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## How to turn on smart bracelet m5

Sold by: In-house Product Description Specification Reviews Features: 1.APP Message Vibration Warning: When the phone receives a text message. Twitter and other APP notifications, so you know the important notifications on time, not to be missed! 2. Bluetooth call, Bluetooth play music 3. Pedometer: display movement pedometer, movement more efficient 4. Heart rate: Check current heart rate, accurate real-time monitoring 5. Warmth: show the heat of movement, display the number of steps and miles \* APP supports 11 languages including Chinese, Simplified Chinese, Traditional Chinese, English, French, German, Italian, Japanese, Korean, Russian, Spanish, Portuguese, Arabic Parameters. Chip: NRF51802, Flash memory: 8MB waterproof: IP67 waterproof (you wear a rain shower, wash your hands but don't put it in hot water and it's not suitable for swimming) Screen size: 0.96 TFT resolution: 160\*80 single-point touch screen Battery: 80mAh Li Polymer battery, charging time about 1.5 hours, lifespan about 5 days, standby about 15 days Function. 1. Bluetooth call, Bluetooth play music 2. Treadmill: show movement treadmill, movement more efficiently 3. Heart rate: Check current heart rate, accurate real-time monitoring 4. Mileage: display step kilometers 5. Heat: displaying the heat of movement 6. Power: Display power 7. Bluetooth Smart Alert. 8. Alarm clock reminder: sleep control, alarm clock vibration to wake up 9. Caller warning: vibration warning, not in the major missed calls 10. APP message vibration warning: When the phone receives a text message. WeChat and other APP notifications so you know the important notifications on time, not to be missed! 11. Sleep monitoring: monitoring sleep quality at night when sleeping 12. Hand up to light up the screen Packing List. 1\* Smart Bracelet 1 \* Charging Cable 1 \* User Manual Weight 0.5 Kg Colors Black, Blue, Pink, Red, Purple Compatible Operating System: Android, iOS Model: Smart Watch M5 Series: Smart Watch M5 QUICK SET-UP GUIDE IMPORTANT NOTICES DISCLAIMER - Heart rate, blood pressure and blood oxygen measurements should not be used as a substitute for professional medical advice. WATER RESISTANT – The appliance may carry small splashes of water, but you should not shower or swim with the appliance next to leaving the appliance in a hot vehicle or a high-moisture environment. STANDARD WARRANTY (Twelve (12) months) OPTIONAL – DAMAGE PROTECTION GUARANTEE CHARGING THE SMART BRACELET When charging the first charge, make sure that the battery is set to normal power. If the power is not normal, connect the charger to charge the device and the bracelet will turn on automatically. Close the USB charger on the Fitness & Heart-rate Monitor Smart Bracelet Charge the Fitness & Heart-rate Monitor Smart Bracelet for at least 3 hours on the first charge. Install Install FITPRO APP To install the Fitness & Heart-rate Monitor Smart Bracelet FitPro app on your phone, you have two options: Go to the App Store (Google Play or Apple Store) to download and install the FitPro app. System requirements: Android 5.0 or later / iOS 9.0 or later / Bluetooth 4.0 Support Open the app and select Me at the bottom of the screen - Create a user profile and exit the app (but don't sign out of the app) PAIR FITNESS & HEART RATE MONITOR SMART BRACELET WITH YOUR SMARTPHONE Turn bluetooth on to your mobile phone. Look for M5 in the list of devices available to pair and connect. You may need to try pairing a few times to connect - you need to add M5 as a trusted device for automatic pairing. ADD M5 AS FAMILIAR BLUETOOTH DEVICE (ANDROID): (1) Select Bluetooth in phone SETTINGS (2) In the list of connected devices, tap M5. This list displays only paired devices. If your devices aren't paired, pair them in Available Devices at the bottom of the screen. Just tap M5. Note – After pairing is successful, the app automatically saves the bracelet's Bluetooth address. When the app opens or runs in the background, it automatically searches for and connects to the bracelet. IMPORTANT – Pairing can be broken if your phone is not used, crashes or detects other malfunctions for 4 hours? BIND THE BRACELET WITH THE FITPRO APP Open the FitPro app - Select Set at the bottom of the screen - At the top of the screen you will see a text ticker: Bind device to experience more functions - Click on the text ticker and the bracelet and app will be paired. ESSENTIAL APP FEATURES SETUP Notifications - In Set Message Push - To receive calls, text, WhatsApp, Instagram, and other notifications on the bracelet, select the notifications you need to receive. Dial settings (bracelet display skin) – Select dialing settings – Click Recommend – Select the skin covering you want for your bracelet – Click SYNCED CHOOSE TO update the skin on your bracelet. User profile : Set up the app as desired. Go to Set – Brightness Screen: Enter 01:00 for start time and 11:00 pm for end time – this will allow the app screen to light up when you turn towards you. FULL USER MANUAL BRACELET FUNCTIONS DESCRIPTION When the device is turned off, press and hold the function button for more than 3 seconds to turn on the device. For more menu options, long press the  $\square$  menu button to open the menu at the bottom of the screen. While the device is turned on, touch the short-press function key to light up the screen. When the device is turned on, touch the function key to illuminate the screen. You can change the background interface and clock display types. You choose from 26 Skins. CLOCK INTERFACE After synchronizing with the phone and the FitPro app, the bracelet automatically calibrates the time, date, fitness tracking, heart rate monitoring, and other features. FITNESS MONITORING Step Count – – the bracelet and note the number of daily motion steps to view the current real-time steps. Distance – The movement distance is estimated based on the number of walking steps Calorie – Estimate the calories burned based on the number of walking steps Heart rate, Blood pressure, Blood oxygen (three-in-one) Monitor – After entering the heart rate three-in-one test interface for a few seconds, the current heart rate, blood pressure and blood oxygen test results are displayed. All fitness measurements are recorded in the app on time and date. \*\*DISCLAIMER: Heart rate, blood pressure and oxygen levels in the blood should not be used as a substitute for professional medical advice. Multisport mode After all training modes are activated, calories consumed and the duration of training sessions can be recorded. Sleep mode When you fall asleep, the bracelet automatically goes to sleep monitoring mode. It automatically detects the number of times you have deep sleep, light sleep or waking up during the night and calculates your sleep quality. The sleep data bracelet only shows the total duration of deep sleep and light sleep. Check out the app on your smartphone to see the details. Note: Sleep data is only available if you wear the bracelet when you fall asleep. Sleep data is detected from 10 p.m. Music player When you successfully connect to the app, you can control the music player. The play, pause, up, and down buttons are available to control the track function. Weather If the app is successfully connected, the bracelet can obtain the current weather data, and in the My &t; User Profile app setting, you can set the temperature unit (choose between Celsius and Fahrenheit) Note: When connecting to the app, you must enable the phone's location function. Messages When the bracelet sends multiple notification messages, enter this interface to view the latest message record. APP FEATURES AND SETTINGS Set up your personal information after you enter the app. Go to Settings &t; My &t; User Profile to set personal information such as gender, age, height, weight, avatar, etc. You can also set your daily target steps to monitor the daily completion of the goal. Incoming calls In connected state, if the call alert function is enabled when the call arrives, the wristband vibrates and displays the caller's name or number. (You must give the app permission to read the address book). You need to answer your smartphone's calls. SMS notification If the SMS notification feature is enabled, the bracelet vibrates when there is a text message. Other notifications In the connected state, if this feature is enabled, when there is a message from apps such as WhatsApp, Instagram, Facebook, etc., the bracelet vibrates to view the content received by the app and display. (you must give the app permission to receive system notifications. The smart smart can display 20-40 words.) Vibration mode When there is a call, message, or other reminders, the bracelet vibrates. When the vibrations are turned off, the bracelet displays the message on the bracelet screen. Tips for Android users When using the reminder feature, you should set the bracelet so that FitPro can run in the background: it is recommended to add FitPro to the list of allowed apps and allow all permissions. Alarm setting When the smart bracelet is connected to your smartphone, 8 alarms can be set. After setting up, it is synchronized with the bracelet: offline alarm is supported. After the synchronization is successful, even if the app is not connected, the bracelet will alarm according to the set time. Device Finder When the smart bracelet is connected to your phone, click the Search for the bracelet option and the bracelet vibrates. Remote photography When the smart bracelet is connected to your phone, the app enters the external camera interface. Shake the wristband or turn the wrist and the bracelet automatically takes a photo after 3 seconds of countdown. Give the app access to your smartphone's album to save the self-portrait photos. Note: When taking a remote control photo, the bracelet cannot control any other functions. To return to other features, the app must leave the camera function. Sedentary reminder To enable the sedentary reminder function, set the reminder interval: if you are sitting for a long time during the set period, the bracelet will remind you to get up and move. Raise your hand to the active screen When the screen is dark, lift your wrist and turn the screen towards yourself to turn on the screen. Do not disturb Mode You set a period do not disturb. During that set period, the bracelet will no longer receive notification messages and most reminders will not send. Device reset Setting this function (resetting device) erases all data in the bracelet. Uninstalling device The Delete Device feature erases data and removes your phone's connection to the device. PRECAUTIONS Avoid prolonged immersion in water. Connect the bracelet to the smartphone when syncing data. Use the included charging cable to charge the device. Do not expose the bracelet to high levels of moisture, high temperatures or very low temperatures for an extended period of time. If the bracelet appears to crash and restart, do the following: Check the phone's memory information, erase it, and try again or shut down the app and reopen it. The

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