

Thank you for purchasing the Valore Fitness Tracker (VHA-18).

- Step, calorie & distance counter
- Sleep monitoring & exercise mode
- Call & alarm clock reminder
- Incoming call, text & app notification display

Important: Please read the user manual thoroughly before using your Fitness Tracker.

Note: The data collected on the fitness tracker is not for medical usage.

Specifications:

- Battery type: 90mAh Li-polymer
- Standby time: Up to 15 days
- Working time: Last up to 5 days
- Charging time: Approximately 2 hours
- Support: iOS 8.2 / Android 4.4 and above
- Display screen size: 0.96"

Package Contents:

- Fitness tracker
- Additional brown strap
- Charging cable

UNDERSTANDING THE PRODUCT



- ① Touch key
- ② Display
- ③ Magnetic charging points
- ④ Heart rate sensor

START USING THE FITNESS TRACKER

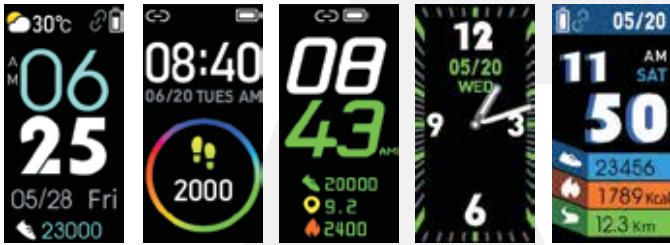
1) Charging the fitness tracker

Align pin from charger to charging point located at the back correctly.



2) Main interface/dial

Long press the touch button on the main interface to directly switch between 5 designs.



3) Pedometer/Distance/Calories

View steps, distance, calories burn in real-time. It can synchronize apps in time to view motion data.



4) Heart rate monitoring

Switch to the heart rate monitor interface, monitor heart rate in real-time. The measurement data can be synchronized with the APP in real-time with a test report.

5) Blood pressure monitoring

Switch to the blood pressure monitor interface for real-time monitoring. The measurement data can be synchronized with the APP in real-time with a test report.



Blood pressure testing tips:

- Keep your body relaxed and still while testing.
- Keep device at the same height as your heart, do not talk while testing.



Note: The test result is for reference only. It cannot be used as medical data.

6) Blood oxygen monitoring

Switch to the blood oxygen monitor interface for real-time monitoring.



7) Multiple sports modes

Long press to enter sport mode monitoring. Running, cycling, swimming & badminton.

Press and hold the sport mode to enter, click to switch, long press to start calculation, long press to stop.



8) Notification/Message push

In the message interface, long press for 3 seconds to view the message.

Click to turn the page. long press for 3 seconds to exit.



9) More features - Find your phone

On the more features page, long press 3 seconds to enter.

Keep the phone and the fitness tracker connected, press and hold the touch area on your tracker. The phone will ring.



10) About the interface & Restore interface

Display Bluetooth information and version number.

To reset fitness tracker, long press the touch key.



11) Power off

On the shutdown page, long press for 3 seconds.



12) Brightness adjustment

On the brightness page, long press the touch button to enter.
The screen brightness can be selected freely.



13) Other feature reminders

Reminder function needs to set the opening reminder switch on the APP. Keep phone and fitness tracker connected to receive reminders.



14) Sleep monitoring function

When you fall asleep, the fitness tracker will automatically judge to enter the sleep detection mode and automatically detect your entire night.

Deep sleep/ light sleep/ awake time, calculate your sleep quality; sleep data temporarily only viewed in APP.

15) Install bracelet APP

Scan the QR code below or download "Flagfit 2.0" from application store.



iOS



Google Play

Requirements: iOS 8.0 and above

Andriod 4.4 and above, support for Bluetooth 4.0.

TECHNICAL SUPPORT & WARRANTY

- For Technical Support, email us at v.info@valore.sg.
- For Warranty Registration, visit www.valore.sg.

Cautions:

Read all the instructions and warnings carefully prior to using this product.

- Do not attempt to replace battery or open the enclosure or disassemble this product. Doing so will void the warranty and can result in safety hazard.
- Do not store the fitness tracker in a high temperature environment.
- Do not place the fitness tracker near a fire or other excessively hot environments.
- Do not expose this fitness tracker to moisture or submerge it in liquid. Keep fitness tracker dry at all times.
- Do not disassemble this fitness tracker or attempt to repair or modify it in any manner.
- Be cautious of excessive drops, bumps, abrasions or other impacts to this fitness tracker. If there is any damage to the fitness tracker such as dents, punctures, tears, deformities or corrosion, stop using the fitness tracker and contact us immediately via email at v.info@valore.sg, or return this product to the store where you have purchased it from.
- If the product produces an abnormal smell, high temperature (low temperature during normal use), discolours or changes shape abnormally, stop using the product and contact us immediately via email at v.info@valore.sg.

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