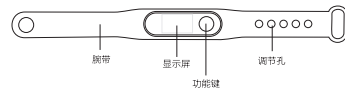


智能心率血压手环

使用说明书

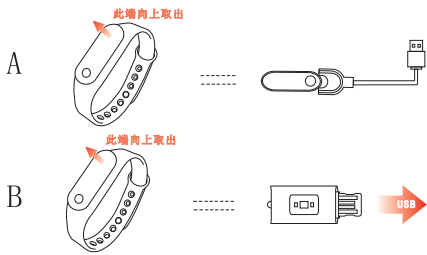
手环快速使用说明

部件介绍



充电方法

初次使用，请将手环取出，用对应的充电器对设备进行充电。充电时，手环会自动开机（充电方式如下图：将手环主体从腕带中取出，将充电端口插入标准的USB接口即可进行充电。）



注：请根据手环款式，选择上图A或B拆卸方式

手环快速使用说明

开/关机

1. 在手环关机状态下，长触摸功能键3秒以上可使设备震动开机。
2. 在手环开机状态下，切换到关机界面，长触摸功能键3秒以上震动关机。

手环操作

1. 在手环开机状态下短触摸功能键可点亮屏幕或切换显示；
2. 无操作默认5秒息屏,用户可连接手机APP修改息屏时间；
3. 切换至心率、血压界面自动测试，离开心率、血压界面停止测试。

安装手环APP

扫描下方二维码或进入各大应用市场下载并安装 APP



Android for China

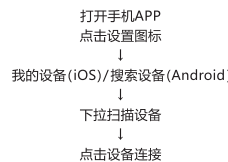


iOS

设备要求：iOS 8.0及以上；Android 4.4及以上，支持蓝牙4.0。

设备连接

首次使用手环需连接APP进行校准，连接成功后手环会自动同步时间，否则计步和睡眠数据不准。



蓝牙连接 配对成功后，APP自动保存手环蓝牙地址，APP打开或在后台运行，都会自动搜索并连接手环。

数据同步：在APP主页手动下拉同步数据；手环可存储7天的离线数据，数据量越多，同步时间越长，最长大约2分钟，同步完成后会有“同步完成”的提示。

主要功能界面

主界面

显示实时温度，蓝牙连接指示图标，电量指示图标，充电指示图片，时间，日期，星期，运动步数百分比。

计步界面

显示计步，手环默认计步模式，将手环佩戴在手腕上，当用户走路并且手臂摆动的时候，手环根据摆动的次数记录为行走步数数据。

距离界面

该界面根据行走步数，APP个人设置的身高，计算当天行走的路程并显示出来。

卡路里界面

该界面根据行走步数，APP个人设置的身高和体重，计算当天消耗的卡路里总数并显示出来。

心率界面

在心率监测界面，自动进入心率检测模式，支持动态实时心率检测。心率检测模式下，手环的续航时间会降低。

血压界面

切换到血压界面开始测试血压，切换至下一界面停止测试；开始测试但未测出结果时显示上一次测试的结果或者“---/..”；也可连接手机 App，在血压界面进行测试。测试方法和注意事项向心率检测事项。

血氧界面

切换到血氧界面开始测试血氧，切换至下一界面停止测试；开始测试但未测出结果时显示上一次测试的结果或者“---/..”；也可连接手机 App，在血压界面进行测试。测试方法和注意事项向心率检测事项。

运动界面

步行模式：长按开始步行运动
跑步模式：长按开始跑步运动
第一页
1、步数 2、距离 3、卡路里 4、秒表
第二页
1、闹钟 2、平均配速 3、心率 4、秒表
数据展示页面长按1S结束少运动模式并显示运动汇总信息

消息界面

打开历史消息，显示历史消息条目，最多可保存16条最新的历史消息。长按1秒可进入查看消息页面，然后通过短按可循环切换到下一条消息。在任一条历史消息页面长按1秒可退出，最后一页垃圾桶变为删除所有消息页面，长按1秒时删除所有历史消息

查找手机界面（如果手环支持此功能）

连接状态下，点击“查找手机”选项，手机会发出震动提醒或铃声提醒。

版本信息

显示蓝牙版本号和MAC地址

关机界面

在关机界面，长按三秒以上手机即可震动关机。

APP功能及设定

个人信息和运动目标

- 1) APP提醒：微信、QQ、电话、短信、facebook messenger, twitter提醒打开/关闭控制，预留其他消息提示。
- 2) 闹钟提醒：可以设置5组智能闹钟，支持是普通闹钟（显示闹钟时间）或者是记事闹钟（显示用户输入的信息），支持重复闹钟和单次闹钟。
- 3) 久坐提醒：打开久坐提醒，可以设置久坐的时间段和时长，超过设定的时长触发提醒。
- 4) 勿扰模式：打开勿扰模式，可以设置勿扰的时间段，该时间段内除了闹钟会发生震动，其他提醒震动全部关闭。
- 5) 查找手环：连接时可查找手环，手环显示查找图标并震动。
- 6) 抬手亮屏：打开后支持抬手亮屏功能。
- 7) 测量周期：心率自动测量时间周期。该设置在打开测量开关时有效。
- 8) 睡眠时段：可设置睡眠时间段，该时间段内除了闹钟会发生震动，其他提醒震动全部关闭。另外在该时间段内会记录人体的睡眠时间和睡眠质量；在睡眠时段，如果未打开心率监测，全睡眠时段监测睡眠；如果打开了心率监测，先监测用户是否佩戴，佩戴了则开始监测睡眠，未佩戴不记录睡眠。
- 9) 固件升级：支持OTA无线升级，若APP查询服务器手环固件版本高于手环当前版本，可选择固件升级。
- 10) 固件版本：手环当前版本
- 11) 蓝牙地址：手环MAC地址

APP功能及设定

- 12) 断开提醒：打开后手环断连有提示，防丢。
- 13) 手环拍照：蓝牙连接时进入手环拍照，手环显示拍照页面，可通过短按或者摇晃手环进行拍照。
- 14) 运动模式：打开后抬手亮屏直接显示运动信息，关闭时抬手亮屏显示第一个主页面，打开运动模式手环会开启抬手亮屏功能和心率每15分钟自动测量功能。
- 15) 恢复出厂设置：清除所有RAM和FLASH中保持的信息和数据，手环复位。
- 16) 重启手环：清除RAM数据，手环复位。
- 17) 存储手环历史信息：开启后可以存储收到的消息通知，最多可存储16条消息，超过16条消息丢弃最早一条保存最新一条；关闭此功能则不保存消息。
- 18) 删除手环历史信息：可在APP操作删除手环全部历史信息（手环可在历史消息的最后一页长按删除全部历史信息）。
- 19) 实时同步手环数据：开启后能实时同步手环的步数、距离、卡路里等信息（APP端显示实时数据）。

功能设置

- 1) 设置昵称：性别；年龄；身高；体重。以上信息可以辅助计算行走距离和消耗卡路里，手环未设置时默认为：男性，30岁，177cm, 80KG
- 2) 我的勋章和我的周报显示统计信息
- 3) 目标运动：可设置目标步数
- 4) 设置：内容清除手机数据功能（注：手环可存储14天有效数据，手机如果不清数据可以一直保存数据）

跑步功能

打开后可记录运动轨迹和运动距离

主页功能

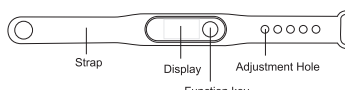
- 1) 显示每日步数，卡路里，运动距离，目标完成百分比，平均心率、血压、血氧、当天的睡眠时间（深睡、浅睡时间）
- 2) 点击可查看详细步数柱状图
- 3) 点击可查看心率、血压、血氧测量数据，在心率数据页面支持单次测量（1分钟）和实时测量（10分钟），此时测量数据会在APP上实时显示。
- 4) 点击可查看睡眠质量分布图，可查看深睡时间段和唤醒次数

Smart Heart Rate and Blood Pressure Wristband

User Guide

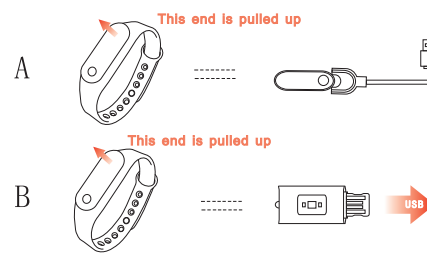
Quick instructions for use

Part of introduction



Charging method

For the first time, please take the wristband out and charge the equipment with the corresponding charger. When charging, the wristband will open automatically. (charge mode as follows: Joint the USB-charging cable with Band at match point backsideand USB port for charging.)



Notice: according to the style of the bracelet, please select the above figure A or B for disassembly

Quick instructions for use

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 badminton interface show calories, long press three seconds to exit the sport. 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.

Install the wristband APP

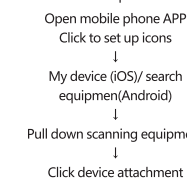
Scan the following QR codes or enter into various large application markets to download and install APP



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

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.



Bluetooth connection: after successfully matching, APP will automatically save the wristband blueooth address. When APP is opened or operated in background, it will automatically search and link 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.

Main functional interface

Main interface

display real-time temperature, bluetooth connection indicator icon, power indicator icon, charging indicator picture, time, date, week, percentage of movement steps.

Stepping interface

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

Distance interface

The interface is based on the number of walking steps, the height of the APP individual, and the journey of the day.

Calorie interface

The interface is based on the number of walking steps, the height and weight of the APP individual, and calculates the total number of calories consumed on the day.

Heart rate interface

At the heart rate monitoring interface, it automatically enters the heart rate detection mode and supports dynamic real-time heart rate detection. In the heart rate test, the duration of the wristband will be reduced.

Blood pressure interface

Switch to the blood pressure interface, start testing blood pressure, switch to the next interface to stop testing, start testing, but do not measure the result, show the results of last test or " ---/.. " ; also connect to mobile phone

App, and test at the blood pressure interface. Test methods and attention items of concentric rate detection.

Blood oxygen interface

Switch to the blood oxygen pressure interface, start testing blood oxygen pressure, switch to the next interface to stop testing, start testing, but do not measure the result, show the results of last test or " ---/.. " ; also connect to mobile phone App, and test at the blood pressure interface. Test methods and attention items of concentric rate detection.

Sports interface

Walking mode: long press to start walking movement:
Running mode: start running with long press:
In walking and running mode, the page is displayed by two pages The first page
1. Step 2. The distance 3. The calories 4. A stopwatch
The second page
1. The clock 2. Average speed 3. The heart rate 4. A stopwatch
Data display page long press 1S to end less movement mode and display motion summary information.

Message interface

open the message history, according to historical information entry, can save up to 16 the history of the latest news, long press 1 seconds can enter to check the news page, and then through the short press recycled switch to the next message, in any YIYITiao history news page long press 1 seconds to quit, the last page to delete all the trash mutations news page, long press 1 seconds to delete all message history.

Find phone interface (optional)

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

Version information

displays the version number and MAC address

Shutdown interface

long press more than three seconds to shake the phone off

APP functions and setting

- 1) APP reminder: WeChat, QQ, phone, SMS, facebook messenger, twitter reminder to open/close control and reserve other message alerts.
- 2) alarm reminder: 5 sets of smart alarm clocks can be set, which can be ordinary alarm clock (display the alarm time) or alarm clock (display the information entered by the user). Repeat alarm and single alarm are supported.
- 3) sedentary reminder: turn on the sedentary reminder, which can set the time and duration of sitting, and trigger the reminder beyond the set time.
- 4) do not disturb mode: turn on the do not disturb mode and you can set the do not disturb time period. During this time period, except the alarm will vibrate, all other reminders will be closed.
- 5) look for bracelet: when connected, look for bracelet. The bracelet displays the look up icon and vibrates.
- 6) hand lifting screen: support the function of hand lifting screen after opening.
- 7) measurement cycle: heart rate automatically measures the time cycle. This setting is effective when the measurement switch is turned on.
- 8) sleep time: you can set the sleep time, during which the alarm will vibrate except for the alarm clock. All other alarms will be closed. In addition, the sleep time and sleep quality of human

body will be recorded during this period. During sleep time, if the heart rate monitoring is not turned on, the sleep is monitored during the whole sleep time. If the heart rate monitoring is turned on, the user is first monitored to see if he is wearing it. If he is wearing it, he will start to monitor his sleep. If he is not wearing it, he will not record his sleep.

- 9) firmware upgrade: OTA wireless upgrade is supported. If the firmware version of the APP query server bracelet is higher than the current version, firmware upgrade can be selected.
- 10) firmware version: current version of the bracelet
- 11) bluetooth address: bracelet MAC address
- 12) disconnection reminder: it is suggested to open the broken bracelet after opening to prevent loss.
- 13) take photos of the bracelet: Enter the bracelet to take photos when connected with bluetooth. The bracelet displays the photo page.
- 14) exercise mode: turn on the screen to display the movement information directly, and turn off the screen to display the first main page when the screen is turned off. Turn on the bracelet to display the screen and automatically measure the heart rate every 15 minutes.
- 15) restore factory Settings: clear all RAM and FLASH information and data, and reset the bracelet.
- 16) restart the bracelet: clear RAM data and reset the bracelet.
- 17) store the history of the bracelet: when opened, you can store the received message notice, up to 16 messages can be stored, and the earliest and latest messages can be discarded after more than 16 messages. Turning this feature off does not save the message.
- 18) delete the bracelet history message: the whole history message of the bracelet can be deleted by APP operation (the bracelet can be deleted by pressing "delete all history message" on the last page of the history message).

Real-time synchronization of bracelet data: the number of steps, distance and calories of the bracelet can be synchronized in real time after being opened (real-time data is displayed on the APP terminal).

My feature set

- 1) set nickname; Sex; Age; Height; Weight. The above information can be used to calculate the walking distance and burn calories. When the bracelet is not set, the default is: male, 30 years old, 177cm, 80KG
- 2) my MEDALS and my weekly newspaper show statistics
- 3) target movement: the number of target steps can be set
- 4) setting: clear the mobile phone data (note: the bracelet can store valid data for 14 days, and the mobile phone can always save data if it is not clear)

running function

After opening, the track and distance of movement can be recorded

home page function

- 1) show daily steps, calories, exercise distance, target completion percentage, average heart rate, blood pressure, blood oxygen, and daily sleep time (deep sleep and light sleep time) .
- 2) click to see the bar chart of the number of steps
- 3) click to view the measured data of heart rate, blood pressure and blood oxygen. Single measurement (1 minute) and real-time measurement (10 minutes) are supported in the heart rate data page. At this time, the measured data will be displayed on the APP in real time.
- 4) click to view the distribution of sleep quality, time of deep sleep and number of awakenings.