

Smart Bracelet User Manual 	Welcome to use our high-performance wrist-band smart bracelet which creates thoughtful and health experience for you. Device maintenance Please remember the following tips when you maintain your smart bracelet: -Clean the smart bracelet regularly, especially its inner side, and keep it dry. -Adjust the smart bracelet tightness to ensure air circulation. Otherwise, when the pendant should not be used to the user wearing the smart bracelet. -Avoid close wearing the smart bracelet in case of skin allergy or any discomfort. 	Schematic diagram of main body of the smart bracelet Power on: Long press the wide button for 3 seconds to stay in the Magnetix line to charge the smart bracelet.  Downloading and binding of smart bracelet APP Download and install APP: New OS code with mobile phone to download APP: For IOS system, select App Store, and for Android system, select Google Play Store to download and install. Please note: your mobile phone must support Android 5.1 or IOS 8.0 or above, and Bluetooth 4.0 or above. 	Bind smart bracelet with APP 1. Click on "Scan to device" to find the smart bracelet.  2. Click on your device in the device list screen.  3. The IOS system will show a Bluetooth pairing request and you can click on "Bluetooth (Pairing)" to confirm. Connect it directly to Android system.  4. The binding is successful. 	Introduction of smart bracelet functions: Power on either screen the main interfaces of main screen, or the interfaces shown in the Schematic.  Introduction of main interface functions: After the smart bracelet and APP are first paired, the time and date of the mobile phone will be synchronized. Note: Press and hold the screen for 2 seconds on the main interface to switch between multiple screen display.  Steps: The step-counting interface shows steps. When the smart bracelet on wrist, and the smart bracelet can automatically count steps, distance and calories.	Message: You can view the content pushed by the message in the information interface. At most seven messages can be saved after seven messages are saved, the messages displayed before will be replaced by new messages sent by one. Note: In the information interface, press and hold for 2 seconds to delete the content. Sleep: Wearing the smart bracelet at night to automatically judge whether you are in the sleep state, to record sleep deep and light sleep respectively, and to summarize the total sleep time to help you monitor your sleep quality. The sensor can measure your sleep quality according to the range and frequency of body movements when you sleep. Heart rate measurement: The heart rate measurement interface supports real-time dynamic heart rate and understands your own health care. Be sure that there is no dirt at the bottom of the heart rate sensor when contact measurement. Skin color, hair density, tattoos and scar may affect the accuracy of the measuring results, so which cases please measure the heart rate. Note: The heart rate sensor shall be closely attached to skin and not connected with skin in measurement of heart rate. The sensor light exposure in case of wearing bracelet too loosely can result in inaccurate measured figures. Don't look directly at the green light of sensor which may cause eye irritation.	Blood pressure: The blood pressure shall be measured in a quiet environment and in proper temperature. Have a rest for at least 5 minutes before measurement. Avoid running, exercise and smoking. To bring, measure three times repeatedly at an interval of 2 minutes, record the average value of readings measured three times. Blood oxygen: Blood oxygen saturation (SpO2) is the percentage of the amount of One hemoglobin (Hb2) which has been oxygenated in the blood and the total amount of hemoglobin (it is hemoglobin which can be oxygenated). It means the concentration of oxygen in blood. Note: The blood pressure and blood oxygen data are for reference only and should not be used as a basis in medical events. Sport: There are 7 kinds of sports in the sports interface, including walking, running, cycling, yoga, skipping, badminton, basketball and football. Weather: The weather page will display the current weather today and tomorrow. Click on the weather interface to display the weather forecast for the next 5 days. For weather information, it needs to connect with the client, and before data can be obtained. If the disconnection time is long, the weather information cannot be updated.	BRIGHTNESS: Click the icon to select screen brightness. Slide to the right to edit and save the record. TIME: Enter the sleep mode page, click on the icon "Start" below to start timing, then simply click on the icon "Pause" to pause timing, and the icon in the left is for one key restart. Find mobile phone: Switch to the Find Mobile Phone interface, make the bracelet and the mobile phone not make a long time synchronously. Music: After connecting with the mobile phone, the smart bracelet can control the music player of the mobile phone. When the mobile phone plays music, you can use the smart bracelet to control the mobile phone for playing/pausing, the previous song and the next song. More: Click the "More" icon to enter the function interface. POWER OFF: Click on "Turn on" to turn on the smart bracelet and the smart bracelet is in sleep state. RESET: Click on "Restore" to clear all data in the smart bracelet and to restore factory settings.	Remove device: For the Android mobile phone, the device can be disconnected from your mobile phone by simply clicking on Remove device. For Apple mobile phone after binding removal, you need to click on the symbol on the right in Settings - Bluetooth, and choose to ignore the device. As shown below.  Frequently Asked Questions (FAQ): 1. Why does the smart bracelet automatically disconnect Bluetooth when the Android phone goes out? 1> Lock background APP. When the pairing process is closed, the smart bracelet will be disconnected from the mobile phone. 2> Set APP self-starting.	3> Unrestricted background operation: The Android mobile phone, connected with APP and going to restrict the background operation by default, and APP should be set manually without any restriction. 4. Why is the Bluetooth connecting once broken at one time? Answer: User may encounter this problem. It mainly can prevent the user's smart bracelet message is not received if APP is not connected with bracelet. Launch APP to connect to bracelet, and the Bluetooth can be displayed normally. Note: For more frequently asked questions, please refer to the Plesphy APP User Manual.  Warning: Please consult your doctor before you take a new sport. The smart bracelet should not be used for any medical purpose through it may dynamically monitor the heart rate at real time.
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FCC WARNING This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:	-- Reorient or relocate the receiving antenna. -- Increase the separation between the equipment and receiver. -- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. -- Consult the dealer or an experienced radio/TV technician for help. The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction
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