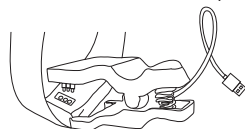## K18S Heart Rate Bracelet

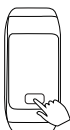01-07

▋Quick Start Guide

* Please charging to activate the bracelet first after opening the package

❶ Bracelet Charge Schematic Diagram

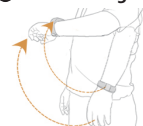**❷ Touch Action**

a.Touch : Switch Interface
b.Long Touch : Start/Close
　　　　　　　Enter/Exit

❸ Schematic diagram for switching interfaces by raising hand
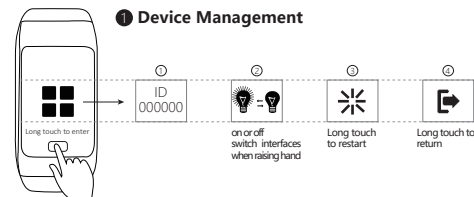
30°~80°

a.Screen display with raising hand
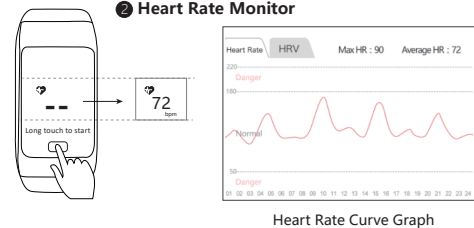b.Switch interfaces with turning your wrist
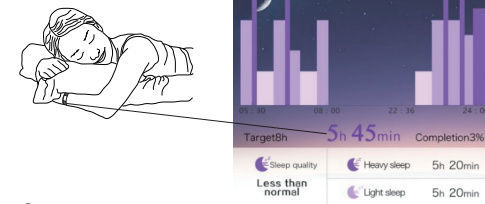c.Rotate Wrist Photograph

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▋Functions Introduction

❶ Device Management

①	②	③	④
ID 000000	on or off switch interfaces when raising hand	Long touch to restart	Long touch to return
Long touch to enter			

❷ Heart Rate Monitor

Long touch to start

-- --　→　72 bpm

Heart Rate　HRV　　Max HR : 90　　Average HR : 72
220
Danger
180
Normal
50
Danger
01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

Heart Rate Curve Graph

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❺ Auto-sleep Monitor

Target6h　5h 45min　Completion3%

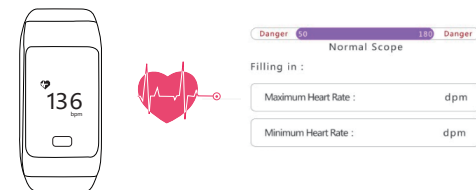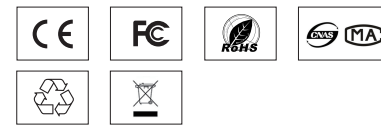| 🌙 Sleep quality | 🌙 Heavy sleep | 5h 20min |
| Less than normal | 🌙 Light sleep | 5h 20min |

❼ Silent Auto Reminders

★ Set up Min & Max heart rate from APP, Bracelet will vibrate if it is not in that scope.

136 bpm

Danger　50　　Normal Scope　　130　Danger

Filling in :

| Maximum Heart Rate : | dpm |
| Minimum Heart Rate : | dpm |

▋Certificate

CE　FC　RGHS　IMA

▋APP Download

Android:

a. 应用宝 Search"Mistep"and download, or scan QR code to download with Wechat.

b. GET IT ON Google play Search " Mistep " and download, and Scan QR code to download.

IOS:

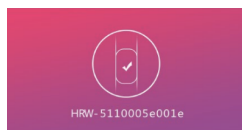Available on the App Store Search "Mistep" and download, and Scan QR code to download.

▋Compatible Smart Phone

Android : Compatible with Android 4.3 or higher phones, include Samsung series, Huawei Honor/Mate and P series, Mi 4 or higher series, Vivo and OPPO series and other brands.
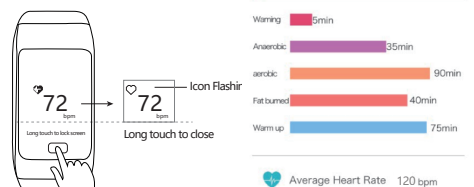**IOS :** Compatible IOS 7.0 or higher phones.

▋Device Management

★ Search Device ID to connect; search again if change device.

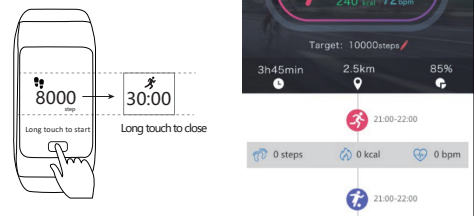★ Automatically connect the bracelet when open APP.

HRW-5110005e001e

Search Bracelet
let bracelet vibrate, it's easy to find

Restore Factory Setting
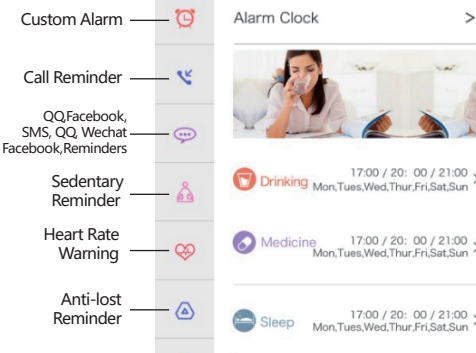All data will be cleared after factory setting

Clear local data

Search Device

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❸ Heart Rate Training

Long touch to lock screen

72 bpm　→　72 bpm　Icon Flashir

Long touch to close

Total Sports Time	3h 50min
Warning	5min
Anaerobic	35min
aerobic	90min
Fat burned	40min
Warm up	75min

💗 Average Heart Rate　120 bpm

❹ Sports Monitor

8000 step　→　30:00
Long touch to start　Long touch to close

8094 steps
240 kcal　72 bpm

Target: 10000steps

3h45min　2.5km　85%

🕐 0 steps　🔥 0 kcal　💗 0 bpm

⏰ 21:00-22:00
⏰ 21:00-22:00

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❻ Silent Auto Reminders

Custom Alarm	⏰	Alarm Clock	>
Call Reminder	📞		
QQ,Facebook, SMS, QQ, Wechat Facebook,Reminders	💬		
Sedentary Reminder	🧍	Drinking	17:00 / 20: 00 / 21:00 Mon,Tues,Wed,Thur,Fri,Sat,Sun >
Heart Rate Warning	💗	Medicine	17:00 / 20: 00 / 21:00 Mon,Tues,Wed,Thur,Fri,Sat,Sun >
Anti-lost Reminder	⚠	Sleep	17:00 / 20: 00 / 21:00 Mon,Tues,Wed,Thur,Fri,Sat,Sun >

▋Notes

⚠ The product contains magnetic spare parts, he who installed a pacemaker, or have implanted devices, or metal, please do not use this product.

⚠ Any symptoms of discomfort or allergy, please immediately stop using this product.

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

⚠ The bracelet is with sealing technique,anti-perspiration can satisfy the daily waterproof, such as hand washing, bathing, etc., but does not support the swimming and diving level .