



# User Manual

## Charging

Power:5V,500MA-1000MA

Recharge time:60 minutes



Connecting with charger

## Operation Char



Up and down key

## Operation

Touch the up and down keys to switch the interface, and the screen will turn off automatically after 10 seconds without operation, and default into time interface.

The interface will keep 10 seconds if the screen is off and also default into time interface after 10 seconds.

## A flip of the wrist switch screen

Raise arm and shoulder parallelly for 1-2s, the screen lights up automatically for easy to check the information.

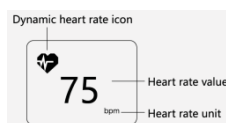
## Interfaces

### 1. Interface details



Bluetooth icon displays, it is connected, the icon will not appear if it is not connected

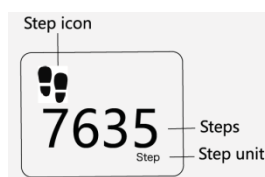
### 2.Heart Rate Interface



On heart rate page, long touch the down key to turn on or off

heart rate monitoring; long touch up key to lock the screen, and then screen displays permanently heart rate icon flashes. Default is “--” flashing while there is no data of heart rate and if it does not start heart rate, it only displays “--” without flashing.

### 3.Pedometer Interface

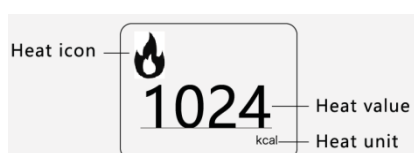


### 4.Motion page



On pedometer interface, long touch to turn on sports monitoring, and wristband will open automatically heart rate monitoring and pedometer. Long touch the down key again turn off sports monitoring


### 5.Heat page

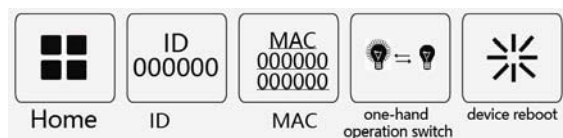


## 6.Mileage page




## Device Management interface

touch  management icon switches , device ID, MAC address, one-hand operation switch, reboot switch in turn, long touch down key to open and long press up key to exit.

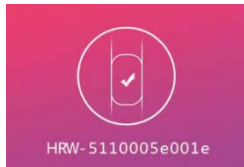


\* Long press down key , one-hand operation icon      off,      on

\* On  interface, long touch down key, bracelet reboots to factory setting (exclude fault rebooting)

## BT connection

- \* After connected successfully,APP will save the MAC number automatically.
- \* APP will search and connect bracelet again automatically after APP opened or running in background.



## Heart rate warning

When open heart rate monitoring functions,you can set up minimum heart rate and the maximum heart rate range according to individuan body state. The above settings should be finished while connecting the bracelet,and synchronous with bracelet.with bracelet.

Reference :



Fill Below :

Max Heart Rate :	dpm
Min Heart Rate :	dpm

 Please fill in the reasonable range !

## Automatic sleep monitoring



Automatically determine whether to sleep, start sleep monitoring.

Open the sleep monitoring, bracelet will analysis your sleep by combining with heart rate change

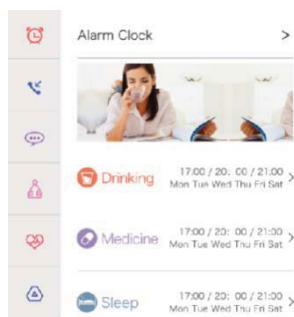
Sleep monitoring are more accurate.

## Reminder and Alarm

To set alarms and reminder, please connect bracelet with APP.

Vibration reminder: Anti-lost reminder, Messages reminder (support messages from phonebook numbers only) and Call reminder.

Custom Alert: set alarms to remind your daily activity schedules.



## Data Refresh

Data refresh every 5 minutes automatically. You can refresh manually in APP data management interfaces. Note: Heart rate bracelet has lots records, data refresh will take a certain time.

## Firmware Upgrade

Keep BT is connected, it will take 3–5 minutes. Note: Do not disconnect BT during updating.



## Notes

1. The product contains magnetic spare parts, he who installed a pacemaker, or have implanted devices, or metal, please do not use this product.
2. Any symptoms of discomfort or allergy, please immediately stop using this product.

3. If use substandard charging power supply, will shorten the battery life, and even damage to the battery.

4. The bracelet is with sealing technique, anti-perspiration can satisfy the daily waterproof, such as hand washing, bathing, etc., but does not support the swimming and diving level.

## Q & A

### 1. Why test the heart rate needs to wait for 8 seconds?

Testing the heart rate, need to collect signal for a long time, that can accurately calculate your heart rate.

### 2. why need to take more tight when measure heart rate?

Bracelet is on the principle of light reflection, through the light penetrate the skin, after gathering reflection to the sensor signal, to calculate your heart rate, if don't wear tight, there will be a

ambient light into the sensor, will be affected to the accuracy of measurement.

### 3. Why need to open the heart rate before exercising and start to move after the appear of heart rate data?

The bracelet support dynamic heart rate test, measurement of heart rate in stationary state as a benchmark values, then do some parameters compensation with the acceleration sensor value, can make the dynamic measurement more accurate.

### 4. Bracelet system reset and problem solving?



A,Heart rate measurement for a long time , can not output the heart rate, system crash.B,Pedometer data no change , acceleration sensor crash.C, long press the clock page last for 6 seconds , switch device address in turn – bluetooth switch – device restarts, long press restart bracelet will vibrate, page displays are all bright and rapid response to the clock.

5. IOS system, after the bluetooth connection, why call and sms alerts function not achieve?

Our IOS system for calls and text messages reminder adopt Apple ANCS channel, other functions are APP bluetooth channel to realize the above call and sms alerts function at the same time,will need to connect two bluetooth channel at the same time.Connecting bluetooth on the device management interface confirm the pop-up system confirmation box at the same time to finish two channel connection .In addition, if ISO bluetooth system has to connect to other bluetooth device, such as headphones, or other smart bracelet, and occupy ANCS channel need to delete the above device to return to the interface of APP equipment management to set the bluetooth connection

## APP Download

Android

1.The Chinese users, please in the "应用宝" search "Mistep" download and install.



2. Outside the Chinese users, please in "GooglePlay" search "Mistep" download and install.



ios

Please search "Mistep" download and install in the APP Store, or scan QR Code to download installation.



Software Compatibility

Android : Compatible with Android 4.3 or higher system, include Samsung Galaxy notes III series or higher, Huawei Honor/Mate/P series, Mi 4 or higher, VIVO and OPPO series

IOS : Compatible IOS 7.0 or higher system

## **Certificate**

- a、CNAS quality certificate
- b、CE certificate
- c、FCC certificate
- d、ROHS environmental-friendly certificate.

## **FCC Warning Statement**

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

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.