

PAIRING: FROM SETTINGS

Charge the device to full for an hour.

Ensure Bluetooth is ON in your phone settings.

In the app, go to Settings>Pair a New Device

Go to the Time screen, then tap twice on the right side of the device screen to get a 4-digit pairing code.

Place the device close to your phone/tablet, and tap "Scan" in the app.

On the device list, select the popup box with the 4-digit number that matches the pairing code on your device.

To upload your device data, go to the Home screen and tap the sync icon on the top-right corner.

BAND DISPLAY

Time mode. Device is connected with phone

Time mode. Device is not connected with phone

4-digit pairing code

Overall steps

Overall distance

Calories burned

Device is charging

Battery is full

When battery is below 10%, tap and only get this screen.

Firmware updating

Charge to use

Exercise mode

Exercise mode: Recording

Exercise result

SOS ?

Send SOS message? (tap to confirm)

\*SOS function only available for Android

SOS

Connecting with phone to send SOS message

SOS

SOS message sent

Weather report from the paired smartphone: the lowest/highest temperature of the day, current temperature, and humidity

POP-UP NOTIFICATION

Reconnecting/Sync

Missed call

Alarm

Task

Move alert

Battery is low

Goal achieved

Incoming call (iOS, Android unknown number)

Incoming call (iOS, Android unknown number)

SENDING SOS MESSAGE\*ONLY AVAILABLE FOR ANDROID. AND SOS FUNCTION ONLY CAN BE ACTIVATED ON TIME MODE AND STANDBY MODE ON DEVICE

SOS function is off by default.

To use the SOS function, turn on the SOS switch in the app settings. For your GPS location to be included in the SOS message, turn on Location Services in your phone settings.

Before you can use the SOS function, the emergency contact information must be filled out. Go to: Settings>SOS>Emergency Contact

To send the SOS message to your emergency contact, the device has to be connected with the phone.

Press and hold for 7 secs

On time mode or standby mode, press and hold the right side of the device screen for 7 seconds to activate SOS.

SOS ?

Tap once to send

SOS screen flashes while attempting to connect with the phone

If the device is disconnected from the phone, the SOS screen will flash (up to 30 mins) until connected so the message can be sent. During the 30 minutes, even when users switch to other modes, the SOS message will still be sent once the device is connected to phone.

If 30 minutes have elapsed without phone connection, the unsent message will be cancelled.

After the SOS message is sent, this screen stays for 10 secs

After the app confirms that the SOS message has been sent, this screen will be displayed for 10 seconds.

DEFAULT SLEEP TRACKING

EDIT SLEEP ENTRY

BATTERY STATUS/ FIRMWARE VERSION NUMBER

IMPORTANT

The default sleep start time is 11PM and sleep wake time is 7AM. The sleep entry follows the preset time will be automatically generated everyday.

To edit the sleep start time and wake time, please go to: Settings>Me>Profile>Sleep Preference

If your actual sleep ends up didn't follow the preset time, you can always edit the sleep entry in app manually.

To edit the sleep entry, go to Trends>Sleep and tap "Edit". You can delete sleep entries by tapping "X". You can not delete when there is only one entry left per day.

Go to the Time screen, then tap twice on the right side of the device screen, then you can see battery status. From battery status, you may switch to check firmware version number.

- After recharging an out-of-power battery, remember to sync your device with the app. Otherwise your device will not register new data.

- If firmware update is disrupted (for example, the band is disconnected from the phone or the phone battery is out of power), the device will display the screen below until firmware is updated again successfully.

- The specifications of the products and the contents of the manual are subject to change without prior notice. The latest user manual is available on nyftii.com.

- Activity data and background heart rate data (if Auto Heart Rate Measurement is ON) can be stored up to 2 weeks in your device.

AUTO-HEART RATE MEASUREMENT

EXERCISEMODE

WEATHER MODE

By default Auto heart rate measurement is off. You may turn it on by going to: Settings>Heart Rate Measurement>Auto Measurement

When it is on, your heart rate is tracked every 10 minutes in the background automatically.

To view your pulse history, just go to: Trend>HRM

By default Exercise mode is off. You may turn it on by going to: Settings>Exercise mode

Up to 40 exercise entries (each within 30 mins) or 1 entry up to 20 hours can be stored on your device. The number of entries can be stored will be varied based on the exercise duration. We recommend you to upload your exercise data to app whenever you finish exercising.

To upload your device data, go to the Home screen and tap the sync icon on the top-right corner.

To view your exercise session in app, go to: Measure>Exercise

By default Weather mode is off. You may turn it on by going to: Settings>Weather mode

HRV MEASUREMENT

PWTT MEASUREMENT

**Step 1**  
To record ECG waveform in app, the two conditions need to be met before you start on-wrist HRV measurement:  
1. The device is connected to the phone  
2. In app, go to Measure>HRV, tap "Start Measuring" button

**Step 2**  
Start on-wrist HRV measurement

If you did step 1 then step 2, your latest HRV measurement will be shown here: Measure>HRV

You may use the device alone (without phone/app) to take on-wrist HRV measurement, however your ECG waveform can not be recorded.

Tip  
The 20 newest HRV measurements will be saved on the device, so remember to sync with the app if you want to keep them in app.

To upload your device data, go to the Home screen and tap the sync icon on the top-right corner.

For now, iOS can't get ECG waveform. So iOS user can skip Step 1.

**Step 1**  
To record ECG waveform in app, the two conditions need to be met before you start on-wrist PWTT measurement:  
1. The device is connected to the phone  
2. In app, go to Measure>PWTT, tap "Start Measuring" button

**Step 2**  
Start on-wrist PWTT measurement

If you did step 1 then step 2, your latest PWTT measurement will be shown here: Measure>PWTT

You may use the device alone (without phone/app) to take on-wrist PWTT measurement, however your ECG waveform can not be recorded.

Tip  
The 20 newest PWTT measurements will be saved on the device, so remember to sync with the app if you want to keep them in app.

To upload your device data, go to the Home screen and tap the sync icon on the top-right corner.

For now, iOS can't get ECG waveform. So iOS user can skip Step 1.

DISCLAIMER

APP DOWNLOAD SPOTS

- You need to carefully consider the risks involved before and when using Nyftii products and services. You understand and agree that the use of Nyftii products and services is at your own risk.

- Nyftii products and services are not to be considered as a replacement for ordinary means to contact emergency services, such as fixed line telephone or mobile phone.

- If you are in immediate danger, suffering from a medical emergency or are the victim of a crime, please call appropriate authorities and do not rely on Nyftii products and services.

- Nyftii is not responsible for any content you transmit or receive using the Nyftii products and services. All content posted on, transmitted through or linked from the Nyftii application are the sole responsibility of the person or organization from which the content originated.

- Even if your device, mobile device and the Nyftii application have connectivity, the Nyftii application does not guarantee and has no control over whether your messages will be delivered in real-time, promptly accessed by or responded to by any recipient.

- Nyftii will not be held liable for the accurateness, correctness or completeness of the emergency contact information in the Nyftii application. It is solely the responsibility of the user to maintain the information.

- Always seek the advice of a qualified medical professional before you use Nyftii products to ensure that using the Nyftii products will not negatively affect your health.

- 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.

- Nyftii products are not medical devices. By using Nyftii products and services, you understand and agree that the data provided by the products and the products itself are not intended to be utilized for medical purposes nor be relied upon as medical advice on physical activity. They should not be utilized to diagnose, treat, cure or prevent any diseases or medical conditions.

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- Nyftii may amend, modify, supplement and / or terminate any of the services provided by Nyftii at any time without notice.

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#### 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

#### RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.