Thank you for purchasing the Smart Fitness Tracker by Etekcity.

If you have any questions or concerns, please reach out to our helpful Customer Support Team at support.eu@etekcity.com. We hope you enjoy your new smart fitness tracker!

Become an Etekcitizen

Exclusive deals, giveaways, and product registration.
Better products for better living.
Find us at etekcity.com
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Package Contents</td>
<td>4</td>
</tr>
<tr>
<td>Specifications</td>
<td>4</td>
</tr>
<tr>
<td>Function Diagram</td>
<td>5</td>
</tr>
<tr>
<td>Before First Use</td>
<td>6</td>
</tr>
<tr>
<td>Using Your Fitness Tracker</td>
<td>7</td>
</tr>
<tr>
<td>• Training Modes</td>
<td>8</td>
</tr>
<tr>
<td>• Mindfulness Training</td>
<td>9</td>
</tr>
<tr>
<td>• More</td>
<td>9</td>
</tr>
<tr>
<td>• Reminders</td>
<td>10</td>
</tr>
<tr>
<td>• Call Reminder</td>
<td>10</td>
</tr>
<tr>
<td>• Message Reminder</td>
<td>10</td>
</tr>
<tr>
<td>• Alarm Clock</td>
<td>10</td>
</tr>
<tr>
<td>• Sedentary Reminder</td>
<td>11</td>
</tr>
<tr>
<td>VeSync App Setup</td>
<td>12</td>
</tr>
<tr>
<td>• Configuration</td>
<td>13</td>
</tr>
<tr>
<td>Using the App</td>
<td>15</td>
</tr>
<tr>
<td>• Creating a User</td>
<td>15</td>
</tr>
<tr>
<td>• Sport</td>
<td>16</td>
</tr>
<tr>
<td>• Sleep</td>
<td>18</td>
</tr>
<tr>
<td>• Heart Rate</td>
<td>20</td>
</tr>
<tr>
<td>• Activity</td>
<td>22</td>
</tr>
<tr>
<td>• History</td>
<td>24</td>
</tr>
<tr>
<td>• Device Settings</td>
<td>25</td>
</tr>
<tr>
<td>• Edit Profile</td>
<td>26</td>
</tr>
<tr>
<td>• Goal</td>
<td>27</td>
</tr>
<tr>
<td>• Notifications</td>
<td>28</td>
</tr>
<tr>
<td>• Call</td>
<td>29</td>
</tr>
<tr>
<td>• APP Notify</td>
<td>30</td>
</tr>
<tr>
<td>• Sedentary</td>
<td>31</td>
</tr>
<tr>
<td>• Find My Phone</td>
<td>32</td>
</tr>
<tr>
<td>• Alarm Clock</td>
<td>34</td>
</tr>
<tr>
<td>• More</td>
<td>35</td>
</tr>
<tr>
<td>Connecting with Other Fitness Apps</td>
<td>36</td>
</tr>
<tr>
<td>• Apple Health®</td>
<td>36</td>
</tr>
<tr>
<td>• Google Fit™</td>
<td>37</td>
</tr>
<tr>
<td>Maintenance</td>
<td>38</td>
</tr>
<tr>
<td>• Cleaning</td>
<td>38</td>
</tr>
<tr>
<td>Troubleshooting</td>
<td>39</td>
</tr>
<tr>
<td>Warranty Information</td>
<td>41</td>
</tr>
<tr>
<td>Customer Support</td>
<td>41</td>
</tr>
</tbody>
</table>
Package Contents

1 x Fitness Tracker
1 x Quick Start Guide

Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voltage</td>
<td>4.35V</td>
</tr>
<tr>
<td>Maximum Transmit Power</td>
<td>0.72dBm</td>
</tr>
<tr>
<td>Weight</td>
<td>22 g / 0.8 oz</td>
</tr>
<tr>
<td>Battery</td>
<td>90mAh lithium-ion polymer batteries</td>
</tr>
<tr>
<td>Battery Life</td>
<td>Approx. 7 days / 168 hr</td>
</tr>
<tr>
<td>Charging Time</td>
<td>1-2 hr</td>
</tr>
<tr>
<td>Display</td>
<td>2.44 cm / 0.96 in LCD touchscreen</td>
</tr>
<tr>
<td>IP Rating</td>
<td>IP68</td>
</tr>
<tr>
<td>Sync</td>
<td>Bluetooth® 4.2</td>
</tr>
<tr>
<td>Frequency Band</td>
<td>2402-2480 MHz</td>
</tr>
<tr>
<td>Operating Environment</td>
<td>-20º-40ºC / -4º-104ºF</td>
</tr>
</tbody>
</table>
A. USB Charger (Built-In)
B. Tracker
C. Wristband
Before First Use

The fitness tracker must be charged before you first use it. While charging, the tracker will automatically power on.

1. Flip the wristband over and remove the tracker from the end that says “OPEN.” [Figure 1.1]

2. Connect the built-in USB charger to a DC 5V, 0.5A adapter. [Figure 1.2]

**Note:** You can also charge the tracker using a powered USB outlet.

3. Once the tracker is fully charged, insert the tracker back into the tracker wristband.

*Figure 1.1*  
*Figure 1.2*
Using Your Fitness Tracker

1. Adjust the length of the wristband on your wrist. Make sure it is snug but not too tight.

2. Tap the ring to wake up the display.

3. Tap on the time to access your heart rate and daily data. Keep tapping in the centre of the screen to cycle through data.

4. Swipe up or down to cycle through the other main pages: Training, Mindfulness Training, Notification, and More.

5. Tap the ring to go back.

Note:

- *If you cannot swipe next on a function or if there is no content for a function, the screen will shake and the tracker will vibrate.*

- *Product features and operation may vary due to updates and improvements.*
Training Modes

Your fitness tracker comes with 8 default training modes: Walk, Run, Bike, Hike, Treadmill, Workout, Basketball, and Badminton. There are 6 additional modes you can add in the VeSync app (see More, page 35): Tennis, Football, Climb, Spinning, Yoga, and Dance.

1. On the Training page, tap to select a training mode, and press and hold ► until the countdown ends.

2. To pause a training mode, tap the ring. To continue, tap ►. To stop, press and hold ■ until the countdown ends.

3. If the session is less than 5 minutes, the fitness tracker will ask if you would like to save the tracked results. Tap X to resume the training mode or tap ✔ to save the data and see the final results.

Note: Depending on the training mode selected, the content displayed will be slightly different from other training modes.
Mindfulness Training

Your fitness tracker comes with a mindfulness training program. Tap **Mindfulness Training** and follow the on-screen steps. Tap 🔄 to repeat as many times as desired and tap ✔️ to complete the training. Tap the ring to go back at any time.

More

Tap **More** on the fitness tracker to access:

- 🕒 Stopwatch
- 🕒 Clock Screen
- 🕒 Alarms
- 📞 Find My Phone
- 📝 Product Information
- ✨ Reboot the Fitness Tracker
Reminders

Call Reminder

• To set up phone call notifications, see Call (page 29).
• To end a call reminder, tap ■ or press the ring.

Message Reminder

• To set up message notifications, see APP Notify (page 30).
• Tap the screen to switch to the next page.
• Slide up or down to switch to the next message.

Note:
• The screen will turn off after 5 seconds.
• Only the 5 latest messages will be shown.

Alarm Clock

• To set an alarm, see Alarm Clock (page 34).
• The alarm will turn off automatically after 10 seconds. Wake-up alarms will turn off automatically after 45 seconds.
• To end an alarm, tap the ring or slide your finger up or down on the screen.
Sedentary Reminder

- If you haven’t moved in a set amount of time, the tracker will give you a reminder. To set up this reminder, see Sedentary (page 31).
- To end the reminder, tap the ring or slide your finger up or down on the screen.
- The reminder will turn off automatically after 15 seconds.
VeSync App Setup

Note: Due to continuing updates and improvements, the VeSync app may appear slightly different. In case of any differences, follow the in-app instructions.

1. To download the VeSync app, scan the QR code, or search “VeSync” in the Apple App Store® or Google Play™ Store.

   Note: For Android™ users, you must select “Allow” (when prompted) to use VeSync.

2. Open the VeSync app. If you already have an account, tap Log In. To create a new account, tap Sign Up.

   Note: Make sure your phone’s operating system is running on iOS™ 9.0+ or Android™ 5.0+.
Configuration

To pair the tracker with VeSync:

1. Tap + to add your fitness tracker.
2. Tap **Fitness Trackers**, then select your fitness tracker.
3. Make sure your phone’s Bluetooth® is on in your phone settings. Tap **Next**.

**Note:** *Wake the fitness tracker if you are using it for the first time.*

4. Follow the in-app instructions to add your fitness tracker.

**Note:** *After setup is complete, you can change the name and icon at any time by going to the fitness tracker screen and tapping 🔄.*
Using the App

Creating a User

If you are a new user, you will need to enter your physical information so the tracker can monitor your body metrics.

Note:

• *Entering inaccurate information will affect the accuracy of the tracker’s calorie, step size, and other functions.*

• *If you don’t identify with the available gender options, or are unsure, pick the choice that you think best physically matches you. This choice is used for physical measurements, such as calories, step size, and other indicators.*
Sport

1. On the “My Home” screen, tap on the name of your fitness tracker.

2. Tap 🚶‍♂️ to see steps taken, calories burned, distance travelled, and active time. To see more details, tap on any of the stats.
3. Tap on the data graph to see more details.
4. Tap next to the date to select a date.
Sleep

1. On the “My Home” screen, tap on the name of your fitness tracker.

2. Tap 🌚 to see the amount of time slept, deep sleep, light sleep, and time awake. To see more details, tap on any of the stats.
3. Different types of sleep will be shown in different colour bars.
Heart Rate

1. On the “My Home” screen, tap on the name of your fitness tracker.

2. Tap 💼 to see the last blood pressure measurement taken, resting, average, and max heart rate. To see more details, tap on any of the stats.
3. Tap on the data graph to see more details.
Activity

1. On the “My Home” screen, tap on the name of your fitness tracker.

2. Your activity record for the day will be displayed in the activity table below your stats.
3. Tap on a record to see your heart rate during the activity.
History

1. Tap **History >**, then select an activity to view more details.
2. To delete a record, slide it to the left.
Device Settings

On the “My Home” screen, tap on the name of your fitness tracker.

Tap ⚙️ to see Device Settings. To change any setting, tap on any of the text, icons, or › symbols on the right side of the screen. For example, tap the fitness tracker name to change the name.
Edit Profile

1. On the “My Home” screen, tap on the name of your fitness tracker, then tap ✽ in the upper right corner to see Device Settings.

2. Tap Edit Profile to enter your information, then tap Save.

Note:
• Your information will be kept strictly confidential.
• Make sure your information is accurate, as it will affect the accuracy of calories burned and other metrics.
Goal

1. On the “My Home” screen, tap on the name of your fitness tracker, then tap 🔄 in the upper right corner to see Device Settings.

2. Tap **Goal** to set your exercise and sleep goals.

3. Tap ✔ to confirm.

**Note:** *The fitness tracker will notify you once you reach your goals.*
Notifications

1. On the “My Home” screen, tap on the name of your fitness tracker, then tap 📲 in the upper right corner to see Device Settings.

2. Tap Notifications to select the notifications you wish to receive on your fitness tracker.
1. Tap **Call** to switch the toggle and allow permissions on your mobile device.
APP Notify

1. Tap **APP Notify** to select the apps that can sync information to your fitness tracker.
1. Tap **Sedentary**, then tap the toggle to turn it on.

2. Select a start and end time, then tap **✓** to confirm. Optionally, pick a reminder frequency and repeat option.
Find My Phone

1. Tap **Find My Phone** to switch the toggle.

2. Wake the fitness tracker and swipe through the screens, then tap **More**.
3. Swipe through the screens, then tap 📺. Tap the screen to make your phone vibrate and ring.

4. Once you find your phone, press the volume or power buttons on your phone to turn it off.

**Note:**
- *The VeSync app must be open to use Find My Phone.*
- *Bluetooth must be on and working to use Find My Phone.*
Alarm Clock

1. On the “My Home” screen, tap on the name of your fitness tracker, then tap 🌌 in the upper right corner to see Device Settings.

2. Tap Alarm Clock, then tap + to add an alarm.

3. Set your alarm, then tap ✔️ to confirm.
On the “My Home” screen, tap on the name of your fitness tracker, then tap in the upper right corner to see Device Settings.

Under **More**, you can customise:

- **Units**
- **Brightness**
- **Activities Display**
- **Heart Rate Monitor**
- **Raise Wrist to Turn On Display**

**Note:** *Turning on the heart rate monitor will cause the fitness tracker to automatically check your heart rate.*
Connecting with Other Fitness Apps

Apple Health®

1. Make sure your Bluetooth is on. On the “My Home” screen, tap on the name of your fitness tracker.

2. Tap ⚙ in the upper right corner to see Device Settings. Tap Connect to Apple Health.

3. The Health app should open automatically. If not, open the Health app and tap Sources at the bottom of the screen, then select VeSync.

4. Turn all categories on to allow the VeSync app to access and update health data. Then, tap Allow at the top of the screen.

Note: If you tap Don't Allow, the Health app will not work with VeSync until you reopen the Health app, turn all categories on, and tap Allow.
Google Fit™

1. On the “My Home” screen, tap on the name of your fitness tracker.

2. Tap in the upper right corner to see Device Settings. Tap Connect to Google Fit.

3. The Google Fit app should open automatically. Select your account and allow VeSync to sync. Once the toggle is green, you have successfully paired Google Fit with VeSync.

Note: Sharing data is necessary for VeSync to connect with Google Fit.
**Maintenance**

**Cleaning**

Regularly clean your wrist and the fitness tracker of any sweat or dirt, especially after sweating from exercise or using soap or detergent that can attach itself to the wristband.

To clean the wristband, use a soapless detergent and rinse thoroughly. Then, wipe with a soft towel or cloth.

For difficult spots or stains, scrub with alcohol, then clean as normal.

**Note:** *Do not* clean the fitness tracker or the wristband with household cleansers.
Troubleshooting

The fitness tracker doesn’t connect with the VeSync app.

- Make sure your phone’s operating system is running on iOS™ 9.0+ or Android™ 5.0+.
- Close and relaunch the VeSync app. Make sure you’re using the latest version.
- Turn on Bluetooth on your phone.
- Make sure your fitness tracker and phone are within 0.5 m / 1.6 ft of each other.
- Make sure the fitness tracker is not currently connected to any other phone or app.
- Make sure the fitness tracker is fully charged.

The fitness tracker keeps disconnecting from the VeSync app.

- If your phone restarts, it will temporarily disconnect from your fitness tracker. This is normal.
- Restart your phone or Bluetooth.
Declaration of toxic and hazardous substances in electronic information products

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

CAUTION
RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO INSTRUCTIONS.

Old electrical appliances must not be disposed of together with 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.
Warranty Information

Terms & Policy
Etekcity Corporation warrants all products to be of the highest quality in material, craftsmanship, and service for 2 years, effective from the date of purchase to the end of the warranty period. Warranty lengths may vary between product categories.

If you have any questions or concerns about your new product, please contact our helpful Customer Support Team.

Customer Support

Etekcity Corporation
1202 N. Miller St., Suite A
Anaheim, CA 92806
USA

Email: support.eu@etekcity.com

* Please include your order ID when contacting Customer Support.
Connect with us @EtekcityUK