



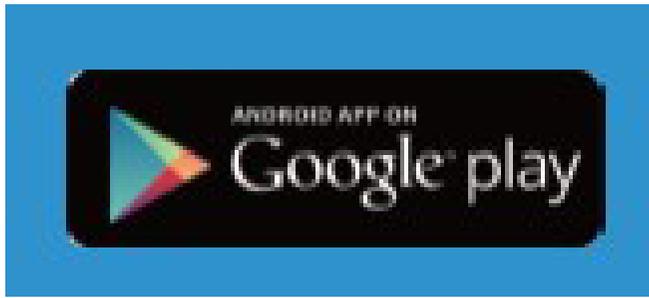
Micro USB Charger



IOS System: Select IPHONE APP STORE software into the search "Bluetooth Health Watch"

Download and install this program is free of charge

If you are using IPAD, please adjust the software to search mode IPHONE state before they can search the APP STORE inside to "Bluetooth Health Watch"



(1):Android: Go to” GOOGLE PLAY” search for "Bluetooth Health Watch"

Download and install this program is free (currently supports version 4.3 and above systems

(2): If you can not download and install, please use Android phones installed directly scan

About Samsung phones use the software instructions

The software supports Android 4.3 and higher
firmware version

If, after your device does not belong to version 4.3,
follow the manufacturer's phone hardware upgrade
steps to upgrade the device to version 4.3 before you
can use

Support equipment

System Support: IOS:

IPHONE4S/5/5S/5C/TOUCH(5TH GEN IPAD3/4/IR/MINI

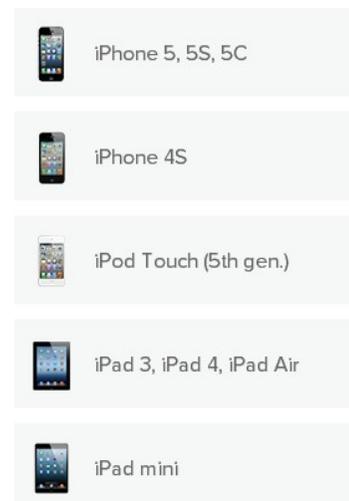
System Support Android:

SAMSUNG GALAXY S4 Android:4.3

SAMSUNG GALAXY S3: Android:4.3

SAMSUNG GALAXY NOTE2 : Android:4.3

SAMSUNG GALAXY NOTE10.1: Android:4.3

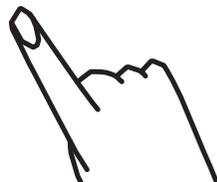


After the "Blue Health" Welcome screen, please charge the "Blue Health" device up before using it – the red LED lights up when charging, and when charging is complete the LED goes off.

- 7 Enter the APP STORE/ GOOGLE PLAY, search for "Bluetooth Health Watch" and download and install it, the program is free.



Click to go to the main program settings



6



2 Enter your personal health information

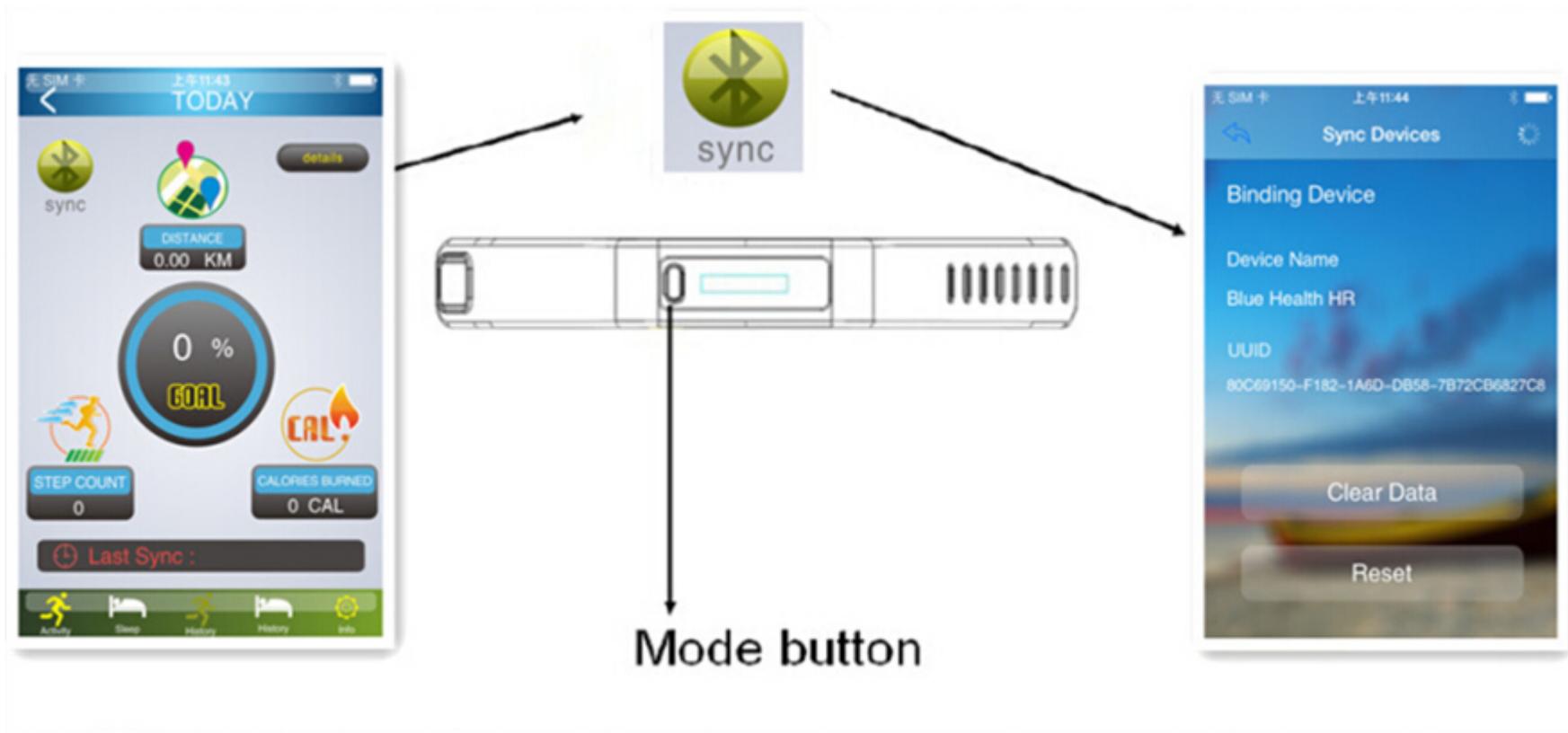


When setup is complete
click "Continue" to return
to the main interface



3 Click on “Confirm” for device pairing

- 1: in time displaying mode, pressing and holding the button MFB for 5 seconds will enter the sleep mode, the sleep icon will be displayed . When it is in sleep mode, the sport mode is not activated.
 - 2: in time displaying mode, pressing and holding the button MFB for 5 seconds will shut off the sleep mode and enter the sport mode
- Each time data updates need to repeat the above steps can update your movement data



4 Start using



- 1: Double-click the interface to enter
- 2: 30 days of data recording



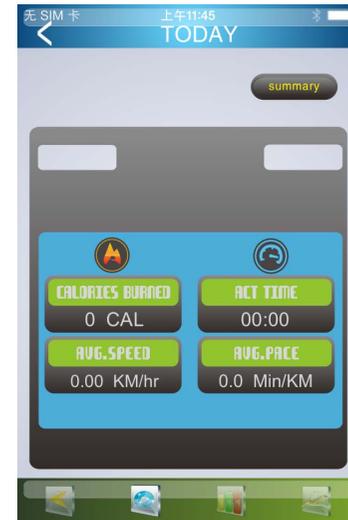
- 1: After the "Blue Health" device is connected, a data overview will be displayed on this screen
- 2: Records the "number of steps", "distance", "calories" and more

Click any date to return to the main menu interface

5 Data Analysis



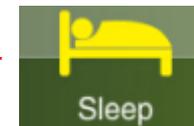
Data statistics interface for Today



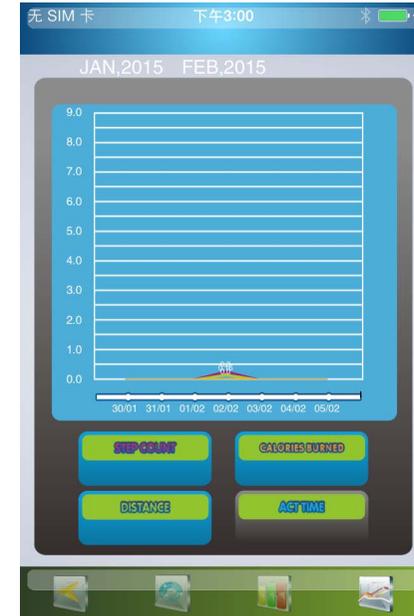
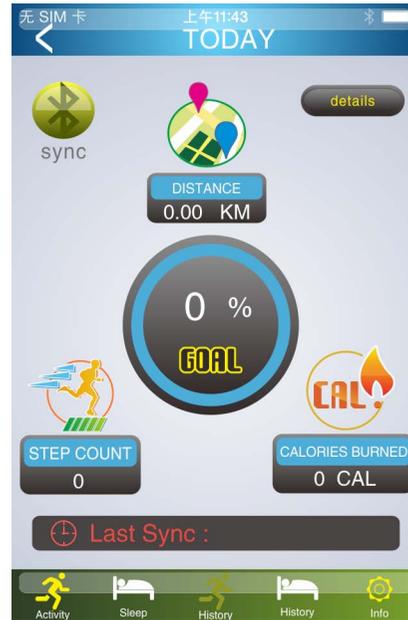
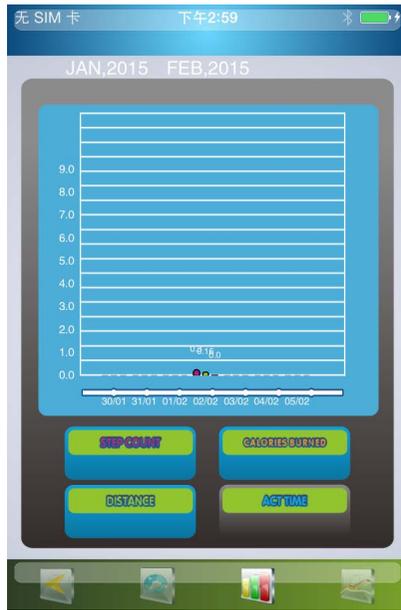
Return to main menu



Sleep statistics interface for today



6 1-7 DAY Charting analysis

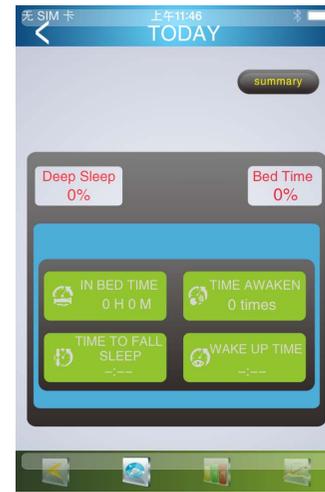
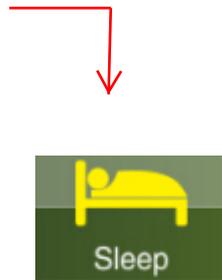


7 DAY Fundamental Analysis icon



Detailed analysis of the data curve interface

7 Sleep monitoring interface flow operation



- 1: Double-click the interface to enter
- 2: 30 days of data recording



- 1: Click any date to go back to the main menu interface

8

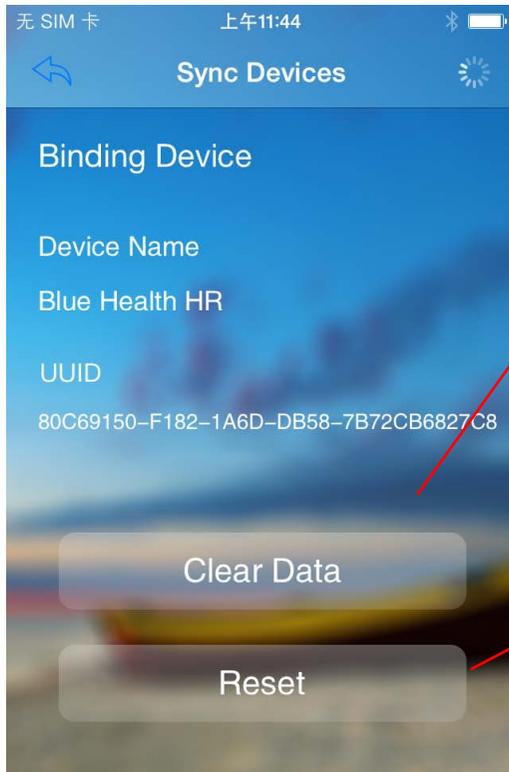
1-7DAY Data Analysis



7 DAY Fundamental Analysis icon

Detailed analysis of the data curve interface





Press Clear Data in the connection page to clear all data

Pair Blue Health device again. In the connection page, pressing "Reselect device" will clear all data and re-pair the Blue Health device

Precautions:

When "Blue Health" and a device are connected, "Blue Health" will automatically update its time to use the device time. The data deletion period is 24 hours, all data within the last 24 hours will be overwritten each time you connect to Bluetooth.