智能心率血压手环

使用说明书 User Guide



开始使用手环

. 在设备关机状态下,长触摸功能键3秒以上可使设备震动开机。

入关机界面,短触摸选择Off后,再次长触摸关机。

①在设备开机状态下短触摸功能键可点亮屏幕或切换显示; 后台运行,都会自动搜索并连接手环。

②无操作默认五秒息屏,用户可连接手机APP修改息屏时间;

③切换至心率、血压界面自动测试,离开心率、血压界面停止测试

初次使用确保手环电量正常,若低电不能正常开机,请连接充电器

扫描以下二维码或进入各大应用市场下载并安装 "flagfit"



设备要求: iOS8.0及以上: Android 4.4及以上, 支持蓝牙4.0。

定制个人每天的运动目标,合理的运动规 划,有助于身体素质的提高。

可设置头像-性别-年龄-身高-体重,个人信息 ***

蓝牙连接:配对成功后,APP会自动保存手环蓝牙地址,APP打开或在

数据同步:在APP主页手动下拉同步数据;手环可存储⁷天的离线数

据,数据量越多,同步时间越长,最长大约2分钟,同步完成后会有

我的设备(iOS)/搜索设备(Android)

"同步完成"的提示;

进入APP后请先设定个人信息

设置→个人设置

提醒功能需要在APP端设置中心开启提醒开关,并保持手 首次使用需连接APP进行校准,连接成功后手环会自动同步时间 在蓝牙连接成功的状态,来消息时震动提醒。

📞 🕿 😩 🤏 🔯

久坐提醒:设置是否开启久坐提醒功能和提醒时间间隔,默认时

来电 短信 QQ 微信 闹钟 久坐

来电提醒: 连接状态下,如果开启了来电提醒功能,当来电时, 模式,将手环佩戴在手腕上,当用户 手环上会震动,并显示来电的姓名或号码。(如果来电方名字在 走路并且手臂摆动的时候,手环根据 手机通讯录中已保存有,则显示姓名,否则显示号码) 摆动的次数记录为行走步数数据。

短信提醒: 通讯录联系人的短信显示姓名,陌生人的短信显示号 **Q.**9 км 0.93 置的身高,计算行走路程。

时间模式:界面无蓝牙图标,表示手

QQ提醒:连接状态下,如果开启了QQ提醒功能,当有QQ信 息到来时,手环上会震动,并显示QQ图标提醒。

微信提醒: 连接状态下,如果开启了微信提醒功能,当有微信信 息到来时,手环上会震动,并显示微信图标提醒。

智能闹钟: 连接状态下,可进行三个闹钟的设置,设置后,会同 步给手环;智能闹钟是一种无声闹钟,闹铃时,手环会发起适度

间间隔是一个小时;连接状态下,开启后,如果用户一个小时内 、请将手环佩戴在手腕上,位于尺骨关节内侧2CM处佩戴。 都没进行运动,手环将会发出震动,提醒用户进行运动。 2、测量心率时让心率传感器紧贴皮肤并接触良好。如果佩戴很松传感器光线 外露,会导致测量数值不准确。(请勿直视传感器绿光,可能会引起眼睛不 会点亮;测试时传感器要紧贴皮肤,避免外部光线影响测试的 测试区域要保持清洁,汗水或污渍都会影响测试结果。

晚深睡/浅睡/清醒时长, 计算您的睡眠质量: 睡眠数据

睡眠模式: 入睡时,手环会自动判断讲入睡眠监测模式,自动检测您*

本产品虽然为实时动态检测心率,但是在检测心率时请保持身体停止活

动,静坐测量,否则会延长心率测量时间或测不到数据。待手环测量到数据 时再进行运动,即可查看实时动态心率数据。

|| — 04/26 || — || || — 17:50 * — | 4、如果测量数据差异较大,请休息一下重新测量,连续测量5次得到的平均

STEP

»— **№** ксаг 287

6、測量时确保心率传感器底部没有脏污,皮肤颜色,毛发浓密度、纹身、伤

5、本产品为实时动态心塞测量,所以在说话、吃饭、饮酒等状态时的心塞值

反射的生理因数而有所不同(血液循环,血压,皮肤状况以及血管位置和浓

8、长时间测量有可能导致发热,如遇不适,请将其移除,直至装置降温后再

血压检测模式:切换到血压界面开始测试血压,切换至下一界面停止测

密度等)。当測量心率极高和极低时測量值不准确,请重新測量。

9、寒冷的天气会影响你的测量结果,请在保暖的情况下测量

试: 开始测试但未测出结果时显示上一次测试的结果或者"

图标——**4** 105 单位——mmHg 69

可添加更多APP提醒,目前只支持部分机型。

连接状态下,点击"查找手环"选项,手环会发出震动。

态下, 大约 需²⁻³分钟升级完成,期间避免蓝牙设备断开。

为什么测试心率要等待8秒?

确认手机是否支持IOS8.0和安卓系统4.4版本及以上, 带蓝牙4.0的

测试心率,需要采集较长时间的信号,才能准确计算您的心率

蓝牙连接不上怎么办? (连接/重连失败或连接/重连速度很慢) 时,必须等手机弹出【蓝牙配对请求】,点击【配对】后才会有提醒。

1. 由于蓝牙无线连接存在信号干扰的问题,可能每次连接的时

5. APP是否在后台正常运行,如果不在后台可能连接不上

激活状态,且没有被其它手机已经连接上。然后将手环靠近手机

测量心塞时为什么手环要戴的比较坚?

可连接手机App,在血压界面进行测试。测试方法和注意事项同心率核 用于检测手环固件是否有新版本; 升级过程中, 保证蓝牙连接 信号来计算您的心率,如果佩戴不紧,会有环境光讲入传感器,会

苹果手机: 若连上后没有提醒, 建议重启手机重新连接, 再次连接手环

态,闹钟提醒支持离线。

应的权限,允许"天天手环"APP访问来电、短信、通讯录,并保持"天天

手环"在后台运行;如果手机安装有安全软件,要将"天天手环"添加

的蓝牙连接成功时,手环数据会自动上传到手机端。所以注意每天及

注意: 如果是开启了来电、短信提醒功能,则必须保持蓝牙处于连接

2. 本产品内部为精密器件, 请勿将本产品捧落和与硬物撞击, 否则会导

4. 本机使用5V500MA充电,严禁使用超电压负荷电源,造成硬件损

3. 请不要分解或改造本机,这样会导致出现问题或妨碍产品质保。

蓝牙连接要一直开启吗? 关了的话还有数据吗?

等,如果长时间连接不上,请确保操作在无磁场或无多蓝牙设备。

3. 关闭手机后台应用或重启手机

4. 手机不要同时连接其他蓝牙设备或功能。

因为手环蓝牙广播时没有被手机搜索到,请确保手环处于有电,并

手环理论上支持操作系统IOS8.0系统以及以上和安卓系统4.4版本以 如果仍然无效,请关闭手机蓝牙后,间隔20秒左右再重启手机蓝 上、带蓝牙4.0的手机或平板设备,并非支持所有移动设备型号,具体请

安卓手机: 确认手机与手环是连着的, 连上后在手机设置里打

开启了提醒功能为什么没有提醒?

5. 禁止将本产品扔进火中,以免引起爆炸。

• 请勿将手环暴露干强烈的化学物质中,如汽油、清洁溶剂、丙醇、酒

用湿布擦拭手环是必须的、用温和的肥皂祛除油污或灰尘

精或驱虫剂。化学物质会损坏手环的密封性、外壳和表面。

游泳后,用自来水冲洗你的手环并用柔软的布擦拭,以保持干燥

• 避免你的手环遭受强烈撞击、极度高温和暴晒。

· 请勿将手环暴露干强烈的化学物质中,如汽油、清洁溶剂、丙醇、酒

精或驱虫剂。化学物质会损坏手环的密封性、外壳和表面。

当镜片和外壳保持完整时才是防水的。暴力破拆或撞击有可能导致

11. 在强静电环境中,手环可能会出现故障,例如没有显示或显示异常

设备类型 智能手环 电池类型 锂聚合物 显示屏 0.66寸OLED 电池型号 401119 电池容量 90mAh

等。请勿在高压高磁环境中使用,避免静电干扰。

6. 手环使用环境为0度到45度; 充电温度: 0度到45度。

7. 手环电池为内置,不可拆卸,请勿尝试拆换电池。

过敏源或污染成分,可能造成皮肤过敏瘙痒。

腐蚀充电接触点。

12.不宜佩戴手环洗热水澡。

9. 请及时擦干身体和手腕上的汗滴等,若表带长时间接触皂类、デ

10. 手环沾水时请先擦干后方可进行充电操作,否则会导致充电故障,

Sports bracelet V66

User Guide

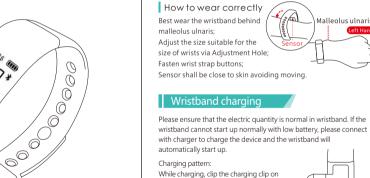
Adjustment Hole

ntroduction and wearing of smart wrist

the host of the wristband and the contact

the contacts of the host, (as shown in the

Display screen

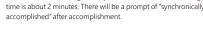


Device requirement: iOS8.0 and above: Android 4.4 and above to support

When being used for the first time, it is necessary to connect APP for

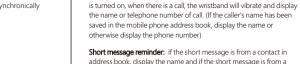
alignment. After successful connection, wristband will self-synchronize

time, or otherwise, step calculation and sleep data won't be accurate.



the data size is, the longer the synchronization time is. The longest

' functions and settin



strange, display the phone number. After entering into APP, please first set up QQ reminder: in connection status, if the QQ reminder function is

Setting →Personal setting

can be set up and personal information can function is turned on, when there is a We-Chat message coming, th wristband will vibrate and display the We-Chat icon reminder.

Customize personal everyday exercise goals. A

connected successfully and there will be vibrating reminders when there

Head portrait, gender, age, height and weight

personal information.

end Setting Center, mobile phone and wristband shall be kept to be Bluebooth connection: after successfully matching, APP will

can lighten screen or switch over display;

the mobile phone APP to revise off-screen time:

Start to use wristband

time period of above 3 seconds to shake the device and start up.

choosing "Off", touch for a long time period again to shut down.

2) When the device starts up, switch to the shutdown interface and touch

he function button for a long time period of above 3 seconds to enter

nto the shutdown interface. After touching for a short period of time a

When the device starts up, to touch function keys for a short time period

2)The screen shall be turned off without operation and users can connec

(3) Switch to the heart rate and blood pressure interfaces to be tested

automatically and leave the heart rate and blood pressure interfaces to s

How to install wristhand APP Scan the following OR codes or enter into various large application markets to download and install "flagfit"

My device (iOS)/ search

Open mobile phone APP reasonable exercise plan is helpful for

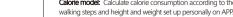
Click device attachment For promoting function, a promoting switch shall be switched on in AF

link with the wristband.

automatically save the wristband bluebooth address. When APP is

opened or operated in background, it will automatically search and

homepage: The wristband can save offline data for 7 days. The larger



Heart rate icon —— Blood oxygen icon

sensor directly. That may cause eye discomfort.)

automatically enter into heart rate detection model and support

model, time of endurance in the wristband will reduce.

dynamic real-time heart rate detection. Under the heart rate detection

Please wear the wristband on the wrist and 2CM from inside of ulna joints

2 While measuring heart rate, the heart rate sensor shall be close to skin and

measured values will be inaccurate (Please don't look at the green ray of the

sit silently for measurement, or else the time to measure heart rate will be

lengthened or data cannot be measured. After the wristband measures of

and then take exercise, the real-time dynamic heart rate data can be

4 If the measure data have a large difference, please have a rest and

6 In the measurement, ensure that there is no smudge at the bottom of

heart rate sensor, and skin color, hair density, tattoo, and scars may

measure again. The average value gained after measuring continuously fo

5 The product is for real-time dynamic heart rate measurement, so the heart

Time model: no bluebooth icon on the interface means no connection

successful connection; after the wristband is matched and well connected

vibrate and display the QQ icon reminder.

We-Chat reminder: in connection status, if the We-Chat reminder Step-counting model: display step count and wristband-defaulted

Smart alarm clock: three alarm clocks can be set up in connection status and after setting up, the wristband will be synchronized; the

smart alarm clock is a silent alarm clock. When there is an alarm, the wristband will moderately vibrate to support off-line alarm clock

Sitting reminder: set up whether to open sitting reminder function and

Calling reminder: in connection status, if the calling reminder function

turned on, when there is a QQ message coming, the wristband will

reminder time interval and the default time interval is one hour; in rate will be different when speaking, having a meal, drinking wine or in other connection status, after turning on, if the user doesn't take exercise states. Please take the actual values as the criterion. within one hour, the wristband will vibrate and remind the user to ta

7 The heart rate detection device is based on PPG measurement principal

influence detection results

absorption and reflection of ray of light (blood circulation, blood pres skin condition and vessel position and density, etc.) If the measureme

the 'GloryFit' shall be allowed to display floating window. Don't connect to other Bluetooth devices or functions

wristband" and the wristband will vibrate. 5. Does the APP work properly in the background? If it does not in

Shake-it-off photographing: After entering shake-it-off photograph

Blood pressure detection model: switch to the blood pressur interface to start to test blood pressure and switch to the next interface

to stop test; when starting to test but there is no result to be tested. display the result of test for the last time or '-'; mobile phone App ca-Restore factory settings: Da be also connected to conduct tests on blood pressure interface. Test

methods and matters needing attention are the same as heart rate

so its accuracy may be different due to physiological factors influenced by

value is inaccurate when measuring heart rate maximum and minimu

The long-time measurement may cause fever. If there is discomfo

please remove it and wear it after the device is cooled down.

please measure once again.

blot will influence test results.

on the back of wristband; when testing, the sensor shall be close Why wait for 8 seconds to test heart rate?

accuracy of test; test regions shall be kept clean and both sweat as

What if Bluetooth cannot be connected? (connection/reconnection

enter into sleep monitoring model, automatically detect your deep sleep light sleep/ sober duration in a whole night, and calculate your sleeping

quality: sleep data temporarily only support APP-end checking. Note: there will be sleep data only if falling asleep while wearing a wris

is not connected for a long time, make sure that the operation is performed without magnetic field or without Bluetooth interference.

Turn off Bluetooth and then turn it on.

Turn off the phone's background application or restart y beyond a certain range. When an Android user is using this function, reaches up to IP67. It can be used when you wash your face and hands

connection, it is possible that the time of each connection is different. If it

the background, it probably won't connect.

interface in connection status, the user can shake the wristband off photograph after counting down for 3 seconds. Since the wristband is not searched by phone in Bluetooth bro

make sure the wristband is in power and activated and is no phone, if it is still invalid, turn off the phone, and after about 20 seconds, restart the phone Bluetooth

The wristband uses light reflection principle, penetrates the skir

through the light source, and collects the signal reflected to

measurement accuracy. Testing heart rate requires a long signal to calculate your heart rate

Android system version 4.4, and Bluetooth 4.0.

connected, and open the corresponding permissions in t Sleep model: when falling asleep, the wristband will automatically judge failure or slow connection/reconnection) phone settings, allowing the "flagFit" APP access calls, message of the machine and damage hardware. Confirm whether to support cell phones or tablets with IOS8.0. and address book, and keeping "flagFit" running in the

Please do not disassemble or rebuild it, otherwise it will can problems or hinder product's quality quarantee.

source, to cause hardware damage.

4. It charges with 5V500MA, do not use overvoltage load power

The wristband's battery is built-in and not removable; please

8. When you wear, please note that if you have sensitive skin, or we

9. Please wipe sweat drops on your body and wrist in time. If t

wristband touches soap, sweat, allergen, or contamination for a lo

10. Please wipe the water wristband before charging operation:

it too tightly, you may feel uncomfortable.

time, it may cause skin allergy and itch.

Whether the wristhand is waterproof or not?

"Bluetooth pairing request" and clicking "Pairing".

connection, it is recommended to restart the phone to reconnect, when

reconnecting the wristband again, there will be reminder after popping up

IP67 standard is 30 minutes with less than 35 degrees in less than 1 meter

Does Bluetooth connection need to be open all the time? If turn it off, is

connected to any other phones. Then, put the wristband close

Why the wristband should be worn more tightly when measuring heart

sensor, to calculate your heart rate. If you don't wear it tightly, there will be ambient light reaching into the sensor, which will affect The wristband theoretically supports phones or tablets with IOS 8.0

Why not remind when opening the reminder function:

12. Do not wear the wristband when bathing. Android phone: confirm that the phone and the wristband are

product and hit it with hard objects, otherwise it will scratch the surface

5. No throwing it into the fire for fear of explosion.

6. Environment temperature: 0 degrees to 45 degrees; charging The wristband is designed with waterproof seal and waterproof leve temperature: 0 degrees to 45 degrees.

not try to change the battery.

on the wristband is successful, the wristband data will automatically uploaded to the phone, so pay attention to synchronize data to you

must keep Bluetooth in connection status. Alarm clock supports offline.

Notice: if the reminding functions of calls and messages are turned on, vo

Before synchronizing data, movement and sleep data are reserved on the

wristband host. When the connection between the phone and Bluetooti

11. In a strongly electrostatic environment, the wristband may

not use it in high pressure and high magnetic environment to avo and above and Android 4.4 and above and with Bluetooth 4.0, but is supports all mobile devices, please specify the actual condition:

This product is made of precision parts, please do not drop this

frequently used, it is recommended to clean the ristbandevery week.

Changes or modifications not expressly approved by the party It is necessary to wipe the ristbandwith a damp cloth, seild soap to remove grease dirt or dust. responsible for compliance could void the user's authority to operate the equipment.

· Do not expose he wristbandto strong chemicals such as gasoline cleaning solvents, propanol, alcohol, or insect repellant, hemicals ca

Don't scratch the sensor to protect it from damage.

with a soft cloth to keep it dry.

It is waterproof when the lensand the shell are intact Viole demolition or impact may lead to waterproof failur

Smart wristband Battery type Li-polymer

Battery capacity 90mAh

Clean sensors and connecting interfaces with mild soap and water. I

for a Class B digital device, pursuant to Part 15 of the FCC Rules. damage the tightness, shell, and surface of it These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment After swimming, clear your istbandwith tapwater and wipe it

generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the Avoid strong impact, extreme heat, and exposure to ye 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

-- Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Display screen 0.66 cun OLED Battery model 4011 -- Connect the equipment into an outlet on a circuit different from

interference received, including interference that may cause

that to which the receiver is connected. -- Consult the dealer or an experienced radio/TV technician for help

This equipment has been tested and found to comply with the limit

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