

Outdoor Fitness Tracker

User Manual



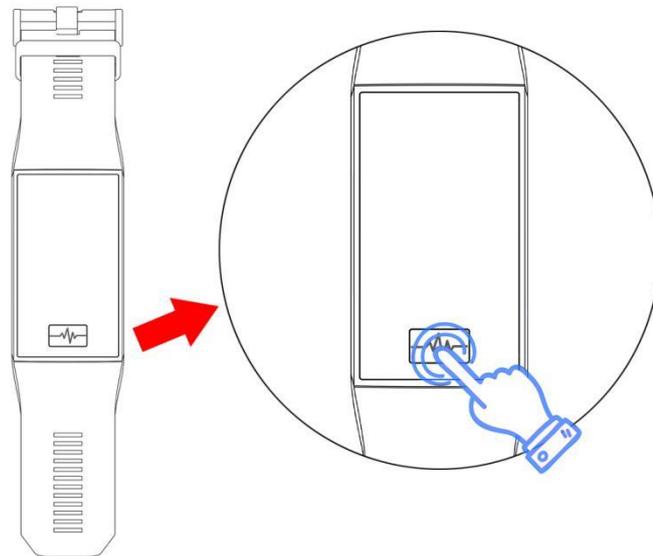
Thank you for choosing our product. You can read this manual and have a thorough understanding of the use and operation of the equipment.

The company reserves the rights to make changes to the contents of this manual without prior notice.

Product includes: Package*1, manual*1, Smart band*1

1. Description of bracelet function

1.1 Description of touch key



A: Press and hold for 3 seconds to boot.

B: Click: select function downwards. Press and hold: confirm.

1.2 Charging instructions:

Please pay attention to the charging direction.



***Please be aware that the two contacts of charging cannot contact the conductor at the same time, or it may cause the burning of circuit.**

1.3 Watch strap disassembly and assembly instructions:



1.1 Standby dial plate interface

1.2 Step count

The step count is enabled by default. This interface displays the current number of steps, kilometers, calories and heart rate. The data are cleared every day at 12 am.

1.3 Health

1) Heart rate, correctly wears the bracelet (left hand/right hand) on the wrist, enter the heart rate menu, and continuously measure the heart rate value. After the bracelet is bound to the app, the heart rate data is synchronized to the app in real time.

2) Blood pressure, correctly wears the bracelet (left hand/right hand) on the wrist, enter the blood pressure menu, measure the single blood pressure value. After the bracelet is bound to the app, the blood pressure data is synchronized to the app in real time.

3) Sleep, sleep monitoring period: 21:00 to 9:00 the next day, After the bracelet generates data and exits sleep monitoring, the bracelet sleep data can be synchronized to the APP after the bracelet is bound to APP.

1.4 heart rate variation

Make sure you are properly wear the bracelet on the wrist during ECG test. After the function is on, touch the screen position with finger to start

measurement. The test ends at 30s. If it is less than 30s, it prompts to return to the fingertip page.

1.5 Breath guide

Enter the breath interface. After 2 minutes, the breath guide begins. After breath adjustment, follow the light spot to adjust breath.

1.6 Push message

Open the push message interface, bind the bracelet to the app. When notification permission is enabled, the new message received in the notification bar of the mobile phone will be pushed to the bracelet. A total of 5 messages can be saved, and the message received after 5 will overwrite previously received messages

1.7 Sports mode (walking, running, cycling, hiking, swimming, football, basketball, indoor running)

1.7.1 Select the corresponding sports mode, press and hold the touch key on the screen to start the corresponding sports mode; long press the screen to

jump to the end sports interface, click "

interface to continue the sports, click "

the data, click "

1.8 Outdoor data

1.8.1 Weather

The mobile phone is connected to the network. After the app has acquired the weather information, bind the bracelet to the app. The weather information in the app is pushed to the bracelet.

1.8.2 Air pressure

The mobile phone is connected to the network. After the app has acquired the air pressure information, bind the bracelet to the app. The air pressure information in the app is pushed to the bracelet.

1.8.3 Elevation

The mobile phone is connected to the network. After the app has acquired the elevation information, bind the bracelet to the app. The elevation information in the app is pushed to the bracelet.

1.8.4 UV

The mobile phone is connected to the network. After the app has acquired the UV information, bind the bracelet to the app. The UV information in the app is pushed to the bracelet.

1.9 Common Tools

1.9.1 Vibration

Press and hold the touch key to switch on/off. (Enabling the vibration will affect the usage time)

1.9.2 Brightness adjustment

Press and hold the touch key to adjust among the three levels of low, medium and high.

1.9.3 Restore factory setting

Long press to select whether to restore the factory settings, all data in the bracelet will be cleared after recovery.

1.9.4 View version information

View the Bluetooth name and Bluetooth address and version number of the bracelet

1.9.5 Shutdown

Long press to turn off the bracelet.

II. Bind app

1. APP download method

1.1 Scan QR code to download:



App store:

Google play:

1.2 Search and download in application market

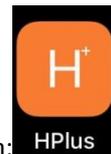
Android:

Search HPlus to download in 360 application, Google play and other application market

IOS:

Search HPlus to download in App Store

Android phone: the application icon after HPlus installation is as shown:



iPhone device: the application icon after HPlus installation is as shown:



2 Bind Bluetooth

2.1 Unconnected status:



After the bracelet is turned on, the Bluetooth stays in the search state. After opening the APK/APP, enter the device-binding device and select the corresponding bracelet device name to bind the bracelet to the app.

2.2 App binding status:



Bracelet time synchronization: After the bracelet is bound to the app, click to realize synchronization of the time and time system of the bracelet and the mobile phone.

2.3 Data synchronization

After the bracelet is bound to the app, the health data of the bracelet can be synchronized to the app end; after opening heart rate, sleep, and motion interface, click to select the date.

2.4 Message push

After the bracelet is bound to the app, the corresponding notification permission in the mobile phone system is enabled. Enter more- notification applications in the app to enable the corresponding third-party application.

2.4.1. Call notification:

In the personal application, enable the call notification. When the mobile terminal receives one or more incoming calls, the bracelet will receive one/multiple incoming call notifications at the same time;

2.4.2. SMS notification:

Enable the SMS notification in the personal application. When the mobile phone receives one/multiple SMS messages, the bracelet will receive one/multiple SMS notifications at the same time;

2.4.3. Other application message notifications:

Enable the corresponding application message notification, such as WeChat, QQ, Facebook, Twitter, etc. in the personal application. When the mobile phone receives one/multiple application message notifications, the bracelet will receive one/multiple corresponding message notifications at the same time.

2.5 Sedentary reminder

Set the start time, end time and sedentary time interval (minutes), threshold (steps), click to enter the Repeat to select the sedentary reminder date (week). When the sedentary time is up, the bracelet vibrates, showing sedentary icon.

2.6 Alarm reminder

Click the alarm reminder setting to add the alarm time. When the alarm time is up, the bracelet will prompt: the alarm icon.

2.7 Heart rate detection

Set the start time, end time and sedentary time interval (minutes), check the heart rate test and save.

2.8 Firmware upgrade

Detect whether the firmware version of the bracelet is the latest version. It will prompt if there is a new version and update to the latest version.

2.9 Unbind

Bind the bracelet to app; click unbinding with bracelet on the device interface to unbind the device. Please ignore the paired device in the phone settings of iPhone.

●FAQ

*Do not expose this device to overcooling or overheated conditions for a long time, otherwise it will cause permanent damage.

*Why can't wear watch when taking a hot bath?

As bath water temperature is high, it will generate mass steam which is in gaseous phase and characterized by small molecule radius. It is easy to penetrate through watch housing gap. When temperature lowers, it will become liquid phase water drop, which is easy to cause short circuit in the watch, resulting in damaged circuit board and watch.

*The watch can't start up or charge

If the newly received watch can't start up, it may be the reason that the battery is under protection due to collision during watch transportation. Plug in charging cable to activate the watch.

If your watch can't start up due to too low battery or the watch has not been used for a long time, please plug in USB cable and charge for half an hour for activation.