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> IAMJOY Smart Health Wristband, Wearable Activity & Fitness Tracker for Multi-Sport Mode, All-Day Automatic Continuous Monitoring of Health Data, Improve Sleep, Stress & Wellness, with Free App, Black

IAMJOY 2208A

IAMJOY Smart Health Wristband User Manual

Model: 2208A

1. PRODUCT OVERVIEW

The IAMJOY Smart Health Wristband is a wearable activity and fitness tracker designed for comprehensive health monitoring and multi-sport tracking. Its minimalist, screen-free design ensures comfort for all-day wear, including during sleep and workouts. The device utilizes high-precision sensors to provide continuous, automatic monitoring of various physiological data, accessible through a free, user-friendly mobile application.



Figure 1.1: IAMJOY Smart Health Wristband, featuring a black, minimalist design with a fabric strap.

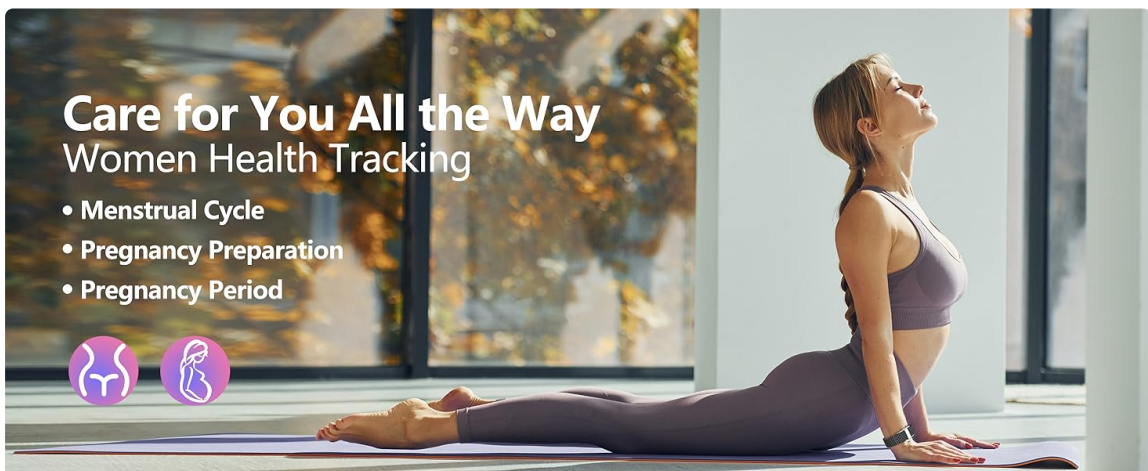


Figure 1.2: The screenless, minimalist design of the IAMJOY wristband, emphasizing its lightweight and unobtrusive nature for comfortable wear during any activity.

Key Features:

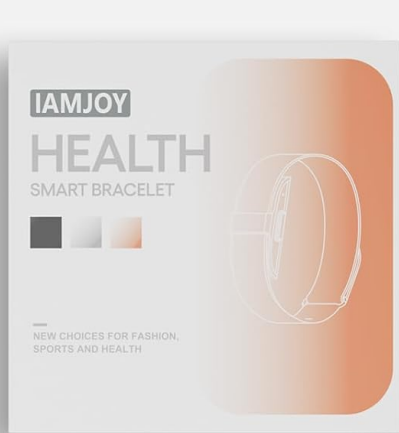
- High-precision sensors for accurate health data detection.
- Continuous monitoring of physiological data throughout the day.
- Support for over 50 exercise modes with built-in GPS.
- 24/7 automatic exercise tracking and activity reminders.
- Screenless design for enhanced durability and comfort.
- IP68 waterproof rating.
- Women's health monitoring (menstrual cycle and pregnancy).
- Sedentary reminder, stress management, sleep quality tracking, step tracker, and thermometer.
- Long battery life: 15-18 days in standby, 7-10 days in continuous working mode.

2. SETUP

2.1 Package Contents

Upon opening the package, verify that all components are present:

- IAMJOY health tracker (1)
- Replaceable band (1)
- Charger (1)
- User manual (1)



In the Box

IAMJOY Health Tracker x1 Replaceable Band x1 User Manual x1 Charger x1

Figure 2.1: Contents of the IAMJOY Smart Health Wristband package, including the tracker, an extra band, charger, and user manual.

2.2 Charging the Device

Before first use, fully charge your IAMJOY Smart Health Wristband. Connect the tracker to the provided charger, ensuring it snaps securely into the charging port. Plug the charger into a compatible USB power source. A full charge typically lasts 15-18 days in standby mode or 7-10 days in continuous working mode.



Daily

Health Tracking



Sleep



Stress



Blood Pressure



Heart Rate

Figure 2.2: The IAMJOY wristband connected to its charging dock, illustrating the charging process and highlighting its long-lasting battery life.

2.3 App Download and Pairing

To access all features and monitor your health data, download the free 'JCVital' App. Scan the QR code provided in the user manual or on the product packaging to download the app (compatible with iOS 10.0 or higher & Android OS 5.0 or higher). Follow the in-app instructions to register and pair your wristband. Ensure your device's Bluetooth is enabled during the pairing process.



IAMJOY

Health & Fitness Tracker

A New Choice for Sports, Health and Fashion
Specially for Remote Health Monitoring System



Figure 2.3: Instructions to download the JCVital App by scanning a QR code, showing various health metrics displayed within the app interface.

3. OPERATING THE WRISTBAND

The IAMJOY Smart Health Wristband automatically tracks various health and fitness metrics throughout the day. Data is synchronized with the JCVital App for detailed insights and historical trends.

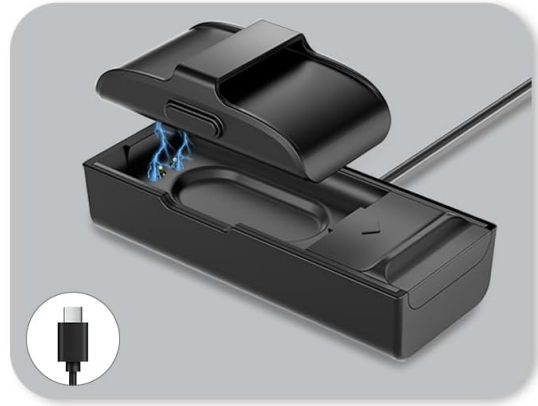
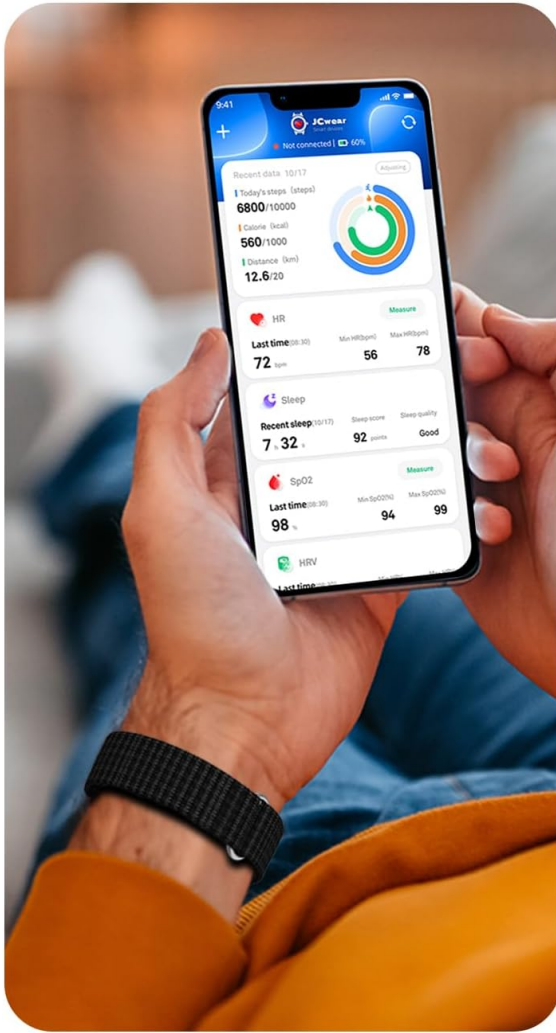
3.1 Automatic Health Monitoring

The wristband continuously monitors the following health indicators:

- **Heart Rate:** Provides real-time heart rate data.
- **Blood Oxygen (SpO2):** Measures blood oxygen saturation levels.
- **Skin Temperature:** Tracks your skin temperature.
- **HRV (Heart Rate Variability), Stress & Blood Pressure:** Offers insights into your stress levels and blood pressure trends.
- **Automatic Sleep Tracking:** Monitors sleep quality, including deep sleep, light sleep, and awake times.

You can set the interval time for automatic detection within the JCVital App to achieve continuous monitoring of physiological data.

Long Lasting Battery Life



Appr **15** Days
Daily standby mode

Appr **7-10** Days
Continuous working mode

Compatible with
iOS & Android

Figure 3.1: The wristband's sensor actively monitoring health data, with corresponding graphs for heart rate, SpO2, blood pressure, and HRV displayed on the right.

Never Miss Your Every Move All Day Activity Tracking

Easily Set Your Preferred Automatic
Measurement Interval on the App.



Figure 3.2: A close-up of the wristband's LED and photodiode sensors, highlighting their role in continuously capturing accurate health data.



Figure 3.3: A person sleeping while wearing the wristband, with an accompanying app screenshot showing detailed sleep quality tracking, including deep sleep, light sleep, and awake periods.

3.2 Activity and Fitness Tracking

The wristband supports over 50 exercise modes and provides comprehensive activity tracking:

- **All-Day Activity Tracking:** Automatically tracks calories burned, distance covered, and step count.
- **Multi-Sport Mode:** Select from various activities like running, cycling, badminton, soccer, tennis, meditation, dance, basketball, walk, workout, cricket, hiking, aerobics, ping-pong, rope jump, sit-ups, and volleyball.
- **Built-in GPS:** Records your routes and distances during outdoor activities.
- **Exercise Reminders:** Receive alerts to stay active throughout the day.



All Day

Activity Tracking

 **150** Kcal

 **3.08** Km

 **Step Count**
10000 Steps

 **50+**
Exercise Modes

Figure 3.4: A person exercising while wearing the wristband, illustrating its all-day activity tracking capabilities including calories, distance, step count, and over 50 exercise modes.

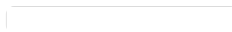


Figure 3.5: A person running, symbolizing the wristband's ability to track over 50 different exercise modes with high accuracy.

Download JCVital App to Explore More



Figure 3.6: Two individuals on bicycles, checking their phone, demonstrating how the wristband records sports moments on the go, including calories, built-in GPS, distance, and steps.

3.3 Additional Features

- **Women's Health Monitoring:** Includes tracking for menstrual cycles and pregnancy preparation/period.
- **Sedentary Reminder & Alarm Clock:** Set reminders to move and use the alarm clock function.
- **Stress Management:** Monitor and manage your stress levels.

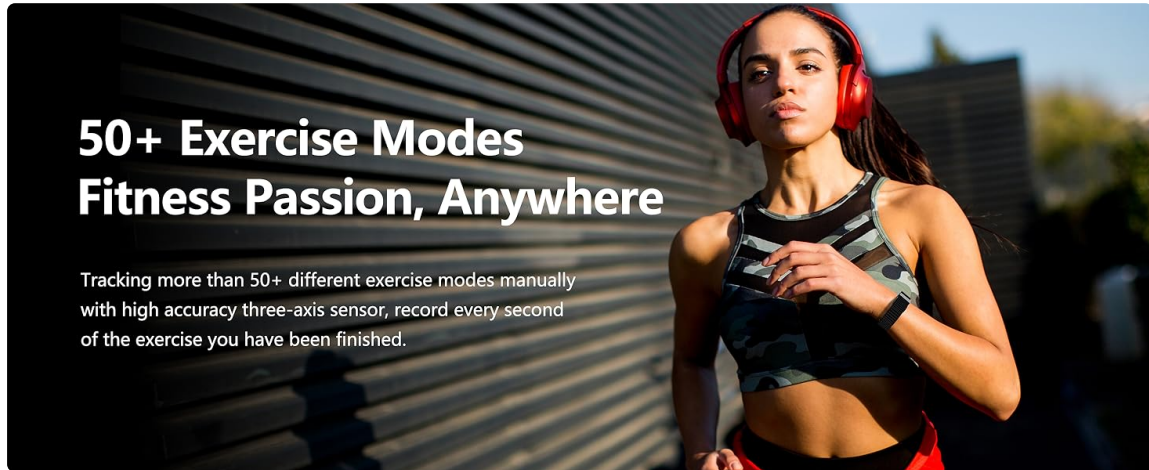


Figure 3.7: A woman performing yoga, illustrating the wristband's women's health tracking features, including menstrual cycle and pregnancy monitoring.

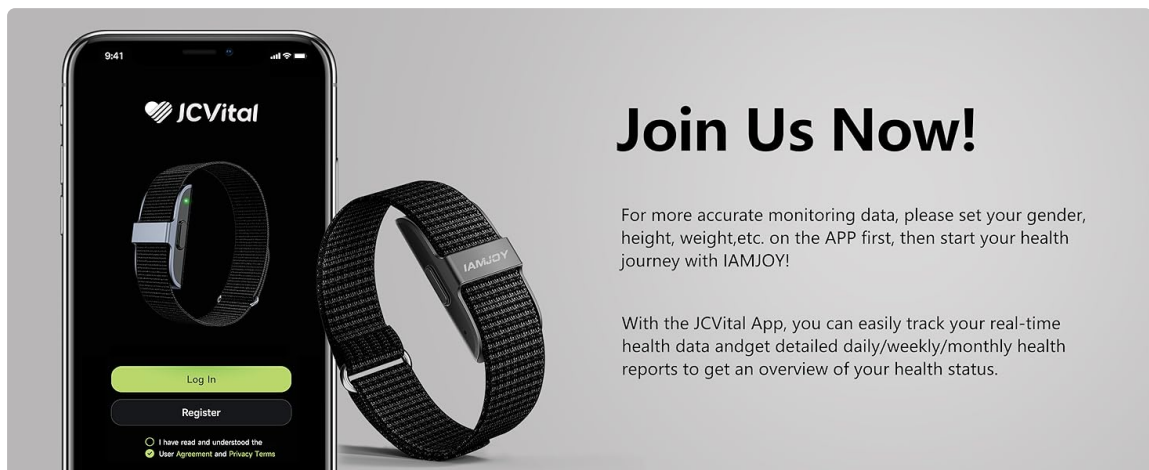


Figure 3.8: A man smiling while working at a computer, representing additional features like sedentary reminders and stress management.

4. MAINTENANCE

The IAMJOY Smart Health Wristband is designed for durability with an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. Regular cleaning is recommended to maintain hygiene and sensor accuracy.

4.1 Cleaning Instructions

- Wipe the wristband and sensors with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the device.

- Ensure the device is completely dry before charging or prolonged wear.

5. TROUBLESHOOTING

If you encounter any issues with your IAMJOY Smart Health Wristband, please refer to the following general troubleshooting steps:

- **Device Not Responding:** Ensure the device is fully charged. Try connecting it to the charger to see if it powers on.
- **Pairing Issues:** Make sure Bluetooth is enabled on your smartphone and the wristband is within range. Restart both the wristband (if possible) and your phone, then try pairing again through the JCVital App.
- **Inaccurate Readings:** Ensure the wristband is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the device.
- **App Synchronization Problems:** Check your internet connection. Ensure the JCVital App is updated to the latest version. Try closing and reopening the app.

For persistent issues, please contact IAMJOY customer support as detailed in the Warranty and Support section.

6. SPECIFICATIONS

Attribute	Detail
Brand	IAMJOY
Model Number	2208A
Material	Acrylonitrile Butadiene Styrene (ABS), Nylon
Color	Black
Compatible Devices	Smartphones
Battery Life	11 days (typical usage)
Sensor Type	Pedometer, Optical, Thermometer
Battery Description	Rechargeable, Non-Replaceable
Waterproof Rating	IP68
Item Package Dimensions L x W x H	4.02 x 4.02 x 1.46 inches
Package Weight	0.08 Kilograms
Style	Minimalist screen-free

Attribute	Detail
Included Components	Health tracker, replaceable band, charger, user manual
Sport Type	Multi-Sports

7. WARRANTY AND SUPPORT

7.1 Warranty Information

The IAMJOY Smart Health Wristband comes with a 12-month warranty from the date of purchase. This warranty covers manufacturing defects and ensures the product functions as intended under normal use.

7.2 Customer Support

IAMJOY is committed to providing worry-free after-sales support. If you are not satisfied with your product or encounter any issues, please do not hesitate to contact our customer service team. We aim to provide a satisfactory solution within 24 hours.

For support, please refer to the contact information provided on the product packaging or the official IAMJOY website.