GLOSSY PRINT FULL COLOR FOLDING INSTRUCTION MANUAL

BLUE SOLID OUTLINES SHOW CROPPING - DO NOT PRINT
BLUE DASHED LINES SHOW FOLDS - DO NOT PRINT

SIDE A
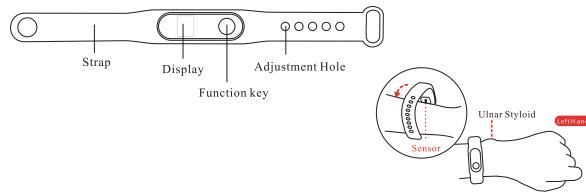
USER'S MANUAL

RBX
LIVE LIFE ACTIVE

**Activity Tracker
and Heart Rate Monitor**

Introduction

Strap — Display — Function key — Adjustment Hole
Ulnar Styloid — Sensor
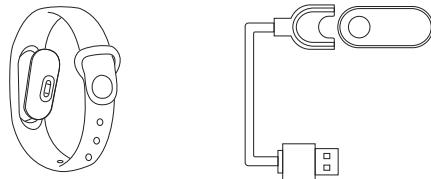
How to Charge

Please make sure your tracker is fully charged for first use.
1. Take tracker pod out of band
2. Insert pod into charging slot with 2 sensors on side of pod touching charger
3. Plug USB in and let tracker charge fully before use again.

How to Use

On/Off
1. When shut off, touch and hold the sensor for over 3 seconds to start up device.
2. When on, touch and hold sensor for over 3 seconds to shut down device.

Operation
1. Tapping sensor will light up screen and switch displays for each touch after.
2. No operation after 5 seconds and screen will turn off. Can be modified in app.
3. In Heart rate mode, touch and hold sensor to start test. In all other modes, touch and holding will cause shut down.

Installing DayDayBand APP

Scan the below QR code or enter your phones app market and download "DayDayBand"

Google Play   iOS

System requirements: Android 4.4 and above, iOS 8 and above, Bluetooth 4.0

How to connect

Connect the APP for first use of band to calibrate or steps and sleep data will be wrong.
 - Open app > Click settings icon
 - My Device (iOS) / Search Device (Android)
 - Pull down on screen to scan > click device to connect
*Band only needs to connect once.

 - Manually sync by pulling down screen in Exercise, Sleep, or Heart rate tab.
 - Tracker hold up to 7 days of data so be sure to sync app at least once a week.

Main APP Features and settings

Personal Info and goals
 - Set personal info first and before use
 - Settings > Personal settings
 - Planning a daily exercise goal links to a sound body

Notifications
Must enable in settings
- Notifications will appear across your screen based on what settings you choose in the app. If you choose too, you can see incoming calls, messages, alarms, and any other reminders you made for yourself.
  - You may need to trust device/app in your phone settings for notifications to work properly

SIDE B

Activities Record: Records daily activities including steps, distance, and calories burned.

Sleep Monitoring: Device can automatically recognize when you are sleeping and starts recording and analyzing your deep sleep, light sleep, and awake times.

Notification Alerts: Alarm alert, call alert, sedentary alert, etc. by silently vibrating.

Anti-Loss: When the smart phone is beyond the Bluetooth range (5m) the device with vibrate to indicate the distance.

Remote Camera Control: Shooting with device button or can shake hand while wearing band to take picture after 3 seconds.

HRM: Monitoring your heart rate effectively.

Symbol Description

Clock: Bluetooth icon always appears when connected to app. Time calculates automatically once synced with phone.

Time format
Disconnected — Battery — connected
Time
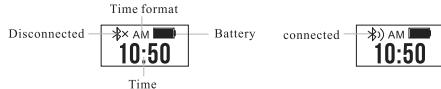
Steps: See real time steps constantly.

Icon — step — Icon/Unit
11250
Steps

Distance: Calculated based on steps and height set in app.

10.5 km — Icon — Unit
Distance

Heart Rate Monitor:
-When in this mode the screen will show "- -" or last heart reading as a default until it has read your heart rate.
-Hold down side button to start test or go into the app under heart rate and click start. Heart will start to beat on bracelet screen.
-When running this test the back of bracelet will light up. These are the sensors and MUST be held against skin and kept still.
-If sensors are not against skin the test could show an inaccurate reading, as well as if sweat or fabric is obstructing the sensors.

103 bpm — Icon — Unit
Figure

Sleep Monitor: Your band will automatically monitor how long and well you sleep. Data only shows on app. Must wear band while sleeping to work.

FAQ

Why wait 8 seconds to test heart rate?
- The longer the sensor has, the more accurate testing will be

Why should band be tight against skin for heart rate test?
- Band uses light reflection sensor and if there is space between sensor and skin it will pick up light and affect accuracy.

Why don't my notifications work after being enabled?
- **Android:** make sure band and phone are connected, then open privilege and allow access to calls, messages, and contacts. If you have a security app installed, add app to be trusted.
iOS: If band and phone are connected and still nothing, reboot the phone and connect again. Then pair again.

Basic Parameters

Band type: Smart Heart Rate band	Screen type: 0.42inches OLED
Host weight:7.0g	Battery type: Lithium polymer
Battery capacity: 55mAh	Sync way: Bluetooth 4.0
Working temperature: -10℃ ~50℃	Water resistant: IP65
Band length: 240mm	Wrist Strap material: TPU or silicone
Wrist clasp material: Aluminum alloy	

Safety

- Do not wear band when swimming or showering
-This does not replace medical equipment
- Use charging cord that comes in package for charging
- Do not expose band to high moisture or extreme temperatures

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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.

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.