



User Manual

**Heart Rate Monitor  
With  
Temperature  
Measurement**

# Introduction

## Product Overview

This device is an advanced heart rate monitor with temperature measurement functionality. This device provides real-time heart rate and body temperature data, empowering you to monitor and manage your cardiovascular health effectively.

## Purpose of the User Manual

This user manual aims to guide you through the proper usage and features of the heart rate monitor. It offers step-by-step instructions, helpful tips, and essential safety information to ensure a seamless and rewarding experience with our product.

# Getting Started

## Package Contents

- Heart Rate Monitor
- Charging Cable
- User Manual

## Charging the Device

Before the initial use, charge the heart rate monitor using the provided charging cable. Connect one end to the device's charging port and the other end to a USB power source. A full charge typically takes.

## Powering On and Off

To power on the heart rate monitor, press and hold the [Power On/Off] button. To power off the device, press and hold the same button until the screen goes blank.

# User Interface

## LCD Display Overview

The LCD display shows heart rate and temperature data, settings, and notifications. It also features a backlight for clear visibility in different lighting conditions.

## Button Functions

The heart rate monitor has three buttons with specific functions.

- Button 1 : Up
- Button 2 : Select
- Button 3 : Down

## Navigating the Menu

Use the buttons to navigate through the menu options and settings. Press Button 1 to scroll up, Button 3 to scroll down, and Button 2 to select an option. Use Button 2 to go back to the previous menu.

## Heart Rate Monitoring

### Proper touching of the Heart Rate Monitor

Touch the heart rate monitor securely with your finger, ensuring it fits snugly but comfortably. The sensor should be in contact with your skin to provide accurate readings.

### Initiating Heart Rate Monitoring

To measure your heart rate, press Button 1 to access the heart rate function. The monitor will begin capturing your heart rate data in real-time.

### Heart Rate Data Interpretation

Your heart rate will be displayed in BPM (beats per minute). Refer to the heart rate zones for a better understanding of your cardiovascular health during different activities.

## Temperature Measurement

### Temperature Measurement Guidelines

For accurate temperature measurements, ensure the heart rate monitor is not exposed to extreme temperatures and remains stationary during measurement.

### Interpreting Temperature Data

The temperature data will be displayed in degrees Celsius (°C) or Fahrenheit (°F). Refer to normal body temperature ranges for a better understanding of your health condition.

## Troubleshooting

### Common Issues and Solutions

- **Inaccurate Heart Rate Readings - Solution: Ensure Proper Wearing and Contact** - Check that the heart rate monitor is worn securely on the wrist, snug but not too tight. Ensure that the sensor is in direct contact with the skin. Adjust the positioning if necessary to improve sensor-skin contact. Avoid wearing the heart rate monitor over clothing, as it may result in inaccurate readings.
- **Device Not Powering On or Turning Off Unexpectedly - Check Battery Level and Charging** - If the heart rate monitor does not power on, check the battery level by connecting the device to a power source. Make sure the charging cable is properly connected to the heart rate monitor's charging port. If the device unexpectedly turns off, verify that the battery is adequately charged. If the issue persists, try resetting the heart rate monitor by holding the power button until it restarts.

## Safety Precautions

### Proper Usage and Handling

- Avoid dropping or subjecting the heart rate monitor to impact.
- Do not use the device in extreme temperature or humid environments.
- Keep the heart rate monitor away from water and liquids to prevent damage.

### Cleaning and Maintenance

- Clean the heart rate monitor with a soft, dry cloth.
- Avoid using harsh chemicals or solvents that may damage the device's surface.

## Warranty and Support

### Warranty Information

1 year warranty