BrilliantHouse S5

BrilliantHouse S5 Fitness Tracker User Manual

Model: S5

1. Product Overview

The BrilliantHouse S5 Fitness Tracker is a versatile smart watch designed to help you monitor your health and track your daily activities. It features real-time monitoring of heart rate, blood pressure, and blood oxygen, along with comprehensive activity and sleep tracking. The device is IP68 waterproof and offers smart notifications for calls, messages, and social media.



Image 1.1: BrilliantHouse S5 Fitness Tracker in various colors, highlighting its use for maintaining a healthy lifestyle.

2. What's in the Box

- Smart Watch (1 unit)
- Watch Bands (2 units)
- User Manual (1 unit)



Image 2.1: The BrilliantHouse S5 Fitness Tracker components, including the main unit and two interchangeable bands.

3. Setup

3.1. Initial Charging

Before first use, ensure the device is fully charged. The BrilliantHouse S5 features a built-in USB plug for convenient charging. To charge:

1. Remove one side of the watch band. It is easier to remove at a 45-degree angle.
2. Locate the metal piece on the watch unit. This is the USB charging connector.
3. Plug the metal piece into any standard USB port (e.g., computer, USB wall adapter). If the charging icon does not appear, turn the watch to the opposite face and plug it in again.

Note: Only one side of the watch band has the metal charging piece. The watch will vibrate for a few seconds when charging begins, and the charging icon will display on the screen.

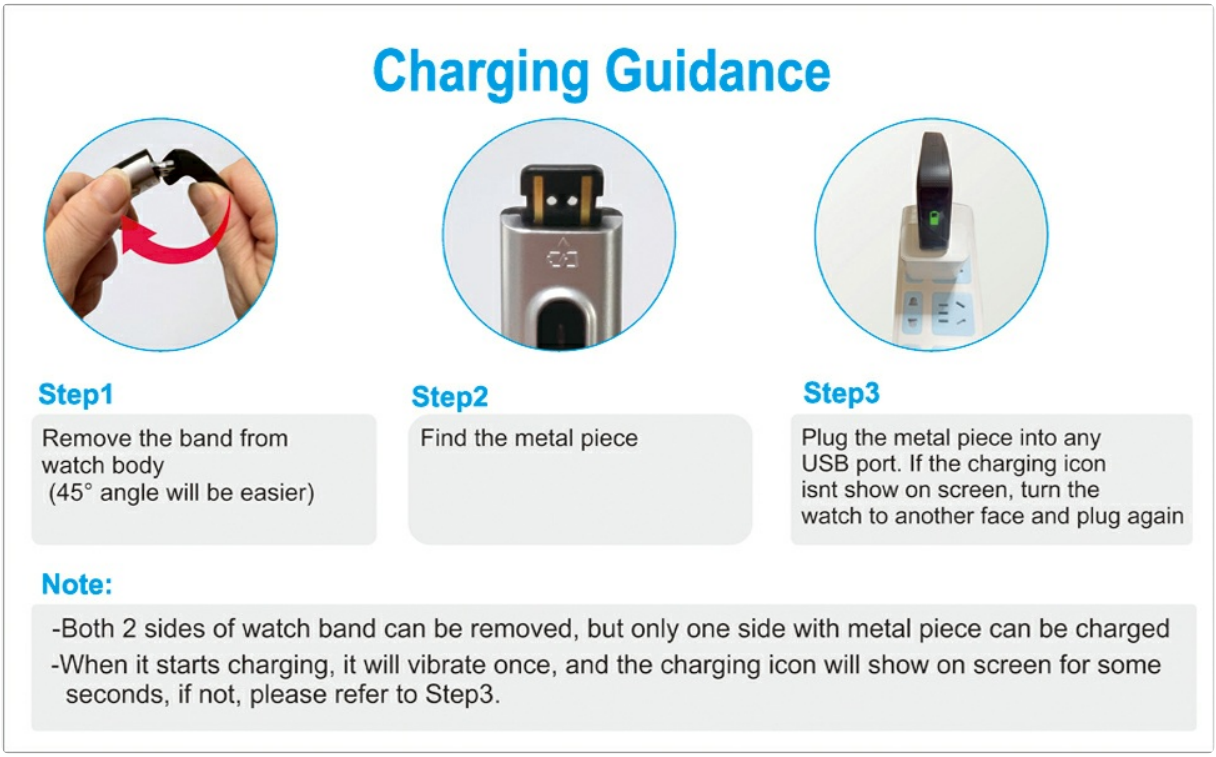


Image 3.1: Visual instructions for charging the fitness tracker by detaching the band and plugging the unit into a USB port.

3.2. App Connection

To unlock the full potential of your BrilliantHouse S5 Fitness Tracker, connect it to the companion "Runmefit" app on your smartphone.

1. Ensure Bluetooth is enabled on your smartphone.
2. Download the "Runmefit" app from the App Store (iOS) or Google Play Store (Android). You can also scan the QR code provided in the product packaging.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Tap the "+" icon or "Add Device" option within the app.
5. Select "S5" from the list of available devices.
6. Wait for the pairing process to complete. Once paired, your health and activity data will synchronize between the watch and your phone.

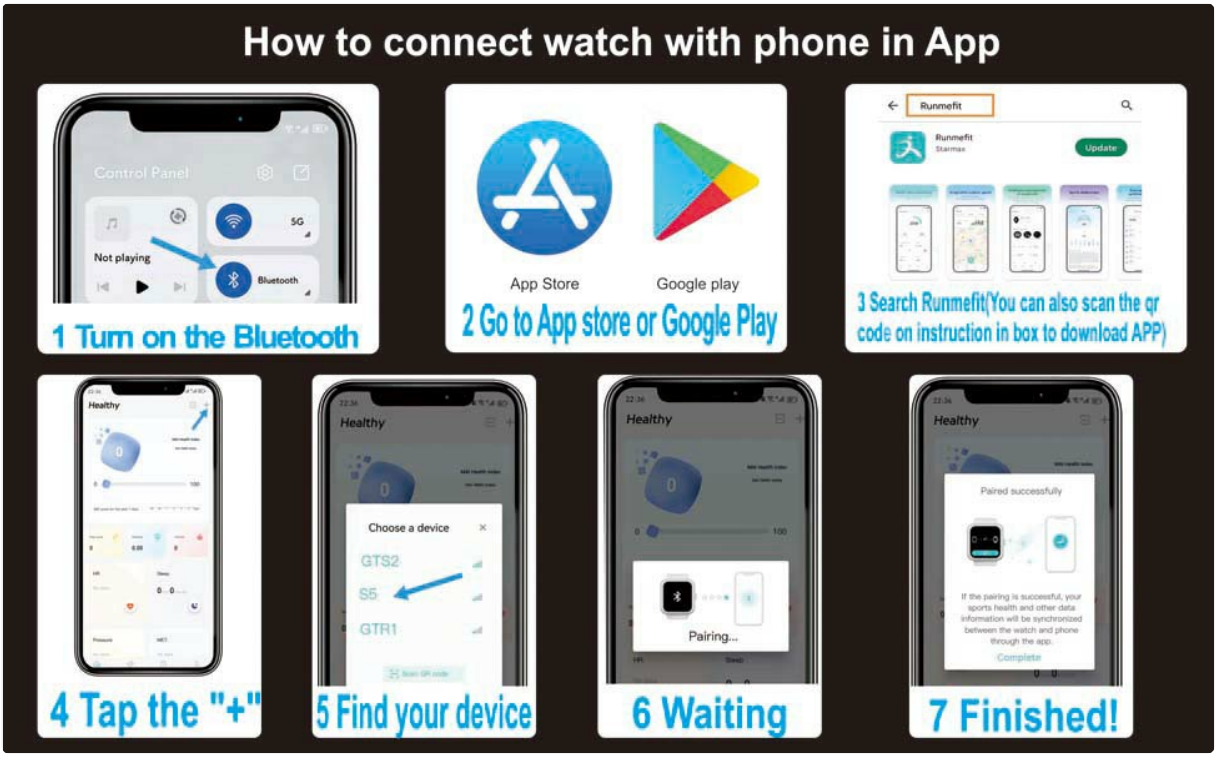


Image 3.2: Instructions for pairing the fitness tracker with the Runmefit app on a mobile device.

4. Operating Instructions

4.1. Basic Navigation

The S5 Fitness Tracker features a touch-sensitive display. Tap the touch point at the bottom of the screen to cycle through different functions and screens.

4.2. Activity Tracking

The tracker automatically records daily activities such as steps, distance, and calories burned. It also supports 17 specific sports modes for more accurate tracking during workouts.

- **Step Counter:** Displays your total steps for the day.
- **Distance:** Shows the total distance covered in kilometers.
- **Calories Burned:** Indicates the estimated calories burned.
- **Sports Modes:** Access various modes like walking, running, cycling, mountaineering, and more for specialized tracking.



Image 4.1: The fitness tracker showing real-time health data during physical activity.



Image 4.2: An example of the activity timeline feature, showing progress throughout the day.

4.3. Health Monitoring

The S5 tracker continuously monitors key health metrics:

- **Heart Rate:** Real-time heart rate monitoring.
- **Blood Pressure:** Measures blood pressure levels.
- **Blood Oxygen:** Tracks blood oxygen saturation.
- **Temperature:** Monitors body temperature.
- **Sleep Tracking:** Provides comprehensive analysis of your sleep patterns (deep, light, REM sleep) in the app.



Image 4.3: The fitness tracker's sleep monitoring function and the health sensor on the back of the device.

4.4. Smart Notifications & Reminders

Once paired with your phone, the S5 can display notifications directly on your wrist:

- **Call Notifications:** See incoming calls and reject them directly from the watch.
- **Message Notifications:** Receive SMS, calendar, and social media alerts (Facebook, WhatsApp, LinkedIn, Instagram, Twitter).
- **Sedentary Reminder:** Alerts you when you've been inactive for too long.
- **Drink Reminder:** Prompts you to drink water at regular intervals.
- **Alarm:** Set alarms through the app to vibrate on your wrist.



Image 4.4: The fitness tracker displaying call and message notifications from a connected smartphone.



Image 4.5: Visual representation of the sedentary and drink reminder functions.

4.5. Customization

Personalize your S5 Fitness Tracker:

- **Watch Faces:** Choose from over 100 selectable watch faces or customize your own through the app.
- **Brightness:** Adjust screen brightness for optimal visibility.
- **Remote Camera:** Use the watch as a remote shutter for your phone's camera.



Image 4.6: Examples of customizable watch faces available for the S5 Fitness Tracker.

5. Maintenance

The BrilliantHouse S5 Fitness Tracker is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, including hand washing, showering, swimming, and shallow diving. However, avoid hot water, saunas, or prolonged exposure to steam, as this may affect its waterproof integrity.



Image 5.1: The fitness tracker demonstrating its IP68 waterproof capability.

6. Specifications

Model Number	S5
Screen Size	0.96 Inches
Memory Storage Capacity	32 MB
Operating System	Android 4.4 or above, iOS 9.0 or above
Connectivity Technology	Bluetooth
Battery Capacity	105 Milliamp Hours
Battery Life	5-7 days (typical use)
Waterproof Rating	IP68
Item Weight	23.04 Grams (0.813 ounces)
Manufacturer	BrilliantHouse



Image 6.1: Physical dimensions of the S5 Fitness Tracker.

7. Troubleshooting

If you encounter any issues with your BrilliantHouse S5 Fitness Tracker, please consider the following:

- **Device Not Turning On:** Ensure the device is fully charged. Refer to the "Initial Charging" section.
- **Connection Issues:** Verify Bluetooth is enabled on your phone and the "Runmefit" app is open. Try restarting both the watch and your phone.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist. For health measurements, remain still during the process. Note that fitness trackers are not medical devices and readings are for reference only.
- **Notifications Not Appearing:** Check app permissions on your phone to ensure the "Runmefit" app has access to notifications. Also, confirm notifications are enabled within the app settings.

For further assistance, please refer to the contact information provided in your product packaging or the "Totally Free, No Need" card mentioned in the unboxing video.

8. Product Videos

BrilliantHouse S5 Fitness Tracker Smart Watch Overview

Your browser does not support the video tag.

Video 8.1: An official overview of the BrilliantHouse S5 Fitness Tracker, showcasing its design and various features.

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Disclaimer: This device is not intended for medical use. Consult a medical professional for health concerns.