SMART WRIST BAND : Instruction Manual
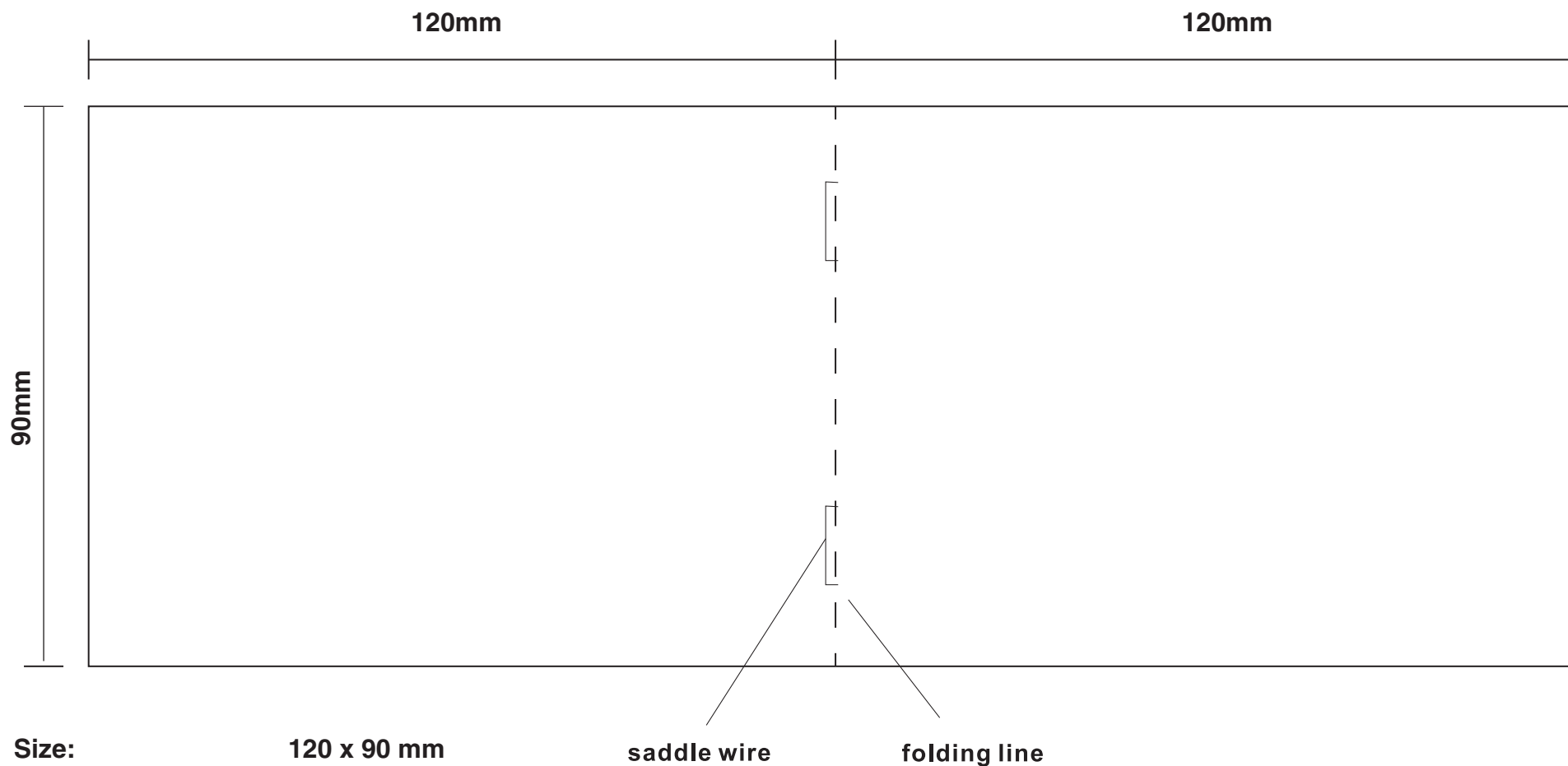
120mm   120mm

90mm

saddle wire   folding line

Size: 120 x 90 mm
Type: Book type
Cover: 4Pages
                       Color: 1C + 0 (Black)
                       Paper: 100gsm white wood free paper

Body Copy:
                       Color: 1C + 1C (Black)
                       Paper: 100gsm white wood free paper
Binding: Saddle Wire
Paper: Wood Free Paper
Paper Weight: 100 gsm
Language: English

Project:	APN# A99958	
Release for:		
Prepared by:		Date:
Checked by:		Date:
Approved by:		Date:

SMART WRIST BAND
Instruction Manual

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FCC Statement

FCC Caution:

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

IMPORTANT NOTE:

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

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.

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IC Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:
(1) this device may not cause interference, and
(2) this device must accept any interference, including interference that may cause undesired operation of the device.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
(1) l'appareil nedoit pas produire de brouillage, et
(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

IC SAR Warning:
This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment.

Cet appareil est conforme aux limites d'exposition aux rayonnements définies pour un environnement non contrôlé.

1.0 Introduction

Thank you for your purchase of the Smart Wrist Band.
With this band, you can monitor your daily activities easily! Simply put the band on your wrist and this small device will record the number of steps taken, the distance travelled, the calorie burnt and the sleeping patterns in your daily activity for your review.

This product has to be used in line with an iOS and Android devices that support Bluetooth 4.0 technology to review your daily activities.

Your Smart Wrist Band is carefully designed and produced. In order to fully utilize the features of the Smart Wrist Band, it is advisable to use it in conformity with the notes mentioned below:

Read this user's manual carefully before using the Smart Wrist Band and keep this manual in a safe place for future reference.

Avoid exposing the Smart Wrist Band to extreme conditions for an unreasonable time.

Avoid rough use or severe impacts on the Smart Wrist Band.

Keep the Smart Wrist Band away from magnets or appliances which contain magnetic components such as mobile phones, speakers or motors as these items may ruin the sensors.

Clean the Smart Wrist Band occasionally with a soft cloth.

DO NOT expose the Smart Wrist Band to strong chemicals such as gasoline and alcohol as they will damage the Smart Wrist Band.

DO NOT dispose of the Smart Wrist Band into fire as the battery inside the main unit may explode.

WARNING!
Make sure that you fully understand the functions and limitations of the Smart Wrist Band and it is NOT a professional medical device. Should you have any further questions regarding your daily life condition, please consult your doctor.

2.0 Specifications

How to place the main unit into the Wrist Band
Place the main unit into the socket of the wrist band with the mode button facing upward and matching the bulge.
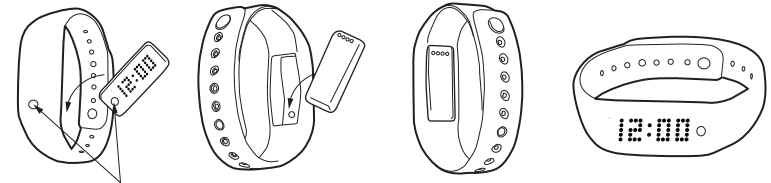
The mode button facing upward and matching the bulge

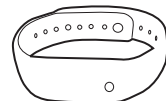**How to place the main unit into the socket of the Clip**

Place one end of the main unit with the notch matching to the lever of the socket

lock the main unit at the notch of the Clip

2.0 Specifications

Smart Wrist Band – 1 pc

Main unit with display – 1 pc

USB Socket for battery charging – 1 pc

Clip with Socket for the main unit – 1 pc

You may wear this product either on the wrist by using wristband or clip it at the pocket opening as you wish to track your daily activities. Before using this Smart Wrist Band, please charge the main unit first. For charging the main unit, please refer to the Chapter 3.1.9 Battery Status for more details.

2.0 Specifications

How to remove the main unit from the Clip
Press the lever near the notch to remove the main unit from the Clip.

Press the lever near the notch
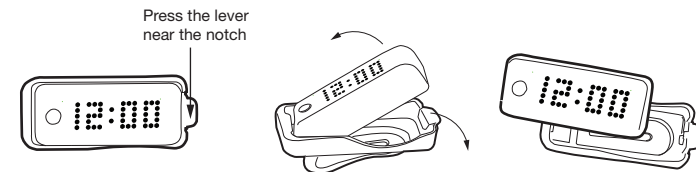
The main Unit can store up to 7-days-per-minute data and 30-days-daily data When the information without transferring is over 7 days, only the latest 7 days information is kept.
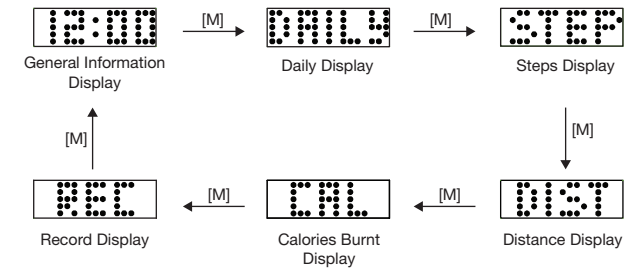
3.0 Description and Settings of the Smart Wrist Band

The Smart Wrist Band has only one mode button to control all functions.

Mode button [M]

Main unit with display
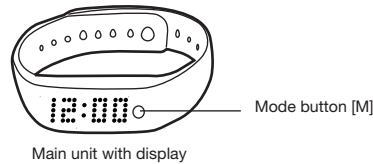
3.1 Mode Selection

Different modes can be selected as below sketch. When the display is scrolling, you may press the mode button once to select the next mode.
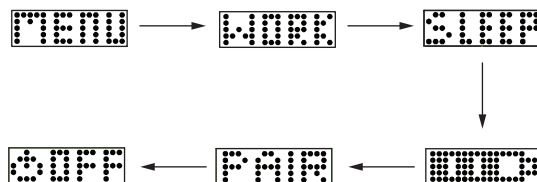

General Information Display   [M] → Daily Display   [M] → Steps Display

Record Display ← [M]   Calories Burnt Display ← [M]   Distance Display

* When the display of the Smart Wrist Band goes off, press the mode button once to display the last mode information.

Note: DAILY, STEP, DIST and CAL displays can be set to ON or OFF via the App.

3.0 Description and Settings of the Smart Wrist Band - ON / OFF

To switch ON the Smart Wrist Band, press and hold the mode button until "Hi! Your Name GLAD TO SEE U AGAIN" scroll on the screen. After the band is switched ON, you may set your own name in the App after pairing. For pairing, please check the chapter 4.0 for more details.
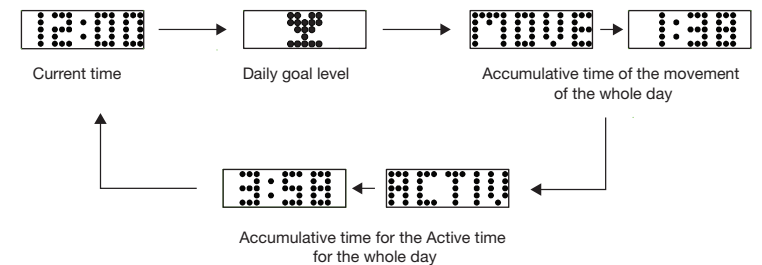
To switch OFF the Smart Wrist Band, press and hold the mode button of your Smart Wrist Band until the word "MENU" appears and then release it. The Menu screen will scroll on your Smart Wrist Band in the sequence as the Sketch below.

MENU → WORK → SLEEP

OFF ← PAIR ← CLOCK

When the Icon OFF appears, press the mode button to confirm. "SEE U LATER" will scroll on the screen and the band is switched off.

3.1.1 DETAILS OF EACH MODE-General Information Display

Press the mode button once, the Smart Wrist Band will display General Information. When the General Information display doesn't appear, press the mode button until the General Information display appears.

Current time   Daily goal level   Accumulative time of the movement of the whole day

Accumulative time for the Active time for the whole day

Note: MOVE Time and ACTIVE Time displays can be set to ON or OFF via the App.

3.1.1.1 Daily Goal Level

One Hollow Cup – Daily goal level less than 10%
One Solid Cup – Daily goal level between 10% and 40%
Two Solid Cup – Daily goal level between 40% and 70%
Three Solid Cup – Daily goal level between 70% and below 100%
Three Flashing Solid Cup – Daily goal level 100%

Less than 10%

10%
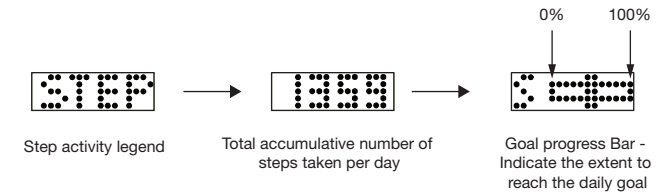Daily goal level

100%
Daily goal level
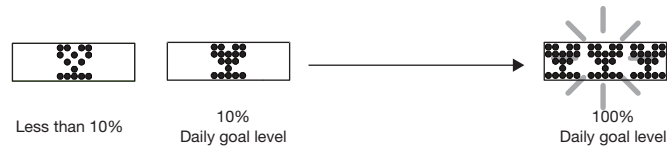
3.1.1.2 DETAILS OF EACH MODE - Move Time and ACTIVE Time

Please note that the Move Time is the total time of the movement. The Active Time will be collected and accumulated when the movement is more intense and vigorous like jogging and running.

3.1.2 DETAILS OF EACH MODE – Daily Display

Press the mode button once again while the display is still on, the following display will scroll on the screen. When the Daily display doesn't appear, press the mode button until the Daily display appears.

DAILY activity legend

Total accumulative number of steps taken per day

Total accumulative distance travelled per day

or

Accumulative calorie consumed per day

or

Goal Progress Bar - Indicate the extent to reach the daily goal

Note: Daily Display and Goal Progress bar have to be switched ON in the App. Otherwise, these display will not appear on your Smart Wrist band.
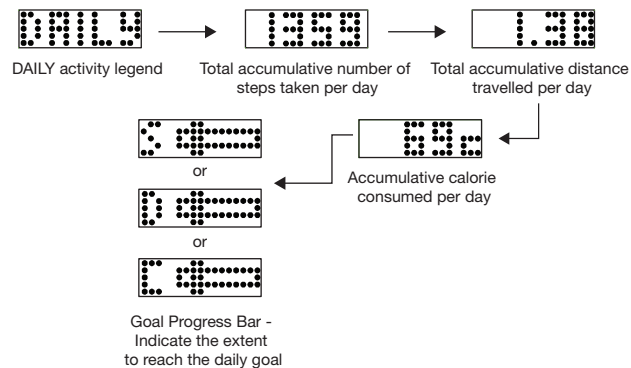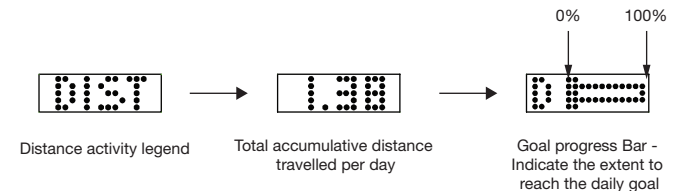

3.1.3 STEP Display

Press the mode button once again while the previous display is still on, the following display will scroll on the screen. When the STEP display doesn't appear, press the mode button until the STEP display appears provided that the STEP display has been switched ON in the device.

0%   100%

Step activity legend

Total accumulative number of steps taken per day

Goal progress Bar - Indicate the extent to reach the daily goal

Note: Goal Progress Bar will be shown only when Show Goal is set to ON in the App and Step is selected in the Goal Type.

3.1.4 DISTANCE Display

Press the mode button once again while the previous display is still on, the following display will scroll on the screen. When the DIST display doesn't appear, press the mode button until the DIST display appears provided that the DIST display has been switched ON in the device.

0%   100%

Distance activity legend

Total accumulative distance travelled per day

Goal progress Bar - Indicate the extent to reach the daily goal

Note: Goal Progress Bar will be shown only when Show Goal is set to ON in the App. and Distance is selected in the Goal Type.
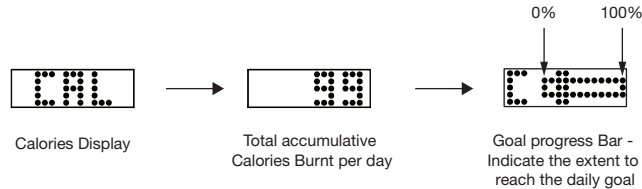
3.1.5 CALORIES Burnt Display

Press the mode button once again while the previous display is still on, the following display will scroll on the screen. When the CAL display doesn't appear, press the mode button until the CAL display appears provided that the CAL display has been switched ON in the device.
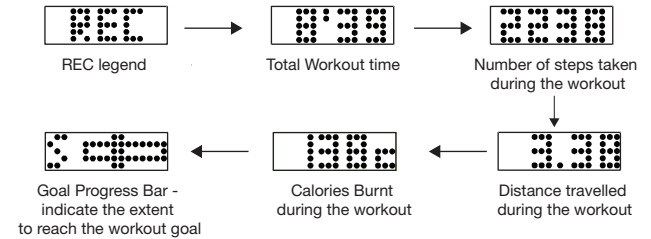
0%   100%

Calories Display → Total accumulative Calories Burnt per day → Goal progress Bar - Indicate the extent to reach the daily goal

Note: Goal Progress Bar will be shown only when Show Goal is set to ON in the APP and Calories Burnt is selected in the Goal Type.

3.1.6 WORKOUT Mode

In any mode, press and hold the mode button until it displays MENU and then release it. When the word "WORK" is shown, press the mode button again to enter this mode. The display scrolls GO; the Smart Wrist Band will start recording your workout activity. During the workout, you can check the current status by pressing the mode button once. All the following information will scroll on the screen provided that the Steps, Distance, Calories and Goal Progress Bar have been set to on. When any one of these displays has not been switched ON, the corresponding information will not be displayed on the Smart Wrist Band.

How to stop the Workout
When you finish your workout, just press and hold the mode button until the word "STOP" appears, then release the button to confirm. The word "DONE" will scroll on the screen indicating your workout information is recorded.

WORK legend → Workout time elapsed → Number of steps taken during this workout

Goal Progress Bar - indicate the extent to reach the workout goal ← Calories Burnt during this workout ← Distance travelled during this workout

Note: Goal Progress Bar will be shown only Show goal is set to ON in the App.

3.1.7 WORKOUT RECORD Mode Display

You can review your last workout information in the REC mode. Press the mode button once. The following information will scroll on the screen. All the following information will scroll on the screen provided that the Steps, Distance, Calories and Goal displays have been set to ON in the App. When any one of these displays has not been switched ON, the corresponding information will not be displayed on the Smart Wrist Band.

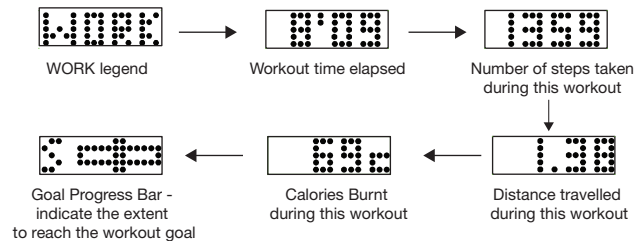Press the mode button during the scroll, it will go back to the General Information Display.

REC legend → Total Workout time → Number of steps taken during the workout

Goal Progress Bar - indicate the extent to reach the workout goal ← Calories Burnt during the workout ← Distance travelled during the workout

Note: Goal Progress Bar will be shown only Show goal is set to ON in the App.

3.1.8 Sleeping Mode

In any mode, press and hold the mode button until it displays MENU and then release it. When the word "SLEEP" appears on the screen, press the mode button to enter Sleep Mode. The SLEEP → "Z" ICONS will scroll on the screen. It indicates that the Sleeping Mode is ON. The Smart Wrist Band will start recording your sleeping pattern. In this mode, when you press the mode button, the current time will be displayed.
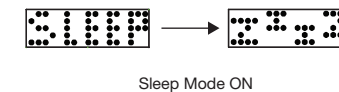
Sleep Mode ON

Exiting Sleep Mode
In the Sleeping mode, press and hold the mode button until the word "WAKE" appears on the screen. The Sleeping mode is switched OFF. Your sleeping pattern has been recorded and can be transferred to the App for review. When "WAKE" appears on the screen, the sunrise animation will scroll on the screen as below sketch.
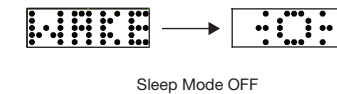
Sleep Mode OFF

Note: The Sleep mode can be set automatically. Sleeping time and Wake up time can be set automatically via the App.

3.1.9 Battery Status and Charging

In any mode, press and hold the mode button until it displays MENU and then release it. The Battery Icon will scroll on the screen. The battery status indications are as below:

0-20%
21-40%
41-60%
61-80%
81-100%

Battery Status Display

When the battery is low, please plug the main unit into the USB-socket and plug it into any computer for charging. During charging, the battery Icon will appear on the screen of the main unit as below sketch. After a few seconds, a flashing dot will appear at the center of the display, which means charging is in progress. When the dot stops flashing and stands still, charging is completed and the battery is full.

Charging in progress   Battery is fully charged
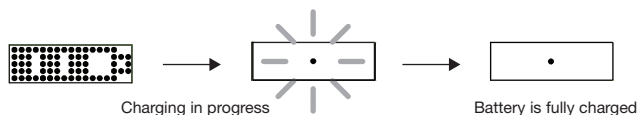
The Wristband can last for approximately 7 days for normal use. It takes about 1-2 hours for fully battery changing.

4.0 Home → Settings: Pairing to an iOS Product

Settings menu   Connection Screen
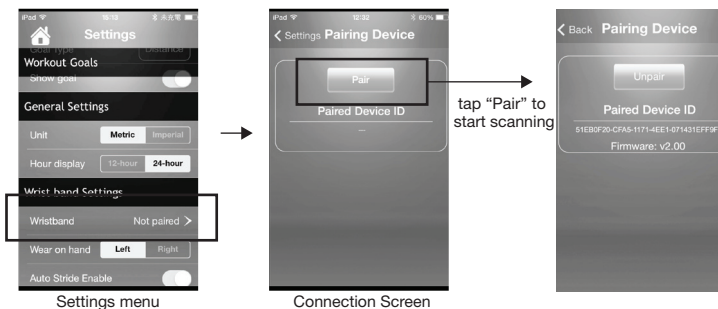
In the Settings menu, drag the screen up and tap the Wrist Band with "Not paired" on the screen, the Connection Screen will appear in above sketch.

- Press and hold the mode button of your Smart Wrist Band until the word "MENU" appears on the screen and then release it.

- Press "[M]" when "Pair" is shown.
- At the same time, tap "Pair" to start scanning for a wristband in 20 seconds.
- If pair successfully, message "DONE" will be show on the Wrist Band.

NOTE: Make sure the Bluetooth on your device is switched ON. Otherwise, connection cannot be established.

4.0 Home → Settings: Pairing to an iOS and Android Product

To fully utilize the Smart Wrist Band, it has to be used in line with an iOS and Android Product for settings and tracking your daily life condition. Synchronization with an iOS and Android Product is required.

SmartBand

First, download the Smart Wrist Band App (Name: SmartBand) from the App Store in your iOS device or Google Play in your Android device. After installation of the App, click and run the programme.
Below sketch will appear in your device. Switch ON your Smart Wrist Band and the Bluetooth function in your device.

Select the Home menu icon in the upper left corner in below sketch; then select Settings.

Home menu Icon

Main Page   Home Page   Settings Page

NOTE: The Apps interface format is a little different between iOS and Android version.