智能手环

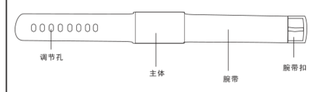
使用说明书

User Guide



智能手环介绍与佩戴

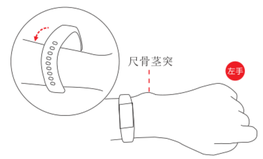
部件介绍



正确佩戴

手环以尺骨茎突后佩戴最佳；

根据调节孔调好适合手腕的大小；扣上腕带扣。



给手环充电

初次使用确保手环电量正常，若低电不能正常开机。

请连接充电器对设备进行充电，手环会自动开机。

充电方式：

将手环主体从腕带中取出；

充电线一端插入主体的充电接口，另一端连接到相应的USB接口即可进行充电。



开始使用手环



开机界面

关机界面

开/关机

①在设备关机状态下，长按功能键3秒以上可使设备震动开机。

②在设备开机状态下，长按功能键3秒以上可进入关机界面，

短按选择Off后，5秒未操作自动关机

手环操作

①设备开机状态下，短按功能键可点亮屏幕；

②手环默认时钟页面，短按功能键可切换查看不同页面，

无操作默认五秒息屏；

③切换到心率界面自动开始测试，测试结束5秒息屏（若手环支持）。

在手机上安装手环APP

扫描以下二维码或进入APP Store下载并安装"优活手环"

Android



iOS

系统要求：Android 5.0及以上；iOS8.0及以上；支持蓝牙4.0。

设备连接

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，否则计步和睡眠数据不准



①配对成功后，APP会自动保存手环蓝牙地址，APP打开或在后台运行，都会自动搜索并连接手环；

②安卓手机请确保在安装时或手机系统设置中赋予APP后台运行的权限

APP功能及设定

个人资料

进入APP后请先设定个人信息

设置→个人设置，可设置性别—年龄—身高—体重，

您也可以设置您的每日运动和睡眠目标，监控每日的完成情况。

请设定久坐提醒的时间，您也可以在消息提醒中关闭此功能。

消息提醒

来电提醒：

连接状态下，如果开启了来电提醒功能，当来电时，手环上会震动，并显示来电的姓名或号码。（需赋予APP读取通讯录权限）

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码。

其他 提醒：

连接状态下，如果开启了此功能，则当有微信、QQ等消息时，手环会震动提醒。（需赋予APP获取系统通知的权限）

震动提醒

开启此功能，则当有来电，信息或其他提醒时，手环会震动，若关闭，则手环只会有屏幕提醒而不震动，以免打扰。

久坐提醒：

设置是否开启久坐提醒功能，您可在个人资料中设置提醒时间间隔，若在设定时间内长时间坐着，则手环会提醒。

Android用户温馨提示：

使用提醒功能时需要设置为允许"优活手环"后台运行；

建议在权限管理中添加"优活手环"为信任。

APP功能及设定

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；

支持离线闹钟，在同步成功后，即使APP未连接，手环也会按设定时间提醒。

手环显示设置

您可在此选项中设置手环端功能按键切换的画面，打开的页面会在按下功能按键后依次切换，而关闭的功能则不会在切换中出现。

智能防丢

非用户主动（手动断开或者退出APP）的断开连接，则手环端会提示

寻找手环

连接状态下，点击“寻找手环”选项，手环会发出震动。

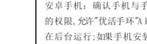
摇一摇拍照

连接状态下，进入摇摇拍照界面，摇一摇手环，倒计时3秒后自动拍照

请允许APP访问相册以保存自拍的照片。

手环显示说明

时钟





蓝牙图标显示，表示与手机连接成功，蓝牙未连接，图标不出现；

与手机同步后，手环会自动校准时间。

计步

佩戴手环，记录每天运动步数，

可查看当前实时步数。



距离

根据行走步数，估算运动距离。



卡路里

根据行走步数，估算消耗的卡路里。



心率

切换到心率界面后需等待数秒后，

显示当前心率的测试结果。此功能

需手环支持心率传感器。



睡眠模式

入睡时，手环会自动进入睡眠监测模式；自动检测您整晚深睡/浅睡/清醒次数计算您的睡眠质量；睡眠数据暂时只支持APP端查看。

注意：佩戴手环入睡才会有睡眠数据

常见问题

开启了提醒功能为什么没有提醒？

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"优活手环"APP访问来电、短信、通讯录，并保持“优活手环”在后台运行；如果手机安装有安全软件，要将"优活手环"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【蓝牙配对请求】，点击【配对】后才会有提醒。

心率、血压、血氧数据仅供参考

基本参数

设备类型	智能手环	电池类型	锂聚合物
振动马达	支持	同步方式	蓝牙4.0
工作温度	10℃~50℃	传感器	低功耗加速度计
系统要求	iOS 8以上/Android 5.0以上		

注意事项

1.洗澡和游泳事不宜佩戴。

2.同步数据时请连接手环。

3.需要充电时将手环腕带取出，用其中一端的充电接口插入充电设备的USB即可

4.不要把手环长时间暴露在水分较高、温度极高或极低的地方。

5.手环出现死机重启现象，请注意检查手机内存信息清除再试，或退出APP重新打开。

部件介绍

*主机 * 腕带 * 包装盒及说明书

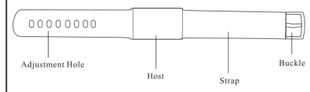
Smart Band

User Guide



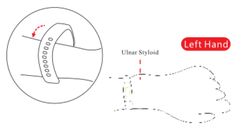
Introduction of Smart Band

Component Description



How to Wear

Best to wear the band after unlar styloid and to adjust via Adjustment Hole.



Band Charging

Please make sure the battery level is normal at first use. Low battery will cause shutdown and you need to charge the band for automatic power-on.

How to Charge

Please pull the host out from wristband.

One side of charging line inserted into the host corresponding interface and the other side is connected to the corresponding USB interface can be charged.



How to Use

On/Off

①In the shutdown state, long touch the function key over 3s to start up the device with vibration.

②In the state of power-on, long touch the function key over 3s to enter into shutdown interfaceand choose OFF, system will be powered off if no operation in 5 seconds.



Startup interface



Shutdown interface

Operation

①Shortly touch the function key can light up the screen or switch display page underthe state of power-on.

②No operation in 5s will turn off screen by default.

③System will automaticly start measuring heart rate when it is switched to heart rate interface, and will turn off screen 5 seconds after result is displayed.

Install APP on Phone

Scan the following QR code or enter the application market to download and install "Yoho Sports"

Google play



iOS



System requirements: Android 5.0 and above, iOS 8 and above, phone supports for Bluetooth 4 .0.

How to Connect

Connect the APP at first use to calibrate the band, automatic sync time, otherwise steps and sleep data will be incorrect.



①After pair finished, APP will remember bluetooth's address automatically. Once opened or running in background, APP will search and connect band automatically.

②Please make sure the APP is permitted to run in backgroud mode.

Main APP Features and Settings

Personal Information

Please set personal information firs after entering APP,

Settings—Personal Settings.

Editing you gender, age, height and weight.

Set the activity goal and sleeping goal, so you can monitor the completion. You can set the period for lack of activity remind, or you can turn off it in notification menu.

Notifications

Incoming Call:

Vibrate and name or number displayed (Display name only if it's in your contacts,display number otherwise.)

Message:

Vibrate reminder with name from Contacts or number if unknown.

Other Notifications:

Vibrate when there are Wechat, QQ or other notifications.

Sedentary:

Vibrate and display icon when lack of activity per period set in personal info.

Vibration:

Switch On/Off to enable/disable vibration function on band for notifications.

Warn tips for Android users:

Allow Yoho Sports to run in backstage when uses Notifications and add it to trust one in your privilege management.

Main APP Features and Settings

Smart Alarm

Up to 3 alarms with user-friendly vibration. Support offline Clock alarming.

Band Display Setting

Choose display interfaces when button is pushed.

Abnormal Disconnection

Vibrate and display icon if the band is disconnected abnormally. (Not disconnected by use or system)

Find Band

Click "Find band", band will vibrate when connected with phone .

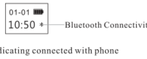
Shake to Take Selfie

Enter the interface and shake the band, camera on phone will take the picture after 3 seconds countdown.

Symbol Description

Clock Interface





Bluetooth Icon Lights always, indicating connected with phone successfully.Icon disappears otherwise.Time calibrated automatically after syncing to phone.

Steps Interface

Wear band to record steps every day.

Check out real-time steps constantly.



Distance Interface

Show total distance via calculating steps,



Calories interface

Record burned calories within exercise,



Heart Rate Interface

Band will start measuring heart rate as soon as it is switched to heart rate interface. Heart rate interface need the band to have heart rate sensor.



Sleep Mode

When sleep, Band will automatically monitor how long and how well you sleep; check data only on APP terminal.

Warm tips: please wear the band when sleep so as to record your sleep data

FAQ

Why no notification after enabling it?

Android users: Make sure band connect with phone. Then, open privilege and allow it to access Incoming Call, Message and Contacts at Settings in running backstage. If any security APP installed, add Yoho Sports to trust.

iOS users: No notification even connected, please reboot the phone and connect again. Then click Pair after Bluetooth Pairing Request.

Basic Parameters

Product type	Smart Band	Battery type	Lithium polymer
Vibration motor	Support	Connectivity	BLE 4.0
Tmeprature	10℃~50℃	Sensor	Low power accelerometer
Phone System	OS 8 and above/Android 5.0 and above		

Safety Notice

1.Don't wear the band when shower or swimming.

2.Please connect band when sync data.

3.When you need to charge, remove the wrist strap and insert the charging interface at one end. The USB of the charging device

4.Don't exposure the band in higher moisture or extremely high or low temperature.

5.When band crashes, check phone's memory sufficient and service close or not and then restart your phone and try again.

Components Introduction

* Host *Wristband *Packaging and instructions