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

**Installation for Quick Use of Bracelet**

1. **Battery Change**
   - The bracelet is powered by a built-in battery. To change the battery, use a small flat-head screwdriver or other tool to remove the screw at the bottom of the bracelet. Observe the + and - poles of the battery, and then insert the new battery according to the pole marks. Finally, use the screwdriver to screw it in place.

2. **Quick Use**
   - For the first time, please make sure to charge the bracelet before use. Also, if you have not used the bracelet for a long time, please charge it for at least 4 hours before using. Additionally, you can press and hold the function button for 3 seconds to enter the Quick Use interface. You can view the states of current steps, distance, and calories burned. For example, you can press the button to stop the current sport and return to the specific sport page.

3. **Switch to this interface to view the states of current steps, distances and calories burned while being used.**

4. **Blood Pressure**
   - The bracelet can monitor your blood pressure. To use this function, you need to download and install the app. After being connected, your bracelet will display the blood pressure automatically. Switch the menu to measure again.

5. **Blood Oxygen**
   - The bracelet can also monitor your blood oxygen level. After being connected, your bracelet will display your blood oxygen level automatically. Switch the menu to measure again.

6. **Badminton**
   - The bracelet can also be used for specific sport planning. After being connected, you can press the function button for 3 seconds to switch to the specific sport page.

7. **Call and Message Reminder**
   - The call and message reminder of the bracelet is open by default. The user can go to Personal Settings to choose whether to turn it on/off.

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

9. **Temperature**
   - The temperature can be changed by pressing the function button for 3 seconds. You can choose different temperature units in the app.

10. **History Data**
    - When being used for the first time, it is necessary to connect APP for the first time. After being connected, you can 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).

11. **Manual Connection**
    - When the bracelet is used for the first time, you need to connect it to the phone. You can do this through Bluetooth, and the phone will display the Bluetooth card. Then you can connect the phone to the bracelet.

12. **Pairing**
    - Bluetooth communication is the most frequently used communication method among various communication methods. The Bluetooth bracelet can connect to a mobile phone through Bluetooth connection. The user can use the phone to search for the bracelet and connect to it.

13. **Smart Alarm**
    - A total of 3 alarms can be set, which, after being set, can be turned on and off at any time. It can display the alarm time and week.

14. **Message Reminder**
    - When receiving messages, the bracelet shakes and displays the name or phone number of the caller. If the "Call Reject" is set to "Always reject", the bracelet will also display the name or phone number of the caller.

15. **Data Export**
    - When receiving QQ messages, the bracelet shakes and displays the QQ content. Click to view the QQ content. When receiving messages, the bracelet shakes and displays the message content. Click to view the message content.

16. **Phone Search**
    - Please set the personal information after entering the APP. Phone Search allows you to search for the phone. Connect the mobile phone to the Bluetooth bracelet to search for the mobile phone.

17. **Add device (IOS) / Add device (Android)**
    - Please wipe the water, the wristband can be used only for the charging end. After successful connection, the waterproof test will be performed, and the waterproof rating of IP67 will be confirmed.

18. ** contacted**
    - When data is exchanged through Bluetooth, which is a wireless communication method, the device needs to be within 10 meters. This is important for communication.

19. **synchronization**
    - Under the connection state, if the user does not exercise within an hour, the bracelet will vibrate to remind the user to exercise.

20. **data**
    - The reminder interval is one hour by default. You can go to the app to set the reminder interval.

21. **pairing**
    - Usually, you need to pair your bracelet with your mobile phone. The procedure is easy. First, turn on the Bluetooth on your mobile phone, then turn on the Bluetooth of the bracelet. Then, on your mobile phone, search for the bracelet within the Bluetooth. After searching, you can connect the bracelet to the mobile phone.

22. **heart**
    - When the bracelet is on, quickly touch the function key to light up the heart. You can also use the phone to search for the bracelet and connect to it.

23. **function**
    - Press and hold to choose different brilliance.

24. **material**
    - The material of the bracelet is stainless steel.

25. **battery**
    - The battery of the bracelet is rechargeable. Please charge it regularly to maintain its performance.

26. **sensor**
    - The sensor of the bracelet is a PPG sensor. The sensor needs to be close to the skin to ensure accurate measurement.

27. **screen**
    - The display screen is 1.3 cun IPS.

28. **charging**
    - The charging voltage is 5V. (The charging method is as recommended by the manufacturer. (The charging method is as recommended by the manufacturer.)

29. **length**
    - Length: 24 cm

30. **weight**
    - Weight: 31g

31. **material**
    - Material: Stainless steel

32. **waterproof level**
    - Waterproof level: IP67

33. **battery power**
    - Battery power: 180mAh, 666Wh

34. **battery life**
    - The battery life of the bracelet is up to 7 days.

35. **activity tracking**
    - The activity tracking function of the bracelet can track your daily steps, distance, calories burned, etc. You can view the information through the app.

36. **sleep monitoring**
    - The sleep monitoring function of the bracelet can track your sleep quality and duration. You can view the information through the app.

37. **alarm**
    - A total of 3 alarms can be set, which, after being set, can be turned on and off at any time. It can display the alarm time and week.

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