



## Temperature Bracelet Instructions

体温スマートウォッチ説明書

Manual de instrucciones de la pulsera de salud y actividad física

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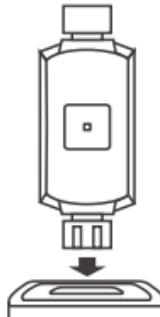
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## PREPARATION

Make sure that the power is sufficient before turning on,  
Use USB charging port to charge



First remove the wrist  
band  
Take out the fuselage



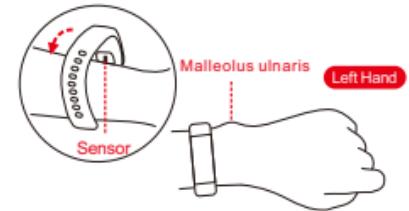
Plug into the USB  
charging head to charge

For the first time, please take out the bracelet and charge the device with the corresponding charger. When charging, the bracelet will start up automatically (charging mode is shown in the figure below: remove the bracelet body from the wristband and plug the charging port into the standard USB port to charge.)

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## WEARING METHOD

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



## POWER ON/OFF

1. In the state of the wristband shutdown, the long touch function key over 3 seconds can make the device vibrate.
2. When the wristband is in the boot state, it will switch to the shutdown interface. If the touch function key is more than 3 seconds, it can enter the shutdown interface. After the short touch is selected Off, it will touch the shutdown again.

## OPERATION

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

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## INSTALL THE WRISTBAND APP

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



Google Play



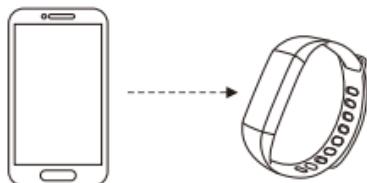
iOS

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

## DEVICE CONNECTION

When being used for the first time, it is necessary to connect APP to proofread. Open the App click "Add a new device" to connect the wristband with mobile phones. After successful connection, wristband will self-synchronize time, otherwise, the step calculation and sleep data won't be accurate.

Open mobile phone APP  
Click to set up icons  
↓  
My device (iOS)/ search equipment(Android)  
↓  
Pull down scanning equipment  
↓  
Click device attachment



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**Bluetooth connection:** after successfully pairing, APP will automatically save the wristband bluetooth address. When APP is opened, it will automatically search and connect with the wristband.

**Data Synchronism:** manually pull down the synchronization data on the APP home page; the bracelet can store off-line data for 7 days, the more data, the longer the synchronization time is, and the longest time is about 2 minutes.

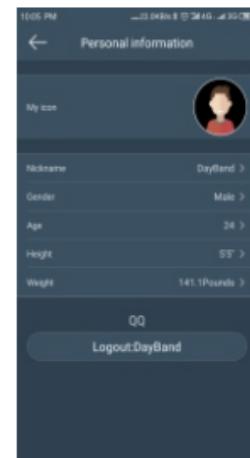
## APP FUNCTIONS AND SETTING

### 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.



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## MAIN FUNCTIONAL INTERFACE

### Main interface

When the Bluetooth icon is , it means the wristband is not connected to the cell phone.

When the Bluetooth icon is , the connection is successful. When the wristband and APP are paired for the first time, the wristband will synchronize the weather, time, date and week of the mobile phone.

**Long press 3 seconds to switch the main interface**

### Temperature monitoring

In the Temperature monitoring interface, During the measurement, please wait for several tens of seconds for the data to appear

**When taking your temperature, wear it for more than 1 minute to be more accurate**

### Exercise Data

Display step count, wristband default step counting mode, the wristband is worn on the wrist. When the user walks and arms swing, the wristband is recorded according to the number of steps.

### Heart rate monitoring

In the heart rate monitoring interface, During the measurement, please wait for several tens of seconds for the data to appear

### Blood pressure monitoring

In the Blood pressure monitoring interface, During the measurement, please wait for several tens of seconds for the data to appear

### Blood oxygen monitoring

In the blood oxygen monitoring interface, please wait for dozens of seconds for data display during measurement

- When the test, the icon will beat and the back heart rate of the hand ring LED lights will be lit;
- When testing, the sensor should stick to the skin to avoid the influence of external light on the accuracy of the test.
- To keep the test area clean, sweat or stains will affect the test results.

### Training interface

In the motion interface, long press for three seconds to enter the specific motion interface, which includes a number of movements. Click to switch. In the motion interface, hold the button for three seconds to start the motion, hold the button for three seconds to pause, and click to switch the motion mode.

### Message interface

In the message interface, long press three seconds to view the message, click page flip, view the message to exit or long press three seconds to exit.

### More functional interface

In more features interface, long press three seconds to enter the lower menu interface for more functions.

### Find phone interface

When connected, click on the "Find Phone" option and the phone will send a vibration reminder or ringtone reminder.

### Restore setting interface

The interface is restored for three seconds, and the bracelet is restored to the factory settings.

## More interface

Long press more 3s, you can see the six digits Bluetooth address and the software version

## Shutdown interface

In the Shutdown interface, long press more than three seconds to shake the phone off.

## 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



message



Alarm clock



Sitting

**Call reminding** : when the calls coming, the device will shake and the name or number of the caller is displayed. (if the caller's name has been saved in the phone address book, the name is displayed, otherwise the display number only)

**SMS reminder**: when a message arrives, the wristband will vibrate and display the SMS and Sende.(if the sender saved in phone book, will display name, otherwise display number only).

**Alarm clock**: You can set there alarm clocks in App, after setting, it will sync to wristband. When Alarm clock start, the wristband will vibrate.

**Sedentary reminder**: if you don't move over one hour, the wristband will vibrate to remind You to stand up and move.

## PARAMETER

Screen ruler	0.96inch	Bluetooth	Bluetooth4.0
Battery type	Lithium Polymer	waterproof	Ip67 waterproof
Charging time	1.5-2 hours	capacity	90mAh
Wrist band ruler	245mm*16mm*11.5mm	Packing	Bracelet+Instructions

## 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.

The use of the environment is 0 degrees ~45 degrees, and it is forbidden to throw it into the fire so as not to cause an explosion.

Please wipe the water, the wristband can be used only for the charging operation with a soft cloth, otherwise it will cause corrosion of charging contact point, charging fault.

Do not touch the chemical substances such as gasoline, clean solvent, propanol, alcohol or insect repellent.

Please do not use this product in high pressure and high magnetic environment.

If you have sensitive skin skin or tighten the wristband, you may feel discomfort.

Please dry the sweat drops on the wrist in time. The strap has long contact with soap, sweat, allergies or pollution ingredients, which may cause skin allergy itching.

If it is often used, it is recommended to clean the wristband every week. Wipe with wet cloth and remove oil or dust with mild soap.

It is not appropriate to wear a hot bath with a wristband.

After swimming, please wipe the wristband in time so as to keep dry.

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: 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.

Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment

RF warning for portable device:

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