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› KoreHealth KoreTrak Pro Fitness Tracker User Manual

KoreHealth KoreTrak Pro

KoreHealth KoreTrak Pro Fitness Tracker User Manual

Model: KoreTrak Pro

INTRODUCTION

The KoreTrak Pro Fitness Tracker is designed to help you monitor key health and fitness metrics, including heart rate, blood oxygen levels, steps, calories burned, and sleep patterns. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.

PACKAGE CONTENTS

- KoreTrak Pro Fitness Tracker
- User Manual (this document)



Image: KoreTrak Pro Fitness Tracker and its retail box.

SETUP

1. Charging the Device

Before first use, fully charge your KoreTrak Pro. The device features a built-in USB charging connector.

1. Locate the bottom band of the tracker, next to the USB symbol underneath the rear sensor.
2. Remove the bottom band with a slight twist and pull motion to reveal the USB connector.
3. Plug the KoreTrak Pro into any standard USB-A port (e.g., computer, wall adapter, power bank). Ensure the conductive plates on the tracker align with the USB port.
4. Look for the charging indicator on the KoreTrak Pro screen to confirm it is charging. A full charge typically takes 1-2 hours and provides 5-7 days of battery life depending on usage.

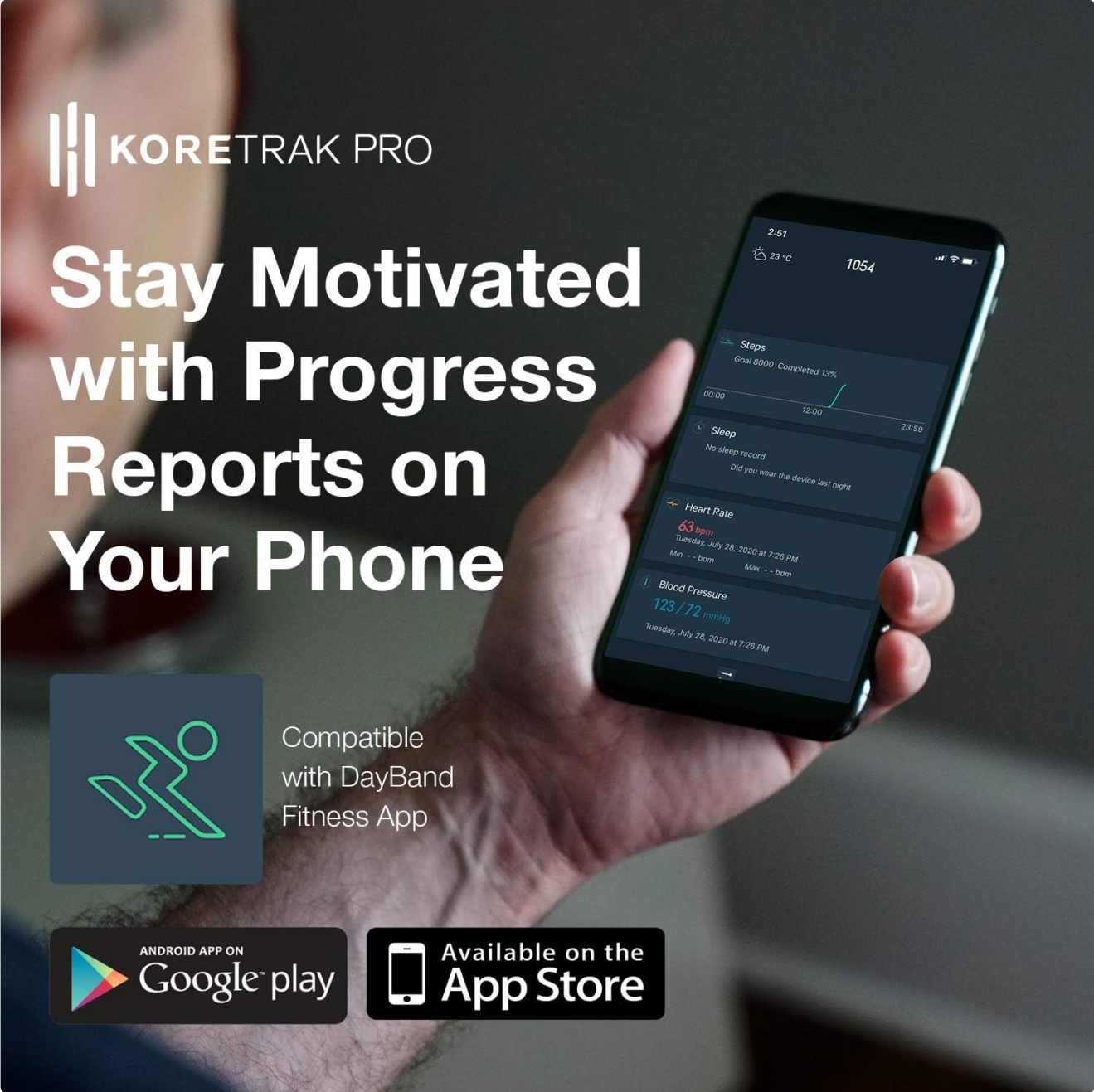
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Video: Instructions on how to charge the KoreTrak Pro by removing the band and plugging it into a USB port.

2. App Installation and Pairing

To unlock the full potential of your KoreTrak Pro, download and install the companion app on your smartphone.

- Search for the "DayBand Fitness App" on the Google Play Store (for Android 4.0 and above) or Apple App Store (for iPhone iOS 8.0 and above).
- Install the app and follow the on-screen instructions to create an account and pair your KoreTrak Pro via Bluetooth.



KORETRAK PRO

Stay Motivated with Progress Reports on Your Phone

Compatible with DayBand Fitness App

ANDROID APP ON **Google play**

Available on the **App Store**

Image: The KoreTrak Pro showing compatibility with the DayBand Fitness App, available on Google Play and the App Store.

OPERATING INSTRUCTIONS

1. Navigating the Device

The KoreTrak Pro features a 1.08" full-color display and one-touch control for easy navigation.

- Tap the touch button to cycle through different display modes (time, steps, heart rate, etc.).
- Long press the touch button to activate specific functions or enter sub-menus, such as starting a sport mode.





Image: The KoreTrak Pro display showing current time, date, steps, heart rate, and calories burned.

2. Health and Fitness Tracking

The KoreTrak Pro monitors various health metrics:

- **Heart Rate Monitor:** Provides real-time heart rate readings.
- **Blood Oxygen Levels:** Tracks blood oxygen saturation.
- **Step Counter:** Records your daily steps.
- **Calorie Counter:** Estimates calories burned during activities.
- **Multi-Sport Tracking:** Personalize your workouts with various sport modes.

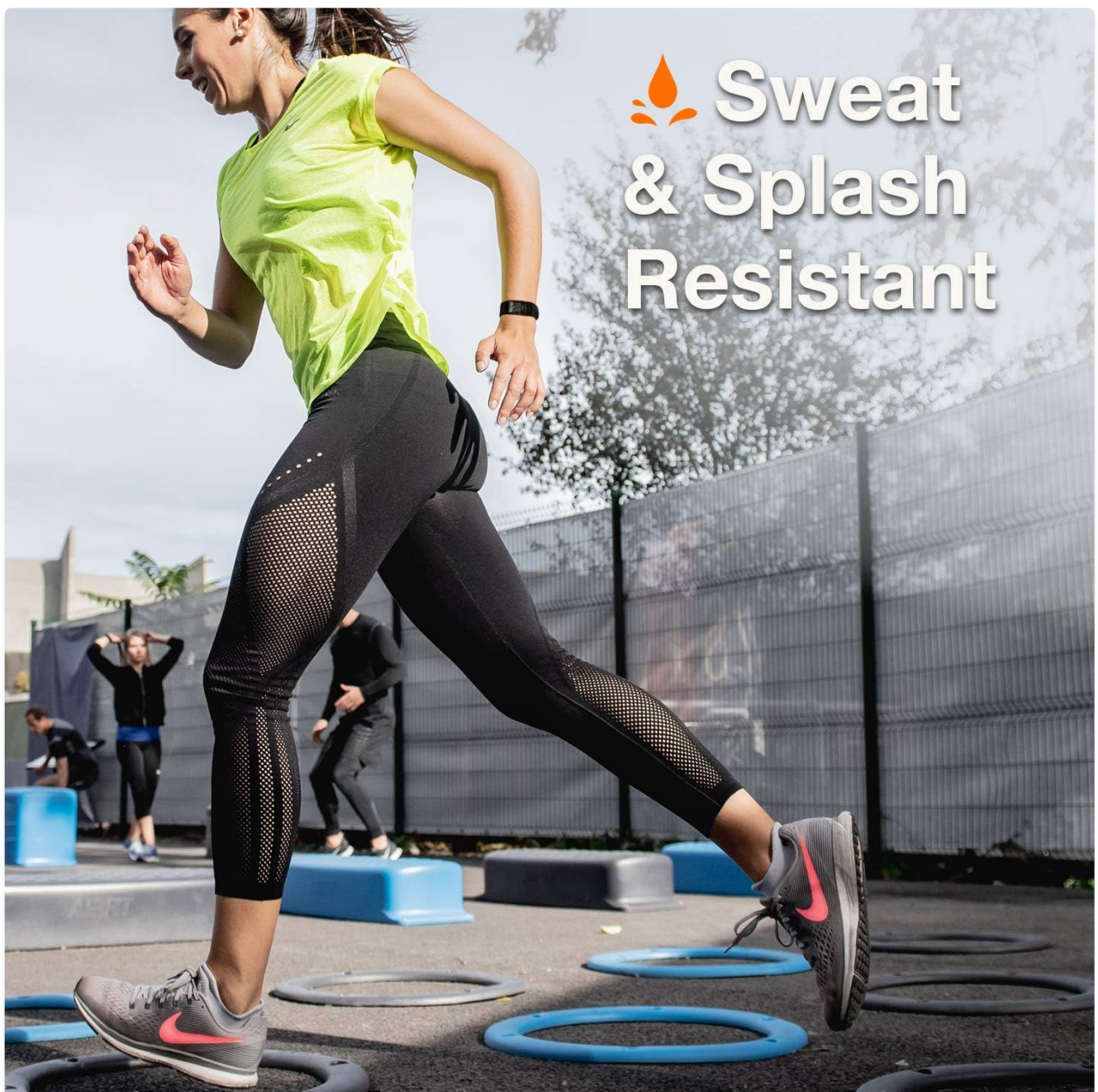


Image: A person wearing the KoreTrak Pro, highlighting its ability to track calories burned, sleep cycles, heart rate, blood oxygen levels, and body temperature.

3. Sleep Monitoring

To analyze your sleep patterns, wear the KoreTrak Pro overnight on the outside of your left arm, just below the wrist.

1. Sleep as you normally would with the device on.
2. The next day, open the DayBand app.
3. Scroll down and tap on the "Sleep" widget to view your sleep cycle broken down into total, deep sleep, light sleep, and awake times.
4. You can view sleep patterns over time by tapping the "Week" or "Month" icons, or select a specific date using the calendar icon.

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Video: Demonstrates how to check sleep patterns using the KoreTrak Pro and the DayBand app, showing deep, light, and awake sleep durations.



Image: The KoreTrak Pro on a wrist, with a smartphone displaying detailed sleep tracking data from the app, including deep sleep, light sleep, and awake times.

4. Notifications and Alerts

Stay connected with vibration alerts for incoming calls and text messages. The device is compatible with Android 4.0+ and iOS 8.0+.

- Ensure Bluetooth is enabled on your smartphone and the KoreTrak Pro is paired.
- Configure notification settings within the DayBand app to receive alerts on your tracker.
- Customizable inactivity alerts can remind you to move throughout the day.

MAINTENANCE

1. Cleaning and Care

- Wipe the device regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive cleaners.
- Ensure the charging contacts are clean and dry before charging.

2. Water Resistance

The KoreTrak Pro has an IP67 waterproof rating, meaning it is resistant to sweat and splashes. It can be worn in the shower or while washing hands.

Warning: It is not recommended to completely submerge the device in water for extended periods, such as swimming or bathing.

Reliable, Accurate Readings

VC31 | VC32 Monitor Sensor
Read all skin types and tattooed wrists



Image: A person exercising, illustrating the KoreTrak Pro's sweat and splash resistant features.

3. Changing Bands

The wristbands can be removed and replaced for personalization or maintenance.

1. To remove a band, twist and pull it away from the main tracker unit.
2. To attach a new band, align the band with the slot on the tracker and push until it clicks into place.

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Video: Demonstrates how to remove and attach the wristbands on the KoreTrak Pro, allowing for personalization.

TROUBLESHOOTING

Problem	Possible Cause / Solution
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Problem	Possible Cause / Solution
Device not turning on or charging	Ensure the USB connector is fully inserted and aligned correctly. Try a different USB port or power adapter. The device may be completely drained; allow a few minutes for the charging indicator to appear.
Inaccurate readings (Heart Rate, SpO2, Steps)	Ensure the tracker is worn snugly on your wrist, but not too tight. Clean the sensor on the back of the device. Avoid wearing over tattoos as this can interfere with readings.
App not connecting to device	Ensure Bluetooth is enabled on your phone. Restart both the app and the KoreTrak Pro. Try unpairing and re-pairing the device in the app's settings. Check if the app requires an update.
Short battery life	Frequent use of continuous heart rate monitoring, bright screen settings, and numerous notifications can reduce battery life. Adjust settings in the app to optimize.

Track Your Health & Fitness Goals



Calories Burned



Sleep Cycles



Heart Rate



Blood Oxygen Levels



Body Temperature

Image: The KoreTrak Pro on a wrist, demonstrating its ability to provide reliable and accurate readings even on tattooed skin.

SPECIFICATIONS

- **Model:** KoreTrak Pro
- **Display:** 1.08" Full Color Display
- **Connectivity:** Bluetooth 4.0, USB Charging
- **Battery Life:** 5-7 days (typical usage)
- **Charging Time:** Approximately 1-2 hours
- **Water Resistance:** IP67 (Sweat and Splash Resistant)
- **Compatibility:** Android 4.0 and above, iOS 8.0 and above
- **Weight:** 50 Grams
- **Material:** Plastic

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official KoreHealth website or contact their customer service directly. Keep your purchase receipt for warranty claims.

Official KoreHealth Store: [KoreHealth Amazon Store](#)

User Manual (PDF): [Download PDF](#)

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question