

FOREVER

MANUAL
SMART BRACELET
SB-310 **V2**





Thank you for purchasing a product by Forever. Before use, please refer to the User's manual, and save it for future reference. Do not disassemble the device on your own – all repairs should be done by a service technician. Use only original parts and accessories provided by the manufacturer. The device should not be exposed directly to water, moisture, sunlight, fire or other heat sources. We hope that the product by Forever fulfills your expectations.

Introduction



Before first use, remove the device from the package and charge it using the cable included in the set. The device will turn on automatically. Time and date will be set automatically after connecting with a phone.

Note:

1. Make sure that the pins of the charging cable are properly connected with the pins on the back of the bracelet during charging.
2. To activate the bracelet, press and hold the touch button on the front. The device will be activated and the timer screen will be set as the default one.

Connecting with the application

Find "HitFit Pro" application in "APP Store" / Google Play, and then download and install it. When activating the application, select SB-310 to establish connection.

The application is compatible with the following systems: iOS 8.0 and later and Android 5.0 and later.



Time and date



Steps



Calories



Distance



Heart rate monitor



Blood pressure



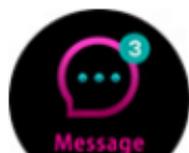
Sleep monitor



Sport



Stopwatch



Message



Find phone



Theme



Screen brightness



Activate the device

Control

Switching between particular functions is done by pressing the touch button shortly. Functions are selected by pressing and holding the same button.

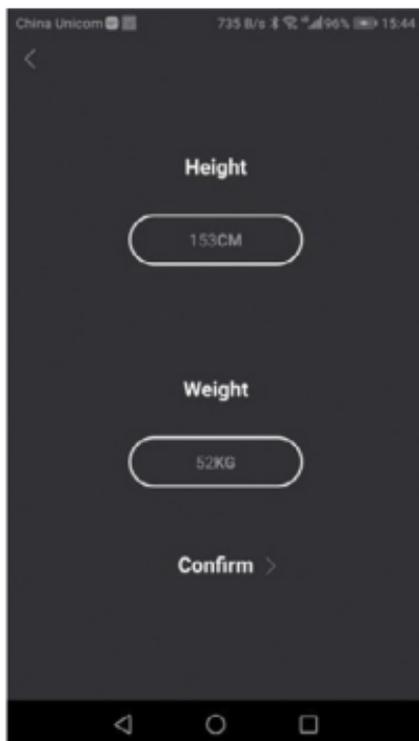
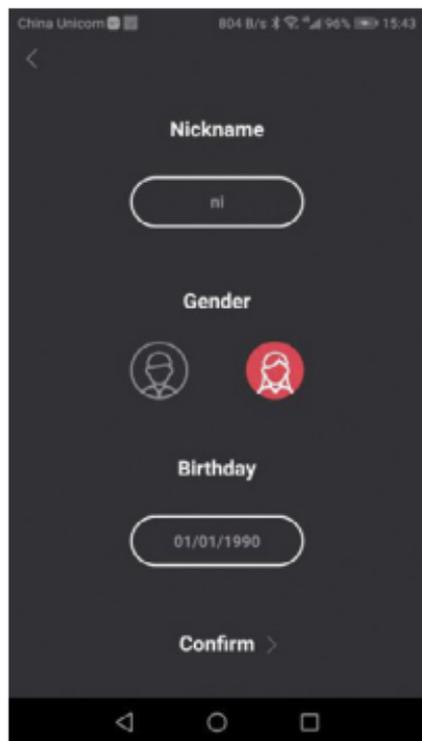
Functions

Steps	Number of steps done in a given day. Steps are also visible in the application after connection and synchronization.
Calories	Number of calories burnt in a given day. Burnt calories are also visible in the application after connection and synchronization.
Distance	The total distance covered in a given day calculated based on made steps. The distance is also visible in the application after connection and synchronization.
Heart rate monitor	<ol style="list-style-type: none"> 1. Switch to this icon. Heart rate measurement will start after one second. The sensor located on the back of the device will activate green measuring LEDs, allowing to obtain measurement; 2. During measurement, the displayed parameter will change in real time, and after 40 seconds it will be stopped and averaged, showing the final result of the measurement.
Blood pressure	<p>The method of measurement is the same as in case of the heart rate monitor.</p> <p>Note: do not move during the measurement. Do not change the measurement screen, because it will be automatically stopped.</p>
Sleep monitoring	Without any settings, after 21:30, when the user goes to sleep, the device switches to the sleep measurement mode automatically. After the user wakes up the next day and gets up from bed, the device will show the obtained sleep measurement. The user may check the collected data using the application after establishing connection and carrying out synchronization.

Sport	The sport function allows to select one of the available sports, such as: walking, running, climbing, football, badminton, horse riding, table tennis, basketball and swimming. Select a sport and the measurement will start automatically.
Stopwatch	Stopwatch function. Press and hold a button to switch to the measurement screen, press the button to start the measurement of stop it.
Messages	The function allows to read the recently obtained messages.
Find phone	The function allows to find the phone. Press and hold the button to call up the phone. The phone will vibrate and ring. Note: Make sure that Bluetooth connection is active.
Theme	Select the theme of your choice.
Bright	Select appropriate display brightness level.
Turn off	Hold and confirm in order to deactivate the device.
Turn on	When the device is turned off, press and hold the screen button for 5 seconds; when the screen activates, it means that the device is turned on.

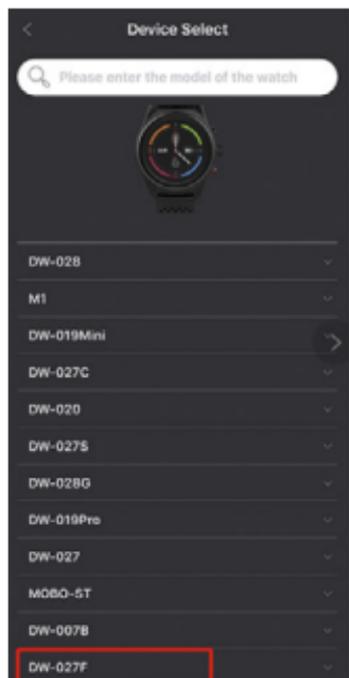
User data setting

After installing the application, enter settings and click profile to set the user data. Enter your body parameters that are necessary to obtain correct measurements.



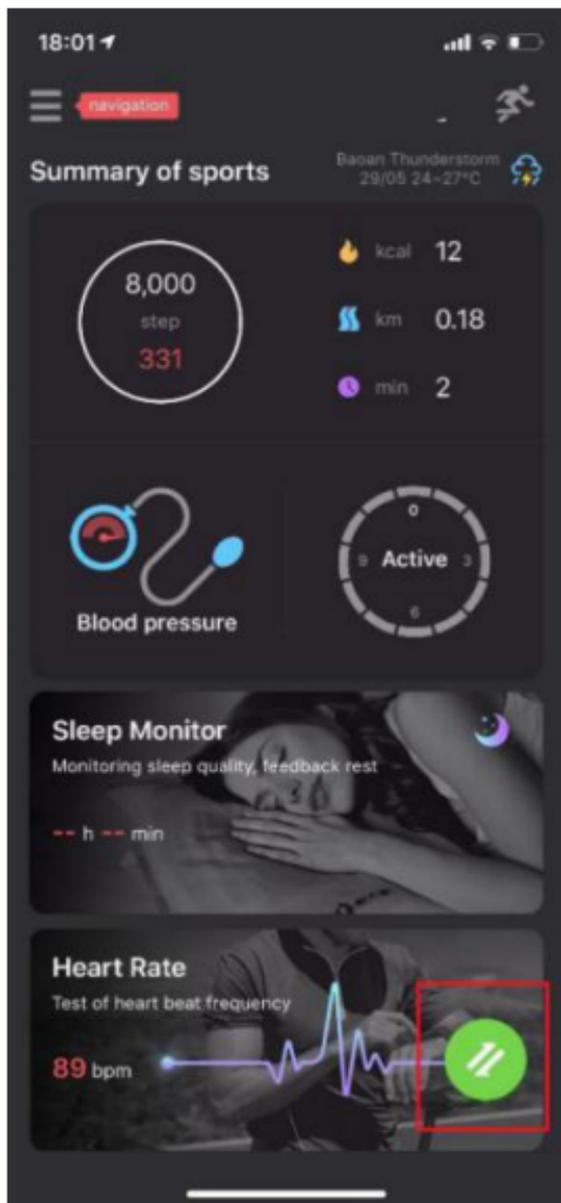
Connecting the bracelet with the application

1. Activate Bluetooth in your phone.
2. Open side menu and click the device button. Select SB-310 to establish connection.
3. To connect with iPhone, you have to accept Bluetooth connection



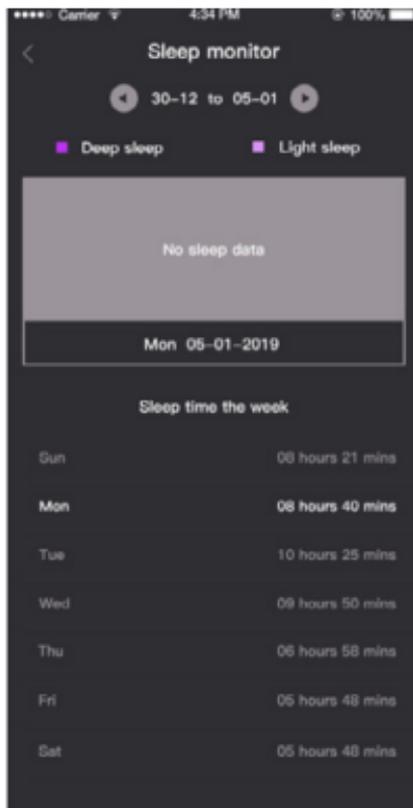
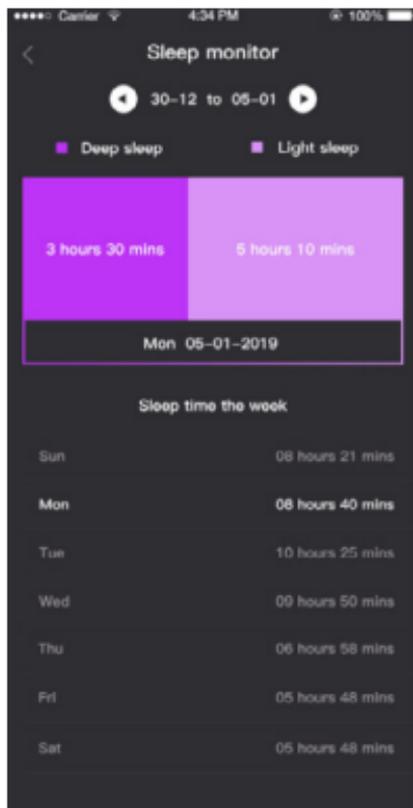
Data synchronization

The device will automatically synchronize collected data after connecting with the application. The data include steps, calories, distance, time and date, heart rate measurement, and sport. You may also carry out synchronization manually by clicking the button as shown below.



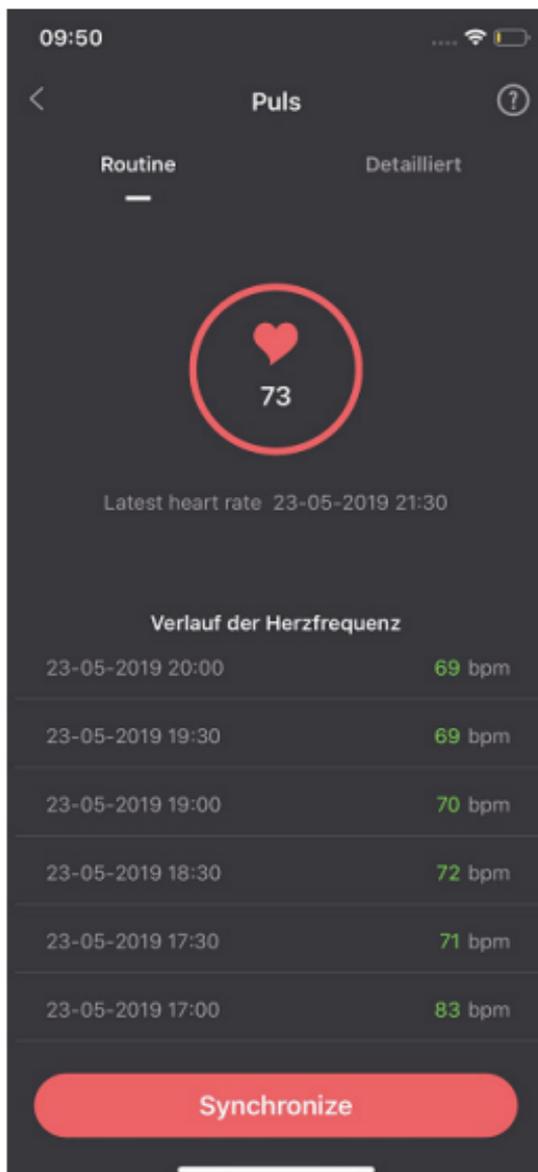
Sleep monitoring

To carry out sleep measurement, put the device on when you go to sleep. The bracelet will automatically carry out a measurement and a sleep quality analysis based on your natural movements.



Heart rate and blood pressure measurement

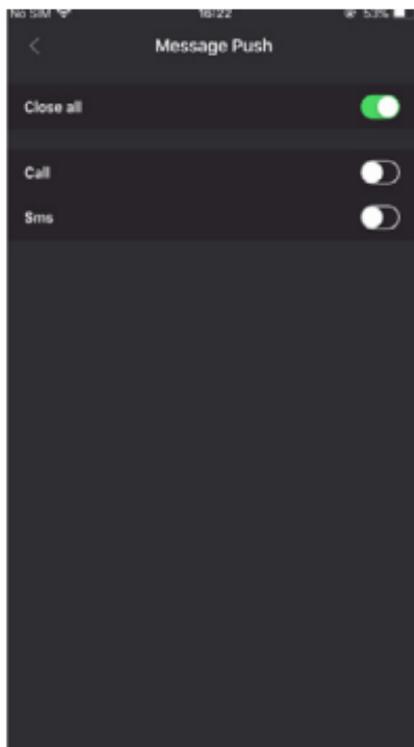
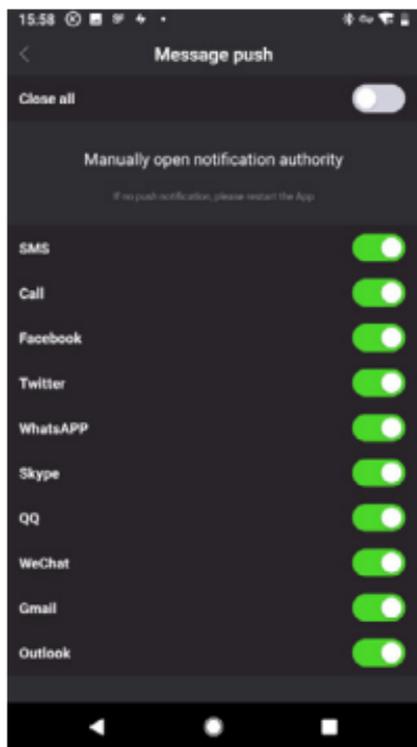
Carry out heart rate and blood pressure measurements and analyze collected data in the application after carrying out synchronization. You may set automatic measurements or carry them out manually.



10.

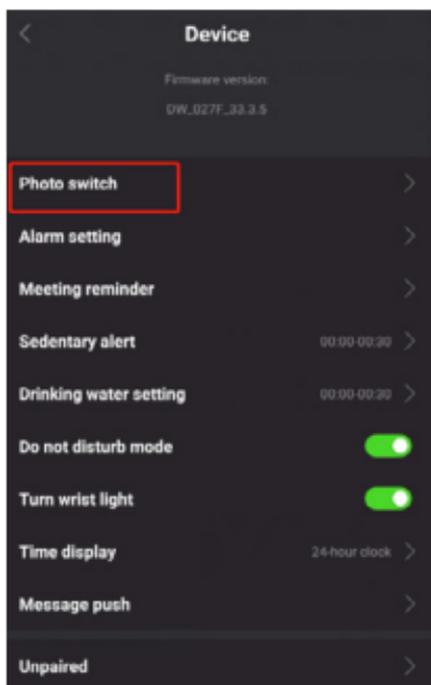
Notification about calls and messages

After connecting the bracelet with a mobile phone, enter the notifications page, activate calls and selected messages, and the bracelet will inform you about it via vibrations.



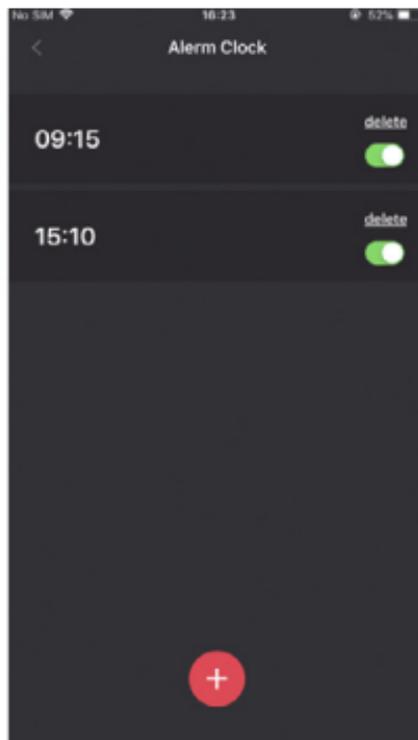
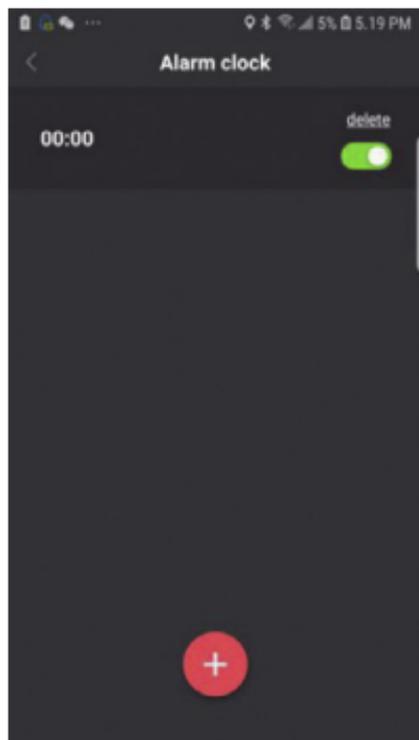
Camera control

After establishing connection with the phone, go to the side menu -> click device -> take a photo. Activate the phone camera and press the touch button of the device to take a photo.



Alarm clock settings

Select the time of activation of the alarm clock. The device will vibrate.

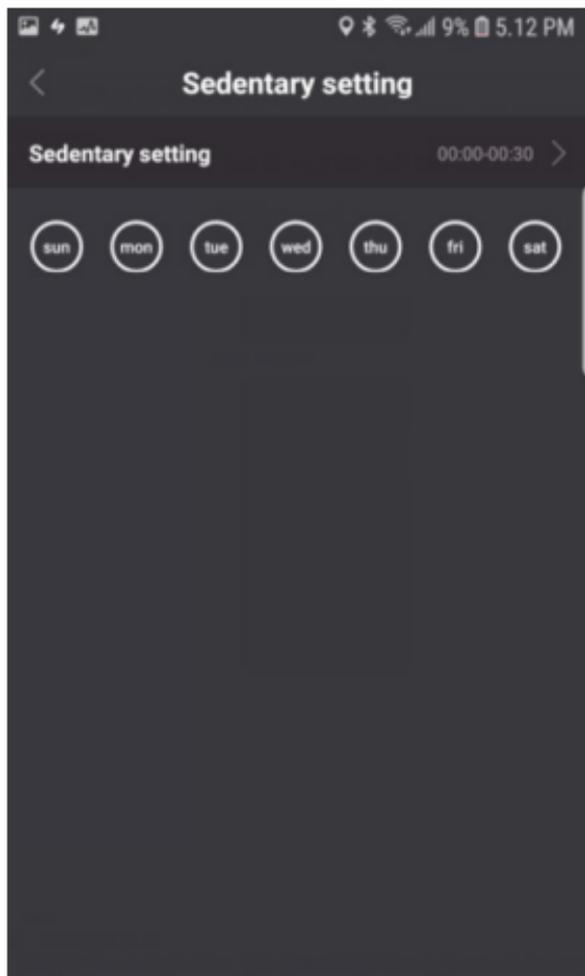


Hydration reminder

After connecting a phone, enter the notifications page to activate the switch of the hydration reminder and set the interval.

Lack of activity reminder

After connecting the watch with the phone, enter the notifications page and activate the lack of activity reminder mode. Set the start and end time of the notification. If the user is not active for 1 hour, the device vibrates to remind the user.



Opinions

The application settings include "opinions" section. You may send us your suggestions and inform us about problems associated with use of the device at any time to allow us to continue to improve. Attach a screenshot below.

Feedback

Details

Please describe the problem you encountered.

E-mail

Please leave your mail address.

Confirm

Sharing

Collected data related to sport may be shared in Strava, Google Fit and Apple Health applications. This function is located in details of a given activity.

Specification

- Waterproofness: IP67
- Battery: 105 mAh
- Bluetooth: 4.0
- Charging time: 2 hours
- Recommended operating temperature: -10°C ~ 50°C

Note

- Protect the device from contact with chemicals.
- Keep the device away from strong magnetic fields.
- Do not use the bracelet when taking a shower (the temperature may not exceed 35°C)
- Do not repair the device on your own
- Do not throw the device into fire

Safety warning

Follow the physician's recommendations to specify your treatment. People with blood circulation problems and/or blood diseases should stay under supervision of a physician. Results of measurements of this product may be used only for information purposes, and they may not be used for medical purposes or as a basis of treatment.

TelForceOne S.A. declares that the product is compatible with requirements and other relevant provisions of the 2014/53/UE directive. You can download the declaration of product on website <https://sklep.telforceone.pl/en-gb/>

www.forever.eu

