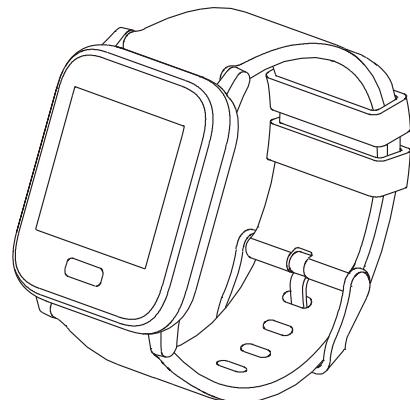


**L8STAR**



**L8-B1 Smart Heart Rate Wristband**  
**Operating Manual**



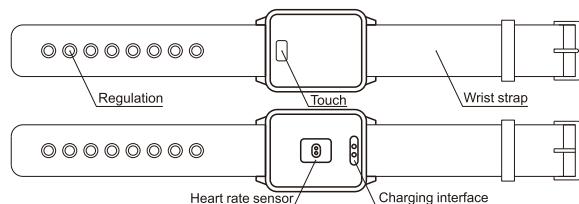
**Thank you very much for purchasing our products and for your support and love. Your recognition and satisfaction is our greatest motivation. We will keep improving!**

1.3 inch high-definition big screen  
New 3D dynamic UI  
Heart rate, steps recording, calories, sleep recording  
10m depth waterproof  
30 days long standby  
New multi-sport mode

**Packing List:**

1. Wristband 1 PCS
2. USB charging clip 1 PCS
3. Operating Manual 1 PCS

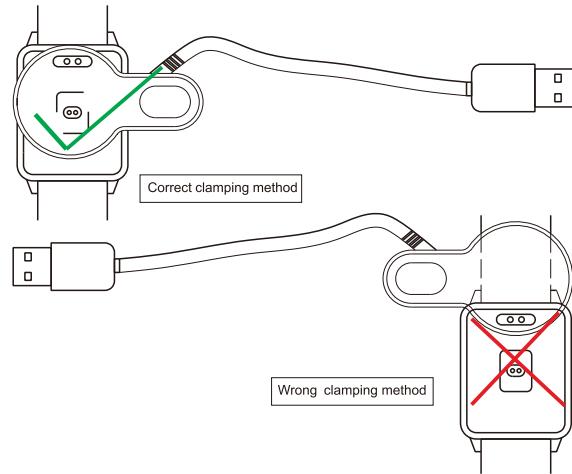
**Parts introduction:**



**Charging**

For the first use or when the screen power indicator is low (displayed as 1 or 0 bar, or the icon is flashing) or it can't be turned on, please charge the wristband in time. When charging, please keep the contact between the ejector pin on the charging clip and the back of the wrist strap as shown in the figure, and connect the USB interface at the other end with mobile phone charger with the rated output voltage of 5V and output current of 500mA or above or USB port of a computer. When charging normally, the wristband will automatically turn on and

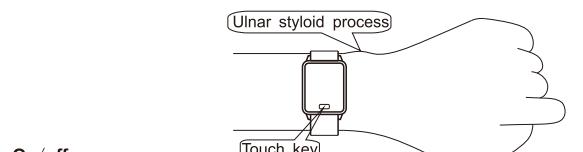
the battery icon will flash. When the battery is fully charged, the battery icon will stop flash and the charging clip can be removed.



#### Understand the wristband and how to wear it

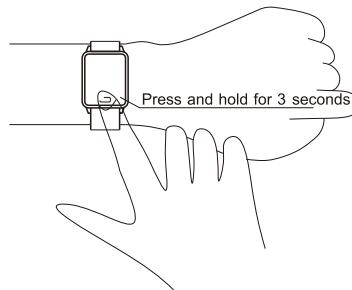
The wristband has a wristband body and a detachable wrist strap. The front side is the display area and the touch key. The back side is the detection sensor. When worn, the sensor surface must be in close contact with the skin.

1. The wristband is best worn after the ulnar styloid process.
2. Adjust the size of the wristband according to the regulation hole.
3. The sensor should be close to the skin to avoid movement.



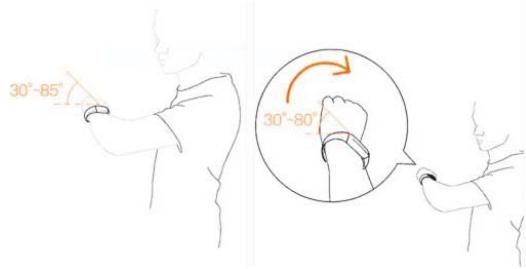
#### On/off

1. When the wristband is turned off, charging or holding down the touch key for 3 seconds will make it turn on while vibrating.
2. When the wristband is on, switch to the shutdown interface, select OFF, press and hold the function key for 3 seconds, and the wristband shuts down while vibrating.



#### Wristband operation

1. When the wristband is on, click the touch key to light up the screen or function switch, and long press it to activate or switch mode.
2. It turns off the screen after no operation for 5 seconds under default. After the function of raising the wrist to brighten the screen is turned on, when the arm is raised and the screen of the wristband is close to near horizontal level, the screen is illuminated, and the screen automatically goes out after the hand is lowered.



**Method I:**  
The hand swings from the vertical position to the normal watch viewing posture. When the surface angle is in 30°-85°, the wristband automatically lights up.

**Method II:**  
The wristband surface stays slightly normal outward and rotates inward to the viewing angle (between 30°-80°), and the wristband automatically lights up.

#### Install wristband APP-FlagFit 2.0

Equipment requirement: Android 4.4+; IOS 8.2+; Wireless connection  
Android mobile phone users scan the QR code on the left side, or go to below, GOOGLE PLAY to search for FlagFit2.0, and iPhone mobile phone users scan the QR code on the right side below, or go to APPLE STORE to search FlagFit2.0, to download and install it.

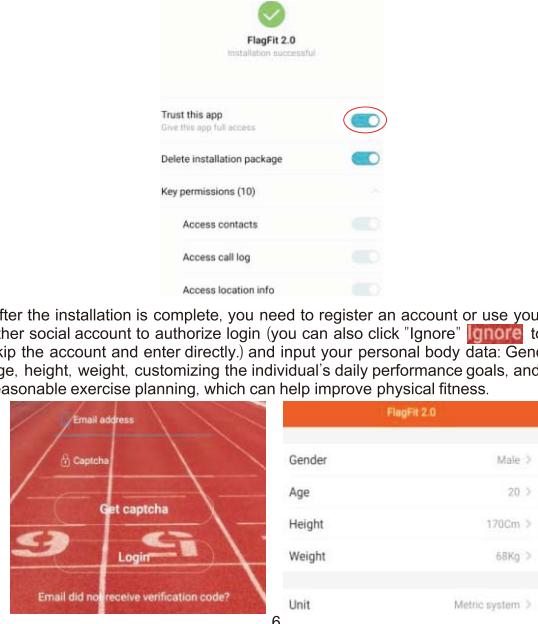


Google Play



iOS

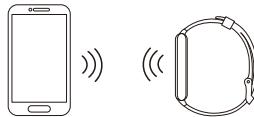
Note that during the installation process, for the permissions requested by the APP, please select Allow All.



### Equipment connection

For the first time you use the wristband, you need to connect to the APP for calibration. After the connection is successful, the wristband will automatically synchronize the time and upload data to the APP. The synchronization time is about 1 minute, otherwise the steps recording and sleep data are not accurate. Please turn the wristband on and approach the device, keeping the distance within 1m.

Open device Bluetooth and  Open flagfit2.0 - click on the "me" icon  Click Add device  Click on the device named xxxx  Waiting for binding and completing

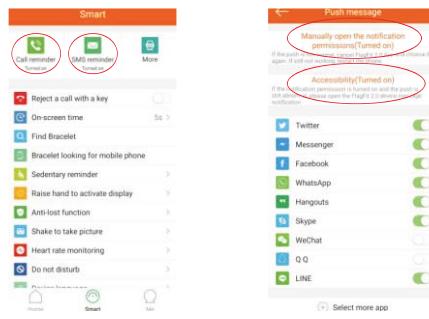


Once you've successfully bound and synced, you can start your health journey. Binding success flag 

### Reminder function:

Click "Smart" to enter the reminder page and keep the device and the wristband connected. Call reminder: When you receive a call, the wristband vibrates and displays the name and number of the caller. If the APP has the "call rejection" function enabled, press and hold wristband key for 3 seconds to reject the call. SMS reminder: When receiving a text message, the wristband vibrates and displays an icon reminder, and you may click to view the text message content. Smart alarm clock: Three alarm clock settings can be made; after setting, it will be synchronized to the wristband; the smart alarm clock is a silent alarm clock. When the alarm is activated, the wristband will remind the user by vibration. Smart alarms support offline reminders. Long sitting reminder: The default reminder interval is 1 hour. In the connected state, after the user turns it on, if the user does not perform activities within one hour, the wristband will vibrate to remind to have activity. Other reminders: Users can click on "more" to enter more reminder settings

according to their needs, and you can open Twitter; Messenger; Facebook; WhatsApp; Hangouts; Skype; Line etc.



#### Main function interface

#### Main interface

The wristband has 3 main interfaces, and the interface can be switched by pressing and holding for 3 seconds on the main interface. Users can choose their favorite style according to their needs.



#### Introduction to main functions of the wristband:

Steps recording interface: Shows the number of steps that have been accumulated on the day. You can check the statistics in the APP.



Distance interface: Shows the distance that have been advanced on the day.



Calorie interface: Shows the energy value accumulated on the current day.



Heart rate interface: Switching to the heart rate interface to automatically test the current heart rate. You can also connect the app to the heart rate interface and click to start the test. The heart rate value will be displayed after the test is completed.



Information interface: After switching to the interface, press and hold for 3 seconds, you can view the message received by the wristband from the mobile phone;short press to turn the page after entering, and it supports to store 10 messages; for more than 10, when there is a new message, it automatically covers the first message.



Sports interface: After switching to this interface, press and hold for 3 seconds to enter; select the specific sport, and after long press, the wristband will start recording the energy or number of times of your current sport after 3 seconds. When you need to stop, light up the touch screen and press and hold for 3 seconds to exit. The currently supported sports are as follows: Rope skipping, cycling, table tennis, tennis, badminton, running.



Function interface: After switching to this interface, press and hold for 3 seconds to enter. The function interface contains:

Stopwatch: Screen brightness adjustment; Find the mobile phone; Reset the wristband; about (version and MAC address); Off.

Stopwatch: Press and hold for 3 seconds to prepare timing, short press to start timing, short press again to pause, and long press for 3 seconds to exit the stopwatch.

Brightness: Press and hold for 3 seconds to enter the brightness adjustment. Short press to increase the brightness. After the brightness is full, short press the key again to return to the lowest brightness, which can be made in circle. Press and hold for 3 seconds to exit.

Find the mobile phone: When the wristband and the phone are connected, press and hold for 3 seconds, and the phone rings to remind you.  
Reset: Press and hold for 3 seconds, and the wristband data is cleared and returns to the initial state.  
About: Press and hold for 3 seconds to display the current software version and MAC address of the wristband.  
Off: Press and hold for 3 seconds and select off to close the wristband.



**Notes:**

Please avoid strong impact, extreme heat and exposure from the wristband.  
Do not disassemble, repair or modify the unit yourself.  
The unit is charged by the 5V standard USB interface. It is strictly forbidden to use over-voltage load power supply for charging.  
The environment of the unit is 0-45°C, and it is forbidden to throw it in fire to avoid explosion.  
When the wristband is wet, please dry it with a soft cloth before charging.  
Otherwise, the charging contact point will be corroded, resulting in charging failure.  
Do not make it touch chemicals such as gasoline, cleaning solvents, propanol, alcohol or insect repellent.  
Do not use this product in a high-voltage, high-magnetic environment.  
If you have a sensitive skin or wear the wristband too tightly, you may feel uncomfortable.

Please dry the sweat on your wrist in time. The strap, being exposed to soap, sweat, allergens or contaminated ingredients for a long time, may cause skin irritation and itching.  
If it is used frequently, it is recommended to clean the wristband weekly, wipe with a damp cloth, and remove oil or dust with a mild soap.  
It is not proper to wear a wristband to take a hot bath  
After swimming, please wipe the wristband in time to keep it dry.

#### Common problems:

##### **Do you wait too long for first the heart rate test?**

To test your heart rate for the first time, you need to collect signals for a longer period according to different groups of people in order to accurately calculate your heart rate.

##### **What should I do if the wireless connection is not available?**

**(Connection/reconnection failed or connection/reconnection is slow)**

Verify that your device is IOS 8.0 and Android 4.4 and above and supports wireless connection.

1. Due to the problem of signal interference in the wireless connection, the connection time may vary from time to time. If the connection is not made for a long time, please ensure that the operation is performed in an environment without magnetic field or away from interference from rich and strong electromagnetic equipment.
2. Try turning the wireless connection off and then back on.
3. Close the phone background app or restart your phone.
4. Do not connect your phone to other wireless devices or functions at the same time.
5. Whether the APP is running normally in the background, if it is not running in the background, it may not be connected.

##### **Can't find the wristband ?**

The wristband wireless connection (in connection with broadcast) is not searched by the mobile phone, please make sure that the wristband is powered and activated, and it is not bound to other mobile phones. Then take the wristband to the mobile phone. If it still does not work, please turn off the wireless connection of the mobile phone. After 20 seconds, restart the phone wireless connection.

**Why is the wristband worn tight when measuring heart rate?**

The wristband uses the principle of light reflection. After the light source penetrates the skin, the signal reflected to the sensor is collected to calculate your heart rate. If it is not tightly worn, ambient light will enter the sensor, which will affect the measurement accuracy.

**Why the reminder fails while reminder function is turned on?**

Android mobile phone: Make sure that the phone and the wristband are connected. After connecting, open the corresponding permissions in the phone settings, allowing the "FlagFit 2.0" APP to access calls, text messages, contacts, and keep "FlagFit 2.0" running in the background; if your phone has security software installed, add "FlagFit 2.0" as a trust.

iPhone: If there is no reminder after connecting, it is recommended to restart the phone to reconnect. When connecting the wristband again, you must wait for the phone to pop up "Wireless Connection Pairing Request" and click "Pairing" to have a reminder.

Confirm whether the Do Not Disturb mode is on, and whether it is within the time period set by Do Not Disturb mode when reminder fails.

**Is the wristband waterproof?**

Support IP68 waterproof level (can guarantee normal use under normal water temperature, environment water depth within 10 meters); usually, you may wash hands, have cold water shower, wash car wearing it or in rainy days.

**Does the wireless connection need to be turned on all the time? Is still data available after disconnection?**

Data is kept on the wristband before the data is synchronized (the wristband can store the data of the last 7 days offline)

When the wireless connection between the mobile phone and the wristband is successful, the wristband data will be automatically uploaded to the mobile phone. To avoid incomplete data due to long time (more than 7 days) unsynchronized data, please synchronize the data to the mobile phone in time.

Notes: If you enable the incoming call, SMS reminder, and smart anti-lost function, you must keep the wireless connection always on, otherwise the above functions will be invalid.

#### Basic parameters

Equipment type	1.3 inch smart wristband	Battery type	Lithium polymer
Display screen	1.3 inch IPS color screen	Battery model	352328
Product weight	32g	Battery capacity	260mAh
Full length of wristband	25.0cm	Input power	DC 5.0V
Waterproof level	IP68	power of battery	0.962Wh
Wrist strap material	TPU watch band	Packing List	Host, manual

## **Warning Statement**

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**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.