



# BFH-147

10/23/2023



FR

Cet appareil et ses accessoires sont recyclables

À DÉPOSER EN MAGASIN



À DÉPOSER EN DÉCHÈTERIE



OU

Points de collecte sur [www.quefairedemesdechets.fr](http://www.quefairedemesdechets.fr)  
Privilégiez la réparation ou le don de votre appareil !

## Safety information

Please read the safety instructions carefully before using the product for the first time and keep the instructions for future reference.

- 1.This product is not a toy. Keep it out of reach of children.
- 2.Warning: This product includes lithium polymer battery.
- 3.Keep product out of the reach of children and pets to avoid chewing and swallowing.
- 4.Product operating and storage temperature is from 0 degree Celsius to 40 degree Celsius. Under and over this temperature might affect the function.
- 5.Never open the product. Touching the inside electrics can cause electric shock. Repairs or service should only be performed by qualified personnel.
- 6.Do not expose to heat, water, moisture, direct sunlight!
- 7.Please remove the fitness bands in case of any leakage or excessive heat from the product to avoid burns or rash.
- 8.Bluetooth wireless technology operates within a range of about 10 m (30 feet). The maximum communication distance may vary depending on the presence of obstacles (people, metal objects, walls, etc.) or the electromagnetic environment.
- 9.Microwaves emitting from a Bluetooth device may affect the operation of electronic medical devices.

# Smart Wristband User Manual

## How to wear

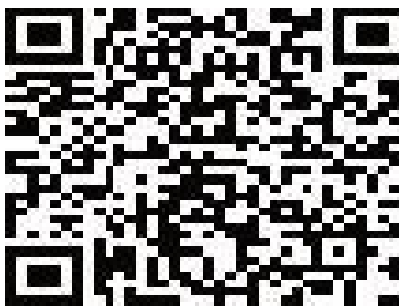
Adjust the wristband by using the adjustment hole and buckle the belt buckle securely. Ensure that the sensor is in close contact with the skin of your wrist.

## Charging the fitness band

Before your first use, please make sure that the fitness band is sufficiently charged. If the device does not turn on normally, pull out the strap and charge the device using the charger. The fitness band will automatically turn on.

## Installing the app on your phone

To install the app (Fit Pro) on your phone, either scan the QR code or go to the App Store, download, and install the app.



Android/iOS

## System requirements:

Android 5.0 or above, iOS 9.0 or above, Bluetooth 4.0 support

## Connecting the device

For the initial setup, you need to connect the wristband to the app for calibration. The device name of the fitness band is BFH-147. Once the connection is successful, the fitness band will automatically synchronize the time.

- Open the Fit Pro app on your phone, click to start scanning, and then click on the device connection option.
- After successful pairing, the app will save the Bluetooth address of the fitness band. Whenever the app is opened or running in the background, it will automatically search and connect to the fitness band.
- Android mobile phone: Ensure that the app runs in the background and that your mobile phone's system settings grant all necessary permissions, such as running in the background and accessing contact information.

## Charging the device:

Step one: pull out the strap

This action must be performed by an adult. Pull out the strap from the buckle side. Before charging, ensure that you have removed it from the correct side. When discharged, charge the device for a minimum of 5 minutes before turning it on.



Step two:

Plug the fitness band into the USB port and check the charging status on the screen.



## Fitness band function description

- To turn on the device, press and hold the function button for more than 3 seconds.
- In the Bluetooth address interface, press and hold the button for 2 seconds to turn off the fitness band. Short press to exit the shutdown page.
- Resetting the fitness band: this function will clear all data, including step count, from the fitness band.
- Press the function key briefly while the device is powered on to turn on the screen.
- If there is no operation for 5 seconds, the screen will automatically turn off.
- Switch to the heart rate three-in-one interface to start the test. The interface will automatically turn off the screen after a timeout of 60 seconds. Note that heart rate and blood pressure testing require hardware support on the fitness band.

## Clock interface

After syncing with the phone, the fitness band will automatically calibrate the time.

Press and hold the standby interface for 2 seconds to switch between a 24-hour and 12-hour clock interface. (tracks steps)

## **Step count**

The fitness band tracks the number of steps taken daily. Wear the band to record the current real-time steps.

## **Distance**

Based on the number of steps, the fitness band estimates the distance covered.

## **Calorie count**

Estimate the calories burned based on the number of steps, heart rate, blood pressure, blood oxygen (three-in-one).

After entering the heart rate test three-in-one interface for a few seconds, you will see the current heart rate, blood pressure, and blood oxygen test results. To use this feature, make sure your wristband supports heart rate and blood pressure sensors.

## **Multi-sport mode**

### **(Running mode)**

In this mode, you can track and record the calories burned and duration of your running activities.

### **(Skipping rope mode)**

In this mode, you can track and record the calories burned and duration of your rope skipping exercises.

### **(Sit up mode)**

In this mode, you can track and record the calories burned and duration of your sit-up workouts.

### **(Sleep mode)**

When you fall asleep, the fitness band will automatically enter sleep monitoring mode. It can detect your deep sleep, shallow sleep, and periods of waking up throughout the night to calculate your sleep quality. Sleep data can be viewed only through the app. Note: sleep monitoring starts at 10 o'clock in the evening when wearing the fitness band to sleep.

## **Information mode**

When the fitness band receives multiple reminder messages, you can access this mode to view the last three message records.

## **App function and settings (Personal information)**

After entering the app, please set your personal information. In Settings→Personal Information, you can set your gender, age, height and weight.

You can also set your daily step goal to monitor your daily achievements.

### **(Push notifications)**

**Incoming call:**

When connected to the app, if the call alert function is enabled, the wristband will vibrate and display the name or number of the caller when you receive a call. (The app requires permission to read your address book)

**SMS notification:**

When connected to the app, if the SMS reminder function is enabled, the fitness band will vibrate upon receiving a text message.

**Other reminders:**

When connected to the app, if this function is enabled, the fitness band will vibrate and display the content received from apps such as WeChat, QQ, Facebook, etc. You can also view the last three message records in the ring information menu. The app requires permission to access system notifications. The wristband can display 20-40 words.

### **Other functions:**

The vibration setting can be turned on and off. The fitness band will vibrate to alert you for calls, messages, and other reminders. If vibration is disabled, the fitness band will only display a screen reminder without vibrating to avoid disturbance.

### **Tips for Android users:**

When using the reminder function, make sure to allow "FitPro" to run in the background. It is recommended to add "FitPro" to the rights management and grant all necessary permissions.

### **(Alarm setting)**

When connected to the app, up to 8 alarms can be set. After setting the alarms, they will be synchronized with the fitness band. Offline alarms are supported, meaning the fitness band will still remind you at the set times even if the app is not connected.

### **(Finding your fitness band)**

When connected, click the "Find my fitness band" option and the fitness band will vibrate to help you locate it.

### **(Remote photography)**

When connected, you can use the wristband or the app to enter the remote camera interface. By shaking, turning your wrist, or touching the fitness band, it will automatically take a photo after a 3-second countdown. Please grant the app permission to access the photo album to save your pictures.

### **(Active reminder)**

Stay active throughout the day with our active reminder feature. You can enable this function and set the reminder interval to ensure you take regular breaks from sitting.

### **(Do not disturb mode)**

Turn on the Do Not Disturb mode. You can set the Do not disturb time period. During the set time period, the fitness band will not receive any notification messages so that you can concentrate on your activities.

### **(Device reset)**

This feature will restore your fitness band to its original settings and erase all data, including step counts.

### **(Remove device)**

This feature will erase data and delete the device's basic parameters



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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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 above. 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.

As the end user it is important that you submit your used batteries to the appropriate and designated facility. In this manner you make sure that the batteries are recycled in accordance with legislature and will not harm the environment.

All cities have established collection points, where electric and electronic equipment and batteries can either be submitted free of charge at recycling stations and other collection sites, or be collected from the households. Additional information is available at the technical department of your city.

Hereby, Denver A/S declares that the radio equipment type BFH-147 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [denver.eu](http://denver.eu) and then click the search ICON on topline of website. Write model number: BFH-147. Now enter product page, and RED directive is found under downloads/other downloads.

Operating Frequency Range: 2402--2480MHz

Max Output Power: 0.081W

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