

Heart Rate Fitness Tracker

Manual



Congratulations on your new fitness tracker and thank you for choosing our device. Please read the user guide carefully before using.

Settings

Use the VeryFitPro app on iOS or Android smartphones to setup the wristband as follows:

System requirements:



iOS 7.1 & above



Android 4.4 & above

Supports Bluetooth 4.0 & above

1. App Downloading

Option 1:

Search and download the "VeryFitPro" app from the App Store or Google Play.

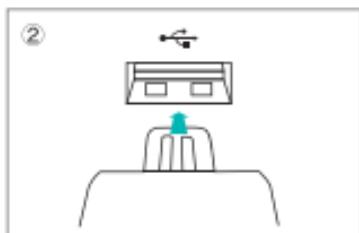
Option 2:

You can also use a QR-code scanner to scan the QR-code and open the link. (We recommend you copy and paste the link into your browser as some QR-code scanners may not directly open it).



2. Activating the device

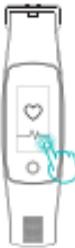
- ① Please pull out the band from the strap gently. To do this, you can pull down on the strap where it says 'OPEN' just below the device on the inside of the band.
- ② Connect the device to a USB charging port (5V/500mAh) and charge before initial use. Once connected, the current battery level will be displayed on the screen for a short time. To view the current battery level again, just gently tap the screen once.



3. Screen Operation



Sliding up or down on the screen switches between modes and wakes the screen up.



Single tap the screen to check data.

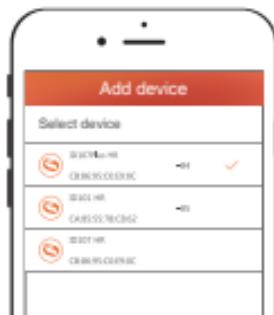


Touch key



Single tapping the touch key returns the device to the main interface or goes back to the previous screen.

4. Device Connection



Please make sure your smartphone's Bluetooth is ON, your band is active and the Bluetooth of the device is ON. Open the "VeryFitPro" app and go to—"Device"---"Bind Device". It will then show a list of devices, select your device (ID107Plus HR) and complete connecting

Know your device

1. How to Wear It

Wear the device on your wrist horizontally, about 2 cm from the carpal, the same way as you would wear a watch.

2. Heart Rate Monitoring

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

Note: The heart rate monitoring function is set to ON by default. If you do not want this function to continually monitor your heart rate, you can switch off manually in the settings of the device.

3. Operating Time

Continuously works for 7 days under normal conditions.

4. Various Interfaces



Screen protection interface



Main Interface



Multi-sport Mode



Take a Breath



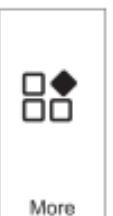
Message Alert



Weather

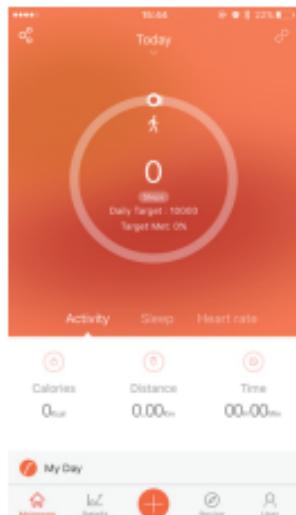


Music Control



Function Menu

5. App synchronization



Once the app and the device are successfully paired, the app will automatically sync with the device upon opening the app. For further synchronization within the app, pull down the main page of the app.

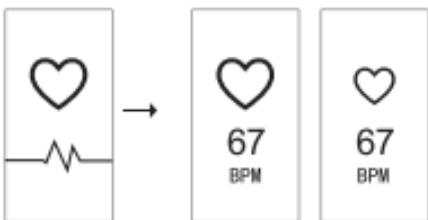
Essential Features

1. Activity Tracking



By tapping through on the main screen, the device will show you the Heart rate, Steps, Calorie Consumption, Distance covered and Workout duration.

Heart Rate Monitoring



Upon selecting the heart rate monitoring screen, it will show a 'data buffering' screen. After a few seconds it will show your heart rate. The heart rate monitor will update every 0.5 seconds.

2. Multi-sport Mode



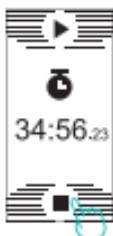
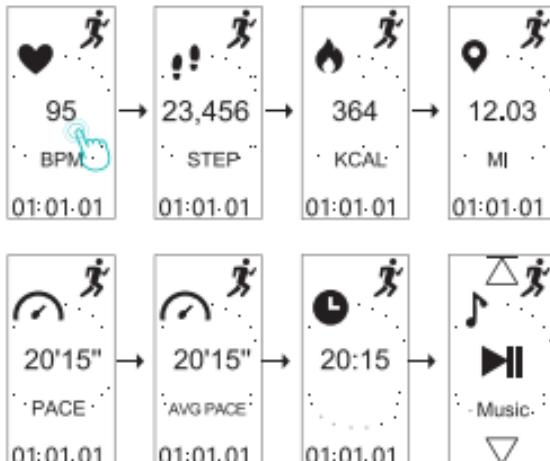
- ① Swipe up from the main screen to Multi-sport mode, tap the screen.



- ② You can then tap on the screen to scroll through the various sports modes. Long press the start button for 3 seconds to enter that particular sport mode. After the countdown interface of 3-2-1-GO, the sports mode is underway.

"On-going sport" mode

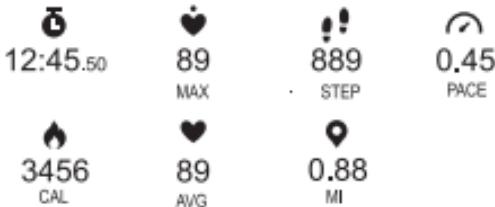
③ Tap the screen to enter the sub-mode of the sport mode you are in. By tapping on the screen, you can view the heart rate data, steps, calories, duration and distance (Not every mode covers distance). Note: When Music play mode is ON, you cannot enter this sub mode.



④ Single click the touch key to enter pause the sport mode. There are options here; one is to continue the sports mode, the other is to stop. To stop, long press the 'stop' icon for 3 seconds

⑤ After stopping the sports mode, the collected data will be displayed.

Sports data display mode



3. Message Alert



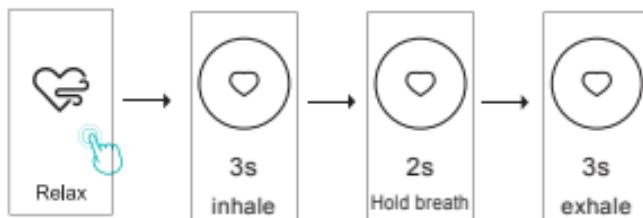
Swipe up/down on the screen until you reach the message mode screen. Tap the screen to enter the mode to view any received messages.



In the information display page, "Swipe up/down" to view the next message. Press the message for 3~5s to delete it.

Note: Only the 5 most recent messages will be stored

4. Breathing mode



Swipe up/down on the screen to find Breathing mode and tap to enter.

There will be a 3, 2, 1 countdown, followed by a 3 second 'inhale' count then a 2 second 'hold' count and finally a 3 second 'exhale' count. The device will vibrate slightly to prompt you to change between 'inhale', 'hold' and 'exhale'.

5. Weather Display



Tap the screen to view weather information. The screen vibrates when there is no weather information, and the device will not enter this mode.

Note: No weather information will be displayed on the device screen when this is switched "OFF" in app. To open it in the app go to: Device – More – Weather forecast. Further weather information will only be updated when this switch is 'ON' .

6. Music Control



On the music screen tap start/pause to play music, motor will vibrate slightly.

Note: It will not be displayed on the device screen if music control mode is 'OFF' in the app. Turn it on by doing to: Device – Music control – ON – Confirm.

It will then be displayed on the device screen after connecting with the app through Bluetooth 

7. More Functions and Settings



Swipe up/down on the screen to find the settings menu.
Tap to enter "function settings mode"

Tap to enter DO NOT DISTURB mode.

OFF ON

When set to OFF, messages and calls will not be received.

Stopwatch Mode.

Camera shooting mode, motor vibrates slightly.

Time Display mode, Slide up and down to choose between the 5 different time displays, tap on the dial to confirm the current display mode.

"Shake wrist to display" ON setting.

Alarm clock. Display 10 alarms max (set and sync through app)

Heart Rate Monitoring switch.

Details of time axis. Tap the screen to change.

Specific Data categories are as follows:

Sleep Monitoring Mode: Deep Sleep, Light Sleep, Awake
Multi-sport Mode (8 default sport modes) Walking, Running,
Treadmill, Cycling, Hiking, Fitness, Basketball, Badminton

Bluetooth Setting

Power-off mode

Language、Unit、Time、Data Setting

Description: Supports language switching at the app side (bracelet support, German, French, Italian, Japanese, English, Spanish, Chinese 7 languages)

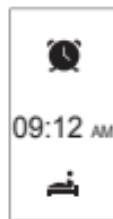
8. Support more reminders



023-5678
Incoming call reminder



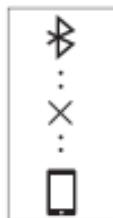
Can you do me a favour?
2/3 *



09:12 AM
Alarm clock alert



Move your body!
Sedentary reminder



Anti-lost reminder



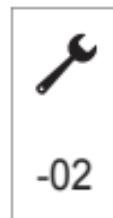
Complete target reminder



Low-battery reminder



Ultra-low battery reminder



-02
Device exception reminder

Specification

Model No: ID107Plus HR

Battery Capacity: 65mAh

Working Voltage: 3.7V

Host weight: about 30g

Sync: Bluetooth 4.0

Working temperature: -10°C-45°C

Waterproof: IP67-rated

Working Time: approx. 7 days

FCC ID: 2AHFTID107PLUS

FCC STATEMENT:

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.
- (2) This device must accept any interference received, including interference that may cause undesired operation. Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Electronic Information Products Poisonous and Harmful Statement



Declaration of toxic and hazardous substances in electronic information products.

The device meets the EU ROHS criterion. Please refer to IEC 62321, EU ROHS Directive 2011/65/EU and revised directive

FAQ

◆ How to find the device when paring?

- ① Make sure Bluetooth is ON, and your smartphone operating system meets these requirements: Android 4.4 & Above, iOS 7.0 & Above.
- ② Make sure the distance between phone and device is within 0.5 meters. After pairing the device will have a normal Bluetooth communication distance range of 10 meters.
- ③ Make sure the device is not under low-battery conditions. If there is any problem after fully charging it, please contact us.

◆ Device fails to connect with Bluetooth?

- ① Bluetooth service may need restarting.
- ② Please reboot Bluetooth or restart you smartphone and try again.

◆ How to restore factory defaults?

Please ensure that the device is connected with your phone, go into the app and select "Device – More" and choose "Restart Device"

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- (2) This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications are not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 equipment into 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

RISK OF EXPLOSION IF BATTERY IS REPLACED

BY AN INCORRECT TYPE

DISPOSE OF USED BATTERIES ACCORDING

TO THE INSTRUCTIONS



Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.