T-Fit 290 HBT

User guide English

Bracelet operation

7. When the bracelet is off, charge or press and hold the side button of the bracelet for 3 seconds.

8. When the bracelet is turned on, switch to the shutdown interface, press and hold the function key for 3 seconds, the watch vibrates to shut down.

9. When the bracelet is turned on, flick the screen or short press the button on the side of the bracelet to light up the screen and switch the display.

10. No operation default five-second breath screen, users can connect mobile phone APP to modify the breath screen time.

11. The bracelet is turned on by default at the factory for 24-hour heart rate monitoring, and users can choose to turn it on or off in the general settings on the APP device interface.

12. The upper right button is to enter the sport mode, the lower right button is short press to return, short press the interest screen in the main menu, long press to enter the shutdown selection interface.

APP introduction

The bracelet needs to be connected to the application on the phone, enter the major application markets to download and install "GloryFit" or scan the QR code below to download:

Device requirements: iOS 8. 0 and above; Android 4. 4 and above, support Bluetooth 4.0.

Device connection

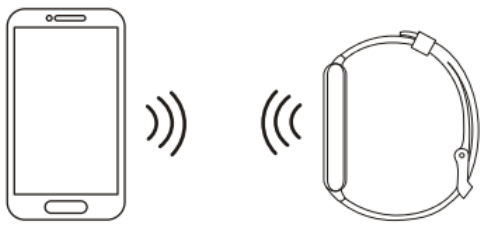
The first time you use the watch, you need to connect to the APP for calibration. After the connection is successful, the watch will automatically synchronize the time, otherwise the pedometer and sleep data will not be accurate.

Open the mobile APP and click the settings icon ↓

My device (iOS) / Search device (Android) ↓

Click the search icon at the top right ↓

Click the device to connect



Bluetooth connection: After the pairing is successful, the APP automatically saves the Bluetooth address of the bracelet. When the APP is open or running in the background, it will automatically search and connect the bracelet.

Data synchronization: pull down the synchronization data manually on the APP homepage; the bracelet can store 7 days of offline data. The more data, the longer the synchronization time, the longest is about 2 minutes. After the synchronization is complete, there will be a "synchronization completed" prompt.

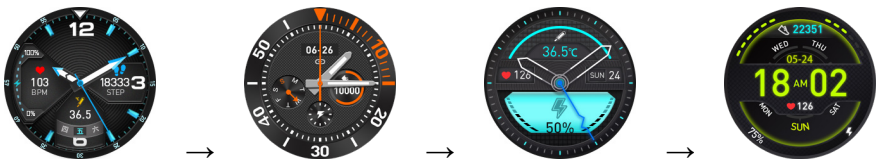
Bracelet use function introduction

Main interface

Press and hold the dial for three seconds on the main interface to switch the dial display. After the APP is paired and connected for the first time, the bracelet will synchronize the time, date and day of the phone. The main interface slides down the screen to enter the shortcut mode: including brightness adjustment, version Information, mobile search, setting function; slide up the screen to enter the information interface; slide the screen to the right to enter the function menu; slide left to enter the single belt list.

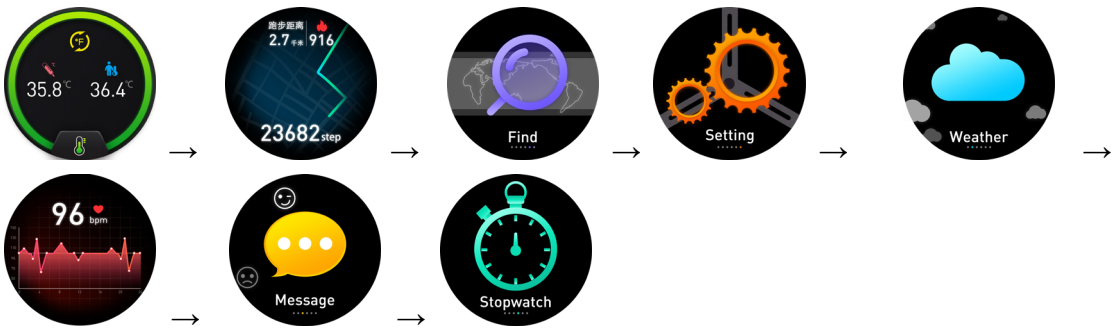
1. When not wearing， Does not jump, displays the last test value.

2. When wearing， Beat, the heart rate value is cleared and the test is started, showing the real-time heart rate value.



Function menu interface

Slide the screen left or right to switch the sub-interface, short press the button on the watch side at any level to return to the main interface.



Status interface

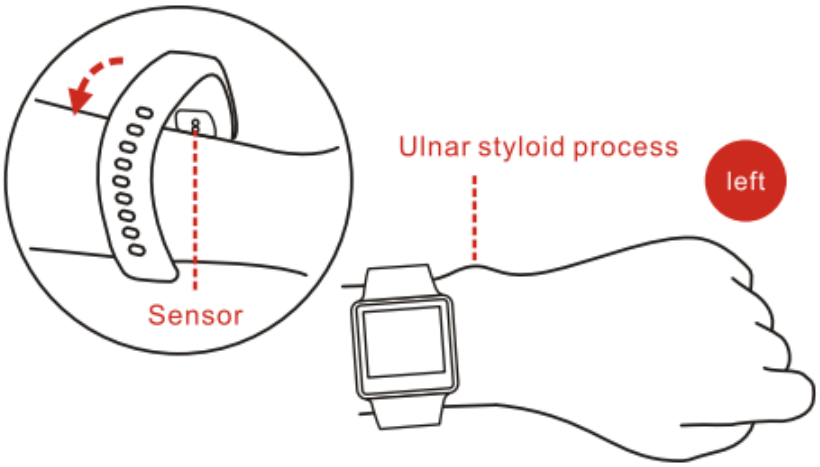
Status interface (the main interface slides to the left to display the current interface, record the total steps, distance and calories of the watch. Every night at 00:00, the watch automatically resets the data to recalculate the data for the new day, while saving historical data and uploading the APP).

Notes on heart rate monitoring

· During the test, the heart rate LED on the back of the bracelet will light up.

· The sensor should be close to the skin to avoid external light affecting the accuracy of the test (as shown below).

· Keep the test area clean, sweat or stains will affect the test results.



Wear recommendation

· The bracelet is best worn after the ulnar styloid process.

· Adjust the size of the wrist according to the adjustment hole, buckle the wrist strap.

· The sensor should be close to the skin to avoid movement.

Heart rate interface

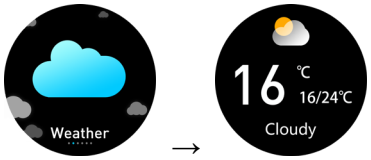
Switch to the heart rate interface and start automatic heart rate measurement.

Motion interface

Single click this interface (or press the upper right button) to enter the specific sports interface, including running, cycling, swimming, skipping rope, table tennis, badminton, tennis and other 24 sports, slide the watch screen up and down to switch the specific sports interface; single specific sports The interface starts to exercise, enter the exercise details interface, slide the screen to the right or short press the button on the side of the watch to end the current exercise and return to the specific exercise interface.

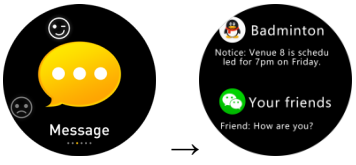
Weather interface

After the bracelet is connected to the mobile phone APP, the weather information is automatically updated on the bracelet.



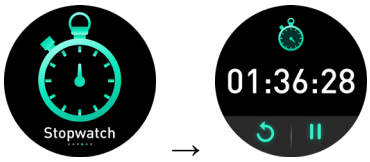
Information interface

Click this interface to view the information. The watch can save 8 pieces of information recently pushed by the APP (if there is no message, stop at the message interface), single-page turning, long press for three seconds to delete the current message, slide right or short press the side button of the watch to return to the upper interface.



Stopwatch

Switch to this interface, single click or short press the wristband side button stopwatch to start timing, again single click or short press the wristband side button to time the pause, long press the wristband side button for 3 seconds to clear the time, slide right to exit the screen and return to the upper level interface.

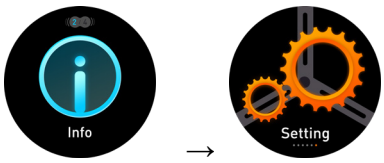


Find phone

In the connected state, long press the watch screen to find the phone, the APP will exit the background state, the phone will send a ringtone reminder.

Set interface

Click this interface to enter the lower menu interface for more functions



Brightness adjustment: single point can choose different brightness, a total of four levels of brightness, slide the screen to the right or short press the side button of the bracelet to exit and return to the upper interface.

Restore settings: Press and hold for three seconds on this interface, all the data of the bracelet will be cleared, and the data of APP will be cleared on that day (the rest of the historical data will continue to be retained).

Version information: single-click this interface, you can view the firmware version number and Bluetooth address of the bracelet, slide the screen to the right or press the button on the side of the bracelet to exit to return to the upper interface.

Shutdown: Press and hold the bracelet for more than three seconds on this interface to vibrate and shut down.

Smart reminder function

The reminder function needs to turn on the reminder switch in the setting center of the APP and keep the mobile phone and the bracelet connected in Bluetooth successfully, and vibrate to remind when a message comes.

Incoming call SMS call reminder Twitter LINE Alarm reminder Sedentary reminder

Incoming call reminder: When an incoming call comes, the bracelet will vibrate and display the name or number of the incoming call. If the APP opens the "Call Rejection" function, press and hold the bracelet function key for three seconds to reject the call.

SMS reminder: when receiving a SMS, the bracelet vibrates and displays an icon reminder to view the content of the SMS with a single point.

Twitter Reminder: When receiving Twitter information, the bracelet vibrates and displays an icon reminder, single-click to view the content of Twitter.

LINE reminder: when receiving a Line message, the bracelet vibrates and displays an icon reminder, single-click to view the Line content.

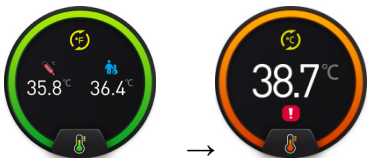
Smart alarm clock: You can set the three alarm clocks. After setting, the alarm will be synchronized to the bracelet; the smart alarm clock is a silent alarm clock. When the alarm goes off, the bracelet will initiate a moderate vibration and support offline alarm reminders.

Sedentary reminder: The default reminder interval is one hour; when connected, after opening, if the user does not exercise within an hour, the bracelet will vibrate to remind the user to exercise.

Other reminders: When receiving other information such as emails, the bracelet will vibrate and display other reminder icons. Click to view the content. Goal reminder: When the number of steps reaches the goal set on the APP, the bracelet will vibrate and display the goal achievement icon.

Body temperature interface

Switch to the body temperature interface to start automatic body temperature measurement. Valid value measured after 5 minutes. Or you can set the automatic interval measurement in the APP. By default, 37.3℃ is the alarm threshold You can also set the alarm threshold in the APP.



Charging

For the first time, please take out the bracelet and charge the device with the corresponding charger. When charging, the bracelet will automatically turn on. (Aim the charger at the charging position on the back of the bracelet and connect the standard USB interface to the other end to charge, the charging voltage is 5V.)

Standard packing list：

Bracelet x1 Box x1 Manual x1 Charging cable x1 Strap x1

Warings:

This device is an electronic instrument of high precision; therefore, avoid using it in the following cases:

• Close to strong heat sources such as heaters and stoves.

• In environments that are too cold or too hot or very dusty.

• The appliance must not be exposed to dripping or splashing water. No liquid-filled objects, such as vases, must be placed on the appliance.

• If liquids penetrate into the device, bring the device to the nearest authorized TREVI service Centre.

• Do not use the device near flammable or explosive gases, this may cause a malfunction of the device or a fire hazard.

• No naked flame sources, such as lighted candles, must be placed on the appliance.

• Keep the device out of reach of children. The device is not a toy. The device is made up of small removable parts which, if ingested, can cause suffocation.

• Do not expose the device to strong shocks.

• Store the product in a dry place when you are not using it.

• Keep this instruction manual.

Product Specifications:

- Model: T-Fit 290 HBT
- CPU: RTL8762C
- Storage: ROM 128Mb
- Touch screen: 1.28” 240x240 TFT
- Bluetooth version: 5.0
- Features: Heart Rate, Find Phone, Pedometer, Sleep Tracking, Social Notifications (G-Mail, Facebook, Skype, Whatsapp, ecc...)
- Lithium Ion Battery 3.7V/200mAh
- Supported Operating Systems: Android 4.4 or above, iOS 8.0 or above

Precautions for correct disposal of the product

The symbol shown on the equipment indicates that waste must be disposed of in “separate collection” and so the product must not be disposed of together with urban waste.
The user must take the product to special “separate waste collection centers” provided by local government or deliver it to the retailer against the purchase of a new product.
Separate collection of waste and subsequent treatment, recycling and disposal operations promotes the production of equipment with recycled materials and limits negative effects on the environment and on health caused by improper handling of waste.
Illegal disposal of the product leads to the enforcement of administrative penalties.

Per ulteriori informazioni e aggiornamenti di questo prodotto vedi: www.trevi.it
For additional information and updates of this product see: www.trevi.it
Pour plus d'informations et mises à jour de ce produit, voir: www.trevi.it
Weitere Informationen und Updates zu diesem Produkt finden Sie unter: www.trevi.it
Para obtener información adicional y actualizaciones de este producto, consulte: www.trevi.it

Dichiarazione di conformità UE semplificata
Il fabbricante TREVI S.p.A. dichiara che il tipo di apparecchiatura
T-Fit 290 HBT
è conforme alla direttiva 2014/53/UE.
Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo internet:
https://www.trevi.it/dms/zidi/TREVI/DOCTFIT290HBT.pdf

Simplified EU Declaration Of Conformity
Hereby TREVI S.p.A. declares that the equipment
T-Fit 290 HBT
is in compliance with Directive 2014/53/EU.
The full text of the EU declaration of conformity is available at the following internet address:
https://www.trevi.it/dms/zidi/TREVI/DOCTFIT290HBT.pdf

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