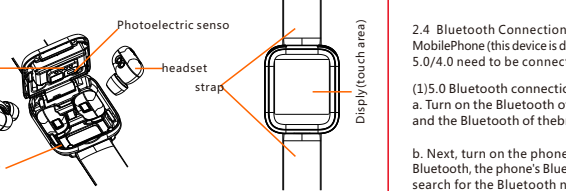


# Sports Bluetooth Bracelet User Guide



## 1 Appearance Description

### 1.1 Overall Introduction



### 1.2 Packing List

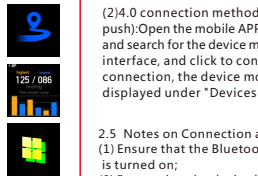
Bracelet strap x1, Charging cable x1, Packing box x1  
Bluetooth headset x1, Spare headphone head X2, User guidex1

## 2 Instructions to Initial Use

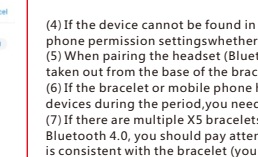
### 2.1 Introduction to Device Function Interface

The main interface after the device is turned on is the time interface. This bracelet is a full touch screen, and you can swipe the touch area up and down to switch between different interfaces.

### 2.2 Main Interface-Steps-Distance-Calories-Heart Rate-Blood Pressure-Blood Oxygen-Sleep-System



2.3 Software download and APP installation  
(1) Apple iPhone : Go to the APP Store and search for "Power Band" to download and install.  
(2) Android phone : Go to Google Play and search for "Power Band" to download and install.

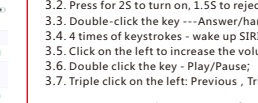


2.4 Bluetooth Connection between Bracelet and MobilePhone (this device is dual Bluetooth connection, 5.0/4.0 need to be connected once both.)

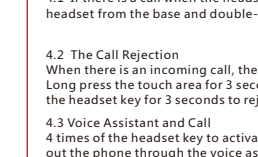
(1) 5.0 Bluetooth connection is as follows.

a. Turn on the Bluetooth of the bracelet: Take the headset out of the bracelet, and the Bluetooth of the bracelet will automatically turn on.

b. Next, turn on the phone, click Settings, turn on Bluetooth, the phone's Bluetooth will automatically search for the Bluetooth number of the bracelet, find the Bluetooth number "X5" of the bracelet in the available devices below, and click to pair to complete the 5.0 Bluetooth connection.



(2) 4.0 connection method (Bluetooth 4.0 is sports push): Open the mobile APP "Power Band", pull down and search for the device model "X5" on the "Device" interface, and click to connect. After a successful connection, the device model "X5 (bound)" will be displayed under "Devices" in the APP.



### 2.5 Notes on Connection and Pairing

- (1) Ensure that the Bluetooth of the mobile phone is turned on;
- (2) Ensure that the device has sufficient power, and please turn on or charge it before use;
- (3) Make sure that the device is within 50cm of the mobile phone when pairing and connecting;

- (4) If the device cannot be found in the APP, please check in the mobile phone permission settings whether to allow "Power Band" to use Bluetooth;
- (5) When pairing the headset (Bluetooth 5.0), make sure that the headset is taken out from the base of the bracelet ;
- (6) If the bracelet or mobile phone has been paired with other Bluetooth devices during the period, you need to reconnect ;
- (7) If there are multiple X5 bracelets, when the APP is connected to Bluetooth 4.0, you should pay attention to whether the Bluetooth ID address is consistent with the bracelet (you can view it on the bracelet shutdown interface, and display it as ID: XXXX).

### 3 Earphone touch button function

- 3.1. 5 times of keystrokes before pairing - Chinese and English switch;
- 3.2. Press for 2S to turn on, 1.5S to reject the call, 3S to turn off;
- 3.3. Double-click the key --- Answer/hang up the call;
- 3.4. 4 times of keystrokes - wake up SIRI;
- 3.5. Click on the left to increase the volume, click on the right to decrease the volume;
- 3.6. Double click the key - Play/Pause;
- 3.7. Triple click on the left: Previous , Triple click on the right: Next

### 4 Instructions and Precautions for the Use of the Headset Function

4.1 If there is a call when the headset is in the base of the bracelet, take out the headset from the base and double-click the headset key to answer.

### 4.2 The Call Rejection

When there is an incoming call, the device will vibrate and display a reminder. Long press the touch area for 3 seconds to directly reject the call, or long press the headset key for 3 seconds to reject the call.

### 4.3 Voice Assistant and Call

4 times of the headset key to activate the phone's voice assistant, which can dial out the phone through the voice assistant operation. (Currently, Siri for IOS and Android phones that support Assistant are already supported. The voice assistants of other Android phones after secondary development need to confirm with the dealer or shop whether they support it.)

The success rate of command execution after the voice assistant is activated is related to the intelligence of the mobile phone voice assistant itself. When activating the voice assistant, you must ensure that the headset leaves the base of the bracelet and is in a valid connection with the Bluetooth of the mobile phone. The activation operation is only valid on the standby interface or the main time interface.

### 5 Main Function Introduction

\*Note: To ensure that the data is valid, please enter the real gender, height and skin color in the personal information of the APP.

### 5.1 Turn On/Off

When the device is off, press and hold the touch area for 3 seconds to turn on, and switch to the shutdown interface and press and hold for 3 seconds to enter the shutdown option.

### 5.2 Exercise Monitoring

Enter the exercise monitoring interface, it displays the current number of steps, distance and calories burned.

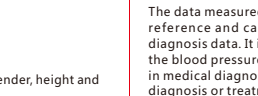
### 5.3 Sleep monitoring

Enter the sleep monitoring interface and it displays the total sleep time last night.

### 5.4 Heart Rate/Blood Pressure/Blood Oxygen Test Switch

Tap the touch area to exit the current test . You can also test the heart rate/blood pressure/oxygen single item or all items at the same time through the mobile APP, synchronize the test data, set the whole point measurement of the heart rate (The user can set the interval 20, 40, 60 minutes measurement according to their own needs.), and turn on the heart rate alarm switch.

Blood pressure test method: Please keep your body relaxed and still during the test, make sure that the bracelet is at the same height as your heart (as shown in the picture on the right), and do not talk during the test;



### 5.5 Find the Bracelet

Just click the smart search bracelet function in the mobile APP, you can easily and quickly identify the location through the vibration of the bracelet.

### 5.6 Alarm Clock

In the alarm setting interface of the APP, alarm can be set, and the device will remind accordingly.

### 5.7 Information Reminder/Push

When there is new information, the device will vibrate to remind and display the content of the message. The corresponding message displays the corresponding icon. Note: Please turn on the reminder switch in the APP first. If you need to display the notification content, you also need to set the corresponding instant tool to display the message content.

### 5.8 Remote Camera

Enter the "Shake and Shake to Take Photos" interface through the APP, press the middle button or quickly shake the bracelet to take pictures on the phone.

(1) It is forbidden to use adapters with charging voltage > 5V and charging current > 2A.  
(2) It is forbidden to charge in the presence of water stains.  
(3) This product supports waterproofing.  
(4) This product is an electronic monitoring product, not as a medical reference, the data is for reference only;  
(5) Wearing earphones during strenuous exercise may fall off during exercise and cause damage or loss of the product.  
(6) The photoelectric sensor is a highly sensitive component, so be, you should so be careful to prevent it being hit by hard objects. Perspiration and dust may adhere to the surface after wearing it for a period of time and you can use a soft cloth to clean it regularly.

### 6 Matters Needing Attention

- (1) It is forbidden to use adapters with charging voltage > 5V and charging current > 2A.
- (2) It is forbidden to charge in the presence of water stains.
- (3) This product supports waterproofing.
- (4) This product is an electronic monitoring product, not as a medical reference, the data is for reference only;
- (5) Wearing earphones during strenuous exercise may fall off during exercise and cause damage or loss of the product.
- (6) The photoelectric sensor is a highly sensitive component, so be, you should so be careful to prevent it being hit by hard objects. Perspiration and dust may adhere to the surface after wearing it for a period of time and you can use a soft cloth to clean it regularly.

### 7 Common Problems

Q1: Why is the heart rate (sleep) test inaccurate?  
A1: First of all, the bracelet device monitors human activities through electronic sensors. It is normal for consumer-grade products to have certain errors. Please treat the data objectively.

Q2: Where can I set the APP permissions?  
A2: Android phones-Settings-Authority management-find the "Power Band" application-set to trust this software.

(1) If the mobile phone is installed with security management or cleaning acceleration applications, please set "Power Band" as the daily list (trust list);  
(2) In the authorization management program of the mobile phone system, please set "Power Band" as a trusted application, functions such as caller ID need to obtain authorization to realize the function.

### Q3: Call incoming : there is a reminder on the device, but no sound can be heard in the headset after connecting?

A3: There will be a delay on the Bluetooth headset when there is an incoming call, you can answer it after a few rings. If the call is connected through a mobile phone, please check whether the voice channel is a mobile phone or a headset on the mobile phone. If the mobile phone is switched to a headset, the default is to follow the principle of which device is connected to and answered on which device.

### Q4: I am wearing headphones, but I cannot hear the ringtone when I call?

A4: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q5: I cannot hear the ringtone when I call?

A5: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q6: I cannot hear the ringtone when I call?

A6: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q7: I cannot hear the ringtone when I call?

A7: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q8: I cannot hear the ringtone when I call?

A8: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q9: I cannot hear the ringtone when I call?

A9: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

(1) If the mobile phone is installed with security management or cleaning acceleration applications, please set "Power Band" as the daily list (trust list);  
(2) In the authorization management program of the mobile phone system, please set "Power Band" as a trusted application, functions such as caller ID need to obtain authorization to realize the function.

### Q3: Call incoming : there is a reminder on the device, but no sound can be heard in the headset after connecting?

A3: There will be a delay on the Bluetooth headset when there is an incoming call, you can answer it after a few rings. If the call is connected through a mobile phone, please check whether the voice channel is a mobile phone or a headset on the mobile phone. If the mobile phone is switched to a headset, the default is to follow the principle of which device is connected to and answered on which device.

### Q4: I am wearing headphones, but I cannot hear the ringtone when I call?

A4: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q5: I cannot hear the ringtone when I call?

A5: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q6: I cannot hear the ringtone when I call?

A6: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q7: I cannot hear the ringtone when I call?

A7: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q8: I cannot hear the ringtone when I call?

A8: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q9: I cannot hear the ringtone when I call?

A9: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

(1) If the mobile phone is installed with security management or cleaning acceleration applications, please set "Power Band" as the daily list (trust list);  
(2) In the authorization management program of the mobile phone system, please set "Power Band" as a trusted application, functions such as caller ID need to obtain authorization to realize the function.

### Q3: Call incoming : there is a reminder on the device, but no sound can be heard in the headset after connecting?

A3: There will be a delay on the Bluetooth headset when there is an incoming call, you can answer it after a few rings. If the call is connected through a mobile phone, please check whether the voice channel is a mobile phone or a headset on the mobile phone. If the mobile phone is switched to a headset, the default is to follow the principle of which device is connected to and answered on which device.

### Q4: I am wearing headphones, but I cannot hear the ringtone when I call?

A4: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q5: I cannot hear the ringtone when I call?

A5: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q6: I cannot hear the ringtone when I call?

A6: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q7: I cannot hear the ringtone when I call?

A7: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q8: I cannot hear the ringtone when I call?

A8: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q9: I cannot hear the ringtone when I call?

A9: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

Blood pressure test method: Please keep your body relaxed and still during the test, make sure that the bracelet is at the same height as your heart (as shown in the picture on the right), and do not talk during the test;



### 5.5 Find the Bracelet

Just click the smart search bracelet function in the mobile APP, you can easily and quickly identify the location through the vibration of the bracelet.

### 5.6 Alarm Clock

In the alarm setting interface of the APP, alarm can be set, and the device will remind accordingly.

### 5.7 Information Reminder/Push

When there is new information, the device will vibrate to remind and display the content of the message. The corresponding message displays the corresponding icon. Note: Please turn on the reminder switch in the APP first. If you need to display the notification content, you also need to set the corresponding instant tool to display the message content.

### 5.8 Remote Camera

Enter the "Shake and Shake to Take Photos" interface through the APP, press the middle button or quickly shake the bracelet to take pictures on the phone.

(1) If the mobile phone is installed with security management or cleaning acceleration applications, please set "Power Band" as the daily list (trust list);  
(2) In the authorization management program of the mobile phone system, please set "Power Band" as a trusted application, functions such as caller ID need to obtain authorization to realize the function.

### Q3: Call incoming : there is a reminder on the device, but no sound can be heard in the headset after connecting?

A3: There will be a delay on the Bluetooth headset when there is an incoming call, you can answer it after a few rings. If the call is connected through a mobile phone, please check whether the voice channel is a mobile phone or a headset on the mobile phone. If the mobile phone is switched to a headset, the default is to follow the principle of which device is connected to and answered on which device.

### Q4: I am wearing headphones, but I cannot hear the ringtone when I call?

A4: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q5: I cannot hear the ringtone when I call?

A5: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q6: I cannot hear the ringtone when I call?

A6: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q7: I cannot hear the ringtone when I call?

A7: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q8: I cannot hear the ringtone when I call?

A8: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q9: I cannot hear the ringtone when I call?

A9: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

(1) If the mobile phone is installed with security management or cleaning acceleration applications, please set "Power Band" as the daily list (trust list);  
(2) In the authorization management program of the mobile phone system, please set "Power Band" as a trusted application, functions such as caller ID need to obtain authorization to realize the function.

### Q3: Call incoming : there is a reminder on the device, but no sound can be heard in the headset after connecting?

A3: There will be a delay on the Bluetooth headset when there is an incoming call, you can answer it after a few rings. If the call is connected through a mobile phone, please check whether the voice channel is a mobile phone or a headset on the mobile phone. If the mobile phone is switched to a headset, the default is to follow the principle of which device is connected to and answered on which device.

### Q4: I am wearing headphones, but I cannot hear the ringtone when I call?

A4: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q5: I cannot hear the ringtone when I call?

A5: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q6: I cannot hear the ringtone when I call?

A6: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q7: I cannot hear the ringtone when I call?

A7: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q8: I cannot hear the ringtone when I call?

A8: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

### Q9: I cannot hear the ringtone when I call?

A9: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

# Warranty card

..... Please save it by yourself .....

Product name		Product model	
Date of purchase		Selling unit	
Product ID		User name	
User address		Contact number	

Maintenance date	Fault Content	Maintenance Staff

- 1. Please keep the warranty certificate properly and show it when repairing it.
- 2. Loss of this voucher will not be reissued.