

BT016-EN IM REV4 ( 420 x 70mm )

1、纸张：127克双铜

2、2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。



X-Band HR - BT016

## QUICK START GUIDE

Full version operation manual is available upon request.  
Please send email to: [reac@reac.com.hk](mailto:reac@reac.com.hk)



MyWay Fit



Download on the App Store

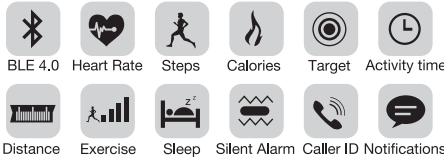
Compatibility:  
Required iOS 6 or above



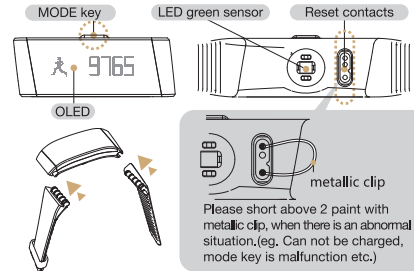
GET IT ON Google play

Compatibility:  
Required Android 4.3 or above + Bluetooth 4.0

### 1 Features



### 2 Operations

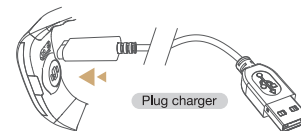


### 3 Low Battery Indicator

- When the battery is low, the low battery indicator will be shown on the clock display. Charged the tracker in order to avoid lost data.

※ To charge the battery of device before using it at the first time.

### 4 Charging the Battery



### 5 Initialize the Device

-Under the idle mode, press and hold MODE key for 3s or above. The display will show the “Let’s Go” and then it will entry to the activity mode.

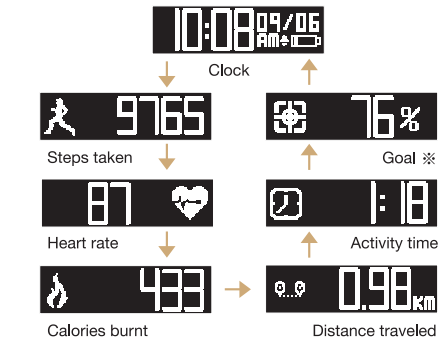
Let’s Go

### 6 Activity Mode

-Measure motion pattern to determine automatically the daily step taken, daily distance traveled, daily active time and daily calories burnt.

-Step, Calories, Active time, distance traveled, are recorded in summary in 30 days, and in detailed for most recent 7 days.

### 7 Display Mode Sequence



※ Daily goal default target is nil, goal mode is skipped;  
Once target is set by APP, the goal mode will be enable.

Read more >>>



RoHS  
compliant  
2002/95/EC

CE



正面

### 8 Heart Rate Measurement

-Press MODE key until display the heart rate mode. Initially, the heart rate meaurment is default off, and the display is shown below:



-Press MODE key >3s, it will display the “Finding” to turn on the optical heart rate sensor.



-If there is no heart rate signal detected, “- - -” is flashing 2 times, and then display on the display shown below:



-If there is heart rate signal detected, the heart rate icon will be flashing. When the reading is stable, the heart rate reading will be displayed on the screen.



-Press and hold the MODE>3s to exit the heart,



Press and hold the  
MODE key>3s

0.5s

### 9 Exercise Mode

-In any mode (except HR mode), press and hold MODE >3s enter to Exercise mode.

-Press MODE to change the modes inside the Exercse mode.

-During in display “Pause?”, press and hold MODE>3s to temporily pasue the exercise tracking

-During in display “Resume?”, press and hold MODE>3s to resume the exercise tracking and go to display timer mode.



※ Apart from the display in “Pause” or “Resume”, press and hold MODE>3s, will finish the exercise tracking and exit to the normal activity mode. (Real time clock mode display)

### 10 Auto Sleep Tracker

-In background, the tracker will check the movement to determine the sleep time and wake up time, also determine the sleep status during sleep.

### 11 Silent Alarm

-Silent Alarm When the alarm is set, an alarm bell icon is shown on the real time clock mode.

-When the alarm goes off, the tracker will vibrate with below vibration pattern, and display will be on for 10s.

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

-If alarm is finished and no key pressed during alarm, there is a 10 minutes snooze function. After 10 minutes, the alarm starts again.



### 12 Target goal

-TARGET GOAL --- Target source Step, Distance, Calories, Activity time.

-Press the key to view goal status.When target is disabled, the display will not show target goal display.

-When daily goal is achieved, the vibrator is on for 5s and Goal achieve celebration message flashes for 10s to celebrate you to achieve the goal.



### 13 Bluetooth Connection Mode

1). When the device is active, it will be auto broadcast the signal for BLE connection periodically.



MyWay Fit



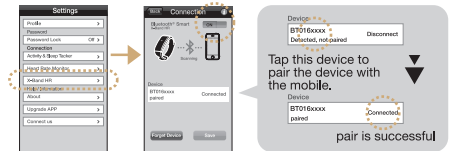
2). User can use the smartphone though the APP-MyWay Fit to search this device and connection.

3). On the settings page, tap the X-Band HR in the Connection field.

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

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, it will show status as “Connected” on the APP.



### 14 Data Synchronization

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

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

### 15 Caller ID & Notifications

-When the BLE is connected, it can do an incoming call/ message reminder.

-If the incoming call / message arrives, it will vibrate and display incoming call or message on the display for 3s.



Incoming call



Incoming message

※ The character will be scrolling from right to left when name or phone nos. cannot be shown for whole display.

#### 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 equipmentoff 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.  
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.

**Canada Statement**  
This device complies with Industry Canada's licence-exempt RSSs.

Operation is subject to the following two conditions:

(1) This device may not cause interference; and  
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) L'appareil ne doit pas produire de brouillage;  
(2) L'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

The device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS-102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

Le dispositif rencontre l'exemption des limites courantes d'évaluation dans la section 2.5 de RSS 102 et la conformité à l'exposition de RSS-102 rf, utilisateurs peut obtenir l'information canadienne sur l'exposition et la conformité de rf.