

# CACTUS™

## FLASH

### User Manual

SOFTWARE COMPATIBILITY



iOS 9.0 & Above



Android 4.4 & Above



Supports Bluetooth 4.0  
& Above

[www.cactuswatches.com](http://www.cactuswatches.com)

# Setting

Use Runmifit app on iOS or Android smart phone to set the FLASH as follows:

Note: hardware and system of devices should meet the below requirements:



iOS 9.0 & Above



Android 4.4 & Above



Supports Bluetooth 4.0 & Above

## 1. Download Runmifit App

Search and download the Runmifit app from the Apple Store or Android app store.

OR

Scan the QR code below to download and install the Runmifit app.

Give consent / permission to the app to use the Bluetooth data transmission function.



Note: The Flash fitness tracker works with the Runmifit app only, and does not support 3rd party fitness apps.

## 2. Charging your Device

Before using your CACTUS FLASH ensure that it is fully charged.



Use the supplied cable and attach the magnetic end to the charging points on the back of the watch, then connect the USB plug to a suitable power supply (PC or charger). Charge fully before first use. Please note: charging on a PC USB port may take a longer time than a phone USB power adaptor.

## 3. How to Use



Touch area

The activity tracker is a single touch device.

Power on: Long press the touch key to power on. The device will vibrate and display the main interface.

Tap to switch pages / to toggle the current page to the next page / move across the options on the current page.

Long press the touch key to enter or confirm an option.

Shut down: Tap the touch button repeatedly until you get to the (More) menu, long press the touch button to enter, tap until you get to Power Off, long press to shutdown the device.

## 4. Pairing your Device

Make sure Bluetooth is **ON** in your smart phone, and open the Runmifit app on your smart phone. For pairing, please make sure to place the tracker near your phone, find the “Add Device” in the app. Then it will enter the Bluetooth searching page to find the device, tap the pairing name S90, and select Pair. To avoid signal interference, remove all other Bluetooth devices near the fitness tracker when pairing.

When pairing for the first time, please open the app, register your email address and accept the user agreement. You will receive a verification code by email, enter this code in the app and login.

Complete your personal details in the app to calibrate the device - your gender, age, weight, height.

After successful pairing, the app will automatically save the Bluetooth address, and when the app is open or running in the background, it will automatically search and automatically connect to the device. Data synchronization will occur automatically from time to time. You can also manually pull down the data to synchronize data on the app homepage.

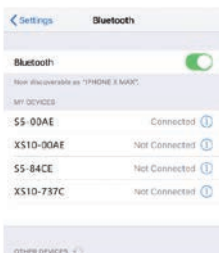
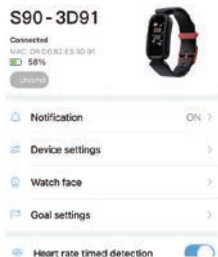
The FLASH activity tracker saves 7 days of offline data. Please ensure that the app is opened so that synchronization of data can occur, and historical data can be viewed in the app.

Please do NOT directly search for the device in the Bluetooth list in your phone settings, when pairing. You need to enter the app to search for the connection and pair.

To choose metric or imperial measurements, go to the app, go to your profile, Me, go to System setup and select your choice.

## 5. Unbinding your Device

If you want to unbind the fitness tracker, or pair the device with another phone, first unbind it in the app. Then go to Bluetooth settings > forget the device.



## Major Functions

- Steps – daily step count, calculates distance, calories burned.
- Sleep monitor – calculates time and quality of sleep (deep & light sleep) when worn during sleep. Data can be viewed in the app.
- Heart rate & blood pressure & blood oxygen.

Automatic heart rate monitoring is ON as default, and the device monitors heart rate all day automatically. Heart rate measurement can be switched to manual in the app.

Blood pressure and blood oxygen measurement is activated manually on the device.

Please note that the FLASH is not intended to be used for medical purposes, and is not a medical device. All data and results measured are for user reference only.

- Multiple sport modes: choose 4 from a range of 16 options.

- Incoming call alerts, SMS & social media messages  
- optional when selected in the app and the device is in Bluetooth distance from the paired phone.
- Stopwatch - activated manually on the device
- Sedentary reminders, hydration reminders & alarms  
- vibration alerts are optional when selected in the app and the device is in Bluetooth distance from the paired phone.
- Find my phone, Find my device, Remote camera shoot activation.

## Features

### Time Display and Screen Display

- Multiple dial display options in the app



### Steps, Distance, Calories Burned

- The device records and displays the number of steps you walk every day, the amount of calories you burn, and the distance covered



## Heart Rate, Blood Pressure, Blood Oxygen



- Heart rate is detected automatically, unless switched off in the app. To activate manual heart rate measurement (beats per minute) long press the touch key.



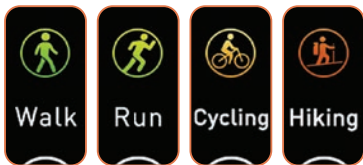
- Blood pressure - long press the touch key to action blood pressure measurement and wait for detection.



- Blood oxygen - long press the touch key to action blood oxygen measurement and wait for detection.

## Sport

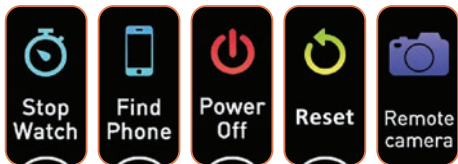
- 4 sports modes appear on the device from a range of 16 available - to make changes, go to More > sport mode > 16 modes available
- For sport session measurement, press and hold for 3 seconds on the selected exercise interface to start the exercise measurement; tap during exercise to pause the exercise; press and hold for 3 seconds to end the exercise
- Sport data can be viewed in the app, go to Health > Sport record



## System Settings



- Long press to enter More options
- Tap to switch pages
- Long press to select an option



## Intended Use

This smart device is intended for monitoring fitness related metrics such as heart rate, blood pressure, blood oxygen, distance walked or run, calorie consumption and quality of sleep. Data measured should not be used for any medical, ambulatory or dietary reference.



# Common Troubleshooting

## 1. Connection Considerations

- Please ensure that the device is fully charged / full battery and powered on.
- Please ensure that the device is added in the app to connect, do not directly search for the connection to the device in the phone settings; you need to enter the app to search for the connection.
- Make sure your phone's operating system is iOS 9.0 & above or Android 4.4 & above
- Turn off the phone's Bluetooth and then turn it on
- Reboot the mobile phone and ensure that Bluetooth is on
- Do not connect other Bluetooth devices at the same time
- Put the device close to the phone. Make sure that the distance between the device and the phone is less than 50cm
- If you have an Android phone, and you can't find the device in the app when trying to connect, please check whether the Runmifit app has been allowed in the app permissions on your Android phone

## 2. Cannot Synchronize Data from the Device to the App

When the app is open, and connected to the device, the app will automatically synchronize the data. If you can't synchronize, please switch on Bluetooth or restart the phone, or you can quit app completely and reopen it.

### 3. Issues with Notifications, Incoming Caller Alerts, Reminders and Alarms

- All reminder and notification features require you to authorize Runmifit in the permissions on the paired phone. For troubleshooting issues, please uninstall the app, re-download and install, and agree to all authorizations for Runmifit.
- If call notifications are turned on, and the device does not vibrate when the phone receives a call, then check that Bluetooth is turned on and linked with the device, then check that Runmifit app is working.
- If the message reminder function is turned on, and the device does not vibrate, please check that the app meets the following conditions - alerts are allowed when screen is locked, and previews allowed always (default).

### 4. Variations in Step Count Data

This device uses a three-axis accelerometer, and each acceleration of the human body is converted into the number of steps taken. This is a calculation for fitness-related metrics only.

## Basic Specifications

Model No.: CAC-137

Battery Capacity: 85 mAh

Sync: Bluetooth 5.0

Shell Material: Plastic

Strap Material: TUE + TPU

IP68 waterproof for swimming

Working Time: 5 days

## Caution



- Do not charge if the device is wet
- The product contains electrical components that could cause injury if not handled properly.
- Do not open the enclosure or disassemble the product.
- Do not expose the product to extremely high or low temperatures.
- Do not use the product in a sauna or steam room.
- Do not leave the product in direct sunlight for an extended period of time.
- Do not dispose of the product in a fire, the built-in battery can explode.
- The product features a built-in battery, which is not user replaceable.
- Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any skin irritation, please discontinue using the product.

## Warranty

This product is warranted to be free from defects in materials and workmanship for a period of 1 year from date of purchase. This warranty covers manufacturing and mechanical defects but excludes band and lens damage.

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