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> [Yihou B3 Fitness Tracker User Manual](#)

Yihou B3

Yihou B3 Fitness Tracker User Manual

Model: B3

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Yihou B3 Fitness Tracker. Please read it thoroughly before using the device and keep it for future reference. The Yihou B3 is designed to help you monitor various aspects of your health and fitness, including heart rate, sleep patterns, and activity levels.

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Video: An overview of the Smart Bracelet ZGY B3, showcasing its design and basic functionalities.

2. WHAT'S IN THE BOX

- Yihou B3 Fitness Tracker
- Charging Cable
- User Manual



Image: The Yihou B3 Fitness Tracker along with its charging cable and user manual, neatly packaged in its box.

3. SETUP

3.1 Initial Charging

Before first use, fully charge your Yihou B3 Fitness Tracker. Connect the provided charging cable to the charging port on the back of the device and plug the USB end into a compatible power source (e.g., computer USB port, USB wall adapter).

3.2 App Download and Pairing

The Yihou B3 Fitness Tracker operates with the 'NX Wear' app. Scan the QR code provided in the manual or search for 'NX Wear' in your smartphone's app store (compatible with Android 6.0+ and iOS 11.0+). Follow the in-app instructions to pair your device via Bluetooth.

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Video: Demonstrates the easy setup process, including app download and device connection.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The device features a touch-sensitive screen. Swipe up, down, left, or right to navigate through different functions and menus. A single tap selects an option or confirms an action. Press and hold the touch button for 3 seconds to enter the main function menu or change the watch face.

4.2 Accessing Features

From the main watch face, swipe to access features such as step count, heart rate, temperature, blood pressure, blood oxygen, and sport modes. Tap on an icon to enter the specific function. For detailed data and settings, use the 'NX Wear' app on your smartphone.

Your browser does not support the video tag.

Video: A guide on how to use the Efofen Fitness Tracker, demonstrating screen navigation and feature access.

5. KEY FEATURES

5.1 Heart Rate Monitoring

The Yihou B3 continuously monitors your heart rate throughout the day. View real-time data on the device or detailed trends in the 'NX Wear' app.

24-hour intelligent heart rate monitoring



Image: The fitness tracker showing a heart rate graph and current heart rate, indicating 24-hour intelligent monitoring.

5.2 Sleep Tracking

Automatically tracks your sleep patterns, including deep sleep, light sleep, and awake times. The 'NX Wear' app provides a detailed sleep analysis to help you understand and improve your rest quality.

Sleep monitoring Complete sleep

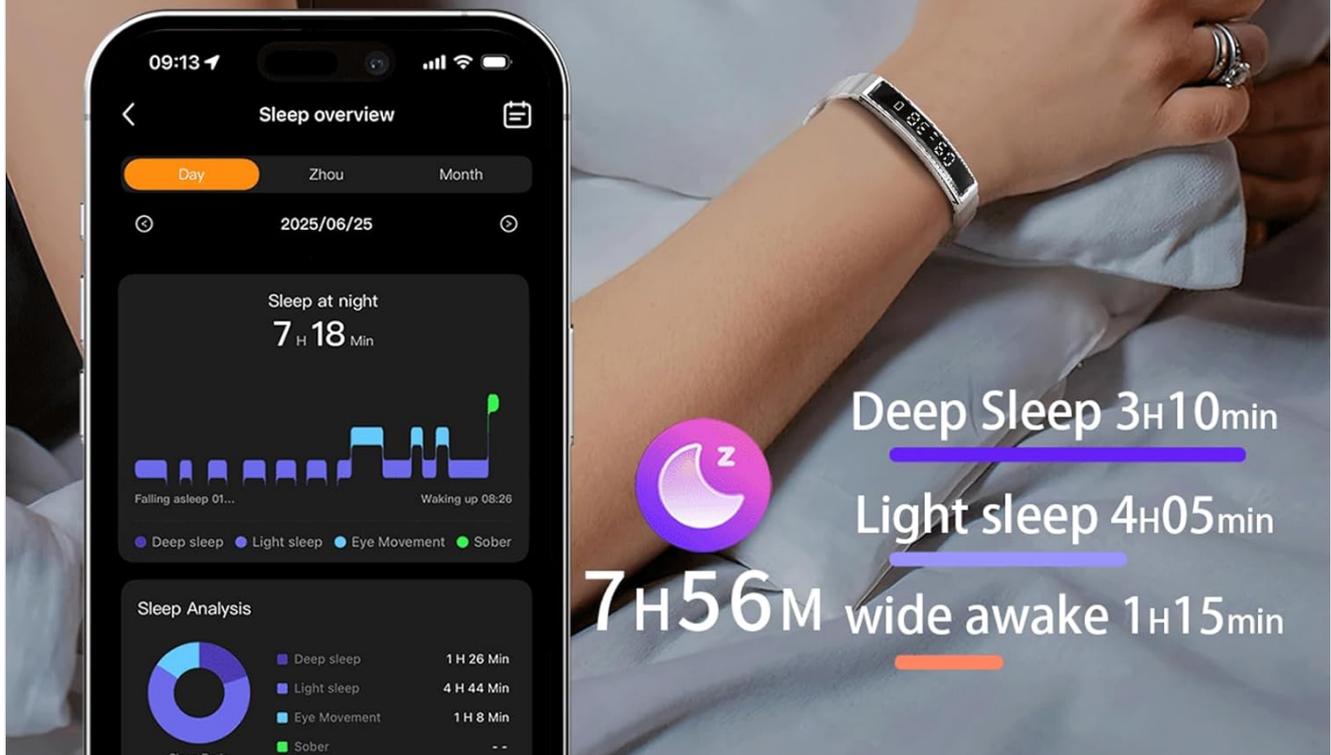


Image: The fitness tracker displaying a sleep overview with deep sleep, light sleep, and awake times, alongside a person sleeping.

5.3 Multiple Sport Modes

Choose from various sport modes to track your workouts accurately. The device records calories burned, steps taken, and distance covered. You can select and add preferred sport modes via the app.

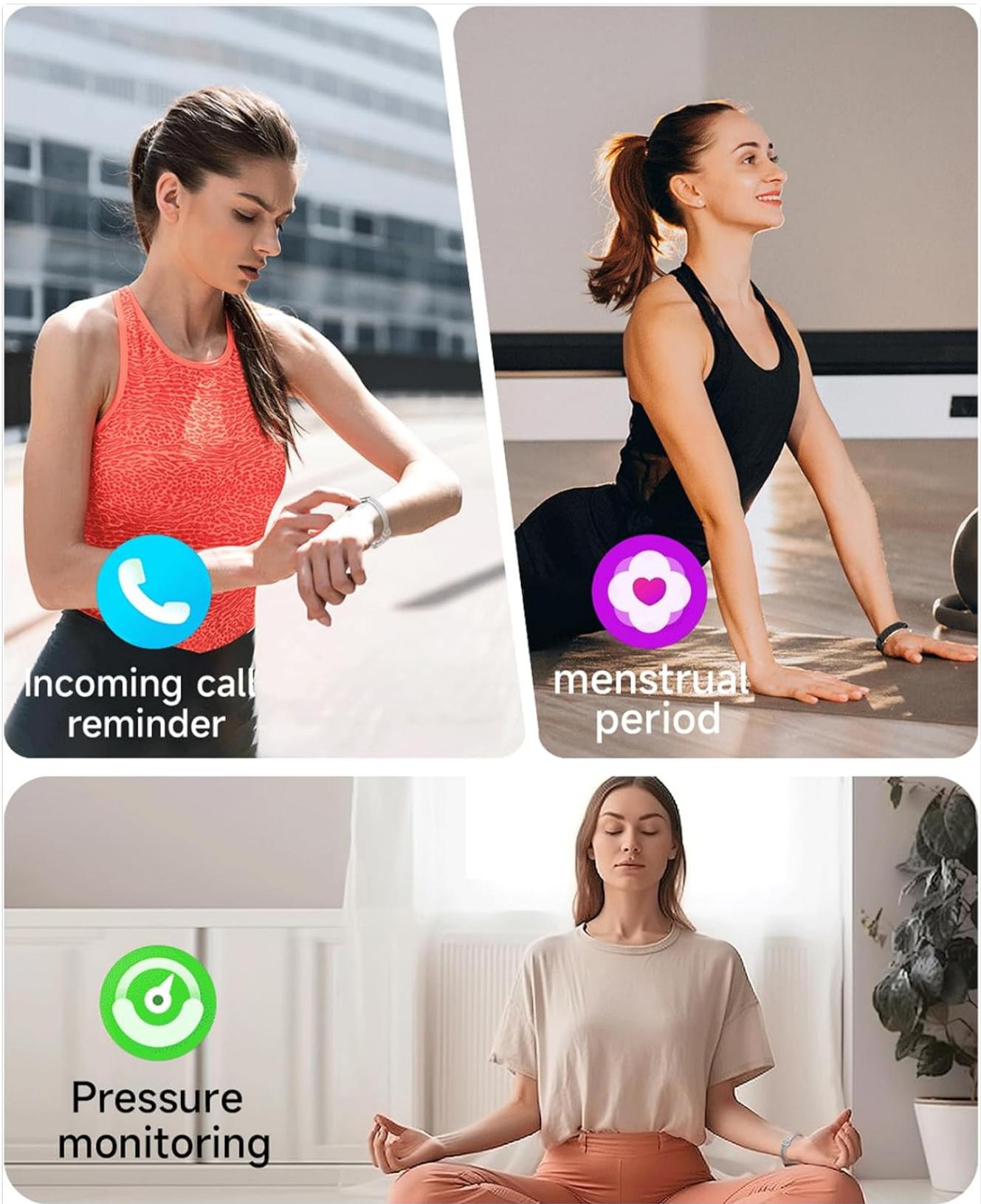


Image: A collage showing the fitness tracker's capabilities, including incoming call reminders, menstrual period tracking, and pressure monitoring.

5.4 Female Health Tracking

Monitor your female physiological cycle directly through the 'NX Wear' app, providing predictions and insights.

5.5 Pressure Detection

The device includes a pressure detection feature to help you manage stress levels throughout your day.

5.6 Camera Remote

Control your smartphone's camera remotely by shaking the fitness tracker, allowing for convenient photo capture.



Image: The fitness tracker being used as a remote shutter for a smartphone camera, labeled 'Light touch shutter freedom'.

5.7 Water Resistance

Designed for daily use, the Yihou B3 is water-resistant, capable of withstanding splashes, rain, and handwashing. It is suitable for swimming but not for diving or hot water activities.



Image: The fitness tracker on a wrist in a swimming pool, illustrating its 'Life waterproof' feature for swimming and rain.

5.8 Ultra-Light & Ultra-Thin Design

Weighing just 16.5g and with a slim profile of 5.6mm, the tracker is comfortable for all-day wear and barely noticeable on your wrist.

Fashionable and versatile

Light as if
without
feeling

16.5g

Thin to invisible

5.6mm



Image: The fitness tracker on a wrist, emphasizing its 'Fashionable and versatile' design, being light (16.5g) and thin (5.6mm).

6. MAINTENANCE

6.1 Cleaning

Regularly clean your fitness tracker and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

6.2 Charging

Charge the device when the battery indicator shows low power. A full charge typically lasts several days depending on usage. Avoid overcharging or leaving the device uncharged for extended periods.

6.3 Water Resistance Care

While water-resistant, avoid exposing the device to hot water, steam, or high-pressure water jets. Ensure the

charging port is dry before charging to prevent damage.

7. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged.
 - **Not pairing with app:** Make sure Bluetooth is enabled on your smartphone and the device is within range. Restart both the device and the app.
 - **Inaccurate readings:** Ensure the tracker is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly.
 - **Screen unresponsive:** Try restarting the device by pressing and holding the power button (if applicable) or performing a soft reset via the app.
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8. SPECIFICATIONS

Feature	Detail
Model Name	B3
Brand	Yihou
Compatible Systems	Android 6.0+, iOS 11.0+
App	NX Wear
Battery Capacity	18 mAh
Strap Material	Silicone
Item Weight	16.5 Grams
Thickness	5.6mm
Water Resistance	Daily water-resistant (splashes, rain, handwashing, swimming)

9. WARRANTY AND SUPPORT

9.1 Warranty Coverage

This product comes with a 12-month limited warranty from the date of purchase, covering manufacturing defects and hardware failures under normal use.

9.2 Warranty Exclusions

The warranty does not cover damage caused by misuse, accidents, unauthorized repairs, normal wear and tear (e.g., scratches, dents), or water damage beyond the specified waterproof rating.

9.3 Customer Support

For any questions, troubleshooting assistance, or warranty claims, please refer to the contact information provided with your purchase documentation or visit the official Yihou support website.