

HEART RATE SMART WRISTBAND



User Instructions

Getting started


I. Operation mode

- 1.Click:Interface switchover
- 2.Long press:Ok/exit,switchover mode
- 3.See the schematic diagram below for effective touch area:



- 4.Power on:Press the touch area for more than 3 seconds to power it on.
- 5.Power off:Click the touch area to switch to the power-off interface; long press to pop up “YES” and “NO”;select “YES”,and it will be powered off after a long press.The Bluetooth name,version number and the last 4 digits of the BluetoothID for the bracelet can be viewed on the power-off interface.



6. In case of low battery and only one red grid is left  , a vibration will occur to indicate that the voltage is low and recharging shall be made promptly so as to avoid the loss of sports data due to automatic shutdown caused by low battery.

7. The recharging duration is about 1.5 hours. It will go to the time interface after the recharging is finished. If it is not used for a long time, it shall be powered off and recharged once every month.

II. App download and connection

1. An App is required to connect the bracelet with a smart phone. You can download relevant App by scanning one of the QR codes below.



Google Play App



IOS App



Android App

2. Android users can download the App by searching “WearHealth” through Google play; IOS users may download the APP by searching “WearHealth” through App Store. The minimum requirements for smart phone operating systems are Android 4.4 and IOS 8.2 and above.

3.Connection between bracelet and App:

Step 1: Open the Bluetooth on your smart phone;

Step 2: Download the “WearHealth” App; redister your personal account as instructed or use a third-party account to log in;

Step 3: Open the application interface of “WearHealth” App; click “connecting bracelet” on “My options” interface to search Bluetooth devices for the bracelet. Find and click the correct Bluetooth for connection;the time interface of the bracelet will display a “Bluetooth icon” after a successful connection; the bracelet will synchronize the time of your smart phone as well as various sports data. If you are uncertain about the Bluetooth name, you may switch to the power-off interface to view the Bluetooth name and address (a Bluetooth icon will not be displayed on the bracelet if it is not connected to your smart phone).

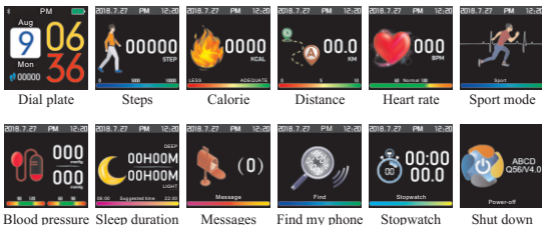
III. Unbinding App

1. Unbinding for Android phones: Click “Disconnect bracelet connection” on the management interface of the “WearHealth” App.

2. Unbinding for IOS phones: After clicking “Disconnect bracelet connection”on the management interface of the “WearHealth” APP, go to system settings ->Bluetooth -> click the exclamation mark behind the device name -> ignore the device to completiely unbind relevant Bluetooth.

Functions

IV. Main display interfaces



V. Illustrations on main functions

1. Dial plate: It displays time. It can be changed by touching the touch area for 2 seconds. Shortly press the touch area to select relevant dial plate, and press the touch area for 2 seconds to confirm after selecting the dial plate.
2. Step counting: It can record the number of your steps within one day. The steps will return to zero at 00:00 of each day to start the record of the new day.
3. Calorie: It can record the calories consumed by you within one day.
4. Distance: It can display the distance accumulated within one day (Metric units or British units can be set up in the App as per requirements).
5. Heart rate: Your heart rate can be tested 1 second after it is switched to the heart rate interface. It will vibrate and display the test result.

6. Sport mode: Switch to the sport mode interface and enable sport mode after long pressing the touch area, and you will exit from the function after making a second long press. The sport mode only displays current sports information. Relevant sports data will not be saved after exiting from the function after a long press.

7. Sleep testing: It can display the total duration of your sleep last night. The duration for sleep testing is from 22:00 of day 1 to 08:00 of day 2. Relevant sleeping data will be displayed after 08:00.

Note: The sleeping data tested during any period other than the above duration will not be recorded.

8. Messages: The latest three messages will be stored. Long press it to view these messages and clear the record after viewing them.

9. Find my phone: Long press it to enter “Find my phone” interface(It is not allowed to set your phone as mute and your phone needs to stay connected to the bracelet).

10. Stopwatch: Long press it to enter “Stopwatch”. Shortly press once to start the function and shortly press it again to pause the function. Long press it to exit from the function.

11. Remote photographing: Open the WearHealth App on your smartphone. Find the shake camera function to shake your smartphone and control mobile phone photographing. (The WearHealth App shall be authorized to have photographing permission.Your smartphone shall be connected to the bracelet when the function is used).

12. Care: Click “Care” on the WearHealth App to enter the interface. Click the “+” mark on the top right corner to add any registered user of WearHealth App. You can view the sports data, health and sleeping conditions of the user after he or she adds you as a friend.

13. Reminder: You can set up various reminders such as incoming calls, SMS, alarm clocks, sedentary warnings, meetings, taking medicine, and drinking water.

14. Lighting up screen by turning wrist: The function of enabling or disabling lighting up screen by turning wrist can be set up on the App. The display screen will automatically light up by turning your wrist when checking the time.

VI. FQA

1. You cannot find the bracelet when pairing it?

A: Please make sure that the Bluetooth has been enabled on your smartphone and the version of your smartphone system is “supported”. Please make sure the distance between your smartphone and the bracelet is within 0.5m when pairing. The effective communication range of Bluetooth is within 10m after the pairing is finished.

B. When pairing, please make sure that the Bluetooth for your smartphone and the bracelet is not engaged or connected to any other device. You can try a new connection after getting rid of any other paired device.

2. Sometimes the Bluetooth cannot be connected or have no response?

C. The Bluetooth services of some smartphones may occasionally have abnormal conditions after being started again. Generally speaking, a normal connection may be established by turning on and off the Bluetooth or restarting relevant smartphone and bracelet.

3. The device cannot be recharged?

D. Please select a suitable recharger. In general, a recharger of 5V voltage and 0.5-1A current shall be selected for recharging the bracelet. The recharging current for the device is small, while some power banks need large currents to start recharging. As a result, such power banks are not suitable for recharging the bracelet.

4. The battery life is short and the power consumption is fast?

E. If the sport mode is enabled for a long term, the functions such as continuous heart rate monitoring or lighting up screen by turning wrist are enabled, or various reminders of messages and alarm clock reminders are set up, power consumption will be increased to reduce standby time. Please disable some functions with high power consumption as appropriate to extend standby time.

5. It fails to measure heart rate results?

F. For regular wearing, it is suggested that you wear it on the top of your habitual wrist. Do not cover the bracelet with any garment or article. The watchband shall properly cling to your wrist for the accuracy of your heart rate may be affected by any loose or tight wearing. The accuracy of the test may be affected if your skin is relatively dark or you have thick hairs on your hand.

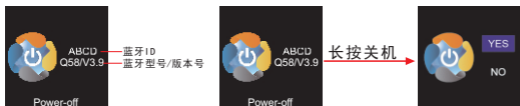
开始使用


一、手环操作模式

- 1、单击：界面切换
- 2、长按：确认/退出、切换模式
- 3、触摸有效区域见下方示意图：



- 4、开机：长按手环触摸区域3秒以上开机。
- 5、关机：点击手环触摸区域切换到关机页面，长按弹出YES与NO选项，选择"YES"，长按后关机。关机界面可查看手环的蓝牙名称、版本号、蓝牙ID末4位数



- 6、当电量低时，电量图标能量格数减少到最后红色一格时, 会

有震动提示，表示手环低电压，请及时为手环充电。以免由于电量低，系统自动关机引起运动数据丢失。

7、充电时间约1.5小时，充电完成后显示会跳转到时间界面。长期不使用，请务必关机并保证每1个月补充电1次。

二、下载应用与连接APP操作

1、手环需要应用支持才可以与手机相连，可通过二维码先扫描下载应用。



Google Play App



IOS App



Android App

2、安卓系统可通过Google play搜索WearHealth下载应用，IOS系统可通过AppStore搜索WearHealth下载应用。手机操作系统最低要求为安卓4.4，IOS系统8.2版本以上。

3、手环与APP连接：

第一步：打开手机蓝牙，

第二步：下载"WearHealth"APP应用，按要求注册个人帐号，或使用第三方帐号登录。

第三步：打开“WearHealth”APP应用界面,在“我的”选项界面,点击“连接手环”来搜索手环的蓝牙设备。找到需要连接的蓝牙名称点击连接,连接成功后手环的时间界面会出现蓝牙图标,手环会同步手机时间,同步各项运动数据等。如不确定蓝牙名称,可以把手环切换到关机界面查看手环蓝牙名称与蓝牙地址(未连接手机时,手环不会显示蓝牙图标)。

三、解绑APP操作

1、安卓手机解绑方式:在"WearHealth"APP手环管理界面点击"断开手环连接".

2、IOS系统手机解绑方式:在“WearHealth”APP手环管理界面点击“断开手环连接”后,再前往手机系统设置->蓝牙->点击设备名称后的感叹号->忽略此设备,来完全解绑蓝牙。

功能

四、主要显示界面



表盘界面

步数

卡路里

距离

心率

运动模式



血压

睡眠时长

推送信息

查找手机

秒表

关机

五、主要功能说明

- 1、表盘:显示时间,在此界面长接触摸区域 2 秒可切换表盘。短按一次换选表盘,选定表盘后长按 2 秒确认。
- 2、计步:记录一天行走步数,00:00时,计步步数归零,开始新一天的记录。
- 3、卡路里:记录一天消耗的卡路里。
- 4、距离:显示当前一天叠加距离数值,(可以根据需求在APP设置公制或英制单位)。
- 5、心率:切换至心率界面停留1秒开始测试心率,震动并显示出测试数值。
- 6、运动模式:切换至运动模式界面,长接触摸区域进入运动模式功能,再次长按退出此功能。运动模式只提供当前运动信息的显示,长按退出后,运动数据不作保存。
- 7、睡眠检测:显示昨晚睡眠总时长。睡眠检测时间为晚上22:00至次日早晨08:00为检测时间范围。超过08:00后才会显示睡眠数据结果。注意:超出检测的时间范围段的睡眠数据不被记录。

- 8、信息：贮藏最近3条信息，长按进入查看，查询完后清除记录。
- 9、查找手机：长按进入查手机（手机不可设为静音，手机与手环需保持连接状态）。
- 10、秒表：长按进入秒表功能，短按1次开始，再次短按1次暂停。长按退出。
- 11、遥控拍照：打开手机端WearHealth应用，找到摇摇拍照功能，摇一摇手环，控制手机拍照。（手机需要允许WearHealth应用获取照相权限，使用该功能时，手机与手环需在保持连接状态）。
- 12、关爱：在WearHealth应用中点击“关爱”进入界面，点击右上角“+”号添加有注册和使用WearHealth应用的好友，对方同意加为好友后，可查看对方运动数据、健康状况、睡眠状况。
- 13、提醒：APP端可设置各类提醒、来电、短信、闹钟、久坐提醒、会议、吃药、喝水。
- 14、翻腕亮屏：APP端可设置翻腕亮屏打开或关闭功能，查看时间时，翻转手腕，显示屏自动亮启。

六、常规问题

1、在配对时无法找到手环？

A. 请确认你的手机已开启蓝牙，同时手机系统版本属于“支持范围内”。配对时请确保手环和手机间距在0.5米范围内，完成配对后，蓝牙有效通信范围10米以内。

B. 配对时请确保手机和手环蓝牙没有被其它蓝牙设备所占用或连接。手机可以清除其它配对设备后，再尝试连接。

2、偶尔出现蓝牙连不上，功能操控无反应？

C. 部分手机的蓝牙服务再启动时偶尔会出现异常。通常重新开关手机蓝牙或重启手机和手环设备，即可正常建立连接。

3、设备不充电？

D. 请选择合适的充电器，通常要求电充电器的规格为5V电压，电流0.5-1A来为设备充电，因设备充电流较小，部份充电宝需要较大的电流才能启动充电，可能不适合给本手环充电。

4、电量使用时间短，耗电快？

E. 长时间开启运动模式下，开启连续心率监测功能、开启腕翻亮屏功能、设置各类推送提醒和闹钟提醒均会增加电量消耗，减少待机时间。请适当关闭功耗高的功能来延长待机使用时间。

5、心率测试不出数值

F. 日常佩戴时，建议将设备平坦地戴在惯用手腕上方，不要隔着任何衣物，腕带贴合手腕，佩戴过松或过紧均可能影响心率数值的准确性。皮肤颜色较深，或手部皮毛较密，可能会影响到测试的准确度。