

 Smart Bracelet	Smart heart rate watch appearance  function touch button	1.match platform and requirment Above Android 4.4 above IOS 8.0 The smartphone hardware can support bluetooth 4.0 2.Usage to preparations First use, please ensure that the electricity is sufficient, if you cannot start the watch in lower power, please use the charging clip of the product to align the touch point on the back of the main body. When the watch is charging and will start and display the charging state.  Heart rate/ blood pressure sensor Charging touch point	2.1 charging of the watch Step 1: open the package of the watch , start and check the it if has power , if it cannot start , please use it after charging 2 hours.  he middle of the ring as a positive, please align the charging pin when charging. Can start, please open the bluetooth of smartphone, scan the bar code of use manual by browser or QQ , download the watch APP. Long press the watch in 3 seconds to start 	 智能心率手环外观 功能触控按钮 血压心率手环 使用说明书	 1.适配平台及要求 Android 4.4及以上 iOS 8.0及以上 手机硬件支持蓝牙4.0 2.使用准备 初次使用请确保电量充足,若低电无法开机,请使用产品配备的充电夹对准手环主体背面的触点,进行充电,手环将启动,并显示充电状态。 心率/血压传感器 充电触点	2.1手环充电 第一步打开手机充电线后,开机检查是否有电,不能开机,请充电2小时后再使用。  手环中间为“正”极,充电时请对准充电针。可以开机:请打开手机蓝牙功能,用浏览器或者QQ扫描说明书上二维码,下载手环APP。 长按5秒开机 	
3.Usage of the conctection watch needs application support and smartphone connection, please make sure that the electricity can meet the requirement of the above adated platform first, please download the Corresponding smartphone APP. Download method: Please search "wearfit" in APPLE STORE and android store, click it and download to install. Or scan the bar code to download. Usage of bind Please ensure that the bluetooth of the smartphone in sarting state, open "wearfit" first use, please do the connecting bind. Click connecting  Android version of the & iOS version can be downloaded	Off connecting state  Open APP permit to open the bluetooth of smartphone On connecting state  Unbind the main page of smartphone search the page of watch	4.Usage of starting After watch is binded and will synchronize with smartphone time and will record and analyze the sport heart rate, blood pressure and the situation of sleeping watch. Choose the equipment in the bluetooth list, click connecting bind and will enter into the main page after success. Operation of watch: click the key and follow the below order sequence to switch the interface Time mode->Count step mode->Calorie mode->Heart rate mode-> blood pressure mode-> sleeping mode (long press will enter into the sleeping mode of low power consumption, long press again and will exit) The fuction of watch as below: 1. Time mode : display time, battery, date, Long press can switch the dial 2. Sport record : record the steps automatically everyday, calorie, revenue, passenger, kilometres 	3.连接使用 手环需要应用支持与手机连接,请确定使用的手机满足上述适配平台要求后,先长按对手机APP。 下载方式: 请在 Apple Store 以及各大安卓应用商店搜索 "Wearfit", 点击进行下载安装。或扫描下方二维码进行下载。 绑定使用 请确保手机蓝牙开启,打开"Wearfit",首次使用将进行连接绑定,点击连接手环,选择出现在蓝牙列表中的设备,点击进行连接绑定,成功后将进入主界面。  Android版本&iOS版本都可以下载	 打APP 允许打开手机蓝牙  绑定手环界面 搜索手环页面	未连接状态  已连接状态 	4.开始使用 手环成功绑定后,将同步手机时间,并立即开始记录和统计分析运动心率、血压和睡眠情况。 手环操作:单击按键以下顺序切换界面 时间模式->计步模式->卡路里模式->心率模式->血压模式->睡眠模式 (存在睡眠模式下长按将进入低功耗休眠模式,再次长按退出) 手环功能列表如下: 1.时间模式:显示时间,电量,日期,长按可切换表盘。 2.运动计步:自动记录每天步数、卡路里、公里数 	2.1手环充电 第一步打开手机充电线后,开机检查是否有电,不能开机,请充电2小时后再使用。  手环中间为“正”极,充电时请对准充电针。可以开机:请打开手机蓝牙功能,用浏览器或者QQ扫描说明书上二维码,下载手环APP。 长按5秒开机 
3. Calorie mode: display the consumption of calorie  4. Testing of heart rate: The current rate of heart rate is measured by the whole point, and also can measure it by APP in manually  5. The testing of blood pressure: The current rate of blood pressure is measured by the whole point, and also can measure it by APP in manually. switch to the heart rate measurement mode will be higher than usual, which is known as the "white effect". Sometimes higher than 30mmHg, from this, the test can accurately reflect the physical condition of blood pressure is in the White House has no effect, and the measurement of blood pressure contributes to the importance of family doctors 	6.Sleeping monitor: monitor the quality of sleeping automatically  7.Calling reminder: Open call reminder switch on app, watch shocks reminder when the phone has a calling  8. Message reminder (android): open message reminder switch on APP, watch shocks reminder when the phone has a message. 	9.Blood oxygen test : test the current blood oxygen automatically in whole point, and also measure manually by APP, it will open the measure when the watch switches to blood oxygen mode, if you do not measure , please continue to switch  10.Stopwatch Function: 	11.Stopwatch Function:  Blood pressure knowledge The highest value of blood pressure when the heart contracts to send blood to the arteries. The heart is the lowest blood pressure for the next blood and the blood pressure is low is called the systolic pressure, diastolic pressure. The method of measurement: Measure from heart rate , then blood oxygen, last blood pressure. 	3.里程、公里数模式:显示记录跑步距离  4.卡路里模式:显示消耗的卡路里  5.心率测量:整点自动测量当前的心率情况,也可通过APP手动测量,手环切换至心率模式将开启测量,如不测量请继续切换。手环显示最近一次测量的数据 	6.血压监测模式:可查看身体血压状态。  7.血压测量:整点自动测量当前血压情况,也可通过APP手动测量,手环切换至心率模式将开启测量,如不测量请继续切换。手环界面显示的为最近一次测量的数据(测量等待约15秒左右,因未稳定血压,测量还有约10%误差,数据与实际心率数据可有误差。)  10.短信提醒 (Android):在APP开启短信提醒开关当手机有新短信时手环震动提醒 	8.睡眠监测:自动监测当天睡眠质量  9. 血氧测量:整点自动测量当前血氧情况,也可通过APP手动测量,手环切换至血氧模式将开启测量,如不测量请继续切换。  10.短信提醒 (Android):在APP开启短信提醒开关当手机有新短信时手环震动提醒 	11.来电提醒:在APP开启来电提醒开关,当手机来电时手环震动提醒  12.手环查找手机:手环与手机连接,在手环界面选择手环查找手机图标界面,长按5秒,手环铃声响起,可以将手机铃声传到手机位置。  13.秒表功能:手环点击进入秒表功能界面,长按触控按钮5秒,进入秒表功能。单击触控按钮开始秒表记录,再次单击触控按钮停止秒表记录,长按5秒后退出秒表功能。 
Correct sitting posture: Please sit in the appropriate room temperature measurement of blood pressure, relax your body. Sit to nature. Measurement in the first 30 minutes, do not eat, smoke, drink, or sport sit in a chair. Feet flat on the ground. Sit up straight, back straight. Maintain a high degree of unity with heart. Measurement attention: Please keep the body in static during measurement. (attention: Self diagnosis and treatment are very dangerous according to the measurement results, please follow the doctor's instructions. Common problem AAMI standard is the American Medical Association issued to promote the evaluation of electronic blood pressure meter of the international standard, the standard of scientific statistical method of Oscillographic and auscultation comparison provisions of the average error <= -5mm Hg(standard error < 8mmHg). Why the measured blood pressure at home is lower than the value of the blood pressure measured in the hospital?	This is not unusual. In the hospital has not been fully quiet rest, also emotional tension, the general measurement of blood pressure will be higher than usual, which is known as the "white effect". Sometimes higher than 30mmHg, from this, the test can accurately reflect the physical condition of blood pressure is in the White House has no effect, and the measurement of blood pressure contributes to the importance of family doctors Why the blood pressure measurement at the home higher than in hospital? Do you take the blood pressure medicine? Whether to wear the right? Measuring whether bending, sitting cross legged? You can't take any medication for 30 minutes. Elastic waist to wear correctly, to sit straight, the above habit will lead to inaccurate measurement. Why the blood pressure value of each measurement is not the same? In order to correct blood pressure management, please measure at the same time every day. The blood pressure will fluctuate under the influence of various reasons. Even at home measurements. The measurement results will also be changed in the following situations. After 1 hours, smoking, exercise, talk in the process of measurement, a sudden change in room temperature, drinking, drinking coffee, Black Tea, drink water, bath, toilet, because of nervousness, restlessness caused by feelings of irritability, to survey the site or environment different from the past, the measured figures are in change.	When is the best time for the measurement? Please get up after within 1 hours and before sleeping to measurement, if the morning measurement, please get up after within 1 hours, the urination, before breakfast, before taking the medicine. If night measurement, suggest that should measure it before sleeping, if do it at other time, please measure it at the stable state both body and mood. 5. Common problem 1. When unable to bind to the watch or can not connect? Please confirm that the phone Bluetooth is turned on and close to the hand ring to try to search and connect, in addition, please confirm the phone system for IOS 8 and above, Android 4 and above system version 2. after binding the watch and displaying unconnection? Please confirm the phone Bluetooth has been turned on, has power in watch, and the phone near the watch, will be automatically connected as has been tied, please rebind. 3. APP cannot display the data? Timing and manual measurement using this watch, not to the time, no data can pop up, active measurement data such as long time no data display, please check the watch power, timely charge, and ensure the Bluetooth connection 4. the watch cannot display the time in accurately? When the watch is no power, after recharge, watch time may appear error, please connect the phone, watch will automatically synchronize the phone's time to calculate.	6. Basic parameter Screen size: 0.96 inch Bluetooth: 4.0 BL (low power) Battery type: Polymer lithium battery Battery capacity: 80mAh Bracket size: 46.5mm *20mm *11.9mm Strap size: 240mm *16mm *11.9mm Material: silica gel and plastic Waterproof: IP67 Packing: Linear bracelet , strap, charging cable , user manual "The company reserves the right to fix the contents of this specification without notice, without further notice, and some functions are different from the corresponding software versions. Warning Please follow the guidance of a doctor, according to measurement results of self diagnosis and treatment is very dangerous with the blood circulatory disorder, blood diseases were treated with this product please users of measurement results, under the guidance of a doctor for reference only, not as any medical purpose and basis	常见问题 为什么每次测量的血压值都不一样? 为了正确进行血压管理, 请每天在同一时间段测量。血压会在各种原因的影响而波动。即使在家测量, 下列情况下测量结果也将出现变化。饭后1小时之内、吸烟之后、运动之后、测量过程中谈话、室温突然变化时、饮酒、喝咖啡、红茶、喝水、沐浴、大小便、因紧张、不引起心静烦躁、测量场地或环境与往日不同等, 测量出来的数字都是变化的。 为什么在家测量的血压值比在医院测得的血压值低? 这并非异常情况, 在医院没有获得充分的安静休息, 加情绪紧张, 一般测量的血压值会比你高。这被称作“白衣效应”, 有时高出30 mmHg以上, 由此看出, 在没有“白衣效应”的家中测量血压值更能准确的反应身体状况, 以及测量家庭血压以助于医生诊断的重要性。 为什么在家测量的血压值比在医院测得高? 你是否在服用降压药? 是否佩戴正确? 测量时是否弯曲, 双腿坐着? 测量前30分钟不能服用任何药物, 松紧腰佩戴正确, 测量时要坐直。以上习惯均会导致测量的准确度。 5.常见问题 1.绑定时无法搜索到手环或无法连接? 请确认手机蓝牙并开启靠近手环再次尝试搜索和连接。另外, 请确认手机系统为IOS8及以上, Android4.4及以上系统版本。	2.绑定手环后, 显示蓝牙未连接? 请确认手机蓝牙已开启, 手环有电量, 并将手机靠近手环, 将会自动连接如已经解解, 请重新绑定 3. APP无数据展示? 本手环采用定时和手动测量, 未到定时时间, 不会自动检测, 可以手动测量数据如长时间无数据展示, 请检查手环电量, 及时充电, 并确保蓝牙已连接。 4. 手环时间不准确? 当手环没电, 重新充电后, 手环时间可能出现误差, 请连接手机, 手环将自动同步手机的时间进行校准 6.基本参数 屏幕尺寸: 0.96寸 蓝牙: 4.0 BLE (低功耗) 电池类型: 聚合物锂电池 电池容量: 80mAh 手环尺寸: 46.5mm 20mm 11.9mm 腕带尺寸: 240mm 16mm 11.9mm 材质: 主体合金 镀铜PC底盖PC 防水等级: IP67 包装清单: 手环主体, 腕带, 充电线, 说明书	警 告 请遵医嘱指导, 依此测量结果自我诊断及治疗非常危险存在误导循环障碍, 血液疾病的用户请在医生的指导下进行治疗本产品测量结果, 仅供参考, 不作为任何医疗用途及依据。	*本公司不做任何医疗的情况下, 对于长期服用药物或慢性疾病, 恕不进行测试。测试时请在医生的指导下进行, 测试结果仅供参考。

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.

NOTE 1: 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.