智能手表

使用说明书

状态界面

切换到该界面，可查看当前的步数、距离和卡路里的状态。路程和卡路里根据当前行走步数，APP个人设置的身高和体重计算并显示出来。

心率监测注意事项：
- 测试时，手环背部心率LED灯会点亮；
- 传感器要紧贴皮肤，避免外部光线影响测试的准确度；
- 测试区域要保持清洁，汗水或污渍都会影响测试结果。

运动界面

切换到该界面，单击屏幕进入具体运动界面，包括跳绳、游泳、骑行、乒乓球、登山、羽毛球等十三项运动。滑动屏幕可切换具体运动界面。按侧键返回，可退出具体运动界面。

心率界面

切换到心率界面，单击屏幕进入心率检测，测试完成后，按侧键可退出心率检测。也可连接手机App，在心率界面进行测(停)试。如果手环没正确佩戴或测试失败，最终显示失败界面。心率检测模式下，手环的续航时间会降低。
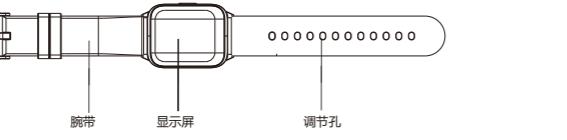

信息界面

在消息类界面，单机屏幕可查看信息，滑动屏幕来翻页，查看完后按侧键可返回或退出。

体温界面

切换到体温界面，单击屏幕进入该界面，会出现温度检测的状态，当检测完成后屏幕上会显示所检测的温度；或者可以通过手机App 来操作温度检测，也可以实现温度的数据读取。按侧键返回，可退出具体温度界面。

手环快速使用说明

部件介绍

腕带　　显示屏　　调节孔

佩戴方法

1. 手环以尺骨茎突后佩戴最佳；
2. 根据调节孔调好适合手腕的大小，扣上腕带扣；
3. 传感器要紧贴皮肤，避免移动。

充电方法

初次使用，请将手环取出，用对应的充电器对设备进行充电。充电时，手环会自动开机。(充电方式如下图：将充电器两个触点对准手环背部充电位置，磁吸式充电底座会自动吸合，另一端连接标准USB接口，即可进行充电，充电电压5V。)

开/关机

1. 在手环关机状态下，充电或长按键键3秒左右手环震动开机；
2. 在手环开机状态下，切换至关机界面，长按屏幕3秒左右，或在主界面长按侧键手环震动关机。

手环操作

1. 在手环开机状态下短触摸屏幕可点亮屏幕，点击或滑动切换显示；
2. 无操作默认几秒熄屏,用户可连接手机APP修改熄屏时间;
3. 手环出厂默认打开来电和短信提醒，用户可在APP的主界面中选择打开或关闭。
4. 不论在任何界面下，按一下侧键返回键，屏幕可进入上一级菜单。

设置界面

点击屏幕功能界面可进入下级菜单界面，进行更多功能操作。

亮度调节：点击屏幕可选择不同亮度，共有五档亮度。
查找手机：连接状态下，点击屏幕查找手机界面，手机会发出铃声提醒。
版本信息：点击屏幕该界面，可查看手环的固件版本号和蓝牙地址。
还原设置：在该界面长按屏幕三秒，手环数据全部会清零，APP当天数据清零(其余历史数据继续保留)。
关机：在该界面长按屏幕三秒手环即可关机，同时手环震动(低电量不震)。
返回：按手环侧按键返回

安装手环APP

扫描以下二维码或进入各大应用市场下载并安装"GloryFit"

安卓版　　iOS版

设备要求：iOS 9. 0及以上；Android 4. 4及以上。

设备连接

首次使用手环需连接APP进行校准，连接成功后手环会自动同步时间，否则计步和睡眠数据不准。

```
打开手机APP
点击我的图标
     ↓
添加设备 ( iOS / 添加设备(Android)
     ↓
点击右上方搜索图标
     ↓
点击设备连接
```

蓝牙连接：配对成功后，APP自动保存手环蓝牙地址，APP打开或在后台运行，都会自动搜索并连接手环。

数据同步：在APP主页手动下拉同步数据；手环可存储7天的离线数据，数据量越多，同步时间越长，最长大约2分钟，同步完成后会有"同步完成"的提示。

APP功能及设定

个人信息和运动目标

进入APP后请先设定个人信息

我的一点击头像

- 可设置头像-性别-年龄-身高-体重，个人信息可提高数据的精度。
- 定制令人每天的运动目标，合理的运动规划，有助于身体素质的提高。

提醒功能

提醒功能需要在APP端设备功能页并启提醒开关，并保持手机与手环在蓝牙连接成功的状态，来消息时震动提醒。

来电　　短信　　QQ　　微信　　闹钟　　久坐　　其他　　充电

来电提醒：来电时，手环上会震动，并显示来电的姓名或号码。如APP打开"来电拒接"功能，长按屏幕可拒接电话。
短信提醒：收到短信时，手环震动并显示图标提醒，点击查看短信内容。
QQ 提醒：收到QQ信息时，手环震动并显示图标提醒，点击查看QQ内容。
微信提醒：收到微信消息时，手环震动并显示图标提醒，点击查看微信内容。
智能闹钟：可进行三个闹钟的设置，设置后，会同步给手环；智能闹钟是一种无声闹钟，闹钟时，手环会发起适度的震动，支持离线闹钟提醒。
久坐提醒：默认提醒时间间隔是一个小时；连接状态下，开启后，如果用户一个小时内都没进行运动，手环将会发出震动，提醒用户进行运动。
其他提醒：收到邮件等其他信息时，手环会震动，并显示其他提醒图标，点击可查看内容。
充电提醒：手环磁吸接通电源充电时，马达震动，注意低电量或满电状态，手环不震动。

睡眠检测功能

入睡时，手环会自动判断进入睡眠监测模式，自动检测您整晚深睡/浅睡/清醒时长，计算您的睡眠质量；睡眠数据暂时只支持APP端查看。
注意：佩戴手环入睡才会有睡眠数据。

主要功能界面

主界面

手环有多个主界面，在主界面长按三秒后可以进行界面切换。APP首次配对连接好以后，手环会同步手机的时间、日期和星期等信息。

消息推送界面

长按屏幕3秒查看历史信息，如无历史信息显示为空。
1.69寸大屏，字体大，内容显示多，查看方便。

注意事项

- 请避免手环遭受强烈撞击、极度高温和暴晒。
- 请勿自行拆卸、修理或改造本机。
- 本机使用5V 500MA充电，严禁使用超电压负荷电源进行充电。
- 本机使用环境为0度~45度，禁止将其防近火中，以免引起爆炸。
- 手环沾水时请用软布擦干后方可进行充电操作，否则会腐蚀充电接触点，导致充电故障。
- 请勿接触气油、清洁溶剂、丙酮、酒精或驱虫剂等化学物质。
- 请勿在高压高磁环境中使用本产品。
- 若您拥有敏感或性肤质或容手环佩戴过紧，可能会感到不适。
- 请及时擦干手腕上的汗滴，表带长时间接触电泳、汗水、过敏源或污染成分，可能造成皮肤过敏敏感。
- 如果经常使用，建议每周清洁手环。用湿布擦拭，用温和的肥皂祛除油污或灰尘。
- 不宜佩戴手环洗热水澡。
- 游泳后，请及时擦拭手环，以保持干燥。

常见问题

首次测试心率等待时间过长？
首次测试心率，需根据不同人群采集较长的信号，才能准确统计算您的心率。

蓝牙连接不上怎么办？(连接/重连失败或连接重连速度很慢)
确认您的设备是否是iOS9.0和安卓系统4.4及以上版本并支持蓝牙4.0。
1. 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
2. 关闭蓝牙再打开
3. 关闭手机后台应用或重启手机
4. 手机不要同时连接其他蓝牙设备或功能。
5. APP是否在后台正常运行，如果不在后台可能连接不上。

无法搜索到手环？
因为手环蓝牙广播没有被手机搜索到，请确保手环处于有电，并激活状态，且未与其它手机配对，然后将手环靠近手机，如果仍然无效，请关闭手机蓝牙，20秒后再重启手环蓝牙。

测量心率时为什么手环要测的比较深？
手环采用光反射原理，通过光源穿透皮肤层，采集反射到传感器的信号来计算您的心率，如果佩戴不紧，会有环境光进入传感器，会影响测量精度。

已开启提醒功能为什么没有收到提醒？
安卓手机：确认手机与手环是连着的，连上后在手机设置里打开对应的权限，允许"GloryFit" APP的闪来电、短信、通讯录、并持"GloryFit"在后台运行；如果手机安装有安全软件，请将"GloryFit"添加为信任名。
苹果手机：若连上后没有提醒，建议重启手机重新连接，再次连接手环时，必须等手机弹出[蓝牙配对请求]，点击[配对]后才会有提醒。

手环是否防水？
支持IP68防水级别等级(IP68标准为35度水，水深1米泡水30分钟)，通常情况下洗手、下雨、冷水淋浴、洗车可随心佩戴。

蓝牙连接是否需要一直开启？断开后是否还有数据？
未同步数据前，数据保留在手环主机上（可保留七天数据）。当手机和手环的蓝牙连接成功时，手环数据都会自动上传到手机端，请及时同步数据到手机端。
注意：如果开启来电、短信提醒时功能，则必须保持蓝牙处于连接状态，闹钟提醒要持离线。

保修卡

购买日期		产品型号	
用户姓名		出售单位	
联系电话		用户地址	

产品序列号	维修日期	故障内容	维修人员

Smartwatch

User Guide

Message push interface

click the screen to view historical information, If there is no history message, the screen will be blank.
1.69 inch large screen, large font, more content display, easy to see.

Sports / Heart rate / Blood pressure / Information / Settings / Temperature

Status interface

Switch to the interface to see the current number of steps, distances and calories. The distance and calories are calculated and displayed on the basis of the current walking steps and the height and weight set by the APP individual.

Heart rate test note:
- During the test, the heart rate LED on the back of the bracelet will light up.
- When testing, the sensor should stick to the skin to avoid the influence of external light on the accuracy of the test.

Sports interface

Switch to the interface, click the screen to enter into the specific sports interface, including thirteen modes such as rope skipping, swimming, riding, ping-pong, climbing etc., slide the screen then enter the specific sports interface.

Heart rate interface

Switch to the heart rate interface, click the screen to enter the heart rate detection. After the test is completed, press side button to exit the heart rate detection. You can also connect to the mobile phone App, in the heart rate interface to test or stop. If the bracelet is not worn correctly or failed, the final failure interface will be displayed. Under the heart rate detection mode, the duration of the bracelet will be reduced.'

Temperature interface

Switch to the temperature interface, click the screen to enter the temperature detection. After the test is completed, press side button to exit the temperature detection. You can also connect to the mobile phone App, in the temperature menu until test stop. If the bracelet is not worn correctly or failed, the final failure interface will be displayed.
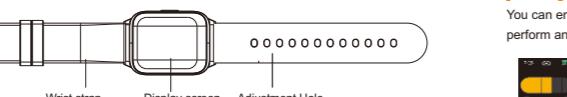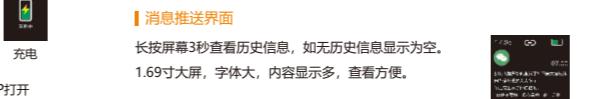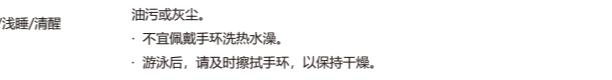
Blood pressure interface

Switch to the blood pressure interface, click the screen to start testing blood pressure. Once blood pressure test completed press side button to exit the blood pressure mode. If test start it will show the results of the last test or "-/-" when the results are not measured; also you can connect to the phone App, in the blood pressure interface to test or the test stop, test result same as above.

Information interface

In the message interface, click the main screen to view the message,slide the screen to turnover the pages. Press the side button to exit the interface.

Quick instructions for use

Part of introduction

Wrist strap / Display screen / Adjustment Hole
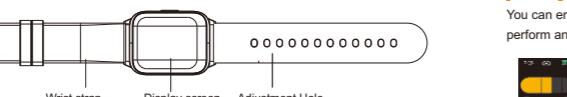
Charging method

For the first time, please take the wristband out and charge the equipment with the corresponding charger. When charging, the wristband will open automatically. (charge mode as follows: Joint the USB-charging cable with Band at match point back side and USB port for charging. Charge voltage 5V.)

- To keep the test area clean, sweat or stains will affect the test results.

Wearing method

1, Best wear the wristband behind malleolus ulnaris;
2, Adjust the size suitable for the size of wrists via Adjustment Hole, fasten wrist strap buttons;
3, Sensor shall be close to skin avoiding moving.

Ulnar stylod process / Left Hand / Sensor

Power on/off

1. In the state of the wristband shutdown, Charging or long press the side button for about 3 seconds the watch will power on.
   When the wristband is in the boot state, Switch to the shutdown interface,
2, long press the interface or press the side button for about 3 seconds, the wristband vibrates and shuts down.

operation

1. When the device starts up, to touch the screen or slide the interface to lighten screen or switch over display;
2. The screen shall be screen off without operation for 5 seconds and users can connect the phone to App to modify the screen off time.
3. The wristband is default as open status for calling and message reminding,user can connect to App and change the open/off status.
4.Press the Return Button at any time to return back to previous menu interface.

Settings interface

You can enter the sub menu by click on the related interface, and then perform and operate more related functions.

Brightness / Find / Info / Reset / off

Brightness adjustment : Click the main screen to adjust different brightness, there are the 5 levels that you can click to choose any of them.

Find the phone: In the connection state, click the screen to interfact of finding the mobile phone, the phone will ring out to remind.

Version information: Under the About interface, you can view the firmware version number and Bluetooth address of the watch.

Restore settings: Long press on the restore interface, and all the record data will be erased, and the APP data will be cleared that day (the rest of the historical data will remain).

Shutdown: The interface can be shut down after you click the interface menu and the wristband will vibrate.

Return: Press the side button of the breacelet to exit

Install the wristband APP

Scan the following QR codes or enter into various large application markets to download and install "GloryFit".

Android / iOS

Device requirement: iOS9.0 and above; Android 4.4 and above

Device attachment

When being used for the first time, it is necessary to connect APP for alignment. After successful connection, wristband will self-synchronize time, or otherwise, step calculation and sleep data won't be accurate.

```
Open mobile phone APP
Click to set up icons
     ↓
Add device (iOS)/
Add device(Android)
     ↓
Click the upper right to find the icon
     ↓
Click device attachment
```

Bluetooth connection: after successfully matching, APP will automatically save the wristband bluetooth address. When APP is opened or operated in background, it will automatically search and link with the wristband.

Data Synchronism: manually pull down the synchronization data on the APP home page; the bracelet can store off-line data for 7 days, the more data, the longer the synchronization time is, and the longest time is about 2 minutes.

APP functions and setting

Personal information and exercise goals

After entering into APP, please first set up personal information.
Me ., Click avatar

- Head portrait, gender, age, height and weight can be set up and personal information can enhance accuracy of data.
- Customize personal everyday exercise goals. A reasonable exercise plan is helpful for promoting body quality.

Reminding function

For reminding function, a reminding switch shall be switched on in APP-end Setting Center, mobile phone and wristband shall be kept to be connected successfully and there will be vibrating reminders when there are messages.

Call / Message / QQ / WeChat / Alarm clock / Sedentary / Other / Charging

Call reminding : when the caller calls, the ring will shake and the name or number of the caller is displayed. (if the caller's name has been saved in the phone address book, the name is displayed, otherwise the display number)

Message reminding : when a text message arrives, the wristband will vibrate and display the SMS icon reminder; the address message of the address book contact person displays the name, and the short message number of the stranger.

QQ reminding : when the QQ information arrives, the ring will vibrate and display the QQ icon.

WeChat reminding : when the WeChat information is received, the hand ring will shake and the WeChat icon reminds

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Alarm clock reminding : it can set up three alarm clocks, and will synchronize to the bracelet after setting up. The intelligent alarm clock is a silent alarm clock. When the alarm is on, the bracelet will cause moderate vibration, and support the offline alarm clock reminder.

Other reminding : when receiving email or other information, the wristband vibrates and displays other reminder icons. Click to see the content.

Charging : When the wristband is connected to the power, the motor vibrates, and the wristband does not vibrate.

Sleep detection function

When you fall asleep, the wristband will automatically determine the sleep monitoring mode, automatically detect your deep sleep / shallow sleep / wakefulness time, calculate your sleep quality, and sleep data temporarily support APP only.
Note: you can get sleep data when you go to sleep with a hand ring.

Main functional interface

Main interface

The wristband has multiple main interfaces, and the interface can be switched after click on the main interface. After the first pairing of APP, the wristband will synchronize the time, date and week of the cell phone.

Matters needing attention

- Please avoid strong impact, extreme heat and exposure to the wristband.
- Please do not disassemble, repair or transform the device on its own.
- This machine is charged with 5V 500MA, and it is strictly forbidden to use overvoltage load power.
- The use of the environment is 0 degrees ~45 degrees, and it is forbidden to throw it into the fire so as not to cause an explosion.
- Please wipe off the water with a soft cloth and then the wristband can be used for the charging operation , otherwise it will cause corrosion of charging contact point and charging inciddent may occur.
- Do not touch the chemical substances such as gasoline, clean solvent, propanol, alcohol or insect repellent.
- Please do not use this product in high pressure and high magnetic environment.
- If you have sensitive skin or tighten the wristband, you may feel discomfort.

- Please dry the sweat drips on the wrist in time. The strap has long contact with soap, sweat, allergies or pollution ingredients, which may cause skin allergy itching.
- If it is often used, it is recommended to clean the wristband every week. Wipe with wet cloth and remove oil or dust with mild soap.
- It is not appropriate to wear a hot bath with a wristband.
- After swimming, please wipe the wristband in time so as to keep dry.

Common problems

Why is the first test of heart rate too long?
To test your heart rate, you need to take a long time signal to accurately calculate your heart rate.

What do Bluetooth connections do? (connection / reconnection failure or connection speed is slow)
Confirm whether your device system is Android 4.4 or its higher versions , and IOS9.0 or its higher versions, and your device support Bluetooth 4.0.
a. Because of the problem of signal interference in Bluetooth wireless connection, there may be no time to connect each other. If the connection is not long enough, please ensure that the operation is carried out without magnetic field or without multi Bluetooth device interference.
b. Turn off Bluetooth and open.
c. Turn off the mobile phone background application or restart the mobile phone.
d. Mobile phones do not connect to other Bluetooth devices or functions at the same time.
e. APP is running normally in the background and may not be connected if it is not in the background.

Can't search the wristband?
Since the wristband is not searched by phone in Bluetooth broadcast, make sure the wristband is in power and activated and is not connected to any other phones. Then, put the wristband close to the phone, if it is still invalid, turn off the phone, and after about 20 seconds, restart the phone Bluetooth.

Why the wristband should be worn more tightly when measuring heart rate?
The wristband uses light reflection principle, penetrates the skin through the light source, and collects the signal reflected to the sensor, to calculate your heart rate. If you don't wear it tightly, there will be ambient light reaching into the sensor, which will affect measurement accuracy.

Why not remind when opening the reminder function?
Android phone: confirm that the phone and the wristband are connected, and open the corresponding permissions in the phone settings, allowing the "GloryFit" APP access calls, messages and address book, and keeping "GloryFit" running in the background; if the phone is installed with security software, add "GloryFit" to "trust".
Iphone: If there is no reminder after the connection, it is recommended to restart the phone to reconnect, when reconnecting the wristband again, there will be reminder after popping up "Bluetooth pairing request" and clicking "Pairing".

Is the wristband waterproof?
It supports IP68 waterproof and dust-proof level (IP68 standard is 35 degrees below water, 1 meters below 30 minutes). Usually, wash hands, rain, cold water shower, wash car can be worn with heart.

Does the Bluetooth connection need to be open all the time? Is there any data after disconnection?
Before the data is synchronized, the data is kept on the wristband host (seven days of data can be retained). When the Bluetooth connection of the wristband and the wristband is successful, the wristband data will be automatically uploaded to the mobile terminal. Please synchronize the data to the mobile terminal in time.
Note: if the caller and SMS alerts are opened, you must keep the Bluetooth connection, and the alarm is offline.

Warranty card

Date of purchase		Product model	
User name		Selling company	
Contact number		User address	

Product ID	Maintenance date	Fault Content	Maintenance Staff

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

NOTE: 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.

Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment