

# Smart Bracelet User Manual



Welcome to the smart wristband, a high-performance wristband that creates a thoughtful fitness experience for you

## Device maintenance

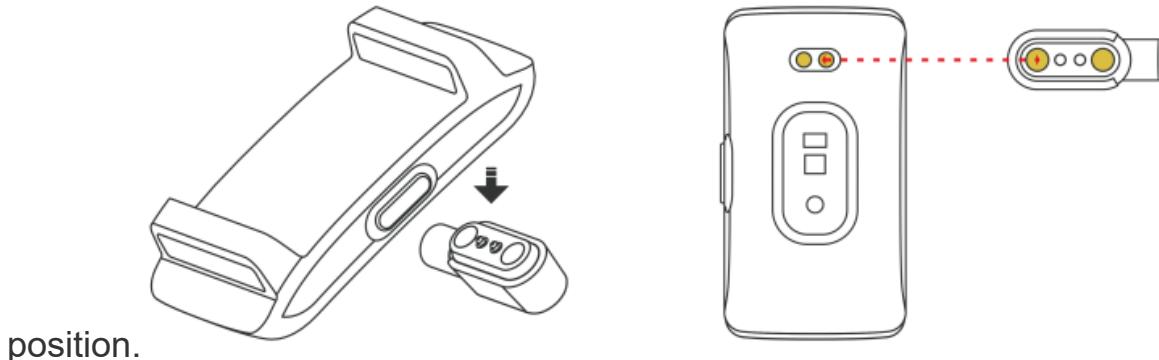
Please remember the following tips when you maintain your Bracelet:

- Clean the Smart Watch regularly, especially its inner side, and keep it dry.
- Adjust the Bracelet tightness to ensure air circulation.
- Excessive skincare product should not be used for the wrist wearing the Bracelet.
- Please cease wearing the Smart Watch in case of skin allergy or any discomfort.

## Schematic diagram of wristband host



Intermediate heart rate test, lower body temperature test, upper charging



position.

## Power-on

Long press the side button for 3 seconds or plug in the Magnetic charging cable to charge the Smart Watch.

Download and bind bracelet APP

1. Download and install APP

一、 Scan QR code with mobile phone to download APP.

二、 For IOS system, select APP , QRing.

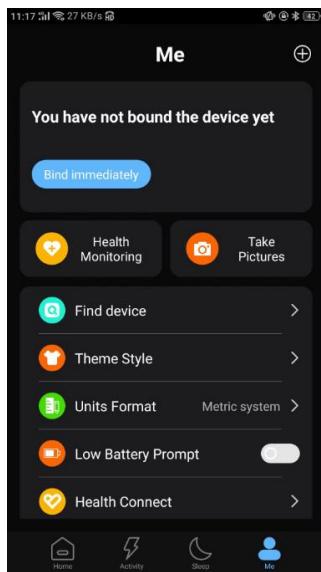
Android system, select Google Play to download and install QRing.Or scan QR code to download

Note: your mobile phone must support Android 5.1 or IOS 8.0 or above, and Bluetooth 4.0 or above.

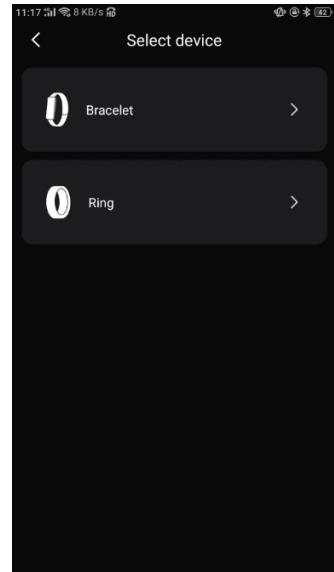


Bind Bracelet with APP

1. Click on "Add Device" to bind the Smart Watch.

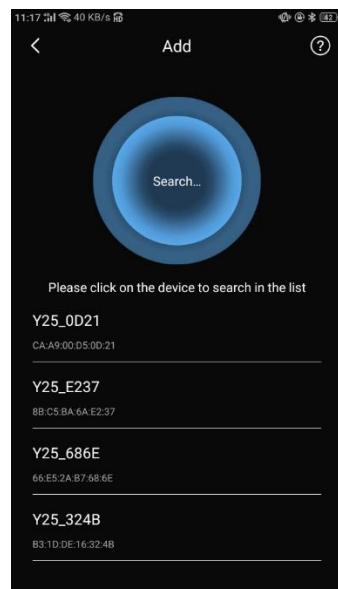


2. Click on your device in the device list scanned.

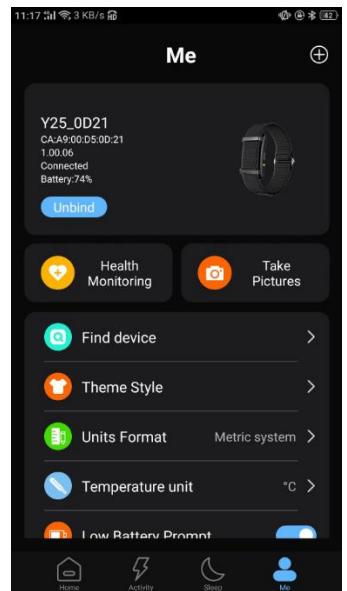


Android 系统直接连接。

3. The IOS system will show a Bluetooth pairing request and you can click on Bluetooth "Pairing" to confirm. Connect it directly to the Android system



4. Successfully bound.



## Introduction to the functions of the wristband

### Power-on status

1. Side button function: long press the power-on function, short press the bright red light to be disconnected, and short press the bright green light to be bound.

### 2. APP Introduction of main interface functions

After the wristband is paired and connected to the app, it will synchronize the time and date of the phone

### 3. Step counting, distance and calorie

The APP step counting interface displays step counting, and the bracelet is worn on the wrist, and the bracelet automatically records data such as steps, walking distance and calorie consumption.

## 4. Sleep monitoring

Wearing the smart bracelet at night to automatically judge whether you are in the sleep state, to record deep sleep and light sleep respectively, and to summarize the total sleep time to help you monitor your sleep quality. The sensor can measure your sleep quality according to the range and frequency of wrist movements when you sleep.

Note: Because users' sleep time and habits are different, the time of sleep monitoring is only for reference.

## 5. Heart rate measurement

On the heart rate testing interface of the APP, clicking on the "Start Measurement" button will cause the motor to vibrate once and display the current measurement data. If the health monitoring is opened normally, the test data will be automatically recorded.

## 6. Sports mode

Sports interface, including a variety of sports, walking, running, cycling, skipping rope, badminton, basketball, football and so on.

## 7. pressure

On the APP stress testing interface, clicking on the "Start Measurement" button will cause the motor to vibrate once and display the current measurement data. If the health monitoring is opened normally, the test data will be automatically recorded

The environment for measuring pressure should be quiet and at an appropriate temperature. Rest for at least 5 minutes before measurement. Avoid tension, anxiety, and emotional excitement. The test should be repeated three times, with a 2-minute interval between each test. Record the average of 3 readings taken

## 8. Blood oxygen

On the APP blood oxygen test interface, clicking on the "Start Measurement" button will cause the motor to vibrate once and display the current measurement data. If the health monitoring is opened normally, the test data will be automatically recorded

Blood oxygen saturation ( $SpO_2$ ) is the percentage of the volume of oxyhemoglobin ( $HbO_2$ ) combined by oxygen in the blood to the volume of all ( $Hb$ , hemoglobin) which can be combined, i.e, the concentration of blood oxygen in the blood.

Note: the data measured for blood pressure and blood oxygen are for reference only, and cannot be used as the basis of relevant medical purposes.

## 9. Weather

APP temperature test interface, click "Start Measurement" for a single measurement, the motor will vibrate once, and the current measurement data will be displayed at the same time. When health monitoring is turned on normally, the test will be automatically recorded.

## 10. Messages

After the bracelet is paired, when a message or phone call comes, the bracelet will vibrate+flash a green light to remind you.

## 11. Shutter

APP heart rate heterogeneity test interface, the motor will vibrate once when measuring once, and the current measurement data will be displayed at the same time. When health monitoring is turned on normally, the test record will be automatically recorded.

## Remove Device

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For the Android mobile phone, the device can be disconnected from your mobile phone by simply clicking on Remove device.

For Apple mobile phone after binding removal, you need to click on the symbol on the right in Setting- Bluetooth, and choose to ignore the device. As shown below:

## Frequently Asked Questions (FAQs)

### 1. Why does the Smart Watch automatically disconnect Bluetooth when the Android screen goes out?

1> Lock background APP. When the FitCloudPro process is cleared, the Smart Watch will be disconnected from the mobile phone.

2 > Set APP self-startup

3 > Unrestricted background operation. The Android mobile phone installed with APP intelligently restricts the background operation by default, and App should be set manually without any restriction.

### 2. Why cannot the Smart Watch receive message push?

1> Please confirm that you have turned on the switch for message push at the mobile phone client.

2 > Please confirm that messages can be displayed normally in the mobile phone notification bar. The message push on the Smart Watch is completed by reading the message from the mobile phone notification bar. The Smart Watch will not receive the message push if there is no message in the mobile phone notification bar. (You need to find notification settings in the mobile phone settings, and turn on the notification switch of WeChat, QQ, call, SMS and mobile phone client).

3 >Turn on the mobile phone --- Settings. Enter "Notification use right" on the top search box, re-open QRing

### 3. Why can't take a hot bath with the Smart Watch?

Answer: the bath water has a relatively high temperature, and generates a lot of vapor which is in the gas phase with small molecular radius and can easily infiltrate into the Smart Watch from the shell gap. When the temperature drops down, the vapor will condensate into liquid-phase droplets which will easily cause the short circuit inside the Smart Watch and damage the circuit board and then damage the Smart Watch.



#### Warning:

Please consult your doctor before you take a new sport. The Smart Watch should not be used for any medical purpose though it may dynamically monitor the heart rate at real time.

#### FCC 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

