时使用时多多注意。

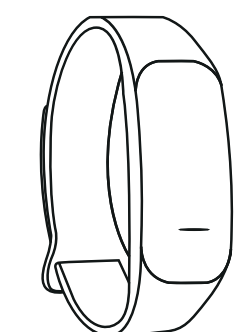
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### ? 问题解答

**血压数值为什么跟血压计有偏差**

手环测量的是动态血压趋势,手环和血压计测量出现的数值偏差因多种外在因素决定的,您平时使用血压计测量部位是在动脉处测量,手环是在微动脉主要的两个分支,正常情况下主动脉测量和微动脉测量数值相差三四十;如果您当时是在同一时间进行的测量,由于动脉里流动的是离心方向的血液,血压计测量时您的肘正中以下部位由于受压,暂时血液无法顺畅流向下面的动脉分支;血管紧张感增加,因此上下血压测量偏差值会更大。


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**智能手环  
操作使用手册**

### 手环客户端下载

扫描下方二维码并安装手机客户端。



扫码下载  
手机客户端

01

### 手环佩戴

**A: 手机机身**  
**B: 手环腕带**

触点

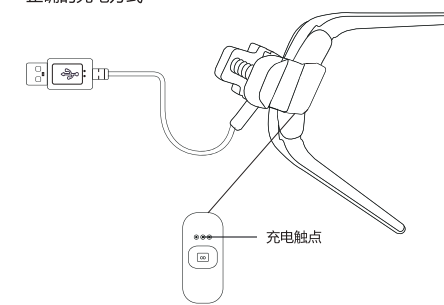
**佩戴步骤**

- 将手环表带往手腕上卷起来
- 将腕带佩戴在手腕上
- 手环以尺骨茎突后佩戴最佳

02

### 手环充电

正确的充电方式



充电: 请使用产品配备的充电夹对准手环主体背面的触点,进行充电。

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### 开始连接手环

打开手机APP 登录后提示打开蓝牙

打开设备界面

绑定手环按钮

点击连接手环

配对成功后,手机客户端会自动保存手环蓝牙地址,手机客户端打开后在后台运行都会自动搜索并连接手环。在手机客户端运动、睡眠、心率界面下手动下拉同步数据,手环可存储7天的离线数据,数据量越多,同步时间越长,最长大约2分钟,同步完成后,会有“同步完成”的提示。

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### 血压监测功能

手环界面切换到血压监测后长按进行监测

**测量小知识**

- 测量时腕带应在心脏处同一高度,偏上或偏下会导致测量结果有差异,每次测量要采用相同的姿势,测出的血压才可互相比较。
- 抽烟、喝酒、喝茶、喝咖啡之后不宜马上测量。
- 运动后及疲劳时不宜测量。
- 测量时尽量放松,保持心情放松。

手环血压算法适用于身体健康人士测量自身血压。测量结果不适用于患有高血压的人士作为判定是否需要服用降压药的标准。请在医生的指导下进行测试治疗,产品测量结果仅供参考,不作为医疗用途及依据。

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### 心率监测功能

手环界面切换到心率后长按进行监测

**心率测量**

心形图标反复跳动,同时手环背部心率灯点亮,心率测试开始。等待15秒后,手环出现当前心率数值,心率测试结束。

手环同步到手机后,打开手机客户端心率界面可查看心率数据分析

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### 来电提醒/信息内容显示

成功连接手环后,打开手机客户端里的信息推送按钮,把开关打开即可接收信息提醒

手机蓝牙断开连接和后台软件没有运行会导致没有信息提醒,手机屏幕亮屏时或者电脑QQ在线时导致手机通知栏没有收到信息推送也会导致没有信息提醒。

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### 更多功能

**运动数据**  
可长按界面查看步数卡路里与路程。

**天气温度**  
可设置显示当地的温度

**智能闹钟**  
可在手机客户端设置定时闹钟震动

**遥控拍照**  
连接手机后,打开手机拍照界面长按拍照

**音乐控制**  
连接手机后,打开手机播放音乐长按控制音乐

**血氧测量**  
手环切换到血氧界面后长按进行监测

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### ? 问题解答

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