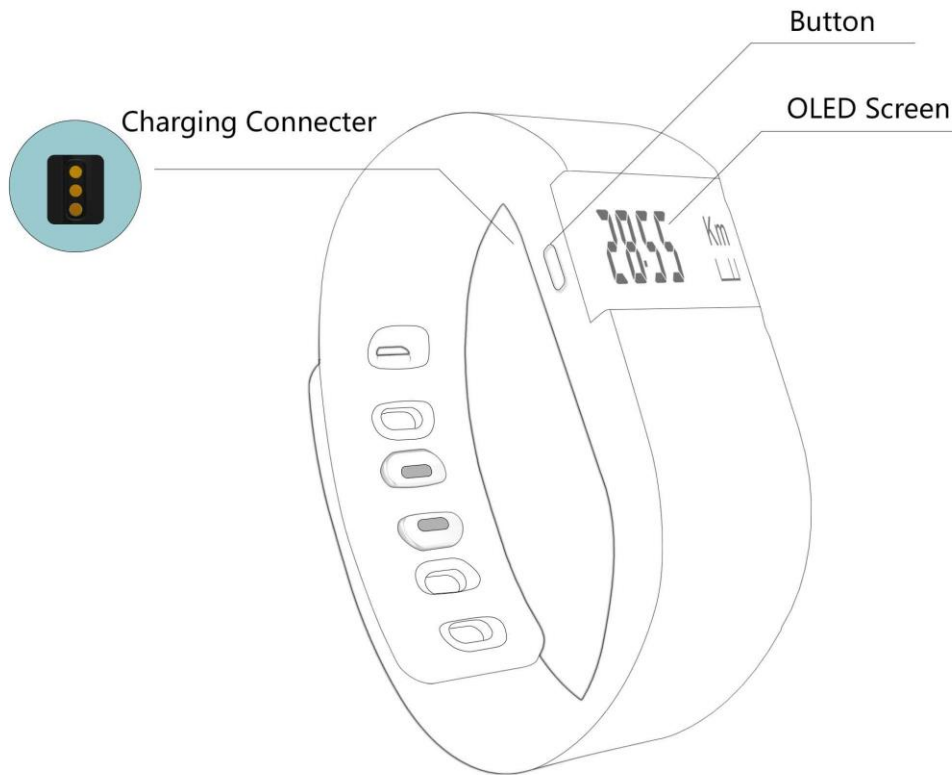# User Manual for B9 Smart Wristband

Dear Customers,

Welcome to your MYHEALTHCONNECTED smart wristband.

The B9 smart wristband, is designed to measure your daily activity level and both quantity and importantly quality of sleep. We hope this device will help you track your level of activity and allow you to set and achieve your health and fitness goals.

Thanks for choosing Myhealthconnected, before using the products, please read these instructions first. If there is any misprint, please do understand. Thank you.

1 .Product Description

With the high-end and well-designed appearance, the portable multifunctional smart wristband is perfect for: tracking steps, distance measurement, calorie consumption management, monitoring your sleep cycle, time displaying, waking you (for drinking, sitting for too long, waking up) with a silent wake alarm. B9 smart wristband is your perfect companion to stay with you everywhere and keep a health record of your body.

2 . Compatability

Compatable with   IOS: iPhone 4S, iPhone 5, 5C, 5S , and IOS6.1 or above. Android System 4.3 or above(Bluetooth version 4.0).

3. Functions and features

【Tracks steps】 Record and track steps accurately.

【Distance measurement】 Measure your daily walking distance precisely.

【Calorie consumption management】 Calculate the consumption of calories, record the daily burn-up calorie.

【Sleep cycle】 Monitoring your sleep cycle automatically, record the quality of sleep.

【Time display】 Sync your smart phone with LED digital time display.

【Reminder】Setting reminder for drinking, taking medicines, meeting, sitting for too long or other customized alarm.

【Call reminder】 When incoming calls are not answered in certain time, the smart wristband will remind you by vibration(currently enabled on Android devices only.

【Message reminder】 When new message arrived, the smart wristband will remind you by vibration , in that case you won't miss any timely message(currently enabled on Android devices only).
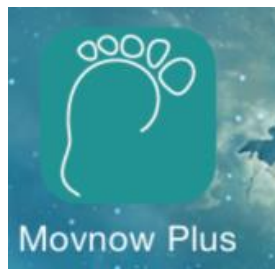
4. Introduction of smart wristband

Before use please connect your Smart Wrist band to your computer via the included cable for charging. You will be ready to go in 15 to 20 minutes.

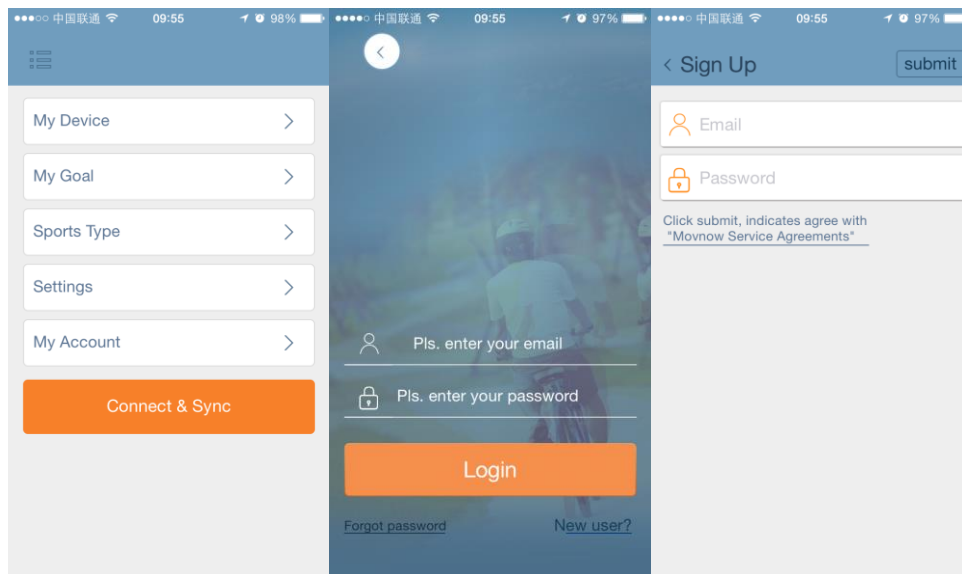1   Download the APP of the wristband

Find "Movnow_Q2" from Android Market or Apple store.

The picture below shows the icon of the APP：

2). Registration page

Open the APP and hit "My Account"（From PIC 1）,then   hit " New User" （From PIC2）   then Key in E-mail address for registration and then submit. （From PIC3）.
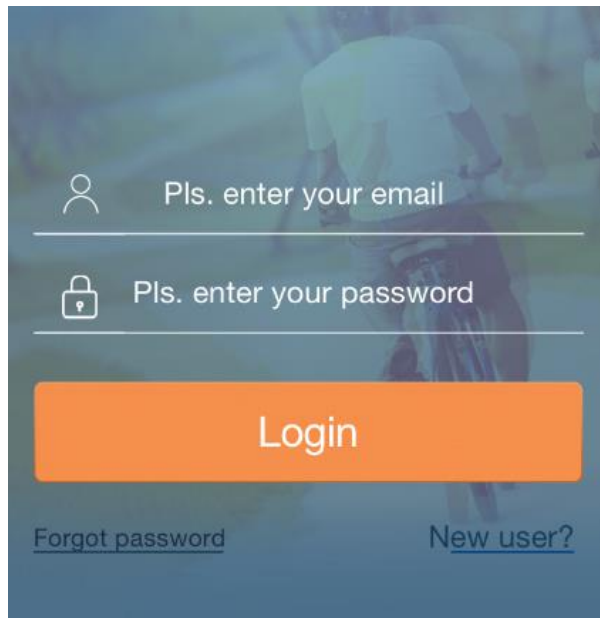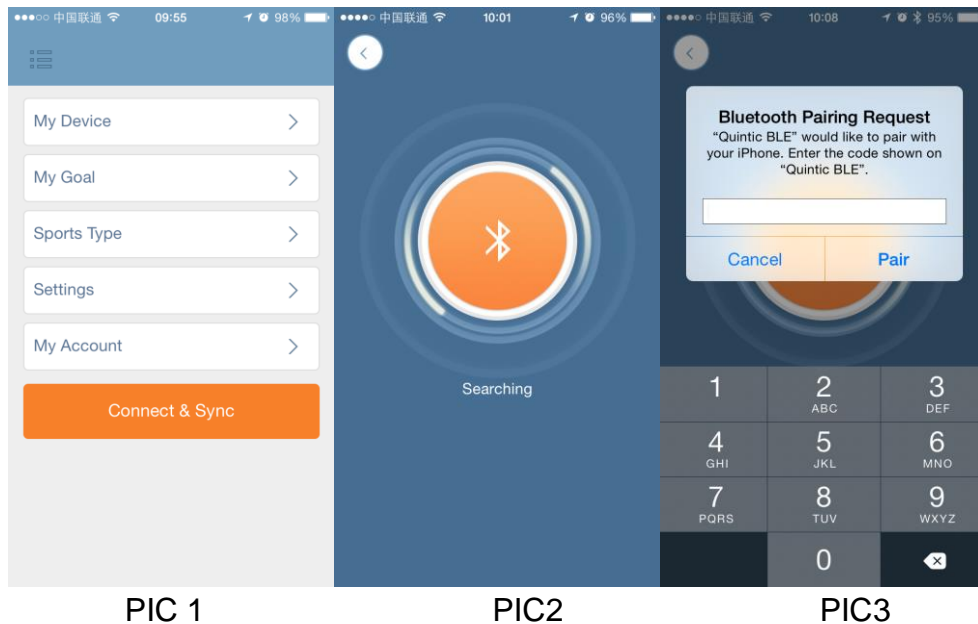

| PIC 1 | PIC2 | PIC3 |

Login Page：

3) Connecting device（Turn on Bluetooth before connecting device）

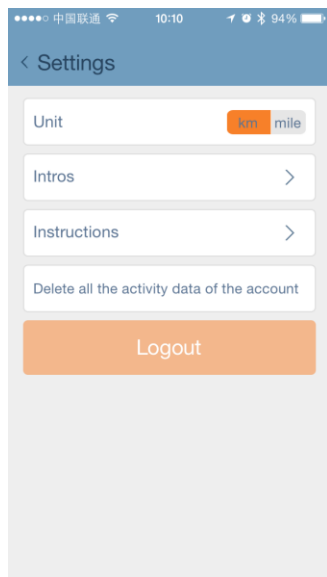After login, please hit "Connect and Sync" （From PIC 1）;

Searching for paired device （From PIC 2）;

Request for Bluetooth paired shows up（From PIC 3）Password：111111

| PIC 1 | PIC2 | PIC3 |

4) Setting

Set the unit of tracking steps, choosing "mile" or "kilometer"

5) Functions and features

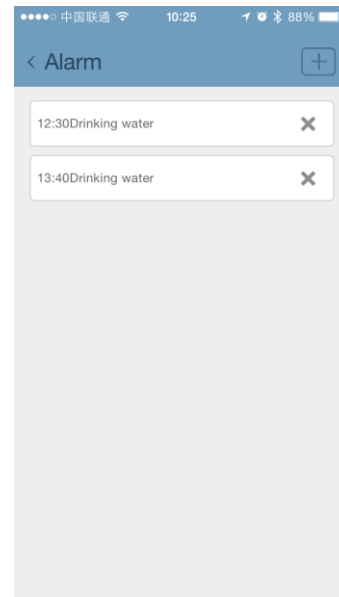Instruction shows the functions and features of the smart wristband.

5. Functions Instruction

A. Reminder for Drinking

Add a reminder for drinking, after, save the reminder.（PIC 1）, hit the add from the top
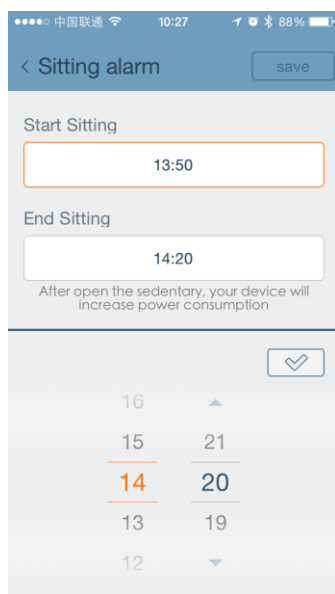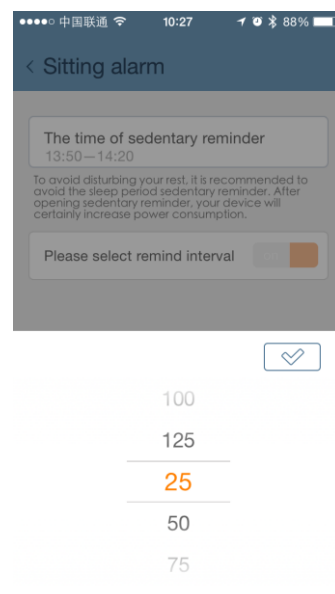right corner and save the reminder（PIC 2）
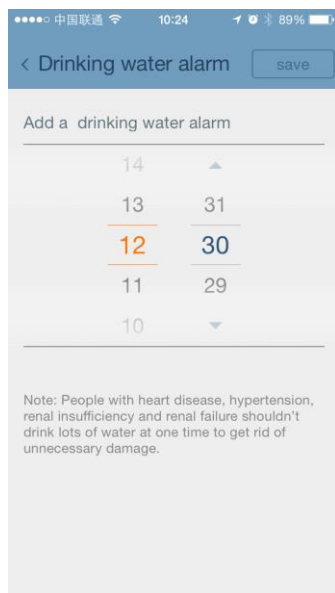
PIC 1

PIC 2

B. Reminder for sitting too long
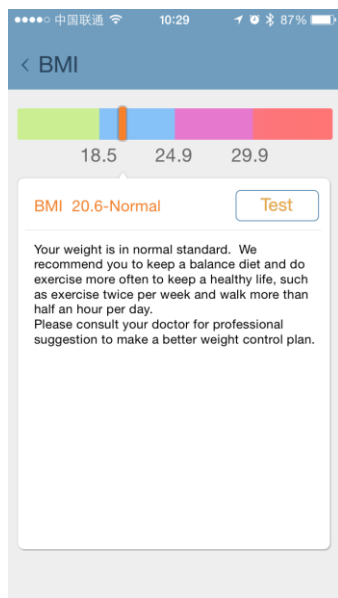Add a time period for reminder（PIC1）；Or you can set the reminder every 25 minutes.
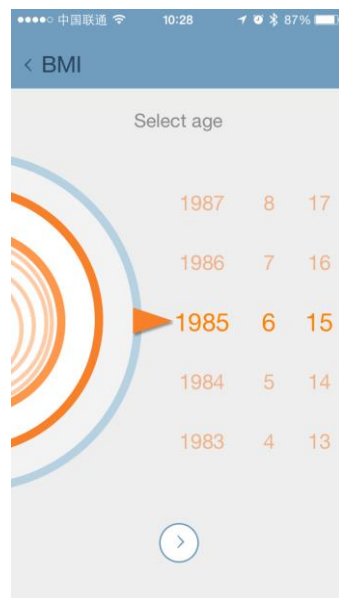（PIC 2）

PIC 1

PIC 2

C. B M I
In accord with your Body mass index, test your current BMI （PIC1）,
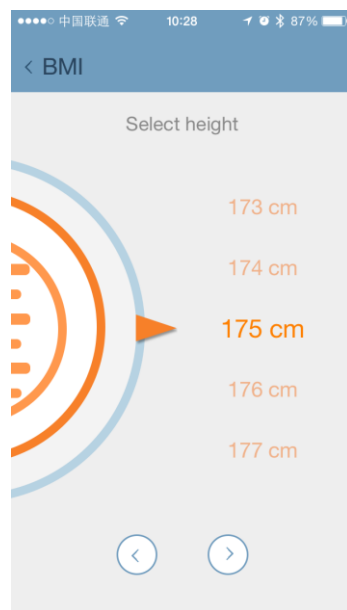Strat testing, from PIC2 – PIC5

（PIC 1）

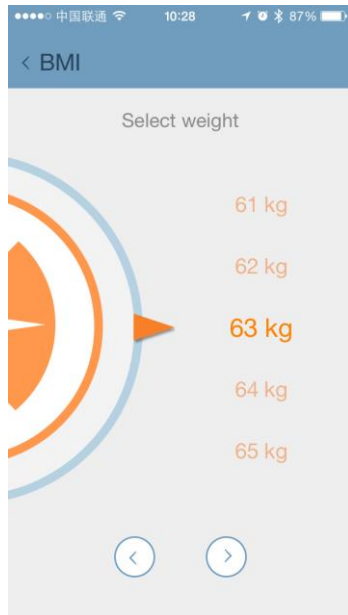（PIC 2）

（PIC 3）

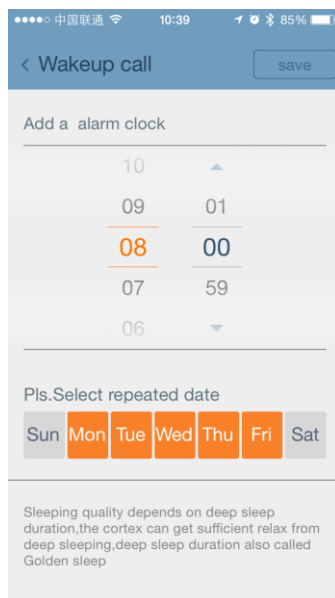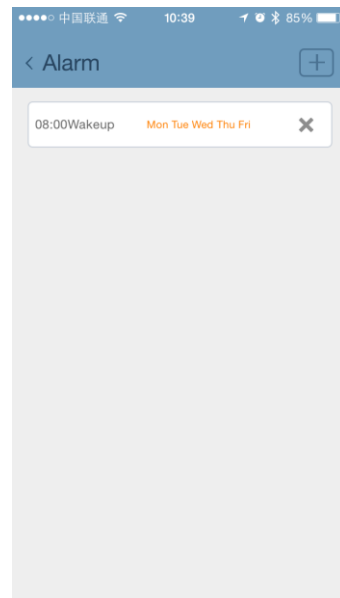（PIC 4）

（PIC 5）

D. Wake up Reminder

Set the time period then save （PIC 1）; You can also add other alarms by adding button from the top right corner（PIC 2）.

PIC1

PIC 2

6、What's inside

1 Smart Wristband

1 Charging Wire

1 Package

1 User Manual

7. Warning

Please keep the device or battery away from the sunlight, fire or other overheated environment.