

# 1.3-inch Smart Heart Rate and Blood Pressure Bracelet

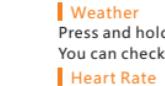
## Smart Bracelet User Guide



Model: G20

### Notifications

Press and hold the touch button for 3 seconds to check the historical information; If there's no historical information, it will be empty.



1.3-inch, large font, multi-display content, convenient check.



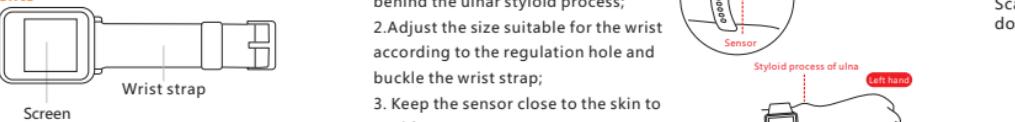
Switch to this interface to view the states of current steps, distances and calories. Distances and calories will be calculated and displayed according to the current step number, the height and weight set by the APP.

Notes for heart rate monitoring:  
\*The heart rate LED light behind the bracelet will be on when measuring.  
\*The sensor should be close to the skin to prevent external light from affecting the accuracy of the measurement;  
Measuring area should be kept clean, because sweat or stains will affect the measurement results.



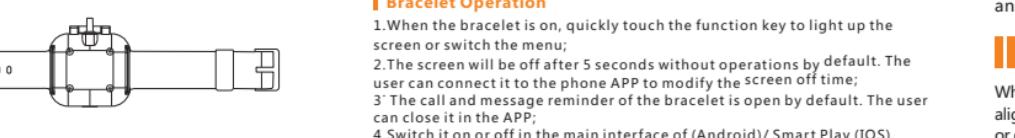
### Instructions for Quick Use of Bracelet

#### An Introduction to Components



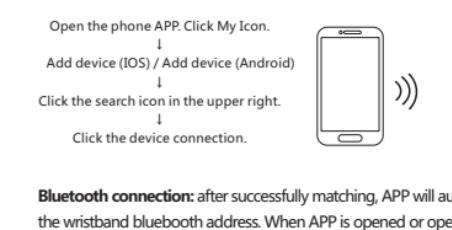
#### Charge Mode

For the first time, please take out the bracelet and charge the device with the corresponding charger. (The charging method is as illustrated in the following figure: put the bracelet into the charger; aim it at two contacts of the charger, and cover the charger to charge. The charging voltage is 5V.)



#### Way to wear

1. It is preferable to wear the bracelet behind the ulnar styloid process;
2. Adjust the size suitable for the wrist according to the regulation hole and buckle the wrist strap;
3. Keep the sensor close to the skin to avoid movement.



#### Switch on / off

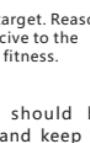
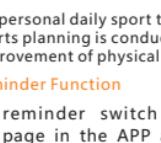
1. When the bracelet is power off, charge it or press the function button for 3 seconds to start up the bracelet with shake;
2. When the bracelet is turned on, switch to the POWER OFF interface and press the function button for 3 seconds to shut down the bracelet with shake.

#### Bracelet Operation

1. When the bracelet is on, quickly touch the function key to light up the screen or switch the menu;
2. The screen will be off after 5 seconds without operations by default. The user can connect it to the phone APP to modify the screen off time;
3. The call and message reminder of the bracelet is open by default. The user can close it in the APP;
4. Switch it on or off in the main interface of (Android)/ Smart Play (IOS).

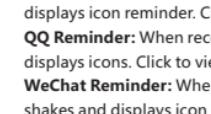
### To install Bracelet APP

Scan the following QR code or enter the application markets to download and install it. "FlagFit2.0"



Device Requirements: IOS 8.0 and above versions; Android 4.4 and above versions; Support Bluetooth 4.0.

#### My - Click the avatar - Avatar change/Background change/Cancel



Open the phone APP. Click My icon.



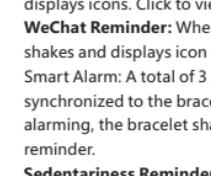
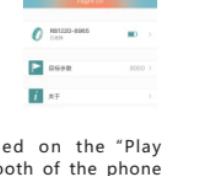
Add device (IOS) / Add device (Android)



Click the search icon in the upper right.



Click the device connection.



Personal settings-Sex-Age-Height-Weight, distance unit.

Set personal daily sport target. Reasonable sports planning is conducive to the improvement of physical fitness.

#### Reminder Function

The reminder switch should be switched on the "Play Bar" page in the APP and keep the Bluetooth of the phone connected with the bracelet. It will shake if there's a message.

Sedentary reminder: The reminder interval is one hour by default. Under the connection state, if the user does not exercise within an hour, the bracelet will shake to remind the user to exercise.

Charge reminder: When the bracelet is connected to the power supply or charging clip, the motor will shake. Please note that the bracelet will not shake when the power is low or full.

#### APP Functions and Settings

##### Personal Information and Sport Target

Please set the personal information after entering the APP. My - Click the avatar - Avatar change/Background change/Cancel

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.

Version Information: Press and hold the interface to check the firmware version number and Bluetooth address of the bracelet.

To test your heart rate, you need to take a long time signal to accurately calculate your heart rate.

Brilliance Control: Press and hold to choose different brilliance.

What do Bluetooth connections do? (connection / reconnection failure or connection speed is slow)

Other phones. Then, put the wristband close to the phone, it is still invalid, turn off the phone, and after about 20 seconds, restart the phone's Bluetooth.

Brilliance Control: Press and hold to choose different brilliance.

How to use the wristband? (connection / reconnection failure or connection speed is slow)

There are 4 levels of brilliance.

The wristband uses light reflection principle, penetrates the skin through the light source, and collects the signal reflected to the sensor to calculate your heart rate. If you don't wear it tightly, there will be ambient light reaching into the sensor, which will affect measurement accuracy.

Phone Search: Under the connection, press and hold the phone search interface to make the phone ring.

Restore Settings: Press and hold for 3 seconds in the interface to clear all the data in the bracelet, and the data in the APP will be cleared on that day (other historical data will be retained).

How to use the wristband? (connection / reconnection failure or connection speed is slow)

Information

Because of the problem of signal interference in Bluetooth wireless connection, on the information interface, press and hold for 3 seconds to check the information. Click to turn the page. Exit after checking the information or press and hold 3 seconds to exit.

Information

And if the connection is not long enough, please ensure that the operation is carried out without magnetic field or without multi Bluetooth device interference.

How to use the wristband? (connection / reconnection failure or connection speed is slow)

Settings

Turn off Bluetooth and open.

Information

Information

Information

#### Matters needing attention

Please avoid strong impact, extreme heat and exposure to the wristband.

Please do not disassemble, repair or transform the machine on its own.

Information

Information

Information

• This machine is charged with 5V 500MA, and it is strictly forbidden to use overvoltage load power.

Information

Information

Information

Information

#### Can't search the wristband?

Since the wristband is not searched by phone in Bluetooth broadcast, make sure the wristband is in power and activated and is not connected to any

information

information

information

information

#### Common problems

Why is the first test of heart rate too long?

Information

Information

Information

Information

Information

sleep monitoring mode, automatically detect the duration of your deep sleep/light sleep all night, and calculate your sleep quality. For the time being, sleep data can only be viewed on the APP. Attention: There is no data only when you go to sleep wearing the bracelet.

### Main Functions

#### Main Interface

The bracelet has 3 main interfaces. Press and hold the main interface to switch the interface. After the APP is first connected and connected successfully, the bracelet will sync the phone's time, date and day of the week.



#### Does the Bluetooth connection need to be open the time? Is there any data after disconnection?

Before the data is synchronized, the data is kept on the wristband. (seven days of data can be retained). When the Bluetooth connection is disconnected, the wristband is successful, the wristband data will be automatically uploaded to the mobile terminal. Please synchronize the data to the mobile terminal in time.

Note: if the call and SMS alerts are opened, you must keep the Bluetooth connection, and the alarm is fine.

#### Basic parameters

Type	Smart continuous heart rate bracelet	Battery type	Lipo-polymer
Display screen	1.3 inch IPS	Battery model	32121
Weight	31g	Battery capacity	180 mAh
Length	25.0cm	Battery voltage	3.6 V
Waterproof level	IP67	Battery power	0.66Wh
Material	Silicone	Packing list	1x instruction

FCC ID:2AP5B-G20

FCC WARNING:

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

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 FCC RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter