

BP1751 Heart Rate(PPG), Blood Pressure Monitor



Getting Started

What's Included

1. Activity and Health Wearable
2. Magnetic USB Charger
3. User Manual
4. Spare band
5. Reusable case

1. Download the App

Go to Apple App Store or Google Play Store, please search "Heart Beat Expert" to download the "Heart Beat" application.



Ensure Bluetooth is enabled on your smart phone.
Important: Please ensure that your Android OS is version 4.3 or above and iOS version is 7.0 or above and the device has Bluetooth 4.0.



Scan to download Android version



Scan to download Apple version

2. Pair the Device

Before using, please connect the battery charger to charge and activate the device prior to pairing. The progress bar will change from empty to full to indicate full activation as below. After activation, the device will start charging the battery.



Open the 'Heart Beat Expert' app and pair your device. Make sure that Bluetooth is enabled on your smartphone, select your device from the list of available devices and tap to connect.

3. Battery Charge

The battery indicator is displayed on the home screen of the device. When the battery of the device is lower than 10%, all functions are closed and only the low battery icon will display as below to remind you to charge the battery.



4. Activity Mode

Touch the screen to cycle through each function display



5. Vital Signs Monitoring Mode



Note: Please remain still when measuring the Heart Rate and Blood Pressure, HRV and Vascular Occlusion Grade. The screen will show a palm to remind you if you are moving.

a) Heart Rate and Blood Pressure Mode

At the Heart Rate and Blood Pressure Mode, it will show the HR/BP icon and say Long Touch to Start, then change to a heart rate value on the left side and blood pressure checking. After a long press, the blood pressure icon will show empty to full then show the blood pressure value on the right side. Long press to exit the Heart Rate and Blood Pressure Mode.



b) HRV Mode

At the HRV Mode, it will show the HRV icon and say Long Touch to Start, then change to heart rate value and HRV checking. After you long press, the progress bar will show empty to full then show to HRV value on the screen. Long press to exit the HRV Mode.



c) Vascular Occlusion Evaluate mode

In the Vascular Occlusion Evaluate mode, it will display the Vascular Occlusion icon and say Long Touch to Start, then change to heart rate value and Vascular Occlusion checking. After long press, the progress bar will show empty to full then display a Vascular Occlusion value on the screen. Long press to exit the Vascular Occlusion Evaluate mode



6. Sleep Mode

The device can recognize and calculate the sleep status without any action by users. It will track your sleep hours and quality. If you wear the bracelet at the night and set the alarm clock, then it will wake you up with slight vibration



7. Phone GPS Supported

The app combines with your phone's GPS to track your exercise path, and to record the Speed, Distance, Calories and Duration. You can check the exercise path from the history tab.

8. Phone Notifications

Set different notifications from the app so the device will vibrate when you receive incoming calls, text messages, WhatsApp, Twitter, Facebook, WeChat, QQ, etc.

9. Personal Reminder

Customize your personal reminder for better life habit, like pill time, drinking water, etc.

10. Set Workout Plan on App

Customize your workout plan on app, the device will gently vibrate to remind you to exercise more.

11. APP Operation

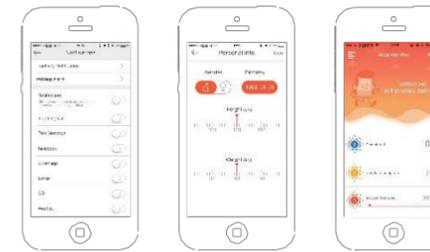
1. Download the application named Heart Beat from the Apple Store or Google Play and install into your smart phone.
2. Start using the mobile app with your Heart Rate Monitor
3. Go to "Personal Setting" to select your Heart Rate Monitor in the searching list by click "About Device"



4. Enter Your Personal Information once connected, set your personal information and save the setting.

5. Set the Notifications
Press "Notifications" to set the Activity Alarm, Wake up Alarm and Call Notifications.

6. Set the Workout Plan to suit your health levels.



7. Press the "More Walking Steps" to set your different steps goal.
8. Go back to the homepage then you are ready to go.

9. Health - When the device is in vital signs mode and connected with the app, you can check the real-time Heart Rate, Blood Pressure, HRV, and Vascular Occlusion Grade both on device and app.



10. Check History Data
Go to "History data" to check the previous activity and sleep data
Go to "Heart Rate" to check the previous heart rate value

Specifications

Size: Main body: 42.5 * 20 * 10mm
Wristband: 247.5 * 19.5mm
Weight: 31.8g
Battery: 130 mAh Rechargeable Lithium Polymer battery
Display: 0.91" OLED
Data Memory: 30 days
Walking distance: Max 999.99km
Calories burned: Max 9999.9kcal
Activity time: 99h59min