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› **Forever ForeFit SB-130 Smart Bracelet User Manual**

## FOREVER SB-130

# Forever ForeFit SB-130 Smart Bracelet User Manual

Model: SB-130  
Brand: FOREVER

## 1. INTRODUCTION

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Thank you for choosing the Forever ForeFit SB-130 Smart Bracelet. This device is designed to help you monitor your daily activity, track your health metrics, and stay connected. It features activity tracking, heart rate monitoring, blood pressure control, and is IP67 water-resistant. Please read this manual carefully before using the device to ensure proper operation and maintenance.



Image: The ForeFit SB-130 smart bracelet, black in color, showing the digital display with current time (09:37 PM), date (02/04 SAT), battery indicator, Bluetooth connection icon, and step count (10420 steps).

## 2. SAFETY INFORMATION

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- The ForeFit SB-130 is not a medical device. The health data provided (heart rate, blood pressure) is for reference only and should not be used for medical diagnosis or treatment. Consult a medical professional for any health concerns.
- Do not expose the device to extreme temperatures (hot or cold) or direct sunlight for prolonged periods.
- Keep the device away from strong magnetic fields.
- While the device is IP67 water-resistant, it is not suitable for diving or prolonged submersion. Avoid contact with hot water, steam, or corrosive liquids.
- Do not attempt to disassemble or repair the device yourself. This will void the warranty and may cause damage.
- Dispose of the device and its battery according to local regulations. Do not dispose of in household waste.

## 3. SETUP

### 3.1 Unboxing

Upon opening the package, ensure all components are present:

- Forever ForeFit SB-130 Smart Bracelet
- User Manual



Image: The retail packaging for the Forever ForeFit smart bracelet. The box is primarily green and white, featuring an image of the black smart bracelet and icons for Heart Rate, Sport Mode, Pedometer, and Stopwatch.

### 3.2 Charging the Device

Before first use, fully charge the smart bracelet. To charge, gently pull the strap to detach the main unit from the band. The USB charging connector is integrated into the main unit. Insert the USB connector into a standard USB port (e.g., computer, USB wall adapter).



Image: The main unit of the ForeFit SB-130 smart bracelet, detached from its strap, with its integrated USB connector plugged into a laptop's USB port for charging.

### **3.3 Downloading and Installing the App**

The ForeFit SB-130 requires the "Forever Smart" application for full functionality. Download the app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS).

1. Search for "Forever Smart" in your app store.
2. Download and install the application.
3. Ensure your smartphone's Bluetooth is enabled.

### **3.4 Pairing with Smartphone**

Open the "Forever Smart" app on your smartphone and follow the on-screen instructions to pair your SB-130 bracelet. Ensure the bracelet is charged and within Bluetooth range of your phone.

1. Launch the "Forever Smart" app.
2. Register or log in if prompted.
3. Navigate to the device pairing section (usually found in settings or a dedicated 'Device' tab).
4. Select your SB-130 from the list of available devices.

5. Confirm the pairing on both the app and the bracelet if a prompt appears.

### 3.5 Initial Setup and Profile Creation

After successful pairing, the app will guide you through setting up your personal profile, including:

- Gender, Height, Weight, Age
- Daily step goal
- Units of measurement (metric/imperial)

## 4. OPERATING THE DEVICE

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### 4.1 Basic Navigation

The SB-130 features a single touch-sensitive button/area at the bottom of the display for navigation. Tap to cycle through different screens and long-press to select or activate functions.



Image: A person's hand pointing to the screen of the ForeFit SB-130 smart bracelet worn on their wrist, demonstrating interaction with the device's display.

## 4.2 Time and Date Display

The default screen displays the current time and date, synchronized with your paired smartphone.



Image: The ForeFit SB-130 smart bracelet showing the digital display with the date (02/04 TUE) and time (12:38) prominently, along with battery and Bluetooth icons.

## 4.3 Activity Tracking

The bracelet automatically tracks your daily steps, distance traveled, and estimated calories burned. View these metrics by tapping the touch button to cycle through the screens.

## 4.4 Heart Rate Monitoring

To measure your heart rate, navigate to the heart rate screen on the bracelet. Ensure the bracelet is snug on your wrist. The measurement will start automatically. For continuous monitoring, enable the feature in the "Forever Smart" app settings.



Image: The ForeFit SB-130 smart bracelet shown with a green heart rate waveform graphic extending from its side, indicating its heart rate monitoring capability.

## 4.5 Blood Pressure Monitoring

To measure your blood pressure, navigate to the blood pressure screen. Keep your arm still and relaxed. The measurement will begin automatically. Remember, this is for reference only.



Image: The ForeFit SB-130 smart bracelet displaying blood pressure readings (120/80 mmHg) on its screen, with a stylized blood drop and thermometer icon above the numbers.

#### **4.6 Sleep Monitoring**

Wear the bracelet to bed, and it will automatically track your sleep patterns, including deep sleep, light sleep, and awake times. View detailed sleep data in the "Forever Smart" app.

#### **4.7 Notifications**

Enable call, SMS, and app notifications in the "Forever Smart" app to receive alerts directly on your bracelet.

#### **4.8 Sport Modes**

The SB-130 supports various sport modes, including walking, running, cycling, and climbing. Select a mode on the bracelet or through the app to track specific workout data.

#### **4.9 Stopwatch**

Access the stopwatch function on the bracelet to time your activities. Tap to start/stop and long-press to reset.

### **5. MAINTENANCE**

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## 5.1 Cleaning the Device

Regularly clean your bracelet to ensure optimal performance and hygiene. Use a soft, damp cloth to wipe the display and the band. For the sensors on the back, use a dry cotton swab to gently remove any debris.

## 5.2 Water Resistance (IP67)

The SB-130 is IP67 rated, meaning it is protected from dust and can withstand immersion in water up to 1 meter for up to 30 minutes. However, it is not recommended for showering with hot water, swimming, or diving. Always dry the device thoroughly after it gets wet.

## 5.3 Battery Care

To prolong battery life:

- Avoid fully discharging the battery frequently.
- Charge the device using a standard 5V/1A USB power source.
- Store the device in a cool, dry place if not used for extended periods.

## 5.4 Software Updates

Periodically check the "Forever Smart" app for available firmware updates for your bracelet. Updates can improve performance, add new features, or fix bugs. Ensure the bracelet is sufficiently charged before starting an update.

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# 6. TROUBLESHOOTING

## 6.1 Device Not Turning On/Charging

- Ensure the USB connector is fully inserted into a working USB port.
- Try a different USB port or power adapter.
- Clean the charging contacts on the bracelet if they appear dirty.

## 6.2 Connection Issues (Bluetooth)

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the bracelet is within Bluetooth range (typically 10 meters) of your phone.
- Restart both your smartphone and the bracelet.
- If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the "Forever Smart" app.

## 6.3 Inaccurate Readings (HR, BP, Steps)

- **Heart Rate/Blood Pressure:** Ensure the bracelet is worn snugly on your wrist, about one finger's width from your wrist bone. Remain still during measurement. Avoid talking or moving.
- **Steps:** Ensure your personal information (height, weight) is accurate in the app. Arm movements can sometimes affect step count.
- Clean the sensors on the back of the bracelet.

## 6.4 App Issues

- Ensure the "Forever Smart" app is updated to the latest version.
- Clear the app's cache or reinstall the app.
- Check if your smartphone's operating system is compatible with the app.

## 6.5 Screen Not Responding

- Try restarting the bracelet (if an option is available in the app or by long-pressing the touch button).
- Ensure the battery is not completely drained.

## 7. SPECIFICATIONS

Feature	Specification
Brand	FOREVER
Model Name	SmartBand (SB-130)
Model Number	5900495738264
Package Dimensions	13 x 8 x 2.5 cm
Item Weight	40.8 grams
Screen Size	1.5 Centimeters
Color Screen	No
Compatible Devices	Smartphone
Wireless Type	Bluetooth
Human Interface Input	Touchscreen
Water Resistance Level	IP67 (Waterproof)
Batteries Included	Yes
Batteries Required	Yes
First Available Date	May 23, 2019

## 8. WARRANTY AND SUPPORT

### 8.1 Warranty Information

The Forever ForeFit SB-130 Smart Bracelet comes with a standard manufacturer's warranty. Please refer to the warranty card included in your product packaging or visit the official FOREVER website for detailed warranty terms and conditions. The warranty typically covers manufacturing defects and malfunctions under normal use.

### 8.2 Customer Support

If you encounter any issues not covered in this manual or require further assistance, please contact FOREVER customer support. You can usually find contact information (email, phone number, or support portal) on the

official FOREVER website or on your product packaging.

When contacting support, please have your product model (SB-130) and purchase details ready.

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