

# USER MANUAL

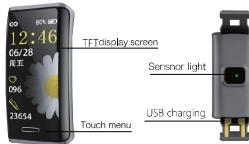
Model:LT169A

## ① Compatible system and requirement

Android 4.4 or above iOS above 8.5 iPhone5s Bluetooth 4.2

## ② Preparation

Please charge the smart band fully before first use. Charge 1-1.5 hours if the smart band cannot turn on. The smart band are unable to use while in charging mode.



If the equipment is not used for a long time, make sure to charge the bracelet once every 3 months.



Scan QR code download

## ③ Connection Instruction

Download the App

Method1: Scan the code below to download the APP.

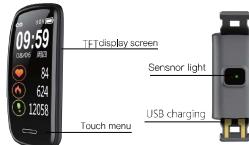
Method2: Please ensure the bluetooth is on, and open "Wearfit". Click the selection of link to bracelet, find the device name in the list and click it. Then enter the main interface.

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## ④ The bracelet function specifications

① Time: Time, date, remaining power are shown on the watch face. (Once smart band connected to the device, time will be synchronized with device time. The time cannot be set on the smart band).

② Status mode: Record user steps daily, walking distance, calories consumption.

③ Heart rate measurement: measure heart rate hourly, or measure heart rate manually. Press and hold to enter into heart rate measurement interface.

④ Blood pressure measurement: measure blood pressure hourly, or measure blood pressure manually. Press and hold to enter into blood pressure measurement interface.

⑤ Blood oxygen measurement: measure blood oxygen hourly, or measure blood oxygen manually. Press and hold to enter into blood oxygen measurement interface.

⑥ Sport mode: Press and hold on the sport mode interface to enter the sports selection page. There are five different sport modes for selection. Running, indoor, running outdoor, cycling, sport walking, and exercise modes. Press and hold in the mode to start record exercise time, calories burnt. Press to pause, press and hold to return.

⑦ Weather: The real-time weather condition will be synchronized with your device data and shown on the time display interface. The smart band needs to be connected to the APP and the device GPS function needs to turn on.

⑧ More: Do not disturb (Press and hold to cancel or turn on vibration), music (press and hold to enter music control panel, press to switch, press and hold to confirm), timer (press and hold to enter timer, press to pause or start), find my phone (press for 5 second to enter phone finding mode—press to start—find the phone according to the ringtone and vibration—press to stop). Please make sure the phone and the smart band are connected and within operating range.

⑨ Settings: Turn off (press and hold to turn off, press to switch), reset (press and hold to reset, press to switch), about (press and hold to check the firmware version, MAC address, press and hold to return or return after five second).

⑩ Others: Charging alert, alarm reminder, sedentary reminder, incoming call display, shake to take picture, system update, Music control, WeChat/QQ/Text message notification.

## ⑤ Q&A

### 1. Can't find bracelet and can't connect with it?

① Please ensure the bluetooth is ON and the system of mobile phone is Android 4.4 or above and iOS 8.4 or above.

② If it still unable to connect, enter the phone settings → Application Management → Authorization Management → Application Rights Management → Find application [WearFit] → Allow all permissions as "allowed" → Enter the phone settings and select GPS location and turn on GPS function → Restart the phone → Try to connect.

③ Please ensure bracelet is fully charged. Do feel free to contact us if it can't work normally with plenty power.

④ The APP shows no connection after bound with bracelet, or it is connected but the power is 0%?

In this case, the APP is not bound with bracelet successfully, please reboot.

⑤ Can't connect the device with APP?

Pull down and refresh main interface, it will manually to synchronize the data, then it can display data in the APP. Auto-sync data will only be synchronized at first binding. Then it will automatic synchronize of data hourly. In addition, don't forget to open hourly measurement. Otherwise histogram hasn't any data.

⑥ Pull-down and refresh APP, the data is not loaded?

App settings → Restore the factory settings → Click restore factory settings → Turn off the bracelet → Restart bracelet → Match with APP. Then data can be loaded out.

⑦ The bracelet time is not synchronized after connecting with the phone?

Mobile phone settings → Application management/rights management → Open permissions of APP → Reconnect the bracelet → Pull down and refresh it at main interface of the APP.

## Basic parameters

OLED screen size	0.96" inch
Bluetooth version	BT4.2
Waterproof	IP67
Battery type	Polymer lithium battery
Battery capacity	90mAh
Charging time	1.5-2 hours
Strap size	4.5-6.0 cm
Charge Method	USB charging
Packing	Wristband, User Manual

## ⑥ Remark

1. If there is a product quality problem or the use of products is not clear, please contact our store by direct mail, we will deal with it quickly.

2. The measurement results of this product are for reference only, not for any medical purpose and basis. Please follow the doctor's instructions and do not rely on the measurement results for self diagnosis and treatment.

3. The waterproof grade is IP67. In addition, this product does not prevent hot water, because steam will affect the bracelet.

4. Our company reserves the right to modify the contents of this manual without notification. Some functions are different in the various software version, which is normal.

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## 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.

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

**Note:** 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

**RF EXPOSURE EVALUATION METHOD****SAR Test Exclusion Thresholds for 100 MHz – 6 GHz and  $\leq 50$  mm**

Approximate SAR Test Exclusion Power Thresholds at Selected Frequencies and Test Separation Distances are illustrated in the following Table.

MHz	5	10	15	20	25	mm
150	39	77	116	155	194	SAR Test Exclusion Threshold (mW)
300	27	55	82	110	137	
450	22	45	67	89	112	
835	16	33	49	66	82	
900	16	32	47	63	79	
1500	12	24	37	49	61	
1900	11	22	33	44	54	
2450	10	19	29	38	48	
3600	8	16	24	32	40	
5200	7	13	20	26	33	
5400	6	13	19	26	32	
5800	6	12	19	25	31	

The 1-g and 10-g SAR test exclusion thresholds for 100 MHz to 6 GHz at test separation distances  $\leq 50$  mm are determined by:

$[(\text{max. power of channel, including tune-up tolerance, mW}) / (\text{min. test separation distance, mm})] \cdot [\sqrt{f(\text{GHz})}] \leq 3.0 \text{ for 1-g SAR and } \leq 7.5 \text{ for 10-g extremity SAR, where}$   
 $f(\text{GHz})$  is the RF channel transmit frequency in GHz

Power and distance are rounded to the nearest mW and mm before calculation

The result is rounded to one decimal place for comparison

The test exclusions are applicable only when the minimum test separation distance is  $\leq 50$  mm and for transmission frequencies between 100 MHz and 6 GHz. When the minimum test separation distance is  $< 5$  mm, a distance of 5 mm is applied to determine SAR test exclusion.

Maximum measured transmitter power.

#### BT4.2 ( LE ) The Worst Case

Mode	2402-2480MHz
Detector	PEAK
GFSK	-5.5±1dBm

Remark: The worst case gain of the antenna is 0dBi.

0dBi logarithmic terms convert to numeric result is nearly 1.0

Protocol	Channel Frequency (GHz)	Output Power to Antenna (dBm)	Tune Up Power (dBm)	Tune Up Power (mW)	Result	Limit
GFSK	2.48	-4.66	-4.5	0.35	0.11	3

Threshold at which no SAR required is  $0.11 \leq 3.0$  for 1-g SAR, Separation distance is 5mm.