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## Smart Bracelet M4

# M4 Smart Bracelets User Manual

Model: M4

## INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your M4 Smart Bracelet. Please read this manual carefully before using the device to ensure proper functionality and to maximize its lifespan. The M4 Smart Bracelet is designed to monitor various health metrics and provide smart notifications. Key features include heart rate and blood pressure monitoring, sleep tracking, multi-sport modes, and call/message reminders.

## PRODUCT OVERVIEW



Figure 1: Front view of the M4 Smart Bracelet displaying the time, date, and activity progress.

The M4 Smart Bracelet features a compact design with a clear display. It is equipped with sensors for health monitoring and a touch-sensitive interface for navigation.

## Components:

- Smart Bracelet Unit (main device)
- USB Charging Cable (integrated into the bracelet for direct USB charging)
- User Manual (this document)

**Note:** The M4 Smart Bracelet integrates a USB flash drive for charging, eliminating the need for a separate cable in some configurations. Please refer to the charging section for details.

## SETUP

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### 1. Charging the Device

Before first use, fully charge your M4 Smart Bracelet. The device features a direct USB charging design. Gently pull the strap to reveal the USB connector and plug it into any standard USB port (e.g., computer, USB wall adapter).

- Charging time: Approximately 1-2 hours for a full charge.
- The battery icon on the display will indicate charging status.

### 2. App Installation and Pairing

To unlock the full functionality of your M4 Smart Bracelet, you need to install the companion application on your smartphone.

1. **Download the App:** Scan the QR code provided in the packaging or search for the official "M4 Smart Bracelet" app in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the installed application.
4. **Pair Device:** Follow the in-app instructions to search for and pair with your M4 Smart Bracelet. The device will typically appear as "M4" or a similar identifier.
5. **Profile Setup:** Complete your personal profile within the app (e.g., age, height, weight) for accurate health data tracking.

## OPERATING INSTRUCTIONS

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### Basic Navigation

The M4 Smart Bracelet is operated primarily through its touch-sensitive button located at the bottom of the display.

- **Short Press:** To cycle through different display screens (Time, Steps, Heart Rate, etc.).
- **Long Press:** To activate a function or enter a sub-menu (e.g., start a workout, confirm a selection).

### Key Features and Functions

The M4 Smart Bracelet offers a range of features to support your health and fitness goals:

- **Heart Rate & Blood Pressure Monitoring:** The bracelet continuously monitors your heart rate and blood pressure. Data can be viewed on the device and in the app.
- **Sleep Monitoring:** Automatically tracks your sleep patterns (deep sleep, light sleep, awake time) when worn during sleep.

- **Multi-Sport Mode:** Supports various activities including Badminton, Rope Skipping, Football, Basketball, Running, Cycling, Walking, and Swimming. Select the desired mode before starting your activity.
- **Smart Notifications:** Receives call reminders, SMS, QQ, WeChat, Skype, Facebook, and WhatsApp notifications directly on your wrist when connected to your smartphone.
- **Sedentary Reminder:** Alerts you when you have been inactive for too long.
- **Remote Camera Control:** Use the bracelet as a remote shutter for your smartphone camera.
- **Weather Forecast:** Displays current weather information (requires app synchronization).

## MAINTENANCE

### Cleaning

- Wipe the device regularly with a soft, damp cloth.
- Do not use abrasive cleaners or solvents.
- Ensure the charging contacts are clean and dry before charging.

### Storage

- Store the bracelet in a cool, dry place when not in use.
- Avoid extreme temperatures and direct sunlight.

### Battery Care

- Charge the device fully before long periods of inactivity.
- Avoid completely draining the battery frequently to prolong its lifespan.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery.	Charge the device for at least 30 minutes.
Cannot pair with smartphone.	Bluetooth is off; device is out of range; app issue.	Ensure Bluetooth is on. Bring device closer to phone. Restart app and device.
Inaccurate heart rate/BP readings.	Improper fit; movement during measurement.	Ensure the bracelet is snug but comfortable on your wrist. Remain still during measurement. Note that this device is not a medical instrument.
Notifications not received.	App permissions; Bluetooth disconnected; app not running in background.	Check app notification permissions. Reconnect Bluetooth. Ensure app is running.

## SPECIFICATIONS

Feature	Detail
Model	M4

Feature	Detail
Brand	Smart Bracelet
Operating System	Proprietary OS
Connectivity	USB, Wireless (Bluetooth)
Special Features	Heart Rate Monitor, Blood Pressure Monitor, Sleep Tracker, Multi-Sport Modes, Notification Alerts, Sedentary Reminder, Remote Camera
Display	Touchscreen
Item Weight	1.3 ounces
Package Dimensions	5.31 x 3.11 x 1.1 inches
What's in the Box	1 x Heart Rate Monitor (M4 Smart Bracelet)

## WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the documentation included with your purchase or contact the manufacturer directly. Keep your proof of purchase for warranty claims.


**Manufacturer:** SMART BRACELET


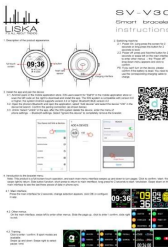


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### Related Documents - M4

 <small>Smart Band Activity Tracker User's Guide for Model IFBT38B-2112-01</small>	<p><a href="#">iLive Smart Band Activity Tracker IFBT38B-2112-01 User Guide</a></p> <p>User's guide for the iLive Smart Band Activity Tracker, Model IFBT38B-2112-01. Covers features, waterproof rating, battery charging, app download and connection, watch display functions including pedometer, calories burned, distance, sleep tracking, heart rate, blood oxygen, blood pressure, find phone, ID and power off, alarm, call and text notifications, exercise, sleep, health, and settings pages.</p>
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 <p><b>B57008</b> User Manual</p> <p>Please read this manual before using the product to fully understand its use and operation.</p>	<p><a href="#">Marea Smartwatch B57008 User Manual</a></p> <p>User manual for the Marea Smartwatch B57008, covering setup, features, and operation. Learn how to connect, use health tracking, notifications, and other functions.</p>
 <p><b>SV-V30</b> Smart Bracelet User Manual and Instructions</p>	<p><a href="#">Liska SV-V30 Smart Bracelet User Manual and Instructions</a></p> <p>Comprehensive guide for the Liska SV-V30 Smart Bracelet, detailing setup, features like heart rate monitoring, sleep tracking, sports modes, and troubleshooting.</p>
<p><b>USER MANUAL</b></p> <p>PLEASE BE SURE TO READ THIS INSTRUCTIONS THOROUGHLY BEFORE BEGINNING TO USE YOUR SMART WATCH.</p> <p><b>I. Smart Watch Introduction</b></p> <p>This smart watch is a general wellness product designed to track physical fitness, heart rate, blood pressure, and sleep. Learn how to operate the device, connect it to the Wearfit Pro App via Bluetooth, and utilize features like sports modes, message notifications, remote camera control, and music playback. Discover essential specifications, charging guidelines, and important care notes to ensure optimal performance and longevity of your Smart Watch.</p>	<p><a href="#">Smart Watch User Manual and Fitness Tracker Guide</a></p> <p>This user manual provides comprehensive instructions for the Smart Watch, a general wellness product designed to track physical fitness, heart rate, blood pressure, and sleep. Learn how to operate the device, connect it to the Wearfit Pro App via Bluetooth, and utilize features like sports modes, message notifications, remote camera control, and music playback. Discover essential specifications, charging guidelines, and important care notes to ensure optimal performance and longevity of your Smart Watch.</p>
 <p><b>Amszke Smart Watch User manual</b></p>	<p><a href="#">Amszke Smart Watch User Manual and Features</a></p> <p>Comprehensive guide to the Amszke Smart Watch, covering setup, features like heart rate monitoring, sleep tracking, sports modes, Bluetooth connectivity, and troubleshooting.</p>
 <p><b>B57007</b> User Manual</p> <p>Please read this manual to fully understand its use and operation. The company reserves the right to make changes to the contents of this manual without prior notice.</p>	<p><a href="#">Marea Smart B57007 User Manual</a></p> <p>User manual for the Marea Smart B57007 fitness tracker, covering component introduction, charging, app installation, main functions like steps, heart rate, blood pressure, blood oxygen, sports modes, women's health, breathing exercises, messages, settings, and sleep monitoring. Includes cautions and a FAQ section.</p>