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Wee'Plug SB-18

Wee'Plug SB-18 Activity Tracker User Manual

Model: SB-18

INTRODUCTION

The Wee'Plug SB-18 Activity Tracker is designed to help you monitor your daily activities and health metrics. This device features precise heart rate and blood pressure measurement, step and distance tracking, calorie consumption calculation, and sleep cycle monitoring. It also provides notifications for calls and messages, and customizable reminders. Compatible with both iOS and Android devices, the SB-18 offers a comprehensive overview of your fitness journey.

SAFETY INFORMATION

- Consult your doctor before starting any new exercise program, especially if you have pre-existing health conditions.
- This device is not a medical device and should not be used to diagnose or treat any medical condition.
- Keep the device away from extreme temperatures and direct sunlight.
- Do not attempt to disassemble or repair the device yourself.
- Keep out of reach of children.
- Avoid prolonged contact with moisture to prevent damage, despite its water resistance.

PACKAGE CONTENTS

Please check the box for the following items:

- Wee'Plug SB-18 Activity Tracker
- User Manual

PRODUCT OVERVIEW

The Wee'Plug SB-18 features a sleek design with an OLED display and a touch-sensitive button for navigation. The display supports both horizontal and vertical orientation. The back of the device houses the optical sensor for heart rate and blood pressure measurements.



Front view of the Wee'Plug SB-18 Activity Tracker, showing the display with step count.



Side profile of the Wee'Plug SB-18, highlighting its slim design.



Another angle of the Wee'Plug SB-18, showing the adjustable strap and metal clasp.

SETUP

1. Charging the Device

Before first use, fully charge your Wee'Plug SB-18. The device has an integrated USB charging port. Gently pull the strap to reveal the USB connector and plug it into any standard USB port (e.g., computer, USB wall adapter). A full charge typically takes 1-2 hours.

2. Downloading the App

To unlock the full potential of your activity tracker, download the companion application. Search for the official Wee'Plug app on the [App Store \(iOS 7 or higher\)](#) or [Google Play Store \(Android 4.3 or higher\)](#). Install the app on your smartphone.

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.

2. Open the Wee'Plug application.
3. Follow the on-screen instructions to create an account or log in.
4. Navigate to the device pairing section within the app.
5. The app will search for available devices. Select "SB-18" from the list.
6. Confirm the pairing request on both your phone and the tracker if prompted.
7. Once paired, the time and date on your tracker will automatically synchronize with your phone.

OPERATING INSTRUCTIONS

Basic Navigation

The SB-18 features a single touch-sensitive button located below the display. Tap the button to cycle through different display modes (time, steps, distance, calories, heart rate, blood pressure). A long press may activate certain functions or enter sub-menus, depending on the current mode.

Activity Tracking

- **Steps, Distance, Calories:** The tracker automatically records your daily steps, calculates the distance covered, and estimates calories burned based on your profile information. View these metrics by tapping the touch button.
- **Heart Rate and Blood Pressure:** To measure your heart rate or blood pressure, navigate to the respective screen on the tracker. Ensure the device is worn snugly on your wrist. The optical sensor on the back will emit a green light during measurement. Remain still during the process for accurate readings.



The SB-18 displaying heart rate and blood pressure readings, with the green optical sensor light visible.

- **Sleep Monitoring:** Wear the tracker to bed, and it will automatically monitor your sleep cycle, recording deep sleep, light sleep, and awake times. Review your sleep quality data in the companion app.
- **Notifications:** Once paired, the tracker will vibrate and display notifications for incoming calls and messages (SMS, social media apps). The caller ID or message content will be shown on the screen.
- **Reminders:** Set custom reminders through the app for various purposes, such as drinking water, taking medication, or attending meetings. The tracker will vibrate at the scheduled times.
- **Data Synchronization:** Your activity data is automatically synchronized with the app when your tracker is connected via Bluetooth. You can view historical results and detailed reports within the app.

MAINTENANCE

- **Cleaning:** Wipe the device regularly with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners.

- **Water and Dust Resistance:** The SB-18 is resistant to water and dust (waterproof). It is suitable for daily use and can withstand splashes or brief immersion. However, it is not recommended for swimming or showering.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device when the battery level is low. If storing the device for an extended period, charge it to about 50% and store it in a cool, dry place.

TROUBLESHOOTING

Problem	Possible Solution
Device does not turn on.	Ensure the device is fully charged. Connect it to a USB power source for at least 30 minutes.
Cannot pair with smartphone.	<p>Make sure Bluetooth is enabled on your phone.</p> <p>Ensure the tracker is within Bluetooth range (approx. 10 meters).</p> <p>Restart both the tracker and your phone.</p> <p>Forget the device in your phone's Bluetooth settings and try pairing again through the app.</p> <p>Check if the app is updated to the latest version.</p>
Inaccurate heart rate/blood pressure readings.	<p>Ensure the tracker is worn snugly on your wrist, about one finger's width above the wrist bone.</p> <p>Remain still during measurement.</p> <p>Clean the sensor on the back of the device.</p>
Notifications are not received.	<p>Check app settings to ensure notification permissions are granted.</p> <p>Verify that the app is running in the background.</p> <p>Ensure the tracker is connected to your phone via Bluetooth.</p>

SPECIFICATIONS

Model	SB-18
Display	0.86" OLED
Connectivity	Bluetooth 4.0
Battery Capacity	80 mAh
Battery Life	Up to 5 days (typical use)
Dimensions	225 x 20 x 13 mm
Weight	30 g
Compatibility	iOS 7 or higher, Android 4.3 or higher
Water & Dust Resistance	Yes (Waterproof, suitable for daily use, not for swimming/showering)

Material	Plastic
Features	Heart Rate Monitor, Blood Pressure Monitor, Step Counter, Distance Tracker, Calorie Counter, Sleep Monitor, Call/Message Notifications, Customizable Reminders

WARRANTY AND SUPPORT

Wee'Plug products are designed and manufactured to the highest quality standards. For information regarding warranty coverage and customer support, please refer to the warranty card included with your product or visit the official Wee'Plug website. If you encounter any issues not covered in this manual, please contact Wee'Plug customer service for assistance.

