

感谢您使用我们的手环产品。请使用前请先通过USB设备对手环进行充电确保手环电量充足。

一、手环与手机连接

1. 手环开机：长按手环按键3秒开机，第一次开机机会显示蓝牙配对码，配对码为手环识别码，用于在手机app扫描设备时识别手环，只在每次开机时显示一次。低电请充电后完成开机。

2. 打开手机蓝牙。手环的蓝牙名称是“smart watch”

3. 扫描二维码，安装app：扫描包装盒上的二维码，或者在Google Play, app store, 应用宝搜索“智慧手环或smart wristband”下载。选择正确的手机操作系统下载安装app。

4. 连接手环：打开并进入app，新用户第一次使用app，需要使用邮箱账号注册，也可跳过注册进行试玩，注册过的用户可直接通过

账号密码登录app。根据连接向导完成和手环的连接（连接向导在设备首次连接时或者app无设备连接时出现。按照要求允许app获取系统权限，如果禁止app获取权限有可能导致设备和手机之间交互不能完成，造成功能无法实现。）

5. 苹果通知中心（ANCS）：IOS系统第一次连接是会提示配对，请点配对连接，手环才能接收来自系统的来电、短信、QQ、微信等通知提醒。否则无法接收提醒。

6. 删除手环：设备连接后如需删除设备，可在app--设置--我的手环进行设备删除，如果是登录帐号绑定手环，需要在app--设置--设备管理对设备进行解绑操作。苹果设备要完全删除手环，需要同时将设置-蓝牙里面的手环设备忽略才可

以完全断开手环和手机的连接。删除设备的时候会有提示。

二、App功能及设定

1. 个人信息：进入app后请先设定个人信息，app一设定一个人信息，可设置个人的昵称，头像，性别，出生日期，身高，体重，步距，单位（公制/英制），设置完毕后同步用户信息，可将个人信息同步到手环，可修改账户密码以及注销账号。

2. 睡眠偏好：手环可手动设置睡眠开关，也可app设置睡眠起始时间，app可设置3个时段的睡眠，到设定时间以后，手环会自动进入睡眠，时间到达后自动停止睡眠。睡眠阶段不计步。睡眠时间可以在手环端和app历史记录查看。

3. 运动目标：设置好您的运动目标。

4. 手机防丢：设置手机防丢开关，默认灰色关闭，打开后如果手机和手环超出蓝牙连接距离，手环会振动提醒。

5. 音乐遥控器：手环控制手机音乐的播放、暂停、上一曲、下一曲。（支持系统自带的音乐播放器）。

6. 遥控拍照：手环控制手机app拍照开关。

7. 来电提醒：来电提醒支持默认系统电话本，不支持第三方应用来电提醒。

8. 短信提醒：短信提醒支持默认系统短信，不支持第三方应用短信提醒。

9. QQ提醒：安卓第一次打开QQ提醒，根据提示开启访问通知权限，允许手环读取所有系统通知并

勾选本app。

10. 微信提醒：打开微信提醒开关可接收微信通知提醒。

由于苹果是通过ANCS通知中心统一发送提醒信息，所以苹果手机app并不显示来电、短信、QQ、微信等提醒内容，需要在连接手环的时候进行配对即可，如果不进行配对就不能接受通知提醒信息。手环端收到信息提醒后，点按按键进入查看信息内容，长按2秒退出查看，或者屏保自动退出。

11. 闹钟提醒：可设置四个闹钟时段，设置每个闹钟的开关、贪睡时间、闹钟周期，设置完点同步设备生效，支持离线闹钟振动提醒。

12. 久坐提醒：可设置开关，提醒时间间隔，提醒时段，提醒周期。

13. 任务提醒：设置任务提醒的日期，点左上角“+”，增加任务提醒，设置完后到了指定时间手环会振动提醒。IOS不支持此功能。

14. 我的手环：可添加手环。

15. 寻找手环：点开始可查找绑定的手环，手环振动提示。

16. 设备管理：对绑定帐号的手环进行管理，卸载重命名。

17. 清除数据：点击清除数据即可清除手环和app的数据并清零。

18. 设备更新：更新手环软件。

19. 关于：查看app版本。

三、首页

显示计步、距离、卡路里数据，运动目标，右上角同步历史数据及分享。



四、趋势

同步历史数据后查看日常记录每天，每月，每年的运动记录。计步、距离、卡路里及完成的目标。

同步历史数据后查看睡眠的质量和和历史数据记录。

五、户外运动

打开手机的GPS，即可记录运动轨迹，并可分享到社交平台。

六、室内运动

1. 跳绳：点击图标进入跳绳运动，点START开始，运动完毕点FINISH可记录跳绳次数
2. 开合跳：点击图标进入开合跳运动，点START开始，运动完毕点FINISH可记录开合跳次数
3. 仰卧起坐：点击图标进入仰卧起坐运动，点START开始，运动完毕点FINISH记录仰卧起坐次数
4. 跑步机：点击图标进入跑步机运动，点START开始，运动完毕点FINISH可记录跑步距离

七、手环显示功能界面

1. 手环显示
点按按键进行界面切换，点按按键进行界面切换，依次显示时间、步数、单车模式。长按按键三秒可执行开机、进入功能区操作进入子菜单、退出功能区等操作
单车模式：在单车界面，显示消耗的卡路里。长按按键进入功能区，可记录骑行时间和消耗卡路里。骑行结束，长按按键3秒返回菜单模式。骑行以时间和小时记录，没有骑行动作时不计时相关数据查阅，可登入APP里面，选择“数据同步”功能进行数据同步，点击“趋势”页面就可查阅！

点按按键进行界面切换，点按按键进行界面切换，依次显示时间、步数、单车模式。长按按键三秒可执行开机、进入功能区操作进入子菜单、退出功能区等操作
单车模式：在单车界面，显示消耗的卡路里。长按按键进入功能区，可记录骑行时间和消耗卡路里。骑行结束，长按按键3秒返回菜单模式。骑行以时间和小时记录，没有骑行动作时不计时相关数据查阅，可登入APP里面，选择“数据同步”功能进行数据同步，点击“趋势”页面就可查阅！

2. 功能界面
在时间显示界面，长按按键3秒进入功能界面，点按按键依次切换返回、切换睡眠、游泳模式、遥控音乐、遥控拍照、找手机、震动开关、关机、复位。

2.1 睡眠开关
在手环时间显示界面，长按按键3秒进入功能界面，选定睡眠图标，长按3秒进入，进行睡眠开关设置，设置好以后长按3秒返回功能界面。相关数据查阅，可登入APP里面，选择“数据同步”功能进行数据同步，点击“趋势”页面就可查阅！

2.2 遥控音乐
在功能界面，点选手环音乐图标可进入音乐播放界面，可以控制手机系统音乐播放器播放音乐、暂停、上一曲和下一曲操作。（仅支持系统音乐播放）

2.3 遥控拍照、摄像
在app的系统菜单点照相图标，进入遥控拍照界面，手环进入拍照选项，点按按键进行拍照，长按按键三秒返回手环主界面切换拍摄视频按钮，可进行视频拍摄，启动视频拍摄后手环进入拍照界面，第一次按下按键开始拍摄视频，再次按下按键结束拍摄，也可点击app界面下部按钮结束拍摄。

2.4 找手机
点选手环的找手机图标，长按3秒进入点按即可找手机，这时手机会发出铃声，手机找到。

2.5 震动开关
点选手环的震动图标进入可设置震动提醒开关

2.6 关机
在功能区选择关机按钮，长按3秒进入，点按off，设备弹出54321关机

2.7 复位
功能区选择复位图标，长按3秒进入功能区，点按切换off为on，系统复位，时间和数据恢复默认值

2.8 返回
选择返回图标，并长按按钮三秒可返回时间显示界面

2.9 翻腕亮屏功能
手环佩戴时抬起手腕，手环显示屏自动亮起，方便查看时间

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在时间显示界面，长按按键3秒进入功能界面，点按按键依次切换返回、切换睡眠、游泳模式、遥控音乐、遥控拍照、找手机、震动开关、关机、复位。

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在手环时间显示界面，长按按键3秒进入功能界面，选定睡眠图标，长按3秒进入，进行睡眠开关设置，设置好以后长按3秒返回功能界面。相关数据查阅，可登入APP里面，选择“数据同步”功能进行数据同步，点击“趋势”页面就可查阅！

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在功能界面，点选手环音乐图标可进入音乐播放界面，可以控制手机系统音乐播放器播放音乐、暂停、上一曲和下一曲操作。（仅支持系统音乐播放）

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在app的系统菜单点照相图标，进入遥控拍照界面，手环进入拍照选项，点按按键进行拍照，长按按键三秒返回手环主界面切换拍摄视频按钮，可进行视频拍摄，启动视频拍摄后手环进入拍照界面，第一次按下按键开始拍摄视频，再次按下按键结束拍摄，也可点击app界面下部按钮结束拍摄。

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在功能区选择关机按钮，长按3秒进入，点按off，设备弹出54321关机

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功能区选择复位图标，长按3秒进入功能区，点按切换off为on，系统复位，时间和数据恢复默认值

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选择返回图标，并长按按钮三秒可返回时间显示界面

2.9 翻腕亮屏功能
手环佩戴时抬起手腕，手环显示屏自动亮起，方便查看时间

3.0 游泳模式
在时间模式下长按按键进入二级菜单，选择游泳图标，长按进入后，打开游泳开关为ON，返回主界面即可开始游泳。游泳满一分钟方可记录数据。未游时间不记录。游泳模式下状态显示
游泳模式下记录游泳的时间和消耗的卡路里。退出游泳模式后显示的是游泳消耗的卡路里。相关数据查阅，可登入APP里面，选择“数据同步”功能进行数据同步，点击“趋势”页面就可查阅！

八、充电
将主机从腕带取下，插入usb充电设备（5V500MA）既可充电，充电时间约2小时。

十、系统需求

1. 安卓、苹果手机：支持Android 4.3及以上和iOS7.0及以上系统，蓝牙4.0的设备
2. 参考机型：
支持200多款主流手机型号，苹果支持iPhone4S 7.0及以上所有版本，4s/5/5C/5S/6/6PLUS/6S/6SPLUS 安卓支持4.3蓝牙4.0以上：
Xiaomi:M4,M13,NOTE1E,HMNOTE2,HMNOTE1S,4CHM 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

3. app支持英语/简体中文/中文繁体/
4. 支持app版本检测升级

十一、手环使用注意事项

1. 手环理论上支持操作系统iPhone4 sio57.0系统以及以上和Android系统4.3版本及以上，带蓝牙4.0的手机或平板产品，并非支持所有手机型号，具体请以实际为准。
2. 请勿将本产品掉落和与硬物撞击，否则会导致机器表面磨砂或硬件损坏
3. 请不要分解或改造本机，这样会导致出现问题或妨碍产品质保
4. 本机使用5V500MA充电，严禁使用超负荷电源，造成硬件损伤
5. 禁止将本品扔进火中，以免引起爆炸
6. 手环电池为内置，不可拆卸，请勿尝试拆换电池。
7. 手环使用环境温度为0度到45°C；充电温度：0到45°C

十二、常见问题

1. 蓝牙连接不上怎么办？（连接/重连失败或连接/重连速度很慢）
答：1、确认手机是否支持（系统iPhone4s IOS7.0和Android系统4.3版本及以上，带蓝牙4.0的手机或平板产品）
2、由于蓝牙无线连接存在信号干扰的问题，可能每次连接的时间会不等，如果长时间连接不上，请确保操作在无磁场或无多蓝牙设备干扰环境下进行。
3、尝试关闭WIFI，WIFI也是2.4G，有的手机可能会干扰蓝牙频段
4、关闭蓝牙再打开
5、关闭手机后台应用或者重启手机
6、卸载应用重新安装
7、手机不要同时连接其他蓝牙设备
8、app是否在后台运行，如果不在后台可能连接不上
9、更换系统试下（IOS和安卓系统互换）
10、充电1小时
11、注销手环和注销账户后再登陆。
12、复位手环，进入reset对手环进行重置。
2. 无法搜到手环？
答：因为手环蓝牙广播时没有被手机搜索到，请确保手环处于有电，并激活状态，且没有被其它手机已经连接上。然后将手环靠近手机，如果仍然无效，请关闭蓝牙后，间隔一定时间再重启。

3. 蓝牙连接要一直开启吗？忘了的话还有数据吗？
答：没有同步数据前，运动和睡眠的数据会保留在手环主机上。当手机和手环的蓝牙连接成功时，手环数据会自动上传到手机端。但手环可存储大约1周的数据空间存满后，系统会循环自动覆盖最早的数据。所以注意及时同步数据到手环上。
注意：如果是开启了提醒功能，则必须保持蓝牙处于连接状态。

4. 为何APP比上距离，卡路里值和手环上面不一致？
答：由于每个人身体机制的不同，对于运动消耗的卡路里和数据也是不一致的，所以用户使用时应先设置好个人信息同步至手环后，再查看运动数据。
5. 为何不能充电？
① 请确认主机插入的方向是否正确
② 当主机电量低于3.6V时，会有一段时间的电池预充时间。注意：一般插上充电器充电，3-5分钟后可进入正常充电状态。

6. 手环一直戴着，蓝牙辐射会不会对人体造成伤害？
答：手环的蓝牙辐射值远小于美国FCC标准，基本可以忽略不计，长期佩戴不会对人体造成辐射伤害
7. 如果有一天睡眠状态有多次，手环会积累记录吗？
答：手动打开睡眠开关可记录多次睡眠数据。
8. 异常震动
答：该现象可能是由于开启了“手机防丢”误触发导致。由于无线蓝牙连接信号会受各种干扰，蓝牙信号弱或断开连接时，手环便会震动。所以建议不需要时关闭该功能。如果长时间异常震动，请考虑通过手环或手机的开关机来解决。

9. 手环是否防水？
答：手环采用密封防水设计，防水级别达到Ip67，可防尘防水，通常在洗脸和洗手时都可以正常使用。

Thank you for purchasing our bracelet product. Please read the instruction before use. Devices require: with Android 4.3,IOS7.0 or above, and BT 4.0 Before use it please make sure it fully charged through USB port.

1. APP connection and function operating

1.1. Turn on: Long press the button 3 seconds on the bracelet to turn on the device. First time to turn on, it will show bluetooth pairing code, which is the ID code to be paired with the APP of your smart phone. This pairing code only display one time when turn on.



1.2. Turn your phone bluetooth on, The bracelet name is "smart watch".

1.3. Scan the QR code on the gift box to install " smart wristband" app, or download it through Google play, or App store with the App name "smart wristband". Chose the correct phone system to download APP



1.4. Connect to bracelet: Enter into APP, a new user first time to use app, it need register a account with a email account, or skip it to experience the APP. The registered user can enter into APP with your account and password. According to the tips to finish the connecting(allow the App to obtain system right, if forbid APP to get the system right, it may result in disconnect)

1.5. Delete bracelet: After bracelet connected with APP, if you want to delete the bracelet connect, you can go to APP- setting-my wristband, to disconnect device.

2. APP functions and setting

2.1. User profile:

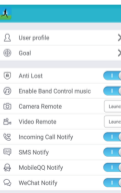
After enter into APP please set user data, App-setting-user profile: such as nickname, picture, gender, birthday, height, weight, step stride, unit. After setting personal data, it can be synchronized to the band. Support to change account password.



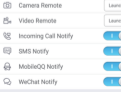
2.2. Sport goal: setting-Goal



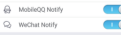
2.3. Anti lost: setting anti lost switch on/off, default gray is off, after click it on if mobile out of the bracelet bluetooth range, the bracelet will vibrate to remind.



2.4. Music remote: set band control cellphone music



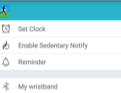
2.5. Camera remote: set band control mobile phone camera switch.



2.6. Incoming call notify: Incoming calls notify switch(support your normal system phone book, don't support the third-party app incoming call notify)

2.7. SMS notify: just support for android system phone book, don't support the third-party.

2.8. Set Clock: Can set four alarm clock time period, set each alarm switch, snooze time, alarm cycle, finished setting click sync to band.



2.9. Sedentary notify: can set reminder switch, remind time interval, time period, time cycle.



2.10. Reminder: Set task reminder date, click top right corner icon "+", increase task reminder, bracelet will vibration alert. IOS don't support this function.



2.11. My wristband: connect with bracelet



2.12. Find device: Click start can find the connected bracelet, band will vibrate to remind you.



2.13. Manage device: can manage the connected bracelet



2.14. Clear data: Click the clear, the data of the bracelet and app will be clear to zero.



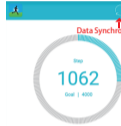
2.15. Device update: update bracelet software.

2.16. About: can check app version



3. Home

Display data of steps, calorie, KM, Sport goal, sync data and sharing.

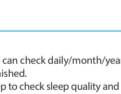


4. Trend



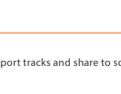
4. Trend

After sync history data to app, here can check daily/month/year sport data. Step, calories, KM and goal finished.



5. Outdoors

Open mobile GPS, it can record sport tracks and share to social platform.



6. Gym

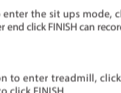
6.1. Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times



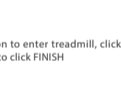
6.2. Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times



6.3. Sit up: click the icon to enter the sit ups mode, click START to begin sit up exercise, after end click FINISH can record the number of sit ups



6.4. Treadmill: click the icon to enter treadmill, click start to begin record tread, after end to click FINISH



7. Bracelet display icon function

7.1. Bracelet display and function interface

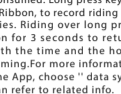


Long press bracelet button for 3 seconds to boot, click the button to switch to display time, date, pedometer, meter, calories, missed call/SMS, sleep time.



7.2. Function

Long press button for 3 seconds to enter functions interface, Click on the button switch on turn sleep switch, music remote, camera remote, find phone, vibration switch, power off, reset, back to time interface.



7.2.1. Sleep switch

In the time display interface, long press the touch key for 3 seconds to enter function interface, selected the sleep icon, long press for 3 seconds to enter, click the button to sleep switch Settings



7.2.2. Music remote

Click to enter music play page, you can play music and switch for prior or next one.



7.2.3. Camera remote, video remote

press the button to choose camera option, long press 3 seconds to enter camera remote and press button to take pictures, long press for 3 seconds back to the home page. camera remote, on the app camera interface, click underpart button, switch video remote interface, choosing bracelet camera icon to enter and begin video remote, video interface will show video time, after finished video, enter into bracelet camera interface and click video remote to end it, you also can click phone interface icon to end it



7.2.4. Find phone

long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.



7.2.5. Vibration switch

Click vibration icon to set the switch of vibration remind



7.2.6. Power off

choose "off" button on the function area, long-pressed 3 seconds to enter, click "off", the device will pop 54321 and then power off the bracelet



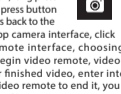
7.2.7. Reset

choose reset icon on the function area, long-pressed 3 seconds to enter the function, click and switch "off" to "on, the system will reset, the time and data will reset to the default value



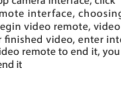
7.2.8. Back

Chose the back icon ,press hey 3seconds will back to time display interface



7.2.9. Wake up the screen by turn wrist

Raise the wrist bracelet screen automatically lights up, it is easy to check time



7.3.0. Wake up the screen by turn wrist

In mode long press button to enter the secondary menu, choose swimming icon, after long press enter, open the switch to ON, swimming can begin to swim back to the main interface. Swimming for a full minute before recording data. Under the time not to record at all.



8. Charge

Bring the main body from bracelet strap, insert it into the USB port to charge (5V 500ma)



9. System request

1. Mobile platform needs Support Android 4.3 and above/IOS 7.0 and above system, BT 4.0 devices.



3. support English/ simplified Chinese

2. support APP version testing upgrade



7. FAQ:

7.1. Why device cannot connected with Bluetooth? (connecting/re-connecting failed/re-connecting slow)

Because of BT wireless connection exists of signal interference problem, the time for connect is not the same, if cannot get connected for long time, please try below methods again:

7.1.1. Shut down the Bluetooth for 15 seconds, then turn it on again, restart phone.

7.1.2. Login out bracelet or login out the account and then login again.

7.2. Why I cannot search the bracelet?

Because the bracelet can't search mobile when its Bluetooth on. Please make sure your bracelet is charged and being in activated state, and didn't connect with other phone. Put your

bracelet near your phone, If you still invalid, please close the Bluetooth for a while ,turn on and retry.

7.3. Should I keep the Bluetooth on? If I shut down my Bluetooth on my phone, can I get my fitness data?

Before sync, fitness data will store in the bracelet. When your phone and bracelet get connected successfully, the data in bracelet will upload to your phone. The bracelet will store data for 1 week, when the storage get full, new data will cover the old data. So that please remember to sync data to your phone in time.

Attention: If you set the reminding function, you need to keep Bluetooth connected.

7.4. Why the data showed on app and bracelet is not the same. Such as distance, calorie, etc.

Because everyone's physical mechanism is different, the relevant data are not the same. So that you should set your personal information first and then check the fitness data

7.5. Why I can't charge for the bracelet?

① Please make sure the main machine insert direction if correct

② When the power lower than 3.6V ,it will take some time to pre-charge.

Attention: generally when charged for 3 to 5 minutes, it will get normal.

7.6. What will display when charging

① Pre-charging: when bracelet battery was off-charged, it needs a few minutes to get normal

② Charging: battery icon on the screen is keep moving. Charging state from zero to full.

③ Charged: battery icon stay with full charged state. About 2hours will be full charged.

7.7. When wearing bracelet for a long time, will the bluetooth radiation be harmful to me?

The Bluetooth radiation value is far less than the American FCC standard. We can ignore it. Long time wearing won't be harmful to our health.

7.8. If there are a few times sleeping states during one day, will the bracelet accumulate the records?

Yes, sleep state is set by manually, bracelet open the sleep begin to record, closed it and ended record.

7.9. Abnormal vibration

This may caused for you have opened the "anti-lost" function and caused by triggered it. Also, The wireless bluetooth connection signal will be affected by various interference, when Bluetooth signal is weak or get disconnected, your bracelet will vibrate. So we suggest you close this function if not necessary. If abnormal vibration for a long time, please turn bracelet or phone off for a while to solve it

7.10. Is this device water-proof?

This product adopted seal water proof design, water proof level up to IP67. It supports water-proof and dust-proof. Usually it can be used normally when wash your face or hands.

Caution:

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-Reorient or relocate the receiving antenna.

-Increase the separation between the equipment and receiver.

-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

智慧手环
SMART WRISTBAND

用户手册
User manual

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.