



**3+** | **VIBELITE**  
*Blood Oxygen • Heart Rate • Sleep*

## User's Manual





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## Get Started

Introducing the 3PLUS Vibe Lite smart watch, your personal fitness companion that lasts 14+ days and helps you track your everyday activity to help make fitness, your lifestyle.

## What's in the Box



1x Vibe Lite



1x Charging Cable



## Watch Overview



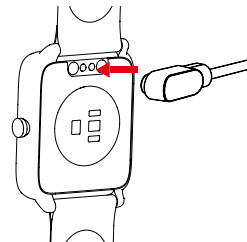
2

### Charging the Vibe Lite smart watch

Before you set up the watch, you need to charging the battery. Use the USB charging cable provided with your watch to charging its battery. On a full charge, the Vibe Lite smart watch has a battery life of 14+ days. Battery life and charge time may vary depending on use and other factors.

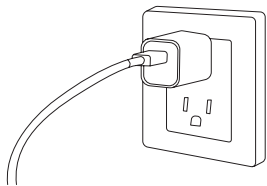
#### To charging Vibe Lite

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



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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 time and the charging progress through battery percentage.
4. Once the battery is fully charged, remove it from the charging cable.

#### 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 object 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 Vibe Lite.
- 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 4 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.



## 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 in. 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

### QR Code Method

On the Watch

- Turn on the Vibe Lite smart watch.

On the 3+ PRO

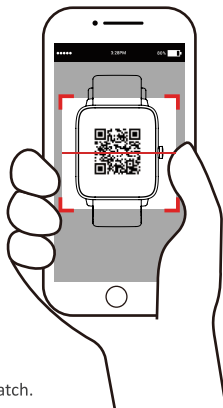
- Open the 3+ PRO App on your mobile device.
- Create an account or login using an existing 3+ PRO account.
- Select the Vibe Lite smart watch from the list of devices.
- Select pair the watch via QR Code method.

On the Watch

- Swipe to the right edge of the watch to show the QR Code.

On the 3+ PRO PRO App

- On your mobile device, hold the view finder above the QR Code on the watch.



On the Watch

A Pairing animation will display on the watch while it pairs to the mobile device.

A confirmation message will appear on the watch once its paired.

### Notes\*

If you have issue pairing the watch with your mobile device's camera, you can select the manual pairing method.

### Manual Pairing

Select Manual from the pair device screen on the 3+ PRO App.

Your mobile device will automatically search for nearby 3+ PLUS devices.

A pop up will appear when the 3+ PRO App locates a device.

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.

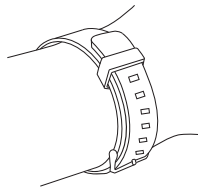
On the watch, tap the pair icon to accept the pairing request.

A confirmation message will appear on the watch and the 3+ PRO App once its paired.



## Wearing the Watch

- For best result, the heart rate and blood oxygen sensor on the back of the Vibe Lite 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.

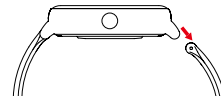
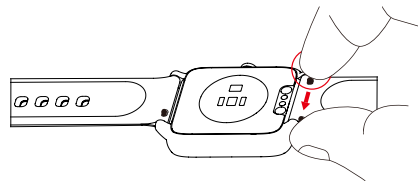


## Changing the Band

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

Turn the Vibe Lite 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 from other means 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 smart watch features a colorful high resolution 1.53" TFT touch screen that allow you to navigate the watch by either tapping on the screen, swiping side to side, up and down or pressing any of the buttons.

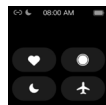
## Basic Navigation

The home screen is the watch face. From the watch face:

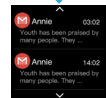
- Swipe left or right to view the apps installed on your watch.
- Swipe from top to bottom to see your notifications.
- Swipe from bottom to top to open the quick settings.
- Long press on the watch face to switch between different watch faces.
- Short press the button when the screen is off to wake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



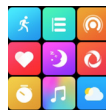
Swipe up from bottom to top to access Quick Settings



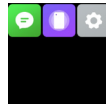
Swipe down from top to bottom to see list of Notifications



Swipe left or right to view the apps installed on your watch.



Swipe Up to see more APPs



## Change the watch face

From the watch:

- Touch 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 any watch face from the menu.
- On the Watch Face page, tap the synchronization button.
- You will see Downloading -> Synchronizing progress on your App.
- Your watch will show a Transferring progress %. Wait until the transfer is finished.

## 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 shows up on your watch. You can view previous days, weeks or months activity on the 3+ PRO App.

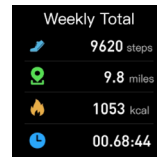
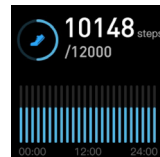
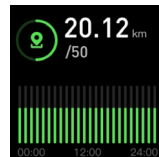
### Note\*

- 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.

From the watch:

- Press the crown button to access main menu, and tap on  to see your daily activity record.
- 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.

Form the App:

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

You can customize how frequent you want the watch to check your heart rate. By default, the watch will turn on the heart rate sensor every five minutes.

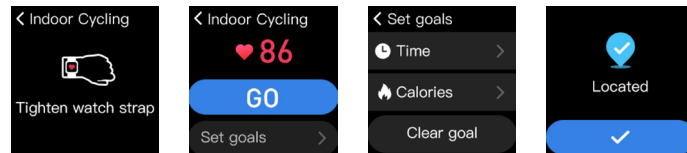
## Record Workouts

Track specific exercises with the Vibe Lite 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 connected GPS, review your history App.

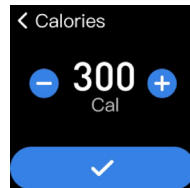
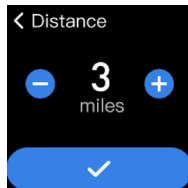
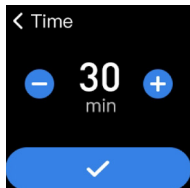
The Vibe Lite has a connected GPS that allow you to track your run or cycle route when you exercise outdoor with your phone (Does not apply to indoor cycling workout)

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



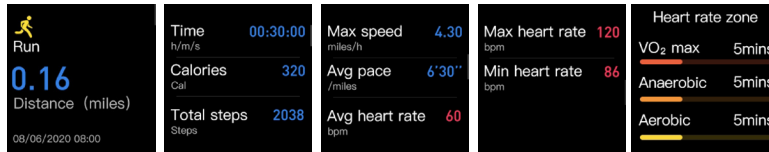
Every workout is different. You can set different goals before the start of each workout. Change the goals for the exercise for a certain period of time, a specific distance, or number of calories to burn. Use the **-** **+** to set your goals. If you don't want to set a goal, tap Start begin your workout.





During your workout, tap on the middle of the screen to cycle between your real time stats.

For walks and runs, the real time stats changes between distance, steps and calories burned.



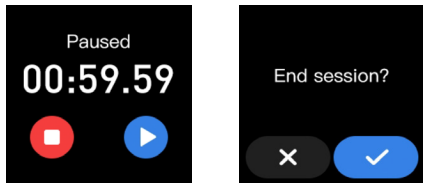
For outdoor cycling, the real the stats changes between distance, mph and calories burned.  
For indoor cycling, you can only see the duration of your workout, you heart rate and calories burned.

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 will vibrate 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.

Form 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 form 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 the 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 icon. 

## 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 can support online and offline music playback from popular apps such as Spotify and Pandora as well as music that in downloaded onto your phone. A premium subscription is not necessary to control your music.

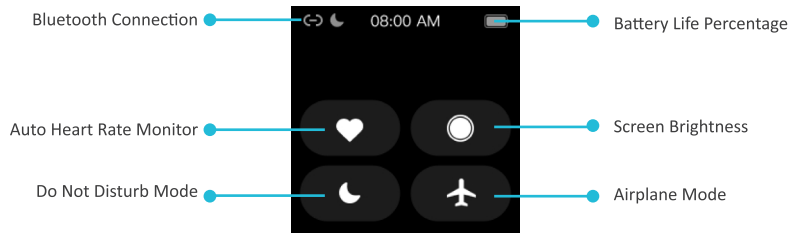
## Weather

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 **Airplane mode**, to activate.

## Find my phone

If you misplace your phone within Bluetooth connection range, you can find it using the watch.

- Press the watch crown button to access main menu.
- Tap  on your watch. Your phone should start to ring.
- Once you have located your phone, tap on your watch screen to stop the ringing.




## 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 **Brightness**.
- Adjust the level of brightness by tapping on the icon for 3 levels of brightness.

## 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 Reboot and tap on  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 to another person or wish to return it, clear your personal information first by factory resetting the watch. You can factory reset the watch from the Vibe Lite or from the 3+ PRO App.

From the watch:

- Tap on settings icon at the main menu.
- Scroll down and tap on System settings.
- Tap on Reset to perform Factory Reset.

From the 3+ PRO App:

- Tap on Settings.
- Select More settings.
- Tap on Factory reset.
- Tap OK to confirm.

## General Information and Troubleshooting

### Sensors

The Vibe Lite is built with the following hardware:

- 3-axis accelerometer
- Optical heart-rate tracker
- Connected GPS
- Vibration motor
- Bluetooth 5.0 radio receiver
- Blood Oxygen Monitor

### Battery

The Vibe Lite has a rechargeable lithium-polymer battery.



## Display

The Vibe Lite has a color TFT display.

## Memory

The Vibe Lite 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 water resistant grade, suitable for rain and daily use. Do Not swim or shower with it.

## Heart Rate is not showing

The Vibe Lite 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 3+ PRO App before trying again.

- Vibe Lite failed to update.
- Vibe Lite will not sync to the 3+ PRO App.
- Vibe Lite 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 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 cable 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](mailto:service@3plususa.com)

