

Smart Bracelet User Manual

手环说明书

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.
- Excessive skincare product should not be used for the wrist wearing the smart bracelet.
- Please cease 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 side button for 3 seconds or plug the smart bracelet into the base to charge to power on.



Downloading and binding of smart bracelet APP

1. Download and install APP

1. Scan QR code with mobile phone to download APP.
2. For IOS system, select APP store; and for Android system, select Application Treasure to download and install Da Fit.



Da Fit

Note: your mobile phone must support Android 5.1 or IOS 8.0 or above, and Bluetooth 4.0 or above.

2. Check mac address

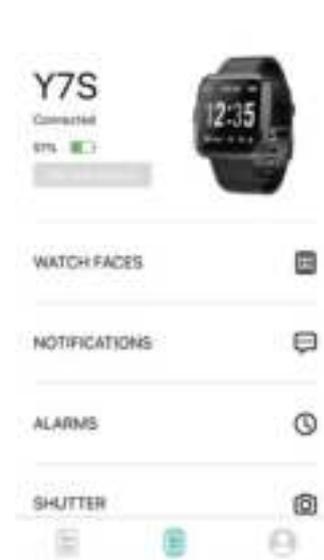
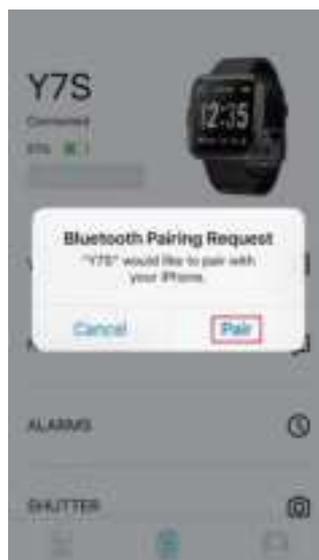
Long presses the screen for two seconds on the main interface to get the bracelet MAC. MAC address is used to indicate the hardware address of smart bracelet and is the only sign of the smart bracelet and



cannot be modified. If you check the smart bracelet with a mobile phone, you can find the corresponding smart bracelet by checking the MAC number. The MAC address is used to quickly identify the smart bracelet and the connected mobile phone. The lower left corner shows the Bluetooth symbol, and the right shows the battery symbol. After connecting to the mobile phone, the icon will be displayed.

3. Bind smart bracelet with APP

1. Click on "Add Device" to bind the smart bracelet.
2. Click on your device in the device list scanned.
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. Successfully bound.



4. Remove device

For the Android mobile phone, the device can be disconnected from your mobile phone by simply clicking on Remove device.

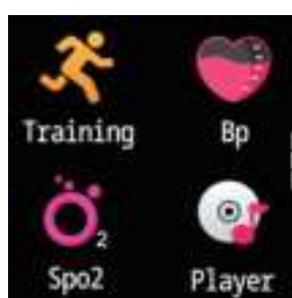
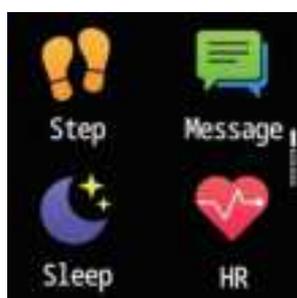
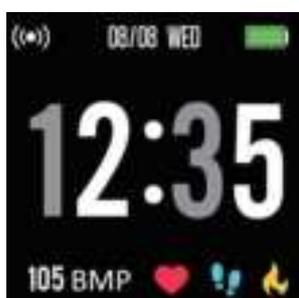
For Apple mobile phone after binding removal, you need to click on the symbol on the right in Setting- Bluetooth, and choose to ignore the device. As shown below:



Introduction of smart bracelet functions

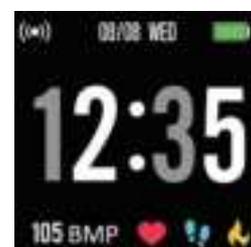
Power-on status

Click on the touch to switch the menu interfaces of main screen, as the interfaces shown in the following;



1. Introduction of main interface functions

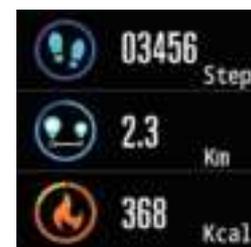
After the smart bracelet and APP are first paired, the time and date of the mobile phone will be synchronized.



2. Step counting, distance and calorie

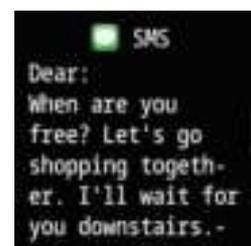
The step-counting interface shows steps.

Wear the smart bracelet on wrist, and the smart bracelet can automatically count steps, distance and calories.



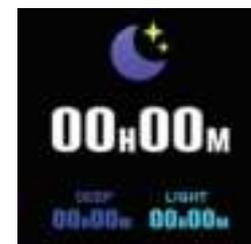
3. Messages

You can view the content pushed by the message in the information interface. At most three messages can be saved. After three messages are saved, the messages displayed before will be replaced by new messages one by one.



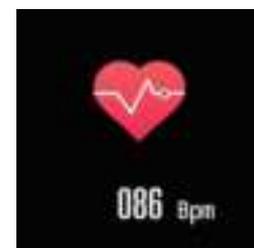
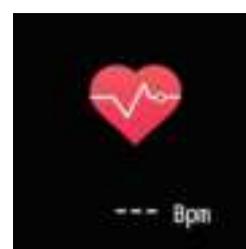
4. Sleep monitoring

Wearing the smart bracelet at night to automatically judge whether you are in the sleep state, to record deep sleep 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 wrist movements when you sleep.



5. Heart rate measurement

Enter the heart rate test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.



5.1 Correctly wear the smart bracelet on wrist at 2cm of the inner side of the ulna joint to more accurately measure the heart rate data, as shown in the right figure.

5.2 Closely attach the heart rate sensor to the skin with well contact in measurement of heart rate. The sensor light will expose if the smart bracelet is too loose, which will cause inaccurate measurement values. DO NOT directly look at the green light of the sensor in case that your eyes feel uncomfortable.

5.3 Although the product dynamically detects the heart rate at real time, the user has to keep sitting still when the device is used for measuring heart rate; otherwise, the time for measurement of heart rate will be delayed or no data can be measured. The user should not move until the smart bracelet measures the value and then the data of real-time dynamic heart rate can be checked.

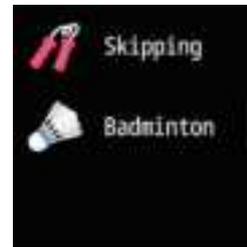
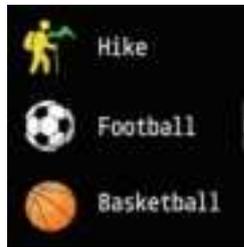
5.4 It is necessary to measure again after a rest if there is a big difference in measured data. The average value obtained through five times of consecutive measurement is more accurate.

5.5 The product dynamically measures the heart rate at real time, so the heart rate is varied in different conditions, such as speaking, dining and drinking. It should be subject to the actual case.

5.6 Be sure that there is no dirt at the bottom of the heart rate sensor during measurement. Skin color, hair density, tattoo and scar may affect the accuracy of the measured results, in which cases it is necessary to re-measure the heart rate.

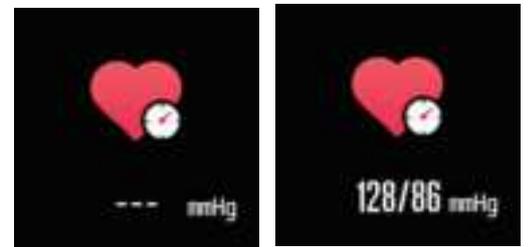
6. Exercise

There are Eight kinds of sports in the sports interface, including walking, Mountaineering , running, cycling, rope skipping, badminton, basketball and football .



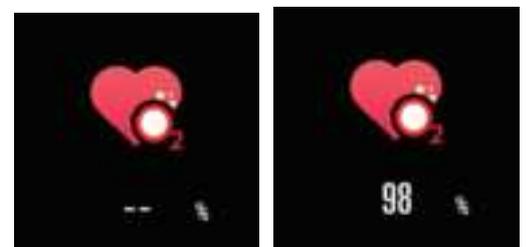
7. Blood pressure

Enter the blood pressure test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed. The environment for measuring blood pressure should be quiet with an appropriate temperature. The user should rest for at least 5 minutes, and avoid tension, anxiety and emotional excitement before measurement. Repeatedly measure blood pressure for three times at the interval of 2 minutes. Record the average of three readings.



8. Blood oxygen

Enter the blood oxygen test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed. Blood oxygen saturation (SpO_2) is the percentage of the volume of oxyhemoglobin (HbO_2) combined by oxygen in the blood to the volume of all (Hb , hemoglobin) which can be combined, i.e, the concentration of blood oxygen in the blood.



Note: the data measured for blood pressure and blood oxygen are for reference only, and cannot be used as the basis of relevant medical purposes.

9. Music control

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.



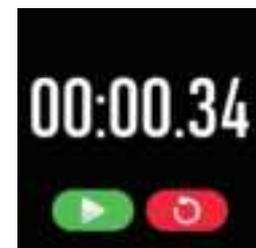
10. Camera

After connecting with the mobile phone, the smart bracelet can be used as a remote controller for the mobile phone camera. Open "Photo control" in APP to "Shake" the smart bracelet and click on the icon to take a photo.



11. Stopwatch

Enter the stopwatch page, click on the icon "Start" below to start timing, then singly click on the icon "Pause" to pause timing, and the icon in the under right corner is for one-key resetting.



12. Weather

The weather page displays the current weather and tomorrow's weather. For weather information, it needs to connect with the client end before data can be obtained. If the disconnection time is long, the weather information cannot be updated.



13. More

Click the "More" icon to enter the function interface.

13.1 Brightness regulation

Click the icon to select screen brightness, slide to the right to exit and save the record.



13.2 Restore factory settings

Click on "Confirm" to clear all data in the smart bracelet, and to restore factory settings.



13.3 Power-off

Click on "Confirm" to turn off the smart bracelet and the smart bracelet is in a sleep state.

Frequently Asked Questions (FAQs)

1. Why does the smart bracelet automatically disconnect Bluetooth when the Android screen goes out?

1> Lock background APP. When the Da Fit process is cleared, the smart bracelet will be disconnected from the mobile phone.

2 > Set APP self-startup

3 > Unrestricted background operation. The Android mobile phone installed with APP intelligently restricts the background operation by default, and App should be set manually without any restriction.

2. Why cannot the smart bracelet receive message push?

1> Please confirm that you have turned on the switch for message push at the mobile phone client.

2 > Please confirm that messages can be displayed normally in the mobile phone notification bar. The message push on the smart bracelet is completed by reading the message from the mobile phone notification bar. The smart bracelet will not receive the message push

if there is no message in the mobile phone notification bar. (You need to find notification settings in the mobile phone settings, and turn on the notification switch of WeChat, QQ, call, SMS and mobile phone client).

3 > Turn on the mobile phone --- Settings. Enter "Notification use right" on the top search box, re-open Da Fit.

3. Why can't take a hot bath with the smart bracelet?

Answer: the bath water has a relatively high temperature, and generates a lot of vapor which is in the gas phase with small molecular radius and can easily infiltrate into the smart bracelet from the shell gap. When the temperature drops down, the vapor will condensate into liquid-phase droplets which will easily cause the short circuit inside the smart bracelet and damage the circuit board and then damage the smart bracelet.

Note: for more FAQs, please refer to Da Fit APP feedback.



Warning:

Please consult your doctor before you take a new sport. The smart bracelet should not be used for any medical purpose though it may dynamically monitor the heart rate at real time.

Packing list

★Main body of smart bracelet×1 ★Wrist band×1
★Charging base×1 ★User manual×1 ★Packing box×1

Federal Communications Commission (FCC) Statement. 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. 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.

Warning: Changes or modifications made to this device not expressly approved by **Pine Store Limited** may void the FCC authorization to operate this device. Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

RF exposure statement:

The transmitter must not be colocated or operated in conjunction with any other antenna or transmitter. This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. The installation and use of this product are not restricted.

欢迎使用智能手环，高性能腕带智能手环为您打造贴心健身体验。

设备保养

在保养您的手环时，请记住以下提示：

- 定期清洁手环，特别是手环内侧，使其保持干爽。
- 调整手环松紧度，确保空气流通。
- 佩戴手环的手腕不宜使用过量护肤品。
- 如出现皮肤过敏或不适情况，请停止佩戴。

手环主机示意图



开机

长按侧键3秒或插上底座充电开机。



手环APP下载及绑定

1. 下载安装APP

- 1.使用手机扫描二维码，下载APP。
- 2.IOS系统选择APP store,Android系统可选择应用宝来下载安装Da Fit。



Da Fit

注意：手机须支持安卓5.1 或 IOS 8.0以上，蓝牙4.0以上。

2. 查看mac地址

主界面长按屏幕两秒即可获得手环MAC。MAC地址，用来表示手环的硬件地址，是手环的唯一标识符，MAC地址无法修改。如手机查找手环时，只需要看MAC号，就能找到对应的手环，作用是能快速识别到手环及连接手机。



左下角是电池符号，右边是蓝牙符号，连接上手机后，图标才会显示出来。

3. APP绑定手环

- 1.点击“添加设备”绑定手环。
- 2.在扫描到的设备列表点击你的设备。
- 3.IOS系统会出现蓝牙配对请求，点击蓝牙“配对”确认即可。Android系统直接连接。
- 4.绑定成功。



4. 解除绑定

安卓手机只需点击移除设备，即可与手机断开。

苹果手机解除绑定后，还需要在设置---蓝牙，点击右边的符号，选择忽略此设备。如下图



手环功能简介

开机状态：

点击触摸，主屏菜单界面切换，如下所示的界面等；

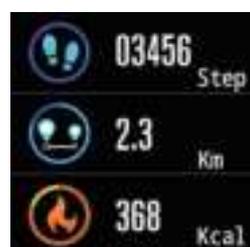
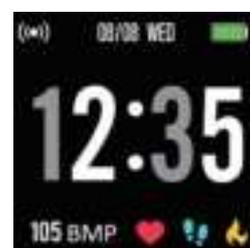


1. 主界面功能简介

当手环和APP首次配对连接好以后会同步手机的时间、日期。

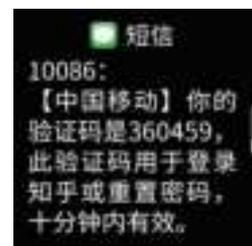
2. 计步、距离、卡路里

计步界面显示计步，将手环佩戴在手腕上，手环自动记录步数、行走距离和卡路里消耗等数据。



3. 信息

信息界面，可以查看消息推送的内容，信息条数量最多可以存储3条，信息数量满3条后，会逐条替换之前显示的信息。



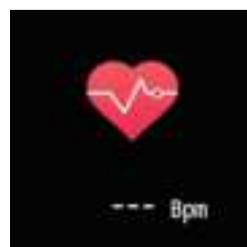
4. 睡眠监测

晚上佩戴手环能够自动判断是否进入睡眠状态，分别记录深睡及浅睡并汇总睡眠时间，帮助用户监测自己的睡眠质量。通过传感器在你睡眠的时候，根据手腕的动作幅度和频率来衡量睡眠的质量。

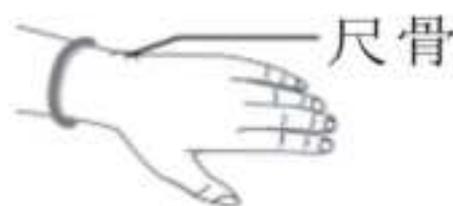


5. 心率测量

心率测试界面，“开始测量”及“停止”后马达会振动一次，同时显示当前的测量数据。



5.2 请将手环正确佩戴在手腕上，位于尺骨关节内侧2CM处，能更准确的测量心率数据，如右图所示。



5.3 测量心率时让心率传感器紧贴皮肤并接触良好，如果佩戴过于松动，传感器光线外露，会导致测量数值不准确。请勿直视传感器绿光，可能会引起眼睛不适。

5.4 本产品虽然为实时动态检测心率，但是在检测心率时请保持身体停止活动，静坐测量，否则会延长心率测量时间或测不到数据。待手环测量到数据时再进行运动，即可查看实时动态心率数据。

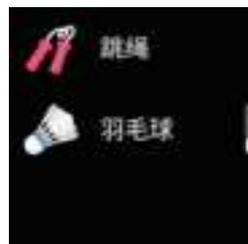
5.5 如果测量数据差异较大，请休息一下重新测量，连续测量5次得到的平均值会比较准确。

5.6 本产品为实时动态心率测量，所以在说话、吃饭、饮酒等状态时的心率都会不同。请以实际为准。

5.7 测量时确保心率传感器底部没有脏污，皮肤颜色、毛发浓密度、纹身、伤疤可能会影响检测结果准确，请重新测量。

6. 锻炼

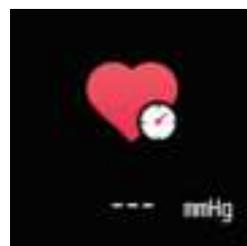
在运动界面，总共有八种运动，健走、跑步，骑行、登山、跳绳、羽毛球、篮球、足球。



7. 血压

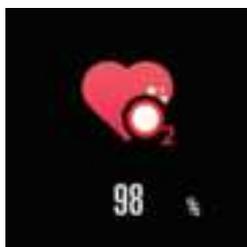
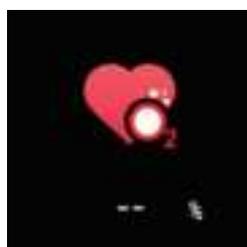
血压测试界面，“开始测量”及“停止”后马达会振动一次，同时显示当前的测量数据。

测量血压的环境应安静、温度适当。测量前至少休息5分钟。避免紧张、焦虑、情绪激动。应重复测3次，每次相隔2分钟。取3次读数的平均值记录。



8. 血氧

血氧测试界面，“开始测量”及“停止”后马达会振动一次，同时显示当前的测量数据。

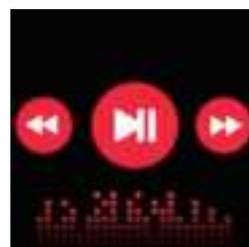


血氧饱和度(SpO_2)是血液中被氧结合的氧合血红蛋白(HbO_2)的容量，占全部可结合的血红蛋白(Hb , hemoglobin)容量的百分比，即血液中血氧的浓度。

注：血压、血氧测出的数据仅供参考，不可作为医学相关方面的依据。

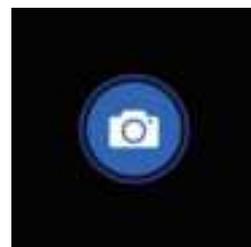
9. 音乐控制

连接手机后，手环可以控制手机的音乐播放器。手机在播放音乐时，可以使用手环控制手机进行播放/暂停、上一曲、下一曲操作



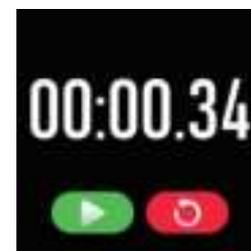
10. 相机

连接手机后，手环可以作为手机相机遥控器。APP打开“拍照控制”，可“摇晃”手环及点击图标拍照。



11. 秒表

秒表页面点击下面图标“开始”计时，单点图标“暂停”计时，右下角图标是一键复位。



12. 天气

天气页面会显示当前的今日天气及明日天气。天气信息需要连接客户端后才可以获取数据，如果长时间断开连接，天气信息将无法更新

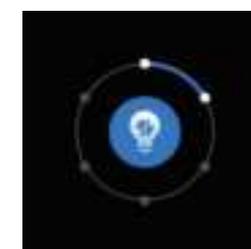


13. 更多

在“更多”点击图标进入功能界面。

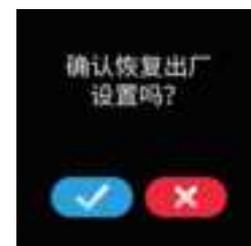
13.1 亮度调节

点击图标可以选择屏幕的亮度，往右滑动退出并保存记录。



13.2 恢复出厂设置

点击“确认”后，开始清除手环上的所有信息，恢复到默认出厂设置。



13.3 关机

点击“确认”后，手环开始关机，处于休眠状态。

常见问题

1. 安卓手机屏幕熄灭后，手环为什么会自动断开蓝牙连接？

1> .锁定后台APP。Da Fit进程清除后，会导致手环与手机断开。

2> 设置APP自启动。

3> 后台运行无限制。安卓手机安装APP，默认是智能限制后台运行，需手动设置APP不采取任何限制措施。

2. 为什么手环接收不到消息推送？

1> .确认在手机客户端开启了消息推送的开关。

2> .确认消息在手机通知栏都可以正常显示,手环消息推送是通过读取手机通知栏消息进行推送;若手机通知栏没有消息显示,手环将无法接收推送。(需要在手机设置中找到通知设置,开启微信、QQ、电话、短信、手机客户端的通知开关)。

3 > 打开手机---设置，最上面的搜索框，输入“通知使用权”，重新打开Da Fit。

3. 为什么不能佩戴手环洗热水澡？

答：洗澡水的温度比较高,会产生很多的水蒸气,而且水蒸气是气相的,其分子半径小,容易从手环的壳体空隙渗进去,当温度降下来后又会重新凝结成液相的水滴,容易造成手环内部线路短路,损伤手环电路板,进而损坏手环。

注：更多常见问题，请参阅Da Fit APP意见反馈。



警告:

新的运动项目之前请咨询你的医生，智能手环尽管可以监测实时动态心率，但并不能用作任何医疗用途。

包装清单

★手环主体×1 ★腕带×1 ★充电底座×1 ★使用说明书×1
★包装盒×1



Da Fit