

Pulse Band User Manual



Pulse Band

Appearance overview



Touch Button Operation

In power-on state:

- 1) Press and hold the touch button for 10 seconds to restore factory settings
- 2) Press and hold the touch button for 6 seconds to force restart



Quick Start

1. Packing list

Open the package and check its contents.

- (1) Screenless Bracelet
- (2) Charging Cable
- (3) User Manual

2. APP download and pairing

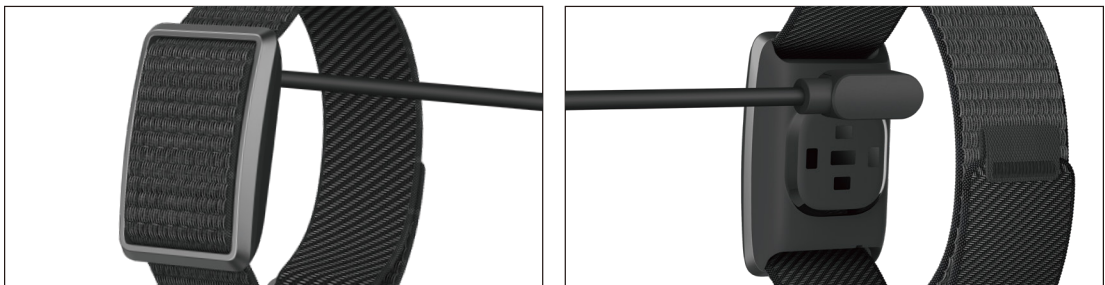
(1) Download the APP

Download and install the VeryFit app from the App Store or Google Play Store or scan the QR code below.



(2) Bluetooth pairing

- 1) Please use the charging cable to charge the band and activate it, and the binding operation must be performed while the band is charging.
- 2) Open the VeryFit app -> Turn on Bluetooth on your phone -> Search for the device to pair within the app -> Complete the pairing process on the app.



Note: Please ensure the band is charging, the phone's Bluetooth is turned on, and the phone is within the band's effective connection range (the heart rate sensor on the band lights up red while charging; it turns green when fully charged).

Function introduction

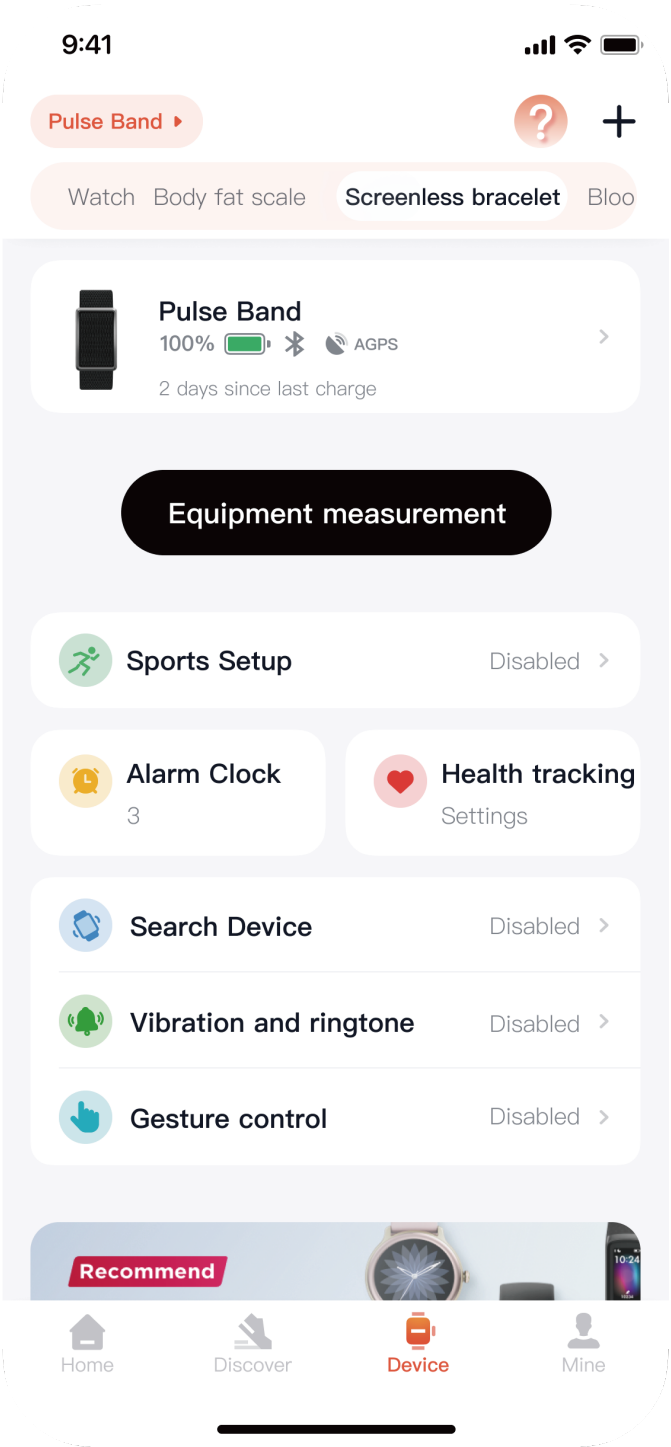
The Pulse Band is a smart, screenless fitness tracker that supports all-day heart rate, blood oxygen, stress, and sleep monitoring, exercise load, energy levels, and alarm reminders. It also supports 152 sports modes and gesture recognition.

- 1) Wear the band during daily activities, and it will automatically record relevant activity data; you can view the activity data in the app's data display interface.
- 2) You can turn on the automatic measurement switch in the app, which can automatically detect your heart rate, stress, and blood oxygen data throughout the day. You can also manually measure heart rate, stress, and blood oxygen data once or with a single click in the app. When you wear the band to sleep during a nap or at night, it will also monitor your sleep status and data.
- 3) Start a single workout: After Bluetooth connection, click the corresponding workout mode in the corresponding workout interface of the band app to enter the corresponding workout mode.
- 4) You can turn on the gesture recognition switch in the app and choose to control answering or hanging up calls, taking photos, or playing music with gestures.

Functional description

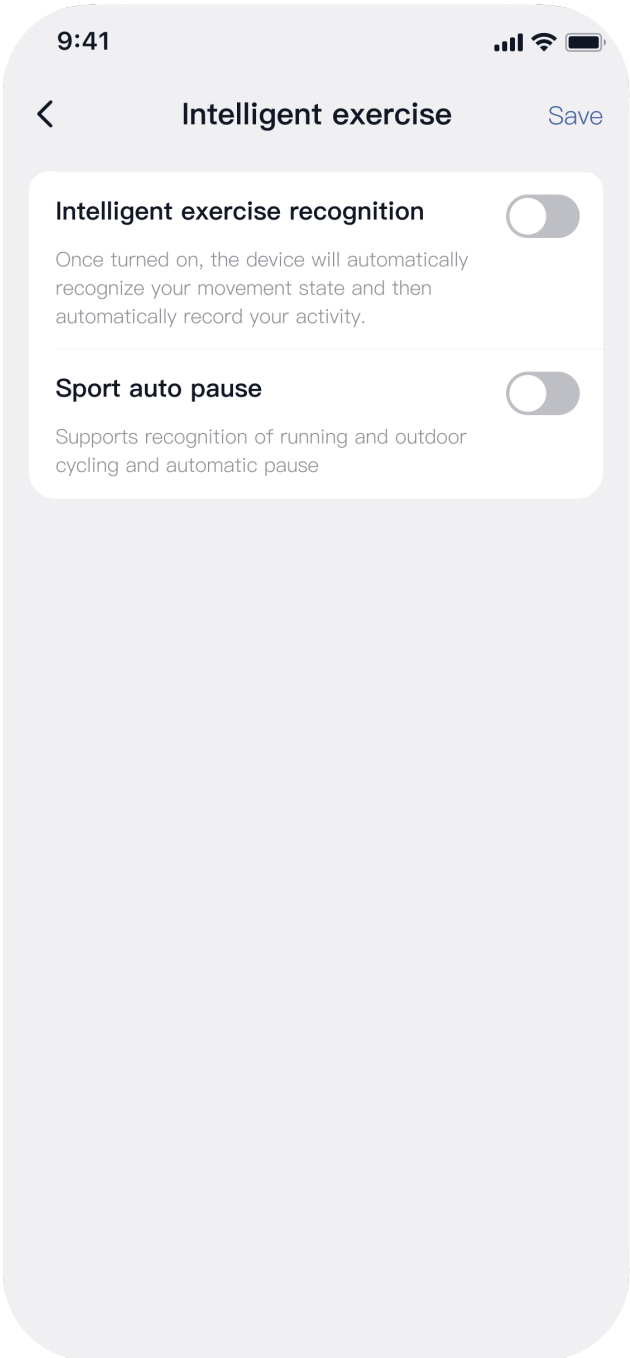
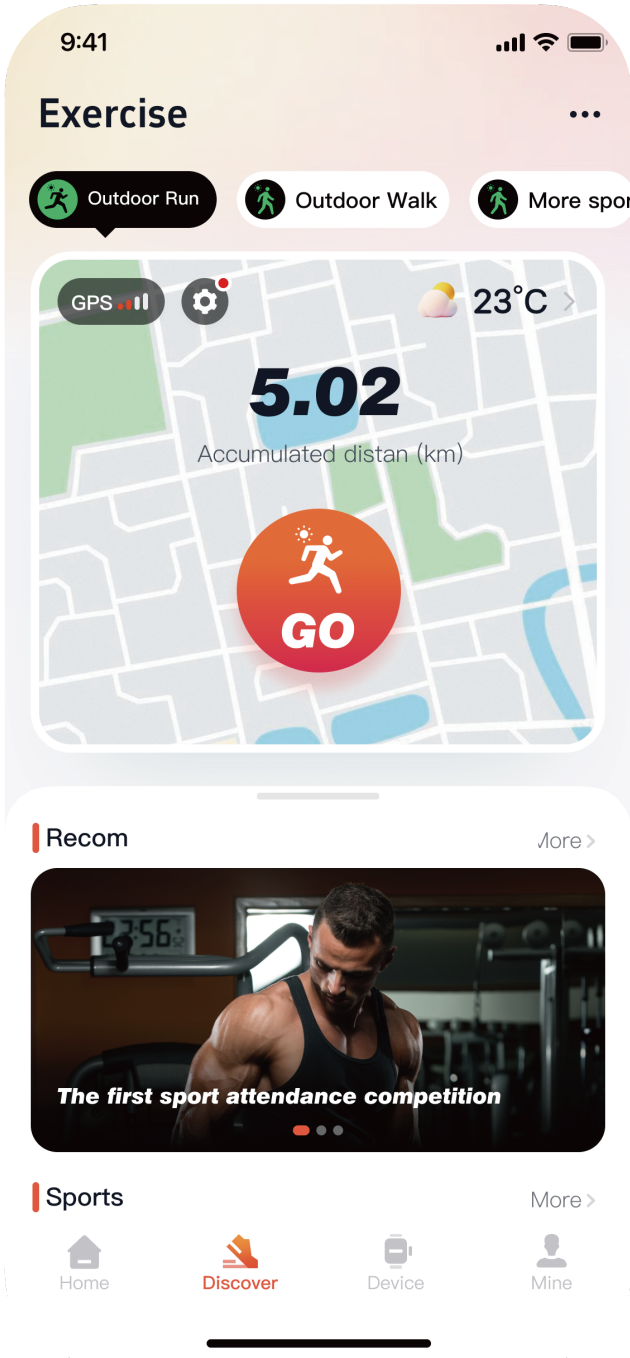
1. Device home page

On the device interface, you can view the band's battery status and Bluetooth connection status, as well as set the band's alarm clock, health tracking data (such as heart rate, stress, blood oxygen automatic measurement switch, etc.), and support the device finder function.



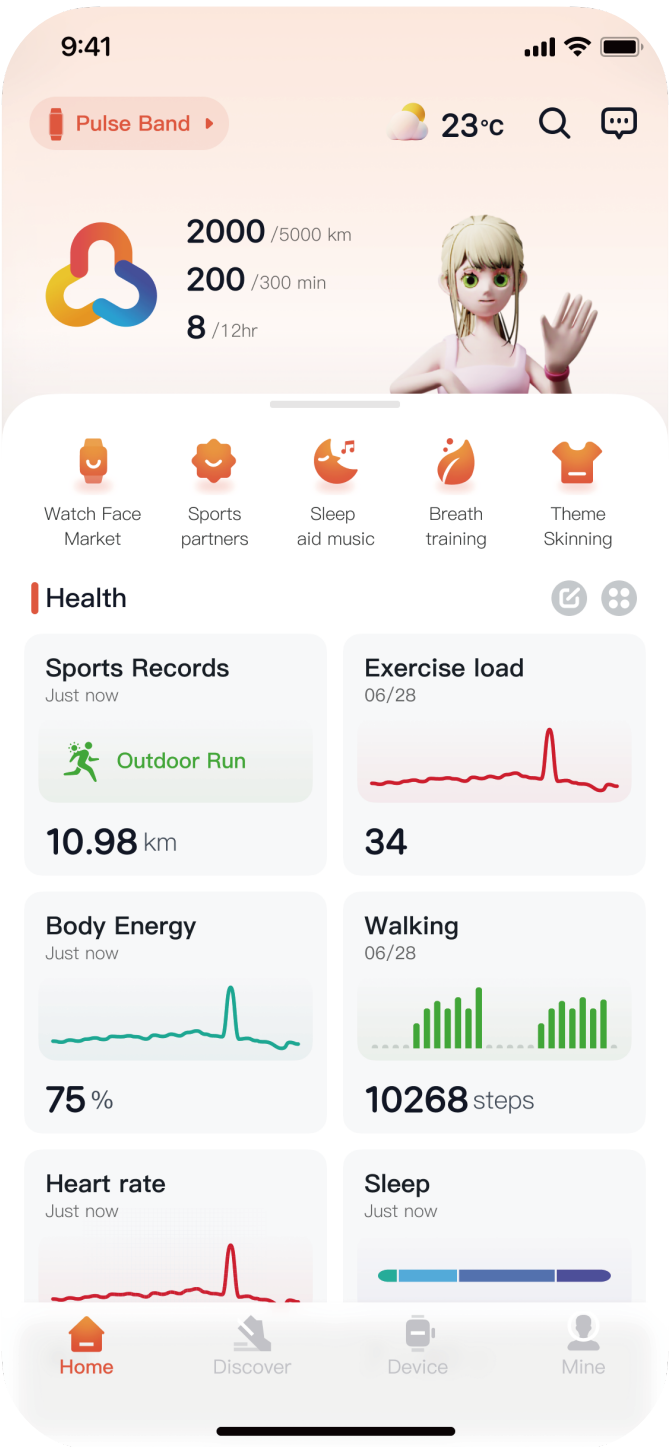
2. Sports

- (1) The Pulse Band supports 152 sports types: outdoor running, indoor running, outdoor walking, indoor walking, outdoor cycling, indoor cycling, hiking, badminton, tennis, football, etc.
- (2) When connected via Bluetooth, click the corresponding sports mode in the sports interface of the application to enter the corresponding sports mode. The band will then enter the sports mode synchronously. The data after the exercise is completed can be viewed on the Veryfit application.
- (3) If motion recognition is enabled, the band will automatically record your motion data after it detects that you are in motion.



3. Activity data

When you wear the wristband during your daily activities, it will automatically record relevant activity data (such as active calories, duration of moderate-to-high intensity activity, and walking duration); you can view this activity data on the data display interface within the app.



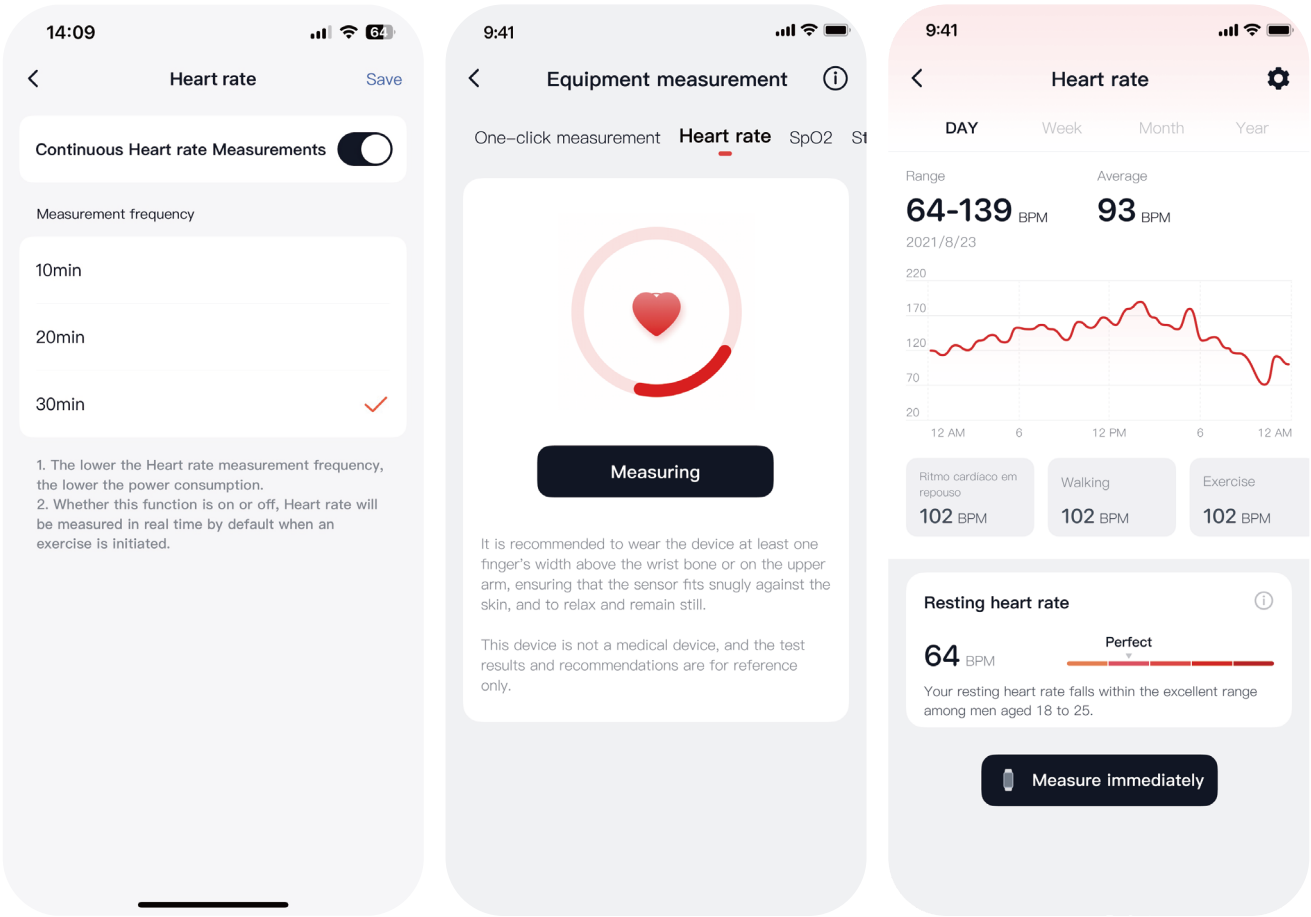
4. Sleep

- (1) Wear the bracelet to fall asleep. The bracelet can monitor your sleep data. You can view the total sleep time, sleep records of each stage, sleep quality, breathing rate, etc. on the app.
- (2) Scientific Sleep and Respiratory Rate each have a corresponding toggle switch within the app. These switches are disabled by default; the smart band can only monitor the respective data once they have been enabled.
- (3) Only supports wearing on the wrist to measure sleep.



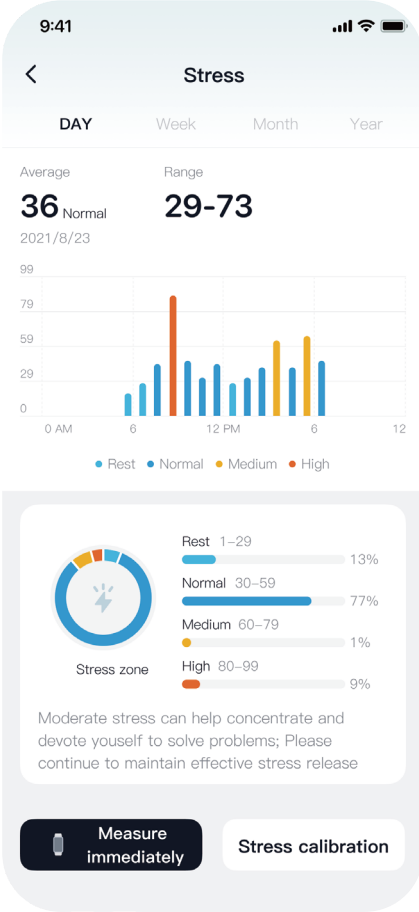
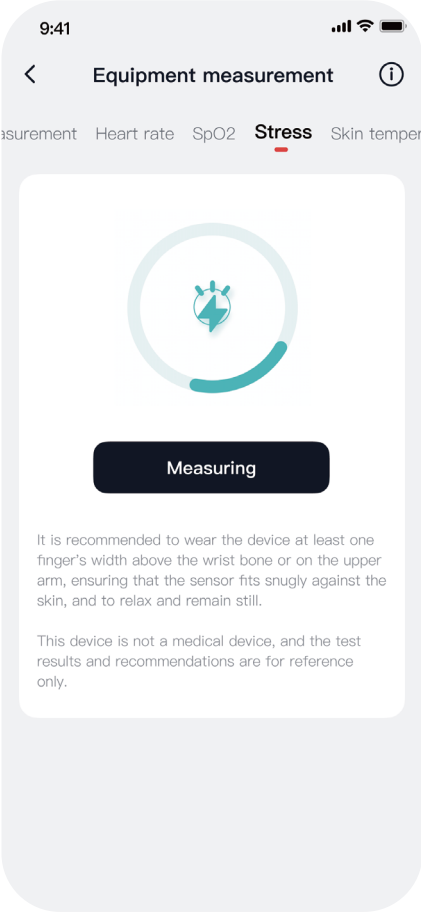
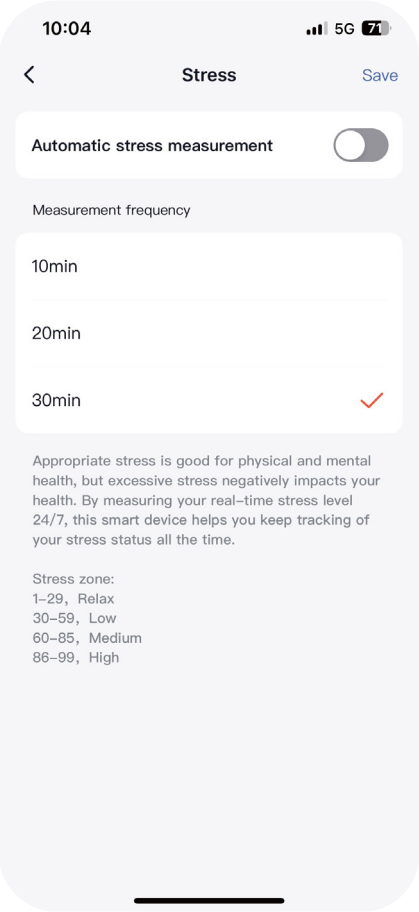
5. Heart rate

- (1) You can go to the APP device homepage -> click on device measurement -> click on manual heart rate measurement. In the APP settings, you can turn on/off the all-day automatic monitoring switch of heart rate, which is on by default; and set the measurement frequency to 10 minutes/20 minutes/30 minutes (default). In addition, you can also go to the health data details page to view heart rate data.
- (2) Each time you measure your heart rate, keep your arm and wrist still and wait patiently until the measurement is completed.



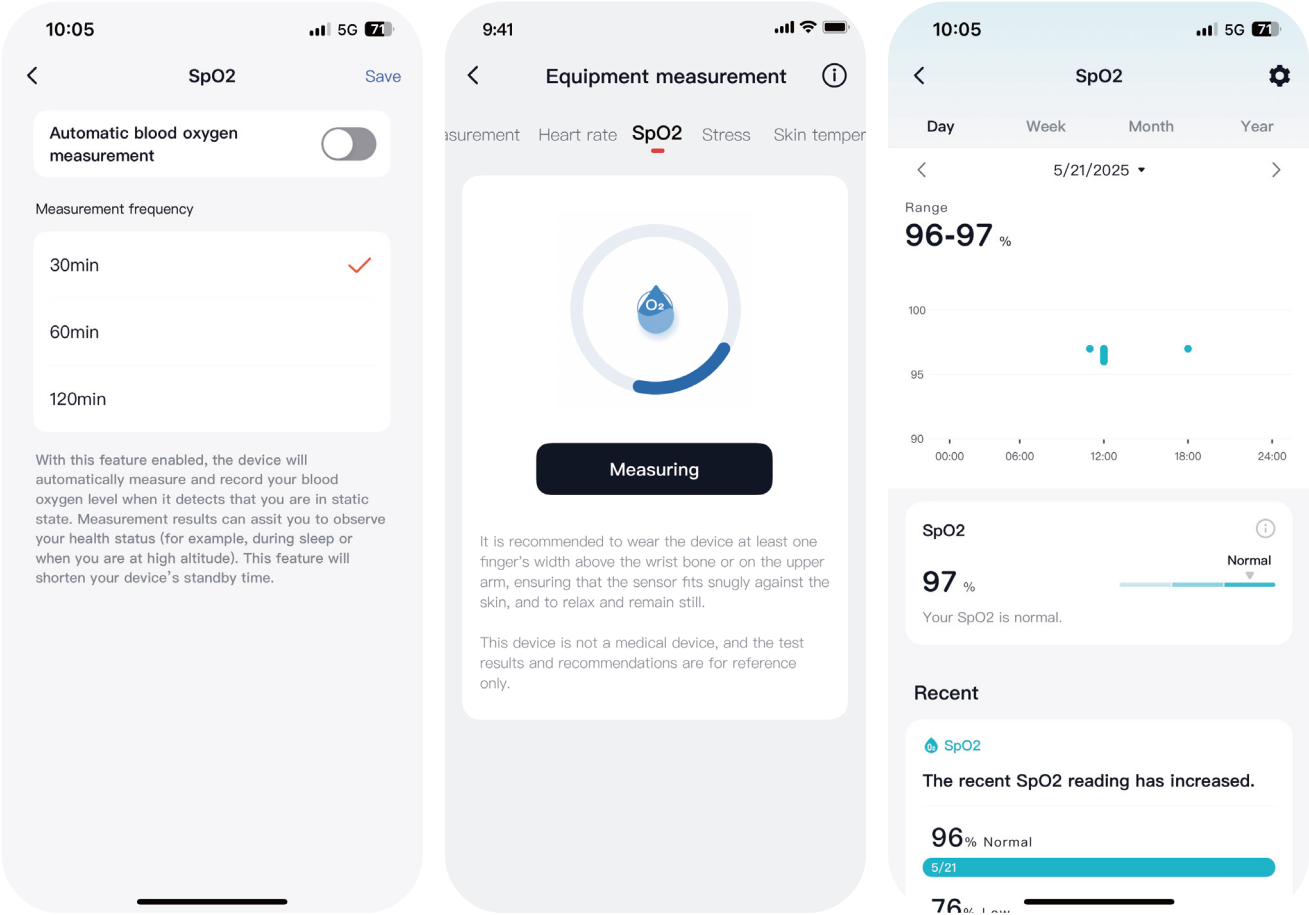
6. Stress

- (1) You can go to the APP device homepage -> click on device measurement -> click on manual stress measurement. In the APP settings, you can turn on/off the all-day automatic stress monitoring switch, which is off by default; and set the measurement frequency to 10 minutes/20 minutes/30 minutes. In addition, you can also go to the health data details page to view stress data.
- (2) Each time you measure stress, keep your arm and wrist still and wait patiently until the measurement is completed.



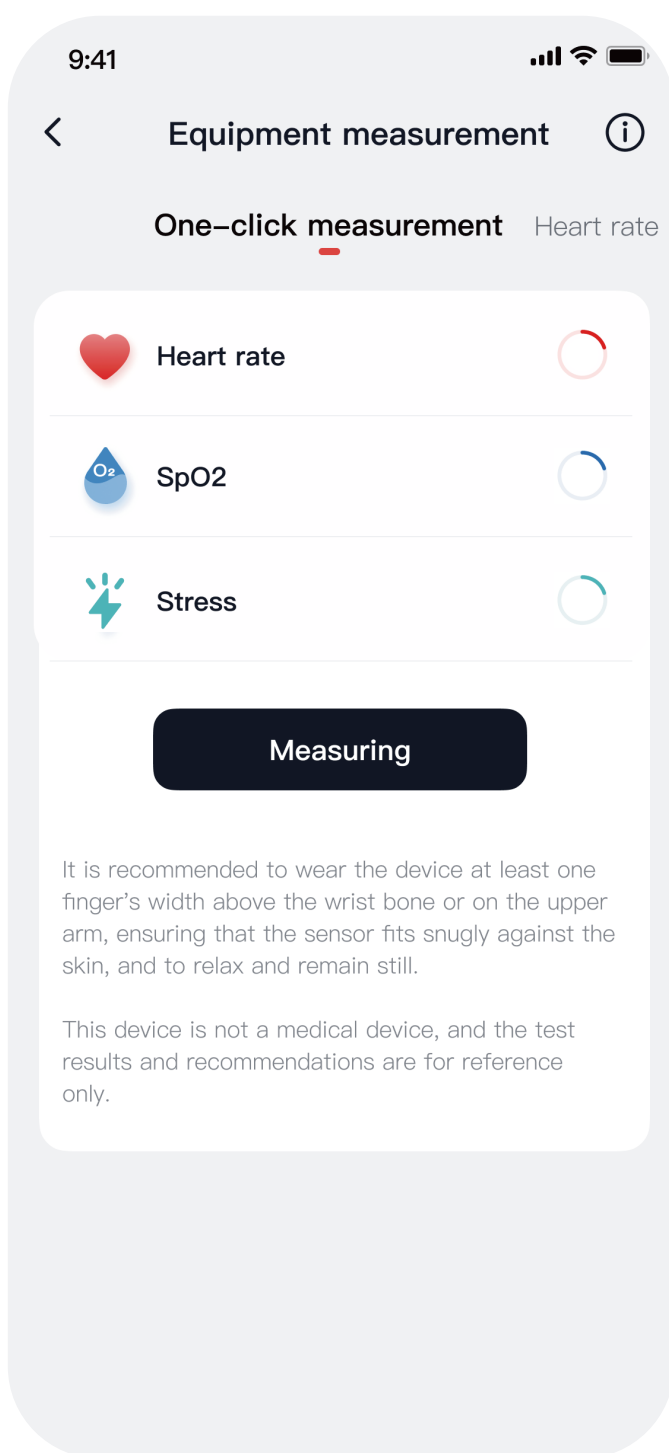
7. Blood oxygen

- (1) You can go to the APP device homepage -> click on device measurement -> click on manual blood oxygen measurement. In the APP settings, you can turn on/off the all-day automatic monitoring switch of blood oxygen, which is off by default; and set the measurement frequency to 30 minutes/60 minutes/120 minutes. In addition, you can also go to the health data details page to view blood oxygen data.
- (2) Each time you measure blood oxygen, keep your arm and wrist still and wait patiently until the measurement is completed.



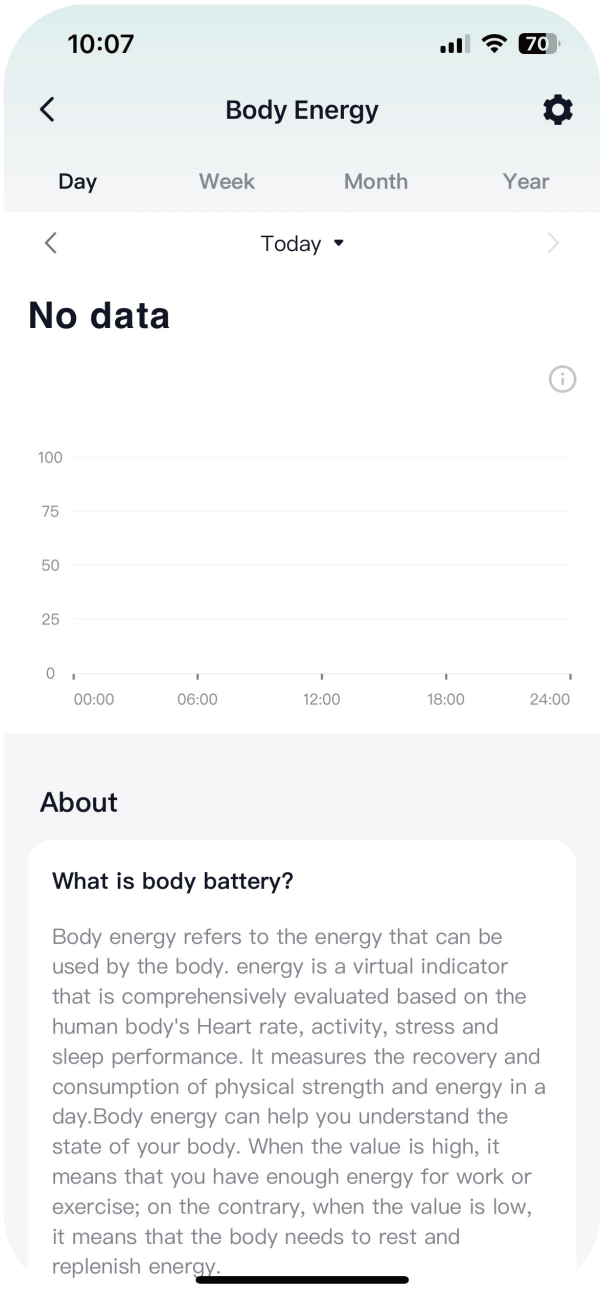
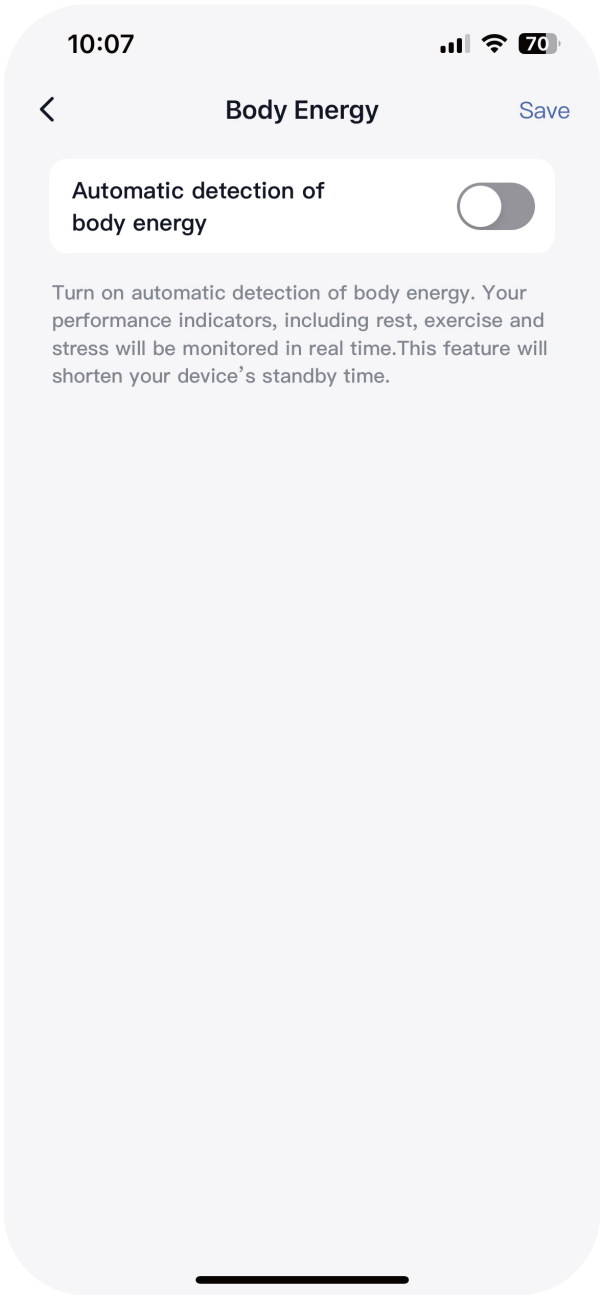
8. One-click measurement

- (1) You can go to the APP device homepage -> click device measurement -> click one-click measurement. You can measure the three health data of heart rate, blood oxygen and pressure at one time.
- (2) During each measurement, keep your arm and wrist still and wait patiently until the measurement is completed.



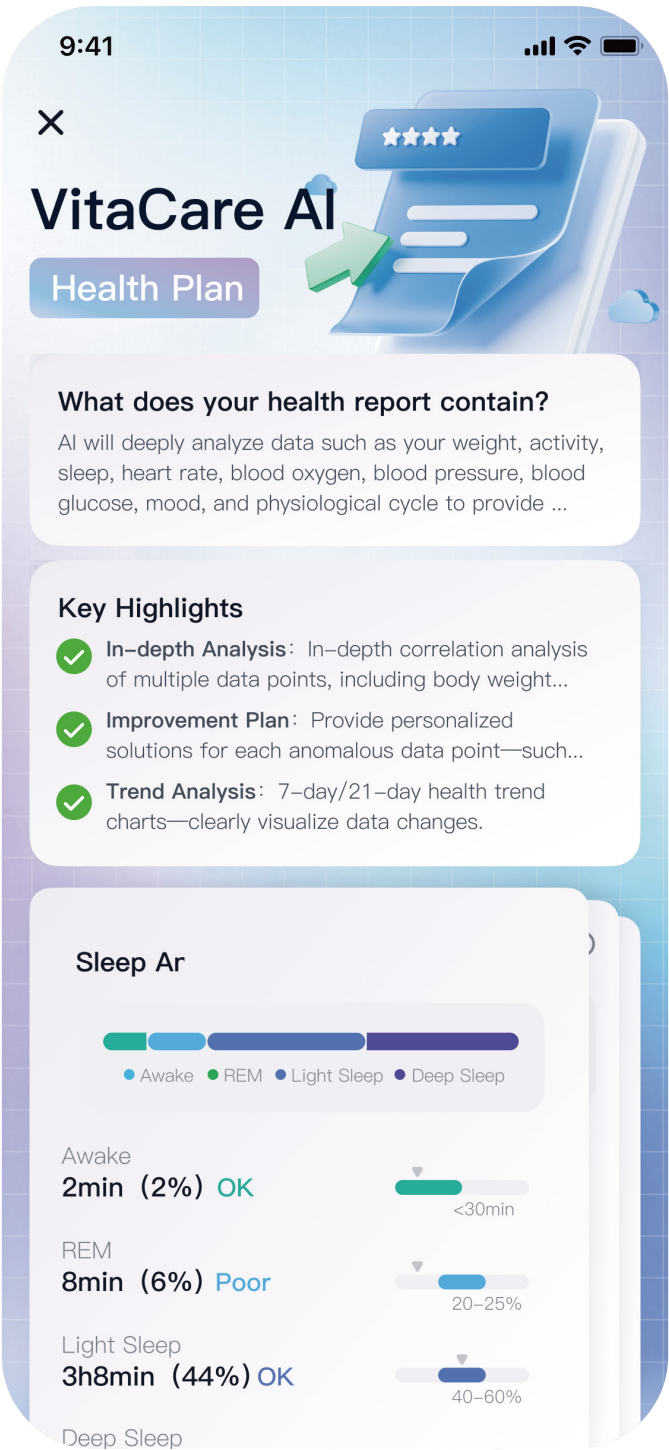
9. Body Energy

- (1) When the app is activated to detect body energy, the band will calculate the wearer's body energy level based on their activity. Users can view their body energy data on the health data details page.
- (2) The body energy switch is on by default. When activated, it will be associated with the 10-minute automatic heart rate monitoring function, which will have some impact on battery life.



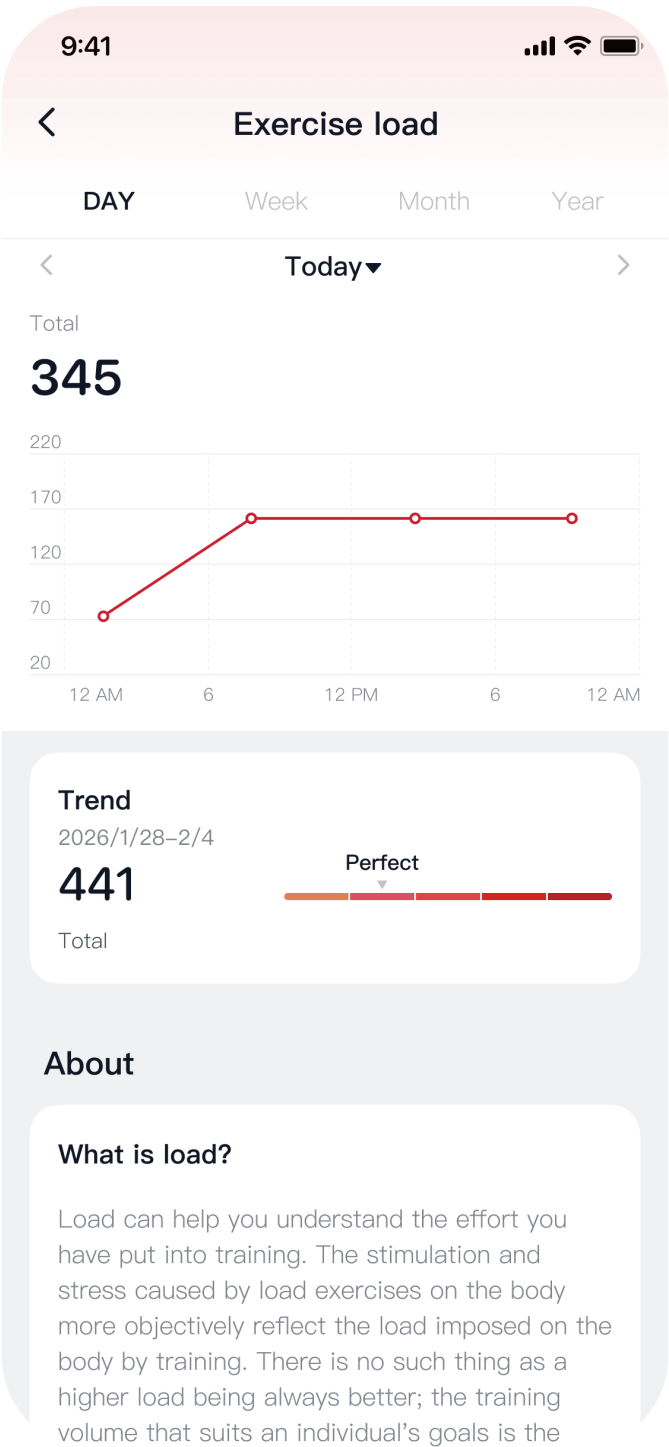
10. VltaCare AI Report

VitaCare AI Health Report is an AI-powered intelligent health analysis service based on personal health data. It integrates multi-dimensional health data such as sleep, heart rate, and exercise that you have collected, breaking through the limitations of traditional health analysis that only looks at single data points. It performs in-depth cross-correlation analysis on different data and finally outputs a personalized health analysis report. It also matches customized improvement plans for your abnormal health indicators, helping you to clearly and intuitively understand your true health status.



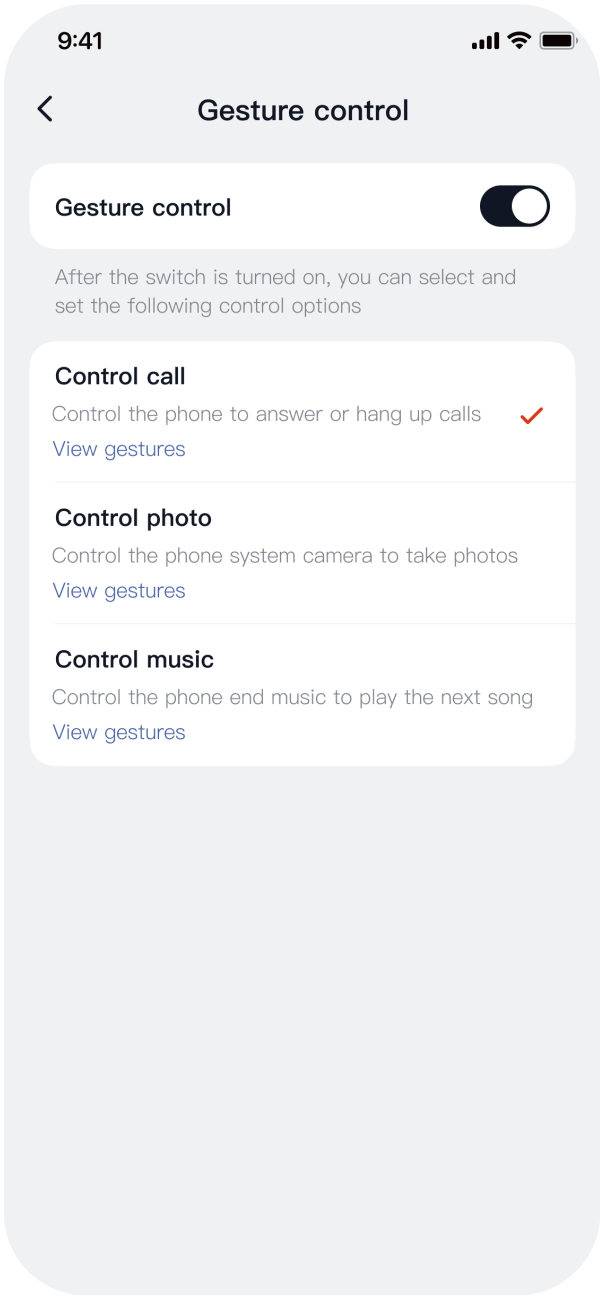
11. Exercise Load

- (1) Load can help you understand the effort you put into training. The stimulation and stress that load exercise causes to the body more objectively reflects the load placed on the body during training. Higher load is not necessarily better; the best load is the target training volume suitable for the individual.
- (2) Exercise modes that support aerobic training effects allow you to view training load data only after the exercise is completed.



12. Gesture control

- (1) You can turn on the gesture recognition switch in the app and select gesture actions for calls, taking photos, or music control. This switch is off by default.
- (2) Rotate your arm horizontally twice: Answer a call, take a photo, or control music.
- (3) First rotate your arm horizontally twice, then rotate it vertically twice (up or down): Hang up the call.



13. Device Management

- (1) Click the wristband icon on the device page of the application to enter the device management page. Here you can view device upgrades, device information (Bluetooth name, MAC address, firmware version and data update time), device restart, factory reset, and delete the device.
- (2) Tap "Device Upgrade" to proceed; the system will automatically check for any available new versions. When upgrading the firmware, the smart band's battery level must be above 30%.

