Outdoor Fitness Tracker B57004

User Manual

MAREA
SMART

Thank you for choosing our product. Please read this manual for a thorough understanding of the use and operation of the equipment.

The company reserves the rights to make changes to the contents of this manual without prior notice.

Product includes: package x1, manual x1, Smart band x1

1. Description of bracelet

1.1 Touch key
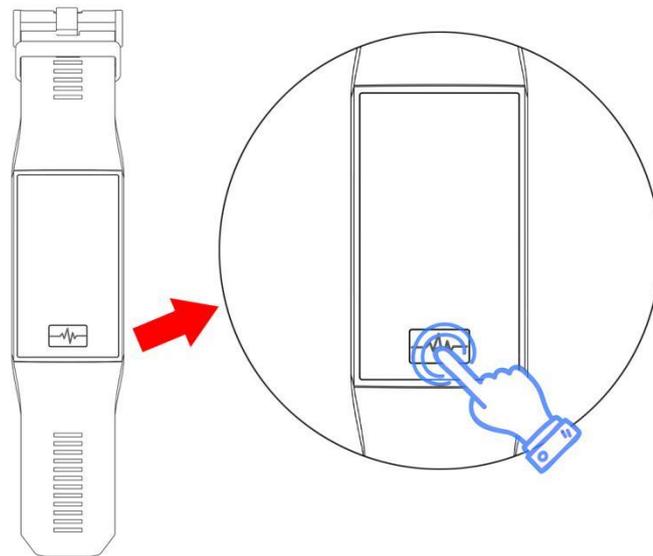
Press and hold for 3 seconds to turn it on.

Press to go from one function to another. Press and hold to access that function.

1.2 Charging instructions:

Please pay attention to the charging direction.

*Please be aware that the two contacts of charging cannot contact the conductor at the same time, or it may cause the burning of circuit.

1.3 Strap disassembly and assembly instructions:
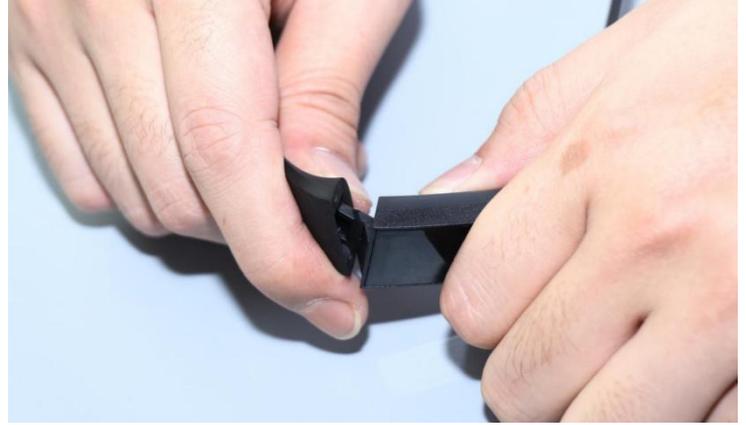
2. Standby dial plate interface

2.1 Home screen

2.2 Step count

The step count is enabled by default. This interface displays the current number of steps, kilometers, calories and heart rate. The data are cleared every day at 12 am.

2.3 Health

2.3.1 Heart rate (Bpm): correctly place the bracelet on your wrist (left or right arm), enter the heart rate function and let the bracelet take the heart rate value. If the bracelet is linked to the application, the heart rate data is synchronized with the application in real time.

2.3.2 Blood pressure (mmHg): correctly place the bracelet on your wrist (left or right arm), enter the blood pressure function and let the bracelet take the blood pressure value. If the bracelet is linked to the application, blood pressure data is synchronized with the application in real time.

2.3.3 Sleep: The sleep monitoring period is from 9:00 p.m. to 9:00 a.m. the next day. After the bracelet saves the data and the sleep monitoring is finished, the data is synchronized with the application if the bracelet is linked to the application.

2.4 ECG

Be sure to wear the bracelet during the electrocardiogram test. Enter the function, press and hold the touch button with your finger to start the measurement. The test ends at 30 seconds. If you stop pressing within 30 seconds, you will be prompted to start the measurement again.

2.5 Breathing guide

Enter the breathing function. After 2 minutes the breathing guide begins. After breathing adjustment, follow the light point to adjust your breathing (inhale with "inhale" and exhale with "exhale").

2.6 Notifications

When notification permission is enabled, the messages that appear in the notification bar of the mobile phone will be sent to the bracelet. A total of 5 messages can be saved, and the message received after 5 will overwrite previously received messages.

2.7 Sports mode

Select the desired sport mode (walking, running, climbing, cycling, indoor running, basketball, soccer) and press and hold the touch button to start; press and hold the touch button to stop the measurement and see the menu; choose

 to return to the measurement, choose to finish and
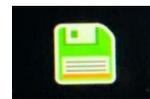
save the data or choose to exit without saving the data.

2.8 External data

The mobile phone is connected to the network. After the application has acquired the external data information, the data is sent to the bracelet.
2.8.1 Altitude
2.8.2 Atmospheric pressure
2.8.4 UV
2.8.4 Time

2.9 Configuration

2.9.1 Vibration
Press and hold the touch button to turn the vibration on / off. Enabling vibration will affect battery life.

2.9.2 Brightness adjustment
Press and hold the touch button to adjust between three levels: low, medium and high.

2.9.3 Restore factory settings
Press and hold the touch button to restore factory settings. All data on the bracelet will be deleted.

2.9.4 Off
Press and hold the touch button to turn off the bracelet.

2.9.5 Version information
See the name, Bluetooth address and version number of the bracelet.

3. App

3.1 Download app and link bracelet

1. Go to our website www.mareasmart.com and find your smart watch model. The model number is found on the back of the smart watch (it starts with "B" and is followed by five digits)
2. Download and install on your phone the official app that corresponds with your smart watch model
3. Open the app and enable all the permissions that the app requests
4. Turn on Bluetooth on your phone
5. Make sure that the smart watch has not been linked directly through Bluetooth to your phone. If so, unlink it.
6. Bind your Marea Smart watch through the app

3.2 Data synchronization

When the bracelet is linked to the application, the health data of the bracelet is synchronized with the application. Select the date you wish to view to see the data corresponding to that date.

3.3 Notifications

When the bracelet is linked to the application, it is necessary to enable the notification permission on the mobile phone. You also need to enable notifications in the application. When the mobile phone receives calls, SMS messages or notifications from other applications, the bracelet will receive one / multiple notifications.

3.3.1 Incoming call notification

In the application, it is necessary to activate the "incoming call" option to receive notifications of incoming calls on the wristband.

3.4 Sedentary Reminder

Set the start time, end time and sedentary time interval (in minutes). When sedentary time is over, the bracelet vibrates, showing a sedentary icon.

3.5 Alarm Reminder

Click on "smart alarm clock" to add the alarm time. When the selected time arrives, the bracelet will display the alarm icon.

3.6 Heart Rate Detection

3.7 Firmware update

Detects if the firmware version of the bracelet is the latest version. By clicking on this function, you will be informed if there is a new version and will be updated to the latest version.

3.8 Unlink

Click on unlink the bracelet to unlink the bracelet. In the iOS system, it will be necessary to go to the Bluetooth settings on the phone and select "ignore" on the linked bracelet.

FAQ

Do not expose this device to overcooling or overheating conditions for a long time. Otherwise, it will cause permanent damage.

• Why can't I wear the bracelet when I take a hot bath?
As the temperature of the bath water is high, it will generate water vapor, which is characterized by a small molecule radius. In that state, it is easy to penetrate through the space of the bracelet housing. When the temperature drops, it will become water in a liquid state, which can cause a short circuit in the bracelet, damaging the circuit board.

• Why does the bracelet not turn on or charge?
If you just purchased the bracelet and it does not turn on, it may be because the battery is protected by a collision during transport. Plug the charging cable to activate the bracelet.
If the bracelet cannot be turned on because the battery is too low or has not been used for a long time, connect the USB cable and charge it for half an hour before activating the bracelet.