

Smart heart rate and sports bracelet

User Guide



Hello, thank you for choosing our smart health bracelet, when using this device for the first time, For your convenience, please read the instructions carefully and follow the steps in the instructions.

Hand ring quick use instructions

Component introduction



Charging and Active

Charging the device to active before the first time using; To charge your device, plug the charging cable into the adapter or USB port on your computer.



Install bracelet APP

Scan the QR code below or go to the major application markets to download and install "Flagfit 2.0"



Google Play



iOS

Equipment requirements: ios 8.0 and above;
Android 4.4 and above, support for Bluetooth 4.0.

Main function interface

Main interface / dial

Long press the touch button on the main interface to directly Switching, the dial has 5 styles.



Pedometer/Distance/Calories

View steps, distance, calories burn in real time It can synchronize apps in time to view motion data.



Heart rate monitoring

Switch to the heart rate monitor interface, Heart rate monitoring, in real-time The measurement data can be synchronized with the APP in real time with a test report.



Blood pressure monitoring

Switch to the blood pressure monitor interface, to enter real-time monitoring. The measurement data can be synchronized with the APP in real time with a test report.



Note: When measuring blood pressure, please measure by the correct posture. The test result is for reference only, Cannot be used as medical data.

Blood oxygen monitoring

Switch to the Blood oxygen monitoring interface, to enter real-time monitoring.



Multiple sports modes

Long press to enter sport mode monitoring. Running, cycling, swimming, badminton.

Press and hold the sport mode to enter, click to switch, long press to start calculation, long press to stop.

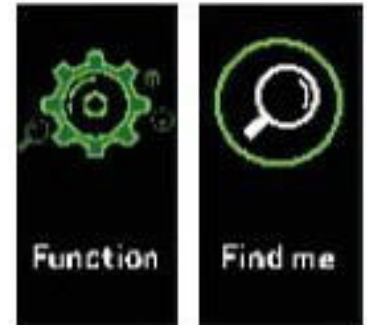
Notification /Message push

In the message interface, long press three seconds to view the message. Click to turn the page, view the message to exit or grow Press three seconds to exit



More features

On the more features page, long press three seconds to enter Lower menu page for more operations



Find your phone

Keep the phone and the fitness tracker connected normally, Press and hold the touch area on your tracker. The phone will ring.

About the interface

On the bracelet interface, after displaying the Bluetooth address Four digits and version number.



Restore interface

In the bracelet restore page, long press the touch key to restorewristband.

Turn off

On the shutdown page, long press threeseconds.
Vibration shutdown



Brightness adjustment page

On the brightness page, long press the touch button to enter.
The screen brightness can be chosen freely.

Other feature reminders

Reminder function needs to set the opening reminder switch on the APP side, and keep the phone and bracelet in the state that the Bluetooth connection is successful, the message is a vibration reminder.



Sleep monitoring function

When you fall asleep, the bracelet will automatically judge to enter the sleep detection mode and automatically detect your entire night.

Deep sleep / light sleep / awake time, calculate your sleep quality; sleep data temporarily only View with the APP.

Note: Sleep data will only be available when you wear the bracelet to sleep.

Precautions

1. Do not use an adapter with a current over 2A.
Charging time is around 2~3 hours
2. Do not charge after the device was water damaged
3. This is an electronic monitoring product, data received from it cannot be used as medical basis.

4. Blood pressure testing tip :

- a) Keep your body relaxed and still while testing.
- b) Keep device at the same height as your heart, and don't talk while you are testing



Common problem

1: Why is the blood pressure test not allowed?

Blood pressure test is affected by the external environment and individual skin color, and blood pressure monitoring is only used as Monitor blood pressure changes and not really test or monitor blood pressure in hypertensive patients. Not for use as a medical device, test data cannot be used as medical data, for reference only

2: Why can't I push caller information or content?

2.1 Android QQ WeChat reminder service permission to obtain

When the user opens the QQ WeChat reminder switch for the first time, the app will get the corresponding Permissions, check the program in the app to get the corresponding permissions

2.2 IOS (Call, SMS, QQ, WeChat) reminds service access
When the user opens the switch (incoming call, SMS, QQ, WeChat) reminder, The conference automatically pops up the pairing request, and the user only needs to select the pairing.