muvit iO B07SMPYFZH

Muvit IO Smart Activity and Sport Bracelet User Manual

Model: B07SMPYFZH

Introduction

This manual provides comprehensive instructions for the Muvit IO Smart Bracelet, a versatile activity tracker designed to help you monitor your health and fitness. It features a 0.96-inch LCD touchscreen, sleep monitoring, blood pressure monitoring, pedometer, and IP68 water resistance. Please read this manual carefully before using your device to ensure proper operation and maintenance.



Figure 1: Muvit IO Smart Bracelet. This image shows the black smart bracelet with a rectangular screen displaying digital time (09:28 AM), step count (23456), calorie burn (234), and heart rate (78). The strap is black with a silver buckle.

1. Setup

1.1 Charging the Device

Before first use, fully charge your Muvit IO Smart Bracelet. Connect the charging cable to the charging port on the device and plug the USB end into a power adapter (not included) or a computer's USB port. The battery icon on the screen will indicate charging status.

- Charging time: Approximately 1-2 hours for a full charge.
- Battery composition: Lithium-ion.

1.2 Downloading the App

To unlock all features and synchronize data, download the official Muvit IO app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS). Search for "Muvit IO" or scan the QR code provided in the quick start guide (if applicable).

1.3 Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Muvit IO app and follow the on-screen instructions to create an account or log in.
3. Select "Add Device" or "Pair Device" within the app.
4. The app will search for nearby devices. Select "Muvit IO Bracelet" from the list of found devices.
5. Confirm the pairing request on both your smartphone and the bracelet if prompted.
6. Once paired, the bracelet's time and date will automatically synchronize with your phone.

2. Operating Instructions

2.1 Navigating the Touchscreen

The Muvit IO Smart Bracelet features a 0.96-inch IPS color touchscreen (160 x 80 pixels). Swipe up, down, left, or right to navigate through different menus and functions. Tap the screen to select an option or confirm an action.

2.2 Activity Tracking

- **Pedometer:** Automatically tracks your steps throughout the day.
- **Distance:** Calculates the distance walked or run based on your steps and stride length.
- **Calories:** Estimates calories burned based on your activity level and personal data.
- **Heart Rate Monitor:** Provides real-time heart rate readings. Ensure the bracelet is snug on your wrist for accurate measurements.
- **Blood Pressure Monitor:** Measures blood pressure. For best results, remain still and relaxed during measurement.
- **Sleep Monitor:** Tracks your sleep patterns, including deep sleep, light sleep, and awake times. Data is synchronized to the app for detailed analysis.

2.3 Smart Notifications

Once paired with your smartphone, the bracelet can display notifications for incoming calls, SMS messages, and alerts from various social media applications. Enable specific app notifications within the Muvit IO app settings.

2.4 Alarms

Set alarms through the Muvit IO app. The bracelet will vibrate to alert you at the set time, providing a silent wake-up or reminder.

2.5 Water Resistance (IP68)

The Muvit IO Smart Bracelet is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, including hand washing, rain, and swimming in shallow water. However, it is not recommended for hot showers, saunas, or diving.

3. Maintenance

3.1 Cleaning the Device

Regularly clean your bracelet, especially the sensor area, to ensure accurate readings and prevent skin irritation. Use a soft, damp cloth to wipe the device. Do not use harsh chemicals or abrasive cleaners.

3.2 Battery Care

- Avoid fully discharging the battery frequently.
- Charge the device regularly, even if not in use, to maintain battery health.
- Store the device in a cool, dry place if not used for extended periods.

3.3 Storage

When not in use, store the bracelet in a clean, dry environment away from direct sunlight and extreme temperatures.

4. Troubleshooting

- **Device not turning on:** Ensure the device is fully charged.
- **Cannot pair with smartphone:**
  - Ensure Bluetooth is enabled on your phone.
  - Make sure the bracelet is within Bluetooth range.
  - Restart both the bracelet and your phone.
  - Try unpairing and re-pairing the device through the app.
- **Inaccurate readings (steps, heart rate):**
  - Ensure the bracelet is worn snugly on your wrist, about one finger's width above the wrist bone.
  - Clean the sensor on the back of the device.
  - Ensure your personal information (height, weight) is accurately entered in the app.
- **Notifications not appearing:**
  - Check app notification settings on your phone and within the Muvit IO app.
  - Ensure the app is running in the background.

5. Specifications

Feature	Detail
Brand	muvit iO
Model Number	B07SMPYFZH
Display	0.96" IPS Color Touchscreen (160 x 80 pixels)
Connectivity	Bluetooth 4.0
Battery Type	Lithium-ion (included)
Water Resistance	IP68 (Waterproof)
Color	Black
Item Weight	100 Grams
Manufacturer	MUVIT

6. Warranty and Support

Information regarding specific warranty terms and conditions for the Muvit IO Smart Bracelet is not available in this manual. Please refer to the product packaging or the official Muvit iO website for warranty details and customer support contact information.
For software updates, please check the Muvit IO app regularly. Information on guaranteed software updates is not available.
Spare parts availability information is not available.

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