

# Smart Bracelet User Manual

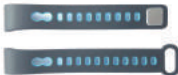
手环说明书

Welcome to use smart bracelet, the high-performance wrist-band smart bracelet will create an intimate gym experience for you.

## Accessories



\*Main body\*



\*Watch band\*



\*Instructions\*

## Wearing way and Maintenance

1. Assemble the watch band: align the main body with the square hole of the watch band, then insert it forcefully until the watch band is absolutely assembled with the main body properly.
2. Dismantle the watch band: hold the main body of bracelet and the watch band respectively in each hand, then pull it out from one end by lateral force.
3. Wear the bracelet on as shown in the figure.



4. Please be reminded of the tips below in bracelet maintenance:

- Clean the bracelet regularly, especially the inner side of it, keep it dry.
- Adjust the tightness of bracelet to ensure aeration.
- Excessive skincare product is undesirable on wrist with a bracelet on.
- Please cease wearing in case of skin allergy or any discomfort.

5. You can wear in bath or body exercise, it is sweatproof, rainproof and waterproof (up to 1.0m waterproof depth), undesirable to wear at a bathing water temperature higher than 42 C .

### Charging of Barcelet

1. Dismantle the watch band
2. Plug the USB end into the charger
3. Icons displayed on screen



Please refer to the following figures for the charging plugging-in method



# Downloading and Binding of Bracelet APP

## 1. Schematic diagram of main body of bracelet



## 2. Power-on

Long-press the touch key for 3s or plug in a charger for charging.

## 3. Download and Install APP

Install APP by scanning the QR code with your mobile phone.



Google Play



iOS

Note: Your mobile phone must support Android 5.1 or IOS 8.0 or above, and Bluetooth

## 4. Sign in

Launch APP, and click the "Sign in" icon in the top right corner.



## 5. Bind Bracelet

1. Click the "Setting" in APP.

2. Click "Binding device"

3. Click the ID consistent with the bracelet MAC.

4. The IOS system will show a request for Bluetooth pairing, and click "Pairing". The Android system can be connected directly.

5. The binding is successful.



## Brief Introduction to APP Functions



1. After launching APP, "Status" is available for checking the current values of all movements.
2. Sleep tracking: Check the detailed data of your previous sleep.
3. Sport tracking: Check detailed data and charting statistics of your previous sports.
4. Data statistics: Check monthly or weekly the charting statistical figures of the step numbers in previous movements and sleep records.
5. Function Setting: Set functional parameters of device. For more function settings, click the "?" on the right of "Status" interface, and then select a browser to open for detailed description.

### 5.1 Messages

Including notification of incoming call, short message, QQ, Wechat, Facebook, Twitter, What's APP, etc. (e.g. enable the notice of incoming call in "Setting" ; when the phone receives a call, the bracelet terminal vibrates and the screen is lighting up, indicating the contact name for the incoming call).

### 5.2 Non-disturbing mode

After enabling the non-disturbing mode, the functions of screen lighting with hand raising, reminder of device vibration, and reminder of message are closed, but the alarm clock vibration is not impacted.



### 5.3 Sedentary reminder

Set the interval (minute) of sedentary time, and click OK to start the sedentary reminder mode. When the sedentary time is out, the bracelet vibrates and the screen is lighting up; the Reminder icon will sway.

### 5.4 Alarm clock reminder

At APP, click "Setting--Device's Alarm Clock "into the reminder of alarm clock setting to set the alarm clock time. When the time is out, the bracelet prompts with left-right swaying and vibration of alarm clock icon.

### 5.5 Bluetooth shooting

At APP, click "Setting--Shoot"to enter the shooting mode, and the bracelet shows the shoot icon. Click the Shooting icon for remote-controlled shooting.

### 5.6 Refuse incoming call

The notification of incoming call can be shown in bracelet simultaneously when the phone call is incoming. If not receiving the call, you can hang up by long-pressing the touch of bracelet.

### 5.7 Device unbinding

For Android, click the "Binding Device", just click the selected device model to be unconnected with your mobile. For IOS, set the Bluetooth after IOS is unconnected; click the sign on the right to select "Ignore This Device".

## Locking of Backstage Application

No need to set locking of backstage except thin the backstage program is cleared manually for IOS system. For Android system, the APP backstage requires to be set as locked manually as bracelet is unconnected from the mobile automatically with auto-cleaning of tasks in the backstage. Due to differences in software settings of varied brands, the setting is done as followings with reference to the software of some branded mobile phone:

- 1.Launch APP, and click the key in the middle to go back to main interface.
2. Click "Task" key (generally menu key, or long pressing Desktop key for calling) to call recent task management interface, that is, the application management interface running in the backstage.

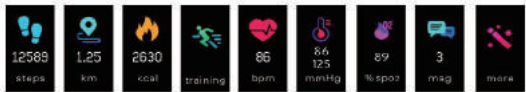
3. Press the locked APP application icon, and pull it down for locking. At the same time, a lock head sign appears on the top right corner of the icon, indicating the locking is successful; or after pulling it down, click the " Locking Task" on the top left corner, also indicating the locking is successful.

4. This application can not be cleared by using one-key backstage clearing function after locking, indicating APP program has been locked successful.

## Bracelet Function Interface

### 1. Start-up status

Click the touch sign for the menu interfaces switching of main screen, such as the following interfaces



### 2. Introduction of main interface functions

Time, date, and the symbols of electricity quantity and successfully-connected Bluetooth on the mobile phone are synchronized when bracelet and APP are first paired and well connected.

Long-press the touch key for 3s on main interface, to switch the main interface into another menu, available in a circulating way in a total of various.

### 3. Step-counting (steps), distance(km) and calories(kcal)

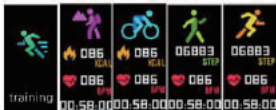
The step-counting interface shows number of steps. Wear the bracelet on wrist, and count the number of steps, walking distance and consumed calories automatically when the user is walking with arms swinging.





#### 4. Sport

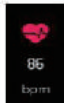
Long-press the touch key for 3s on the "Sport" interface to enter the movement mode, that is, walking, running, riding and climbing mountain. If the "Walking" mode is selected, long-press the touch key for 3s to record the movement parameters.



#### 5. Heart rate monitoring

5.1 Click the touch area to switch to the heart rate monitoring interface, supporting real-time dynamic heart rate, so that the user can know the health data of him or herself. In the heart rate monitoring mode, the working time of bracelet is reduced. Note: Dynamic heart rate data don't stop in monitoring on this interface, unless exit upon scrolling this interface.

5.2 Wear the bracelet properly on wrist at 2cm from inside of ulna joint, as shown in the right figure.



5.3 The heart rate sensor shall be closely attached to skin and well contacted with skin in measurement of heart rate. The sensor light exposure in case of wearing bracelet too loosely can result in inaccurate measured figures. Don't look steadily at the green light of sensor, as may cause eye irritation.

5.4 Measure the heart rate when keeping sitting quietly and the body not moving though this device can measure heart rate in a real-time and dynamic way; otherwise, the time is delayed for measurement of heart rate, or no data can be measured. The user should not move until the bracelet measures the figure of heart rate when the data of real-time dynamic heart rates can be checked.

5.5 Measure heart rate after having a rest if there is a big difference in measured data. The average value obtained through five times of consecutive measurements is more accurate.

5.6 This device is used to measure heart rate in a real-time dynamic way. So the heart rate is varied with different conditions such as speaking, dining and drinking. It shall be subject to the actual case.

5.7 Be sure that there is no dirt at the bottom of the heart rate sensor in measurement. Skin color, hair density, tattoo and scar may affect the accuracy of measuring results, in which cases please re-measure the heart rate.

5.8 Measurement for a long time may cause heating of the device, in case of any comfort, please remove the device, don't wear it until it becomes cool.

5.9 The chilled weather may affect your measuring result; please conduct the measurement in warm condition.

## 6. Message

Switch to the Msg interface, and long-press the touch area for 3s by finger to access the message content; click the touch area to switch to next piece of content; content includes the messages of incoming call and pushed from chat software. At most seven pieces of messages can be saved. When it is up to seven pieces, the messages displayed before can be substituted one after another.



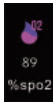
## 7. Blood pressure

The blood pressure shall be measured in a quiet environment and at a proper temperature. Have a rest for at least 5 minutes before measurement. Avoid nervous, anxious and exciting feelings; measure three times repeatedly at an interval of 2 minutes. Record the average value of readings measured three times.



## 8. Blood oxygen

Saturation of Oxygen ( $SpO_2$ ) is the percentage of the capacity of Oxyhemoglobin ( $HbO_2$ ) which is oxygenated in the blood and the total amount of hemoglobin ( $Hb$ , hemoglobin) which is can be oxygenated, means the concentration of oxygen in blood.



Note: The blood pressure and blood oxygen data are for reference only and should not be used as a basis in medical aspects.

## 9. More

Long-press the "More" interface to enter the following function interfaces:

### 9.1 Stopwatch

Switch to the "stopwatch" interface, and long-press to enter the stopwatch function; click the touch area to start timing, and click the area again for suspending timing; long-press the area to quit from the stopwatch function.

### 9.2 Find phone

Switch to the "Find phone" interface; shake the bracelet, and the mobile phone can make a ringtone synchronically.

9.3 MAC address, used to indicate the hardware address of bracelet, is the only one sign of the bracelet. This MAC address can not be modified. If the mobile phone is used to check the bracelet, the corresponding bracelet can be found by only check the last four digits of MAC. The MAC address is used to identify the bracelet and connect to the mobile phone quickly.

### 9.4 Power off

Long-press the touch area for over 3s on the "Power off" interface, and select YES or NO. If YES, long-press the touch sign to power off; if NO, go back to main interface, Long touch on the shutdown interface.

### 9.5 Restoring factory settings

Long-press the touch area for over 3s, to start to clear all messages in bracelet, and restore the defaulted factory setting.



## Frequently Asked Questions (FAQ)

1. Question: Does the bracelet generate radiation? Does it hurt you when you wear it for a long time?

Answer: As applying the low-power consumption Bluetooth technology, this product has less radiation than Bluetooth earphone, and its signal launching intensity is not more than 1/4 "that of" mobile phone. WHO didn't find any impact of Bluetooth signal on human body through over ten years of research and general survey. So rest assured to use this product.

2. Question: What can I do if the bracelet is not searched as prompted?

Answer: First, check the bracelet is energized or not;  
Second, Put the bracelet near the mobile phone, and try connecting the bracelet again. If you are still unable to connect the bracelet by above operations, try switching off and on the mobile phone Bluetooth once, or restart the mobile phone.

3. Question: Is the Bluetooth not connected accidentally?

Answer: 1. The connecting time may be different each time as the signal is disturbed in Bluetooth wireless connection. If it is not connected for a long time, make sure your operation is done in the place where there is no disturbance of magnetic field or Bluetooth device.  
2. The Bluetooth services of some mobile phones may become abnormal accidentally in re-starting up, so that the Bluetooth may not be connected.  
3. The mobile phone Bluetooth is connected normally when you restart the mobile phone.

4. Question: How are the data synchronized? How to deal with the case that the data is not synchronized?

Answer: 1. Launch APP to connect and bind with the bracelet;

2. Try the following methods if the data fails to be synchronized:

Click "Download Data from Server" on APP "Setting" interface for data updating; if the trouble is not yet solved, re-connect the bracelet after switching off and on the mobile phone Bluetooth once.

5. Question: Why is there no vibration of the bracelet to remind me of incoming call after setting the notification of incoming call?

Answer: First check the mobile phone Bluetooth is switched on and the bracelet is connected or not;

Second, check the bracelet APP is running (or backstage running) for Android and IOS systems.

Note: FLY memory cleaner and some keeper software may clean or intercept tasks, please add APP to the white list.

6. Question: Why does the bracelet give no prompt even if the message reminding of Wechat and QQ has been set?

Answer: The following requirements must be met for the message reminding of Wechat and QQ:

1. The mobile phone is in the sleeping and non-use mode, and the backstage tasks can not be switched off;
2. Both computer and mobile phone can't be used online at the same time;
3. The bracelet is always connected with mobile phone, and the Bluetooth is required to be always in an open state;
4. Open the permission management of the mobile phone, and set to allow the backstage to pop out of the interface.

Notes: The most upper menu can pop out the message when the mobile phone's message is coming, indicating the successful setting is completed. At the same time, the message is pushed to bracelet. If the mobile phone is restarted, click the "Message prompt" in "Setting" to enter notification center, and find out JYou device's message notification; then re-open the option.

7. Question: Why does my heart rate measure fail?

Answer: Note to keep the user in a quiet status in measuring heart rate, and keep the bottom of bracelet closely attached to the arm without obvious gap. Don't wave arms during measurement.

8. Why is the Bluetooth connecting icon blinking all the time?

Answer: The IOS user may encounter this problem. It mainly can prompt the users that the pushed message is not received if APP is not connected with bracelet. Launch APP to connect to bracelet, and the Bluetooth icon can be displayed normally.

### 9. Question: Why it can't be charged?

Answer: 1. Check the bracelet inserting direction is right or not;

2. The battery has to undergo a pre-charging period when the electricity quantity for bracelet is too low (the bracelet has been set aside and not been used for a long time).

Note: Generally charge by plugging in the charger; note that generally it enters the normal charging status after two or three minutes upon the charger is plugged in .

### 10. Question: Which factors can affect the measuring result of heart rate?

Answer: Non-standard way of bracelet wearing may affect the measurement of heart rate.

For example, the insufficient attachment of bracelet to skin which may cause light leakage, arm swinging, slight movement of bracelet on skin, too tight in bracelet wearing, too high in arm raising, and clenching fists, all of which may affect blood circulation as well as the signal of heart rate. The right measuring ways are: to put the arm at a level, take it easy and keep quiet, and make sure the bracelet is closely attached to the arm. Note that individual differences such as skin color, hair, tattoo and scar may also affect the signal of heart rate even when the bracelet is worn properly.

### 11. Question: How to switch the bracelet language?

Answer: The bracelet supports Chinese/English display. The language can synchronize with the language of the mobile phone system automatically. To switch the language, connect JYou APP to synchronize data, and the bracelet can keep its language synchronized with that of mobile phone. For example, if the mobile phone is in Chinese mode, then the bracelet can display Chinese after synchronization; if the phone is in English mode, then the bracelet can display English after synchronization. Note: If the language is changed for bracelet, it required to restart the phone for synchronization after the mobile phone language is switched.

### 12. Question: Why is the time of bracelet inaccurate?

Answer: Error may occur with the time of bracelet after the bracelet is recharged up when out of electricity. In this case, please connect the bracelet to the mobile phone, and the time of the bracelet will be synchronized automatically with that of the mobile phone for correction.



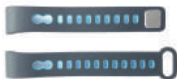
### Warning:

Please consult your doctor before you take part in a new sport. The smart bracelet should not be used for medical purpose though it may monitor the real-time dynamic heart rate.

欢迎使用智能手环，高性能腕带智能手环为您打造贴心健身体验。  
配件



\*主机体\*



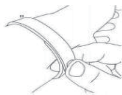
\*表带\*



\*说明书\*

### 佩戴方式及保养

1. 装配表带：将主机体对准表带方孔用力插入，直至表带与主完全装配好。
2. 拆卸表带：两手分别握住手环主体与表带，侧向用力从一端拔出。
3. 佩戴如图方式戴上手环。



4. 在保养您的手环时，请记住以下提示：

- 定期清洁手环，特别是手环内侧，使其保持干爽。
- 调整手环松紧度，确保空气流通。
- 佩戴手环的手腕不宜使用过量护肤品。
- 如出现皮肤过敏或不适情况，请停止佩戴。

5. 您可以淋浴或锻炼时佩戴，它防汗、防雨、防水（防水达1.0米），淋浴水温高于42℃时不宜佩戴。

## 手环充电

1. 拆卸表带



2. 将USB端插入充电器



3. 屏幕显示图标



充电插入方法可以参考以下图示：





## 手环APP下载及绑定

### 1. 手环主机示意图



### 2. 开机

长按触摸键3秒 或 插上充电器充电

### 3. 下载安装APP

使用手机扫描二维码安装APP。



Android  
for China



iOS

注意：手机须支持安卓5.1 或 iOS8.0以上，蓝牙4.0以上。

#### 4. 注册

打开APP，点击右上角的注册图标



#### 5. 绑定手环

1. 点击手机APP中的“设置”。
2. 点击绑定“设备”。
3. 点击与手环MAC一致的ID号。
4. IOS系统会出现蓝牙配对请求，点击“配对”即可。Android系统直接连接。
5. 绑定成功。



## APP功能简介



1. 打开APP后，“我的状态”可查看各项运动的当前值。
2. 睡眠追踪，用来查看您历史睡眠的详细数据。
3. 运动追踪，用来查看您的历史运动的详细数据和图标统计。
4. 数据统计，按月或按周查看历史的运动步数和睡眠记录的相应图标统计图。
5. 功能设置，设置设备的各个功能参数。更多功能设置介绍，请点击“我的状态”界面，右上方的“问题疑问”，选择浏览器打开，里面会有详细的说明。

### 5.1 消息提示

包含来电通知、短信、QQ、微信、Facebook、Twitter、What's APP等消息推送（例：设置中开启来电通知，当手机端收到来电时，手环端震动亮屏，显示来电联系人）。

### 5.2 勿扰模式

开启勿扰模式后，将关闭抬手亮屏、设备振动提醒、消息推送提醒功能，不会影响闹钟震动。

### 5.3 久坐提醒

设置好久坐时间间隔（分钟），点击完成，则开启久坐提醒模式，当久坐时间到达时，手环端亮屏震动，提醒图标会摆动。



#### 5.4 闹钟提醒

APP端点击“设置-设备闹钟”进入闹钟设置提醒，设置闹钟时间，当时间到达时 手环端提示：闹钟图标左右摆动并震动

#### 5.5 蓝牙拍照

APP端点击“设置-拍照片”进入拍照模式，手环端显示拍照图标，点击拍照图标，即可进行遥控拍照。

#### 5.6 来电拒绝

手机来电时，来电信息会同步推送到手环，如不想接听，可以通过长按手环的触摸进行挂断。

#### 5.7 设备解绑

点击绑定设备，Android只需点击已选设备型号，即可与手机断开。IOS断开后，还需要在设置—蓝牙，点击右边的符号，选择忽略此设备。

### 后台应用锁定

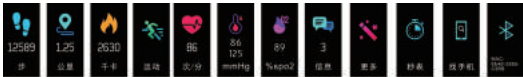
IOS系统除人为手动清除后台程序外，不需要去设置锁定后台。Android系统，由于后台会自动清除进程，导致手环与手机会自动断开，需要手动设置锁定APP 后台，因各品牌软设置各有差异，以下是参考某品牌手机软件进行设置，如下：

1. 打开APP，点击中间一键返回到主界面。
2. 点击任务键唤出（一般是菜单键，也有长按桌面键唤出的）近期任务管理界面，即后台运行的应用管理界面。
3. 按住锁定的APP应用图标，往下一拉即可锁定，此时应用图标右上角会出现 锁头标志，表示锁定成功，或者下拉后，点击左上角的锁定任务后，表示也是锁定成功。
4. 锁定后，使用后台一键清理功能无法清理该应用，代表APP的程序已锁定成功。

## 手环功能界面

### 1. 开机状态：

点击触摸符号，主屏菜单界面切换，如下所示的界面等；



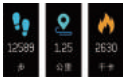
### 2. 主界面功能简介

当手环和APP首次配对连接好以后会同步手机的时间、日期、电量符号和蓝牙连接成功的符号。主界面长按触摸键3秒，会切换到另外一个菜单界面，可以循环切换，总共有多种界面



### 3. 计步、距离、卡路里

计步界面显示计步，将手环佩戴在手腕上，当用户走路并且手臂摆动的时候，手环自动记录步数、行走距离和卡路里消耗等数据。



### 4. 运动

在运动界面，长按触摸键三秒进入运动模式，总共有四种运动，步行、跑步，骑行、登山。如选择“步行”模式，长按触摸键三秒开始记录运动参数。



### 5. 心率监测

5.1 点击触摸区域，即可切换至心率监测界面，支持实时动态心率了解自己的健康数据。心率监测模式下，手环的续航时间会降低。注：动态心率，即在此界面监测时数据不会停止，除非翻过此界面就退出。



5.2 请将手环正确佩戴在手腕上，位于尺骨关节内侧2CM处，如右图所示。



5.3 测量心率时让心率传感器紧贴皮肤并接触良好，如果佩戴过于松动，传感器光线外露，会导致测量数值不准确。请勿直视传感器绿光，可能会引起眼睛不适。

5.4 本产品虽然为实时动态检测心率，但是在检测心率时请保持身体停止活动，静坐测量，否则会延长心率测量时间或测不到数据。待手环测量到数据时再进行运动，即可查看实时动态心率数据。

5.5 如果测量数据差异较大，请休息一下重新测量，连续测量5次得到的平均值会比较准确。

5.6 本产品为实时动态心率测量，所以在说话、吃饭、饮酒等状态时的心率都会不同。请以实际为准。

5.7 测量时确保心率传感器底部没有脏污，皮肤颜色、毛发浓密度、纹身、伤疤可能会影响检测结果准确，请重新测量。

5.8 长时间测量可能导致发热，如遇不适，请将其移除，直至装置降温后再进行佩戴。

5.9 寒冷的天气会影响你的测量结果，请在保暖的情况下测量。

## 6. 信息

切换到信息界面，手指长触摸区域3秒进入信息内容，点击触摸区后会切换到下一条内容，内容包含来电及聊天软件推送的信息。信息条数量最多可以存储7条，信息数量满7条后，会逐条替换之前显示的信息。



## 7. 血压

测量血压的环境应安静、温度适当。测量前至少休息5分钟。避免紧张、焦虑、情绪激动。应重复测3次，每次相隔2分钟。取3次读数的平均值记录。



## 8. 血氧

血氧饱和度 (SpO<sub>2</sub>) 是血液中被氧结合的氧合血红蛋白 (HbO<sub>2</sub>) 的容量, 占全部可结合的血红蛋白 (Hb, hemoglobin) 容量的百分比, 即血液中血氧的浓度。

注: 血压、血氧测出的数据仅供参考, 不可作为医学相关方面的依据。



## 9. 更多

在“更多”界面长按进入以下功能界面



### 9.1 秒表

切换到秒表界面, 长按进入秒表功能, 点击触摸区开始计时 再次点击触摸区, 计时暂停, 长按触摸区退出秒表功能。



### 9.2 找手机

切换到找手机界面, 晃动手环, 手机会同步发出铃声。



9.3 MAC地址, 用来表示手环的硬件地址, 是手环的唯一标识符, MAC 地址无法修改。如手机查找手环时, 只需要看MAC的后4位数, 就能找到对应的手环, 作用是能快速识别到手环及连接手机。



#### 9.4 关机

在关机界面长按触摸区3秒以上，选择“YES”或“NO”，选择YES，长按触摸符号关机。选择NO，会返回到主界面。在关机界面长按触摸区。



#### 9.5 恢复出厂设置

长按触摸区3秒以上，开始清除手环上的所有信息，恢复到默认出厂设置。

### 常见问题

#### 1. 问：手环会不会有辐射？长期佩戴会不会对身体产生危害？

答：采用低功耗蓝牙技术，产品辐射值较蓝牙耳机要低很多，不及手机发射信号强度的千分之一。世界卫生组织经过十年以上的研究和普查并没有发现蓝牙信号会对人体造成任何影响，请放心使用

#### 2. 问：提示搜索不到手环怎么办？

答：首先，请检查手环是否有电；  
其次，请将手环靠近手机，再次尝试连接手环；  
若以上操作依然无法连接，请尝试开关一次手机蓝牙或重启手机。

#### 3. 问：偶尔会出现蓝牙连接不上的情况？

答：1. 由于蓝牙无线连接存在信号干扰的问题，可能每次连接的时间会不等，如果长时间连接不上，请确保操作在无磁场或无蓝牙设备干扰环境下进行。  
2. 部分手机的蓝牙服务再启动时，偶尔会出现异常，导致出现连接不上的问题。  
3. 通常重新开关手机蓝牙，即可正常建立连接。

#### 4. 问：如何同步数据？数据不同步如何处理？

答：1. 打开App与手环连接绑定；  
2. 若同步数据失败，请尝试以下方法



在APP“设置”界面点击“下载数据从服务器”进行数据更新，如果还不能解决问题，请开关一次手机蓝牙再重新连接手环。

#### 5. 问：设置了来电通知为什么有来电手环没有振动提醒我？

答：首先请确认手机蓝牙是否打开并与手环连接着；

其次，Android及ios系统，请检查手环APP是否运行着（后台运行就可以。）

提示：一键清理内存及一些管家类软件可能会清理进程或拦截，请将App加入白名单。

#### 6. 问：为什么设置了微信、QQ等信息提醒，但手环未提醒？

答：微信、QQ软件信息提醒须满足以下几个条件：

1. 手机处于休眠不使用状态，后台进程不能关闭；
2. 电脑与手机不能同时在线使用；
3. 手环始终和手机保持连接，蓝牙需要一直打开状态；
4. 手机需打开权限管理，设置允许后台弹出界面。

提示：手机来信息时，最上面的菜单栏会弹出消息，代表设置已成功，同时会将消息推送给手环。如果重启了手机，需要在“设置”，点击消息提示，进入通知中心，找到JYou设备消息通知，重新打开此选项。

#### 7. 问：为什么我的心率测试失败？

答：测量心率时，注意保持人处于静止状态，并将手环底部贴紧手臂不留明显缝隙，测量期间不要晃动手臂。

#### 8. 问：蓝牙连接图标为什么会一直闪烁？

答：IOS用户会遇到此问题，主要作用是提示用户，APP没有连接手环，会有接收不到消息推送的现象。打开APP连接手环，蓝牙图标就可以正常显示。

#### 9. 问：为何不能充电？

答：1. 请确认手环插入的方向是否正确。

2. 当手环电量过低时（手环长期放置未使用），会有一段时间的电池预充时间。

注意：一般插上充电器充电，注意：一般插上充电器充电，2-3分钟后可进入正常充电状态。

#### 10. 问：哪些因素会影响心率的测试结果？

答：不标准的佩戴方式会影响心率信号的测量，比如不完全贴合导致的漏光、手臂的摆动以及手环在皮肤上的轻微移动等，手环佩戴得过紧、手臂抬高和握拳等会影响血液循环，同样可能影响到心率信号。正确的测量方式将手臂平放，放松并保持静止，同时保证手环贴紧手臂。

注意：佩戴正确情况下，皮肤颜色、毛发、纹身以及伤疤等个体差异也可能会影响到心率信号。

#### 11. 问：手环语言如何切换？

答：手环支持中、英文语言显示，语言会随着手机系统的语言自动同步。如果想要切换语言，连接"JYou" app同步数据，手环的语言会与手机语言保持同步。比如手机是中文，则同步后手环显示中文；手机语言为英文，则同步后手环会显示英文。注：手环更换语言，手机切换语言后必须要重启才能进行同步更新。

#### 12. 问：手环时间不准确？

答：当手环没电，重新充满电后，手环时间可能出现误差，请连接上手机，手环将自动同步手机的时间进行校准。



#### 警告：

新的运动项目之前请咨询你的医生，智能手环尽管可以监测实时动态心率，但不能用作任何医疗用途。

## Basic Parameters

Screen type	0.96 inches TFT
Bleetooth	BLE 4.0
Battery capacity	90 mAh
Battery life	5-7 days
Charging method	USB
Protection degree	IP 67
System requirement	iOS 8.0 or above/Android 5.1 or above



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