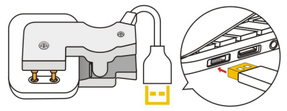
Charging chart

1. Match the charging clip to the charging hole of the bracelet, and plug the other end into the computer USB or mobile phone.
Note: do not charge with a power adapter whose output current exceeds 2A.
Otherwise, the bracelet circuit may be burnt, resulting in can't charge.
2. Do not clip the charging clip in the opposite direction when charging the bracelet.
Please be sure to follow the picture below for charging.



Bracelet Time Main Page: Show Bracelet Time, date, calories, etc.

Steps: record the current number of steps of the bracelet,Calories and distance

Sports information: the bracelet shows the most recent movement information such as motion mode, time heart rate, etc.

Sleep: the bracelet records and shows the total sleep time you had last night, as well as deep sleep time, light sleep time , More detailed information analysis and data record can be viewed in the APP synchronously.

Weather information: the weather page will display current weather, air quality information, and conditions for tomorrow. This function works must connect to the APP, and the phone must open GPS positioning, and allow the APP to have access to the phone's location.If you disconnect or turn off your phone's GPS for a long time, the weather information will not be updated.

Message notification: the bracelet can receive phone calls, text messages, WeChat, QQ and other notifications and alerts on the phone, and the corresponding push project switch can be opened on the APP.This page can store the last 3 message records.Note that this function should be connected to the bracelet in the APP and the Settings should be completed according to the prompts. Apple's phone, when connected, have to select match in a pop-up match request.

Blood oxygen: long press in the blood oxygen page can measure your current blood oxygen value.This page can display the data of the last 7 times blood oxygen tests.More detailed information analysis and data can be viewed in the APP synchronously.

Exercise: long press in the exercise page, the corresponding sports mode can be selected for measurement. This product supports 8 sports modes such as walking, running, cycling and jumping rope.The last exercise information can be displayed on the exercise page.

Heart rate: the length of the heart rate page in the hand ring can measure your current heart rate. The latest 7 heart rate measurements can be displayed on this page. More detailed information analysis and data record can be viewed in the APP synchronously.

Blood pressure: the blood pressure page of the bracelet can measure your current blood pressure.This page can display the latest 7 times blood pressure measurements. More detailed information analysis and data can be viewed in the APP synchronously.

Settings: on this page, long press to select other function settings, including stopwatch / mute / brightness adjustment/ restore factory Settings/ shutdown.

Stopwatch: the clock can be started with a long press on the stopwatch page.Long press again to end the time.

Take Photo control: after connecting to the APP, the bracelet can be used as the remote control of the phone camera.Open the camera on the phone, and long press the touch screen to take photos.

Music control: after connecting to the APP, the bracelet can control the play/ pause/play of music player on the mobile phone.This function must open the mobile phone player before you can control on the smart bracelet.

Bracelet APP Installation

This product is a Wireless transmission product, and many functions need to beconnected with the supporting APP before it can be used.

Only in the APP, after the bracelet is connected, other functions can be used, such as time synchronization, call reminder and information content push, weather display, remote camera, music control, etc.
(do not directly on android phones Scan the following QR code to download the APP to connect,Apple mobile phone)
You can search for hero band III downloads in the APP Stroe.

Connecting smart bracelet explain

Open the mobile client to set personal information

↓

Switch to the [device] page and click [bind device]

↓

Click on your device in the list of devices scanned

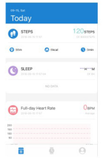
↓

Bind completed

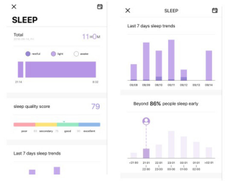
Note: When the phone is connected to the bracelet,it needs to keep the bluetooth of the phone open,and there is no other matching device in the bluetooth of the phone.don't connect your android phone directly to your mobile phone in bluetooth

APP operation instructions

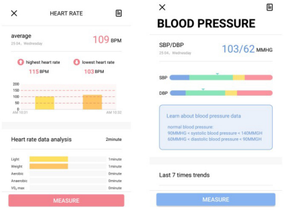
1. Enter the APP movement page and press your phone screen to pull down and refresh the bracelet data.



2. Click the steps, sleep and other blocks, and enter the analysis of the daily or recent exercise and sleep data.



3. Click the exercise heart rate/blood pressure blocks to enter the data of the day or recent, or click the APP to measure the heart rate and blood pressure.The test data will be automatically saved to the phone.



Attention

1. Do not charge in condition of water stains.
2. This product is an electronic monitoring product, which is not used as medical treatment. The data is for reference only.
3. Don't wear this device when bathing or swimming for a long time.
4. Use the matching charging cable for charging.

Frequently Question And Answers

1. The bracelet cannot receive the reminder.
Android phone Settings:
A: make sure the APP has an alert switch on.
B: confirm whether the message can be displayed normally on the notification bar, and the notification push of the bracelet can be read
Mobile phone notification message;
If there is no message in the notification bar, the bracelet will not receive the push.
(need find notification and status bar in mobile phone settings, and open WeChat, QQ, phone, SMS, Do Fit switch)
C: open the APP-- click other Settings -- click auxiliary function -- open the Do Fit switch.

apple system phone settings:
A: make sure to select the allowed pairing when connecting the bracelet. can be checked in the phone Settings - bluetooth, if there is one at the backend of the connected device [connected] , indicating that a pairing has been made.If there is no in the backend [ ] , there is no pairing, reconnecting after unbind.
B: open the phone settings -- click on the notification -- click WeChat, QQ, SMS, phone -- open the permission notice.
Displayed in the "notification center".

2.Android phones don't connect the bracelet.
For android phones, please do not connect with the bracelet directly in the bluetooth of the phone.
Please download the APP firstly.
And go to the APP to search thr device and connect.
Restart your phone's bluetooth and bracelet if necessary.