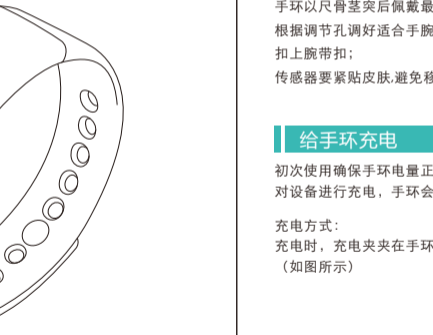


智能心率血压手环

使用说明书 User Guide



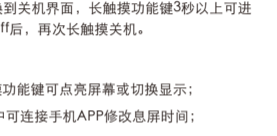
智能手环介绍与佩戴

部件介绍



正确佩戴

手环以尺骨茎突后佩戴最佳；
根据调节孔调好适合手腕的大小；
扣上腕带扣；
传感器要紧贴皮肤，避免移动。



给手环充电

初次使用确保手环电量正常，若低电不能正常开机，请连接充电器对设备进行充电，手环会自动开机。

充电方式：
充电时，充电夹夹在手环主体上，充电夹的触点对准主体触点。
(如图所示)



开始使用手环

开/关机

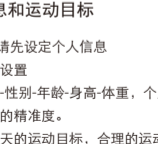
- 在设备关机状态下，长触摸功能键3秒以上可使设备震动开机。
- 在设备开机状态下，切换到关机界面，长触摸功能键3秒以上可进入关机界面，短触摸选择Off后，再次长触摸关机。

手环操作

- 在设备开机状态下短触摸功能键可点亮屏幕或切换显示；
- 无操作默认五秒息屏，用户可连接手机APP修改息屏时间；
- 切换至心率、血压界面自动测试，离开心率、血压界面停止测试。

安装手环APP

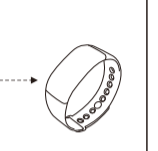
扫描以下二维码或进入各大应用市场下载并安装“flagfit”



设备要求：iOS 8.0及以上；Android 4.4及以上，支持蓝牙4.0。

设备连接

首次使用需连接APP进行校准，连接成功后手环会自动同步时间，否则计步和睡眠数据不准



蓝牙连接：配对成功后，APP会自动保存手环蓝牙地址，APP打开或在后台运行，都会自动搜索并连接手环。

数据同步：在APP主页手动下拉同步数据；手环可存储7天的离线数据，数据量越多，同步时间越长，最长大约2分钟，同步完成后会有“同步完成”的提示；

APP功能及设定

个人信息和运动目标

进入APP后请先设定个人信息
设置→个人设置
可设置头像-性别-年龄-身高-体重，个人信息可提高数据的精准度。
定制个人每天的运动目标，合理的运动规划，有助于身体素质的提高。

提醒功能

提醒功能需要在APP端设置中心开启提醒开关，并保持手机与手环在蓝牙连接成功状态，来消息时震动提醒。



来电提醒：连接状态下，如果开启了来电提醒功能，当来电时，手环上会震动，并显示来电的姓名或号码。（如果来电方名字在手机通讯录中已保存有，则显示姓名，否则显示号码）

短信提醒：通讯录联系人的短信显示姓名，陌生人的短信显示号码。

QQ提醒：连接状态下，如果开启了QQ提醒功能，当有QQ信息到来时，手环上会震动，并显示QQ图标提醒。

微信提醒：连接状态下，如果开启了微信提醒功能，当有微信信息到来时，手环上会震动，并显示微信图标提醒。

智能闹钟：连接状态下，可进行三个闹钟的设置，设置后，会同步给手环；智能闹钟是一种无声闹钟，闹铃时，手环会发起适度的震动，支持离线闹钟提醒。

久坐提醒：设置是否开启久坐提醒功能和提醒时间间隔，默认时间间隔是一个小时；连接状态下，开启后，如果用户一个小时内都没进行运动，手环将会发出震动，提醒用户进行运动。

主要功能

时间模式：界面无蓝牙图标，表示手环与手机未连接，出现蓝牙图标，表示连接成功；当手环和APP首次配对连接好以后，手环会同步手机的时间和日期。

计步模式：显示计步，手环默认计步模式，将手环佩戴在手腕上，当用户走路并且手臂摆动的时候，手环根据摆动的次数记录为行走步数数据。

距离模式：根据行走步数，APP个人设置的身高，计算行走路程。

卡路里模式：根据行走步数，APP个人设置的身高和体重，计算消耗的卡路里。

心率检测模式：在心率监测界面，自动进入心率检测模式，支持动态实时心率检测。心率检测模式下，手环的心率数值，心率图标，血氧图标，血氧数值。

血压检测模式：切换到血压界面开始测试血压，切换至下一界面停止测试；开始测试但未测出结果时显示上一次测试的结果或者“—”；也可连接手机App，在血压界面进行测试。测试方法和注意事项同心率检测事项。

心率/血压测试温馨提示：测试时，图标会跳动同时手环背部心率LED灯

常见问题

为什么测试心率要等待8秒？
测试心率，需要采集较长时间的信号，才能准确计算您的心率。

蓝牙连接不上怎么办？（连接/重连失败或连接/重连速度很慢）
确认手机是否支持iOS 8.0和安卓系统4.4版本及以上，带蓝牙4.0的手机或平板产品。

睡眠模式：入睡时，手环会自动判断进入睡眠监测模式自动检测您整晚深睡/浅睡/清醒时长，计算您的睡眠质量；睡眠数据暂时只支持APP端查看。

注意：佩戴手环入睡才会有睡眠数据。

其他功能

更多APP提醒
可添加更多APP提醒，目前只支持部分机型。

智能防丢
连接状态下，手机超出一定范围会发出警报。Android用户使用此功能时，需要允许“GloryFit”显示悬浮窗。

查找手环
连接状态下，点击“查找手环”选项，手环会发出震动。

摇一摇拍照
进入摇摇拍照界面，连接状态下，用户摇一摇手环即可进行倒计时3秒后拍照。

固件升级
用于检测手环固件是否有新版本；升级过程中，保证蓝牙连接状态下，大约需2-3分钟升级完成，期间避免蓝牙设备断开。

恢复出厂设置
手环和APP的数据会全部被清零，并重启APP。

关于保养

• 请勿将手环暴露于强烈的化学物质中，如汽油、清洁剂、丙酮、酒精或驱虫剂。化学物质会损坏手环的密封性、外壳和表面。

• 游泳后，用自来水冲洗您的手环并用柔软的布擦拭，以保持干燥。

• 避免你的手环遭受强烈撞击、极高温和暴晒。

• 当镜片和外壳保持完整时才是防水的。暴力破损或撞击有可能导致防水失效。

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4. 本机使用5V500mA充电，严禁使用超电压负荷电源，造成硬件损伤。

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手环全长	25.5cm	电池电压	3.7V
防水等级	IP67	电池功率	0.333Wh
腕带材料	硅胶表带	包装清单	主机、充电夹、说明书

关于保养

- 用温和的肥皂和水清洗传感器和连接接口。如果经常使用，建议每周清洗手环。
- 不要划伤传感器，保护它免受损坏。
- 用湿布擦拭手环是必须的，用温和的肥皂去除油污或灰尘。
- 请勿将手环暴露于强烈的化学物质中，如汽油、清洁剂、丙酮、酒精或驱虫剂。化学物质会损坏手环的密封性、外壳和表面。

使用注意事项

- 手环理论上支持操作系统iOS 8.0系统以及以上和安卓系统4.4版本以上，带蓝牙4.0的手机或平板设备，并非支持所有移动设备型号，具体请以实际为准。
- 本产品内部为精密器件，请勿将本产品摔落或与硬物撞击，否则会导致机器表面磨花或硬件损坏。
- 请不要分解或改造本机，这样会导致出现问题或妨碍产品质量。
- 本机使用5V500mA充电，严禁使用超电压负荷电源，造成硬件损伤。
- 禁止将本产品扔进火中，以免引起爆炸。

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基本参数

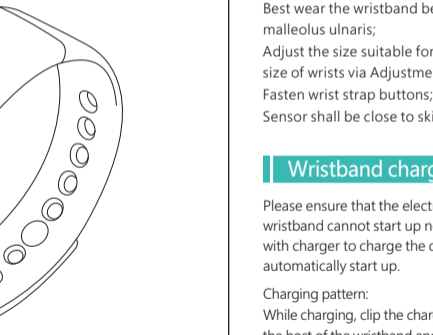
设备类型	智能手环	电池类型	锂聚合物
显示屏	0.66寸OLED	电池型号	401119
产品重量	25g	电池容量	90mAh
手环全长	25.5cm	电池电压	3.7V
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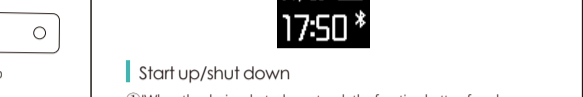
Sports bracelet V66

User Guide



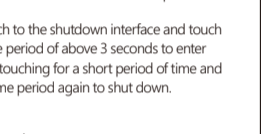
Introduction and wearing of smart wristband

Component Description



How to wear correctly

Best wear the wristband behind malleolus ulnaris; Adjust the size suitable for the size of wrists via Adjustment Hole; Fasten wrist strap buttons; Sensor shall be close to skin avoiding moving.



Wristband charging

Please ensure that the electric quantity is normal in wristband. If the wristband cannot start up normally with low battery, please connect with charger to charge the device and the wristband will automatically start up.

Charging pattern:

While charging, clip the charging clip on the host of the wristband and the contacts of the charging clip shall be aligned with the contacts of the host. (as shown in the figure)



Start to use wristband



Start up/shut down

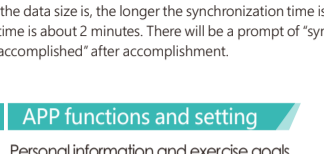
- ①When the device shuts down, touch the function button for a long time period of above 3 seconds to shake the device and start up.
- ②When the device starts up, switch to the shutdown interface and touch the function button for a long time period of above 3 seconds to enter into the shutdown interface. After touching for a short period of time and choosing "Off", touch for a long time period again to shut down.

How to operate wristband

- ①When the device starts up, to touch function keys for a short time period can lighten screen or switch over display;
- ②The screen shall be turned off without operation and users can connect the mobile phone APP to revise off-screen time;
- ③Switch to the heart rate and blood pressure interfaces to be tested automatically and leave the heart rate and blood pressure interfaces to stop tests.

How to install wristband APP

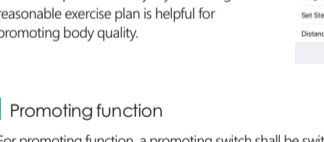
Scan the following QR codes or enter into various large application markets to download and install "flagfit".



Device requirement: iOS8.0 and above; Android 4.4 and above to support bluetooth 4.0.

Device attachment

When being used for the first time, it is necessary to connect APP for alignment. After successful connection, wristband will self-synchronize time, or otherwise, step calculation and sleep data won't be accurate.



Bluetooth connection: after successfully matching, APP will automatically save the wristband bluetooth address. When APP is opened or operated in background, it will automatically search and link with the wristband.

Data Synchronism: manually pull down synchronous data on APP homepage;The wristband can save offline data for 7 days. The larger

the data size is, the longer the synchronization time is. The longest time is about 2 minutes. There will be a prompt of "synchronically accomplished" after accomplishment.

APP functions and setting

Personal information and exercise goals

After entering into APP, please first set up personal information.

Setting → Personal setting

Head portrait, gender, age, height and weight can be set up and personal information can enhance accuracy of data.

Customize personal everyday exercise goals. A reasonable exercise plan is helpful for promoting body quality.

Promoting function

For promoting function, a promoting switch shall be switched on in APP-end Setting Center, mobile phone and wristband shall be kept to be connected successfully and there will be vibrating reminders when there are messages.



Calling reminder: in connection status, if the calling reminder function is turned on, when there is a call, the wristband will vibrate and display the name or telephone number of call. (If the caller's name has been saved in the mobile phone address book, display the name or otherwise display the phone number)

Short message reminder:

if the short message is from a contact in address book, display the name and if the short message is from a strange, display the phone number.

QQ reminder:

in connection status, if the QQ reminder function is turned on, when there is a QQ message coming, the wristband will vibrate and display the QQ icon reminder.

We-Chat reminder: in connection status, if the We-Chat reminder function is turned on, when there is a We-Chat message coming, the wristband will vibrate and display the We-Chat icon reminder.

Smart alarm clock: three alarm clocks can be set up in connection status and after setting up, the wristband will be synchronized; the smart alarm clock is a silent alarm clock. When there is an alarm, the wristband will moderately vibrate to support off-line alarm clock reminder.

Sitting reminder: set up whether to open sitting reminder function and reminder time interval and the default time interval is one hour; in connection status, after turning on, if the user doesn't take exercise within one hour, the wristband will vibrate and remind the user to take exercise.

Main functions

Time model: no bluetooth icon on the interface means no connection between wristband and mobile phone. The bluetooth icon means successful connection; after the wristband is matched and well connected with APP for the first time, the wristband will synchronize time and date on mobile phone.

Date: 04/26

Time: 17:50

Electricity volume: [Battery icon]

Connection status: [Bluetooth icon]

Icon: [Step icon]

Unit: STEP

Exercise step number: 213

Step-counting model: display step count and wristband-defaulted step-counting model. Wear the wristband on the wrist. When a user walks and his or her arms swing, the wristband will record walking step data according to the number of times to swing.

Icon: [Distance icon]

Unit: KM

Exercise distance: 0.93

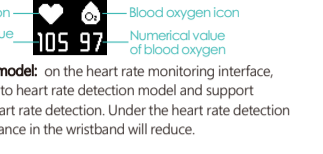
Distance model: Calculate walking distance according to the number of walking steps and height set up personally on APP.

Icon: [Calorie icon]

Unit: KCAL

Calorie consumption: 287

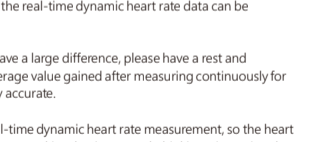
Calorie model: Calculate calorie consumption according to the number of walking steps and height and weight set up personally on APP.



Device requirement: iOS8.0 and above; Android 4.4 and above to support bluetooth 4.0.

Device attachment

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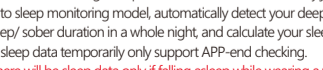
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Icon: [Distance icon]

Unit: KM

Exercise distance: 0.93

Distance model: Calculate walking distance according to the number of walking steps and height set up personally on APP.

Icon: [Calorie icon]

Unit: KCAL

Calorie consumption: 287

Calorie model: Calculate calorie consumption according to the number of walking steps and height and weight set up personally on APP.

Heart rate detection model: on the heart rate monitoring interface, automatically enter into heart rate detection model and support dynamic real-time heart rate detection. Under the heart rate detection model, time of endurance in the wristband will reduce.

Heart rate icon: [Heart icon]

Numerical value of heart rate: 105

Blood oxygen icon: [Blood oxygen icon]

Numerical value of blood oxygen: 97

Heart rate detection model: on the heart rate monitoring interface, automatically enter into heart rate detection model and support dynamic real-time heart rate detection. Under the heart rate detection model, time of endurance in the wristband will reduce.

1 Please wear the wristband on the wrist and 2CM from inside of ulna joints.

2 While measuring heart rate, the heart rate sensor shall be close to skin and well touched. If wearing quite loosely, the sensor will expose the light ray and measured values will be inaccurate. (Please don't look at the green ray of the sensor directly. That may cause eye discomfort.)

3 Though the product is in real-time and dynamic detection for heart rate, but please keep the body stopping exercise when detecting heart rate and sit silently for measurement, or else the time to measure heart rate will be lengthened or data cannot be measured. After the wristband measures data and then take exercise, the real-time dynamic heart rate data can be checked.

4 If the measure data have a large difference, please have a rest and measure again. The average value gained after measuring continuously for 5 times will be relatively accurate.

5 The product is for real-time dynamic heart rate measurement, so the heart rate will be different when speaking, having a meal, drinking wine or in other states. Please take the actual values as the criterion.

6 In the measurement, ensure that there is no smudge at the bottom of heart rate sensor, and skin color, hair density, tattoo, and scars may influence detection results.

7 The heart rate detection device is based on PPG measurement principle,

so its accuracy may be different due to physiological factors influenced by absorption and reflection of ray of light (blood circulation, blood pressure, skin condition and vessel position and density, etc.) If the measurement value is inaccurate when measuring heart rate maximum and minimum, please measure once again.

8 The long-time measurement may cause fever. If there is discomfort, please remove it and wear it after the device is cooled down.

9 The cold weather will influence your measurement results and measure under the circumstance of keeping warm.

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