User Manual
Heart Rate Monitor
JA-1638-00

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J-style Heart

24 Hours Heart Rate Monitor

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Get Started

What included

1. J-Style Heart Rate Monitor

2. USB Charging cable

3. Manual

4. Gift Box

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1. Download the App

Go to Apple App Store or Andriod Play Store, download our "J-Style Heart" application.

Ensure Bluetooth is enabled on your smart phone

Important: Please ensure that your Android OS is version 4.3 or above

and IOS version is 7.0 or above and the device has Bluetooth 4.0

2. Activate the Device

Before use,please connect the battery charger to charging the device for activation.The progress bar will change from empty to full to indicate full activation as below.After activation,the device will start charging the battery.
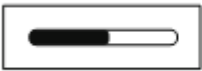

3. Battery Charge

The battery indicator is displayed on the home screen of the device.

In Heart Rate mode,when the battery of the device is lower than 40%, the heart rate function will be closed and lower battery icon will show as below to remind you to charge the battery.

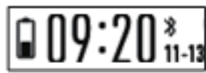You can still use the activity mode although the heart rate function is closed.In

activity mode,when the battery of the device is lower than 10%,all functions are closed and only lower battery icon will show as below to reminder you to charge the battery.
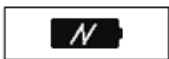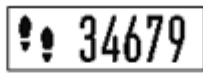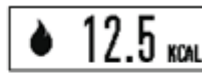
4. Activity Mode
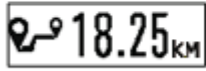
Touch the screen to cycle through each function display

⏣ 09:20 ⚹ 11-13	♦♦ 34679	⬤ 12.5 KCAL
Time / Date / Battery	Steps Taken	Calories Burnt

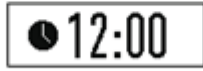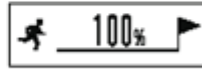| ⤳ 18.25 KM	⬤ 12:00	🏃 ___100%___ ▶
Distance Walked	Minutes of Activity	% of your daily goal achieved

5. Heart Rate Mode

Long touch the screen for 3 seconds to enter into Heart Rate Mode at the heart rate screen, the heart rate icon will change from empty to full and then turn to heart rate value.Long touch the screen again for 3 seconds to exit Heart rate Mode to Main Screen.Please noted that you can only enter to the Heart Rate Mode at the heart rate screen.


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Please do wear tightly for accurate heart rate monitor.In case you don't wear the bracelet properly,then the device will remind you to wear tightly with vibration.

Wear Tightly!

Based on different HR range,the display will show 5 different HR training zone like Fat Burn HR,Aerobic HR, Steady HR,Anaerobic HR,Maximal HR so that you could control your exercise intensity scientifically. When the heart rate value is too high,the device will gently vibrate to remind you to slow down your exercise.

♥ 98 Fat Burn	♥ 118 Aerobic	♥ 135 Steady

♥ 158 Anaerobic	♥ 170 High!
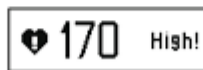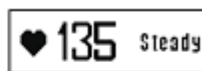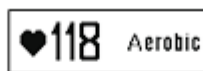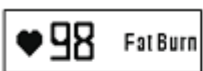
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6. Sleep Mode

The device can recognize and calculate the sleep status without any action by users. It will track your sleep hours and quality. If you wear the bracelet at the night and set the alarm clock, then it will wake you up with slight vibration

7. Phone Notifications

Set different notifications on the app, the device will vibrate when

users have incoming calls,text message,Whatsapp,Twitter,Facebook,Wechat,QQ ,etc.

8. Personal Reminder

Customize your personal reminder for better life habit,like pill time,drinking water,etc.

9. Set Workout Plan on App

Customize your workout plan on app, the device will gently vibrate to

remind you to exercise more.

10. APP Operation

1. Download the application named J-Style Heart from the Apple

Store or Google Play and install into your smart phone .

2. Start using the mobile app with your Heart Rate Monitor

3. Go to " Personal Setting " to select your Heart Rate Monitor in the

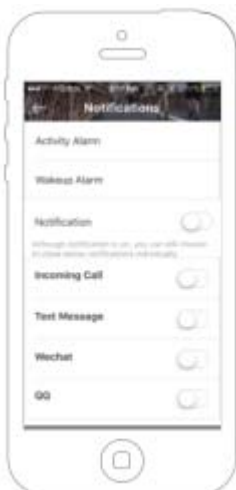searching list by click " About Device "
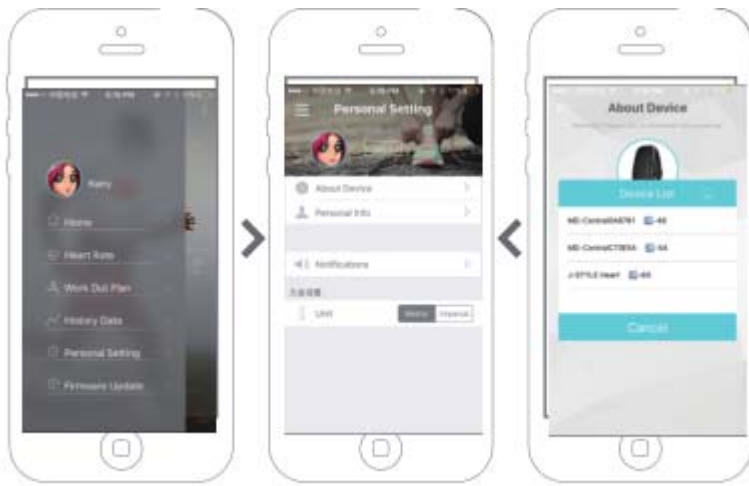
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Enter Your Personal Information

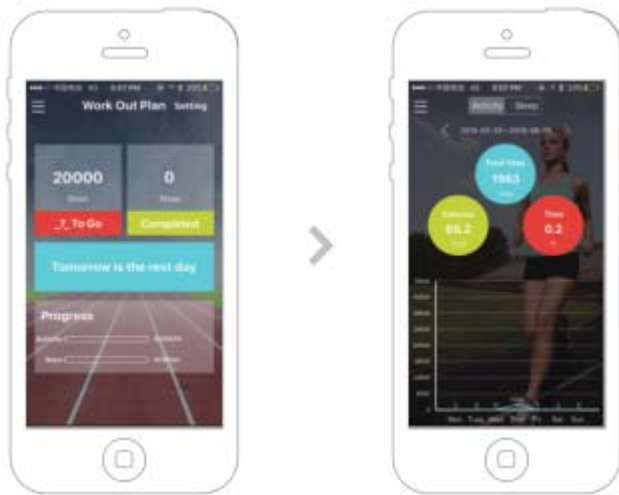Once connected, set your personal information and save the setting.

Set the Notifications

Press "Notifications" to set the Activity Alarm, Wakeup Alarm and Call
Notifications .

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Set the Workout Plan to keep health

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3. Press the "HR Setting" to set your different Heart Rate Zone

4. Go back to the homepage and press Start and you are ready to go !

5. Heart Rate

When the device is in heart rate mode and connected with the app, you can check the real-time heart both on device and app.
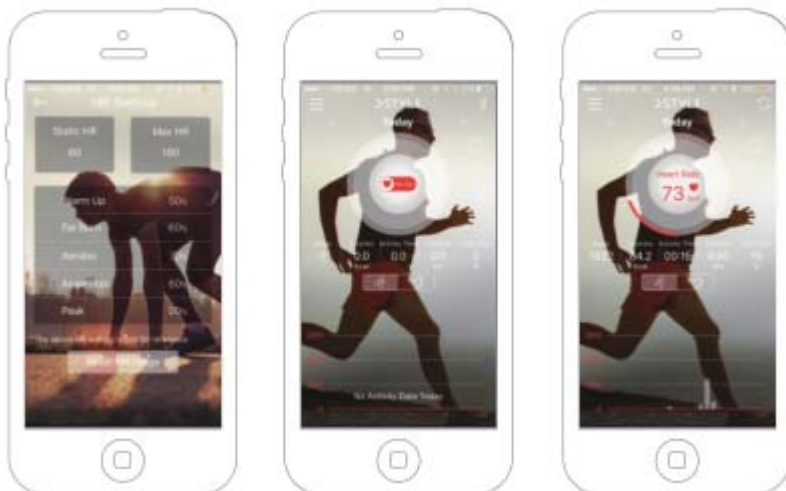
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6. Check History Data

Go to "History data" to check the previous activity and sleep data

Go to "Heart Rate" to check the previous heart rate value

History data   Heart Rate

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Specifications

Size:　Main body:43.2*20*11.3mm

Wristband:240*19mm

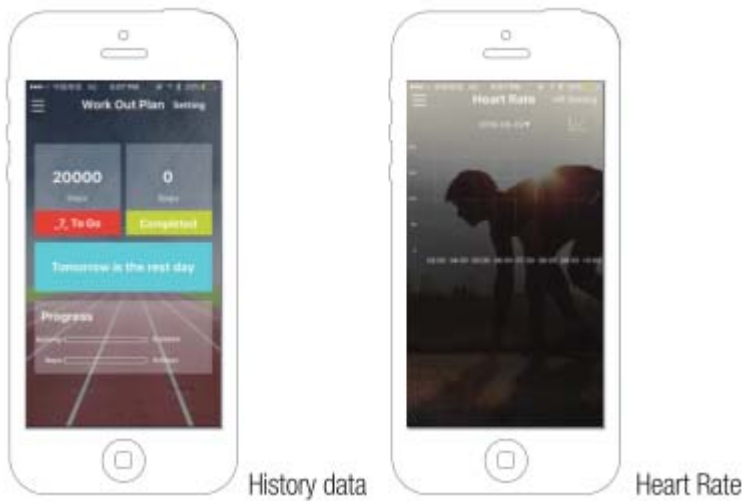Weight:　22.6g

Battery: 130mAh Rechargeable lithium polymer battery

Display: 0.91' OLED

Data Memory: 30 days

Walking distance: Max 999.99km

Calories burned: Max 9999.9kcal

Activity time: 99h59min

FCC Statement

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

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

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.

This device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Carton

Front：Bluetooth   smart   JSTYLE LOGO

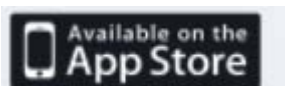 J-style Health Bluetooth Heart Rate Monitor

Side：

What's included:

J-style Health Bluetooth Heart Rate Monitor

USB Charing cable

User Manual

Side：

J-style Health Bluetooth Heart Rate Monitor Compatible with mobile devices that support Bluetooth 4.0 technology

Supported iOS Devices (OS 7.0 and above)

-iPhone 4s

-iPhone 5,5S,5C

-iPod Touch (5th Generation)

-iPad 3, iPad 4,iPad Air

-iPad Mini

Supported Android Devices (OS4.3 and above)

-Samsung Galaxy S3,S3Mini,S4,S4Mini,S4 Active

-Samsung Galaxy Note II,III,10.1

-Nexus 4 and 5

-Nexus 7 (2013)