Thanks for using our product. Before using this bracelet, please read the following instructions first:

1. Warning
Please consult your doctor before starting a new exercise. The bracelet has no medicinal use anyways; though it may content your real-time heart rate ergonomically. Remember to consult your doctor before starting any exercise and dieting program.

2. Device Requirement
The Bracelet supports electronic devices with Android 4.3, IOS8.0, Bluetooth 4.0 and above. Also supports Android 6.0 and above devices but need to turn on the GPS function.

3. Charging
Please ensure bracelet is full of electricity via charing with 5V500mA USB device before using it. Note: Please remember to recharge bracelet at least once each month if keep long-term idle.

1.Put the bracelet in the bottom flasher and hand-ring main button (metal contact should be tight)
2.Connect the USB charging Computer USB to charge the bracelet 2-3 hours is enough

4. Connect Bracelet and App
4.1 Starting up: Charging or long press the touch key for 3 seconds to switch on the bracelet, then will show a paring code on the display screen to identify the bracelet.
4.2 Install App:

4.2.1 Scan QR code with electronic devices to download App;
4.2.2 Search "I-Fit" in App Store or "I-Fit" in Google Play-Myapp to download App.
4.3 Keep Bracelet close to electronic device to start and enter into App, then find bracelet (Bluetooth name is" Smart Watch") as per connection guide and finish pairing, finally click Next to finish connection.
4.4 Connect Apple devices: User need to finish the Bluetooth pairing request once connect App successfully for the first time, then user can receive notifications such as incoming calls, SMS, QQ, Wechat, WhatsApp and so on via bracelet.

5. Function Instruction
5.1Function pages on the main interface

5.1.1 Time and mode: the Bracelet will synchronize time and date with user's electronic devices after pair successfully with App.

5.1.2 Step-counting: Step-Counting function is booted up by default. The bracelet will record steps once user walk and swing arms when wearing it. Meanwhile, user can see the real-time motion data immediately!
5.1.3 Riding: On the Cycling interface, user will enter Riding status once long press Riding Button for 3 seconds and bracelet will record Riding time and calories immediately.
Also can exit Riding status once long press the Riding Button for 3 seconds too.
5.1.4 Heart Rate Detection: Long press the Heart Rate button for 3 seconds to start up the dynamic heart rate detection which will affect the battery using time. Note: Bracelet will not keep record data, but will keep history data in the first App page when Heart Rate Detection is starting up in App.
5.1.4.1 Please put the bracelet on the wrist, 2cm from the ulnaradius joint.
5.1.4.2 Please keep the Heart Rate sensor clung to skin and contact with wrist closeasy heart rate, or else the sensor light will leak and affect incorrect record data. Please do not look directly at the green sensor light which may cause eyes discomfortable.
5.1.4.3 Though the bracelet can detect real-time heart rate dynamically, but still suggest user to apply. Or else, it may take much more time to measure heart rate or result in incorrect data. Once bracelet start measure data, then can do exercise again and can check the dynamic data.

following buttons: Back, Sleeping, Remote-control music, Remote-control photo, Find your phone, Vibration on/off, Power off, and Reset.
5.2.1 Back: Long press this button to return back to the main interface.
5.2.2 Table tennis mode: Long press to start, the Ping-Pong Ball icon will show in the time interface and record data. Here also require the bracelet wearing on the waving wrist
5.2.3 Badminton mode: Long press to start, the Table Tennis icon will show in the time interface and record data. Here also require the bracelet wearing on the waving wrist
5.2.4 Treadmill: Click START to start Treadmill and click FINISH to over Treadmill, the bracelet will record data. When the multi-exercise mode is on, the bracelet will display the corresponding exercise icon, long press bracelet or exit App to over the multi-exercise mode.

5.2.5 Test heart rate: click into the heart rate function of the activated bracelet, and can view the real-time heart rate monitoring curve.
Click the top right corner icon to set the heart rate alarm switch, set the highest, minimum heart rate, and after synchronizing the device, the bracelet will vibrate when the heart rate reaches the set value.
5.1 Service
5.3.1 Device information: display device name, version number, MAC address
5.3.2 Incoming call notification: If it supports incoming call notification by default from the address book kept in the phone,

button. By default, vibration is ON. When vibration is in OFF state, the bracelet does not vibrate no matter what notification is received.
5.1.4.4 Power off :Long press for 3 seconds to enter Power Off mode, press button to switch on to off, then 5,4,3,2,1 will display on screen, the bracelet will power off.
5.2.6 Reset: Among the secondary menus, select the Reset icon and long press it to enter the Reset interface. On this interface, switch from OFF to On, and the system will be reset and the time and data of the watch will be reset to the factory settings.
5.10.Palming screen-on: If you enable this function,the screen of the bracelet will light up automatically when you raise you wrist to help you view the time

6. App Functions And Settings
6.1 Home Page
Check Step counting and Calories data in App home page. Also can check sleeping and heart rate data after App synchronize with bracelet automatically or down pull the interface. User can also share these data.
After synchronizing the history data, you can view the exercise record of each day, each month and each year on the daily records.
After synchronizing the history data, you can also view the data about your sleeping time and the related history records.
6.2 Activity
6.2.1 Outdoor
Need to start GPS and connect network before running and riding then can record the motion trajectory.
6.2.2 Indoor
6.2.2.1 Jumping rope: Click START to start jumping rope and click FINISH to over jumping rope, the bracelet will record data.
6.2.2.2 Jumping Jack: Click START to start jumping jack and click FINISH to over jumping jack, the bracelet will record data.
6.2.3 Sit-up: Click this icon and START to start sit-up and FINISH to stop sit-up, then the will record the number of sit-ups
6.2.4 Treadmill: Click START to start Treadmill and click FINISH to over Treadmill, the bracelet will record data. When the multi-exercise mode is on, the bracelet will display the corresponding exercise icon, long press bracelet or exit App to over the multi-exercise mode.
6.2.5 Remote-control photo and video : This function allows you to enter the interface for remote control photo or video, where you can enable the APP to start the built-in camera of the system to take photos by long pressing this button.If you have selected remote-control video, The bracelet will start to take videoa after pressing button for first time and stop for the second time, long press to exit photo mode. It can also start the bracelet photo mode via the App build in camera.
5.2.6 Find your phone: Long press for 3 seconds to enter into Find Phone interface. First press this button to start up and will hear the phone ring to help user to find phone. Here not support phone vibration. Long press to exit this function.
5.2.7 Vibration on/off: This button allows you to enter the interface for switching on or off vibration by long pressing this

but not support the incoming call remind from the thirty party. Only display incoming call Number if not come from the contact person kept in the address book.
6.3.3 SMS notification: If you enable this function, you will receive a notification when a system SMS is received and you can view the SMS. You will receive no notification, however, when an SMS from a third-party application is received.

6.3.4 QQ notification: If you are using an Android device and enable this function for the first time, the system will prompt you to enable access notification permission to allow your watch to read all system notifications and to check this APP. You are recommended to check access notification permission for only one APP. If you check access notification permission for multiple APPs, you may receive no notification.
6.3.5 WeChat notification: If you enable this function, you can receive WeChat notifications and view the content of the notifications. This applies to other notifications.

Notification from foreign social applications: This bracelet supports the notifications from such foreign social applications as Facebook, Twitter, LINE, Skype, WhatApp,KakaoTalk, Instagram,Snapchat and displays the content of such

notifications
When a notification is received, the bracelet will display the icon of the corresponding social application. You can click this icon to view the message or long press this icon to exit.
6.3.6. Clock: This function allows you to set an clock for 4 periods, and set an on-off, snooze time, and alarm cycle for each clock. After finishing setting, click Synchronize to Device to bring your setting into effect. This function supports offline notification.
6.3.7 Sedentary: This function allows you to set an on-off, notification interval, notification time segment, and notification period.
6.3.8 Find device : Click START to find bracelet located to mobile phone, user will find bracelet when bracelet vibrate.
6.3.9 Control your phone bracelet
Music remote control: This function allows you to control (to play, pause, play the previous song, play the next song) the music on the phone via your watch. (The music player attached with the system is supported)
Remote-control photo and video: This function allows you to switch on or off the photo function of the APP
6.3.10Allow Settings: Set other functions.
6.3.11 Mobile phone Anti-Lost: This function is off by default. User can set it on, then bracelet will vibrate once the distance during mobile phone and bracelet is beyond the Bluetooth connect distance. When set this function off, bracelet will disconnect mobile phone without any remind. User can set sound volume via mobile phone.
6.3.12 First screen display: The main screen will display time

and weather; Weather will update each hour, if bracelets not connect mobile phone or mobile phone is without network, then weather cannot update, then it will show time.
6.3.13 Palming bright screen: User can set this function on or off.
6.3.14 Sleeping Period: User can set three different sleep period. Bracelet will best sleeping quality after synchronization with bracelet.
6.3.15 DND(Do not disturb) mode: Can set one period to keep silent and without any vibration except alarm clock..
6.3.16 bright screen time: can set the screen light up time
6.3.17 Clear the data: Click to clear the hand ring data zero, the time to restore the default value.
6.3.18 Device Update: View the bracelet firmware version.
6.3.19 Add the bracelet: Click to enter the scanning bracelet and connect.
6.3.20 Unbind: You can delete the bracelet.
Apple device to remove the bracelet: According to the above steps to remove the bracelet, and into the phone system – Bluetooth settings, click the device name behind the exclamation point, in the pop-up dialog box click to ignore the device to remove the hand ring ANCS Connection, and will not receive Apple to push the information to inform the content.

7. Person
7.1User profile: You can set includes nickname, head portrait, gender, date of birth, height, weight, step pitch, and unit (metric/imperial). Modify the login account password After finish settings, you can synchronize your personal information to your bracelet.

If this is the first time for you to use this APP, you are recommended to register an account with your email address and log in to the account. Also, you can have a try without a login. If you have registered an account but forget the password, you can click Forget Password, and the system will send a email to your register email for you to reset your password.
7.2 Geal: This function allows you to set your exercise goal.
7.3 Help: This function allows you to view the help information about the use of the bracelet
7.4 About: This function allows you to view the APP version.
7.5 Logout: Password reset functions.
8.1 FAQ about bracelet
8.1.1 Why the bracelet can't connect my bracelet (via APP) to phone?
8.1.1 click the cross button in the top right corner on, off, notification interval, notification time segment, and notification period.
8.1.When the bracelet is displaying information, then click it quickly

4. Close the background applications on your phone or restart your phone
5. Do not connect your phone to other bluetooth devices or functions at the same time.
6. Check whether the APP is running in the background. If not, you may fail to connect to bluetooth.
8.2 The bracelet cannot be found on my phone. Why?
Answer: This is because a bluetooth broadcast is ongoing. Please ensure that your watch has electricity, is in airbreaking mode, and has not connected to another phone. Then, keep your bracelet close to the phone. If the problem still persists, please disconnect the bluetooth connection on your phone and reconnect it in 20 seconds.
8.3 Should I keep the Bluetooth signal connected all the time? If I disconnect the bluetooth connection, will any data is lost?
Answer: The data about exercise and sleeping before data synchronization will still remain on the main unit of the bracelet. After the bracelet has successfully connected to your phone via bluetooth, the data on the bracelet will be automatically uploaded to the phone. The bracelet , however , has a storage space for only about one week's data. When its storage space is full, the system will automatically cover the earliest data circularly. Therefore, you need to synchronize the data to your bracelet in time.
Note: It the functions of call notification and SMS notification have been enabled, you must keep the bluetooth connection in connected state. The function of alarm clock notification, however, supports offline notification.
8.4 The bracelet cannot be charged. Why?
1) Please check whether the main unit is inserted in a correct direction.
2) When the main unit has electricity lower than 3.6V, there will be a period for battery precharging.

8.8 Take care of the following items when wear bracelet: If you have sensitive skin or if you wear your bracelet too tightly, you may feel uncomfortable.
8.9 Please swipe off the sweat on your body and wrist in time. If the bracelet strap contacts soap, sweat, allergens or contamination often, it may cause allergy or pruritus to your skin.
8.10 Please keep bracelet dry before charging it. Otherwise the bracelet will cannot charge successfully or battery will be corroded.
8.11 When the bracelet working environment is full of static electricity, then it will be unsuccessful to display any information. Please do not use bracelet in high voltage or magnetic environment where bracelet may suffer to electrostatic interference

9. Precautions for use
9.1 Theoretically, the bracelet supports phones or tablets with operating systems of IOS8.0 and above, Android 4.3 and above, and bluetooth 4.0, but not all mobile device models. The models supported are subject to the actual situation.
9.2 There is precision device inside bracelet, so please donot drop it or hit hard object which may abrase bracelet surface and damage bracelet hardware.
9.3 Never dismantle or remake this bracelet , which may cause problems or hinder the product's warranty.
9.4 This bracelet uses 5V500MA for charging. It is prohibited to use the power supply exceeding the voltage load. Otherwise, hardware damage may be caused.
9.5 Never throw this bracelet into fire. It may cause explosion.
9.6 This bracelet uses built-in battery which is non-detachable. Do not try to replace the battery.
9.7 The bracelet works at 0-45°c , and its charging temperature is also 0-45°c.

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

RF Exposure
The equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This device should be installed and operated with minimum distance 0mm between the radiator & your body.

8. FAQ
Note: The Bracelet can start to charge normally once plug in for 3-5 minutes if it keep long term idle.
8.9 If I keep wearing the bracelet , will the bluetooth radiation generated by the bracelet damage my body?
Answer: The bluetooth radiation generated by the bracelet is far below American FCC standard and can be neglected. Therefore, long-time wearing the bracelet does not cause radiation damage to human body.
8.# Is the bracelet waterproof?
Answer: Yes, all bracelets are IP67. User can wash face and hand when washing it. Also support diving for 30 mintues 1m underwater.

Caution:
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 FCC ID check list 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:
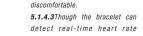-Reorient or relocate the receiving antenna.
-Increase the separation between the equipment and receiver.
-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.