BT008-EN IM REV8 ( 420 x 140mm )
1、纸张： 1 2 7 克双铜
2、两色 / 双面印刷
3、按红色虚线折叠，要求折好后，两个渐变色的页面分别为表面和底面。

BLE Heart Rate Activity Tracker - **BT008**

# QUICK START GUIDE

MyWay Fit

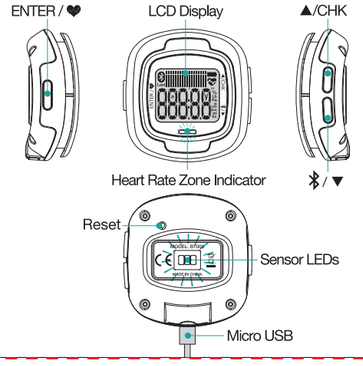
Download on the App Store
Compatibility:
Required iOS 6 or above

Google play
Compatibility:
Required Android 4.3 or above
Bluetooth 4.0

## 1 Features

Heart Rate | Steps | Distance | Calories
Clock | Exercise | Sleep | Silent Alarm

## 2 Operations




## 3 Key Functions

**In activity mode ( pedometer )**

1).Press and hold ENTER / ♥ & ▲/CHK > 3s --- Enter personal parameter setting.
2).Press ▲/CHK --- Change display of daily activity data .
3).Press and hold ▲/CHK > 3s --- Enter Sleep tracking mode, after wake up, press and hold ▲/CHK > 3s to exit the sleep tracker mode.
4).Press and hold ᛒ/▼ > 3s --- Enter Bluetooth connection mode. In Bluetooth connection mode, Press and hold ᛒ/▼ to exit Bluetooth connection.
5).Press ENTER / ♥ > 3s --- Enter Heart Rate monitor mode.

**In Heart Rate monitor mode**

1).Press ENTER / ♥ to start/stop the timer of the Heart Rate mode.
2).Press and hold ENTER / ♥ > 3s, exit the HR mode.
3).Press ▲/CHK --- Change display of Heart Rate data.
4).Press and hold ᛒ/▼> 3s turn on BLE connection again if it fails to connect before.

※ To charge the battery of device first before using it at the first time. (Please refer to item 5)

## 4 Low Battery Indicator

-If the battery is low, the low battery indicator will be on the display when pressing any key. It needs to charge the battery in order to avoid lost data.

## 5 Charging the battery

-When USB is plugged in , the battery is being charged, like below:

-When the battery is fully charged, the full battery icon will be shown on the screen below:

正面

RoHS compliant

## 6 Initialize the Device

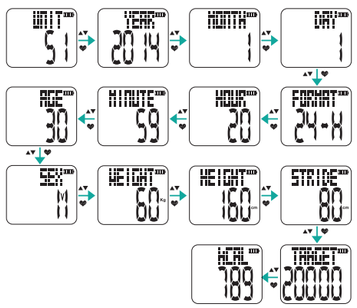
Press and hold ENTER / ♥ >3s to initialize the device, LCD will be on for 2s. Then, it enters to the parameter setting.

## 7 Initial Personal Parameter Setting

Firstly, it will set the unit display of the device, "SI" represent SI unit, "US" represents US unit. The unit will be flashing, press ▲/▼ to select the unit display, then press ENTER / ♥ to set next setting.

The setting procedure is shown below:

UNIT → YEAR → MONTH → DAY → 12/24 HR → HOUR → MINUTE → AGE → SEX → WEIGHT → HEIGHT → STRIDE → TARGET → END OF SETTING (GO TO DAILY CALORIES)

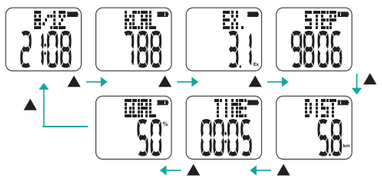


※ In activity mode, if the user wants to set the personal parameter again, they can press and hold ENTER / ♥ & ▲/CHK > 3s to enter personal parameter setting mode.

## 8 Display Mode Sequence

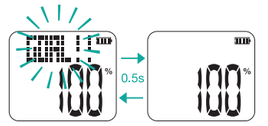
-In activity mode, press ▲/CHK to change the display of the daily activity data.
-The sequence of the display mode is as below:

Daily Calories → Daily Ex → Daily Step → Daily Distance → Daily Travel Duration → Goal → Clock



## 9 Goal Alarm

-When the daily goal is achieved, the congratulatory message will be shown and alarm (vibration) will be on simultaneously for 10 sec.

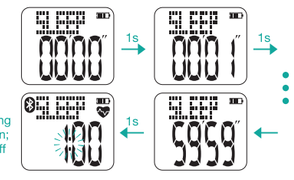



-During alarming, press any key stop the alarm.

※ The goal alarm will not reoccur within one day once it has been reached. The user will need to wait until the goal is achieved the next day for the goal alarm to sound once again.

## 10 Sleep Tracker Mode

-In activity mode, press and hold ▲/CHK >3 seconds to enter the sleep tracker mode.




-Sleep tracker timer will start to count the asleep period.

-Monitor: Light sleep, Deep sleep, Awake status

-When wake up, press and hold the ▲/CHK >3 seconds to stop the sleep tracker mode.

-When exit the sleep tracker mode, it will return to activity mode.

Read more >>>

## 11 Silent Alarm

-Within the sleep tracker mode, the wake up alarm (silent alarm) function can be set up via the APP after connection with the device. At the alarm time, the APP will send the alarm to the device via the Bluetooth connection.

-When the alarm goes on, the BLE will vibrate itself.

-During alarming, press any key stop the alarm (No more vibrate until next day)

## 12 Bluetooth Connention Mode

1). Download and install [MyWay Fit] , open the APP:

MyWay Fit

2). On the Homepage, click the bottom left corner icon ⚙ to go to the settings page in order to pair the device.

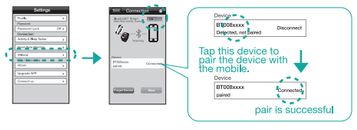
3). On the settings page, tap the X-band in the Connection field to go to the X-band connection page.

4). On the connection page, swipe the Bluetooth slide to [ on ].

5). On the device(In activity mode), press ᛒ/▼ > 3s to turn on the Bluetooth connection.

6). If the APP finds the device, it will show on the APP. Tap this device to pair the device with the mobile.

7). If pair is successful, it will show status as "Connected" on the APP.




6). On the Homepage, click [ X-Band ] icon to enter activity & Sleep tracker APP.

X-Band

※ Activity Tracker

※ Sleep Tracker

7). Disconnect the connection ( A or B )
A-When there is no Bluetooth connection for 3 minutes, the device will disconnect automatically.
B-During Connected, press to disconnect the connection and turn off the Bluetooth.

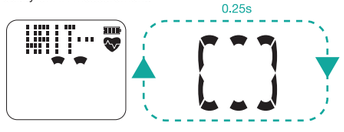
## 13 Data Synchronization

1.) When the device is paired, pressing any key on the device will automatically pair the device with the APP.

2.)After connection, the refresh icon on the top right corner will change from grey to red. Tap the refresh icon to synchronize the data between the device and APP.

## 14 Heart Rate Monitor Mode

-In activity mode, press and hold ENTER / ♥ >3 seconds to enter heart rate monitor mode, HR is waiting to check the ability of HR measurement.




※ Bluetooth will be turned on automatically for connection, and then transmit the Heart Rate data.

A). Fail for HR Measurement
-If the measurement is not able to measure, an error message "TRY AGAIN" for 3 seconds will be shown on the screen below:

-Then, it returns to activity mode.
-Press and hold ENTER / ♥ >3 seconds to enter heart rate monitor mode again.

B). Succeed for HR Measurement
If the measurement is successful to measure heart rate, a "READY" will be shown on the display, it is ready for HR measurement.

## 15 Connect Heart Rate Monitor to APP

1). On the Homepage, click the bottom left corner icon ⚙ to connect the Heart Rate Monitor first.

2). On the settings page, tap the Heart Rate Monitor in the Connection field to go to the Heart Rate Monitor connection page.

3). On the connection page, swipe the Bluetooth slide to [ on ].

4). On the device(In HR mode), press ᛒ/▼ > 3s to turn on the Bluetooth connection.

5). If the APP finds the device, it will show on the APP. Tap this device to pair the device with the mobile.

6). If pair is successful, the status will show as "Connected" on the APP.

背面

6). In Homepage, click [ Heart Rate ] icon to enter activity & Sleep tracker APP.

Heart Rate

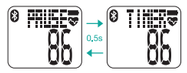
※ Heart Rate

## 16 Start the HR Measurement Timer

-Press ENTER / ♥ to start the HR measurement timer. The timer will display the count for the first three seconds, then revert to heart rate display as shown below:

## 17 Pause the HR Measurement Timer

-During measurement, press ENTER / ♥ to pause the timer.

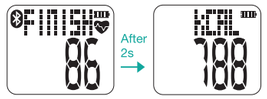



-Press ENTER / ♥ to resume the timer.

※ The heart rate measurement and BLE are still operational.

## 18 Stop the HR Measurement Timer

-During measurement, press and hold ENTER / ♥ >3s to finish the HR measurement, and return to the activity mode (Daily calories display mode)




※ The Bluetooth connection will be disconnected and closed when exit to the HR mode

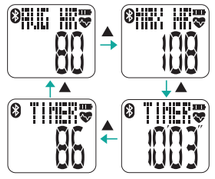
## 19 Heart Rate Zone Indicator

-During HR measurement, heart rate zone LED indicator (different color) will be on which represents the user's heart rate zone.

## 20 Display HR Mode Sequence

-press and hold ENTER / ♥ to enter HR Measurement Timer.
-In HR mode, press ▲/CHK to change the display of HR measurement data.
-The sequence of the HR display mode are below:

Average HR → Max. HR → Timer → Current HR



※ Within any mode displayed, if no key is pressed within five seconds, the device will return to the current HR display mode.

**FCC Statement**
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 off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

—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.

**FCC Statement**
This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. 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.

**Caution!**

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.