





### HEART RATE SMART WRISTBAND User Guide



www.itimewatches.com

#### Setting


Download the Wearfit 2.0 app on iOS or Android smart phone to set the wristband as follows:  
**Please note: hardware and system of devices should meet these requirements.**

    
 iOS 7.0 & Above    Android 4.4 & Above    Support Bluetooth 4.0

#### 1. Download Wearfit 2.0


Search and download  
 Search and download "Wearfit 2.0" from the apple store or Android App store.  
 Scan the QR code and download

Scan the QR code to begin downloading the Wearfit 2.0 app.




#### 2. Activate Device & Install


Please activate the device by charging before initial use, and make sure power is working normally. Then the device will automatically boot up.  
 The back of the watch will have a USB icon and arrow that indicates where the charging plug is located




Pull and remove strap from the side of the watch that has circular touch screen icon on the screen to access charging plug.



to begin charging connect USB plug into a USB port.



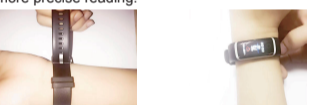
Make sure the device is plugged in correctly. If the device is plugged incorrectly this may cause damage to the watch.



When fully charged. Place device back in the strap.


#### Adjusting Strap

Adjust strap to get the right fit on your wrist.  
 Please make sure the strap is fitted around your wrist in order to get a more precise reading.




#### 3. Touch key

Single click the touch key, back to the main interface/Back



#### 4. Make sure the Bluetooth of smart phone is ON, open app "Wearfit 2.0"

When selecting the right band from the search list, please slide the screen of wristband to wake up the device and then complete connecting.



#### Know your Device

#### 1. Wearing Method

Wear the device on your wrist horizontally.

#### 2. Heart Rate Monitoring

To monitor your heart rate more accurately, please wear the device on the upper position of your wrist. Make sure its well fitted on your wrist when exercising.

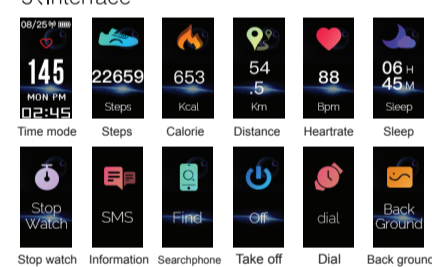
#### 3. Heart Rate Monitoring

The monitoring system is always on default. Allowing you to monitor your heart rate all day.

#### 4. Stand by time

Normal use of about 5-7 days.

#### 5. Interface



Stop watch    Information    Stopwatch    Take off    Dial    Background

#### Function Introduction

#### 1.1 Time Mode

Description: Home dial: single touch button starts in 5 seconds.  
 Sync time and date on(Wearfit 2.0) phone. When you connect to APP, please select pairing.  
 Please do not connect directly to mobile phone Bluetooth.

#### 1.2 Steps

Description: Single touch the main dial, the next dial is the steps.  
 Steps feature is automatic, no setup required.

#### 1.3 Calorie

Description: Single touch the step, the next dial is the calorie.  
 Calorie feature is automatic, no setup required.  
 PS: There is a possibility when you power on the band for the first time, you will see calorie data. This is because the Calorie feature is on by default.

#### 1.4 Distance

Description: Single touch the calorie, the next dial is the distance.  
 Distance feature is automatic, no setup required.  
 PS: There is a possibility when you power on the band for the first time, you will see distance data. This is because the Calorie feature is on by default.

#### 1.5 Heartrate

Description: Single touch the distance, the next dial is the heartrate.  
 Heartrate feature is automatic, no setup required.  
 PS: When you switch to the heart rate dial, This takes 30-60 seconds to collect your info before updating all the data.

#### 1.6 Sleep

Description: Single touch the Heartrate, the next dial is Sleep.  
 Sleep is automatic, no setup required.  
 PS: There is a possibility when you power on the band for the first time, you will see sleep data that is because the sleep feature is on by default.  
 Previous day sleep data in the bracelet will be cleared every day at 12:00 noon.

#### 1.7 StopWatch

Description: Single touch the sleep, the next dial is the stopwatch.  
 Long touch the touch key for 3-5 seconds to enter the stopwatch interface, start at a single touch, pause at a single touch and exit at a long touch of 3-5 seconds.

#### 1.8 Message

Description: Single touch the stopwatch, the next dial is the message.  
 PS: After connecting to the Wearfit 2.0, the latest 9 reminders will be stored in the wristband. If you want to clear the wristband data, you need to clear the wristband data in the Wearfit 2.0 settings.

#### 1.9 Find the cell phone

Description: Single touch the message, the next dial is find the cell phone.  
 PS: After connecting to the Wearfit 2.0, you can enter the search interface by long touch the touch key for 3-5 seconds. If you click on a single touch, the phone will make a sound. If you press 3-5 seconds, you can exit the interface.

#### 1.10 Off

Description: Single touch the sleep, the next dial is the off.  
 Long touch the touch key for 3-5 seconds to enter the selection interface, YES long touch 3-5 seconds to shut down.

#### 1.11 Dial

Description: Single touch the off, the next dial is the dial.  
 Long touch the touch key for 3-5 seconds to enter the selection interface. After long touch, you can select the dial and then return to the main interface.

#### 1.12 Background

Description: Single touch the dial, the next dial is the background.  
 Long touch the touch key for 3-5 seconds to enter the selection interface. After long touch, you can select the background and then return to the main interface.


#### 1.13 Blood pressure

Description: Single touch the heartrate, the next dial is the blood pressure.  
 The Blood pressure is automatic, no setup required.  
 PS: When you switch to the blood pressure dial, it takes 40-60 seconds to collect your filter before giving data.

#### Basic Specifications

Screen size: 0.96 inch OLED  
 Battery capacity: 50mAh  
 Battery type: Polymer battery  
 Working voltage: 3.7V  
 Sync BT 4.0  
 Waterproof: IP67  
 Charging mode: USB socket  
 sensor: G-sensor 3 axis  
 Endurance time: 5-7 days of normal use  
 Working temperature: -10°C~45°C  
 Device size: 48mm\*10.8mm\*19.3mm

#### Electronic Information Products Poisonous and Harmful Statement



Declaration of toxic and hazardous substances in electronic information products.  
 The device meets the EU ROHS criterion.  
 Please refer to IEC 62321, EU ROHS Directive 2011/65/EU and revised directive

#### FAQ

1. Can't find or can't connect with the wristband.  
 ① Make sure bluetooth is on, and your phone is operating on Android 5.0 or above and iOS 8.4 or above.  
 ② If your smartwatch is still unable to connect, enter the phone settings--Application Management--Authorization Management--Application Rights Management--Find application(Wearfit 2.0)--allow all permissions as "allowed"--enter the phone settings and select GPS location and turn on GPS function--Restart the phone--Try to connect.  
 ③ Please make sure wristband is fully charged before operating.


2. The APP shows no connection after pairing with wristband or it is connected but the power is 0% in this case the App is not paired with wristband. Please try pairing method again.

3. Device not connecting with the App?  
 Pull down and refresh home page on the App, it will manually synchronize the data then it will display data in the App.  
 The data will auto sync when you first pair the watch to the App. The data will automatically continue to update hourly. Don't forget to open hourly measurements, otherwise the histogram will not update the data.

4. After refreshing home page on the App and data is not loading?  
 App settings--Restore the factory settings--Click restore factory settings--Turn off the wristband--Restart wristband--match with APP. Then the data will load.

#### warning

The measurement results of this product are for reference only and are not intended for any medical use or basis. Please follow the doctor's instructions. Do not self-diagnose and treat according to the measurements taken by this product.



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Questions or comments? Contact us at:  
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名称		材质	105G铜板纸
尺寸	60x95mm	备注	
颜色	四色双面		