

# Smart HRM Bracelet

## USER MANUAL



The user manual contains product features, instructions for use, and the operating procedure. Read the user manual carefully to get the best experience and avoid unnecessary damage. Keep this manual for future reference.

## **Setting Up Your Device**

Use the VeryFitPro app on an iOS or an Android smart phone to set up the wristband.

Note: hardware and system of devices should meet the requirements.



iOs 8.0 & above



Android 4.4 & above



Bluetooth support (4.2 & above)

### **1. Download VeryFitPro**

#### **Search and Download**

Search and download the “VeryFitPro” from the Apple Store or the Android App Store.

Scan the QR Code and Download

Your device may have problems with opening the link directly through scan tools such as WeChat. Please copy the link and open it through your browser.



### **2. Product Activation and Installation**

The product must be activated by charging before initial use. After first use, charge the product to ensure a normal power supply. The hand ring will automatically power on. To take out the battery, pull open the strap and take out the bracelet body.



Charging the battery: Insert the chip-mounted end of the bracelet body into the USB interface to activate the product by charging (be cautious to not reverse the polarity, and comply with the required voltage and current: 5V / 500mA)



Installation: Mount the bracelet body into the slot of the wrist strap.



Wearing: Adjust the length of the wrist strap until it is appropriate to wear it on the wrist.



**3. Touch Key**



To change the interface, press the touch key once.  
To confirm, press and hold the touch key.

**4. Using the VeryFitPro App**

Make sure that your smartphone has Bluetooth enabled!



When selecting the right band from the search list, please slide the screen of the wristband to wake up the device and then complete the connecting process.

## Know Your Device

### 1. Wearing Method

Wear the device on your wrist horizontally, about 2cm to your carpal, the same as wearing a watch.

### 2. Heart Rate Monitoring

To monitor your heart rate more accurately, please wear the device on your upper wrist while it is fit a bit tighter than usual when you are exercising.

### 3. Heart Rate Monitoring Automation

Automatic heart rate monitoring is ON by default, monitoring your heart rate all day automatically.

### 4. Interface

Press the touch key to display the functions below successively.



Time



Data Mode



Heart Rate  
Mode



Sports  
Mode



Stopwatch



Alarm  
Clock  
Mode

## Function Introduction

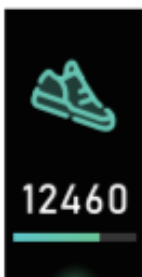
### 1.1 Time Mode



Instructions

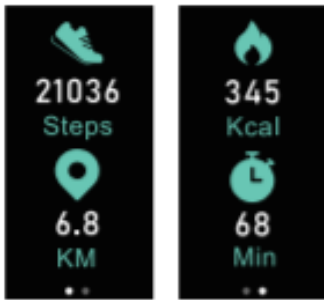
Time dial can be switched as follows: App Devices Mode > More [press the touch key] to enter the next mode: Data Mode (you can customize the shortcut through the app)

### 1.2 Data Mode



Press the touch key to enter the next mode: Data Mode (you can customize the shortcut through the app)

### 1.2.1 Data Reading Sub-Mode



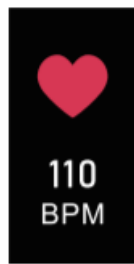
Press the touch key to enter the next sub-mode.

Note: To go back to the Data Reading Mode by pressing the touch key on the final interface of the Data Reading Sub-Mode

### 1.3 Heart Rate Mode



Before Data Is Displayed





After Data Is Displayed

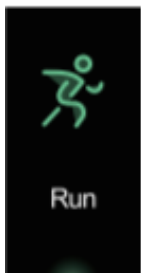
On the hand



Off the hand

Note: If you stay at the Heart Rate interface for 1s, start monitoring the heart rate, and a figure such as  is displayed, the correct data is still not being monitored. Give the device a bit of time. Once the device starts displaying the correct BPM, the  figure will be replaced with a number. Press the touch key to enter into the next mode.

### 1.4 Sports Mode



Press and hold the touch key for 2s to enter the Sports Starting Mode. Press the touch key to enter the next sports mode.

Note: Types of sports can be selected in the App (the app can handle 3 types of track recording sports and 11 types of other activities)

#### 1.4.1 Sports Starting Mode



After the countdown interface of 3-2-1-GO finishes, the Sports Underway Mode starts up.

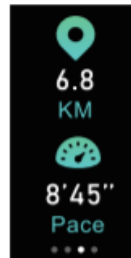
### 1.4.2 Sports Underway Mode



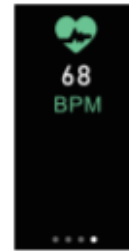
Sports Main Interface



Steps/Calories



Distance/Pace



Real-Time Heart Rate

Press the touch key to enter the next sub-mode.

Press and hold the touch key for 2s to exit the sports mode.

Note: The speed and distance of riding can be displayed, but the app needs to be connected and the riding app needs to be on at the same time.

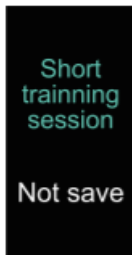
### 1.4.3 Sports Pause Mode



Press and hold the touch key for 2s to go to the Sports Ongoing Mode.

Note: This function can only be launched through the app, which can realize the pause/starting/exit functions while the watch can only control the exit function.

### 1.4.4 Exit Sports Ongoing Mode



1) If the activity lasts less than 1 minute, the user will be reminded of not saving the data.

Press the touch key to enter the main interface of the Sports Mode (the data reading interface of sports data display mode not displayed)



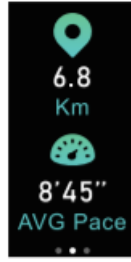
2) If the activity lasts more than 1 minute, the Sports End Reminder will be displayed.

Press the touch key to enter the sports data display mode.

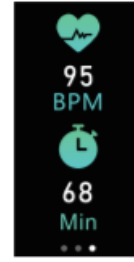
### 1.4.5 Data Display After Sports Mode



Steps/Calories



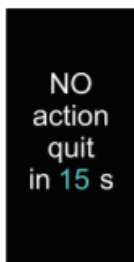
Distance/Average Pace



Average Heart Rate/Duration

Press the touch key to enter the next Sports Data Display Mode. A single press while on the final interface will send you back to the first interface of the Sports Mode

### 1.4.6 Reminders in Sports Mode



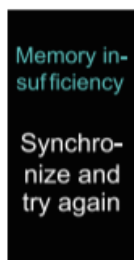
1) Reminder of exiting from Sports Mode upon a period of no activity.

Press the touch key to remove the reminder of automatic shutdown from Sports Mode

#### Note:

1. If there is not activity in within a period of 15 minutes, a reminder will be displayed for 15 seconds before shutting down.
2. New activities will remove the reminder of automatic shutdown from the Sports Mode.
3. If there are no new operations before the end of the countdown of automatic shutdown from the Sports Mode, it will exit from the Sports Mode.

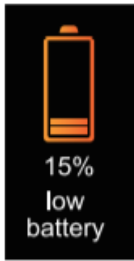
#### 2) Reminder of Full-Ram Force Quit



Press the touch key to confirm the Full-Ram Force Quit.

Note: When the memory of the wrist strap is full of activity data, the user will be reminded of exiting from the Sports Mode.

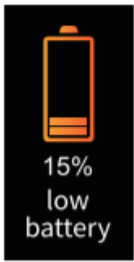
### 3) Reminder of Force Quit for Low-Battery



Press the touch key to accept the force quit from the Sports Mode.

Note: During the sports activities, when the power is too low, the sport mode will pause and remind the user to force quit from the sports mode.

### 4) Reminder of Inaccessible Sport Mode for Low Battery



Press the touch key to accept the inaccessible sports mode for a low battery.

Note: The reminder will pop up when a user tries to start the Sports Mode with the battery of the device being close to depleted.

### 5) Abnormal Operation During Sports



This reminder will be available soon.

Press the touch key to quit the reminder waiting mode.



## 1.5 Stopwatch Mode



Press the touch key:

If setting in the app and synchronizing the alarm clock, the device will enter the Alarm Clock Mode. Otherwise, it will enter Time Mode.

Press and hold the touch key for 2s:

Enter stopwatch timekeeping.

### 1.5.1 Stopwatch Timekeeping Ready Mode



Press the touch key to enter the Stopwatch Timekeeping Mode.

Press and hold the touch key for 2s to return to Stopwatch Mode.

### 1.5.2 Stopwatch Timekeeping Mode



Press the touch key to enter the Stopwatch Timekeeping Pause Mode.

Press and hold the touch key for 2s to return to Stopwatch Mode.

### 1.5.3 Stopwatch Timekeeping Pause Mode



Press the touch key to enter the Stopwatch Timekeeping Pause Mode.

Press and hold the touch key for 2s to return to Stopwatch Mode.

## 1.6 Alarm Clock



Start



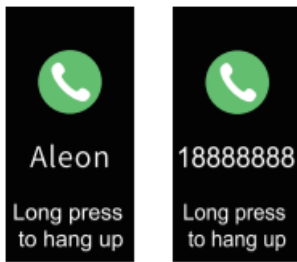
Close

Press the touch key to return to Time Mode.

Press and hold the touch key for 2s to start/close the alarm clock.

Note: Alarm Clock functions should be turned on in the app for the alarm clock to be displayed.

## 2. More Modes of Reminders

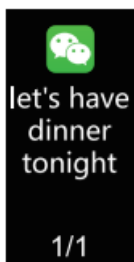


### 1) Call Reminder

Press the touch key to remove the call reminder.  
Press and hold the touch key to hang up the call.

Note: The call reminder in the app needs to be set to open.

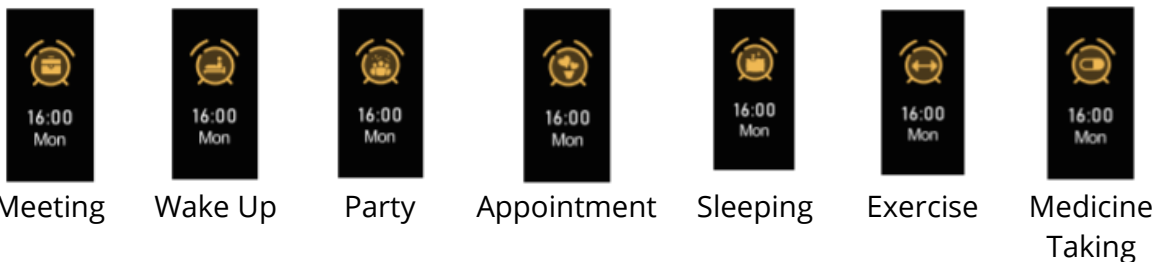
### 2) Message Reminder



In case of multiple page messages, press the touch key to read the remaining ones.

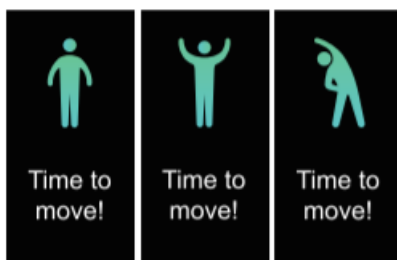
Note: The relevant settings need to be enabled in the app.

### 3) Alarm Clock



Alarm Clock Mode: The relevant settings need to be enabled in the app.

### 4) Long Sitting Reminder



Long Sitting Reminder: The relevant settings need to be enabled in the app.

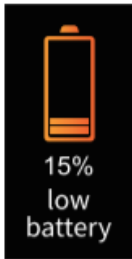
Pressing the touch key will remove the reminder.

### 5) Target Completion Reminder



When some of your goals are achieved, shake the wrist strap to get the interface of target completion displayed. Press the touch key to remove the reminder.

## 6) Low Battery Reminder



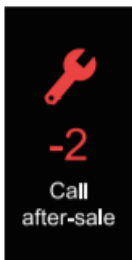
Press the touch key to remove the reminder.

## 7) Ultra-Low Battery Reminder



The device will stay at this page, unable to enter other modes.

## 8) Device Error Notification



Note: When the device detects an abnormality, the interface herein will be displayed each time the device is opened.

### Status Codes:

- 01: Abnormality of acceleration sensor.
- 02: Abnormality of heart rate sensor.
- 03: Abnormality of touch key IC.
- 04: Abnormality of flash.

## Basic Specifications

Model No.: ID152

Battery Capacity: 90mAh

Working Voltage: 3.7V

Host Weight: about 23.5g

Sync: Bluetooth 4.2

Working Temperature: -20°C – 40°C

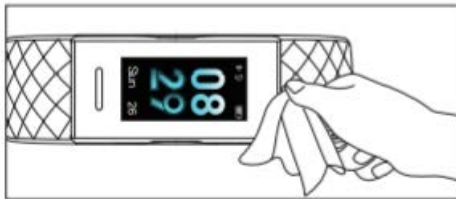
Waterproofing: IP68

Working Time: 7 days

Product Frequency Band: 2402-2480MHz

Maximum Transmit Power: 0dBm

## Wearing and Maintenance



Our products are designed wear throughout the day. Please follow instructions while wearing and maintaining your device. To keep your wristband clean and your skin comfortable, please follow the following tips:

- Regularly clean your wrist and the smart wristband, especially after sweating from exercising or exposure to substances such as soap or detergent, which may attach on the internal side of the wristband.
- Do not wash the wristband with household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.
- For spots or stains that are not easy to remove, scrub with alcohol and then follow the above steps.

## **NOTICE**

By using this product, you agree that the measurements are indicative, cannot be taken into account and do not in any way replace a doctor's evaluation (or other therapies)! Therefore, do not evaluate the measured values yourself and do not determine the therapy yourself according to them. Follow your doctor's instructions and trust his diagnosis. Take your medicine as instructed by your doctor and never change the dose. The measured values determined by you can only be used for your information - they do not replace a medical examination! Discuss your measured values with your doctor, definitely do not make any medical decisions based on them (for example, the use of drugs and their dosage)!

The importer is not liable for the measured values.

Do not use the watch in extreme temperatures (below -10 ° C and above 40 ° C).

Reassembling or modifying the product impairs its safety. All modifications and repairs to the equipment or accessories must be carried out by a specialist. Never open or repair the product yourself! Handle the product carefully. It can be damaged by blows, falling from a height, etc.

Technical specifications are subject to change without notice. Never heat the battery above 50°C and do not dispose of in fire, risk of explosion / fire! Do not short-circuit the battery. Do not subject the battery to mechanical stress. Avoid dropping, bumping, bending, twisting or cutting the battery. If the battery overheats, stop charging immediately. A battery that overheats or deforms during charging is defective and should not be used. Never discharge the battery completely, as this will shorten its lifespan.

Store out of direct sunlight at room temperature.

Keep the product out of the reach of small children – there is a risk of suffocation by small parts.

Do not place the device near heat sources.

Connect to the correct power sources.

## **WARRANTY CONDITIONS**

A new product purchased in the alza.cz sales network is warranted for 2 years. If you need repair or other services during the warranty period, contact the product seller directly, you must provide proof of purchase with the original date of purchase.

**The following are considered to be a conflict with the warranty conditions, for which the claimed claim may not be recognized:**

- Use of the product for a purpose other than that for which the product is intended or failure to follow the instructions for maintenance, operation and service of the product.
- Damage to the product due to a natural disaster, the intervention of an unauthorized person or mechanical damage through the fault of the buyer (eg during transport, cleaning by inappropriate means, etc.).
- Natural wear and aging of consumables or components during use (such as batteries, etc.).
- Exposure to adverse external influences, such as sunlight and other radiation or electromagnetic fields, ingress of fluid, intrusion of objects, mains overvoltage, electrostatic discharge voltage (including lightning), faulty supply or input voltage and inappropriate polarity of this voltage, chemical processes, eg used power supplies, etc.
- If modifications, alterations, design changes, or alterations have been made to anyone to change or extend the product's features over the purchase or use of non-genuine components.

## **FAQs**

**Failed to find the device when pairing.**

1. Make sure that your smartphone has Bluetooth enabled, and your device has the OS Android 4.4 & above, or iOS 8.0 & above
2. Make sure the distance between your device and smartphone is within 0.5 meters, and that the device is within the normal Bluetooth communication distance range (within 7 meters) after the pairing is finished.
3. Make sure the device isn't running low on power. If there is still a problem after fully charging the device, please contact us.

**Failed to connect with Bluetooth occasionally.**

1. Caused by the abnormality of Bluetooth service when it is restarted on the phone.
2. Reboot your mobile phone or restart the Bluetooth service, after that the device should work normally.

**How to restore factory defaults.**

Make sure the device is connected with a smart phone. Go to the app, enter "Device", "System Settings" and choose "Reboot Device".

## **EU DECLARATION OF CONFORMITY**

Identification data of the manufacturer's / importer's authorized representative:

Importer: Alza.cz a.s.

Registered office: Jankovcova 1522/53, Holešovice, 170 00 Prague 7

IČO: 27082440

**Subject of the declaration:**

Title: Smart HRM Bracelet

Model : ID151

**The above product has been tested in accordance with the standard (s) used for demonstration in accordance with the essential requirements laid down in the Directive (s):**

Directive No. 2014/53 /EU

Directive No. 2011/65/EU as amended by 2015/863/EU

**Reference to harmonized standards:**

EN 62479:2010

EN 60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013

EN 301 489-1 V2.1.1

Draft EN 301 489-17 V3.2.0

EN 300 328 V2.1.1

Prague, 7/23/2020



## **WEEE**

This product must not be disposed of as normal household waste in accordance with the EU Directive on Waste Electrical and Electronic Equipment (WEEE - 2012/19 / EU). Instead it shall be returned to the place of purchase or handed over to a public collection point for the recyclable waste. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. Contact your local authority or the nearest collection point for further details. Improper disposal of this type of waste may result in fines in accordance with national regulations.

