

Thrive Activity Tracker

SF005

Introduction

Thank you for purchasing the Thrive activity band using OLED display. This product uses an electro-optical cell to sense the volume of blood under your skin.

This device can also record your Exercise time, Steps, Distance, Calorie, etc. It has a Sleep function that will track your total sleep time, deep sleep and light sleep. It also has a Find phone function (when connected via Bluetooth).



WARNING:

- Consult your doctor before you begin a new exercise program. This is important for persons with pre-existing health problems or persons who have taking medication regularly.
- This watch provides heart rate measurements. However, this is not a medical device.
- This watch may affect pacemakers. If you have any concerns, consult your doctor before using this watch.
- Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while doing an exercise, stop immediately and cool down.

Charging battery to Computer

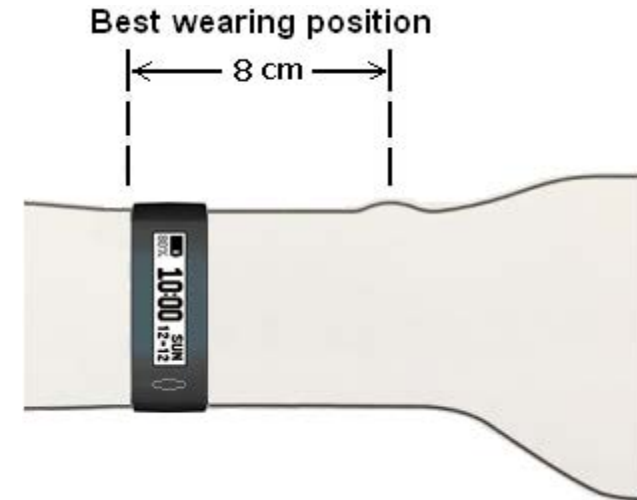
Charge the unit for at least 3-4 hours before first use. The length of time for a fully charged battery will last depending on the actual usage.

- Plug your USB cable to your computer.
- Align the charging clip with the contacts on the back of your device.
- Connect the charging clip securely to the device.

Note: Please thoroughly dry the charging contacts and surrounding area to ensure proper electrical contact and prevent corrosion.

How to wear the device properly in your forearm:

- Fasten the device snugly so that the optical sensor makes a tight contact with your skin. The tighter you can wear the watch the better.
- Wear the device not on your wrist bone but higher on your forearm.
- If the Heart rate data displayed in the watch is not stable or erratic, try to move the device along your forearm within the best wearing position as shown.



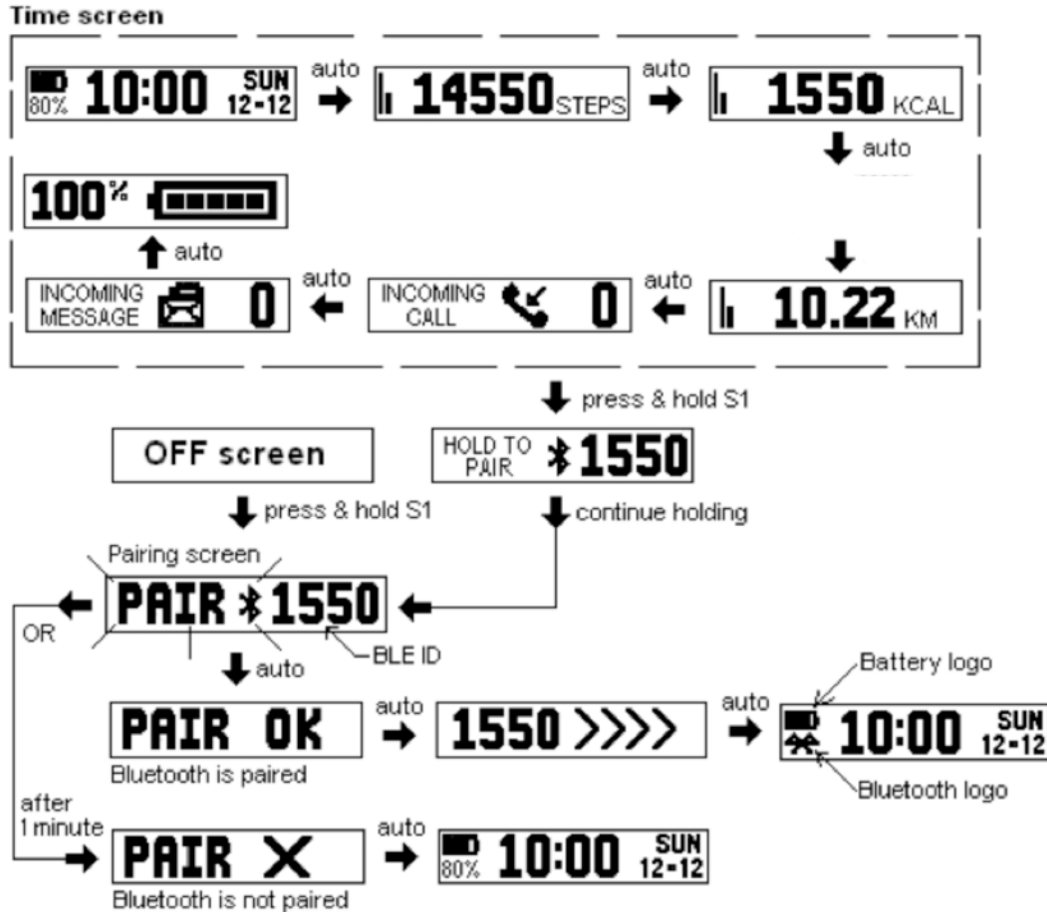
Important notes:

Before starting your exercise

- You may need to tighten the strap
** After sweating, you have to tighten the device again for more accurate measurement.
- Make sure the heart rate reading is already stable.
- Minimize extreme wrist movement while the HR is in use.

Pairing your device with Smartphone:

- Press and hold S1 button from any of the **Time screen** or **OFF screen** until the pairing screen appears (PAIR 1550).
- Then open your Soleus App to pair.

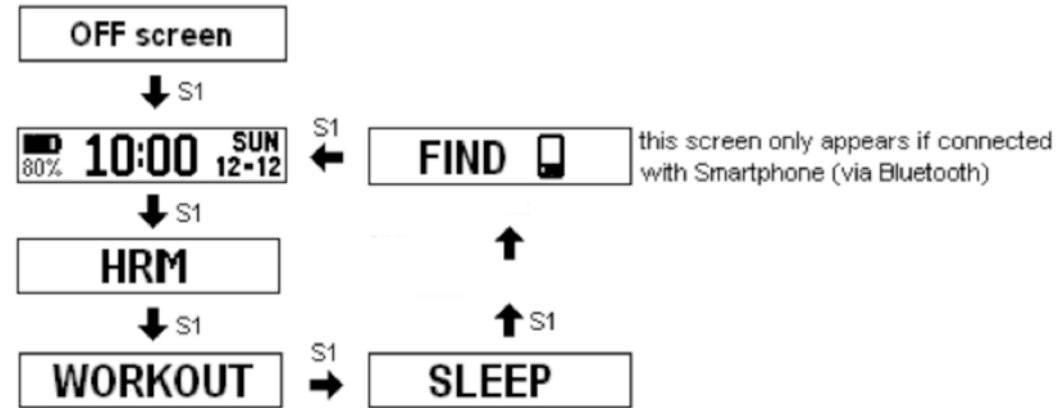


Notes:

- If pairing is successful, the “PAIR OK” will be displayed.
- If pairing is not successful, after 1 minute, the “PAIR X” will be displayed.
- While in pairing screen, User has an option to cancel the pairing process by pressing the S1 button.
- While in OFF screen or in any Time screen, press and hold S1 button to turn off the Bluetooth.

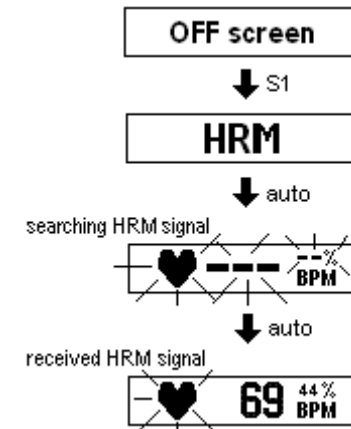
Knowing the Thrive modes:

- Press S1 button to scroll the main modes; TIME, HRM, WORKOUT, SLEEP, and FIND PHONE.



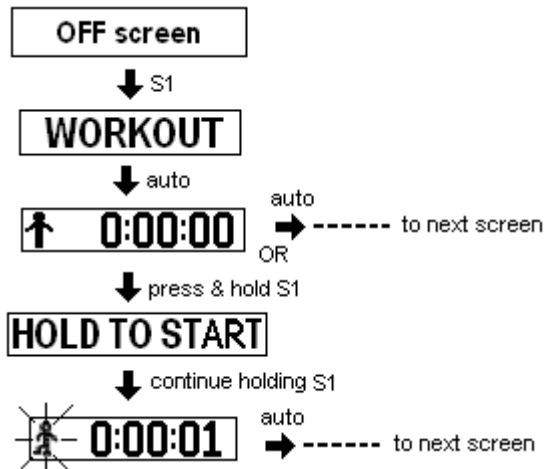
HRM mode

- Press S1 button until you reach in HRM mode, it will then auto search the HRM signal. Once HRM signal is received, it will automatically show your heart rate.



WORKOUT mode

- Press S1 button until you reach in WORKOUT mode.
- Press and hold S1 button until “HOLD TO START” appears to start your exercise (the human logo will start moving and the exercise timer will also start counting).
- Press and hold S1 button to stop your activity and wait until “HOLD TO STOP” appears.
- Press and hold S1 button to save your current data and wait until “HOLD TO SAVE” appears then followed by “SAVED” screen.



Notes:

- While the exercise timer is running or stop or save, the workout views will auto scroll.
- There's no restart function.
- When you go to SLEEP mode while the Exercise is ON or active, it will display “EXER IS ON”.
- Once you reach your target goal (Steps, Calorie, Distance), the wearable band will display “CONGRATS!”

SLEEP mode

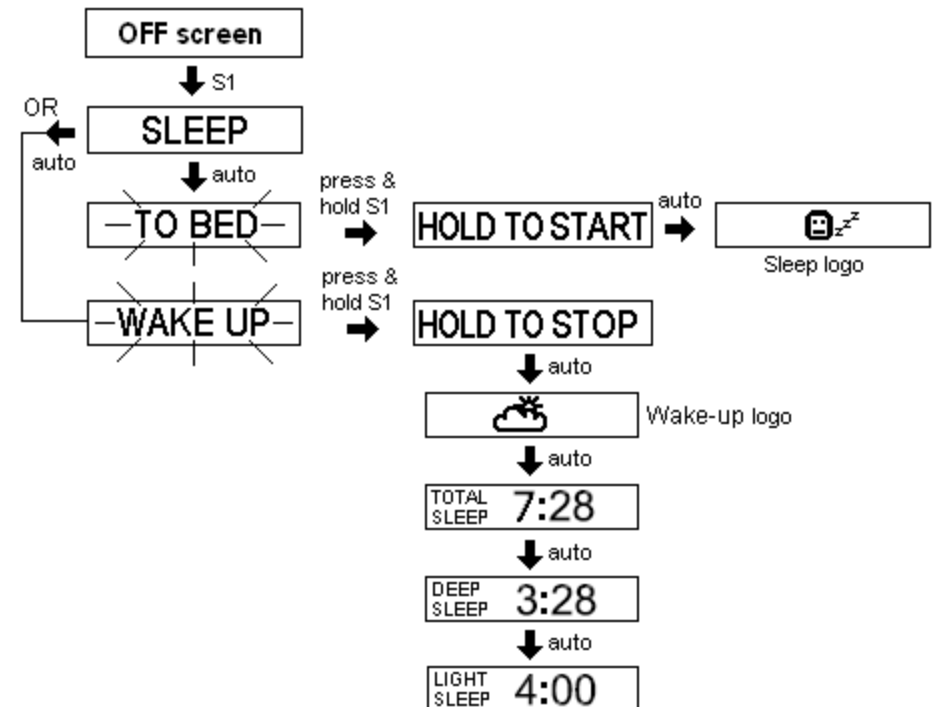
This device will track the following information about your sleep: Total Sleep time, Deep Sleep and Light Sleep.

This function can be set either “MANUAL” or “AUTO” on your Smartphone App.

Manual setting:

- Press S1 button until you reach in SLEEP mode. And seconds later, it will be display “TO BED”.
- Press and hold S1 button to start your bed time until “HOLD TO START” will appear. The sleep logo will also be displayed to indicate your band is in sleep mode.

Or when you “WAKE-UP” in the morning, press and hold S1 button until “HOLD TO STOP” will appear. It will then auto displayed the Wake up logo, Total sleep time, Deep sleep and Light sleep.



Auto setting:

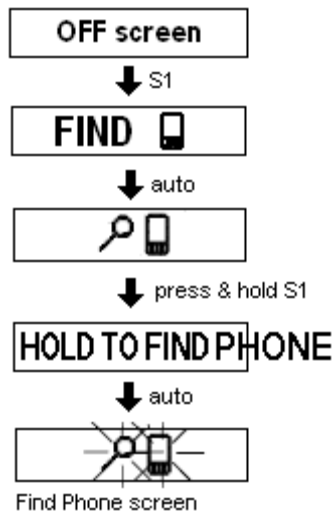
- Your Smart band will wish you “GOOD NIGHT” and “GOOD MORNING” that will automatically display based on the preset Sleep Time on your Smartphone App.

Note: When you go to WORKOUT mode while the SLEEP is ON or active, it will display “**SLEEP IS ON**”.

FIND PHONE mode

This function helps locate your Smartphone that is paired via Bluetooth 4.0 technology. To find your device, the Smartphone App must be open in the background.

- Press S1 button until you reach in FIND PHONE mode. The find phone logo will be displayed.
- Press and hold S1 button and the device will display “HOLD TO FIND PHONE” followed with blinking phone logo. It will then auto search and you will notice an audible alert on your mobile phone.
- Press S1 button to stop the audible alert.

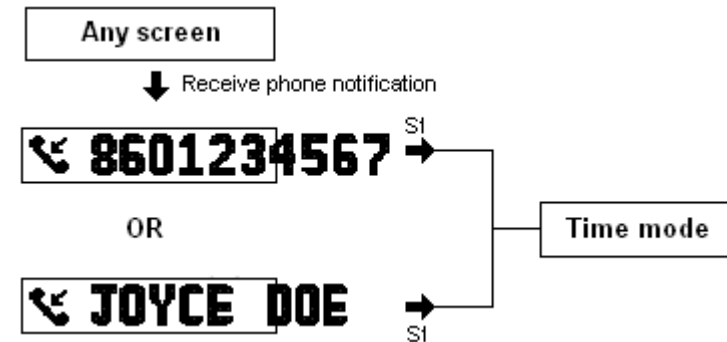


Text Message and Phone Call Notifications

When paired with a compatible Apple or Android Smartphone, the wearable band will alert you of incoming texts and phone calls. Caller ID is limited to 32 characters and text message content is 32 characters.

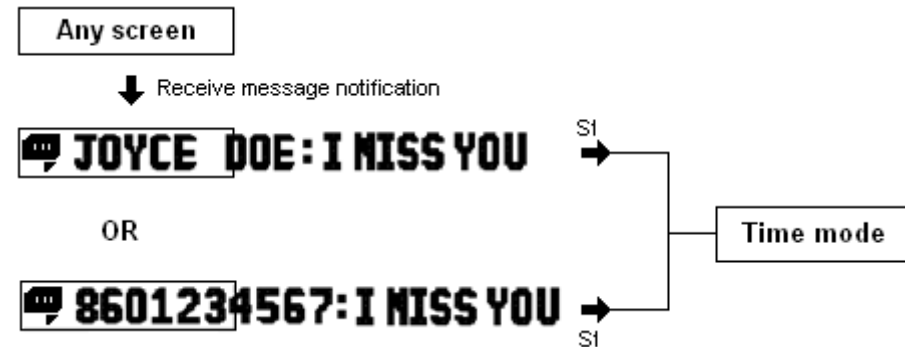
Receiving an Incoming call:

- In any screen, when receive an incoming call, the device will show the Caller ID (phone number or name). It will also scroll with vibration (optional).
- Press S1 button to exit.



Receiving a Message:

- In any screen, when receive a message, the device will show the Sender's name/message or Sender's phone number/message. It will scroll with vibration (optional).
- Press S1 button to exit.



Data Memory

Exercise data: 10 files
Daily data: 7 days
Sleep data: 7 files

Note that when Memory is full, Memory is managed in First in – First out basis. The oldest file will be automatically deleted and replaced by the newest file.

Battery Charge

The device is powered by a built-in lithium-ion battery. It can be charged using the USB port and it takes approx. 3.0 hours to fully charge the battery. Please charge the device before using and never let it reach 0%.

Press S1 button from OFF screen to show the battery level during charging period.

Battery Life

Battery power will last for 7 days typ. on a single charge. But this will vary depending on Customer's usage.

Battery Replacement

The battery on this device is not User replaceable and it is highly recommended by an authorized service personnel only.

Size and Weight

Device size (W x T): approx. 17.6 x 8.0 mm.
Device weight: approx. 25.0 grams

Water Resistance

This device is an IPX7 standard.

Troubleshooting Guide:

- If the Heart rate data displayed in the device is not stable or erratic, try to move the device along your forearm within the best wearing position as illustrated in page 1.
- Fasten the device snugly so that the optical sensor makes a tight contact with your skin. The tighter you can wear the device the better.
- Your skin should be no SCARS or any other object in your skin that will interfere with the sensor.
- The heart rate is taken directly through your skin to the device sensor, so it is very important that there are no obstructions that will interfere with the detection of the Heart rate.
- Try to wear the device on your other wrist.