DFit
Bluetooth Heart Rate Wristband Instruction

Product Specification
Chip model: nRF51822 Cortex M0 (16MHz)
Memory: 256K
Acceleration sensor: Three-axis acceleration sensor
Heart rate sensor: Green light static heart rate sensor
Display: OLED 0.66" × 64×48 Dots
Motor: Cylindrical vibration motor
Key—press: Touch key
Battery: 80mA

Notice
1. Please stop using it when any discomfort symptoms happen.
2. If use substandard charging power supply, will shorten the battery life, and even damage the battery.
3. We reserve the right to modify the User Manual without any notification. It is normal condition if some functions differs from different app versions.
4. We reserve all the right for the final explanation.

Turn on/off the Wristband
1. Long press the touch key for 4 seconds, users see the Welcome interface. It is touch key, please do not press the key with strong pressure.
2. Short press the key to enter to the Device Management interface with power off icon at the top—left corner. Then long press the touch key to turn off the wristband.
3. Long press to choose the function and short press to switch the functions.

Charging
Charger: voltage 5V,
electric current: 500MA—1000MA
Charging time: 30 minutes.
Connect the charger with wristband as below.

Time
1. Battery power display
2. Date Display
3. Time Display

Heart Rate Interface
1. Heart Icon, long press the icon to start testing with beating.
2. Display the real time heart rate.

Notice: The heart rate testing data can not be used as medical data.
The time will a little longer for the first time testing, it is normal.
The best wearing manner:
1. keep a finger width between the wristband and skin
2. keep the heart rate sensor clinging to skin

Pedometer
1. Pedometer Icon
2. Display the real time steps
Distance Interface
1. Distance icon
2. Display the whole distance according to the pedometer

Calories Display
1. Calories icon
2. Display the real time calories

Palming bright screen
1. Long press the touch key to turn on/off the function
2. Turn on this function, the screen is lighted when the wristband is horizontal

Device Management
1. Turn on/off icon, the wristband can only be turned off in this interface in case of the wrong operation.
2. Battery power icon
3. Bluetooth connection icon,
   * this icon means Connected  ❌ this icon means Disconnected.
4. Bluetooth name DFit
5. The last four letters in the MAC address is used for distinguish each wristband. For example as above picture, the Bluetooth name is Dfit EEF2 found by App.
6. Software serial number: V1.80

APP download
Please scan the QR code below to download HPlus Watch APP.

Google play
App for foreign Android users

iOS
App for ios users

1. After HPlus Watch APP installation completed, please fill up your information such like Height, weight, age, gender etc.
2. Wristband connect with APP;
   Click Bluetooth Device in the System Setup to enter the interface, pull the screen from the top to bottom. Search and find the Bluetooth name, then click and connect wristband.
   After connection, the date and time on the wristband will be updated automatically.
d. Time reminder: Alarm clock, when you turn on the function, wristband will remind you regularly.

e. Sit notification, when you turn on the function, the watch will remind you to do some exercise.

f. Screen save timer, used to set up the time for screen bright.

g. Erase user data, used to erase the historical data in the wristband.

3. Data graph
   After connection, total distance, total steps, total calories, Min heart rate, average heart rate, max heart rate, yesterday data and data summary will be shown on the ap interface.

4. Real time Heart rate
   Start heart rate testing, it can record your heart rate for whole day.

5. Settings
   Used to set up all functions on ap.
   a. Bluetooth, used to connect wristband Bluetooth
   b. Sync, used to sync wristband data
   c. Incoming calls, when you turn on the function, the watch rings and vibrate with icon remind.