# MAREA
## SMART

# Smart Bracelet B57003
## User Manual

# Welcome to use smart bracelet, the high-performance wrist-band smart bracelet will create an intimate gym experience for you.

## Maintenance

1.Please be reminded of the tips below in bracelet maintenance:
- Clean the bracelet regularly, especially the inner side of it, keep it dry.
- Adjust the tightness of bracelet to ensure aeration.
- Excessive skincare product is undesirable on wrist with a bracelet on.
- Please cease wearing in case of skin allergy or any discomfort.
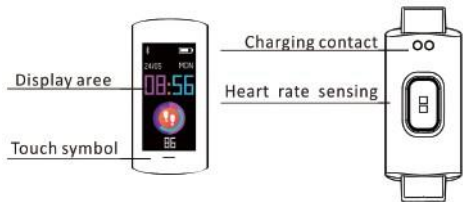
## Charging of Barcelet

1.Align the ejector pin of the charging clamp with the metal piece on the back of the device body
2.And it will display charging on the screen

# Downloading and Binding of Bracelet APP

1. Schematic diagram of main body of bracelet

Charging contact

Display aree

Heart rate sensing

Touch symbol

2. Power-on
Long-press the touch key for 3s or plug in a charger for charging.

3. Download and Install APP
1>.Scan QR code with mobile phone and download APP.
2>.For IOS system, select APP store; for Android system, it allows to select 360 Assistant or Application Treasure to download and install JYouPro.

JYouPro

## 4. Bind Bracelet

1. Click the "Device" in mobile APPs.

2. Click to bind "Scan Device"





Requirements for binding device: 1. The device to be bound is in normal activated state 2. Make sure that the mobile phone's Bluetooth is enabled 3. The distance between the device and the mobile phone is within 10 meters

3. Click the ID consistent with the bracelet MAC.



4. The binding is successful.

# Brief Introduction to APP Functions

APP home page: record various kinds of current and historical movement data of movements, sleep, heart rate and blood pressure.
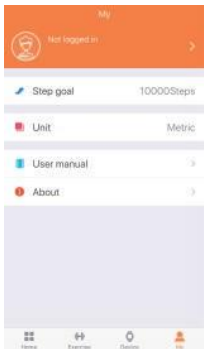
Movement mode: record the current and historical movement data of various modes of walking, running, biking and climbing.

Device: enable Bluetooth to search ID No. of your smart bracelet.
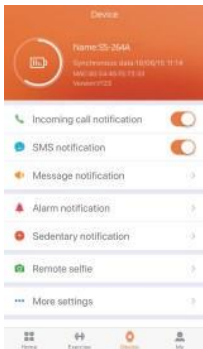
My status: available to set information relevant with your account number.

# Locking of Backstage Application

No need to set and lock backstage except that the backstage program is cleared off by hand for IOS system. For Android system, the APP backstage requires to be set and locked by hand as bracelet is unconnected from the mobile automatically with auto-cleaning of tasks in the backstage. Due to differences in software settings of varied brands, the setting is done as followings with reference to software of some branded mobile phone:

1.Launch APP, and click a key in the middle to go back to main interface.

2. Click Task key (Generally menu key, or long pressing Desktop key for calling) to call recent task management interface, that is, the application management interface running at the backstage.

3. Press the locked APP application icon, and pull it down for locking. At the same time, a lock head sign appears on the top right corner of the icon, indicating the locking is successful; or after pulling it down, click the Locking Task on the top left corner, indicating the locking is successful.

4. This application is not cleared off by using one-key clearing function in the backstage after locking, indicating APP program has been locked successful.
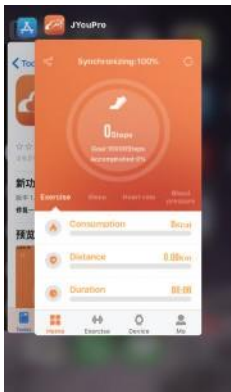
## Background running protection

1. IOS system, no need to set the background running protection.
2. Android system, as it's defaulted to close APP for smart limit to background running, the bracelet and the mobile phone will be automatically disconnected, requiring to conduct operation

configuration manually. As the routes setting is different with each branded software, select the Mobile Settings, find JYouPro App Management, open "Auto Start" and select "No Limit" for Power-saving Strategy, the following is to set by reference to a branded software of some mobile phone.
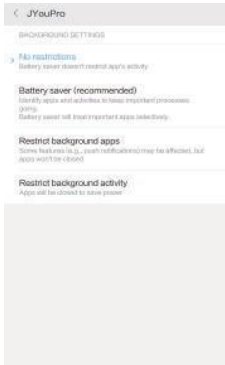
# Bracelet Function Interface

## 1.Start-up status

Click the touch sign for the menu interfaces switching of main screen, such as the following interfaces;



## 2. Introduction of main interface functions

Time, date, and the symbols of electricity quantity and successfully-connected Bluetooth on the mobile phone are synchronized when bracelet and APP are first paired and well connected.



Long-press the touch key for 3s on main interface, to switch the main interface into another menu, available in a circulating way in a total of various.

## 3. Counting of steps, distance and calories

The step-counting interface shows number of steps. Wear the bracelet on wrist, and count the

number of steps, walking distance and consumed calories automatically when the user is walking with arms swinging.

4. Movement

Long-press the touch key for 3s on the movement interface into the movement mode



Note: After entry into Sport Mode, the breathe light will change color with the heart rate figure, "green" represents heart rate figure for normal movement. "Blue" represents heart rate figure for mid-strength movement. "Red" represents heart rate figure for high-strength movement, when the heart rate increase will endanger health, so it's required to reduce the movement frequency in time

5. Heart rate monitoring

5.1 Click the touch area to switch to the heart rate monitoring interface, supporting real-time dynamic heart rate, so that the user can know the health data of him or herself. In the heart rate monitoring mode, the working time of bracelet is reduced.

Note: Dynamic heart rate data don't stop in monitoring on this interface, or otherwise quit from this interface.

5.2 The heart rate sensor shall be closely attached to skin and well contacted with skin in measurement of heart rate. The sensor light exposure in case of wearing bracelet too loosely can result in inaccurate measured figures. Don't look steadily at the green light of sensor which may cause eye irritation.

5.3 Measure the heart rate when keep sitting quietly and the body not moving though this device can measure heat rate in a real-time and dynamic way; otherwise, the time is delayed for measurement of heart rate, or no data can be measured. The user should not move until the bracelet measures the figure of heart rate when the data of real-time dynamic heart rates can be checked.

5.4 Measure heart rate after having a rest if there is a big difference in measured data. The average value obtained through five times of consecutive measurement is more accurate.

5.5 This device is used to measure heart rate in a real-time dynamic way. So the heart rate is varied with different conditions such as speaking, dining and drinking. It shall be subject to the actual case.

5.6 Be sure that there is no dirt at the bottom of the heart rate sensor when conduct measurement. Skin color, hair density, tattoo and scar may affect the accuracy of the measuring results, in which cases please re-measure the heart rate.

5.7 Measurement for a long time may cause heating of the device, in case of any comfort, please remove the device, don' t wear it until it becomes cool.

5.8 The chilled weather may affect your measuring result; please conduct the measurement in warm condition.

6. Message

Switch to the message interface, and long-press the touch area for 3s by finger to access the message content; click the touch area to switch to next piece of content; content includes the messages of incoming call and push from chat software. At most seven pieces of messages can be saved. When it is up to seven pieces, the messages displayed before can be substituted one after another.

## 7. Blood pressure

The blood pressure shall be measured in a quiet environment and at proper temperature. Have a rest for at least 5 minutes before measurement. Avoid nervous, anxious and exciting feelings; measure three times repeatedly at an interval of 2 minutes. Record the average value of readings measured three times.

## 8. Blood oxygen

Blood oxygen saturation (SpO2) is the percentage of the amount of Oxyhemoglobin (HbO2) which has been oxygenated in the blood and the total amount of hemoglobin (Hb, hemoglobin) which can be oxygenated. It means the concentration of oxygen in blood.

Note: The blood pressure and blood oxygen data are for reference only and should not be used as a basis in medical aspects.

## 9. Breathe light

Switch to the interface of breathe light, long-press the touch area for 3 seconds to enter the selection interface of breathe light color, single-click the touch area to switch the breathe light color, long-press the touch area for 3 seconds to confirm the color.

Introduction of the breathe light colors

1>. "All" , the three colors of tri-color light indicate three colors alternately.
2>. "Red" , the red color light alone displays with flickers.
3>. "Blue" , the blue color light alone displays with flickers.
4>. "Green" , the green color light alone displays with flickers.
5>. "Close" , the breathe light stop displaying with flickers.

Note: the breathe light displaying with flickers includes main menu switch and submenu interface switch

## 10.Settings

Long-press the "Settings" interface long into the following function interfaces:

### 10.1 Stopwatch

Switch to the stopwatch interface, and long-press the interface into the stopwatch function; click the touch area to start timing, and click the area again for suspending timing; long-press the area to quit the stopwatch function.

### 10.2 Find mobile phone

Switch to the Find Mobile Phone interface; shake the bracelet, and the mobile phone can make a ringtone synchronically.
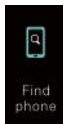
10.3 MAC address, used to indicate the hardware address of bracelet, is the only one sign of the bracelet. This MAC address can not be modified.If you use a cell phone to check the bracelet, you can only find the corresponding bracelet by checking the MAC number. The MAC address is used to identify the bracelet and connected to the mobile phone quickly.

10.4 Power-off
In the shutdown interface long press the touch area for more than 3 seconds to shut down.

10.5 Restoring factory settings
Long-press the touch area for over 3s, to start to clear off all messages in bracelet, and restore the defaulted factory setting.

# Frequently Asked Questions (FAQ)

1. Question: What can I do if the bracelet is not searched as prompted?

Answer: First, check the bracelet is energized or not;
Second, Put the bracelet near the mobile phone, and try connecting the bracelet.
If you are still unable to connect the bracelet by above operations, try switching off and on the mobile phone Bluetooth once, or restart the mobile phone.

2. Question: Is the Bluetooth not connected accidently?
Answer: 1>.The connecting time may be different each time as the signal is disturbed in Bluetooth wireless connection. If it is not connected for a long time, make sure your operation is done in the place where there is no disturbance of magnetic field or Bluetooth device.

2>. The mobile phone Bluetooth services become abnormal accidentally in re-starting up, so that the Bluetooth may not be connected.

3>. The mobile phone Bluetooth is connected normally when you restart the mobile phone.

3. Question: Why is there no vibration of the bracelet to remind me after setting the notification of incoming call?
Answer: First check the mobile phone Bluetooth is switched on and the bracelet is connected or not;

Second, check the bracelet APP is running (or backstage running) for Android and IOS systems.

Note: FLY memory cleaner and some keeper software may clean or intercept tasks, please add APP to the white list.

4. Question: Why does the bracelet give no prompt even if the message reminding of Wechat and QQ has been set?

Answer: The following requirements should be met for the message reminding of Wechat and QQ:

1>.The mobile phone is working in the sleeping and non-use mode, and the backstage tasks shall not been switched off;

2>. Both computer and mobile phone can't be used online at the same time;

3>. The bracelet is always connected with mobile phone, and the Bluetooth needs to be always in an open state;

4>. Open the permission management of the mobile phone, and set to allow the backstage to pop out of the interface.

Notes: The most upper menu can pop out the message when the mobile phone's message is coming, indicating the successful setting is completed. At the same time, the message is pushed to bracelet. If restarting the mobile phone, click the message prompt in Setting into the center, and find out JYouPro device's message notification; then re-open the option.

## 5. Question: Why does my heart rate measure fail?

Answer: Note to keep the user in a quiet status in measuring heart rate, and keep the bottom of bracelet closely attached to the arm without obvious gap. Don't wave arms during measurement.

## 6. Question: Why is the Bluetooth connecting icon blinking all the time?

Answer: User may encounter this problem. It mainly can prompt the users that the pushed message is not received if APP is not connected with bracelet. Launch APP to connect to bracelet, and the Bluetooth icon can be displayed normally.

## 7. Question: How are the data synchronized? How to deal with the case that the data is not synchronized?

Answer: 1>. Launch APP to connect and bind with the bracelet; 2>. Try the following methods if the data fails to be synchronized: Click "Download Data from Server" on APP "Setting" interface for data updating; if the trouble is not yet solved, re-connect the bracelet after switching off and on the mobile phone Bluetooth once.

 **Warning:**

Please consult your doctor before you take part in a new sport. The smart bracelet should not be used for medical purpose though it may monitor the real-time dynamic heart rate.