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## CNBRO JYYH2208FS

# CNBRO Smart Bracelet Fitness Tracker JYYH2208FS User Manual

Model: JYYH2208FS

## 1. INTRODUCTION

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The CNBRO Smart Bracelet Fitness Tracker is a screenless wearable device designed to monitor various health and fitness metrics. This manual provides essential information for setting up, operating, and maintaining your device to ensure optimal performance.

### What's in the Box?

- 1 x Smart Bracelet
- 1 x Product Box
- 1 x User Manual
- 1 x Charging Line

### Key Features

# Excellent Functions for Continuous Monitoring



Sleep Monitor



Multi-Sport Tracking



Activity  
steps/calories/distance



Vibrate Alarm



Heart Rate Monitor



Female Menstrual Cycle  
Management



IP68 Waterproof



This image illustrates the primary functions of the smart bracelet, including sleep monitoring, multi-sport tracking, activity data (steps, calories, distance), vibrate alarm, heart rate monitoring, female menstrual cycle management, and IP68 waterproofing.

- **Heart Rate Monitor:** Continuous heart rate tracking and alerts for irregular patterns.
- **Sleep Monitor:** Tracks sleep stages (awake, REM, light, deep) and analyzes sleep quality.
- **Activity Tracker:** Records steps, calories burned, and distance covered.
- **Multiple Sports Modes:** Supports over 50 sports modes for detailed exercise tracking.
- **Vibrate Alarm:** Silent alarms for reminders.
- **Female Menstrual Cycle Management:** Tracks and predicts menstrual and ovulation periods.
- **IP68 Waterproof:** Resistant to dust and water immersion up to 1.5 meters for 30 minutes.
- **Screenless Design:** Minimalist design for 24/7 wear with low power consumption.

## 2. SAFETY INFORMATION

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Please read the following safety guidelines carefully before using your smart bracelet.

- **Water Resistance:** The device is IP68 waterproof, suitable for hand washing, sweating, and rain. **Do not use it for swimming, diving, or in hot water (e.g., hot showers or saunas)**, as this may damage the device.
- **Medical Device Disclaimer:** This device is not a medical device. Data provided is for reference only and should not be used for medical diagnosis or treatment. Consult a healthcare professional for any health concerns.
- **Charging:** Use only the provided charging cable. Do not attempt to disassemble or modify the device.
- **Skin Irritation:** If you experience any skin irritation or discomfort, discontinue use and consult a doctor. Ensure the bracelet is worn comfortably, not too tight or too loose.

## 3. SETUP

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### 3.1 Charging the Device

Before first use, fully charge your smart bracelet. A full charge typically takes about 2 hours.

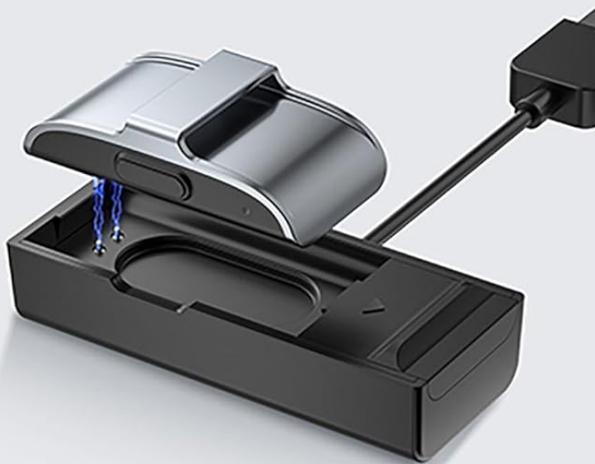
1. Connect the charging cable to the charging port on the smart bracelet.
2. Plug the USB end of the charging cable into a standard USB power adapter (not included) or a computer's USB port.
3. The device will indicate charging status (e.g., a light indicator).



## Not Only Smart Bracelet, But Also Decoration

Fashion design for daily use, a new style of bracelet, replaceable and colorful.

Support About 7-10 Days for Normal Use  
and About 20 Days for Standby



waterproof IP68



This image displays the charging process of the smart bracelet and its IP68 waterproof capability during hand washing.

### 3.2 Downloading and Installing the App

The smart bracelet requires the **JCWear** app to function and display data. Ensure your smartphone meets the system requirements:

- **iOS:** Version 10.0 or above
- **Android:** Version 5.1 or above

The app is not compatible with PCs, iPads, or tablets.

1. Scan the QR code provided in the product packaging or search for "JCWear" in your smartphone's app store (Apple App Store for iOS, Google Play Store for Android).
2. Download and install the app.
3. Follow the on-screen instructions to create an account and set up your profile.

# Care for You All the Way

## Women Health Tracking



Menstrual Cycle



Pregnancy Preparation



Pregnancy

## Download JCWear App to Explore More



This image displays the JCWear app interface, highlighting its capabilities for tracking stress, daily activity, heart rate, sleep, and exercise, as well as women's health features.

### 3.3 Pairing with Your Smartphone

Ensure Bluetooth is enabled on your smartphone.

1. Open the JCWear app on your smartphone.
2. Navigate to the device pairing section (usually found in settings or a dedicated 'Device' tab).
3. The app will search for available devices. Select your smart bracelet from the list.
4. Confirm the pairing request on both the app and, if prompted, on your phone's Bluetooth settings.
5. Once paired, the app will synchronize data with your bracelet.

## 4. OPERATING INSTRUCTIONS

Since the CNBRO Smart Bracelet is screenless, all data viewing and most settings adjustments are performed through the JCWear app.

### 4.1 Heart Rate Monitoring

The bracelet continuously monitors your heart rate. Data is automatically synced to the JCWear app.

1. Wear the bracelet snugly on your wrist.
2. Open the JCWear app and navigate to the 'Heart Rate' section to view real-time data, historical trends, and receive alerts for irregular heartbeats.



This image shows the smart bracelet actively monitoring vital signs, with the corresponding data for steps, calories, distance, heart rate, sleep, and SpO2 displayed on the JCWear app interface.

### 4.2 Sleep Monitoring

The bracelet automatically tracks your sleep patterns when worn during sleep.

1. Wear the bracelet to bed.
2. In the JCWear app, access the 'Sleep' section to view your sleep duration, quality analysis (awake, REM, light, deep sleep stages), and sleep scores.



## Packaging Details



This image depicts the smart bracelet's sleep tracking function while a person is asleep, along with a view of the product's packaging.

### 4.3 Activity Tracking (Pedometer, Calories, Distance)

The bracelet continuously tracks your daily activity.

1. Wear the bracelet throughout the day.
2. Open the JCWear app to view your steps, calories burned, and distance covered in the 'Activity' or 'Dashboard' section.

### 4.4 Multiple Sports Modes

The bracelet supports over 50 sports modes for detailed exercise tracking.

1. In the JCWear app, navigate to the 'Exercise' or 'Sports' section.
2. Select your desired sport (e.g., running, cycling, hiking).
3. Start the activity tracking from the app. The bracelet will record relevant data such as exercise time, heart rate, and mileage.
4. End the activity in the app to save the workout data.

# Multi-sport Tracking Always Go to New Heights, Lengths, Depths

Tracking more than 50+ different exercise modes manually with high accuracy three-axis sensor, record every second of the exercise you have been finished.

This image illustrates the multi-sport tracking feature, showing a person exercising and the JCWear app interface with icons for over 50 different sports modes.

## 4.5 Vibrate Alarm

Set silent alarms through the JCWear app.

1. Open the JCWear app and go to 'Settings' or 'Device'.
2. Select 'Alarm' and set your desired time. The bracelet will vibrate at the set time.

## 4.6 Female Menstrual Cycle Management

This feature helps track and predict menstrual cycles and ovulation periods.

1. In the JCWear app, navigate to the 'Women's Health' or 'Physiological Cycle' section.
2. Input your menstrual cycle data as prompted.
3. The app will provide predictions and reminders for menstrual cycles, pregnancy preparation, and pregnancy periods.

## 5. MAINTENANCE

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### 5.1 Cleaning the Device

Regular cleaning helps maintain hygiene and device performance.

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

### 5.2 Battery Care

To maximize battery life:

- Charge the device fully when the battery is low.
- Avoid extreme temperatures, which can affect battery performance.
- The 95mAh battery provides approximately 7-10 days of working time and up to 15-20 days of standby time on a full charge.

## 6. TROUBLESHOOTING

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If you encounter issues with your smart bracelet, try the following solutions:

Problem	Possible Solution
Device not turning on/charging	<ul style="list-style-type: none"><li>• Ensure the charging cable is securely connected to both the bracelet and the power source.</li><li>• Try a different USB port or power adapter.</li><li>• Clean the charging contacts on the bracelet.</li></ul>
Unable to pair with smartphone	<ul style="list-style-type: none"><li>• Ensure Bluetooth is enabled on your phone.</li><li>• Make sure the bracelet is charged.</li><li>• Restart your phone and the JCWear app.</li><li>• Ensure the bracelet is within Bluetooth range of your phone.</li><li>• Check if your phone's operating system meets the requirements (iOS 10.0+, Android 5.1+).</li></ul>
Inaccurate data readings	<ul style="list-style-type: none"><li>• Ensure the bracelet is worn snugly on your wrist, not too loose or too tight.</li><li>• Clean the sensor on the back of the bracelet.</li><li>• Ensure the app is updated to the latest version.</li></ul>

Problem	Possible Solution
App not syncing data	<ul style="list-style-type: none"> <li>• Ensure the bracelet is connected via Bluetooth to the app.</li> <li>• Check your internet connection for app data synchronization.</li> <li>• Restart the app.</li> </ul>

## 7. SPECIFICATIONS

Feature	Detail
Model Number	JYYH2208FS
Connectivity	Bluetooth 5.0
Battery Capacity	95mAh Lithium Polymer
Full Charge Time	Approximately 2 hours
Working Time	7-10 days (typical use)
Standby Time	Up to 15-20 days
App Name	JCWear
System Requirements	iOS 10.0 or above, Android 5.1 or above
Waterproof Rating	IP68
Case Material	Zinc Alloy
Band Material	Silicone
Clasp Type	Buckle
Item Weight	3.52 ounces (0.1 Kilograms)
Special Features	Alarm Clock, Calorie Counter, Distance Tracker, Pedometer, Water Resistance

## 8. WARRANTY AND SUPPORT

For any questions, technical support, or warranty inquiries regarding your CNBRO Smart Bracelet Fitness Tracker, please contact the manufacturer or your retailer. Refer to your purchase documentation for specific warranty terms and contact information.