



# HR+

FITNESS TRACKER WITH BODY  
TEMPERATURE & HEART RATE MONITOR

## Quick Start Guide

### Step 1: Download the App

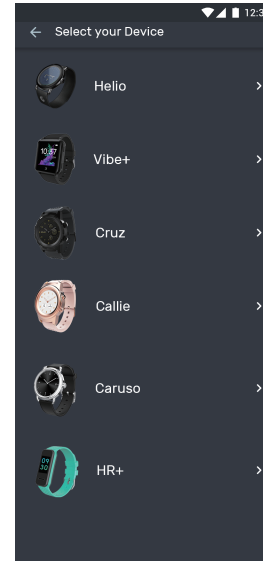


Download the 3+ App from the Apple  
App Store or Google Play Store

Login using an existing 3+ account  
or create a new account

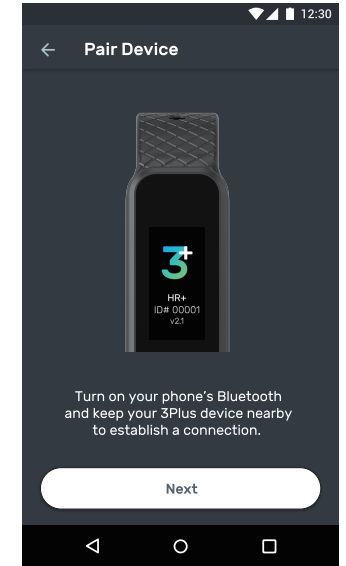
Make sure the app you download matches  
the same App logo above

### Step 2: Select your device



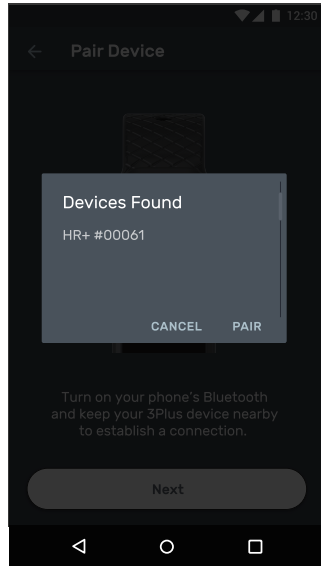
Select the HR+ fitness tracker  
from the list of devices

### Step 3: Bluetooth



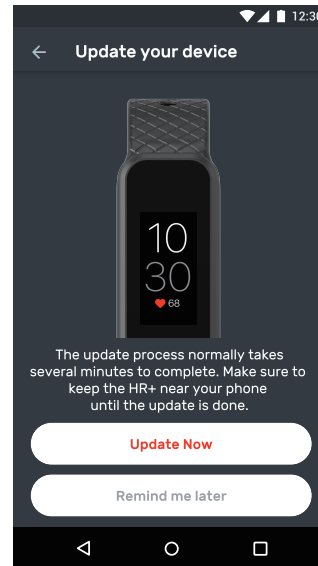
Turn on your phone's  
Bluetooth. Keep your HR+  
nearby your phone. Make  
sure your HR+ is showing its  
device ID.

## Step 4: Connect the device



Find your HR+'s device ID in the list that appears on the app. Tap on the matching device ID to connect.

## Step 5: Update your device



After your HR+ is connected, update your HR+ to the newest software to get the latest feature enhancement and updates

## Setup is Complete!

### Troubleshooting Tips

- Make sure the HR+ is fully charged before trying to pair
- If the app is having trouble finding your HR+'s device ID, try disconnecting all other Bluetooth devices from your cell phone first, then try pairing again.
- If you don't want to disconnect your other devices, try pairing when the other devices aren't nearby. If they are, turn off Bluetooth on the other device.
- For more information about your Fitness tracker, check out the instruction manual or visit us online at [www.3plususa.com](http://www.3plususa.com)

包材 (纸盒/吸塑类) (A)		包材(箱/辅助类) (B)	
尺寸(mm)	公差(mm)	尺寸(mm)	公差(mm)
>150—300	±2	>300—800	±5
>100—150	±1.5	>200—300	±3
>50—100	±1	>100—200	±2
0—50	±0.5	0—100	±1

## 制作要求

折合尺寸 75x145mm

展开尺寸 300x145mm

材质 105g双铜，不过膜

工艺 正反面，4色印刷，风琴折页，含出血位

备注

### 技术要求:

1) 材前工艺印刷要求: 按图纸标注;

2) 外观要求: 无色差, 无毛刺, 去飞边, 去利边; 表面整洁均匀, 无残缺、杂质、脏污、刮花、麻点等不良现象;

3) 尺寸要求: “\*”为重要检测尺寸, 参考上表公差(A/B); 如有另标公差, 按另标公差检测, 剩余尺寸以不影响装配性能为合格; 尺寸或者公差变动、更改及修改, 请和我司工程师确认;

4) 以行业标准件操作, 适配产品;

5) 产品符合ROHS标准要求。

**APPSCOMM**

本厂型号 L38i+(3plus)  
名称 快速指南  
材料 双铜纸

核准	徐兰枫	日期	2020/8/26
审核	黄满尧	日期	2020/8/26
制图	伍剑庚	日期	2020/8/26

PROJECTION



UNITS 单位 mm

SCALE 比例 1:1

未注公差按照尺寸公差表管控

V-A

第1页

变更历史	变更原因	变更者	时间