Heart Rate Sport Bracelet
Model No.: L38

ENGLISH

OVERVIEW

TOUCH
SCREEN

CHARGING
TERMINALS

To interact with Swipe HR 39 touchscreen, double tap on the touch-sensitive area to wake the device. Swipe HR 39 touchscreen only respond to tap gestures in this specific touch-sensitive area. Swipe HR 39 screen turns off when not in use. To ensure Swipe HR 39 is responding accurately to your taps, we recommend using your fingertip and not your nail. To move between screens, swipe left or right.

1. CHARGING

Charge Swipe HR 39 for two hours before your first use.

1. Put Swipe HR 39 on the magnetic charging dock
2. Make sure the pin on the charging dock fit correctly onto the charging terminals on the back of Swipe HR 39
3. Plug the small end of the USB cable provided into the charging's dock USB port
4. Plug the big end of the USB cable into a power source
5. A battery indicator will fill to indicate charging is in progress. Once Swipe HR 39 is charged, the battery indicator will be full

i A full charge takes 1:30 hour. When the battery level gets low, a battery indicator will appear.

2. PAIRING

The first time you use Swipe HR 39 , a SET UP message will prompt you to set up your Swipe HR 39 using a mobile device .

GET Swipe HR 39 APP

To set up your Swipe HR 39 using your mobile device, you first need to get Swipe HR 39 App. Search for Swipe HR 39 App in the App store, Google Play , download and install the App on your mobile device.

System Requirements	
iOS	**Android**
iOS 7+ devices with Bluetooth 4.0 BLE iPhone 4s, 5, 5c, 5s, 6, 6 Plus, iPad (3rd, 4th and 5^{th}gen) iPad Mini, iPod touch (5^{th}gen)	Select Android 4.3 + devices that support Bluetooth 4.0 BLE

1. Enable Bluetooth on your mobile device

2. Open Swipe App on your mobile device. Sign up if you are a new member or Log in with your existing account. After entering your personal information, tap Set up

3. Make sure Swipe HR 39 is nearby and select Swipe HR 39 in the list of devices

4. You will receive a pairing request on your mobile device. Press Pair to accept it

5. Then, a pairing request will appear on your Swipe HR 39 display. Tap on your Swipe HR 39 to accept the pairing

6. When Swipe HR 39 is successfully paired, you will be notified on Swipe HR 39 and on your mobile device's screen

i If pairing fails, repeat the same steps. Pairing is a one-time process. If you want to pair Swipe HR 39 with another account, you first need to unpair it from the current one. Open Swipe App, go to Settings > Connect Swipe HR 39 > Unpair Swipe HR 39. Tap Connect Swipe HR 39 to pair a new device

3. WEARING

Swipe HR 39 has a removable wristband and is adjustable to fit different wrist sizes.

1. Pop Swipe HR 39 tracker unit into the wristband

2. Place Swipe HR 39 around your wrist and put the clasp pin inside the hole

3. Press a few times to ensure the pin is fully inserted and that Swipe HR 39 is securely fastened

i To get the most accurate data, we recommend wearing Swipe HR 39 on your non-dominant hand and not too loose.

4. DISPLAYS

Homepage 24h	Homepage 12h	Syncing
12:25	12:25 PM	SYNCING
Incoming call	**Pairing request**	**Upgrading**
13464764746	PAIR?	UPGRADING
Full memory	**Low power**	**Successful pairing**
MEMORY FULL	LOW POWER	
Activity mode	**Sleep mode**	**Anti-lost alert**
12:25 PM		ANTI-LOST

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5. ACTIVITY

Swipe HR 39 tracks the number of steps taken, distance travelled, calories burned and heart rate level throughout the day. You can view your daily activity in real-time on Swipe HR 39 display by swiping left or right on the touchscreen.

STEPS	DISTANCE	CALORIES
2305	4.5	300
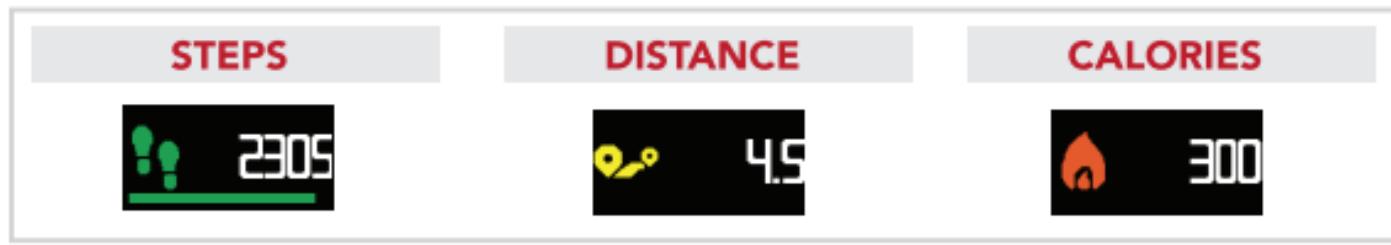
Swipe HR 39 shows daily data. The activity tracker resets at midnight. To upload your latest activity data, do not forget to tap the sync icon in the upper right hand corner of Swipe App

6. HEART-RATE

On the heart-rate interface, press and hold the display for 3 seconds to launch heart rate monitor. You can define your tracking frequency and heart rate zones in Swipe app and set up an alert if you reach a low heart rate or high heart rate level.

7. TIMER

On the timer interface, press and hold the display for 3 seconds to launch the timer. Repeat the same steps to turn it off.

8. SLEEP

Swipe HR 39 tracks the hours slept and the quality of your sleep
(light sleep, deep sleep, awake times)

▌ START / EXIT SLEEP MODE

To start sleep mode, open Swipe App, tap on the bottom purple sleep bar,
click on Add sleep log > Start Sleep now
To end sleep mode, open Swipe App, tap on the bottom purple sleep bar,
click on Add sleep log > Awake

▌ PRESET SLEEP

Open Swipe App > Go to Settings > Advanced Settings > Click on Preset
sleep to enter your desired bed and wake up times. By default, Swipe HR 39
will track your sleep from 11pm until 7am.

i To upload your latest sleep data, do not forget to tap the sync icon in the upper right hand
corner of Swipe App.If you forgot to activate sleep mode, you can manually add sleep
logs in Swipe App. Open Swipe App, click on Add sleep log > Add sleep

9. GOALS

Tap the Goals tab of Swipe App to set daily goals for steps taken, distance travelled, calories burned and hours slept. Click on the sync button in the upper right corner to save your goals. On the Steps screen of your Swipe HR 39, a progress bar will show how close you are to your daily goal.

Once you hit one of your daily goal, Swipe HR 39 will gently vibrate and display a Goal achieved icon

10. REMINDERS

Tap the Reminders tab of Swipe App to add daily life reminders. You can set up to 6 daily reminders, and choose the type of reminder and preferred time and day. Swipe HR 39 will gently vibrate and display the corresponding reminder icon to alert you. A single tap on your Swipe HR 39 can dismiss the reminder. If not dismissed, the same alert will repeat after two minutes.

11. NOTIFICATIONS

Swipe HR 39 shows notifications of incoming and missed calls, SMS, email, social media activity, calendar events and anti-lost alert*. Open Swipe App, tap Settings > Notifications to select the notifications you want to receive onto your Swipe HR 39 If you wish to disable certain notifications, swipe the selection button to the left. A single tap on your Swipe HR 39 can dismiss the notification. If not dismissed, the notification will reappear next time you wake up the screen.

Setting up notifications for iOS users:
　❚ Go to "Settings" of your iOS device
　❚ Tap "Notification Center"
　❚ Select which type of notifications you wish to receive on Swipe HR 39
　❚ Enable "Show in Notification Center" to receive the notification on Swipe HR 39

12. SMS

When receiving a SMS notification, press and hold Swipe HR 39 display to read the SMS content and see the identity of the sender. You can scroll down to read the full text message.

Press and hold to skip to another SMS.

13. MISSED CALLS

When receiving a Missed Call notification, press and hold Swipe HR 39 to see the identity of the missed call. You can scroll down to check the missed call history.

Press and hold to skip to another notification.

You can read the latest 3 SMS received. You can view the latest 5 Missed Calls.

14. TECH SPECS

Size & Circumference	50 x 22. 5 x 11.7 mm
	Min:154 mm
	Max: 210 mm
Weight	25 gr
Bluetooth	4.0 BLE
Battery type	Li-iOn 200 mAh
Battery life	Up to 10 days
Charging time	2 hours
Memory	14 days of activity
Display	TFT Color touchscreen (0.9" / 160*80 pixels)
Sensor	3-axis accelerometer
Operating temperature	-20°C to +40°C
Water resistance	IP67
International warranty	1 year

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:

o Reorient or relocate the receiving antenna.

o Increase the separation between the equipment and receiver.

o Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

o Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modi?cations to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

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