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EURANS ID115PLUSHR

EURANS Fitness Tracker User Manual

Model: ID115PLUSHR

Brand: EURANS

1. INTRODUCTION

This manual provides detailed instructions for the EURANS Fitness Tracker, Model ID115PLUSHR. This device is designed to monitor various health and fitness metrics, including heart rate, blood oxygen, steps, calories, and sleep patterns. It also offers smart notifications and multi-sport tracking modes. Please read this manual carefully to ensure proper use and maintenance of your fitness tracker.



Image 1.1: EURANS Fitness Tracker (Model ID115PLUSHR)

2. SETUP

2.1 Charging the Device

The EURANS Fitness Tracker features a built-in USB charging plug, eliminating the need for a

separate charging cable.

1. Gently pull the bands off the tracker by pressing one side clockwise.
2. Locate the metal pins on the tracker's body. This is the USB plug.
3. Insert the built-in USB plug into any standard USB port (e.g., computer, USB wall adapter).
4. The charging icon will appear on the screen. If it does not, flip the metal pin horizontally the other way and reinsert.

A full charge typically takes approximately 1 hour and provides up to 7 days of working time.

USB Charging



1H
Charging

7 Days
Working up to

Step 1

Gently pull
bands off the
tracker.

Step 2

Insert the built-in USB
plug into a USB charger
for charging.

Step 3

Built-in USB
plug with metal
pins.

Step 4

Red indicator is on
when it's properly
charging.

Image 2.1: USB Charging Process

2.2 Time and Date Synchronization

To set the time and date, you must first establish a binding connection between the fitness tracker and your smartphone. Once the binding is complete, the tracker will automatically synchronize its time and date with your mobile phone.

2.3 App Connection

Download the official companion app for the EURANS Fitness Tracker from your smartphone's app store. Follow the in-app instructions to pair your device via Bluetooth. This connection is essential for data synchronization, accessing detailed health reports, and customizing settings.

3. OPERATING INSTRUCTIONS

3.1 Activity Tracking

The tracker continuously monitors your daily activity, including steps taken, distance covered, and calories burned. This data is synchronized with the companion app for detailed analysis.

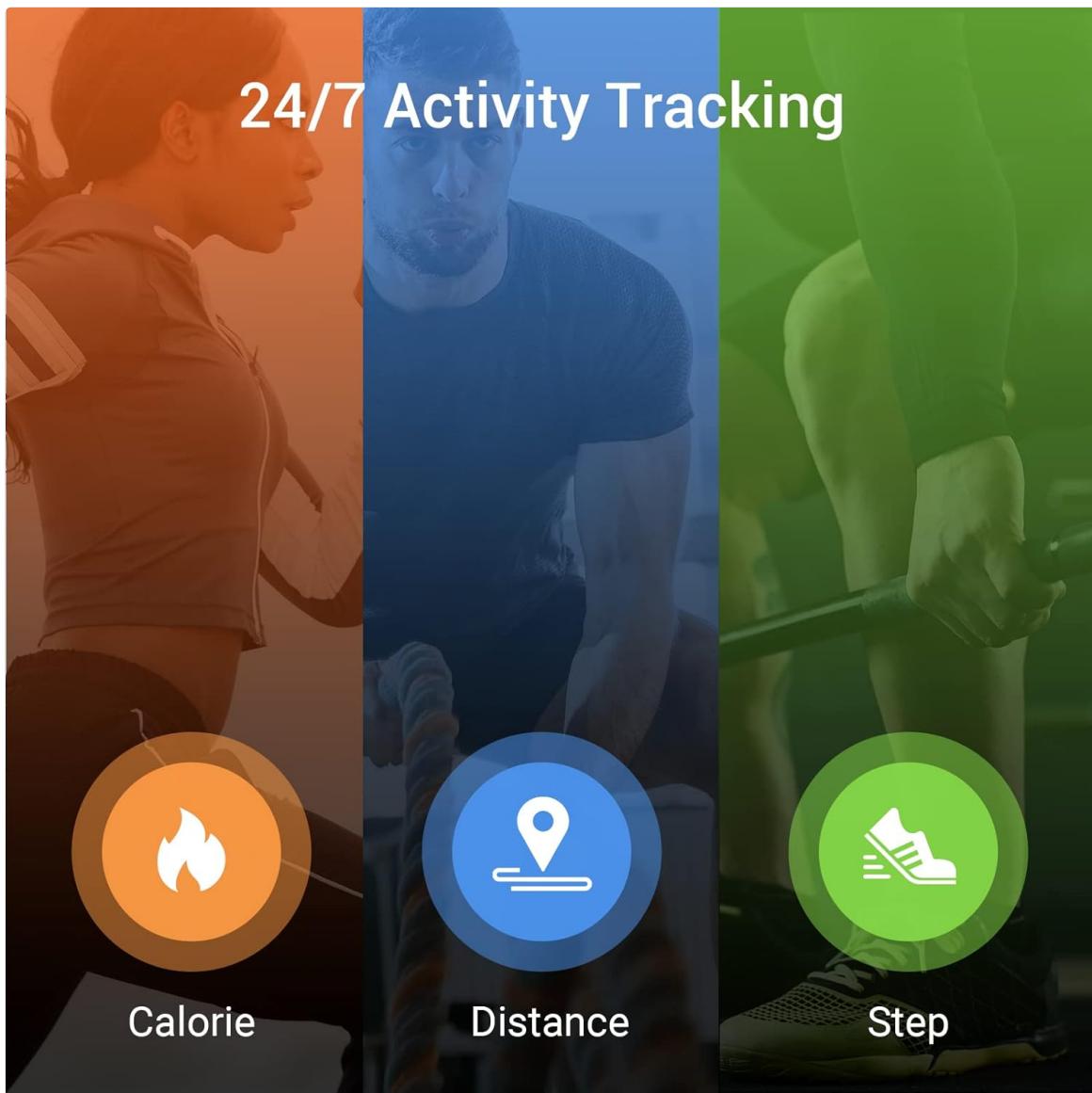


Image 3.1: 24/7 Activity Tracking

3.2 Heart Rate Monitoring

The fitness tracker is equipped with a heart rate monitor that tracks your heart rate 24/7. To view your current heart rate, navigate to the heart rate screen on the device. For continuous monitoring and historical data, refer to the companion app.



Track Your
Heart Rate 24/7

Image 3.2: Heart Rate Tracking

3.3 Sleep Monitoring

The device automatically tracks your sleep patterns, distinguishing between deep sleep, light sleep, and awake times. You can set silent alarms through the app, which will gently vibrate on your wrist to wake you without disturbing others.



Image 3.3: Sleep Tracking with Silent Alarms

3.4 Multi-Sport Modes

The tracker supports various sports modes to provide more accurate data for specific activities. These modes may include walking, running, cycling, and more. Select the appropriate mode before starting your workout for optimized tracking.

Make Your Exercise More Effective

Multi-sports management

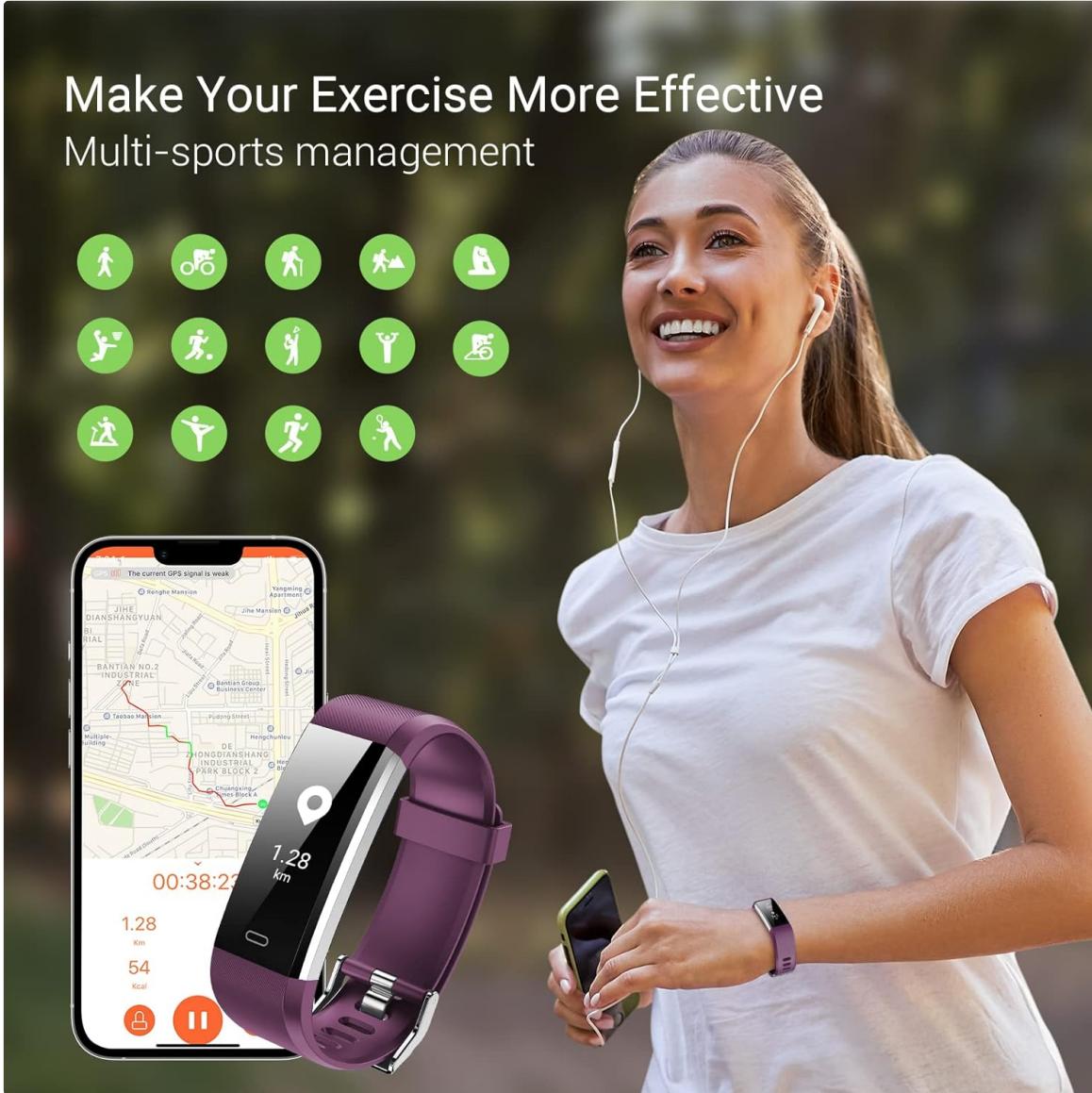


Image 3.4: Multi-Sports Management

3.5 Smart Notifications

When connected to your smartphone, the fitness tracker can display notifications for incoming calls, text messages, and alerts from various social media applications (e.g., LINE, Facebook, Twitter, WhatsApp, Messenger).

Call and Message Reminder



Image 3.5: Call and Message Reminder

3.6 Camera Control

The tracker can act as a remote shutter for your smartphone's camera. This feature allows you to take photos remotely by tapping the tracker's screen, useful for group photos or selfies.

4. MAINTENANCE

4.1 Water Resistance

The EURANS Fitness Tracker has an IP68 water resistance rating. This means it is sweat-proof, rain-proof, and splash-proof. You can wear the tracker while running in the rain or washing your hands without concern. However, it is not recommended for swimming or showering with hot water, as steam and prolonged submersion can affect its performance.



Image 4.1: IP68 Daily Waterproof

4.2 Cleaning

To maintain the tracker's appearance and functionality, regularly clean the device and its strap. Use a soft, damp cloth to wipe down the screen and sensor area. Avoid using harsh chemicals or abrasive materials, which can damage the device.

5. TROUBLESHOOTING

5.1 Device Not Charging

- Ensure the metal pins of the built-in USB plug are fully inserted into the USB port.
- If the charging icon does not appear, try flipping the tracker's USB plug horizontally and reinserting it into the port.
- Verify that the USB port or adapter you are using is functional.

5.2 Incorrect Time or Date

- Ensure the fitness tracker is properly bound and connected to your smartphone via the companion app.
- Open the companion app to force a data synchronization. The tracker's time and date will automatically update to match your phone's.

5.3 Data Not Syncing

- Check your smartphone's Bluetooth settings to ensure the tracker is connected.
- Open the companion app and refresh the data.
- Ensure the tracker's battery is not critically low.
- Restart both your smartphone and the fitness tracker (if a restart option is available on the device).

6. SPECIFICATIONS

Feature	Detail
Product Dimensions	5.6 x 3.4 x 0.7 inches
Item Weight	1.72 ounces
Model Number	ID115PLUSHR
Display Technology	OLED
Standing Screen Display Size	0.96 Inches
Connectivity Technology	Bluetooth, USB
Wireless Communication Standard	Bluetooth
Special Features	Heart Rate Monitor
Water Resistance	IP68 Daily Waterproof
Human Interface Input	Buttons
Compatible Devices	Smartphone
Target Audience	Boys, Child, Girls, Teens (unisex-adult)

7. WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the documentation included with your product or visit the official EURANS website. You may also find additional user guides and FAQs in the 'Product guides and documents' section on the product's retail page.

For further assistance, please contact EURANS customer service.

 <p>Smart Watch User Manual</p> <p>Thank you for purchasing our product. This manual contains the basic guidelines for using the device. Please read the manual carefully before operating your device. All pictures in this manual are for illustration purposes only. Actual product may vary in product features, design and app usage.</p>	<p><u>EURANS IW1 Lite Smart Watch User Manual: Setup, Features, and Safety</u></p> <p>Comprehensive user manual for the EURANS IW1 Lite Smart Watch. Learn how to set up, use features like fitness tracking, heart rate monitoring, and understand safety guidelines.</p>
 <p>Fitness Tracker ID115Plus HR User Manual</p> <p>Thank you for purchasing our product. This manual contains the basic guidelines for using the device. Please read the manual carefully before operating your device. All pictures in this manual are for illustration purposes only. Actual product may vary in product features, design and app usage.</p>	<p><u>ID115Plus HR Fitness Tracker User Manual</u></p> <p>User manual for the ID115Plus HR Fitness Tracker, covering setup, usage, features, troubleshooting, and safety instructions.</p>
 <p>EW1 Smart Watch User Manual</p> <p>Thank you for purchasing our product. This manual contains the basic guidelines for using the device. Please read the manual carefully before operating your device. All pictures in this manual are for illustration purposes only. Actual product may vary in product features, design and app usage.</p>	<p><u>EW1 Smart Watch User Manual: Setup, Features, and Safety</u></p> <p>Comprehensive user manual for the EW1 Smart Watch, covering setup, charging, wearing, using the Fitdock app, tracking sports and daily activity, monitoring heart rate and blood oxygen, alarms, notifications, and important safety instructions.</p>
 <p>ID115PlusHR Fitness Tracker How to Charge</p> <p>1. Insert the built-in USB plug of the tracker into the USB port for charging. Please ensure that the metal clip side of the tracker is facing the USB port. Please ensure that the strap is correctly attached to the back side of the tracker.</p> <p>2. Insert the built-in USB plug of the tracker into the USB port for charging. Please ensure that the metal clip side of the tracker is facing the USB port.</p>	<p><u>ID115PlusHR Fitness Tracker: How to Charge</u></p> <p>Step-by-step instructions on how to charge your ID115PlusHR Fitness Tracker, including detaching the strap, connecting to a USB port, and troubleshooting charging issues.</p>