

无线连接: 配对成功后, APP自动保存手环无线连接地址, APP 打开或在后台运行, 都会自动搜索并连接手环。

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“同步完成”的提示。

APP功能及设定

个人信息和运动目标
进入APP后请先设定个人信息
我的一点头像

- 可设置头像-性别-年龄-身高-体重, 个人信息可提高数据的精准度。
- 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。



提醒功能
提醒功能需要在APP端“玩吧”功能页开启提醒开关, 并保持手机与手环在无线连接成功状态, 来消息时震动提醒。

来电提醒: 来电时, 手环上会震动, 并显示来电的姓名或号码。如APP打开“来电拒接”功能, 长按三秒手环功能键可拒接电话。

短信提醒: 收到短信时, 手环震动并显示图标提醒, 点击查看短信内容。

- 根据调节孔调好适合手腕的大小, 扣上腕带扣;
- 传感器要紧贴皮肤, 避免移动。



安装手环APP

扫描下方二维码或进入各大应用市场下载并安装“FlagFit2.0”

扫描二维码

设备要求: iOS 8.0及以上; Android 4.4及以上, 无线连接。

设备连接

首次使用手环需连接APP进行校准, 连接成功后手环会自动同步时间, 否则计步和睡眠数据不准。

打开手机 APP 点击我的图标

添加设备 (iOS) / 添加设备 (Android)

点击右上角搜索图标

点击设备连接

开/关机

- 在手环关机状态下, 充电或长按功能键3秒手环震动开机;
- 在手环开机状态下, 切换至关机界面, 长按功能键3秒手环震动关机。

手环操作

- 在手环开机状态下短触功能键可点亮屏幕或切换显示;
- 无操作默认五秒熄屏, 用户可连接手机APP修改熄屏时间;
- 手环出厂默认打开来电和短信提醒, 用户可在APP玩吧 (Android) / 智玩 (iOS) 界面的主界面中选择打开或关闭。

QQ提醒: 收到QQ信息时, 手环震动并显示图标提醒, 点击查看QQ内容。

微信提醒: 收到微信消息时, 手环震动并显示图标提醒, 点击查看微信内容。

智能闹钟: 可进行三个闹钟的设置, 设置后, 会同步给手环; 智能闹钟是一种无铃声, 闹铃时, 手环会发出适度的震动, 支持离线闹钟提醒。

久坐提醒: 默认提醒时间间隔是一个小时; 连接状态下, 开启后, 如果用户一个小时内都没有运动, 手环将会发出震动, 提醒用户进行运动。

其他提醒: 收到邮件等其他信息时, 手环会震动, 并显示其他提醒图标, 点击查看内容。

充电提醒: 手环接通电源或者充电夹子充电时, 马达震动, 注意低电量或满电状态, 手环不震动。

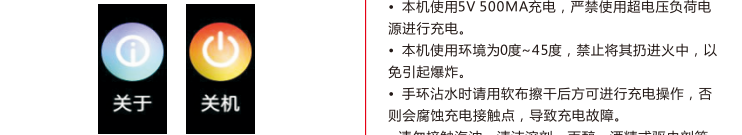


睡眠检测功能
入睡时, 手环会自动判断进入睡眠监测模式, 自动检测您今晚深睡/浅睡/清醒时长, 计算您的睡眠质量; 睡眠数据暂时只支持APP端查看。

注意: 佩戴手环入睡才有睡眠数据。

主要功能界面

主界面



亮度调节: 长按可选择不同亮度, 共有四档亮度。

查找手机: 连接状态下, 长按查找手机界面, 手机会发出铃声提醒。

版本信息: 长按该界面, 可查看手环的固件版本号及无线连接地址。

还原设置: 在该界面长按三秒, 手环数据全部清零, APP当天数据清零 (其余历史数据继续保留)。

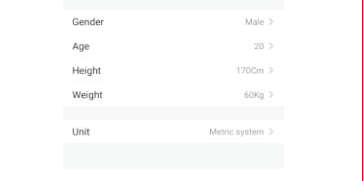
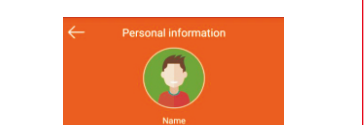
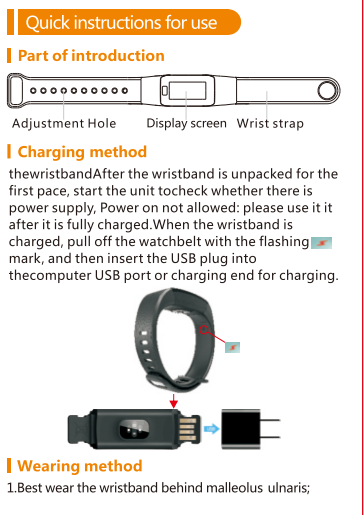
关机: 在该界面长按三秒手环即可关机, 同时手环震动 (低电量不震)。

无线连接是否需要一直开启? 断开后是否还有数据?
未同步数据前, 数据保留在手环主机上 (可保留七天数据)。当手机和手环的无线连接成功时, 手环数据会自动上传到手机端, 请及时同步数据到手机端。注意: 如果开启来电、短信提醒功能, 则必须保持无线连接处于连接状态, 闹钟提醒支持离线。

基本参数

设备类型	0.96寸智能手环	电池类型	锂聚合物
显示屏	0.96寸IPS彩屏	电池型号	341423
产品重量	22g	电池容量	90mAh
手环全长	23.0cm	输入电压	DC 5.0V
防水等级	IP68	电池功率	0.333 Wh
腕带材料	TPU表带	包装清单	主机、说明书

是否防水?
支持IP68防水防尘等级 (IP68标准为35度水以下水深10米以下30分钟), 通常情况下勤洗手、下雨、冷水淋浴、洗车可随心佩戴。



无线连接: after successfully matching, APP will automatically save the wristband Wireless connection address. When APP is opened or operated in background, it will automatically search and link with the wristband.

Data Synchronization: manually pull down the synchronization data on the APP home page; the bracelet can store off-line data for 7 days, the more data, the longer the synchronization time is, and the longest time is

APP functions and setting

Personal information and exercise goals
After entering into APP, please first set up personal information. Me...Click avatar

- Head portrait, gender, age, height and weight can be set up and personal information can enhance accuracy of data.
- Customize personal everyday exercise goals. A reasonable exercise plan is helpful for promoting body quality.

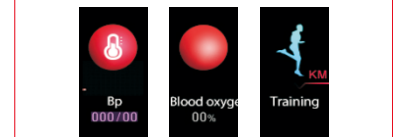
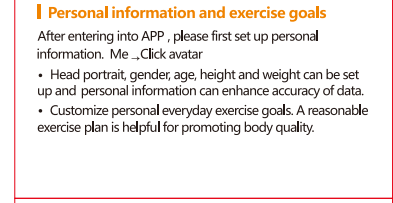
Promoting function
For promoting function, a promoting switch shall be switched on in APP-end Setting Center, mobile phone and wristband shall be kept to be connected successfully and there will be vibrating reminders when there are messages.

Call reminding: when the caller calls, the ring will shake and the name or number of the caller is displayed. (if the caller's name has been saved in the phone address book, the name is displayed, otherwise the display number)

Message reminding: when a text message arrives, the



手环有3个主界面, 在主界面长按三秒后可以进入界面切换。APP首次配对连接好以后, 手环会同步手机的时间、日期和星期等信息。



Functional introduction:

Step gauge interface: Display the number of steps on the day.

Distance Interface: Show the distance of the day.

Calories Interface: Displays the current energy consumption.

Heart Rate Interface: Switch to Heart Rate Interface and automatically test the current heart rate. You can also connect APP to the Heart Rate Interface by clicking Start Test to test the current heart rate.

Blood Oxygen Interface: Switch to the Blood Oxygen

• Please wipe the water, the wristband can be used only for the charging operation with a soft cloth, otherwise it will cause corrosion of charging contact point, charging fault.

• Do not touch the chemical substances such as gasoline, clean solvent, propanol, alcohol or insect repellent.

• Please do not use this product in high pressure and high magnetic environment.

• If you have sensitive skin or tighten the wristband, you may feel discomfort.

• Please dry the sweat drops on the wrist in time. The strap has long contact with soap, sweat, allergies or pollution ingredients, which may cause skin allergy itching.

• If it is often used, it is recommended to clean the wristband every week. Wipe with wet cloth and remove oil or dust with mild soap.

• It is not appropriate to wear a hot bath with a wristband.

• After swimming, please wipe the wristband in time so as to keep dry.

Common problems

Why is the first test of heart rate too long?
To test your heart rate, you need to take a long time signal to accurately calculate your heart rate.

What do Wireless connections do? (connection / reconnection failure or connection speed is slow)

Confirm whether your device is 4.4 or more versions of IOS 8.0 and Android system and support Wireless connection.

a. Because of the problem of signal interference in wireless connection, there may be no time to connect each other. If the connection is not long enough, please ensure that the operation is carried out without magnetic field or without multi Wireless connection device interference.

b. Turn off Wireless connection and open.

c. Turn off the mobile phone background application or restart the mobile phone.

d. Mobile phones do not connect to other Wireless connection devices or functions at the same time.

e. APP is running normally in the background and may not be connected if it is not in the background.

Can't search the wristband?
Since the wristband is not searched by phone in Wireless connection broadcast, make sure the wristband is in power and activated and is not connected to any other phones. Then, put the wristband close to the phone, if it is still invalid, turn off the phone, and after about 20 seconds, restart the phone Wireless connection.

Why the wristband should be worn more tightly when measuring heart rate?
The wristband uses light reflection principle, penetrates the skin through the light source, and collects the signal reflected to the sensor, to calculate your heart rate. If you don't wear it tightly, there will be ambient light reaching into the sensor,

Adjustment Hole Display screen Wrist strap

Quick instructions for use

Part of introduction

Charging method
the wristband After the wristband is unpacked for the first time, start the unit to check whether there is power supply, Power on not allowed: please use it after it is fully charged. When the wristband is charged, pull off the watchbelt with the flashing mark, and then insert the USB plug into the computer USB port or charging end for charging.

Wearing method
1. Best wear the wristband behind malleolus ulnaris;

Interface to automatically measure the current oxygen concentration in human blood. You can also connect to APP for testing at the oxygen-blood interface.

Blood Pressure Interface: Switch to the Blood Pressure Interface to automatically test the current diastolic and systolic blood pressure of the human body. You can also test the blood pressure interface on APP.

Training interface
Switch to the interface, long press three seconds into the specific sports interface, including rope skipping, cycling, Running and other three sports, click touch to switch the specific sports interface.

A long three seconds return can exit the specific movement interface.

Three seconds long specific motion interface can start corresponding movement, into the motion details interface, long press three seconds to end the current

which will affect measurement accuracy.

Why not remind when opening the reminder function?
Android phone: confirm that the phone and the wristband are connected, and open the corresponding permissions in the phone settings, allowing the "FlagFit2.0" APP access calls, messages and address book, and keeping "FlagFit2.0" running in the background. If the phone is installed with security software, add "GlowFit" to "trust".

Iphone: If there is no reminder after the connection, it is recommended to restart the phone to reconnect, when reconnecting the wristband again, there will be reminder after popping up "Wireless connection pairing request" and clicking "Pairing".

Is the wristband waterproof?
It supports IP67 waterproof and dust-proof level (IP67 standard is 35 degrees below water, 1 meters below 30 minutes). Usually, wash hands, rain, cold water shower, wash car can be worn with heart.

Does the Wireless connection need to be open all the time? Is there any data after disconnection?
Before the data is synchronized, the data is kept on the wristband host (seven days of data can be retained). When the Wireless connection of the wristband and the wristband is successful, the wristband data will be automatically uploaded to the mobile terminal. Please synchronize the data to the mobile terminal in time.

2. Adjust the size suitable for the size of wrists via Adjustment Hole, fasten wrist strap buttons;

3. Sensor shall be close to skin avoiding moving.

Power on/off

1. In the state of the wristband shutdown, Charging or long press the function button for 3 seconds to vibrate the wristband;

2. When the wristband is in the boot state, Switch to the shutdown interface, long press the function button for 3

operation

1. When the device starts up, to touch function keys for a short time period can lighten screen or switch over display;

2. The screen shall be turned off without operation and mobile phone APP to revise off-screen time;

3. Wristband factory default to open calls and SMS reminders. Users can choose to open or close in the main interface of the APP/Android.

wristband will vibrate and display the SMS icon reminder; the address message of the address book contact person displays the name, and the short message number of the stranger.

QQ reminding: when the QQ information arrives, the ring will vibrate and display the QQ icon.

WeChat reminding: when the WeChat information is received, the hand ring will shake and the WeChat icon reminds

Alarm clock reminding: it can set up three alarm clocks, and will synchronize to the bracelet after setting up. The intelligent alarm clock is a silent alarm clock. When the alarm is on, the bracelet will cause moderate vibration, and support the offline alarm clock reminding.

Other reminding: when receiving email or other information, the wristband vibrates and displays other reminder icons. Click to see the content, vibrate and display other reminder icons, click the viewable content.

WeChat reminding: When the steps reach the target set on the APP, the wristband will vibrate and display the target

Sleep detection function
When you fall asleep, the wristband will automatically determine the sleep monitoring mode, automatically detect your deep sleep / shallow sleep / wakefulness time, calculate your sleep quality, and sleep data temporarily support APP only.

Message Interface:
In the message interface, press three seconds to view the message, click on the page, view the information can exit or press three seconds to exit.

Functional interface
You can enter the lower menu interface with more than three seconds and other functions, and perform more functions.

Message Interface:
In the message interface, press three seconds to view the message, click on the page, view the information can exit or press three seconds to exit.

Functional interface
You can enter the lower menu interface with more than three seconds and other functions, and perform more functions.

Message Interface:
In the message interface, press three seconds to view the message, click on the page, view the information can exit or press three seconds to exit.

movement, return to the specific motion interface.

Matters needing attention

- Please avoid strong impact, extreme heat and exposure to the wristband.
- Please do not disassemble, repair or transform the machine on its own.
- This machine is charged with 5V 500MA, and it is strictly forbidden to use overvoltage load power.
- The use of the environment is 0 degrees ~45 degrees, and it is forbidden to throw it into the fire so as not to cause an explosion.

Install the wristband APP

Scan the following QR codes or enter into various large application markets to download and install "FlagFit2.0".

FlagFit 2.0 Google Play
Device requirement: iOS 8.0 and above; Android 4.4 and above to support Wireless connection.

Device attachment

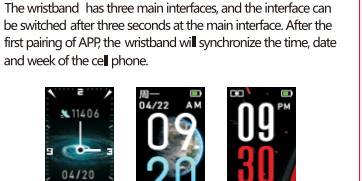
When being used for the first time, it is necessary to connect APP for alignment. After successful connection, wristband will self-synchronize time, or otherwise, step calculation and sleep data won't be accurate.

Open mobile phone APP Click to set up icons
↓
Add device (iOS) / Add device (Android)
↓
Click the upper right to find the icon
↓
Click device attachment

Note: you can get sleep data when you go to sleep with a hand ring.

Main functional interface

Main interface
The wristband has three main interfaces, and the interface can be switched after three seconds at the main interface. After the first pairing of APP, the wristband will synchronize the time, date and week of the cell phone.



Luminance adjustment: Long press can choose different brightness, total four brightness.

Find the phone: In the connection state, long click to find the mobile phone interface, the phone will ring out to remind.

Version information: With this interface, you can view the firmware version number and Wireless connection address of the wristband.

Restore settings: Press three seconds on the interface, and all the ring data will be cleared, and the APP data will be cleared that day (the rest of the historical data will remain).

Shutdown: The interface can be shut down for three seconds and the wristband will vibrate.

Return: The interface can be pulled out for three seconds, and the interface can be returned to the main interface.

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Android phone: confirm that the phone and the wristband are connected, and open the corresponding permissions in the phone settings, allowing the "FlagFit2.0" APP access calls, messages and address book, and keeping "FlagFit2.0" running in the background. If the phone is installed with security software, add "GlowFit" to "trust".

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Basic paramete

Equipment type	0.96 inch smart wristband	Battery type	Lithium polymer
Display screen	0.96 inch IPS color screen	Battery model	341423
Product weight	22g	Battery capacity	90mAh
Full length of wristband	23.0cm	Input power	DC 5.0V
Waterproof level	IP68	power of battery	0.333Wh
Wrist strap material	TPU watch band	Packing List	Host, manual

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• 游泳后, 请及时擦拭手环, 以保持干燥。

常见问题

首次测试心率等待时间过长?
首次测试心率, 需根据不同人群采集较长的信号, 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)

确认您的设备是否是IOS8.0和安卓系统4.4及以上版本并支持无线连接4.0。

1. 由于无线连接存在信号干扰的问题, 可能每次连接的时间不等, 如果长时间连接不上, 请确保操作在无磁场或无多无线连接设备干扰环境下进行
2. 关闭无线连接再打开
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无线连接设备或功能。
5. APP是否在后台正常运行, 如果不在后台可能连接不上。

无法搜索到手环?

因为手环无线连接广播时没有被手机搜索到, 请确保手环处于有电, 并激活状态, 且未与其他手机绑定, 然后将手环靠近手机, 如果仍然无效, 请关闭手机无线连接, 20秒后再重启手机无线连接。

测量心率时为什么手环要戴的比较紧?
手环采用光反射原理, 通过光源穿透皮肤后, 采集反射到传感器的信号来计算您的心率, 如果佩戴不紧, 会有环境光进入传感器, 会影响测量精度。

已开启提醒功能为什么没有收到提醒?

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对应的权限, 允许 "FlagFit2.0" APP访问来电、短信、通讯录, 并保持 "FlagFit2.0" 在后台运行; 如果手机安装有安全软件, 请将 "FlagFit2.0" 添加为信任。

苹果手机: 若连上后没有提醒, 建议重启手机重新连接, 再次连接手环时, 必须等手机弹出【无线连接配对请求】, 点击【配对】后才会有提醒。

手环是否防水?
支持IP68防水防尘等级 (IP68标准为35度水以下水深10米以下30分钟), 通常情况下勤洗手、下雨、冷水淋浴、洗车可随心佩戴。