



Smart Band Activity Tracker

User's Guide for Model IFBT38B-2112-01

Features

- Bluetooth wireless
- Compatible with Android 4.4 and later, and iOS 8.0 and later
- Free fitness app with QR code download
- Pedometer - step, distance and calories count
- Heart Rate/Blood Pressure/ Blood Oxygen monitor
- Sleep tracker
- Call/text notification
- 0.96" TFT display
- DC battery power - built-in rechargeable lithium-ion battery
- Built-in USB connector for battery recharge

Waterproof Rating - IP67

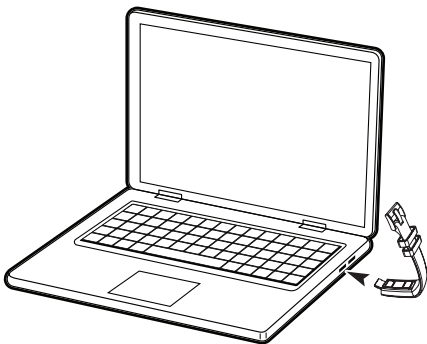
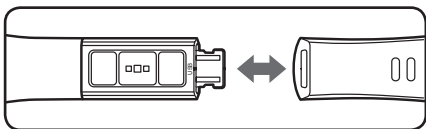
- Protection from contact with enclosed equipment.
- Protection from heavy splashing water.
- Protection from dust and sand, mud, oil, and other non-corrosive material.

IMPORTANT: To ensure your device is prepared for use in a wet environment, disconnect and remove any power cables, and tightly secure the watchband over the charging tab. If not properly secured, water resistance will be compromised and could result in damage to the speaker or personal injury.

Battery Charging

Disconnect the watch band from the lower part of the watch face, then connect to the USB port of a powered on computer or USB power adaptor (not included). Charging time is approx. 2 hours.

Warning: Do not charge the unit while it is wet or near water, sweat, or the like. If splashed or wet, take ample time to dry before charging.



LinkSelf App Download

To get the most out of your fitness tracker, link it to your smartphone with our free fitness app, just scan the correct QR code below and install the app.

The app can also be found in the Apple App Store or Google Play Store by searching for "LinkSelf".



Apple iOS

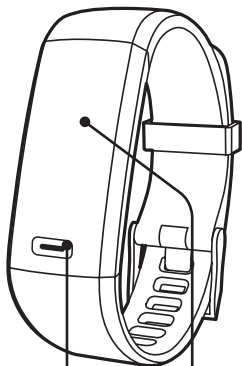


Android OS

Connect to Phone

- Be sure your phone's Bluetooth is enabled.
- Open the LinkSelf app and go to Settings > Bind Device, then select the fitness tracker from the menu. The app will ask for access to some of your phone's services and to set up some basic personal info.
- Once the set up is complete, the fitness tracker will begin to record and display your activity. Date and time will automatically update upon connection with your phone.

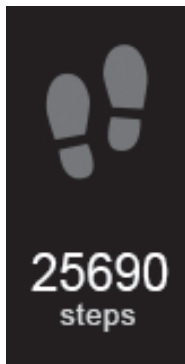
Watch Display



Date & Time

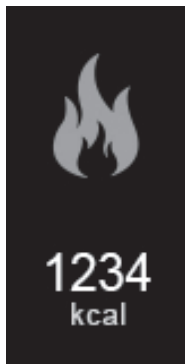
Also displays battery life and Bluetooth connection indicator.

Watch Display



Pedometer

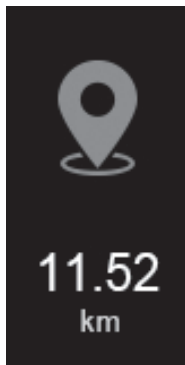
Counts the number of steps taken in a day.



Calories Burned

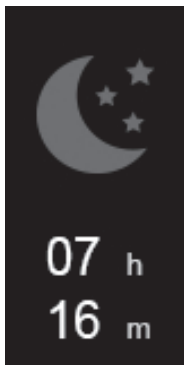
Measures the amount of calories burned in a day.

Watch Display



Distance

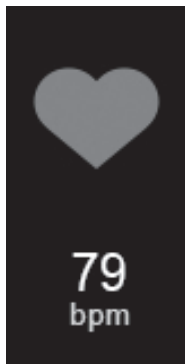
Records the distance traveled
in a day.



Sleep

Records the amount of sleep in
a night.

Watch Display



Heart Rate

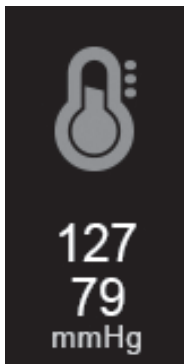
Measures your current heart rate.



Blood Oxygen Level

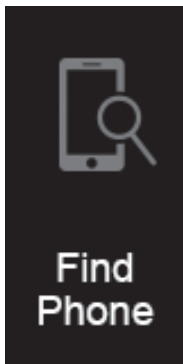
Measures the amount of oxygen in your blood.

Watch Display



Blood Pressure

Measures your blood pressure.



Find Phone

Press and hold the Function Button until a "✓" appears on the display. This will send a signal to your phone, causing it to vibrate and ring (MUST BE CONNECTED TO PHONE WITH BLUETOOTH).

Watch Display



ID and Power OFF

Press and hold the Function Button until the display shows and option for ON or OFF. Press the Function Button to select OFF, then press and hold the Function Button until the display reads "Goodbye", vibrates, and powers OFF.



Alarm Notification

Press the Function Button to disable the notification. Alarms are set in the app under Settings > Alarms.

Watch Display



Call Notification

Press the Function Button to disable the notification.

Note: App must have permission to access your Contacts List to display names.

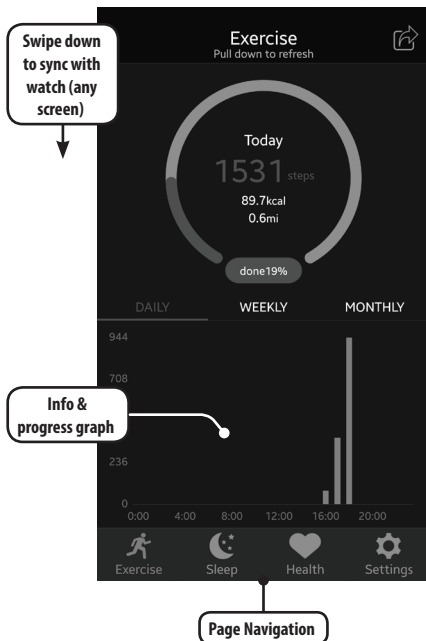


Text Notification

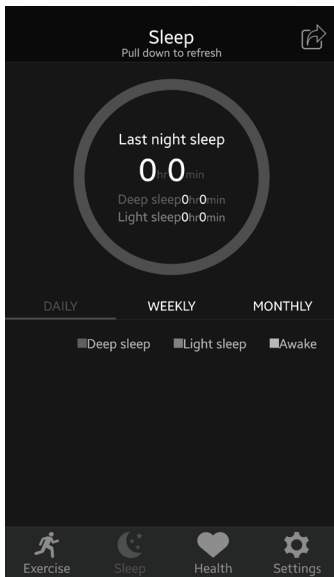
Press the Function Button to disable the notification.

Note: App must have permission to access your Contacts List to display names.

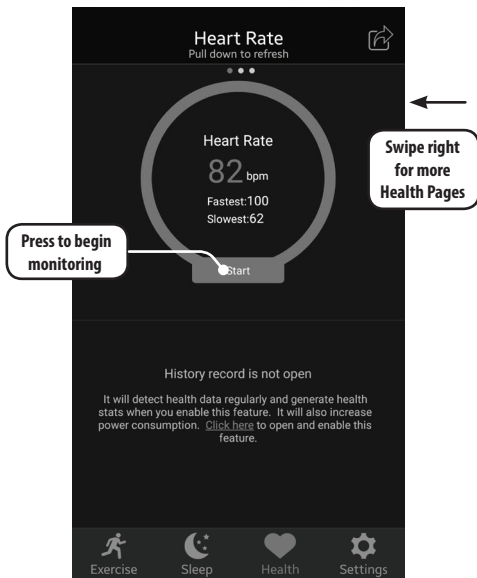
Exercise Page



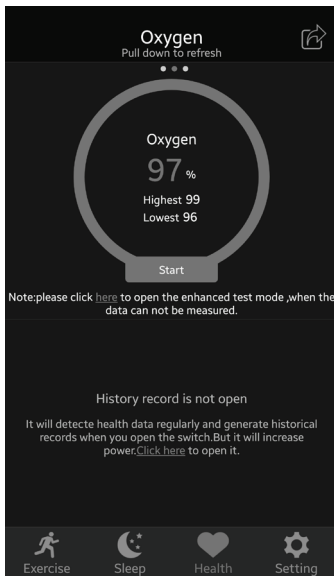
Sleep Page



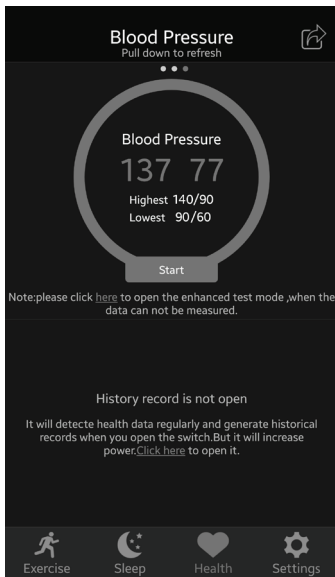
Health Pages - Heart Rate



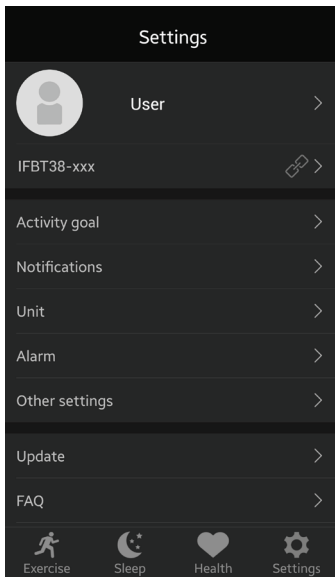
Health Pages - Blood Oxygen Level



Health Pages - Blood Pressure




Settings Page



Settings Page (cont.)


- User Name and Profile - Press to edit your personal info.
- IGBT38-xxx - Press to view watch battery status and other settings, or disconnect the watch from your phone.
- Activity Goal - Press to set and adjust exercise goals.
- Notifications - Press to adjust what notifications you'd like to receive from the app and the watch.
- Unit - Press to set the units for Metric or Imperial units.
- Alarm - Press to set alarms and reminders.
- Other Settings - Press to set Shake Photograph settings (must have permission to access your phone's camera and photos).
- Update - Press to the view and update the app and device firmware versions.
- FAQ - Press for help with app and watch functions.

Settings - Profile



Profile

SAVE



LinkSelf

Birthday

1997/11 >

Sex

Female >

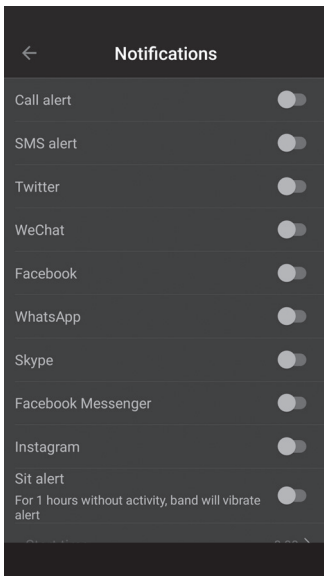
Height

159cm >

Weight

46kg >

Settings - Notifications



Cautions

This device is intended for information and entertainment purposes only. The heart rate monitor, blood pressure and blood oxygen in this device can only provide an estimate, actual heart rate may vary. Use caution when using a heart rate training program. It is not intended to be used as a medical device or to be used in place of a physician or medical treatment. Always consult a physician before beginning a fitness program.

Consult your doctor before use if you have any preexisting conditions that might be affected by your use of this product.

Prolonged contact may contribute to skin irritation or allergies in some users.

If you notice any signs of skin redness, swelling, itchiness, or other skin irritation, please discontinue use or wear the product clipped over a piece of clothing. Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.

Maps, directions, and other GPS or navigation data, including data relating to your current location, may be unavailable, inaccurate, or incomplete.

Do not check call notifications or other data on the product's display while driving or in other situations where distractions could be hazardous.

This product is not a toy. Do not allow children or pets to play with this product. The product contains small components that can be a choking hazard.

This product is splash and rain proof, however, it should not be worn while showering or swimming.

Cautions (cont.)

This product has a heart rate tracking feature that may pose risks to users with certain health conditions. Consult your doctor prior to use if you:

- Have a medical or heart condition.
- Are taking any photosensitive medicine.
- Have epilepsy or are sensitive to flashing lights.
- Have reduced circulation or bruise easily.

Note: The data that is provided on the device should be used as a general guide and not an actual reading for a heart rate, blood pressure or blood oxygen. One's degree of activity and level of perspiration can impact the device causing fluctuations in the readout. The bracelet will stop the measurement automatically under certain exercise conditions, the bracelet will vibrate when the measurement stops.

FCC WARNINGS

- Warning: Changes or modifications to this unit 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.

ADDITIONAL WARNINGS

- Lithium batteries, like all rechargeable batteries, are recyclable and should be recycled or disposed of according to state and local guidelines. They should never be disposed of in normal household waste, and they should never be incinerated, as they might explode. Contact your local government for disposal or recycling practices in your area.



WARNING : This product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov. **This product meets and complies with all Federal regulations.**

Contact Information

Website: www.iLiveElectronics.com

Email Support: prodinfo@dpiinc.com

Email Parts: partsinfo@dpiinc.com

Phone Support: 1-888-999-4215

Warranty

For Warranty Information and the most up-to-date version of this User's Guide, go to:
www.iLiveElectronics.com.



***Protect for Today
Sustain for Tomorrow***

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