

iHealth[®] Pulse

Wireless Heart Rate,
Activity and Sleep Tracker



QUICK START GUIDE

Thanks for choosing our device, please read
the user guide carefully before using

Setting

Use App on iOS or Android smart phone to set the wristband as follows:

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



iOS 8.0 & Above



Android 4.4 & Above



Support *Bluetooth* 4.0

1、 Product activation and installation

The product must be activated by charging before initial use, and then charge the product to ensure normal power supply. The hand ring will automatically power on.

Take out: Pull open the strap and take out the bracelet body



Charge the battery: Insert the chip-mounted end of the bracelet body into the USB interface to activate the product by charging (be cautious not to 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.



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



2、 Touch key

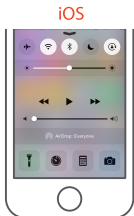


Single click the touch key:
Interface switch
Press and hold the touch key:
Enter

If you received your iHealth Pulse as a part of a healthcare maintenance program, please consult your physician or provider prior to or during use. Otherwise, follow the necessary steps to download and utilize the iHealth Pulse with the app available in the Google Play or Apple iTunes stores.

3、 Bluetooth Settings

Swipe up the Control Center and turn on Bluetooth



Swipe down the Quick Settings and turn on *Bluetooth*

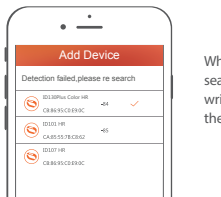


4、Download App

Search and download

Search and download "App" from the Apple Store or Android App store.

5、 Make sure the Bluetooth of smart phone is ON, open app and create a new account.



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

Know your Device

1、 Wearing Method

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

2、 Heart Rate Monitoring

To monitor Heart Rate more accurately, please wear the device on the upper position of your wrist and a bit tighter than usual when you are taking exercise.

3、Heart Rate Monitoring

Automatic heart rate Monitoring is ON as default, monitor Heart Rate all the day automatically.

4、Interface

Click the touch key to display successively



Time



Data Mode



Heart Rate
Mode



Alarm Clock
Mode



Sports Mode

Function Introduction

1.1 Time Mode



Instructions

Time dial can be switched as follows:

APP Devices Mode>More

[Click the touch key] to enter the next mode:

Data Mode

(you can customize the shortcut through the app)

1.2 Data Mode



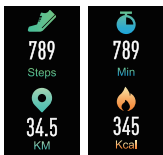
[Click the touch key] to enter the next mode:

Heart Rate Mode

[Press and hold the touch key for 2s]

to enter the sub-mode of " Data Reading "

1.2.1 Data Reading Sub-Mode



[Click the touch key] to enter the next sub-mode

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

1.3 Heart Rate Mode




Before Data
Is Displayed



After Data
Is Displayed



Change in 0.5s

Note: Upon staying at the Heart Rate interface for 1s, start to monitor the heart rate, and a fig. like  is displayed before the correct data is monitored, and upon the correct data being monitored, data is displayed. [Click the touch key] to enter the next mode: Alarm Clock Mode

1.4 Alarm Clock Mode



Note: Alarm clock function should be turned on in App for the alarm clock to be displayed.



[Click the touch key] to enter the next mode:

Sports Mode

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

1.5 Sports Mode



[Press and hold the touch key for 2s] to enter the Sports Mode

[Click the touch key] to enter the next sports mode; and in case there are no other sports modes, it will go back to the time mode.

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

1.5.1 Sports Start Mode



After the countdown interface of 3-2-1-GO is the sports underway mode.

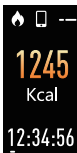
1.5.2 Sports Underway Mode



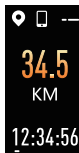
Heart Rate



Steps



Calories



Distance



Pace/Speed



Average pace



Time

[Click the touch key] to enter the next sub-mode of "Sports Underway"[Press and hold the touch key for 2s] to enter any interface of Data Reading, press and hold 2s to exit the sports mode.

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

1.5.3 Sports Stop Mode

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



[Click the touch key] to enter the main interface of sports mode (the data reading interface of sports data display mode is not displayed)

2) If the sports last more than 1 minute, the Sports End Reminder will be displayed



[Click the touch key] to enter the sports data display mode

3) Sports data display mode



Step, Distance



Duration, Calories



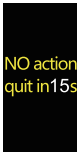
Pace, Heart Rate

[Click the touch key] to enter the next sports data display mode, and the single click of the final interface will go back to the first interface of sports mode.

1.5.4 Event Reminder in Sports Mode

1) Reminder of exiting from sports mode upon a period of no activity

[Click the touch key] to remove the reminder of automatic quitting from sports mode.



Note

1. If there is no any activity in a period (15 minutes), reminder will be displayed 15s before it stop.
2. New activities will remove the reminder of automatic quitting from the sports mode.
3. If there are no any new operations before the end of the countdown of automatic quitting from the sports mode, it will exit from the sports mode.



2) Reminder of full-ram force quit

[Click the touch key] to confirm the full-ram Force Quit

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

3) Reminder of force quit for low-battery

[Click 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 of force quit from the sports mode.



4) Reminder of inaccessible sport mode for low-battery

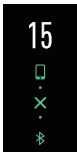


[Click the touch key] to accept the inaccessible sports mode for low-battery.

Note: The reminder will occur when a user tried to start the sports mode with the battery of device is in low.

1.5.5 Abnormal operations during activity

The reminder will be available soon



[Click the touch key] to quit from the reminder waiting mode