

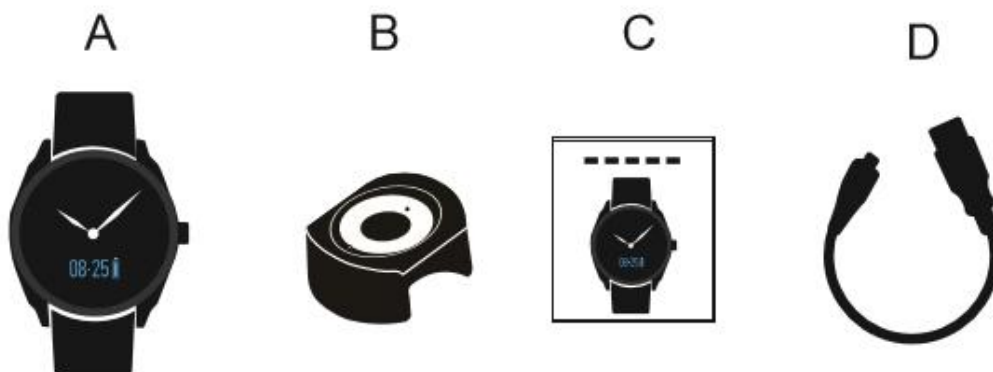
LeHealth
Direction for product use



Menu

1.	Articles in the box.....	1
2.	Charging.....	1
3.	Acquire the APP.....	2
4.	Connect the APP.....	2
5.	Main menu.....	3
6.	Clock interface.....	4
7.	Step, calorie, distance.....	4
8.	Sleep mode.....	4
9.	Heart rates monitoring.....	5
10.	Blood pressure monitoring.....	5
11.	Blood pressure calibration.....	6
12.	Electric quantity.....	6
13.	Notice.....	7
14.	Reminds.....	7
15.	Target.....	8
16.	Memory Full.....	8
17.	Product specifications.....	8

1. Articles in the box



A : Watch

B : : Charging base

C : Manual

D : Charging line

2. Charging

Insert the Micro-USB interface in the bracelet battery base.

Plug the USB connection line into the power. The screen will show a charging icon. When it is full of electricity, the full-charged icon be shown on the screen.

It takes one and a half hours to make it full of electricity.



3. Acquire the APP

Please search “LeHealth” in the App store or Android application store, download and install it in your mobile device.

Bluetooth 4.0 BLE , Android 5.0+ , iOS 8+ ,



4. Connect the APP

1. Turn on the Bluetooth and network function of your mobile device;
2. Turn on the LeHealth on your mobile device;
3. Please make sure the watch is close to the device, and select the device from the Bluetooth list; If it is failed to get pair, long press watch' s time

page can get code.

4. The pairing demand will be displayed on your mobile device



Press the watch screen to accept the pairing;

5. After pairing the watch with your phone successfully, your bracelet and mobile device will receive a notice. If it is failed to get pair, please repeat the above steps. The pairing is a one-time process. If you want to pair the watch with other accounts, please cancel the existing pairing first.



5. Main menu

Touch the screen to switch the interface.

Time, date	08-25	MON 12-30		
Step		24854		↩
Distance		8.52	mi	↩
Calorie		85	CAL	↩
Heart rates		70	BMP	↩
Blood pressure		160 65	mmHg	↩

6. Clock interface

Time, date, electric quantity



The time and date of the watch will synchronize with your paired mobile device automatically.

7. Step, calorie, distance

The whole-day walking steps, distance and burnt calorie of yours can be monitored by the watch.



Steps

calorie

distance

You can check your daily target completion process through the main activity picture, and see the detailed figures of your daily, weekly and monthly performance by clicking the activity column.

8. Sleep mode

Device can't record Sleep Data in default, you need to open auto sleep on your app if you want to use it.



9. Heart rates monitoring

Well wearing the watch,slide its screen and press heart rates interface for 3 seconds.



The heart rate monitoring starts when the watch shaking and displaying. A complete start-up costs you about 15 seconds.



When real-time heart rates lower or higher than the setting value in App, It will reminder you and display respectively.



Press heart rate monitoring interface for 3 seconds to shut down the heart rate monitoring function.



10. Blood pressure monitoring

Well wearing the watch,slide its screen and press blood pressure interface for 3 seconds can monitor blood pressure.

When testing ,please maintain the correct posture,sit and don' t talk until the

test finished(45S).The watch will show the blood pressure data and vibrate you.



In order to ensure the accuracy of data please Blood pressure calibration at first

11. Blood pressure calibration

Through blood pressure calibration, the establishment of measurement data model,improve the measurement accuracy. Click the "Setting >Blood pressure calibration" option of the menu on the upper-left of the APP

Enter the last non-antihypertensive drug or hospital measurement results,and then click the start button on the page to start the blood pressure calibration

It will take 2min,long press watch can exit.

12. Electric quantity

Check the electric quantity of the battery on the main interface.You can set it on app .



To achieve the optimal use effect, the electric quantity of the battery should not be lower than 20%.

13. Notice

Open the app, click "setup > notice", and select the notice you want the watch to receive. If you want to stop using some notices, please slide the radio button to the left and click the watch screen to neglect the notice, otherwise, the notice will show up again next time when the screen is activated.



Message reminding



Email reminding



Social message reminding



Calendar reminding



Missed call reminding



Anti-lost reminding

14. Reminds

Click the "remind" option of the APP to add daily reminding. You can set 6 kinds of daily reminding for the most, and you may select the provision type, preference time and date. Your watch will vibrate slightly and display the corresponding reminding icon to remind you. Click the watch to neglect the reminding.



Sport



Sleep



Wake up



Medicine



Eat



Reminder

15. Target

Click the “target” option of the App to set the target of daily walking step, walking distance, burnt calorie and sleep hours. When the target is reached, your watch will vibrate slightly and display the target completion icons.



16. Memory Full

When the data reaches 100% of the storage space, it will remind the user to upload the data, please log in the client to synchronize data.



17. Product specifications

Display screen: Touchscreen OLED

Sensor: three-axis acceleration sensor

Vibration motor: support

Bluetooth: Bluetooth 4.0 BLE

Battery: 85mAh

Standby time: 60 days

Time display: RTC+ time synchronization

Waterproof rate: domestic waterproof