

EVOLVEO

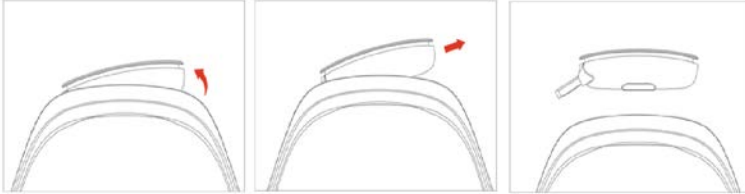
Fitband B2

Dear customer,

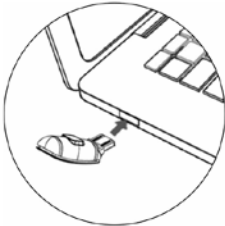
thank you for choosing the EVOLVEO FitBand B2.

Charging

Remove the body of the fitness bracelet from the strap.



To charge the bracelet battery, connect it to the 5V USB charger or USB port of your computer. Do not use a stronger power supply, it may damage your fitness bracelet irreparably.



When charging via computer, make sure the display is facing down, as illustrated.



A: a touch point for bracelet control.

Touch the spot "A" briefly to browse through the menu. The bracelet begins a new measurement every day at midnight.



After inserting into the charger, the battery icon appears for 3 seconds and the charging process starts. The icon of a fully charged battery signals the battery is charged.

How to use the fitness bracelet.

Wear the bracelet in the same way as a standard watch. Try to wear the fitness wrist bracelet higher during exercise. When exercising, your blood flow in the arm increases, therefore moving the bracelet a few centimetres up can improve the heart rate signal. Some exercises require more frequent bending in the wrist, which would probably affect the heart rate signal, if the bracelet on your wrist is too low.

The display is off when the bracelet is not being used.

Display activation:

- Touch the spot "A" on the bracelet.
- Turn your wrists towards you.

Putting the bracelet on

If the bracelet is too tight, it may affect the heart rate signal. When exercising, wear the bracelet a bit tighter than usual. If your bracelet does not show heart rate data, try to loosen your wrist and stay calm for a moment.

Measuring Blood Pressure

EVOLVEO FitBand B2 is not a medical or diagnostic device, but it is a suitable supplement for monitoring blood pressure for your reference.

Important advice

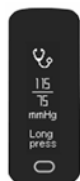
- To ensure the most possible measurement, we recommend that you avoid a bath, smoking, exercise, drinking alcohol, coffee and eating at least 30 minutes prior to taking the measurement. Rest at least 15 minutes before taking the measurement. Stress also has a negative effect on your blood pressure.
- Measurements should be made in a quiet space.

- Sit comfortably on a chair, with feet on the floor. Place your hand intended to measure on loosely on the mat or chair armrest.
- Do not speak during the measurement.

Switch to the blood pressure measurement mode



Press and hold the "A" the stethoscope icon on the display indicates that the measurement is taking, after about 20 seconds the result will be displayed.



In our case, the result of a blood pressure measurement is 115 to 75.

If a "!" symbol appears next to the stethoscope instead of the measured pressure, it means the measurement was not successful.

This may occur due to insufficient contact between the bracelet and your skin, move the bracelet body on the finger a bit or use another finger to measure on, and then re-measure.

Another reason may be your hand is cold, and therefore the blood flow is weaker. Try to warm your palms and fingers by rubbing your hands together, shaking your wrists, or clench your fist for 10 seconds, then open, if necessary repeat several times in a row. Then perform the measurement again.

Waterproof according to IP67

EVOLVEO FitBand B2 has got the IP67 certification. It is waterproof if the following conditions are observed: it is not submerged deeper than 1.2 meter for 30 minutes and it is fresh water.

Occasional use in chlorinated pools is possible if the bracelet is rinsed with clean water afterwards.

Do not use in seawater or saltwater pools. Do not use when showering or taking bath in warm water. If the product is used incorrectly, you will lose the warranty.

Turning on, pairing and connecting with the applicaton

Android: EVOLVEO Fit

iOS: EVOLVEO Fit

Press and hold the spot "A" for about 2 seconds to turn the device on. Download and install the "EVOLVEO Fit" application from Google Play. Register and log in to the application. Turn on the Bluetooth feature on your device such as Smartphone or Tablet. In the application, press the "Devices". Then press the "Add a new device". Select the "EVOLVEO Fitband B2". The application will search for Bluetooth devices nearby. The found fitness bracelet appears in the application as "B2". Click on it, the fitness bracelet will vibrate and be waiting for confirmation, which you perform by pressing and holding the spot "A" for about 2 seconds. When successfully paired, the application shows "paired" and the fitness bracelet is displayed as connected with a Bluetooth symbol and battery next to it.

Turning off and restarting

To turn the device off, proceed as follows. Set the screen to default, i.e. time and date. Press and hold the spot "A" for about 2 seconds, a small "1" symbol will appear on the display under the battery indicator, hold the spot "A" for 2 seconds again, a small "2" symbol will appear, repeat again and a small "3" symbol will appear. Repeat it for the fourth time and an "off" symbol will appear. Finally press and hold the spot "A" for 2 seconds again to turn the device off. To restart the device, follow the same steps up to the last one, then press the spot "A" briefly and an "arrow in a circle" restart symbol will appear, after that press and hold the spot "A" for 2 seconds to restart the device. All measured data will be erased and the bracelet will start measuring from zero. The third function following after restarting the device is there to check the bracelet vibration; it can be repeatedly activated by holding the spot "A" for 2 seconds.

Exception clause

- 1. Heart rate and blood pressure measurement outputs are not intended as medical or diagnostic background data.**

2. **Do not attempt to diagnose or treat yourself. Only a qualified physician can diagnose and treat high or low blood pressure or other heart disease. Please contact your doctor for expert diagnosis.**
3. **Heart rate and blood pressure data provided by EVOLVEO FitBand B2 may not be accurate due to various factors such as external signal interference, incorrect positioning, weather changes, or current status of the person being measured.**
4. **Do not alter medication or therapy scheme based on the measurement result. Always follow the instructions given by your doctor.**

WE DISCLAIM ALL LIABILITY ARISING OUT OF THE USE OF THE DEVICE AND WE HAVE NO LIABILITY FOR THE USE OF THESE DATA AND INFORMATION.

TROUBLESHOOTING

First read "FAQ - Frequently Asked Questions" at www.evolveo.com/en/fitband-b2 or contact EVOLVEO Technical Support.

EVOLVEO - TECHNICAL SUPPORT

www.evolveo.com/en/support

The warranty DOES NOT APPLY to:

- mechanical damage caused by improper use
- damage caused by an unauthorized repair
- the battery capacity drops after 6 months of using (6-months battery life warranty)



Disposal

The symbol of crossed out wheeled bin on the product, within the literature or on the packaging reminds you that in the European Union, all electric and electronic products, batteries and accumulators must be stored as assorted waste after the end of their service life. Do not throw these products into the unsorted municipal waste.

① CE DECLARATION OF CONFORMITY

Hereby, the company ABACUS Electric spol. s r. o. declares that EVOLVEO FitBand B2 is in compliance with the requirements of the standards and regulations, relevant for the given type of device.

Download the complete text of Declaration of conformity at <ftp://ftp.evolveo.com/ce>

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