



3+ VIBELITE
SMARTWATCH
w/BLUETOOTH CALLING

User's Manual





Table of Contents

- | | | | |
|----|------------------------------|----|------------------------------|
| 1 | Get Started | 13 | Watch Navigation |
| 1 | What's in the box | 13 | Basic Navigation |
| 2 | Watch Overview | 15 | Change the Watch Face |
| 3 | Charging Your Watch | 16 | Activity Tracking |
| 6 | Turning the watch On and Off | 18 | Heart Rate |
| 6 | Wake Up the Watch | 18 | Record Workouts |
| 7 | Set Up | 23 | Blood Oxygen SpO2 |
| 7 | App Set Up | 24 | Notifications |
| 8 | Pair the Watch | 24 | Set Up Sleep Tracking |
| 10 | Wearing the Watch | 25 | Favorite Contacts |
| 11 | Changing the Band | 25 | Bluetooth Calling |
| 12 | Cleaning the Watch | 28 | Quick Replies (Android Only) |



- 29 Music
- 29 Weather
- 30 Quick Settings
- 31 Airplane Mode
- 31 Find My Phone
- 32 Adjust the Brightness
- 32 Do Not Disturb Mode
- 33 Update, Turn On/Off and Reset
 - 33 Restart
 - 33 Update
 - 34 Factory Reset
- 35 General Information and Troubleshooting
 - 35 Sensors
 - 35 Battery
 - 36 Display
 - 36 Heart Rate is Not Showing
 - 36 Memory
 - 36 Operating Conditions
 - 37 Other Issues
- 38 Regulatory and Safety Information
- 42 Customer Service Support

Get Started

Introducing the 3PLUS Vibe LITE BT smart watch, your personal fitness companion that lasts 7+ days and helps you track your everyday activity to help make fitness, your lifestyle.

What's in the box



1x Vibe LITE BT



1x Charging Cable

Watch Overview



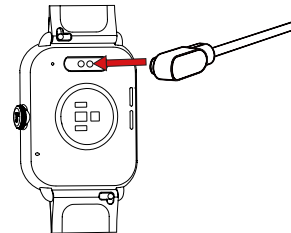
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Charging Your Watch

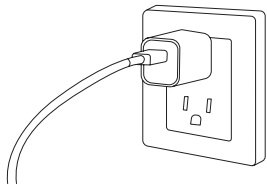
Before you set up the watch, you need to charge the battery. Use the USB charging cable provided with your watch to charge its battery. On a full charge, the Vibe LITE BT smart watch has a battery life of 7+ days. Battery life and time to fully charge your device vary with use and other factors.

To charge Vibe LITE BT

1. Attach the pins on the USB cable to the back of the Vibe Lite BT. The cable will magnetically snap into place when attached correctly.



3



2. Plug the USB cable into a power adaptor or a computer.
Plug the power adaptor into an electrical socket.


*Power adaptor is not included.

3. While your watch is charging, the screen will show the charging progress through battery percentage.
4. Once the battery is fully charged, remove it from the charging dock.

Notes

- The watch may become warm while charging. If the watch becomes hotter than usual, remove the watch from the charger and discontinue charging until it cools.
- This USB charging cable is specifically designed to only be used with this watch and is not compatible with other 3+ devices.
- To maximize battery life, make sure the battery is fully charged before you use the watch every time.
- Exposure to liquids or other foreign objects while using your watch may affect the charging, causing it to disconnect from the watch while charging.
- If the charging screen does not appear after connecting to a power source, check if the pins are attached correctly to the back of the watch.
- Do not charge the watch if the device or USB charging cable is wet or contains any moisture. This can cause fire, electric shock, injury or damage to the watch.

Turning the watch On and Off

To turn on your watch, press and hold the button for 2.5 seconds. To turn off your watch, press and hold the button for 4 seconds until you see the prompt asking if you want to turn off your watch. Tap  to turn off the watch.

*If the watch freezes, press and hold the button for 15 seconds to force restart the watch.

Wake Up the Watch

To preserve battery, the watch screen turns off when not in use.

To turn the screen back on, you can wake up the watch by:

- Pressing the button
- Raise the wrist and turn the watch toward you.



Set Up

Download the 3+ PRO App on iOS or Android mobile devices. Not compatible for tablets, Windows or PC. The 3+ PRO App will ask for personal information such as height, weight and sex to calculate your stride length, walking distance, calorie burn rate and basal metabolic rate. When you set up your account, your name and profile picture will be visible to other 3+ PRO users.



App Set Up

Before pairing, follow these steps to set up your watch to your mobile device.

- Make sure your mobile device is running Android 5.0+ or iOS 10+ and supports Bluetooth.
- Turn on the Bluetooth on your mobile device if it isn't already on.
- Make sure your mobile device is next to your watch.
- On your mobile device, download the 3+ PRO App from the Google Play store or the Apple App store and install it. Create an account or login using an existing account.
- Make sure your mobile device is connected to a mobile data or a WiFi network



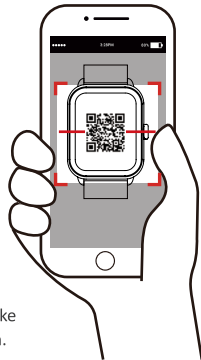
Pair the Watch

Step 1 :Before Paring


- Turn on the Vibe LITE BT smart watch.
- Swipe to the right edge of the watch to show the QR Code.
- Scan the QR code with your mobile device camera to download the 3+ PRO app OR download the 3+ PRO app from the Apple App Store (IOS) or Google Play Store.
- Open the 3+PRO App on your mobile device.
- Create an account or login using an existing 3Plus account.

Step 2: Option 1 - Manual Pairing

- Select the Vibe LITE BT smart watch from the list of devices
- Your mobile device will automatically search for nearby Vibe LITE BT
- Select your device from the list that appears on the app.
- Match the device ID number to the device ID on the 3+ PRO App. Make sure the correct device is selected then tap pair to connect the watch.



Step 2: Option 2- QR Code Method

- Swipe Left on the watch until it shows the QR code.
- Tap the  icon at the top right corner on the app screen.
- Scan the QR code with your mobile device camera.

Step 3: Sync and Go

- Select your language
- Allow notifications (It is strongly recommended to turn on Call & Message notifications)
- Sync your weather location

Step 4: Bluetooth Call Pairing

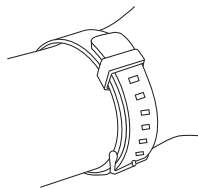
1. Android
 - When “Bluetooth Pairing Request” pops up, select “pair” or “confirm” (Pop-up may vary).
2. IOS
 - When a Bluetooth pairing window pops up, select “Go to settings”.
 - Setting> Bluetooth> OTHER DEVICES. Select “3Plus Cruz+Calling_XXXX ” from the list of devices.





Wearing the Watch

- For best result, the heart rate and blood oxygen sensor on the back of the Vibe LITE BT smart watch needs skin contact to work properly. Wearing the watch with the right fit with a little room for your skin to breathe will keep your wrist comfortable and let the sensor do its job.
- You may want to tighten the watch during workouts but loosen it when you're done. The heart rate and blood oxygen sensor only works if the watch is worn on top of your wrist.
- Keep your watch and bands clean and dry to maximize comfort and prevent any longterm damage to the watch. This is important after workouts or exposure to liquids such as sweat, soap, sunscreen and lotions that can cause skin irritation.

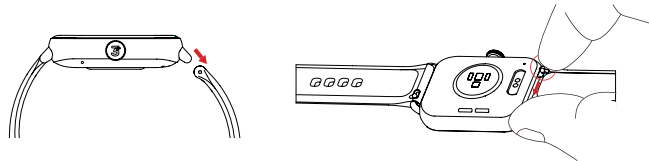


Changing the Band

Swap your watch's band anytime with the quick-change pins.

Turn the Vibe LITE BT smart watch over and look for the quick release pins on the side of the band that meets the case.

Push the quick release pin inward to release the band and pull the band away from the watch.





Cleaning the Watch

Make sure to clean the watch and the band regularly.

It is strongly recommended to regularly clean your watch's band after workouts or prolonged use. Moisture from sweat or dirt can build up underneath the band and can cause skin irritation.

Wipe down the band with a nonabrasive, lint free cloth. If necessary, the cloth can be lightly dampened with water. Allow the band to air dry. Direct sunlight, high temperatures or humid conditions may damage the band overtime.

Note*

- The 3+ limited warranty does not cover the use of 3rd party bands.

Watch Navigation

The Vibe LITE BT smart watch features a colorful high resolution 1.96" TFT touch screen that allows you to navigate the watch by either tapping on the screen, swiping side to side, up and down or pressing any of the buttons.

Basic Navigation

- The home screen is the watch face. From the watch face:
- Swipe left or right to view the apps installed on your watch.
- Swipe from top to bottom to see your notifications.
- Swipe from bottom to top to open the quick settings.
- Long press on the watch face to switch between different watch faces.
- Short press the button when the screen is off to wake up the screen.
- Short press the button to go back to main watch face.
- Short press the button at the main watch face to access application menu.
- Long press 4 sec. to access the system settings for shut off, reboot or reset.





Swipe up from bottom to top to access Quick Settings



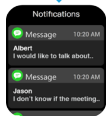
Press the button to access the main menu



Swipe Up to see more APPS



Swipe down from top to bottom to see list of Notifications



Change the Watch Face

From the watch:

- Press and hold the watch screen.
- Swipe left and right to cycle between the different watch faces.
- Tap on the watch face to select it.

From the 3+ PRO App:

- Open your 3+ PRO App, then go to settings at the bottom menu.
- Tap Watch face and select Online faces.
- Choose the watch face you want to use, then press the install button.
- After the transmission is completed, the watch face will automatically change.

Activity Tracking


When the watch is connected and synced to the 3+ PRO App, you can save and view your personal health related data. Only your daily activity show up on your watch. You can view previous days, weeks or months activity on the 3+ PRO App.

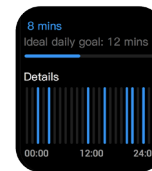
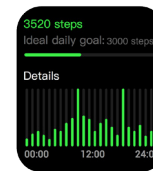
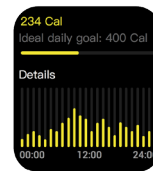
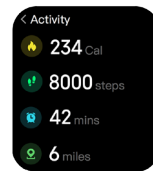
Note*

- The activity data gathered from this watch or any other related software is not intended for use in the diagnosis, or other conditions in the cure, mitigation, treatment or prevention of disease.
- The accuracy of the data recorded, including heart rate readings, may be affected by factors such as environmental conditions, skin conditions, specific activity performed while using/wearing the watch, settings of the device, user configuration/user provided information, placement of sensor on the body and other end-user interactions.

While moderate physical activity, such as a brisk walk is safe for most people, we suggest consulting with your doctor before you start a new exercise program.

For the watch:

- Press the watch side button to access the application menu, and tap on  to open the activity page.
- Scroll up and down to see your daily steps, distance travelled, calories burned and active minutes for today.



Heart Rate

The watch can automatically measure and track your heart rate throughout the day or during workouts.

From the App:

- Tap on **Settings**
- Tap on **Heart Rate** under App Settings
- Turn on **Auto Track**

By Auto Track default, the watch will turn on the heart rate sensor every five minutes.

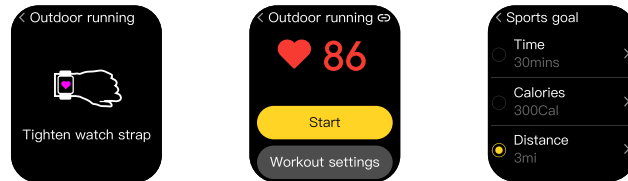
Record Workouts

Track specific exercises with the Vibe LITE BT to see real time stats including heart rate data, calories burned, elapsed time, distance travelled and a post workout summary on your wrist.

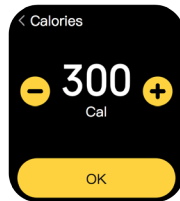
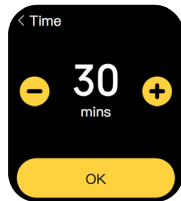
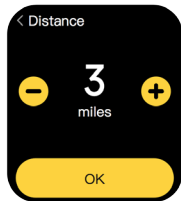
For a detailed summary of your workout and route if you used the GPS, review your history on the 3+ PRO App.

The Vibe LITE BT has a connected GPS that allows you to track your run, walk or cycle route when you exercise outdoors with your phone. (Does not apply to indoor cycling workout)

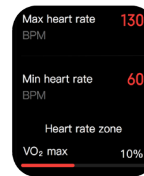
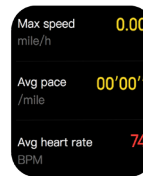
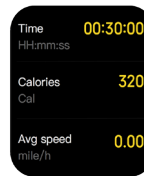
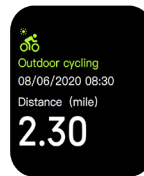
- When you select the workout you want to track, your watch will ask you to “Tighten watch strap.”





Every workout is different so before every workout, the Vibe LITE BT will ask you if you want to set a separate goal specially for this workout. You can set a goal to exercise for a certain period of time, a specific distance or amount of calories you want to burn. Tap on the “Workout settings”, select a type of goal you want to set and use the **-** **+** to set your goals. If you don’t want to set a goal, tap Start begin your workout



- During your workout, scroll up and down the screen to see your real time stats.
- For walks and runs the real time stat changes between distance, steps and calories burned.

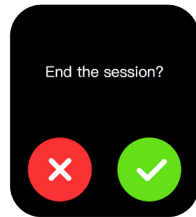


- For outdoor cycling, the real time stat changes between distance, mph and calories burned.
- For indoor cycling, you can only see the duration of your workout, you heart rate and calories burned.

When you're done with your workout or want to pause, press the button to pause. Tap  to resume your workout. Tap  when you finish your workout.



When prompted, confirm you want to end your workout. After you ended the workout, your summary will appear.




Note*

- If you set a workout goal, the Vibe LITE BT will vibrate when you're halfway to your goal and when you reach your goal.

Blood Oxygen SpO2

The watch has Blood Oxygen sensor to monitor your oxygen level throughout the day. Oxygen saturation refers to oxygen-saturated hemoglobin relative to its total amount in the blood. A level of over 95% in vascular blood is considered normal.

From the Watch:

- Go to main menu page.
- Tap on  to start.
- After the measurement, the watch will display the measurement result.

Precautions before you measure your Blood Oxygen:

- Wear the watch to a finger distance from the wrist bone; wear the watch tightly.
- Place your arm on the table for measurement with the watch screen facing up.
- Please stay still during the measurement.
- Factors such as hair, tattoos, shaking, low temperature and improper wearing may affect the results.
- This function is for reference only and should not be used as the basis for medical diagnosis.




Notifications

Stay connected with events, notifications, messages and incoming calls from your smart phone. When you receive a notification, your watch will vibrate and display a small preview or alert.

To view a list of your recent notifications:

- From the watch face, swipe down from the top of the screen to open your recent notifications.

To clear all notifications:

- From the watch face, swipe down from the top of the screen to open your recent notifications.
- Swipe all the way down then tap on the trash can button. 

Set Up Sleep Tracking

Open the 3+Pro app -> Go to **Settings** -> **Sleep Settings**

-> Enable **Sleep Detection** and set your sleep time.

1. **Smart DND:** Enable Do Not Disturb mode to turn off notifications while sleeping.
2. **Minimize Screen Brightness:** Minimize the display brightness while sleeping.

Favorite Contacts


Open 3+Pro app->Go to **settings** ->Tap **Favorite contacts**-> Tap “**Add**” button-> Select the contact number to add to your list.

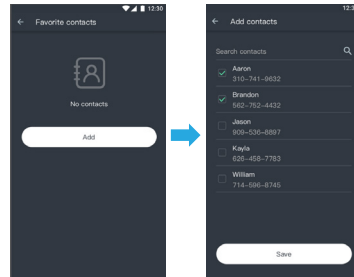
Bluetooth Calling

Make Calls


There are multiple ways to make calls on your watch.

Tap  on main menu -> Dial the number you want to call.

Tap  on main menu -> Choose the person you want to call from the list. (The person you want to call must already be in your Favorite Contacts list.)




Answer Incoming Calls

Tap  icon to accept a call.

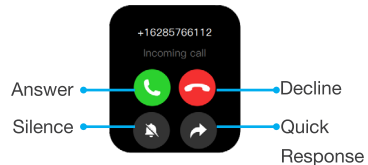
Decline Incoming Calls

Tap  icon to reject an incoming call.

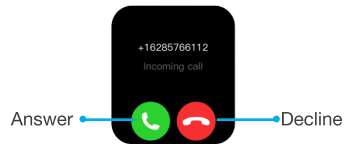
Tap  icon to reject an incoming call and send a quick response **(Android Only)**.

Tap  icon to silence of an incoming call **(Android Only)**.

Android




iOS




Adjust Speaker Volume During A Call

Tap  icon to adjust the volume of the speaker

Tap  icon to mute yourself. You can tap the same icon again to unmute.

Call History

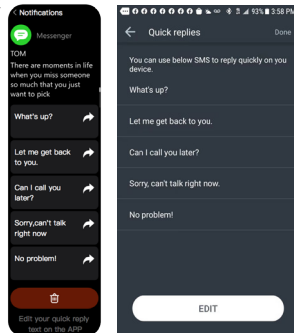
Tap  icon on main menu to view call history on watch.



Quick Replies (Android Only)

If you paired the Vibe LITE BT to an Android phone, you can send quick text replies if you're too busy to respond.

- On your watch, open the text message then swipe down until you see a list of quick reply options.
- Tap on the arrow to send the quick text reply.
- You can create and customize different quick text replies in the 3+ PRO App under the Settings at the bottom menu.



Music

Control music, podcasts, audiobooks and more playing on your mobile device. From your watch you can switch between songs and increase or decrease volume. The Vibe LITE BT can support online and offline music playback from popular apps such as Spotify and Pandora as well as music that is downloaded onto your phone. A premium subscription is not necessary to control your music.

Weather

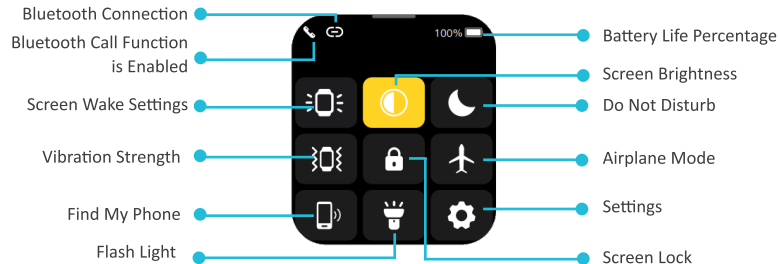
Check the weather in your current location or select a city around the world in your weather app. By default, the weather is set to your current location. If the weather does not appear, check that you've turned on location services for the 3+ PRO App. If you change locations, sync your watch to the app to get an updated weather report.



Quick Settings


To open the Quick Settings:

On the watch, swipe up from the bottom of the screen.




Airplane Mode

Airplane mode disconnects your watch from all networks and turns off Bluetooth.

- From the watch face, swipe up from the bottom of the screen to open the quick settings
- Tap  then tap on the check mark to confirm

Find My Phone

If you misplace your phone in the couch cushions or if it hides under blankets, you can ping your phone from the watch.


- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap  to ping your phone.
- List for the pings coming from your phone.
- When you find your phone, tap on your watch screen to stop the pinging.






Adjust the Brightness

Adjust the watch's display brightness depending on the time of the day.

- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap 
- Adjust the level of brightness by tapping on 1 to 5 for the brightness level.

Do Not Disturb Mode

You can set the watch not to vibrate and turn off the screen when a notification, except for alarms, is received.

- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap 

Update, Turn On/Off and Reset


Some issues can be troubleshooted by updating, restarting or resetting the watch.

Update

Keep your watch updated to get the latest feature improvements and product updates.

When an update is ready to install, you will receive a notification from the 3+ PRO App. After you start the update, a progress bar will appear on the app and on the watch. Make sure your watch and app are near each other during the update progress. Before you update the watch, make sure your watch is charged at least 30% or more before you update.

Restart

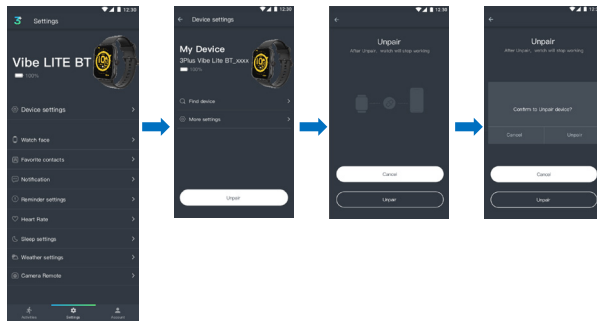
To restart your watch, Go to main menu from your watch and tap on settings icon.  Scroll down the menu and tap on System settings. Tap on Restart and tap on OK to restart you watch. Restarting the watch will only turn off and then turn on the watch. All your setting will not change.

Factory Reset

If you want to give the Vibe LITE BT to another person or wish to return it, clear your personal information first by factory resetting the watch. You can factory reset from the watch or from the 3+ PRO App.

From the 3+ PRO App:

- Tap on Settings.
- Select **Device settings**.
- Tap on **Unpair**.
- Tap **Unpair** to confirm.



General Information and Troubleshooting

Sensors

The Vibe LITE BT is built with the following hardware:

- 3-axis accelerometer
- Optical heart-rate tracker
- Connected GPS
- Bluetooth Calling
- Vibration motor
- Bluetooth 5.3 radio receiver
- Blood Oxygen Monitor

Battery

The Vibe LITE BT has a rechargeable lithium-polymer battery.



Display

The Vibe LITE BT has a color TFT display.

Memory

The Vibe LITE BT can store your daily activity information on the watch for 7 days. This includes your steps, distance travelled, active minutes, calories burned, and workouts. We recommend syncing your watch to the app at least once a day.

Operating Conditions

14° to 113° F (-10° to 45° C).

IP68 ingress protection ratings grade, suitable for daily use. Do Not swim or shower with it.

Heart Rate is Not Showing

The Vibe LITE BT can continuously track your heart rate throughout the day and when you're exercising. If the heart rate sensor is unable to track your heart rate then two dashed lines will appear instead of a number.



Check if you're wearing the watch correctly. If not, move it higher or lower on your wrist by tightening or loosening the band. Make sure the heart rate sensor is in contact with your skin.

Other Issues

If you experience any of the other following issues, try restarting your watch and your mobile device before trying again.

Vibe LITE BT failed to update.

Vibe LITE BT will not sync to the 3+ PRO App.

Vibe LITE BT is not responding to screen taps.

For more information, you can contact our Customer support.





Regulatory and Safety Information

FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

Warning

Changes of modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio

frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment :

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

RF WARNING STATEMENT:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure conditions without restriction.



BATTERY WARNING:

This device uses a lithium-ion battery. If the following guidelines are not allowed are not followed the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and/or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot replace.
- Do not expose the battery to flames. explosions or other hazards.
- Do not use sharp objects to remove the battery.

SAFETY INFORMATION:

- Please charge the watch when it has low power.
- Do not leave the watch in a damp environment or expose it to liquids when charging.
- Please use our standard charging dock to charge the watch.
- Do not expose the watch under extreme temperatures.
- Do not place the device near a fire and avoid contact between the watch and any other sharp objects.
- Do not misuse the watch, including but not limited to, dripping, dismantling, disassembling, puncturing, baking, burning, etc.
- Do not clean the watch with an abrasive cleaner.
- Keep it out of reach of infants as small parts may cause choking.
- For the latest up-to-date manual version, please visit our website at **3plususa.com**.



Customer Service Support

If you have any questions or you have other questions about the warranty, repairs and etc, 3Plus customer support is ready to help. 3Plus customer support is available Monday - Friday from 8am to 3pm PST.

- Toll Free 1 866-592-0184
- Email: service@3plususa.com

