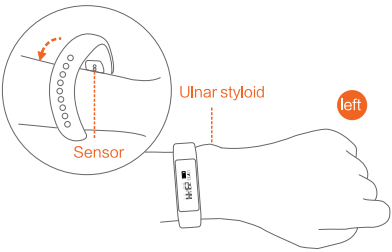
# User Manual

Heart Rate

smart health • smart life

## Control elements and connection




### Wearing the fitness tracker:

Before you wear the fitness tracker, pls make sure the battery is fully charged, There is no switch key on the device. After fullly charging, device will automatically boot.

## Fitness tracker interface

Touch screen belong to single touch style.It will shift the interface: time, steps, running, distance, calories, remoting camera, remoting music player, heart rate, message notification, MAC address.

Time

Steps

Running

Distance

Calories

Remoting Camera

Remoting Music

Heart Rate

Message Notification

MAC Address

Long pressing the interface,it will enter the "running" mode.

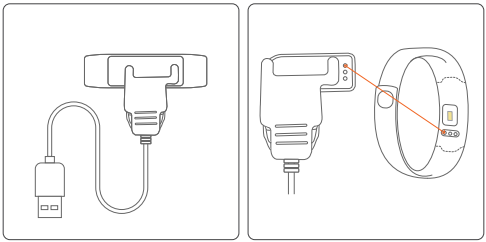
When the device connect the mobile APP by bluetooth, long press the interface on fitness tracker can take photoes.

Long press the interface can control the music player, pls note it only support the mobile inner music player.

Long press the interface will start to test the heart rate.

Long press the interface to check your messages.

## Charging Instructions



Connect to a computer/laptop or a dedicated USB charging device with the included cable. Connect the fitness tracker, as shown. Pls make sure that the contact pins are in contact with each other.

## Using the Fitness Tracker

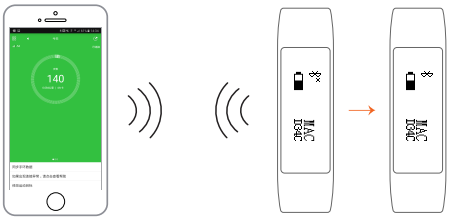
App connect with the fitness tracker:

1.Please make the Bluetooth on the phone is opened;

2.Download and open the App "Goband";

3.Connect the App with the fitness tracker;

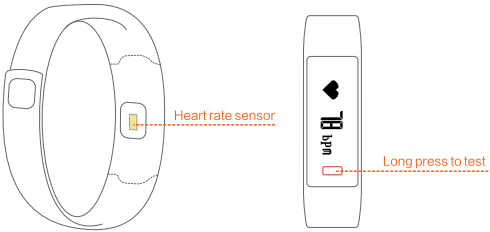
Remarks:pull down to refresh the list, you will now be paried with your fitness tracker.After paring, the date and time are updated automatically , the background physical activity and sleep datas are transferred to the APP. When unpaired, the fitness tracker can show time and distance, steps,date, meanwhile all the data can be stored up to three days.(When you use the fitness track at first time, it needs connect the APP to correct the initial data.)




Connect successful, the icon of MAC interface will turn to ᛒ , APP also show “connected”.

## Heart rate test

Long press the button in heart rate interface to activate Heart rate test function, then the heart icon will flash and the LED on the backside will be lighted. You can get the test result around 30 seconds. You can also click ‘test’ on the APP after the device connected.(Note: put the heart rate sensor close to skin, avoid external light contact with heart rate sensor. Keep heart rate sensor clean, sweat and dust may affect test result.)




## Note

1.Connect the device while sync;
2.Charge with original cable;
3.In normal temperature, heart rate test is available for most people;
4.Data just for reference, cannot replace medical equipment;
5.Trust the APP and keep it work on background;
6.IOS phone please connect with APP instead of BLE;
7.Keep the device away humid, extremely hot or cold environment;
8.Took off the device while showing, swimming, surfing;
9.Support system: Android 4.3 or above, IOS 8.0 or above;
10.The device need to connect with APP when the first time use, then the device will work smoothly;
11.Touch the device , it will self-calibrated while charging, if touching not work during calibrating, it will return to normal;
12.Re-open BLE or reboot phone and search the device again while device searching failed;
13.Long time tight wearing may cause skin allergy for sensitive skin or in hot and humind environment.

## Basic Parameters »

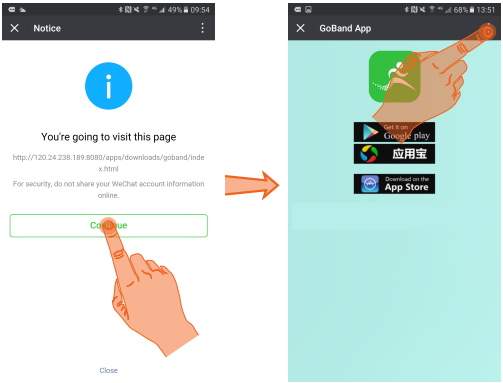
Display: OLED
Power: Lithium-Polymer battery
Working Temperature: 0-40℃
Standby Time: 7-15 days
Synchronization: Bluetooth 4.0

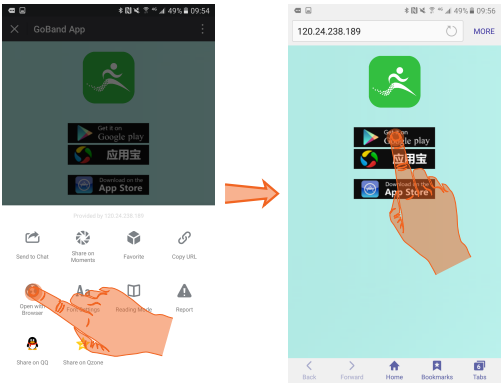
## App installation and operation

# Android

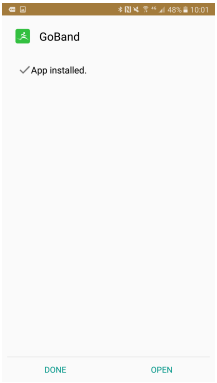
Solution 1 :
Scan the QR code

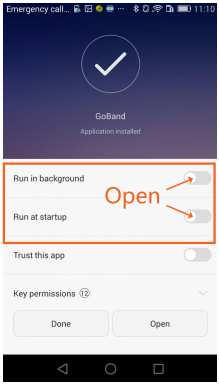
Solution 2 :
Directly searching "Goband"
in the Google Play.


Notice
You're going to visit this page
http://120.24.238.189:8080/apps/downloads/goband/index.html
For security, do not share your WeChat account information online.
Continue
Close
GoBand App
Get it on Google play
应用宝
Download on the App Store

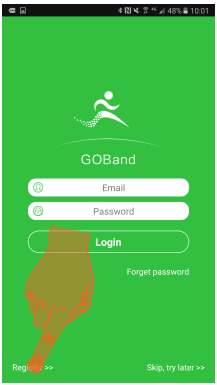

GoBand App
Get it on Google play
应用宝
Download on the App Store
Send to Chat
Share on Moments
Favorite
Copy URL
Open with Browser
Report
Share on QQ
Share on Qzone
120.24.238.189
MORE
Back
Forward
Home
Bookmarks
Tabs

For some special mobile phones, operate as following picture:

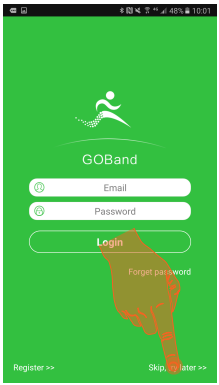


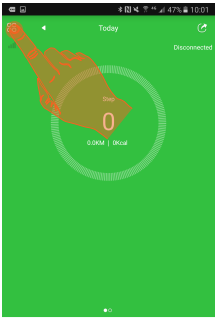

App Sign in




Or



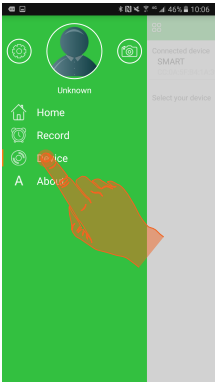
## Device connection >>




Synchronize

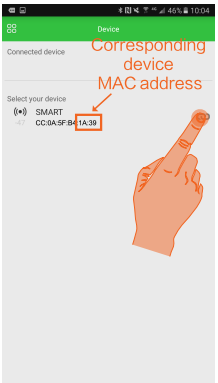
If connection fail, click for support

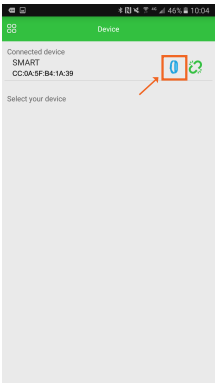
Target setting



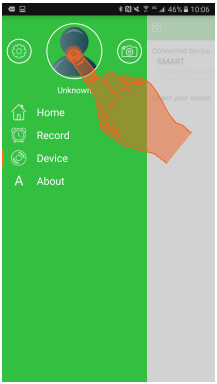

: The icon is blue, connection successfully.

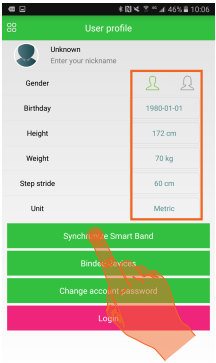
: The icon is grey, it means doesn't work, need connect again.

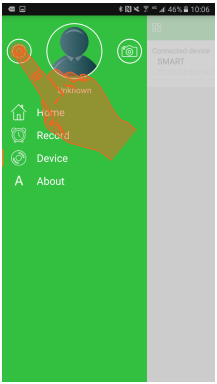


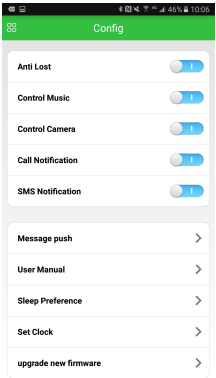



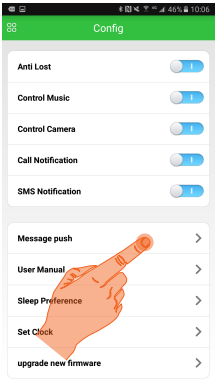
## Device Setting »

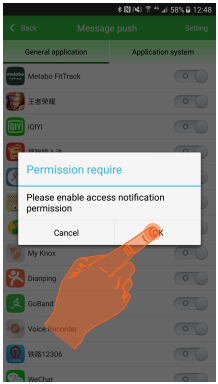


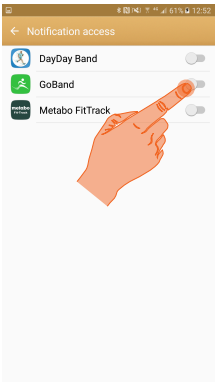



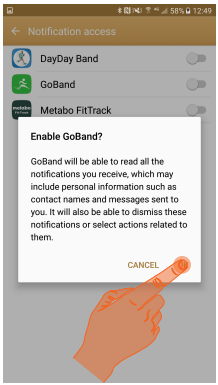



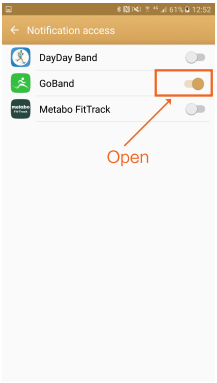



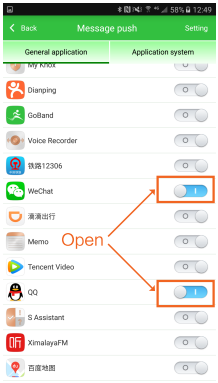

Config
Anti Lost
Control Music
Control Camera
Call Notification
SMS Notification
Message push
User Manual
Sleep Preference
Set Clock
upgrade new firmware

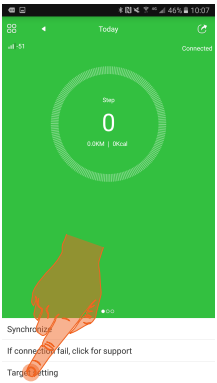

Back
Message push
Setting
General application
Application system
Permission require
Please enable access notification permission
Cancel
OK

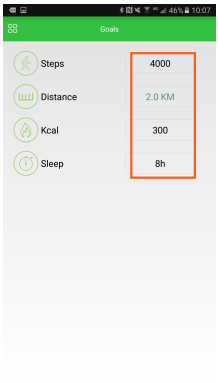

Notification access
DayDay Band
GoBand
Metabo FitTrack

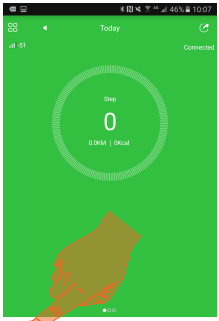

Notification access
DayDay Band
GoBand
Metabo FitTrack
Enable GoBand?
GoBand will be able to read all the notifications you receive, which may include personal information such as contact names and messages sent to you. It will also be able to dismiss these notifications or select actions related to them.
CANCEL


61% 12:52
Notification access
DayDay Band
GoBand
Metabo FitTrack
Open


58% 12:49
Back
Message push
Setting
General application
Application system
Dianping
GoBand
Voice Recorder
铁路12306
WeChat
滴滴出行
Memo
Open
Tencent Video
QQ
S Assistant
XimalayaFM
百度地图


46% 10:07
Today
-51
Connected
Step
0
0.0KM | 0Kcal
Synchronize
If connection fail, click for support
Target setting

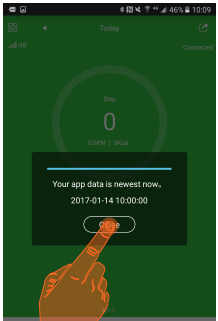

46% 10:07
Goals
Steps
4000
Distance
2.0 KM
Kcal
300
Sleep
8h




Synchronize

If connection fail, click for support

Target setting

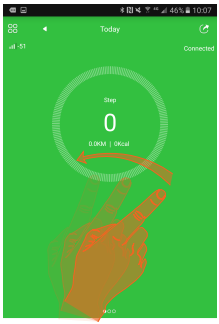



Synchronize

If connection fail, click for support

Target setting

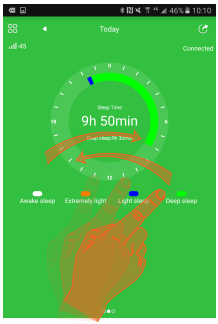
## Data Viewing »




Synchronize

If connection fail, click for support

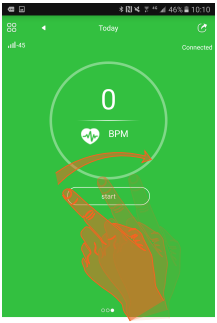
Target setting




Synchronize

If connection fail, click for support

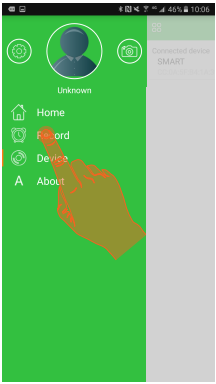
Target setting

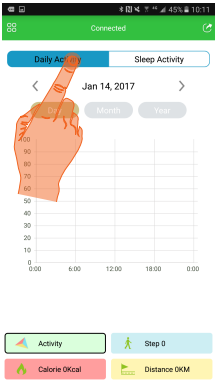


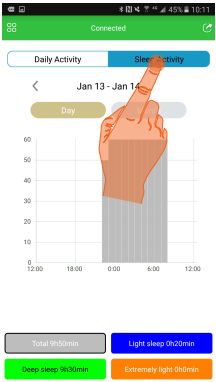

Synchronize

If connection fail, click for support

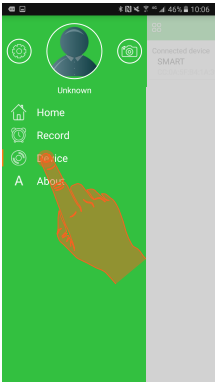
Target setting

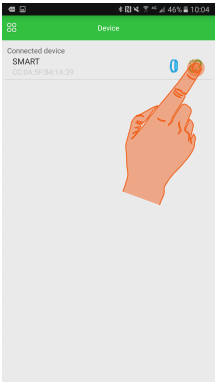


## Device Unbundling >>

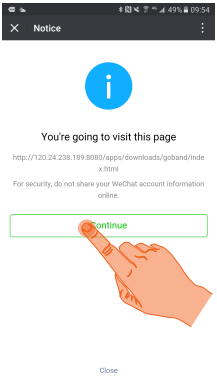


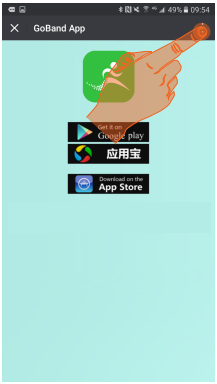



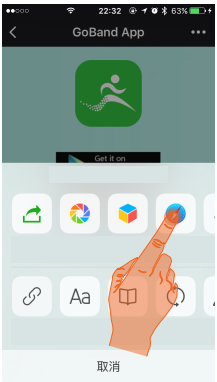
# iOS

Solution 1 :
Scan the QR code

Solution 2 :
Directly searching "Goband"
in the App Store.

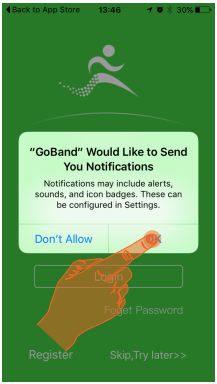

Notice
You're going to visit this page
http://120.24.238.189:8080/apps/downloads/goband/index.html
For security, do not share your WeChat account information online.
Continue
Close

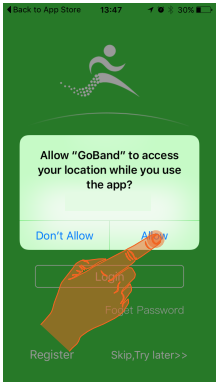

GoBand App
Get it on Google play
应用宝
Download on the App Store

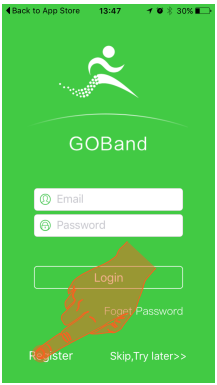

22:32
63%
GoBand App
Get it on
Aa
取消

16:54
70%
120.24.238.189
Get it on Google play
应用宝
Download on the App Store

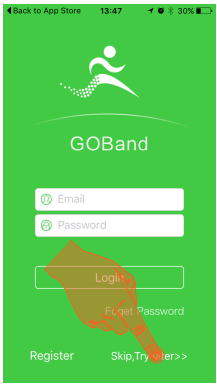
## App Sign in >>



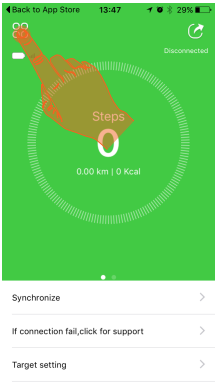



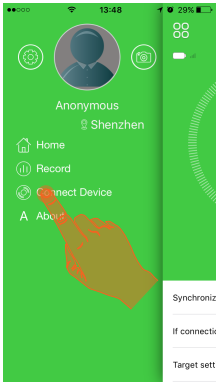



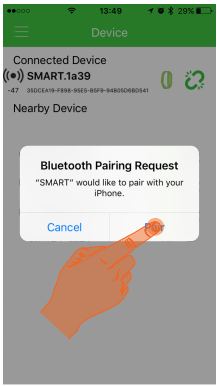

Or



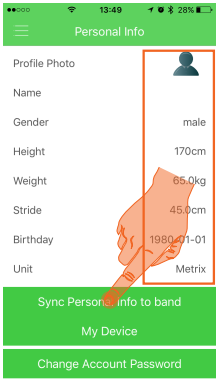
## Device connection >>

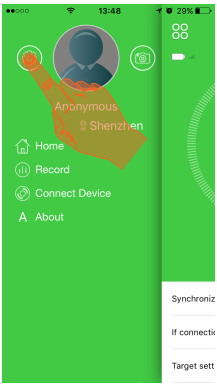


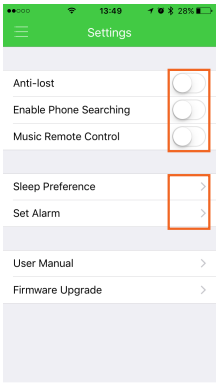



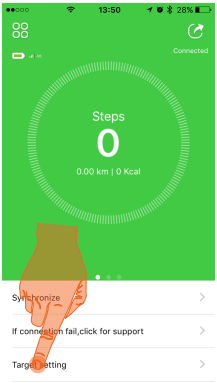


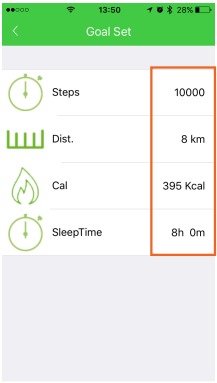
## Device Setting >>

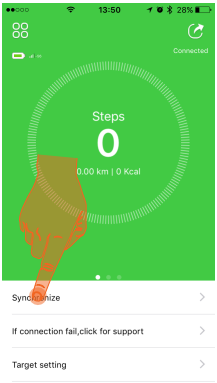


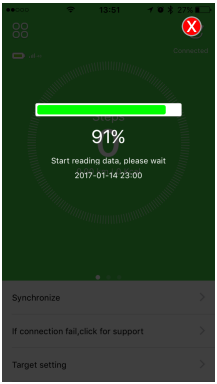



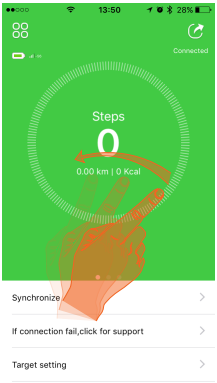

13:50
28%
Connected
Steps
0
0.00 km | 0 Kcal
Synchronize
If connection fail,click for support
Target setting

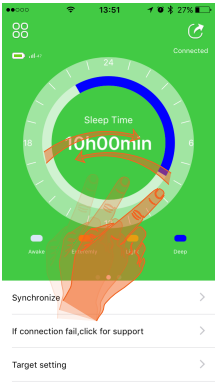

13:50
28%
Goal Set
Steps
10000
Dist.
8 km
Cal
395 Kcal
SleepTime
8h 0m

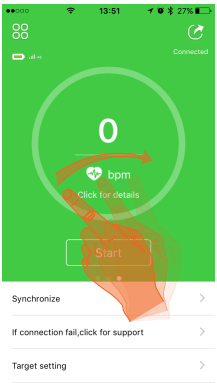

13:50
28%
Connected
Steps
0
0.00 km | 0 Kcal
Synchronize
If connection fail,click for support
Target setting

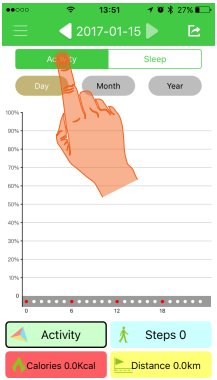

13:51
Connected
91%
Start reading data, please wait
2017-01-14 23:00
Synchronize
If connection fail,click for support
Target setting

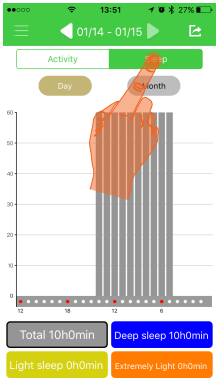
## Data Viewing »



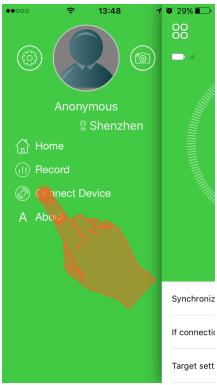



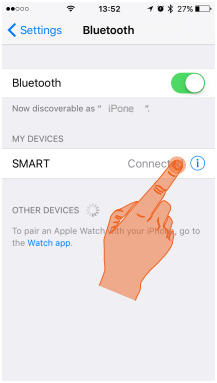


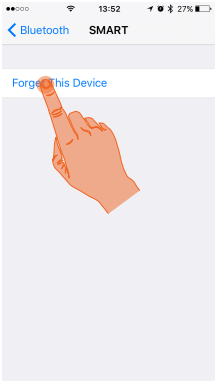




## Device Unbundling >>



After Unbundling of device,it still need to operate in the interface of "Bluetooth" < "Phone Setting" of the mobile phone



FC CE RoHS

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