**Thanksgiving**

**meets you in the glorious years like a song**

ONE、　　Appearance description

1,Product instructions



2,Packing list

Wristband*1　　　　　　　　Packed Box*1　　　　　　　Instruction Manual*1

Charging Clip*1　　　　　　　Strap*2

3,Wristband battery parameters

Battery Type:　Li-ion Polymer　　　　　　Battery model: CH392121

Battery capacity: 180mAh　　　　　　　 Charging voltage:4.2V

Charging current: 36mA

TWO,Wristband function introduction

1、Main interface/ Dial

Long press the touch area in the main interface can be directly switched The dial has 3 styles,
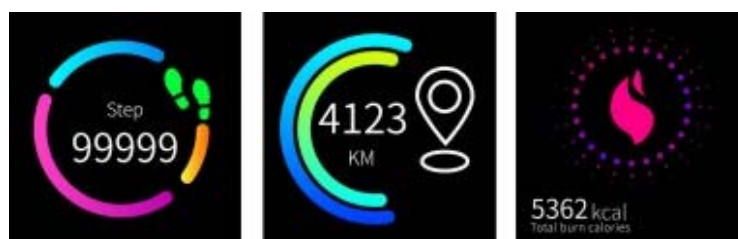


sports / fashion / minimalist.

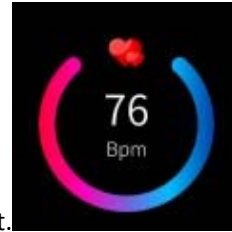2、　Pedometer/distance/calories

View the number of walking steps at any time during the day, walkingThe distance and consumption of calories.

Synchronize　　　apps　　　in　　　time　　　to　　　view　　　motion　　　data.

3、 Heart rate monitoring

Switch to heart rate test interface to enter real-time monitoring of heart rate,Measurement data

can be synchronized to the APP in time, and there is a test report.

4、 Blood pressure monitoring

Switch to blood pressure test interface to enter real-time monitoring of blood pressure,Measurement data can be synchronized to the APP in time, and there is a test report.

Note: When measuring blood pressure, please measure according to the correct

posture. The test result is for reference only.Cannot be used as medical data.

5、 Sleep monitoring

Wearing a bracelet to sleep, you can monitor the length of sleep, as well as deep sleep and light sleep. According to the data, you can adjust your own sleep status and increase your health
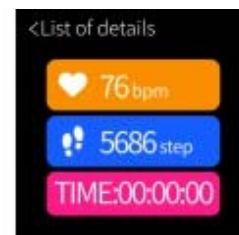
index.

6、 Kinds of sports modes

Long press to enter sports mode monitoring.Running, cycling, hiking, walking

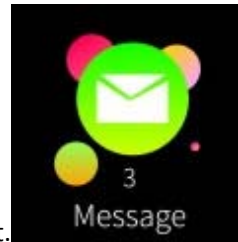Long press the sport mode to enter, click to switch mode,

long press to start calculation,Long press to stop.

7、 Information reminder/push

When new information is available, the device vibrates and displays the message content.

The corresponding message shows the corresponding icon,

and the information will retain the current 3 pieces of content.

8、 Stopwatch

Long press to enter the timer interface, click to start timing, click pause,Cycle in sequence, long



press to exit

9、 Find your phone

When the Bluetooth connection between the phone and the wristband is normal, press and hold



to find it.Phone will ring

10 、Shutdown

Press and enter to select whether to shut down.Single switch, long press confirm, shutdown interface will show the Bluetooth model,Bracelet software version and Bluetooth



code

**Other function reminding (in the APP can set bright screen, vibration highlight screen and other reminder mode)**



incoming call

When you call, you can check the name of the caller, etc.In case of inconvenience, long press to hang up



Drinking reminder

You can set your own drinking frequency and time period alerts in the app.

 Sedentary reminder

Set the time period and sit tiredActivities

 Remote control camera

When the remote side opens the remote camera function, the wristband can display the camera icon. The wristband shakes and the phone automatically takes pictures.

 Find bracelet

Open the APP and click on the device to find it.

 Alarm reminder

Multiple sets of alarms can be set in the APP and the number of repeat days can be set.

**THREE,The use of AP**

1、 Choose          different          ways          to          download APP.
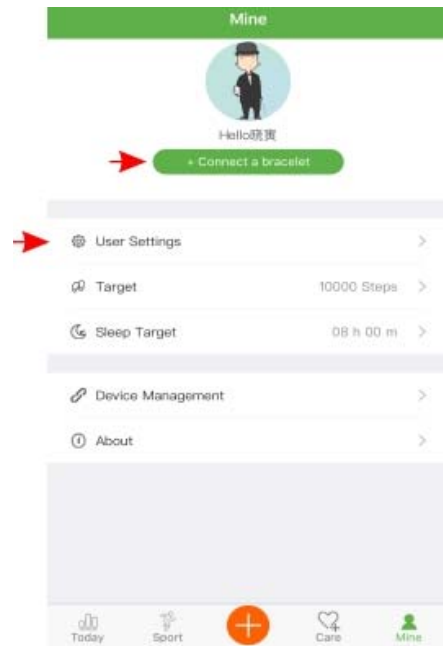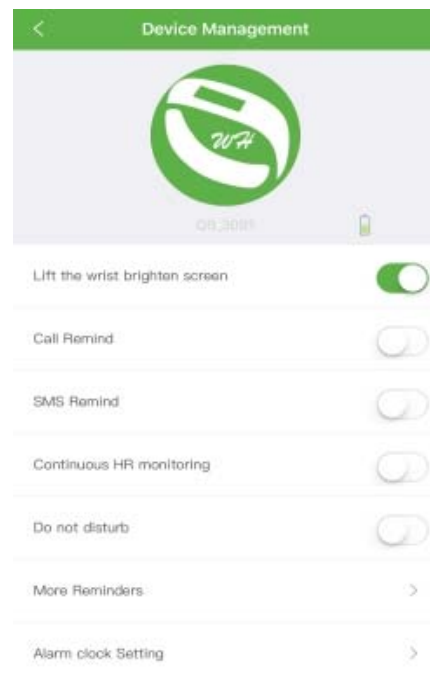


IOS          Google play          Android

2,After the download is complete, new user registration or third-party login.。
3,Begin to bind the bracelet, and fill in the wearer's personal information.。
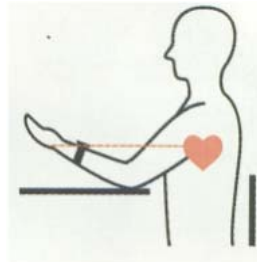
4,According to their own habits to start some of the opponent's ring settings.



**Four,Precautions**

1，Do not use a charger with a current greater than 5V2A.Charging time is 2~3 hours

2，Do not charge if the device is water damaged

3，This is an electronic monitoring product;date received from it cannot be
used asmedical reference and is for reference only;

4，Blood pressure testing tip：
Keep your body relaxed and still while testing.
Keep device at the same height as where your heart is ,

and don't talk while you are testing

**FCC Warning**

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.

NOTE 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.