

# 智能手环 使用说明书



## 一、适配平台要求：



## 二、使用前准备

初次使用请确保手环电量充足，若电量无法开机，请先将手环进行充电。



心率传感器

充电接口

## 三、“TFit” APP下载方法

下载方法一：扫描二维码下载(安卓手机用户请扫描下载APP)



下载方法二：  
可在Apple Store/安卓市场搜索“TFit”直接下载；

## 四、绑定使用

长按手环触摸按键开机，请确保手机蓝牙开启，打开手机端“APP--点击左上角功能栏--点击APP图标--点击“搜索”-选择与手环匹配的MAC串码出现“蓝牙请求配对”点击“配对”并连接；

## 五、手环操作

长按中间6秒开机，手环连接成功后将同步手机时间日期；  
APP可以同步手环的运动状态如计步、睡眠、心率、血压等数据短按手环的功能，切换至关机界面时，长按触摸按钮即可关机。



## 六、功能列表

首页：显示时间、日期、电量；



计步：统计您一天的步数，每天24时清零，可在APP查看历史步数；

运动模式：统计您一天的运动时长，每天24时清零可在APP查看历史；

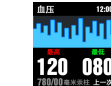
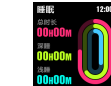
血氧测量：当功能切换至血氧界面，自动开始测量显示结果并传输至APP保存；



心率测量：当功能切换至心率界面，自动开始测量显示结果并传输至APP保存；

睡眠监测：统计您一天的睡眠时长，每天24时清零可在APP查看历史；

血压测量：当功能切换至血压界面，自动开始测量显示结果并传输至APP保存；



智能闹钟：在APP内设置闹钟，到时间时手环会震动提醒；

睡眠监测：手环默认开始睡眠监测监测您24小时的睡眠状态，在APP显示并保存数据；

久坐提醒：在APP“手环功能设置”中打开久坐提醒开关、设置时长等，当到设定时间手环震动提醒；

喝水提醒：在APP“手环功能设置”中打开喝水提醒开关、设置时长等，当到设定时间手环震动提醒；

智能防丢：在APP“手环功能设置”中打开智能防丢开关、当手机超过蓝牙距离时，手环会震动提醒；

消息通知：手环与APP配对成功后，手机收到的QQ、微信、短信等应用消息时手环端会亮屏并震动提醒；

来电提醒：手环与APP配对成后，当手机来电时，会在手环显示联系人信息提醒；

摇一摇拍照：在APP“手环功能设置”中打开此功能后，点击功能列表中的“摇一摇拍照”进入拍照界面通过摇一摇进行确认拍照；

找手环：点击APP功能列表中的“找手环”，手环会震动提醒；

恢复出厂设置：在手机APP里面把时间调到前一天或后一天同步一下即可清空手环数据；

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# Smart Bracelet User Manual



## 1. Compatible System of Phone and BLE Version :



## 2. User Preparation

Please make sure the device is full charged before the first time using.



Heart rate sensor  
USB interface

## 3. APP " TFit" Down-load Scan the QR Code



Can download the app " TFit" from the APPLE store OR Android market

## 4. Bracelet Connection

First Long press the touch button to turn on the bracelet. Make sure the smart phone bluetooth is on. Second, Open the "TFit" APP, Press the top left corner, enter into the APP FUNCTION LIST, then press the APP icon--press "Search" choose the right bracelet MAC number will show "Bluetooth Pairing request "press" Pair ;

## 5. Bracelet Operation

Long press the middle button for 6 seconds to start up. The time and date of the phone will be synchronized after the bracelet is connected successfully. the bracelet will syn the phone time date The APP will syn the bracelet sports datas heart rate monitoring datas blood pressure datas and etc. Short press the bracelet touch button to switch the function long press the touch button to turn ON/OFF.



## 6. Function Instruction

Home Display: Show Time, Date, Battery and etc;



**Pedometer :** 24 hours recording on bracelet Clear barcelet datas at 24:00, Can check; datas from the APP;



**Sports mode:** Statistics OF your day Exercise duration, 24:00 Am per day View history in APP;



**SPO2 Test:** Automatically measure the spO2 rate when the fuction switch to the Heart rate, or can press the heart rate monitor in APP, Datas will saved in the APP;



**Heart rate monitor :** Automatically measure the heart rate when the fuction switch to the Heart rate, or Can press the heart rate monitor in APP, Datas will saved in the APP



**Sleep monitoring:** Statistics of your day Sleep long clear at 24:00 Am View history in APP;



**Blood pressure :** Automatically measure the Blood pressure when the fuction switch to the Heart rate, or can press the heart rate monitor in APP , Datas will saved in the APP.



**Smart Alarm:** Find the "Smart Clock" on APP, Set the time, press the time, can set the repeat mode, press complete to save the setting, the bracelet will vibrate when time arrived.

**Sleep monitor :** Automatically record your Sleep status with analyzing the deep sleep and light sleep hours, datas saved in app,

**Sedentary Reminder :** Open the function in APP and set the time duration, the bracelet will vibrate

**Reminder for drinking :** Open the function in APP and set the time duration, the bracelet will vibrate

**Anti-lost :** Open the function in APP , the bracelet will vibrate when the phone is taken away

**Message Reminder :** Open the function in APP the bracelet will vibrate when the phone comes a new message (SMS, QQ, Facebook, Twitter, Whatsapp, Wecha. )

**Call Reminder :** Open the function in APP, the bracelet will vibrate when the phone comes.

**Shake the bracelet to take photo :** Open the function in APP, Then press the "Shake to take a photo" , enter into the camera, take the bracelet to confirm. (Make sure the mobile Phone setting: Allow the APP to take photo and save the photo)

**Find Bracelet :** Press the function in APP the bracelet will vibrate .

**Restore factory Settings:** set the time to the previous day in the mobile APP or the data of the bracelet can be cleared by synchronizing one day later;

\*The company reserves the right to make changes to the contents of the specification without notice.