

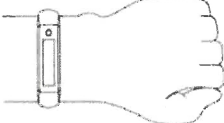
Smart Wristband

user manual

How to Wear it properly.

The wristband is best worn after the ulnar styloid
Adjust the size of the wristband according to the adjustment hole
buckle the wrist strap:

The sensor should be close to the skin to avoid moving



How to charge the wristband

For the first time, make sure that the battery is in normal power.
If the power is not turned on normally, please connect the charger
to charge the device, and the wristband will automatically turn on.
charging method;

Put all of the straps at both ends of the bracelet, and insert the
USB plug of the wrist strap into the USB port of the computer or
mobile phone charger to charge it.

Bracelet display settings

In this option, you can set the screen for switching the function
of the wristband side. The open page will switch after pressing
the function button, and the function will not appear in the
switch.

Looking for the wristband

In the connected state, click on the "Look for the wristband" option
and the bracelet will vibrate.

Shake to take a picture

In the connected state, enter the shaking photo interface, shake the
bracelet, automatically take a photo after 3 seconds of counting down.
Please allow the APP to access the album to save the self-portrait photos.

Functions

Raise your hand to brighten the screen: set the function of
raising the hand to brighten the screen, and the screen will
automatically light up every time you raise your hand.
Sedentary switch: Please set the time for sedentary reminder and
save

The wristband display instructions

Press and hold each interface for 2 seconds to enter/exit
Sub menu.

Clock interface

After synchronizing with the phone, the bracelet will automatically
calibrate the time:

Standby time setting: More-theme can set three theme clock interfaces.

Step

Number of steps

Wear the wristband and record the number of daily movement steps to view the current real-time
steps.

How to Power On/OFF

- ① When the device is turned off, touch and hold the function button for
more than 4 seconds to turn the device on.
- ② In the Bluetooth area interface of the bracelet, press and hold for
2 seconds to enter the shutdown interface. Select ON for 3 seconds to
exit the shutdown page, select OFF for 3 seconds and then turn off the
bracelet.
- ③ When the device is turned on, touch the short press function key to
light up the screen:
- ④ When the wrist band is on the default clock page, touch the function
key can switch to view different pages. If you have no any operate, the
LED display will off after 5 seconds
- ⑤ Switch to the heart rate and blood pressure interface and press and
enter to start the test. If the Heart rate and blood pressure have 50s
timeout the LED display will automatically

Off (if the wrist band have the function).

How to Install the app on your phone

Scan the QR code below or go to the App Store to download and

Install "Yoho Sports"



Android



iOS

System requirements: Android 5.0 and above; iOS 9.0 and above; support
for Bluetooth 4.0.

Distance

Estimate the distance of movement based on the number of walking steps

Calorie

Estimate the calories burned based on the number of walking steps

Heart rate, blood pressure

After entering the heart rate and blood pressure test interface for a
few seconds, the current heart rate and blood pressure test results are
displayed. This feature requires a wristband to support heart rate and
blood pressure sensors.

Multi-sport mode

Time-sharing step

Calculate the number of steps starting from this interface from 0,
you can view the system time, record the time-sharing step value, and
the duration; after exiting this interface, the time-sharing step will
be added to the total number of steps in the bracelet.

Skipping rope mode

In this interface, you can view the system time, record the number
of skipping ropes, and the duration.

Sit-up mode

In this interface, you can view the system time, record the number of
sit-ups and duration.

Sleep mode

When you fall asleep, the bracelet will automatically enter the sleep
monitoring mode; automatically detect your deep sleep / light sleep /
wake up all night, calculate your sleep quality; sleep data only supports
APP side view.

Note: Sleep data will only be available when you wear the bracelet to
sleep, and will be synced to the app after 9:00 pm to 9:00 the next day.

More modes

How to connect the device

For the first time, you need to connect to the APP for calibration. after
the connection is successful, the bracelet will automatically
synchronize the time, otherwise the step and sleep data are not exact.



④After the pairing is successful, the APP will automatically save the
Bluetooth address of the bracelet, and the APP will open and run in the
background, and will automatically search and connect the bracelet;
For Android phones, please make sure that the APP is running in the
background and the contact information is read in the phone system
settings.

APP function and settings

Personal information

Please set your personal information after entering the app.

Settings → Personal Settings, you can set gender - age - height -
weight,

You can also set your daily exercise and sleep goals to monitor daily
completions,

message notification
incoming call:

In the connected state, if the call alert function is enabled, when the
call comes in, the wristband will vibrate and display the name or number
of the caller. (You need to give APP read address book permission)

SMS notification:

About: Local address information

Theme: Three standby time styles can be set

Shutdown: long press 2S pop-up shutdown prompt box, choose whether to
shutdown

Function

Equipment type	Smart wristband	type of battery	Lithium polymer
Vibration motor	Supported	Synchronously	Bluetooth 4.0
Operating temperature	-10°C~50°C	sensur	Low power accelerometer
System Requirements	IOS9 / Android5.0 or higher		

Precautions

1. Bathing and swimming should not be worn.
2. Connect the bracelet when synchronizing data.
3. Do not expose the handle ring to moisture for a long time, where
the temperature is extremely high or extremely low.
4. The flash drive restarts. Please check the phone memory information
and try again, or exit the APP and reopen it.

Component introduction

*wristband *Charging Cable *Packing box and manual

APP supported languages: Chinese, English, Spanish, French, Portuguese, Dutch,
German, Russian

Language supported by message content: Chinese, English, Spanish, German, French
and Portuguese

In the connected state, if the SMS reminder function is enabled, the
bracelet will vibrate when there is a text message.

Other reminders:

In the connected state, if this function is enabled, when there are
messages such as WeChat, QQ, Facebook, etc., the bracelet will vibrate
to remind and display the content received by the app (the message is
automatically cleared after viewing). (You need to give the APP
permission to get system notifications, and the wristband can display
20-40 words).

Vibrate reminder:

When this function is enabled, the bracelet will vibrate when there are
incoming calls, messages or other reminders. If it is turned off, the
bracelet will only have a screen reminder without shaking to avoid
interruption.

Sedentary reminder:

Set whether to enable the sedentary reminder function. You can set the
reminder interval in the profile. If you sit for a long time in the set
time, the bracelet will remind you.

Tips for Android users:

When using the reminder function, you need to set it to allow
the "Yoho Sports" to run in the background; it is recommended
to add "Yoho Sports" to the permissions management and open
all permissions.

APP function and settings

Smart alarm clock

In the connected state, three alarms can be set, and after setting, they
will be synchronized to the bracelet;

Support offline alarm. After the synchronization is successful, even
if the APP is not connected, the bracelet will remind you according to
the set time.