

# EVOLVEO

## FitBand B3

Dear customer, thank you for choosing the EVOLVEO FitBand B3.

### Getting Started

Welcome to B3, the colorful screen wristband that motivates you to reach your goals in style.

### Your B3 box includes:

Tracker and 2x Strap

B3 contains two parts: Tracker and strap. More straps in different colors are sold separately.

### Setting up your B3

We get you started creating a EVOLVEO Fit account and making sure your tracker can transfer the data it collects to your App dashboard. The App dashboard is where you'll set goals, analyze historical data. Identify trends, keep up with friends and much more. As soon as you're done setting up your tracker, you're ready to start moving

Your B3 account asks for information such as height, weight, and gender to make various calculations. Your name and average daily step count are visible to B3 friends by default.

### Setting up your tracker on your mobile device

The free EVOLVEO Fit App is compatible with iOS 8.0 or above version and Android 4.4 or above version, with more than 150 mobile devices' operating systems.

### APPLICATION FOR DOWNLOAD



EVOLVEO Fit



EVOLVEO Fit

1. Find the "EVOLVEO Fit" App in one these locations, depending on your devices:
  - The Apple APP STORE (iPhone) for iOS devices
  - The Google Play Store for Android devices

### Support:

BT4.0 compatible with iOS8.0 or above, and android 4.4 or above

2. Install App, open it, register and log in account to be guided through a series of instructions
3. Continue following the onscreen instructions to connect or pair your B3 to your mobile device, Pairing make sure the tracker and mobile device can communicate with each other(sync data back and forth)

Click APP>Device>Choose EVOLVEO FitBand B3

4. After the band shows , long press the touch area to confirm, Press the "Pair" on the App.  
(Note: when iOS users are unable to pair FitBand B3, please check the phone settings--Bluetooth>FitBndB3>Forget this device)

### Using the Tap Display



### Changing the Wristband

The wristband contains two separate parts(tracker and strap) and you can swap with accessory strap sold separately.

### Removing a wristband

To remove the wristband:



## Charging Instruction



Only 5V USB charger is supported!  
Do Not insert into USB charger in other Voltage.

If the battery is low, when you wake up your B3, you'll see a low battery icon after a few seconds

Noted: Before you charging the FitBand B3, please make sure of the tracker body is dry, there is no liquid (water, drink etc) with the tracker. Otherwise, it easily lead to short-circuit current

You can track your battery level at any time on your tracker or on your EVOLVEO Fit App.



To charge your tracker:  
Insert into the USB port on your computer or a CE/UL-certified USB wall charger.  
You will see a battery icon on your tracker display. The battery icon disappears after three seconds.



Charging fully takes about one to two hours. While the tracker charges, you can tap it to check the battery level. A fully charged tracker shows a solid battery icon.

\*Note: Please make sure the screen have to face down when you charging the tracker on computer

## Automatic tracking with B3

Your B3 continuously tracks a variety of status whenever you have it on. The information is transferred to your APP dashboard every time you sync your tracker

## Viewing all-day status

Tap your B3 to see these all-day status:

- Steps taken
- Heart rate data
- Blood pressure data
- Distance covered
- Calories burned

On your EVOLVEO Fit App you can find other information captured by your tracker, such as

- The weather
- Your sleep history, including hours slept and sleep quality
- Heart rate data(BPM), average resting heart rate and dynamic heart rate per 15/30/60/120min according to your setting
- Your exercise history
- Remote capture
- Alarm
- Sedentary
- Anti-lost

**Note:** B3 status resets at midnight to begin a new day



### Getting to know the screen control

Slide up/down

Mode switch/screen wake up



Press and hold for 3 seconds

Enter testing page



Press and hold for 3 seconds

Return to the main interface



Touch the screen  
Click the screen to check the status

### **Blood Pressure Measurement**

Preparation before taking a measure

To ensure an accurate reading is obtained from the FitBand B3 blood pressure measurement system, please take note and follow the instruction below:

1. Avoid bathing, smoking, exercising, drinking alcohol, caffeine and eating for 30minutes before taking a measurement;
2. Stress will have potential to raise your blood pressure, avoid talking measurements during stressful period.
3. Measurement should be taken in a quiet place. Sit on a chair with your feet flat on the floor. Sit upright with your back straight and rest your back and arm on any supported area on the chair. Stay still on the chair and do not talk during the measurement.

### **Start to measure your blood pressure**

1. Enter the Blood Pressure interface



Long press the touch button and then B3 will begin to test your blood pressure; do not lose or press too tight on your thumb or tested finger during the measurement

2. After testing for few seconds, B3 will display the results like this.



3. If the adjacent blood pressure results are too different ( $>10\text{mmHg}$ ), please do it again.

\*B3 is not intended to be a medical/diagnostic device but a convenient blood pressure index/trend monitor for your reference only.

**If no blood pressure result is output, the most possible reasons are:**

1. The optical sensor is poorly contacted with finger skin;
2. The tested hands/fingers are too cold because of poor circulation.

**Based on above, we have following suggestions:**

- (1) Method 1: Please use your thumb to press B3's surface harder to improve the optical sensor's contact with finger skin.
- (2) Method 2: Improve the hands/finger peripheral blood circulation. If you often have cold hands/finger or poor circulations, try exercising your hand or a few minutes to increase the blood flowing before the measurement.

**Hand Exercise Procedure:**

Step 1: Hold your hands out in front of you and shake them to increase blood flowing

Step 2: Ball your hands into fists and keep them clenched for ten seconds, then release

Step 3: Repeat this exercise a few times.

It is suggested to use a pliable object such as a rubber ball or hand grip during the exercise

**Updating Your B3**

We make free feature enhancements and product improvements available through firmware updates. We recommend updating your B3 in time.

When a firmware update is available, you'll see a remind red dot in the **EVOLVEO Fit app---Device---Firmware update** to prompt you to update. When the update starts, a progress bar appears on the tracker and in the EVOLVEO Fit App until the upddate is complete.

Keep your tracker and mobile device close to each other during the update process.

Note: updating your B3 takes several minutes and maybe demands on the battery. For this reason, we recommend updating while your tracker is fully charged.

### **Turning off and factory settings**

To turn the device off, proceed as follows. Set the screen to default, i.e. time and date. Press and hold the display for about 2 seconds, a small "1" symbol will appear on the display. Hold the display 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 display for 2 seconds again to turn the device off.

To set the device to factory settings, follow the same steps up to the last one, then press the display briefly and the factory settings will appear, after that press and hold the spot display for

2 seconds to factory settings. All measured data will be erased and the bracelet will start measuring from zero. The third function following after factory settings is there to check the bracelet vibration; it can be repeatedly activated by holding the display for 2 seconds.

### **The Specification**

Weight	21g
Battery	Poly-Li
Bluetooth	BT 4.0
Display	0.96 inch IPS screen
Operating	Touch Area
Bluetooth Signal	8-10m
Water resistance	3ATM

### **Troubleshooting Your B3**

Heart-rate signal missing

B3 continuously tracks your heart rate while you're exercising and throughout the day. Occasionally the heart rate tracker may have difficulty in finding a good signal. When this happens you'll see dashed lines where your current heart rate usually appears

- If you're not getting a heart rate signal, first make sure you're wearing your tracker correctly, either moving it higher or lower on your wrist or tightening or loosening the band.
- After holding your arm still and straight for a short wait, you should see your heart rate again.

- If the heart rate signal is still missing, check your heart rate setting on your EVOLVEO Fit App and make sure its set to On or Auto.

### **Unexpected behavior**

If you experience the mobile cannot pair with the band, please go to **settings-Bluetooth**. If you can see B3 signal on phone, it means the Bluetooth without any problem, please check if the band was paired with other mobile. If yes, unpair it on App. For iOS, you should do one more step, go to the phone **Settings---Bluetooth---****Forget the device**, then do pair again.

### **Exemption Clause**

1. The Heart Rate and Blood Pressure data output by B3 are not intended to be a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous, only qualified physicians are allowed to diagnose and treat high blood pressure or any other heart diseases. Please contact your physician or more professional diagnostic opinions.
3. The data and information of heart rate and blood pressure provided by B3 may not be completely accurate and may exceed the tolerance as per the specification stated in the document due to different factors, such as interference with signal from external sources, incorrect wearing position and changes in weather conditions or user's body condition.
4. Do NOT adjust any of your medication or therapeutic schedule based on the results output by B3. Please follow the doctor's instructions before taking any treatment or medication

WE DISCLAIM ALL LIABILITY ARISING FROM SUCH INACCURACY AND ASSUMES NO RESPONSIBILITY FOR THE CONSEQUENCES OF USE OF SUCH DATA AND INFORMATION.

### **The Guarantee Terms**

This B3 is warranted for two years from the date of purchase. If the product is damaged or defective in normal use, which can be confirmed by technical personnel authorized by the company, the company will provide free maintenance.

## TROUBLESHOOTING

First read "FAQ - Frequently Asked Questions" at [www.evolveo.com/en/fitband-b3](http://www.evolveo.com/en/fitband-b3) or contact EVOLVEO Technical Support.

## EVOLVEO - TECHNICAL SUPPORT

[www.evolveo.com/en/support](http://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)
- normal aging of the product within the life span
- damage caused by other force
- damage caused by connecting to unauthorized equipment not supporting the product



### Disposal

The symbol of crossed out wheellie 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.

## ⓘ CE DECLARATION OF CONFORMITY

Hereby, the company Abacus Electric, s.r.o. declares that the EVOLVEO FitBand B3 is in compliance with the requirements of the standards and regulations, relevant for the given type of device.

Find the complete text of Declaration of Conformity at <ftp://ftp.evolveo.com/ce>

Copyright © Abacus Electric, s.r.o.

[www.evolveo.com](http://www.evolveo.com)

[www.facebook.com/EvolveoEU](https://www.facebook.com/EvolveoEU)

All rights reserved.

Design and specification may be changed without prior notice.