

Generic Genericqwm9gv8r51

Smart Bracelet User Manual

Model: Genericqwm9gv8r51

INTRODUCTION

Thank you for choosing the Smart Bracelet. This manual provides essential information for setting up, operating, and maintaining your device. This smart bracelet is designed to help you track your daily activities, monitor your heart rate, and analyze your sleep patterns, contributing to a healthier lifestyle.

WHAT'S IN THE Box

- 1 x Smart Wristband Host
- 1 x Charger
- 1 x Wristband
- 1 x User Manual

Note: The charger included is designed for the built-in USB plug of the smart bracelet.

SETUP

1. Charging the Device

Before first use, ensure the smart bracelet is fully charged. The device features a built-in USB plug for convenient charging.

1. Locate the built-in USB plug on the smart bracelet. This is typically hidden within one end of the wristband.
2. Plug the USB connector directly into any standard USB port (e.g., computer, USB wall adapter, power bank).
3. The screen will indicate charging status. A full charge takes approximately 2 to 2.5 hours.



Charging Time: 2-2.5H

Use Time: 7 Days

Compatible System: For Android Version

4.4 and above, for 8.5 and above

Image: The smart bracelet screen showing charging time (2-2.5H), use time (7 Days), and compatible systems (Android 4.4+, iOS 8.5+).

A single full charge provides up to 7 days of working time.

2. App Installation and Pairing

To unlock the full features of your smart bracelet, download the companion application on your smartphone. The app allows for data synchronization, detailed activity analysis, and message notifications.

- Search for the official app (name not specified in product details, typically found in manual or packaging) in your device's app store (Google Play Store for Android, Apple App Store for iOS).
- Install the app and follow the on-screen instructions to create an account or log in.
- Enable Bluetooth on your smartphone.
- Open the app and follow the pairing instructions to connect your smart bracelet. Ensure the bracelet is sufficiently charged and within Bluetooth range.

Compatibility: The smart bracelet is compatible with Android Version 4.4 and above, and iOS Version 8.5 and above.

OPERATING INSTRUCTIONS

Basic Navigation

The smart bracelet operates directly. Tap the touch-sensitive area at the bottom of the screen to cycle through different display modes and functions.



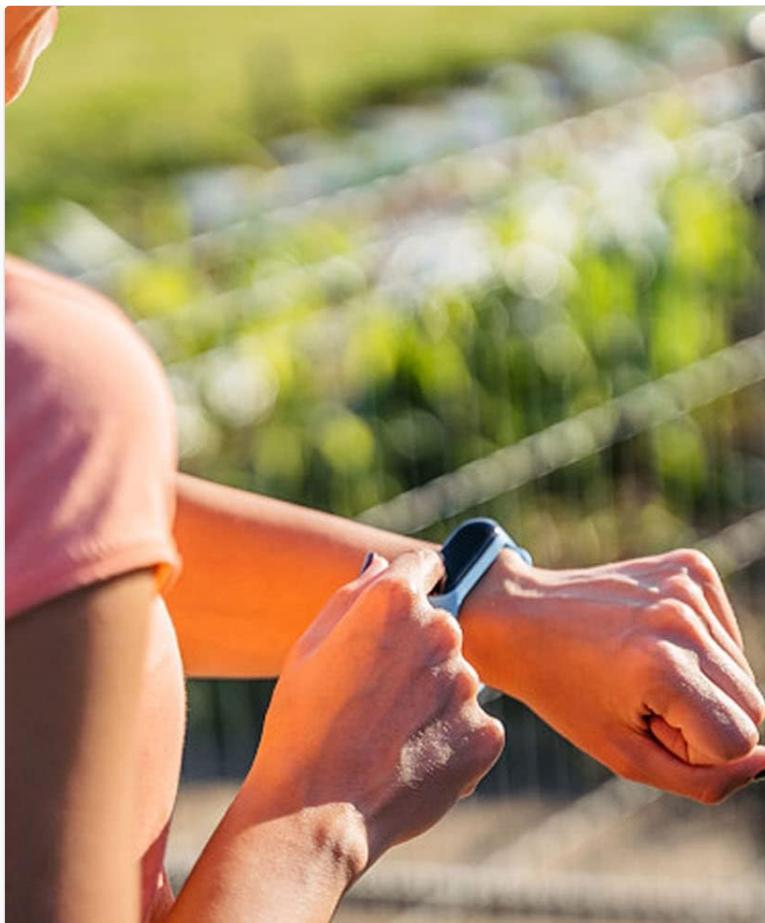
Image: The smart bracelet showing the main display with time, date, and activity progress indicators. A user is seen in the background interacting with their wristband.

1. All-Day Activity Tracking

The smart bracelet continuously tracks your daily activities. Data recorded includes:

- **Steps:** Counts the number of steps taken throughout the day.
- **Distance:** Estimates the distance covered based on your steps.
- **Calories Burned:** Calculates the approximate calories expended.
- **Active Minutes:** Records periods of moderate to vigorous activity.

Synchronize the bracelet with the app to view detailed historical data and trends.



Exercise Watch

Accurately record all day activities such as steps, distance, calories burned, minutes of activity and sleep status

Image: The smart bracelet screen showing activity data. Text overlay highlights its function as an "Exercise Watch" that accurately records all-day activities including steps, distance, calories burned, minutes of activity, and sleep status.

2. Heart Rate Monitoring

The smart bracelet features a built-in optical sensor to continuously and automatically track your real-time heart rate.

- Ensure the bracelet is worn snugly on your wrist, about one finger's width above your wrist bone.
- Access the heart rate interface on the bracelet by tapping the screen. The device will begin measuring your heart rate.
- View your heart rate data in the companion app for historical trends and zone analysis.



Image: A close-up view of the back of the smart bracelet, highlighting the optical sensor used for heart rate monitoring.

3. Sleep Monitoring

The bracelet automatically monitors your sleep duration and quality when worn during sleep. It analyzes different sleep stages (e.g., deep sleep, light sleep, awake time) to provide insights into your sleep patterns.

- Wear the bracelet comfortably to bed.
- The device will automatically detect your sleep.
- Review detailed sleep reports, including sleep scores and recommendations, in the companion app the next morning.

4. Various Sports Modes

The smart bracelet supports multiple sports modes to accurately track specific activities. These modes provide more precise data for your workouts.

- Navigate to the sports mode section on your bracelet.
- Select the desired activity (e.g., running, walking, cycling).
- Start your workout, and the bracelet will record relevant metrics for that specific activity.
- End the workout on the bracelet once completed.

5. APP Message Notifications

Once paired with your smartphone, the smart bracelet can display notifications from various applications, including calls, SMS, and social media alerts.

- Ensure Bluetooth is enabled and the bracelet is connected to the app.
- Configure notification settings within the companion app to select which applications can send alerts to your bracelet.
- Incoming notifications will vibrate the bracelet and display the message on the screen.

MAINTENANCE

Water Resistance (IP67)

The smart bracelet features an IP67 waterproof design, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes. This allows you to wear it during activities like running in the rain or washing your hands.

Important Limitations:

- **Do NOT wear the smart bracelet while showering.** Hot water and steam can compromise the seals.
- **Do NOT wear the smart bracelet while swimming or diving.** Prolonged immersion or high water pressure can damage the device.

Cleaning

To maintain the cleanliness and longevity of your smart bracelet:

- Wipe the device and wristband regularly with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the materials.
- Ensure the charging contacts on the back of the device are clean and dry before charging to prevent corrosion.

TROUBLESHOOTING

If you encounter issues with your smart bracelet, please refer to the following common solutions:

Device Not Turning On or Charging

- **Check Charging Connection:** Ensure the built-in USB plug is fully inserted into a working USB port. Try a different USB port or charger.
- **Clean Charging Contacts:** Dust or debris on the charging contacts can prevent proper charging. Gently clean the contacts on the bracelet and the USB port with a dry cloth.
- **Allow Time to Charge:** If the battery is completely depleted, it may take a few minutes for the charging indicator to appear. Leave it plugged in for at least 15-30 minutes.
- **Reset Device:** Some devices have a small reset button or a combination of button presses to perform a soft reset. Refer to the app or manufacturer's website for specific reset instructions if available.

Bluetooth Connection Issues

- **Ensure Bluetooth is On:** Verify Bluetooth is enabled on your smartphone.
- **Restart Devices:** Turn off and on both your smartphone's Bluetooth and the smart bracelet.
- **Forget Device:** In your phone's Bluetooth settings, "forget" or "unpair" the smart bracelet, then try pairing again through the app.
- **App Permissions:** Ensure the companion app has all necessary permissions enabled (e.g., location, Bluetooth).
- **Proximity:** Keep the bracelet close to your smartphone during pairing and synchronization.

Inaccurate Data Readings

- Wear Position:** Ensure the bracelet is worn snugly on your wrist, not too loose or too tight. For heart rate, it should be about one finger's width above the wrist bone.
- Clean Sensor:** Ensure the optical sensor on the back of the bracelet is clean and free of dirt or sweat.
- App Synchronization:** Regularly synchronize data with the app to ensure all readings are transferred and processed correctly.

SPECIFICATIONS

| Feature | Detail |
|-------------------|--|
| Item Type | Smart Wristband |
| Material | ABS+Silicone |
| Product Functions | Step Counter, Heart Rate Monitor, Sleep Monitor, APP Message |
| Bluetooth Version | 4.0 |
| Battery Type | 90mAh (included) |
| Charging Time | 2-2.5 Hours |
| Use Time | Up to 7 Days |
| Compatible System | Android 4.4 and above, iOS 8.5 and above |
| Water Resistance | IP67 (Rain and hand washing resistant; NOT for showering, swimming, or diving) |
| Item Weight | 1.31 ounces |
| Model Name | Genericqwm9gv8r51 |

SAFETY INFORMATION

- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme temperatures, direct sunlight, and open flames.
- Do not expose the device to strong impacts or drops.
- Consult a medical professional before starting any new exercise regimen, especially if you have pre-existing health conditions.
- This device is not a medical device and should not be used to diagnose or treat any medical condition.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided with your purchase or contact the retailer where you purchased the product. Keep your proof of purchase for any warranty claims.

For further assistance, you may also visit the manufacturer's official website (if known) or contact their customer service department.

