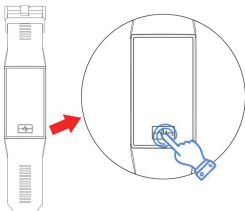# Temperature Fitness Tracker
User Manual

Thank you for choosing our product.
You can read this manual and have a
thorough understanding of the use and
operation of the equipment.
The company reserves the rights to
make changes to the contents of this
manual without prior notice.

Product includes: Package*1, manual*1, Smart band*1

1. Description of bracelet function
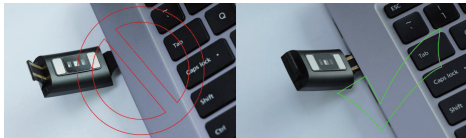
1.1 Description of touch key

A: Press and hold for 3 seconds to boot.

B: Click: select function downwards. Press and hold: confirm.

1.2 Charging instructions:

Please pay attention to the charging direction.

*Please be aware that the two contacts of charging cannot contact the conductor at the same time, or it may cause the burning of circuit.

1.3 Watch strap disassembly and assembly instructions:

1.1Standby dial plate interface:

1.2Temperature

After wearing the bracelet for the first time hold your wrist for 5 minutes, the skin temperature and body temperature can be detected. If the bracelet exceeds 37.3 °, the bracelet will vibrate to remind the high temperature.

1.3 Step count

The step count is enabled by default. This interface displays the current number of steps, kilometers, calories and heart rate. The data are cleared every day at 12 am.

1.4 Health

1) Heart rate, correctly wears the bracelet (left hand/right hand) on the wrist, enter the heart rate menu, and continuously measure the heart rate value. After the bracelet is bound to the app, the heart rate data is synchronized to the app in real time.

2) Blood pressure, correctly wears the bracelet (left hand/right hand) on the wrist, enter the blood pressure menu, measure the single blood pressure value. After the bracelet is bound to the app, the blood pressure data is synchronized to the app in real time.

3) Sleep, sleep monitoring period: 21:00 to 9:00 the next day, After the bracelet generates sleep and exits sleep monitoring, the bracelet sleep data can be synchronized to the APP after the bracelet is bound to APP.

1.5 heart rate variation

Make sure you are properly wear the bracelet on the wrist during ECG test. After the function is on, touch the screen position with finger to start measurement. The test ends at 30s. If it is less than 30s, it prompts to return to the fingertip page.

1.6 Breath guide

Enter the breath interface. After 2 minutes, the breath guide begins. After breath adjustment, follow the light spot to adjust breath.

1.7 Push message

Open the push message interface, bind the bracelet to the app. When notification permission is enabled, the new message received in the notification bar of the mobile phone will be pushed to the bracelet. A total of 5 messages can be saved, and the message received after 5 will overwrite previously received messages

1.8 Sports mode (walking, running, cycling, hiking, swimming, football, basketball, indoor running)

1.9 .1 Select the corresponding sports mode, press and hold the touch key on the screen to start the corresponding sports mode; long press the screen to jump to the end sports interface, click "   " to return to the sports interface to continue the

sports, click "   " to end the sports and save the data, click "   " to end the sports and not save the data;

2.0 Outdoor data

2.0.1 Weather

The mobile phone is connected to the network. After the app has acquired the weather information, bind the bracelet to the app. The weather information in the app is pushed to the bracelet.

2.0.2 Air pressure
The mobile phone is connected to the network. After the app has acquired the air pressure information, bind the bracelet to the app. The air pressure information in the app is pushed to the bracelet.

2.0.3 Elevation
The mobile phone is connected to the network. After the app has acquired the elevation information, bind the bracelet to the app. The elevation information in the app is pushed to the bracelet.

2.0.4 UV
The mobile phone is connected to the network. After the app has acquired the UV information, bind the bracelet to the app. The UV information in the app is pushed to the bracelet.

2.1 Common Tools
2.1.1 Vibration
Press and hold the touch key to switch on/off. (Enabling the vibration will affect the usage time)

2.2.2 Brightness adjustment
Press and hold the touch key to adjust among the three levels of low, medium and high.

2.2.3 Restore factory setting
Long press to select whether to restore the factory settings, all data in the bracelet will be cleared after recovery.

2.2.4 View version information
View the Bluetooth name and Bluetooth address and version number of the bracelet.

2.2.5 Shutdown
Long press to turn off the bracelet.

II. Bind app
1. APP download method
1.1 Scan QR code to download:

App store   **Google play**

1.2 Search and download in application market
Android:
Search HPlusFit to download in 360 application, Google play and other application market
IOS:
Search HPlusFit to download in App Store

Android phone: the application icon after HPlusFit installation is as shown:

iPhone device: the application icon after HPlusFit installation is as shown:

2 Bind Bluetooth
2.1 Unconnected status:
After the bracelet is turned on, the Bluetooth stays in the search state. After opening the APK/APP, enter the device-binding device and select the corresponding bracelet device name to bind the bracelet to the app.
2.2 App binding status
Bracelet time synchronization: After the bracelet is bound to the app, click to realize synchronization of the time and time system of the bracelet and the mobile phone.
2.3 Data synchronization
After the bracelet is bound to the app, the health data of the bracelet can be synchronized to the app end; after opening heart rate, sleep, and motion interface, click to select the date.
2.4 Message push
After the bracelet is bound to the app, the corresponding notification permission in the mobile phone system is enabled. Enter more- notification applications in the app to enable the corresponding third-party application.
2.4.1. Call notification:
In the personal application, enable the call notification. When the mobile terminal receives one or more incoming calls, the bracelet will receive one/multiple incoming call notifications at the same time;
2.4.2. SMS notification:
Enable the SMS notification in the personal application. When the mobile phone receives one/multiple SMS messages, the bracelet will receive one/multiple SMS notifications at the same time;
2.4.3. Other application message notifications:
Enable the corresponding application message notification, such as WeChat, QQ, Facebook, Twitter, etc. in the personal application. When the mobile phone receives one/multiple application message notifications, the bracelet will receive one/multiple corresponding message notifications at the same time.
2.5 Sedentary reminder
Set the start time, end time and sedentary time interval (minutes), threshold (steps), click to enter the Repeat to select the sedentary reminder date (week). When the sedentary time is up, the bracelet vibrates, showing sedentary icon.
2.6 Alarm reminder
Click the alarm reminder setting to add the alarm time. When the alarm time is up, the bracelet will prompt: the alarm icon.

2.7 Heart rate detection
Set the start time, end time and sedentary time interval (minutes), check the heart rate test and save.
2.8 Firmware upgrade
Detect whether the firmware version of the bracelet is the latest version. It will prompt if there is a new version and update to the latest version.
2.9 Unbind
Bind the bracelet to app; click unbinding with bracelet on the device interface to unbind the device. Please ignore the paired device in the phone settings of iPhone.

● **FAQ**

*Do not expose this device to overcooling or overheated conditions for a long time, otherwise it will cause permanent damage.

*Why can't wear watch when taking a hot bath?

As bath water temperature is high, it will generate mass steam which is in gaseous phase and characterized by small molecule radius. It is easy to penetrate through watch housing gap. When temperature lowers, it will become liquid phase water drop, which is easy to cause short circuit in the watch, resulting in damaged circuit board a nd watch.

*The watch can't start up or charge

If the newly received watch can't start up, it may be the reason that the battery is under protection due to collision during watch transportation. Plug in charging cable to activate the watch.

If your watch can't start up due to too low battery or the watch has not been used for a long time, please plug in USB cable and charge for half an hour for activation.

Warranty

1. If it appears quality problems caused by manufacturing, materials, design within one year（since the day of purchase）, we will offer free warranty for. We will offer free warranty for battery and adapter within 6 months. Premise is using normally and correctly.

2. About the fault caused by the user's personal reasons, we don't offer free warranty, as follows:

1). Disassemble or refit the product.

2). Caused by immodesty drop

3). All artificial damage or misuse (such as: make water into the host, the external force shatter, scratch damage of peripheral components, etc.), all these are beyond the scope of the warranty.

3. When ask for free warranty, you must provide a warranty card with the seal of purchase place and purchase date.

4. If you met problems during use, please contact the shop customer service which you bought from.

5. Please make the final products as the standard.

Date of purchase:

IMEI code:

Buy store:

Customer signature:

Clerk Signature:

Shop stamp: