

# DENVER®



## Smart Band User Manual BFH-16

If the user manual is not printed in your local language, then please enter our website to see if it is found online under the model you have. The website address is:

[WWW.DENVER-ELECTRONICS.COM](http://WWW.DENVER-ELECTRONICS.COM)

# 1 Quick start

## 1.1 Warning

Please consult your doctor before starting a new sport term. Smart bracelets can monitor real-time dynamic heart rates, but it can't be used for any medical purpose.

## 1.2 Equipment requirements

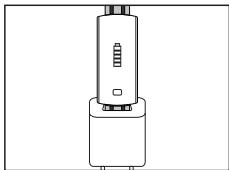
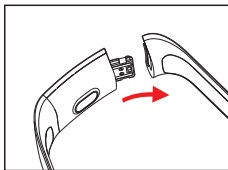
Support Android 5.1, IOS8.0 Bluetooth 4.0 and above.

## 1.3 Charge

Please use the USB device to charge the bracelet before use to ensure that the bracelet is fully charged. Remove the host from the wristband and plug it into the USB charging dock to charge. The charging time is about 2 hours. To ensure that the charging contact is good, please ensure that the metal contacts are not dirty, oxidizing and impurities. When charging, the screen will display the charging symbol. If the device is not used for a long time, please be sure to replenish it every 3 months.

Bracelet body dismantling schematic

Bracelet charging schematic



- Unfasten the wristband buckle and select the touch key opposite side
- Hold the bracelet body and pull two-side strap backwards, then will remove the straps well.
- Select the USB terminal of bracelet, and insert into USB port of laptop or socket. (Full powered about 2 hours)

## 2. Bracelet APP download

### 2.1 Boot

Long press the touch symbol for 3 seconds and the bracelet will boot.

### 2.2 Shutdown

Press and hold the touch area for more than 3 seconds at the MAC screen, select "YES" or "NO" and select "YES". Press and hold the touch ring to turn the phone off. Select "NO" to return to the main screen.

### 2.3 Download and install APP

Please search **BFH-16** APP in the mobile software store and install or use mobile phone to scan the QR code on the right to install APP.

**BFH-16** requires mobile devices to use **IOS 8.0 and above systems or Android 5.1 and above**



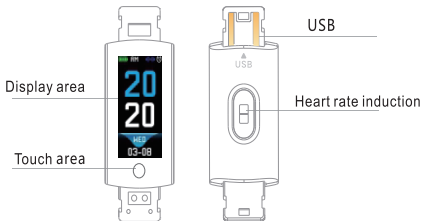
Google Play



iOS

## 3. Bracelet function interface

### 3.1 Bracelet parts schematic



Touch function:

Power off state: long press the touch symbol and bracelet boot;

Power on state: Click the touch symbol and switch the main screen menu interface. The interface is shown as follows.



### 3.2 Introduction of raise bright screen interface function

When the bracelet is first paired with APP, it will synchronize the time, date, and quantity of the phone and display the symbol of the success of the Bluetooth connection.



The main interface can be switched to another menu interface for 2 seconds with the touch key, and there are 2 kinds of interfaces in total.

Bluetooth connection symbol shows blue as connected.

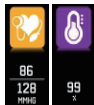
### 3.3 Record, calorie and distance

The step interface can display the step. Wear the Smart bracelet on the wrist. When the user walks and the arm swings, the bracelet will automatically record the number of steps, walking distance and calories consumption and other data.



### 3.4. Blood pressure, blood oxygen

Click on the touch area to switch to blood pressure, blood oxygen interface, The bracelet will begin to test blood pressure, blood oxygen data



### 3.5 Heart rate monitoring

3.5.1 Touch the touch area to switch to the heart rate monitoring interface. Bracelet support real-time dynamic monitoring of heart rate to understand their own health data. In heart rate monitoring, the duration of the bracelet will be reduced.

3.5.2 Please wear the bracelet correctly on your wrist around 2CM inside the ulna joint as shown on the right.



- 3.5.3 When the heart rate is measured, the heart rate sensor is close to the skin and is in good contact. If the wear is too loose and the light of the sensor is exposed, the measured value will be inaccurate. Please do not look at the green light of the sensor. It may cause discomfort in the eyes.
- 3.5.4 Although the product is used for real-time and dynamic detection of heart rate, it is necessary to keep the body stopped and sit down when detecting heart rate, otherwise it will prolong the time of heart rate measurement or can't measure the data. The real-time dynamic heart rate data can be viewed when the data is measured and then you can go to exercise.
- 3.5.5 If there is a big difference between the measured data, please take a rest to measure again. The average of 5 times of continuous measurement will be more accurate.
- 3.5.6 This product is a real-time dynamic heart rate measurement, so the heart rate varies in the state of speaking, eating, drinking and so on. Please be practical.
- 3.5.7 Make sure there is no dirt on the bottom of the heart rate sensor during measurement. Skin color, hair density, tattoos and scars may affect the test result.
- 3.5.8 The heart rate measuring device is based on the principle of PPG measurement, so the accuracy of data may appear errors depending on the physiological factors that affect the light absorption and reflection (blood circulation, blood pressure, skin condition, blood vessel location and density, etc.). If the measurement is inaccurate for the abnormal high or low data, please measure it again.
- 3.5.9 The bracelet may get hot when you wear it for long time. If you feel not well, please take it off and then wear it until the device get cool.
- 3.5.10 Cold weather will affect your measurements. Please measure it in warm conditions.

### 3.6 Information

Switch to the information interface. Click the touch area for 3 seconds to enter the information content, single-touch will switch to the next content. The content contains the information sent by the call and chat software. The information can be stored 7 at most. After the number of messages reaches seven, the previously displayed messages are replaced one by one.

### 3.7 More features

#### 3.7.1 MAC

MAC address, used to indicate the hardware address of the wristband, is the unique identifier of the wristband. MAC address can't be modified. When using a cell phone to find a bracelet, just look at the last 4 digits of the MAC to find the corresponding bracelet. The role is to quickly identify the bracelet and connect the phone.



#### 3.7.2 Shut down

Press and hold the touch area for more than 3 seconds at the MAC screen, select "YES" or "NO" and select "YES". Press and hold the touch ring to turn the phone off. Select "NO" to return to the main screen.

### 3.7.3 Back to

In the step count, calories, mileage, heart rate, blood pressure, blood oxygen, find the mobile phone icon interface, long press the touch button for 3 seconds can return to the main interface

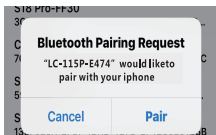
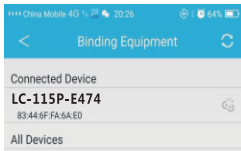
## 4. Phone connection bracelet

Please follow the steps below:

- 4.1 Download App. Before using, please install BFH-16 software.
- 4.2 Registered users. For the first time, the App will first enter the landing interface, and click the registration icon in the upper right corner of the landing interface to enter the registration interface. Enter the account, mailbox, password and other information, click on the registration. Please login with the registered account. Only when the account is landed, all the information of the movement can be recorded and saved. It is suggested not to enter freely. It is recommended to use your own real information, so that the password can be retrieved when you forget the password later.
- 4.3 When Android and IOS bind to the device, first click the settings button on the lower right part of the page to enter the setup page, then click the top binding device to enter the binding device page, and click the search button icon at the top of the page to search the device. When the device is found, click the device in the list to connect with the device's MAC address. After the binding is

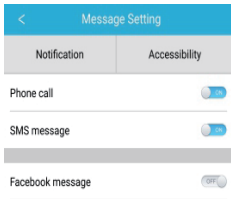


successful, there will be an already bound device in the "currently bound device" column. The screenshot of the interface is as follows:



Note: if the IOS is connected to a hand loop, a Bluetooth pairing request will be popped out. Click "pair" and the handset can be connected to the phone normally.

4.4. setting. Click the message prompt, enter the notification center, find the BFH-16 device message. notification, and choose to open it. If the phone is restarted and received no message push, please reopen this switch.



## 5. Backstage lock

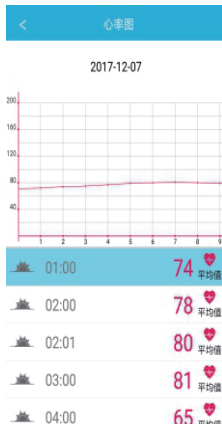
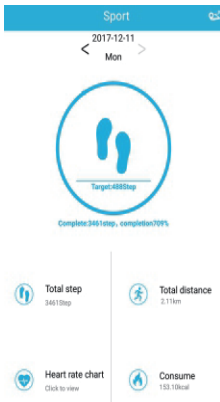
In addition to manually removing the background program manually, the IOS system does not require a specific set of lock-in backstage. Because the Android system mechanism will automatically clean up the process, you need to lock the APP backstage manually. Because of the different brands of different settings, the following is to refer to a brand of mobile phone software to set up. As follows:

- 5.1 Open APP and click the middle one to return to the main interface.
- 5.2 Click the button to call up the task in the near future task management interface (usually it's the menu button, also there is a long press button to call up the desktop), which runs as a background application management interface.
- 5.3 Hold the locked APP application icon and lock it down. At this time the application icon will have a lock sign in the upper right corner of the icon to indicate the success of the lock. Or after pulling down, clicking on the lock task in the upper left corner indicates the success of the lock.
- 5.4 After locking, it is impossible to clean up the application with a back-end one - key cleaning function, and it represents APP has been locked successfully.

## 6. APP function introduction

- 6.1 Open APP. First, go into my state and click on the icons on the interface to see the current values of the movements and the sleep data.
- 6.2 Sleep tracking. This interface is used to see the detailed data and icon statistics of your historical sleep. Click on the switch arrow above to switch to different dates to view historical records. During sleep, each person's sleep time and the turn of the body's wrist after sleep will directly affect the monitoring of the sleep time.

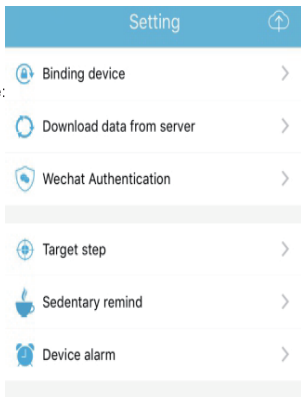
6.3 Motion tracking. This interface is used to view the detailed data and icon statistics of your historical movement. Click the switch arrow above to switch to a different date to view the history. The data include total step, total distance, total calorie, heart rate data (only the product with heart rate). As shown in the following picture:



6.4 Statistics. You can view the history of exercise steps and sleep record of the corresponding icon charts on a monthly or weekly basis.

6.5 Function settings. Set the various functional parameters of the device.

As shown on the right picture:



6.6 More functional settings. Please click "my status" interface, "question" on the right, and choose "browser open". There will be a detailed description in it.

## 7. Other functions

### 7.1 Notification

Including call notification, SMS, QQ, WeChat, Facebook, Twitter, What's APP and other news push (For example: open the incoming call notification in the App setting. When the mobile phone receives the incoming call, smart bracelet will vibrate brightly and display the caller contact).

### 7.2 "Do not disturb" mode

Turn on the Do not disturb mode, device vibration reminder and message push reminder function, but the alarm vibration. Function will still working.

### 7.3 Sedentary reminder

Set the sedentary time interval (minutes), click Finish, then open sedentary reminder mode. When the sedentary time arrives, the bracelet will be bright, the screen will vibration and the reminding icon will flick.

### 7.4 Alarm reminder

In the APP **BFH-16** Click "Settings - Device Alarm" to enter the alarm setting reminder and set the alarm time. When the time comes, the bracelet will prompt: the alarm icon will swing and vibrate.

### 7.5 Bluetooth camera

Click on the contact button or shake the wristband to take a remote control shot. Long press on the touchpad to return to the main interface.

### 7.6 Call rejected

When the phone calls, the incoming message will be sent to the handset synchronously. If you don't want to answer it, you can hang it by clicking on the touch of the hand ring.

### 7.7 Unbinding Equipment

Click on the binding device. Android can disconnect with the mobile phone only by clicking on the selected device model. When IOS is disconnected, you also need to set -- Bluetooth, click on the right Bluetooth, and choose to ignore the device.

Please notice - All products are subject to change without any notice. We take reservations for errors and omissions in the manual.

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CE



Electric and electronic equipment and included batteries contains materials, components and substances that can be hazardous to your health and the environment, if the waste material (discarded electric and electronic equipment and batteries) is not handled correctly.

Electric and electronic equipment and batteries is marked with the crossed out trash can symbol, seen below. This symbol signifies that electric and electronic equipment and batteries should not be disposed of with other household waste, but should be disposed of separately.

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Hereby, Inter Sales A/S declares that the radio equipment type BFH16 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [www.denver-electronics.com](http://www.denver-electronics.com) and then click the search ICON on topline of website. Write modelnumber: BFH-16 Now enter product page, and red directive is found under downloads/other downloads

Operating Frequency Range:2412-2484 MHZ

Max Output Power:0.28W

Warning Lithium battery inside

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