1. Verify your device is supported
2. Turn on Screen
3. Download App

**Single Press**

Single press to turn on the screen and pressing again will switch the interface. A long press will enter the band into sleep mode.

**iOS**
- iPhone 6, iPhone 6+, iPhone 5c
- iPhone 5s, iPad Mini, iPhone 4s

**Android**
- HTC One M9, HTC M8T, HTC D610t
- Samsung S6, Samsung Galaxy Note 4
- Samsung S5, Samsung Galaxy Note 3
- Samsung S4, Samsung Galaxy Note 2
- Samsung S3, Sony Xperia Z2, VIVO 3S
- LG G2, LG G3, HUAWEI P7, OPPO Find7
- Nexus 5, MOTO X, iSWAG MAGNET47

In order to use the mobile app with the band, you must start by downloading the app by searching 3plus Elite in the App store or Google Play store and downloading and installing the app on your mobile device.
4. Create an Account

Create an account with your existing email address. Once your account has been created, the email address cannot be changed. Please ensure that all information is entered correctly.

5. Select Device

Choose “3PLUS-LITE” from the list.

6. Confirm Device

Please select your pairing equipment. This will be the same number that shows up on your device once you turn on the screen.
For this step, please press the button to confirm the pairing between the band and the mobile device.

When the icon above appears on the band, the pairing between the mobile app and the band has been successful and you are ready to start tracking.

Please go to our website www.3plususa.com to get more support