

# Fitness Bracelet Smart Device Manual



EN

## Quick guide

### APP download method

- Scan code: Scan the QR code to download and install the application
- Android: Search for "Keep Health" on Google Play to download and install the app
- Apple: Search for "Keep Health" through the App store to download and install the app.



Note: Adapt to Android 5.0 or iOS 9.0 and above systems that support Bluetooth 4.0 BLE

### Preparation before use

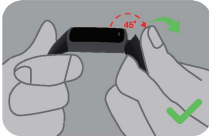
For the first use, please press and hold the touch button to turn on the device. If it cannot be turned on, please charge the device first.



USB

### Important-How to charge

- 1 Remove the band at 45° angle will be easier.



- 2 Insert the charging head into the USB charger

The charger is only at the button side



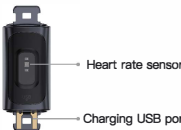
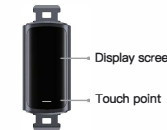
- 3 Check the charging page

If the charging page is not displayed, please go to the other side and reinsert the plug.



## Product Overview

### 1.Hardware Description



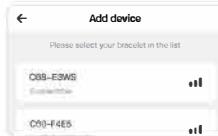
### 2.Touch Instructions

- Long press for 3 seconds to turn on.
- Long press to enter the sub interface.
- short press to turn on the screen when the screen is off.
- Click to toggle function.



### Device and APP connection

- Long press the touch button to turn on the phone, please make sure that the Bluetooth of the phone is turned on (Android 11 and below need to enable GPS location permissions, Android 12 and above need to enable nearby device permissions)
- Open the Keep Health APP on the mobile phone, follow the instructions on the guide page to complete the APP registration and settings, enter [Device-Add Device], and select the Bluetooth code that matches the device to connect.



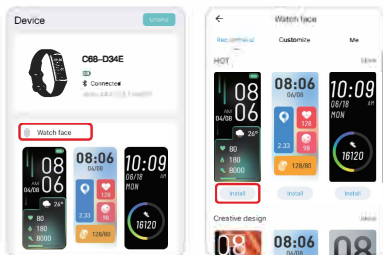
- After the APP is successfully connected to the device, it will automatically enter the homepage to synchronize data, and the device will automatically synchronize the date, time, and language of the phone.
- To enhance the stability of the connection, please follow the instructions to enable notification access permissions and set up automatic background operation.

### Equipment operation instructions

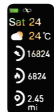
- Touch button: Generally, a long press of a touch button is to enter a certain function, and a short press is to switch the interface.

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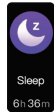
- Switch watch face: Long press the touch button on the watch face interface to enter the watch face switch interface, short press to view the watch face, long press to select the watch face. You can also enter the Keep Health APP [device interface-dial center], click to install the dial.



### Application description



Device status: display power, connection status, date, weather, steps, distance and calorie data.



Sleep: The sleep interface displays the length of sleep last night. Wear the device at night to fall asleep, the device will automatically monitor sleep data.



Heart rate/Blood pressure/Oxygen/Body temperature: After the interface stays for 2 seconds, the measurement will start automatically. When measuring, you need to attach the heart rate sensor or electrode sensor on the back of the device to your wrist, keep it comfortable, keep your mood relaxed, and your body still. The value time is between 10-40 seconds. The automatic monitoring can be turned on or off on the APP side .(Note: Some features only support specific models)

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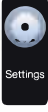
Exercise: Long press the touch button on the exercise interface to enter the exercise selection interface. Short press the touch button to view, long press to start exercise. Short press the touch button during exercise to pause/continue, long press to end the exercise. (Note: The exercise record will not be saved until three minutes of exercise)



Music: press and hold the touch button to enter the secondary interface, which can control the previous, next, pause and play of mobile music.



Message: press and hold the touch button to enter the secondary interface to view the latest 8 messages.



Settings: Press and hold the touch button on the settings interface to enter the secondary interface. You can view device information, use a stopwatch, search for phone functions, and set power-saving mode, power off, and restore factory settings.

### APP operation instructions

#### • APP-Home

The home page displays information, including:

Step count, consumption, distance, outdoor exercise, exercise record, body temperature, heart rate, sleep, blood pressure, blood oxygen, water reminder, weight record, women's health. You can also edit and hide the corresponding modules according to your own living habits.

#### • APP-Device

The background settings of the device, including:

Smart device and APP binding and unbinding, APP running settings in the background of the mobile phone, message notification, device settings, dial center, target setting, heart rate timing detection, body temperature timing detection, wrist turning screen, drinking water reminder, women's health, search Equipment, music control, camera control, firmware version, restore factory settings.

#### • APP-Me

Account related viewing and setting, including:

Personal information, family, system settings, frequently asked questions, problem feedback, about us. \*Family is divided into "family account" and "person I care about". "Family Account" can add multiple members to manage multiple member devices at close range, or invite guardians to jointly manage member devices. "People I care about" can remotely view family data by caring about others.

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## Things prepare

- Do not scratch the display and sensor of the device, and protect it from damage.
- Use a damp cloth to wipe the surface of the device, and use mild soap and water to remove oil or dust.
- Do not expose the device to an environment with strong chemical substances, such as gasoline, cleaning solvents, propanol, alcohol, or insect repellent. Chemical substances will damage the seal of the device and the surface of the housing.
- Avoid your equipment from being exposed to strong impact and extreme high temperature exposure.
- The lens and the case are waterproof when they are intact. After violent disassembly and assembly, the waterproof performance will be affected. Please do not soak the device in hot water, sea water, or chemical solution.
- Please use the original charging cable to charge the device.

Note: This equipment is not a medical device. The data and information provided are for reference only.

## FCC Warning

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 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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