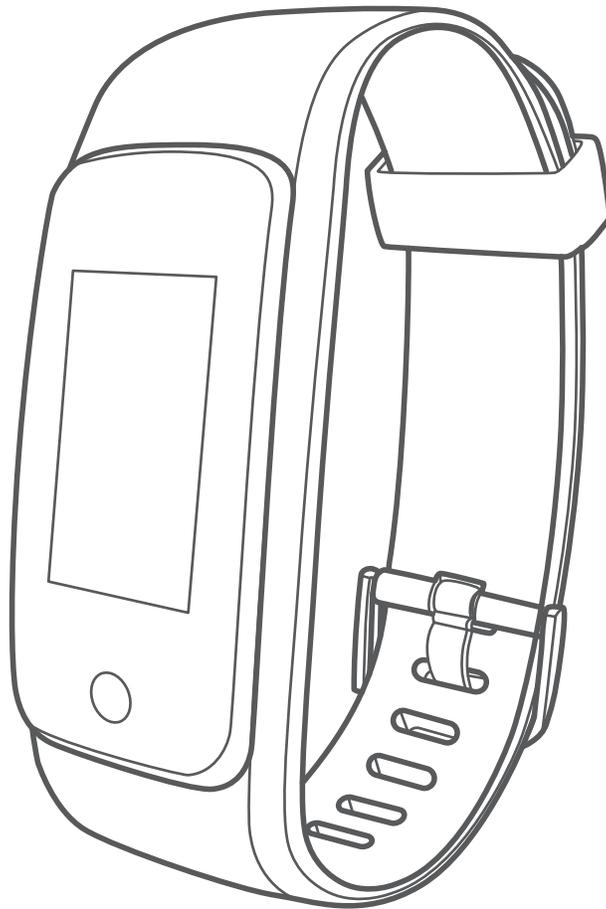




# Smart Fitness Tracker

**Model:** EST00

## User Manual



### Questions or Concerns?

Mon-Fri, 9:00 am-5:00 pm PST/PDT  
support@etekcity.com • (855) 686-3835

# Thank you for purchasing the Smart Fitness Tracker by Etekcitey.

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

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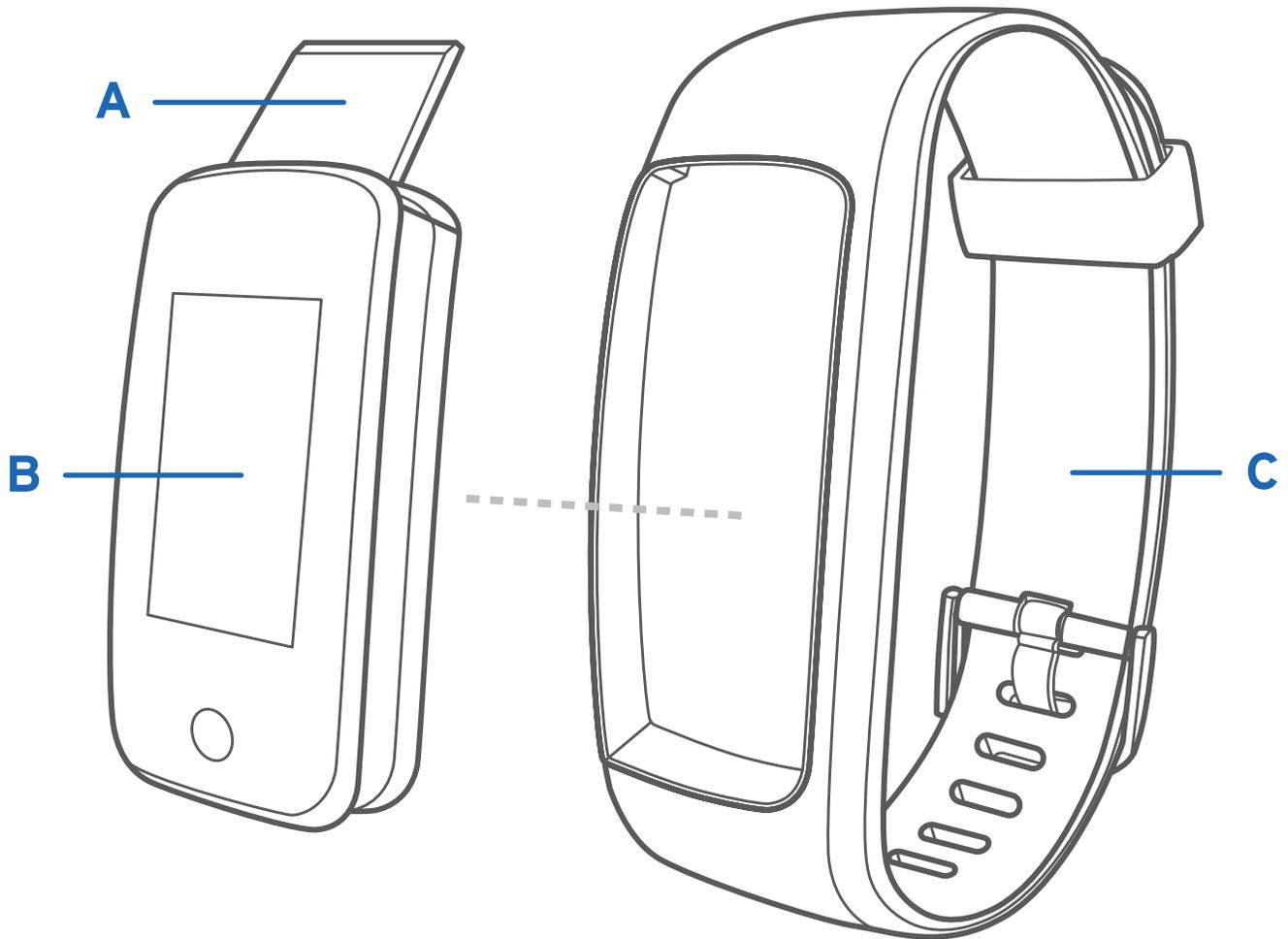
## Package Contents

1 x Fitness Tracker  
1 x Quick Start Guide

## Specifications

<b>Voltage</b>	4.35V
<b>Maximum Transmit Power</b>	0.72dBm
<b>Weight</b>	0.8 oz / 22 g
<b>Battery</b>	90mAh lithium-ion polymer batteries
<b>Battery Life</b>	Approx. 7 days / 168 hr
<b>Charging Time</b>	1-2 hr
<b>Display</b>	0.96 in / 2.44 cm LCD touchscreen
<b>IP Rating</b>	IP68
<b>Sync</b>	Bluetooth® 4.2
<b>Frequency Band</b>	2402-2480 MHz
<b>Operating Environment</b>	-4°-104°F / -20°-40°C

# Function Diagram



- 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.

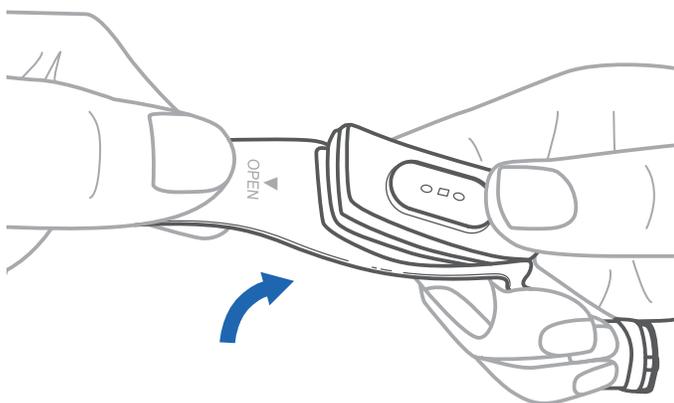


Figure 1.1

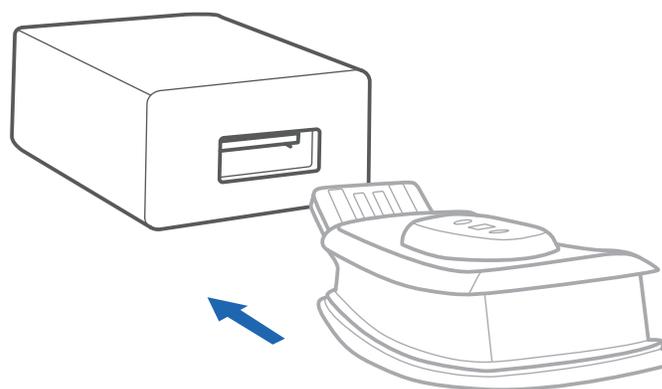


Figure 1.2



# 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 center 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 36): 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  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 30).
- To end a call reminder, tap ■ or press the ring.

## Message Reminder

- To set up message notifications, see **APP Notify** (page 31).
- 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 35).
- 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 32).
- 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.



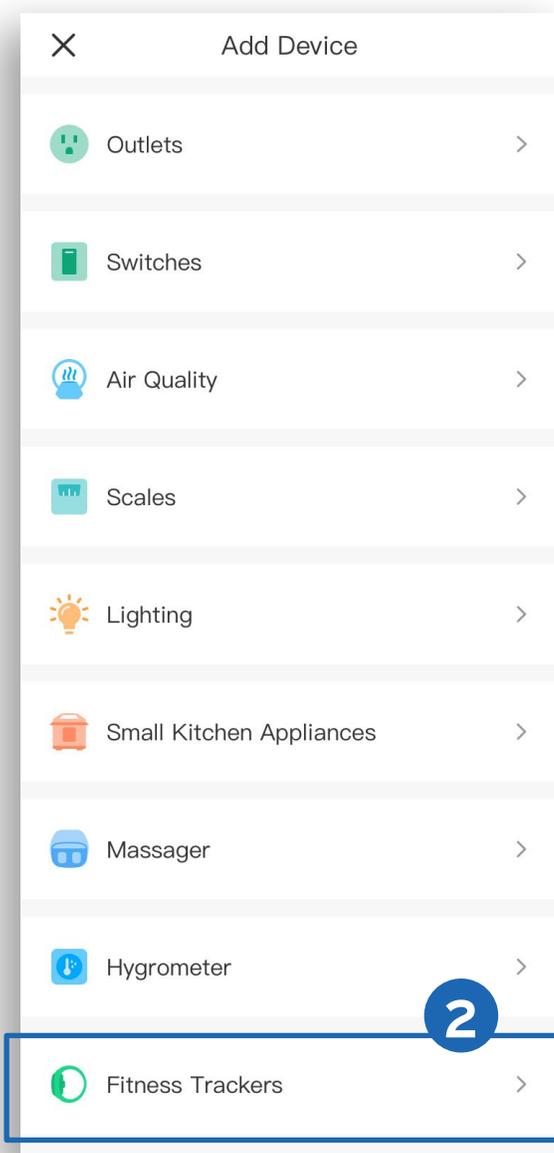
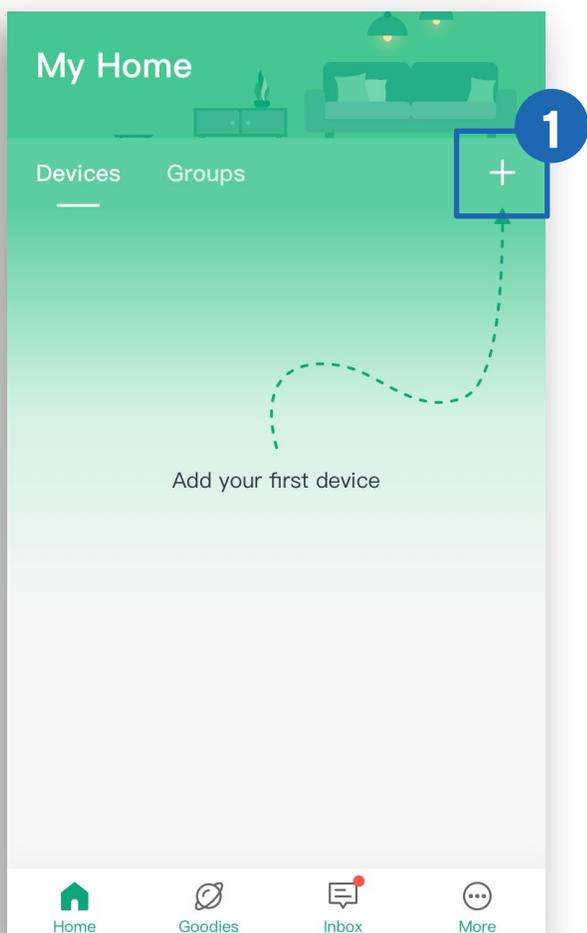
2. Open the VeSync app. If you already have an account, tap **Log In**. To create a new account, tap **Sign Up**.

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

# Configuration

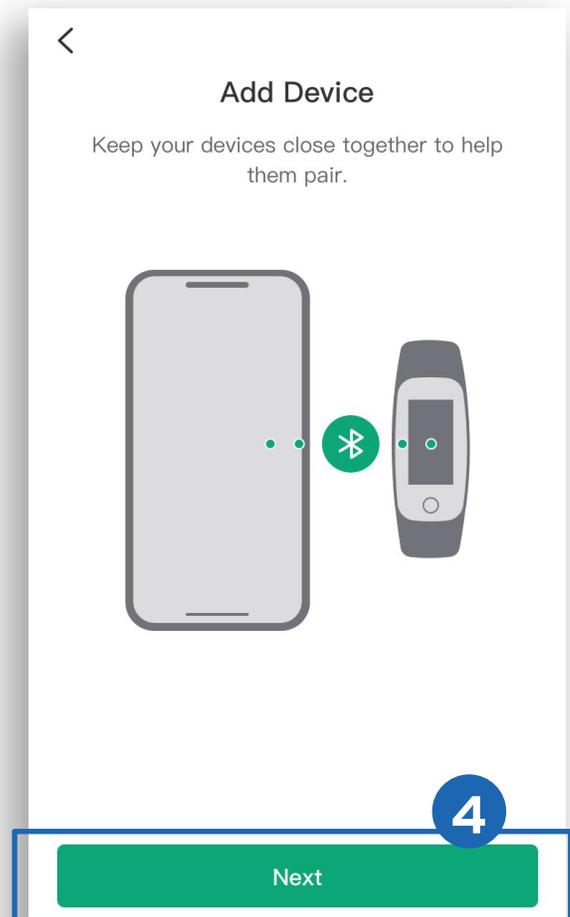
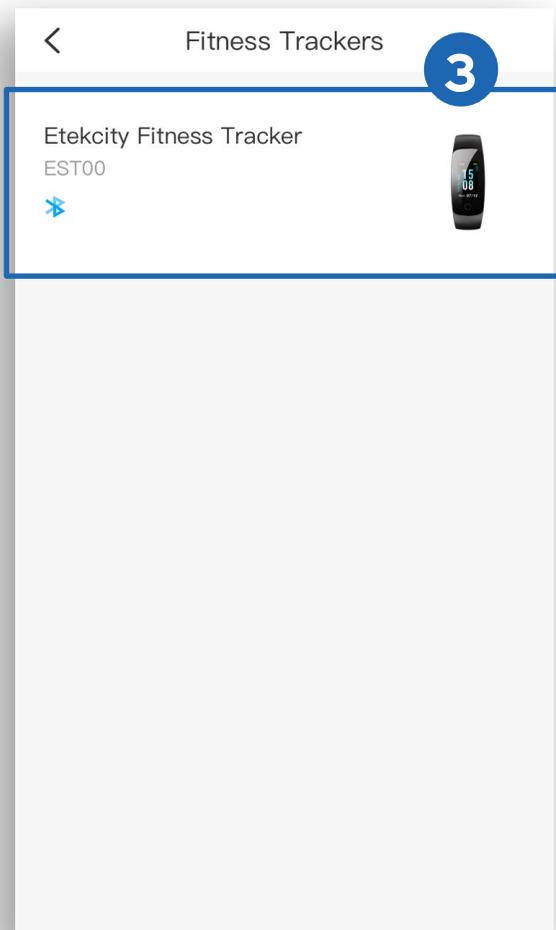
To pair the tracker with VeSync:

1. Tap **+** to add your fitness tracker.
2. Tap **Fitness Trackers**.



3. Select **Etekcity Fitness Tracker (EST00)**.
4. 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.



5. 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.*

# 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 1.6 ft / 0.5 m of each other.
- Make sure the scale 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.



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

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this 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 of the following measures:

- Reorient or relocate the receiving antenna.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

# FCC Radiation Exposure Notice

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. To maintain compliance with FCC RF exposure compliance requirements, please follow operation instructions as documented in this manual. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body. The availability of some specific channels and/or operational frequency bands are country dependent and are firmware programmed at the factory to match the intended destination. The firmware setting is not accessible by the end user.

[Back to Table of Contents](#)



## Warranty Information

<b>Product</b>	Smart Fitness Tracker
<b>Model</b>	EST00
<b>Default Warranty Period</b>	1 year
<i>For your own reference, we strongly recommend that you record your order ID and date of purchase.</i>	

### Terms & Policy

Etekcitey Corporation warrants all products to be of the highest quality in material, craftsmanship, and service, effective from the date of purchase to the end of the warranty period.

Etekcitey Corporation will replace any product found to be defective due to manufacturer flaws based on eligibility. Refunds are available within the first 30 days of purchase. Refunds are only available to the original purchaser of the product. This warranty extends only to personal use and does not extend to any product that has been used for commercial, rental, or any other use for which the product is not intended. There are no warranties other than the warranties expressly set forth with each product.

This warranty is non-transferrable. Etekcitey Corporation is not responsible in any way for any damages, losses, or inconveniences caused by equipment failure or by user negligence, abuse, or use noncompliant with the user manual or any additional safety or use warnings included in the product packaging and manual.

### **This warranty does not apply to the following:**

- Damage due to abuse, accident, alteration, misuse, tampering, or vandalism.
- Improper or inadequate maintenance.
- Damage in return transit.
- Unsupervised use by children under 18 years of age.

Etekcitey Corporation and its subsidiaries assume no liability for damage caused by the use of the product other than for its intended use or as instructed in the user manual. Some states do not allow this exclusion or limitation of incidental or consequential losses so the foregoing disclaimer may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

**ALL EXPRESSED AND IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED TO THE PERIOD OF THE LIMITED WARRANTY.**

### **Additional 1-Year Warranty**

You can extend your 1-year warranty by an additional year. Log onto **[www.etekcity.com/warranty](http://www.etekcity.com/warranty)** to register your new product for the extended warranty.

Please fill out all required fields and include your order ID, place of purchase, and purchase date, if applicable.

### **Defective Products & Returns**

If you discover your product is defective within the specified warranty period, please contact Customer Support via **[support@etekcity.com](mailto:support@etekcity.com)** with a copy of your invoice and order ID. **DO NOT** dispose of your product before contacting us. Once our Customer Support Team has approved your request, please return the product with a copy of the invoice and order ID.

[Back to Table of Contents](#)



# Customer Support

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

## **Etekcity Corporation**

1202 N. Miller St., Suite A  
Anaheim, CA 92806

**Email:** support@etekcity.com

**Toll-Free:** (855) 686-3835

## **Support Hours**

Mon-Fri, 9:00 am-5:00 pm PST/PDT

*\*Please have your invoice and order ID ready before contacting Customer Support.*

[Back to Table of Contents](#)



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