

novasmart

# Smartband

USER GUIDE



**runR One**  
Fitness Tracker

GB

## GETTING STARTED

Read this user guide carefully before using the product. It contains important information for your safety as well as use and maintenance advice. Keep this user guide for future reference. If this product is passed to a third party, this user guide must be included.

## SAFETY ADVICES

- The product contains electrical components that could cause injury if not handled properly.
- Do not open the enclosure or disassemble the product.
- Do not use the product if the screen is cracked or damaged.
- Do not expose the product to extremely high or low temperatures, or in high pressure and high magnetic environment.
- Do not use the product in a sauna or steam room.
- Do not charge the product in wet environment, as this may lead to corrosion of the charging terminal hardware, resulting in charging failure.

- Charge bracelet with 5V/100-2000mA, do not use higher power supply voltage to prevent overload.
- Do not leave the product in direct sunlight for an extended period of time.
- Do not dispose the product in a fire. Built-in battery could explode.
- The product features a built-in battery, which is not user replaceable.
- Do not check call notifications or other data on the product's screen while driving or in other situations where distractions could be hazardous.
- This product is not a toy and should not be used by children.
- This product is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease.
- The distance travelled may be inaccurate. It is for reference only and should not be used as any navigational reference.
- Wearing the product snugly can lead to skin irritation due to rubbing and friction. Remove the product periodically to allow your skin to dry and breathe.
- Do not wear the product too tight. This might restricts blood flow, potentially affecting the heart rate signal.

- The product should usually rest a finger's width below the wrist bone, as you would normally wear a watch.
- This product has been classified as IP67 and is protected against the effects of temporary immersion in water. For diving in larger depth, the product is NOT suitable.

### **Consult your doctor prior to use if you**

- Have a medical or heart condition or any preexisting conditions that might be affected by your use of this product.
- Are taking any photosensitive medicine.
- Have epilepsy or are sensitive to flashing lights.
- Have reduced circulation or bruise easily.
- Begin or modify any exercise program.

## **! CAUTION**

- The device may cause skin irritation.

Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any signs of skin redness, swelling, itchiness or other skin irritation, please discontinue using the product.

Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.

### **Blood pressure notice**

- Blood pressure can be subjected to wide fluctuations in a short period of time as its level depends on many factors. Usually the level of blood pressure is lower in summer and higher in winter. It can change with atmospheric pressure and is affected by many factors, e.g. physical work, emotional state, stress, meals, dietary pattern, etc.
- Different medicines, alcohol and smoking can exert a large influence on the level of blood pressure. Do not smoke, drink caffeinated beverages or exercise within the 30 minutes before measuring your blood pressure.

## **CAUTION**



Only a medical practitioner is qualified to interpret your blood pressure measurements. Use of this Smartband should not replace regular medical examinations.

## INTENDED USE

This Smartband is intended for monitoring fitness-related metrics such as heart-rate, blood pressure, distance walked or run, calorie consumption and quality of sleep. Data measured should not be used for any medical, ambulatory or dietary reference.

## YOUR PRODUCT



1. Bracelet
2. Screen
3. Function key

4. Blood pressure and heart rate sensors
5. Built-in USB charging port
6. USB charging with built-in USB port



## CHARGING

- Identify the strap pointed to by a USB mark on the back of the product. Hold the product body with one hand and pull the strap with another hand at 45 degrees away from the product to reveal a built-in USB port.
- Plug the built-in USB port charging end into the USB port on your computer or mains charger with 5V charging output. Charging range: from 100 mA to 2A.

- Upon charging, a battery charging icon will be displayed briefly followed by a short vibration.
- Average charging time should take ca. 2 hours.

## TURNING ON AND OFF

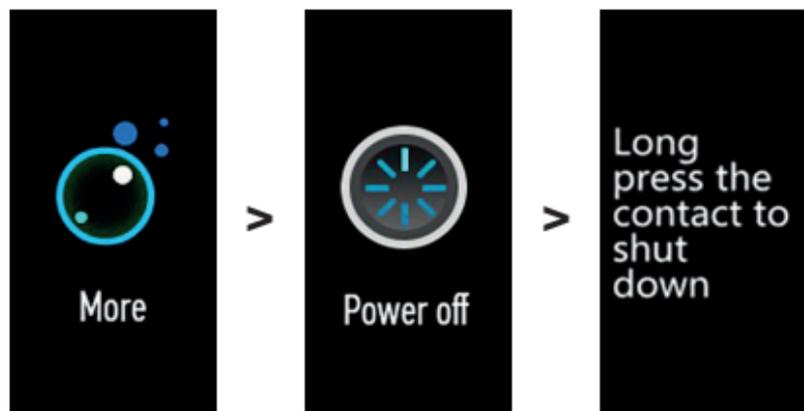
### To turn on

- Press and hold function key for 3 seconds.
- The Smartband turns on and a main screen with time and date is shown.
- Long press the function key to switch the style of the main screen.



## To turn off

- Briefly press the function key to switch between the menu items. Go to "More", long press the function key and switch to the turning off menu as shown.
- Press and hold function key for 3 seconds.
- The Smartband vibrates and turns off.



## “FUNDO PRO” APP

For the best experience download and install the “FunDo Pro” app on the App Store, Google Play or by scanning the following QR code. Open the app and confirm all permissions to access all features. For this you need iOS 8.0 or higher, Android 4.4 or higher Android version.

**App Store**



**Google Play**



**“FunDo Pro” app allows to use additional features, such as**

- Synchronization of date & time with your phone
- Dashboard with overview of all data measured
- Continuous heart rate and blood pressure monitoring
- Overview of sleeping patterns
- Notifications for incoming calls, text messages, Facebook, Twitter, WhatsApp, WeChat, etc.
- Alarm and sedentary settings

## PAIRING

- Turn on the Smartband.
- Activate Bluetooth connection on your phone.
- Open “FunDo Pro” app.
- Go to “More” > “+Add device” and from the list of device select “runR One” with the corresponding ID number to pair with.
- The ID number can be found in the menu of the Smartband. Go to “More”, long press the function key and switch to the “About” menu.
- Once Smartband and smartphone are paired, the Bluetooth symbol  appears on the date and time screen.

### TIP

- After installing “FunDo Pro” app you may be required to enter user information, such as height, weight, age and gender. Once Smartband and smartphone are paired, the app automatically starts data synchronization.

## WAKING UP SCREEN

To preserve battery screen goes off when not in use. It wakes up automatically when you turn your wrist towards you. To disable waking up feature or to set a specific time frame when it is disabled (e.g. to stop screen from going on at night) open “FunDo Pro” app and go to “More” > “Raise hand” and toggle to disable waking up screen. Or go to “More” > “Do not disturb mode”, set start and end time and toggle “Do not disturb mode” to enable.

### **i** TIP

The time at night can be still checked by single-tapping function key.

## TOGGLING THROUGH MENUS

The default or “home” screen is the time and date screen. Press function key to move to through the menus.

## 1. Time and date screen

Once Smartband and smartphone are paired, the time and date is automatically synchronized. If the synchronization fails, open “FunDo Pro” app and tap the  icon in the top left corner to synchronize manually.

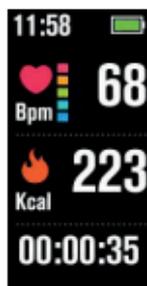
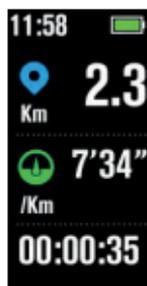


## 2. Sport mode

When in sport menu, press and hold function key for 3 seconds to enter sport mode.

Select exercises such as walking, running, climbing or cycling. Long press the function key to start recording the activity. The corresponding mileage, time, heart rate and calories are displayed.





**During exercise, tap on the function key once to wake up the screen and**

- Long press to pause training section
- Tap again to resume training section
- Long press the function key again to exit training section.



## TIP

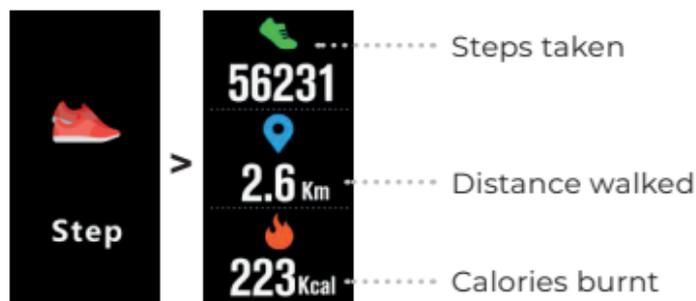


The heart rate measurements taken in sport mode are not synchronized with "FunDo Pro" app.

### **3. Pedometer, distance counter and calorie count mode**

Steps taken during the day, percentage of goal completed, calorie burnt and distance walked or run are shown. All data is displayed in the menu of the Smartband and in the app.

The steps will not be counted if you do not swing your arms during walk or exercise. By default, distance walked or run is shown in kilometers. To change the unit to imperial “mile”, open “FunDo Pro” app and go to “More”> “Unit Settings” menu.



## TIP

- In order to most accurately count calories burnt, open “FunDo Pro”, go to “Me”, click user profile and enter user information, such as height, weight, age and gender.

## CAUTION

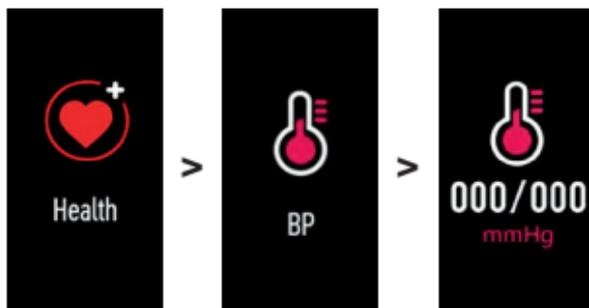
- Data shown are for reference only and should not be used as any medical or dietary reference.

#### 4. Blood pressure monitor

Measures your current blood pressure.

##### One-time measurements

To make a quick and one time measurement, simply go to “Health”, long press the function key, and select the blood pressure menu “BP” as shown by holding the function key for 3 seconds, rest your arm on a table so the Smartband is at about the same height as your heart and wait ca. 1 minute.



##### TIP

One-time measurements are synchronized with “FunDo Pro” app.

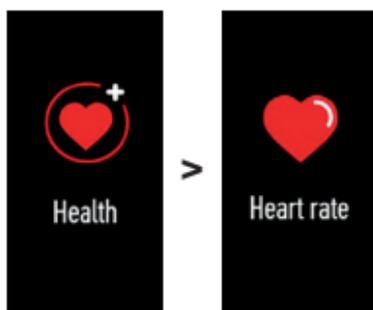
## TIP



It is important to measure the blood pressure at the same time each day such as morning and evening.

### 5. Heart rate monitor

Measure your current heart rate. To start manual measurements, simply go to “Health”, long press the function key, and select the heart rate menu as shown by holding the function key for 3 seconds. Then wait ca. 10 seconds.



#### One-time measurements

Manual measurements are not synchronized with “FunDo Pro” app. Instead the Smartband automatically monitors your heart rate in 10 minute intervals. It synchronizes the measured value with “FunDo Pro” app every 30 minutes.

## Regular heart rate measurements

*To turn on automatic heart rate monitoring*

1. Open "FunDo Pro" app and go to "More" > "Heart rate test", set start and end time for continuous heart rate monitoring.
2. Set monitoring frequency.
3. Toggle to enable "Heart rate test".
4. Tap the tick mark on the top right corner to save the changes.

## 6. Sleep monitor

Monitor your last sleep times on daily basis. To view your sleep records, open "FunDo Pro" app and go to "FunDo Pro" icon in the center of the dashboard, select "Sleep" to view the break-down of your sleep incl. deep and light stages of sleep. Or go to "Analysis" > "Sleep" > "Sleep statistics" menu to view your sleep data over the week.



## RECEIVE SMARTPHONE NOTIFICATIONS

- If the Smartband is connected to the “FunDo Pro” app, make sure that the permissions for messages from the smartphone are enabled. You can confirm permissions in the app under “More” > “App notification settings”, “Call notification” and “SMS notification”.
- Now the device can receive the corresponding short messages under “Message” in real time.



Message

## FINDING SMARTPHONE

### To find lost smartphone

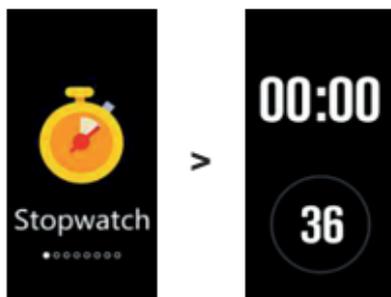
1. Go to the finding lost smartphone menu as shown.
2. Press and hold function key for ca. 4 seconds.
3. If the smartphone is within the Bluetooth connection range, it will ring.



Find Phone

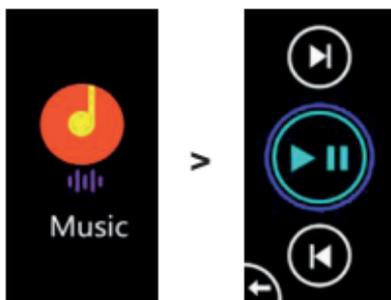
## USING STOPWATCH

- Go to “More” on the Smartband, long press the function key and switch to the stopwatch menu as shown.
- Press and hold function key for ca. 3 seconds to enter the stopwatch mode.
- Tap function key to start stopwatch and tap again to pause.
- Press and hold function key for ca. 3 seconds again to exit stopwatch mode.



## MUSIC CONTROL

- Go to “More” on the Smartband, long press the function key and switch to the music menu as shown.
- If your smartphone plays music, you can control the music.



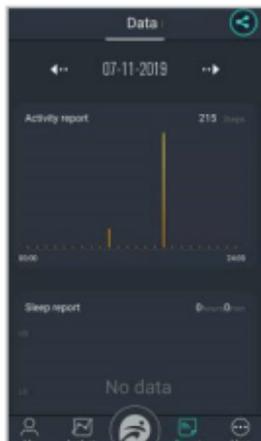
## RESET TO FACTORY SETTINGS

- Go to “More” on the Smartband, long press the function key and switch to the reset menu to restore the factory settings of the device.



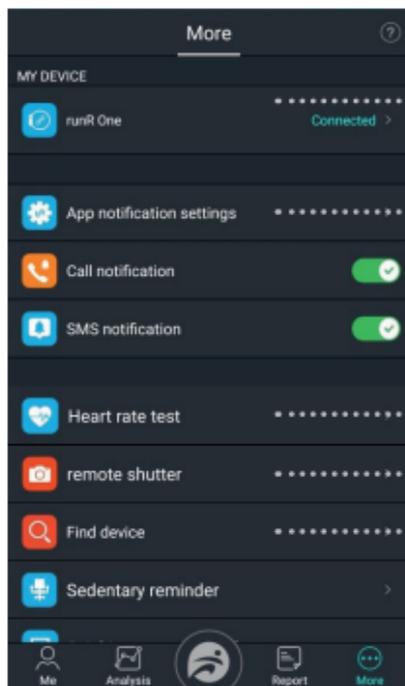
# DASHBOARD

“Analysis”, the “FunDo Pro” icon in the center and “Report” allow you to view history of all measurements taken and data summaries.



## APP SETTINGS MENU

To access settings menu open “FunDo Pro” app and go to “More” menu:



Tap to connect or disconnect the device.

Activate or deactivate message notifications from various apps.

Set start, end time and frequency of the heart rate test.

Take a remote photo by tapping on the Smartband.

If the Smartband is within the Bluetooth connection range, it will vibrate to help you to find the Smartband.

### *More settings*

- **Sedentary reminder**  
Set sedentary reminder.
- **Drinking water reminder**
- **Remind mode**

- **Set an alarm**  
Set alarm clock.
- **Raise hand/turn wrist detection**  
Set screen waking up by turning your wrist.
- **Do not disturb mode**  
Set the time for “Do not disturb”.
- **Firmware upgrade**  
Upgrade the Smartband Firmware.
- **Unit settings**  
Change the preferred unit for distance and temperature.
- **User guide**  
Guide you through different functions in the app.
- **About**  
Information about software version of the app.

## CLEANING AND STORAGE

- Turn the product off before cleaning.
- Clean and dry the product regularly, particularly in areas in contact with the skin. Use a clean damp or anti-static cloth.
- Do not use chemical or abrasive cleaners.

- Clean the charging plates/port, blood sensors and heart sensor regularly as accumulated dust and lint could affect charging process.
- When not in use, store the product in its original packaging, out of reach of children and pets.

## TECHNICAL DATA

- Voltage: 5V
- Battery: Li-Po battery 5V/70mAh
- Range of current: 100 mA-2A
- Charging port: USB
- Weight: ca. 22 g
- Size: ca. 230x20 mm
- Charging time: ca. 2 h
- Standby time: ca. 6-8 days
- IP rating: IP67
- Bluetooth version: 4.0

## DISPOSAL INSTRUCTIONS

Used electrical and electronic products must not be discarded with household waste. The presence of the WEEE symbol on the product – or its packaging serves as a reminder of this. Some of the materials of which this product is comprised can be recycled if they are taken to an appropriate recycling centre. By reusing the components and raw materials of used products, you contribute significantly to protecting the environment. For further information on collection sites for used equipment, you can enquire at your town council, the waste treatment department, or the shop where you have purchased the product.



Do not dispose of in the household waste, as the product contains batteries. Return used batteries to a battery recycling centre.



Disposal of the packing materials should be done in accordance with local regulations.

## EU DECLARATION OF CONFORMITY

**3e oem sports** declares that the product: Heart Rate Monitor Smartband, complies with the essential requirements and other relevant provisions of Radio Equipment Directive (RED) (2014/53/EU) and other applicable Directives, hence CE mark has been attached to it:



**Produced in China for**

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