1.3-inch Smart Heart Rate and Blood Pressure Bracelet
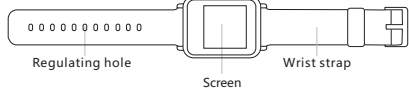
User Guide
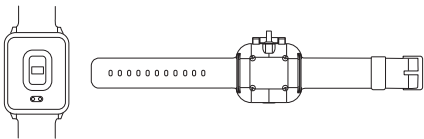

Instructions for Quick Use of Bracelet

An Introduction to Components

Regulating hole   Wrist strap
Screen

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.)

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).

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.

Styloid process of ulna

To install Bracelet APP

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

Google play   Android China   IOS

Device Requirements: IOS 8.0 and above versions; Android 4.4 and above versions; Support Bluetooth 5.0.

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.

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

Brilliance Control: Press and hold to choose different brilliance. There are 4 levels of brilliance.

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).

Power Off: Press and hold for 3 seconds in the interface to switch off. The phone will shake at the same time (if the phone is in low power, it won't shake.)

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.

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.
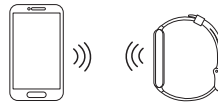
Bluetooth connection: after successfully matching, APP will automatically save the wristband bluebooth address. When APP is opened or operated in background, it will automatically search and link with the wristband.
Data Synchronism: manually pull down the synchronization data on the APP home page; the 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.

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

- This machine is charged with 5V 500MA, and it is strictly forbidden to use overvoltage load power.
- The use of the environment is 0 degrees ~45 degrees, and it is forbidden to hrow 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 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.

Common problems

Why is the first test of heart rate too long?

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

- 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.
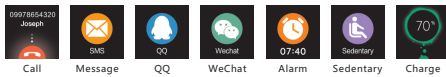
Call   Message   QQ   WeChat   Alarm   Sedentary   Charge

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

What do Bluetooth connections do? (connection / reconnection failure or connection speed is slow)
Confirm whether your device is 4.4 or more versions of IOS8.0 and Android system and support Bluetooth 4.

a. Because of the problem of signal interference in Bluetooth wireless connection, there may be no time to connect each other. If the connection is not long enough, please ensure that the operation is carried out without magnetic field or without multi Bluetooth device interference.
b. Turn off Bluetooth and open.
c. Turn off the mobile phone background application or restart the mobile phone.
d. Mobile phones do not connect to other Bluetooth devices or functions at the same time.
e. APP is running normally in the background and may not be connected if it is not in the background.

Can't search the wristband?
Since the wristband is not searched by phone in Bluetooth broadcast, make sure the wristband is on power and activated and is not connected to any

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Message Reminder: When receiving messages, the bracelet shakes and displays icon reminder. Click to view the message content.
QQ Reminder: When receiving QQ messages, the bracelet shakes and displays icons. Click to view the QQ content.
WeChat Reminder: When receiving WeChat messages, the bracelet shakes and displays icon reminder. Click to view the WeChat content.
Smart Alarm: A total of 3 alarms can be set, which, after being set, can be synchronized to the bracelet . Smart alarm is a silent alarm clock. When alarming, the bracelet shakes moderately and supports offline alarm reminder.
Sedentariness 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.

Sleep Detection
When you fall asleep, the bracelet will automatically judge and enter the

Main Functions

Main Interface
The bracelet has 3 main interfaces. Press and hold the main interface to switch the interface. After the APP is firstly matched 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 all the time? Is there any data after disconnection?
Before the data is synchronized, the data is kept on the wristband host (seven days of data can be retained). When the Bluetooth connection of the wristband and 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 caller and SMS alerts are opened, you must keep the Bluetooth connection, and the alarm is offline.

Basic parameter

Type	Smart continuous heart rate bracelet	Battery type	Li-polymer
Display screen	1.3 cun IPS	Battery model	392121
Weight	31g	Battery capacity	180mAh
Length	25.0cm	Battery voltage	DC 3.7V
Waterproof level	Ip67	Battery power	0.666Wh
Material	Silica gel Watchband	Packing list	Host, instructions Charging clip

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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.

State Weather Heart rate Stopwatch Training Blood pressure Blood oxygen Message More
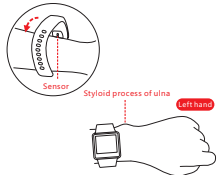
State
Switch to this interface to view the states of current steps, distances and calories. Distances and calories will be calculated and displayed according to the current step number, the height and weight set by the APP.

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.

Rope skipping Swimming Riding Table tennis Tennis Badminton Running

Weather
Press and hold for 3 seconds to switch to the detailed weather page. You can check the weather and temperature here.

Heart Rate
Switch to the heart rate interface. Start to measure the heart rate automatically. Switch the menu to measure again.

Stopwatch
On the stopwatch interface, short press start/pause. Press and hold for 3 seconds to reset and then press and hold for 3 seconds again to exit.

Training
Switch to this interface. Press and hold for 3 seconds to enter the specific sport page including 7 sorts of rope skipping, swimming, riding, table tennis, tennis, badminton and running. Click to switch the specific sport page. Press and hold for 3 seconds to exit the sport interface.
Press and hold the specific sport page for 3 seconds to start the corresponding sport and enter the detailed sport page. Press and hold for 3 seconds to finish the current sport and go back to the specific sport page.

Blood Pressure
Switch to the blood pressure interface. Start to measure the blood pressure automatically. Switch the menu to measure again.

Blood Oxygen
Switch to the blood oxygen interface. Wait for 10 seconds to measure the blood oxygen value automatically. Switch the menu to measure again.

Information
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.

Settings
Press and hold other function interfaces for 3seconds, and enter the submenu interface for more operations.

Version Information Brilliance Control Phone Search Restore Settings Power Off