

## D21 Bluetooth Heart Rate Wristband Instruction

### Notice

The wristband contains magnetic component, he who is installed a pacemaker, or have implanted electronic devices, or metal, please do not use it.

Please stop using it when any discomfort symptoms happen.

If use substandard charging power supply, will shorten the battery life, and even damage the battery.

We reserve the right to modify the User Manual without any notification. It is normal condition if some functions differs from different app versions.

We reserve all the right for the final explanation .

### Turn on/off the Wristband

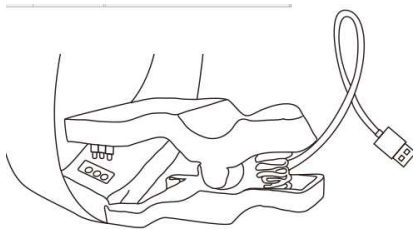
1. Long press the touch key for 4 seconds, users see the Welcome interface. It is touch key, please do not press the key with strong pressure.
2. Short press the key to enter to the Device Management interface with power off icon at the top-left corner. Then long press the touch key to turn off the wristband.
3. Long press to choose the function and short press to switch the functions.

### Charging

Charger, voltage 5V, electric current 500MA-1000MA

Charging time, 30 minutes.

Connect the chrger with wristband as below.



### Time

1. Battery power display
2. Date Display
3. Time Display



### Heart Rate Interface

1. Heart Icon, long press the icon to start testing with beating.
2. Display the real time heart rate.



**Notice:** The heart rate testing data can not be used as medical data.

The time will a little longer for the first timetesting ,it is normal.

**The best wearing manner:**

1. keep a finger width between the wristband and ulna
2. keep the heart rate sensor clinging to skin



**Pedometer**

1. Pedometer Icon
2. Display the real time steps



**Distance Interface**

1. Distance icon
2. Display the whole distance according to the pedometer



**Calories Display**

1. Calories icon
2. Display the real time calories





**Palming bright screen**

1. long press the touch key to turn on/off the function

**Device Management**

1. Turn on/off icon, the wristband can only be turned off in this interface in case of the wrong operation.
2. Battery power icon



3. Bluetooth connection icon,  this icon means Connected  this icon means Disconnected.