

# SMARTFIT<sup>®</sup> BANDS

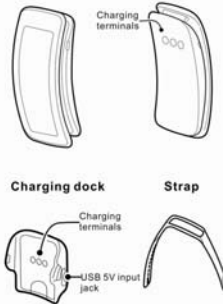


## SMARTFIT BANDS

### Quick Start Guide

#### About SMARTFIT BAND

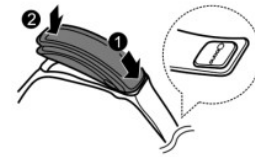
Setup your Fitness band and manage your health & fitness by connecting to your smartphone and track all your activities.



#### Inserting and removing the B2 Band

Hold the B2 device in your hand with the panel facing up, attach one side and push down the screen while stretching the band to secure other side

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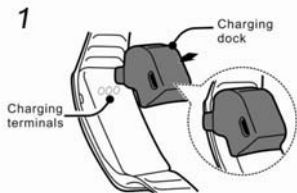
Pull and lift the wristband upwards on one side when you want to remove from the B2 band for cleaning and replacement.



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#### Charging your Fitness

It is recommended that you charge your fitness band prior to connecting to the SMARTFit App.



Be sure the charging terminals are aligned and snap together before connecting the micro USB cable for charging or recharging (charging will take 1 -1.5 hours for fully charged).



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#### Functions

- OLED display – Visual display of data and information.
- Display caller ID and message – the number and name of incoming calls or SMS will be indicated on screen.
- Vibration reminder – Vibration reminder of incoming calls, SMS, long periods of sitting and alarm clock.
- Track Sports – Setup specific goal, review your activities and achievements.
- Track sleep – Track the hours your sleep, activities during your sleep to help you understand your sleep quality & pattern.
- Food record – input the calories of eaten food and can take photo of your food for recording.
- Water Resistance – IPX6 water resistance level can be worn in the shower & pool (1 meter for 30 minutes).

Note: All the data collected by B2 band cannot be used for medical reasons.

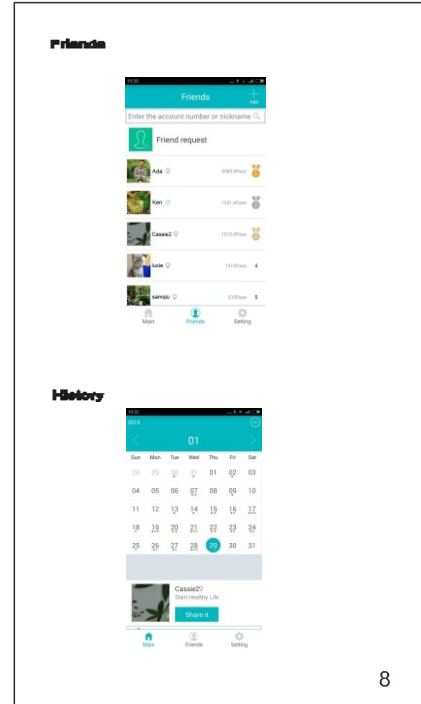
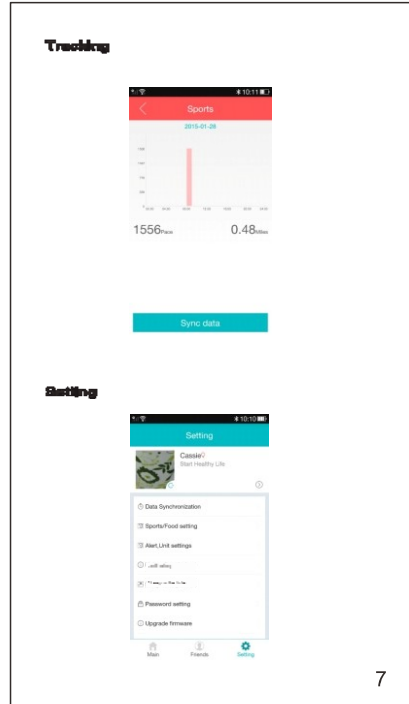
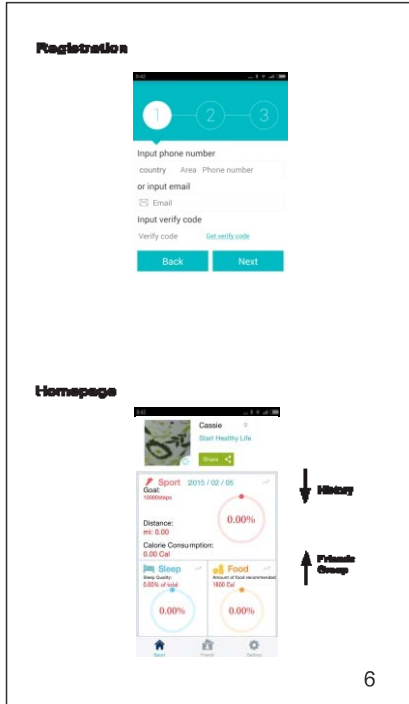
#### Using your Fitness

- Please verify if your phone is compatible with Fitness band before installation. The system requires IOS 7.1 & higher or Android 4.3 & higher versions.
- Download the Fitness App from [www.smartfitbands.com](http://www.smartfitbands.com).

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- If you already have the Fitness App installed, check for available updates to make sure the latest version (you will be notified on updates). After installing App, slide screen up and sideways to review features and get to login or sign up screen. (Check box not to receive tips)
- Enable Bluetooth in your smartphone settings and open the Fitness App. If you don't have a Fitness account, you need to sign up by entering the email address or smartphone number and create a password. This will give you access to your activities and histories.
  - The SMARTFit App is your dashboard for review of your data, steps, sleep and calories. Sync your B2 data at least twice per day for the latest data.

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- On Fitness band each mode can be switched by tapping the panel once or twice. There are seven total modes: home screen, alarm clock, steps taken, travel distance, calories burned, exercise time and goal progress.
- Current time, month, date and remaining power are indicated on the home screen.
- Four alarm clocks can be set on App, and the screen will switch automatically into alarm mode with the specific time is up.
- Tracks number of steps you have taken, and automatically rest at 0:00 am.
- Tracks your travel distance, and automatically resets a 0:00 am.
- Display how many calories you have burned and automatically resets at 0:00 am.

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- Display the active time and automatic reset at 0:00 am.
- Show the daily goal progress. If the target is not yet completed at 20:00 (default), it will display a crying face, and the motor vibrates for 5 seconds at the same time. The motor will vibrate every 30 minutes until you have reached your goal or later than 22:00. After you have reached the target, the screen will display a smile face and automatically reset at 0:00 am.
- Sleeping Mode: Set the sleeping time on the SMARTFit App and sync with B2 band, the Fitness band will vibrate to remind you at beginning of sleeping time and vibrate again at the end of sleeping time: "Wakeup Time."

Note: This does not delete the previous day's data, that data will be uploaded to your Fitness Dashboard the next time you sync your Fitness band.

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**Safety Information**

To prevent injury, fire, or explosion, read and adhere to all safety information before using the device.

- Use manufacturer – approved batteries, chargers, accessories, and supplies.
- Do not expose device to physical impact / damage.
- Prevent the multipurpose jack and battery terminals from contacting conductive elements, such as metal or liquids.
- Do not store your device in very hot or very cold areas. It is recommended to use your device at temperatures from 5 C to 35C.
- Do not store your device near or in heaters, microwaves, cooking equipment or high-pressure containers.
- Do not touch the charger or the device with wet hands while the device is charging.
- Do not use your device outdoor during a thunderstorm.
- Keep the device away from potentially explosive environments.
- Comply with all safety warnings and regulations regarding mobile device usage while operating a vehicle.
- If the device is cracked, broken or becomes very hot, stop using the device immediately and take it to our service center.
- Do not allow children or animals to chew or suck the device.
- Do not poke eyes, ears, or other body parts with the device or insert the device into the mouth.

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- If the device has a camera flash or light, do not use it close to the eyes of people or animals.
- Do not disassemble, modify, or repair your device.
- Any changes or modifications to your device will void your manufacturer's warranty. If your device needs servicing, please visit or send your device to an authorized service center.
- Do not disassemble or puncture the battery, as this can cause explosion or fire.
- If you experience skin problems after wearing this device, remove the device and consult a medical professional.
- Do not paint or put stickers on your device.
- Paint and stickers can clog moving parts and prevent proper operation.
- If you are allergic to paint or metal parts of the device, you may experience itching, eczema, or swelling of the skin. When this happens, stop using the device and consult your physician.
- Allow all qualified personnel to service your device. Allowing unqualified personnel to service your device will void your manufacturer's warranty.

#### **Maintaining Water**

- The device may be damaged if water or dust enters the device. Follow these tips carefully to prevent damage to the device and to maintain the water-and-dust-resistant creditability.
- Do not immerse the device in water deeper than 1m or keep it submerged for more than 30 minutes.

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- Do not expose the device in water at high pressure, such as ocean waves or waterfall. If the device or your hands are wet, dry them thoroughly before handling the device.
- Do not expose the device to salt water, ionized water, or soapy water.
- If the device is dropped or receives an impact, the water and dust resistant features of the device may be damaged.
- If the device gets wet, dry it thoroughly with a clean, soft cloth.

#### **Dust Resistance**

Your device has been tested in controlled environment and shown to be water and dust resistant in certain circumstances (meets requirements of classification IPX6 as described by the international standard IEC 60529- Degrees of Protection provided by Enclosures [IP Code]; test conditions: 15-35C, 86-106Kpa, 1 meter, for 30 minutes). Despite this classification, your device is not impervious to water damage in any situation.



#### **Box content:**

B2 Fitness unit  
2 bands  
Charging Cord  
USB Charging cable

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