# SMART WRISTBAND

IVS softtech Pvt. Ltd.

Heart Rate Bracelet
Manual Book Version 1.0

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Thanks for using our product. Before using this watch, please read the following instructions first:

1. Warning: before the start of new sport events, please consult your doctor. Though the smart wristband can monitor real-time dynamic heart rate, it cannot be used for any medical purposes. Be sure to remember to consult a doctor before any exercise and diet plan.

2. System support: Android 4.3 or above, IOS 8.0 Bluetooth4.0 or above.

3. Charging: Before use pls make sure the battery is enough. Please take off the host from the wrist strap and insert it into USB socket (charging 5V500MA) to start charging, it will take about 2 hours for fully charged. To make the good connection for battery charging, please make sure that the metal touch point without dirt, oxidation and impurities. It will display a symbol on the screen when charging. Please make sure that the device is charged every three months if it is not used for long time.
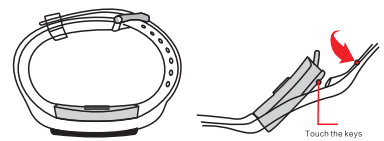
Product 1 Charging schematic diagram
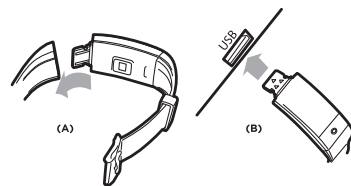
1、Untied the watch buckle, select the touch buttons offside.
2、Hold the main part of wristband with one hand and hold the watch strap with another hand, pull out the strap backwards from both sides.
3、Choose the USB interface to charge the wristband. (Fully charged within2-3 hours)

Product 2 Charging schematic diagram

1.TTake out the wristband, untied the watch buckle and reverse it.
2.Press the updown from the key-press, then take out the main part of wristband.
3.Choose the USB interface to charge the wristband. (Fully charged within 2-3 hours)

Connect wristband and mobile phone

1.Turn on: long press the screen bottom for 3 seconds to turn it on, then pairing code will display on wristband for app scanning to recognize the band.
Turn off: long press the time interface for 3 seconds to enter secondary menu and click to switch to turn off option. Long press to enter turn off option and click to switch on into off. The screen displays 5 4 3 2 1 before turn off.

Resetting: select the reset icon under secondary menu and long press it for 3 seconds to enter resetting option. Click to switch off into on so, the system is reset and wristband time and data are reset to defaults.

2.App installation: use mobile phone to scan QR code or search "Smart Wristband 2" in App store and download it to install.
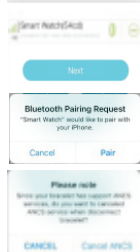
3.Connect wristband: put the wristband near mobile phone, start and enter smart wristband APP. Search Bluetooth wristband following APP guidance to pair. The wristband Bluetooth is called "Smart Watch". Click the next step to connect.

Pair iPhone: after the first app connection of IOS system, the Bluetooth pairing request will be prompted. Please click "pairing" to connect, and the wristband can receive incoming call, short message, QQ, WeChat reminders pushed by IOS system, otherwise no reminders can be received.

4.Delete wristband: if the device needs to be deleted, it could be done in APP-settings-my wristband. If the wristband is bound through account registration, it needs to be unbound in APP-settings-device management.
Delete wristband on iPhone: based on steps above, enter the phone system-Bluetooth settings. Click the exclamation mark after device name, click to ignore this device in the popped dialog box to relieve the band ANCS connection. Then text messages pushed by iPhone will not be received.
Notice: for the first APP connection with wristband, please allow APP to obtain relevant system permission. If mobile phone permission is not allowed, functions between device and mobile phone will be unavailable.

Function interface of wristband

Functional zone of main interface

TIME   STEP GAUGE   CYCLING   Heart rate

1.Time mode: after the first pairing of wristband and APP, the band will synchronize the time and date on mobile phone.
2.Step measure mode: the wristband defaults step measure mode. Wear the band on the wrist; when user walks and swings the arms, the wristband will record the arm swinging frequency as step data.
3.Cycling mode: under the bicycle interface, long press the button for 3 seconds to enter. Record the cycling time and the cycling icon will display on the main interface.
Quit the mode: under the cycling state, long press the button for 3 seconds to quit. The cycling icon on the main interface will disappear.
4. Detect heart rate: under the heart rate detecting interface, long press the button for 3 seconds to enter. Dynamic real-time heart rate detection is available. Under the mode, the wristband endurance will be reduced.
Quit the mode: under the heart rate detecting mode, long press the button for 3 seconds to quit.
4.1 Wear the smart wristband on the wrist at 2CM inside the ulna joint.
4.2 Cling the heart rate sensor to skin for heart rate measuring. The loose wearing will expose the sensor light ray and make the measured data inaccurate. Please do not look in the green ray directly which will cause eye discomfort.
4.3 Though the product has real-time dynamic heart rate detection, please keep your body quiet, otherwise the heart rate measuring time will be delayed or data fail to be measured. Movement is not allowed until the data are measured by wristband for real-time dynamic data viewing.
4.4 If the measured data have large discrepancy, please take a rest before re-measurement. The average value of five continuous measurements will be quite accurate.
4.5This product has real-time dynamic measurement, so heart rate in speaking, eating, drinking etc. varies. Please refer to the actual.
2. Music control: click the music icon to enter the play interface; control the music for system play, pause, the previous one and the next one operation. (Only for system music play). Long press the return button to the upper level.
3. Photograph control: click the photograph icon to enter the interface; click the button to start app and the built-in camera. When the APP shoot control mode is turned on, the wristband starts shooting when the button is clicked for the first time and finishes when the button is clicked again. Long press the button to quit.
4. Find mobile phone: click the icon on the wristband and long press it for 3 seconds to enter the function. Click the button to find mobile phone. If the mobile phone ringtone is on, it will ring and be found. Long press the button to quit.
5. Vibration switch: click the icon and long press it to enter the switch interface with default of turning on, OFF for turning off. Any reminders will not be vibrated after it is turned off.
6. Turn wrist to lighten the screen: lift the wrist, and the display screen will be automatically lightened for time viewing.
Under the time mode, long press the button for 3 seconds to enter the function interface of secondary menu; click the button to switch to return, sleep, music control, photograph control, mobile phone find, vibration switch, turn off, reset in turn.

4.6 The HRmax can be set to alarm and synchronized onto wristband after connection to app. When the wristband heart rate reaches the set HRmax, the band will vibrate and the heart rate flickers, then please stop aggravating activities.
4.7 If you are not sure of your HRmax or upper and lower limit, please consult a doctor before exercise.
4.8 In measurement, make sure that the sensor bottom is free of dirt because skin color, hair thickness, tattoo, scar might affect the results.
4.9 This heart rate detection device is based on PPG measure principle, thus its accuracy might vary due to physiological factors affecting light ray absorption and reflection (blood circulation, blood pressure, skin condition, blood vessel location and density etc.). When the measurement is extremely high or low, please re-measure.
4.10 Long time measurement might result in radiation. In case of discomfort, please remove the wristband and re-wear it till the device cools down.
4.11 Cold weather will influence your measuring results; please measure under warm circumstances.

APP functions and settings

1.Home page
Step measure, distance, calorie data are displayed on the home page. Historical data are synchronized and shared on the top right corner. Click the heart-shaped icon in the middle to enter heart rate test. Your current heart rate data will be recorded through app measurement. When the detection on App is finished, heart rate detection will stop automatically. Click the

Function menu
1.Return function: click to select the return icon, long press the button for 3 seconds to return to the main interface.

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setting icon on the top right corner to set heart rate alarm vibroswitch and alarm threshold value. After synchronization, the wristband will vibrate and the heart rate value flickers when the detected value reaches the set point.

2. Tendency
After historical data synchronization, check daily records, exercise records of each day, each month and each year; step measure, distance, calorie and target completed. Check sleep quality and historical data records after synchronization.

3.Outdoor exercise
Open the mobile phone GPS and network, the app built-in map can record the motion trail and share it on social contact platforms.
Sleep pattern: the bracelet automatically monitors sleep Check the sleep quality and sleep duration after the APP is synchronized.

4. Multiple sports mode

4.1 Rope skipping: click the icon to enter exercise. Click START to start and FINISH to record the times of rope skipping after exercise.
4.2 Jumping jack: click the icon to enter exercise. Click START to start and FINISH to record the times of jumping jack after exercise.
4.3 Sit-up: click the icon to enter exercise. Click START to start and FINISH to record the times of sit-up after exercise.
4.4 Treadmill: click the icon to enter exercise. Click START to start and FINISH to record the running distance. When multiple sports mode is turned on, corresponding exercise icon will be displayed on the wristband and the mode will quit if app quits or the button is pressed long.

Setting functional interface

5.1 Personal information:
First set personal information in app-settings-personal information. It is available to set personal nickname, portrait, gender, birth date, height, weight, step pitch and unit (metric/British system). After setting, synchronize user's personal information onto wristband.
For the first time to use app, please use an email box to register and log in. You can also skip the login for a try. If registered users forget the password, click forget the password, and the system will send password resetting information to your registered email box.
5.2 Exercise target: set your exercise target.
5.3 Mobile phone anti-lost: set the switch with default grey for turn off. If the distance between mobile phone and wristband exceeds the Bluetooth connection after turn on, the wristband will vibrate to remind. After turn off, there will be no reminders if the phone is disconnected.
5.4 Music control: the wristband controls mobile phone music play, pause, the previous one and the next one. (support the system music player)
5.5 Photograph control: the wristband controls app photograph button.
5.6 Incoming call reminder: support contact names in the default system list, but not those from the third party. Only numbers are displayed for unsaved contacts.
5.7 Short message reminder: support short message and content viewing of default system, but not those from the third party applications.
5.8 QQ reminder: for the first time on Android, the system will prompt to enable access to message permission; please select apps only giving message permission to the smart wristband. If several apps are started to obtain message permission, the wristband may fail to receive message reminders.
5.9 WeChat reminder: start the button to receive message and view content. Start switches to receive other reminders as well. Foreign social contact reminder: support message reminder and content display of Facebook, Twitter, LineSKYPE and WhatsApp. The wristband shall display the icon of corresponding social contact app. Click it to view the message and long press it for 3 seconds to quit.

Message content is pushed by IOS message center. Only need to click pairing when app gives a prompt of Bluetooth request.
5.10 Alarm clock reminder: available to set four alarm clock periods and set buttons for each alarm clock, including snooze and alarming cycle. After setting, synchronize the device to take effect, vibration reminding of off-line alarm clock is available.
5.11 Sedentary reminder: available to set buttons for time interval, time period and cycle.
5.12 My wristband: available to search and add wristband.
5.13 Find wristband: click to find the bound wristband that vibrates to prompt.
5.14 Device management: manage the wristband with a binding account.
5.15 Clear data: click to clear and the wristband data return to zero.
5.16 User manual: check the wristband Help.
5.17 Device update: check the wristband firmware version and update it.
5.18 About: check app version.

System compatibility

1.Support over 200 mainstream mobile phone models of Android and iPhone
iPhone: support iPhone4s/5/5C/5S/6/6 PLUS/6S/6S PLUS/7/7 PLUS...
Android: support Xiaomi: MI4, MI 3, NOTE LTE, HM NOTE 2, HM NOTE1S, 4C, HM 2A
HUAWEI: MT7,H60,P7
MEIZU: M1 NOTE, MX4,MX4 PRO,MX5,M2 NOTE
SAMSUNG : S4,S5,S6,NOTE2,NOTE3,NOTE4,NOTE5,A7
OPPO: R7
VIVO: X5 PRO,X5S
LG: NEXUS 5,D885
ONEPLUS : A0001
2. APP support English, simplified Chinese, traditional Chinese, etc.
3. Wristband language support: Japanese, Danish, Korean, Portuguese, Estonian, German, Spanish, Bulgarian, Russian, Czech, Greek language, Swedish language, Italian, Polish, French, Finnish, Hungarian, Romanian.

Precautions for use

1.Theoretically the wristband supports mobile phones or tablet system IOS 8.0 system or above and Android system 4.3 version or above with Bluetooth 4.0, but not all mobile device models are available. Please refer to the actual.
2. This product has delicate elements, please do not throw it and strike it with hard objects, otherwise the machine surface will be scratched or hardware be damaged.
3. Do not disassemble or transform the product, otherwise problems will occur or product quality guarantee be hampered.
4.5V500MA charger is applied to this product. Overload power supply is strictly prohibited otherwise hardware damage might be caused.
5. It is forbidden to throw the product into fire for fear of explosion.
6. The wristband battery is built-in and not dismountable, do not attempt to dismount and replace it.
7.The service environment temperature is 0-45℃; charging temperature: 0-45℃
8. Note in wearing: if you are sensitive or wear the wristband too tight, you might feel discomfortable.
9. Wipe the sweat drops on body and wrist in time. If the strap is in long contact with sweat, allergen or contaminants, skin allergy and pruritus might be caused.
10.Please wipe the wristband if it is wet prior to charging, otherwise failure will be caused and the charging touch points corroded.
11. Under the strong static environment, failures might occur, e.g. no display or abnormal display etc. Do not use it in high pressure or high magnetic environments to avoid electrostatic interference.

About maintenance

Use soft soap and water to clean the sensor and connection port. If it is frequently used, the watch is suggested to be cleaned each week.
Do not scratch the sensor and protect it from damage.
It is necessary to scrub the wristband with damp cloth and remove oil stain or dirt with soft soap.
Do not expose the wristband to strong chemical substances such as gasoline, cleaning solvent, propyl alcohol, ethyl alcohol or insect repellant. Chemical substances will damage its leakproofness, enclosure and surface.
After swimming, use tap water to flush your wristband and scrub it with soft cloth to keep it dry.
Refrain your wristband from violent strike, extreme high temperature and insolation.
It is waterproof only when the lens and enclosure are intact. Water tightness may be ineffective resulted from violent dismantlement or installation.

FAQ

(1) I What if the Bluetooth fails to be connected? (Connection/reconnection fails or connection/reconnection speed quite slow)
A: 1. Confirm whether the mobile phone supports (iPhone 4s IOS 8.0 and Android system 4.3 version or above, Bluetooth 4.0)
2. As Bluetooth wireless connection is interfered by signals, time for each connection may differ. If connection fails for long, please make sure it is conducted in magnetic field-free environments or interference-free of Bluetooth devices.
3. Re-start after Bluetooth is turned off
4. Close back-end applications or restart the phone
5. Mobile phone shall not be connected to other Bluetooth devices or functions simultaneously.
6. Whether app is operating back-end, and it may not be connected if not.
(2) A: When the wristband fails to be searched by mobile phone in Bluetooth, make sure the wristband still has power and in activated state without connections to other phones. Put the wristband near mobile phone, if it is still ineffective, turned off Bluetooth on mobile phone and turned it on again at intervals of about 20 seconds.
(7) Abnormal vibration
A: It might be caused by false trigger of "mobile phone anti-lost". As wireless Bluetooth connection signals are subject to various interferences, the wristband will vibrate when the signal is weak or disconnected. It is suggested that the function be turned off without the need. If abnormal vibration lasts for long, consider solving it through turn on & off of wristband or mobile phone.
(8) Is the wristband waterproof
A: Sealing waterproof design is employed with IP 67. Generally it is normally used in face washing and hand washing. IP67 standard applies to 1m below water for 30 minutes.

(6)If the wristband is worn all the time, will Bluetooth radiation damage human body?
A: The wristband Bluetooth radiation is far below the FCC standard and can be ignored basically, long time wearing will not cause radiation injury.
(3) Shall Bluetooth be turned on all the time ? Are there data if it is turned off?
A: Prior to data synchronization, the exercise and sleep data will be reserved on the wristband host. When mobile phone and wristband Bluetooth connection is successful, data on the wristband will be automatically uploaded to the phone. But when the data storage space for about one week on wristband is full, the system will circulate covering the earliest data; please synchronize data onto the wristband in time.
Notice: If incoming call and short message reminders are activated, Bluetooth must be kept in connection. Alarm clock supports offline reminder.
(4) Why the APP data are different from the distance, calorie values on wristband?
A: As everyone's physical mechanism varies, calorie and data consumed in exercise are also different; users shall set personal information before synchronization to wristband prior to exercise data checking.
(5) V Why is charging unavailable?
1.Confirm the host insertion direction.
2.When the host battery is lower than 3.6V, there will be some period of battery pre-charging.
Notice: Generally the normal charging state starts in 3-5 minutes.