



apphealth



KeeFit2



Distributed by:

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Model: APH115

Getting to know your easyfit bracelet



Track your day



Counts your steps, calories burned, distance travelled,
Active minutes

Reminds you to move when you have been inactive for a long time

Set daily goals

Motivates you to get your desired goal

Get fulfilled seeing your progress through graphs

Track your night



Graphs hours slept, times woken up

Monitor your sleep quality and wake up silently with a vibration alarm

24 hours tracking user's activity and workouts

Water resistant – be able to withstand thousands of showers,
and the occasional snowball fight

Starting

a new and easy way to get fit

1

Download the APP

Download the keeFit2 software from App store
Or Google Play & install
(Note: while using iPad device, to search and
Download the keefit2 App, pls change the setting
To iPhone only)



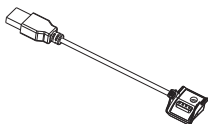
+



2

Charge your devise

Using the supplied USB Charging




3

Sync bracelet with your Smart device using the app – Turn your Smart

Device's Bluetooth on First

Turn the bracelet on by holding the button on the bracelet for 5 seconds.
Before syncing, you would need to press the button on the bracelet to turn
The OLED display screen on. (the OLED display screen on the bracelet would
need to be on for the App to recognise the Bluetooth from the bracelet to
your phone.

Click the Apps icon  to pair bracelet wirelessly, then "Bluetooth
connecting....." will show on the App. App will scan for 30 seconds Wireless
connection is successful when "Bluetooth connection is successful" appears. Band

will show , and then data will sync to App.

After sync is successful, the Bluetooth connection will turn off automatically

Sync Icon to connect
device via bluetooth



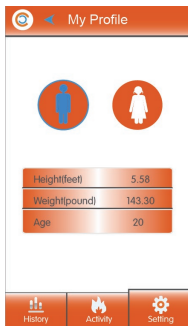
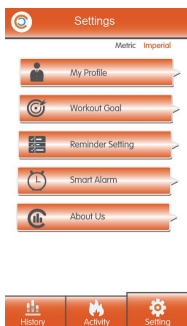
Note:

To Sync your device with
the app, please make sure
that you are on the
"Activity" interphase of the
APP

4 Customise your easyfit bracelet

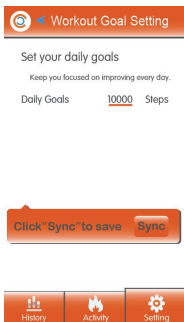
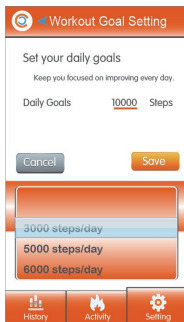
Click on to "Setting" & put in your information

Under "My Profile" it is important to record accurate information to ensure that the reading & outcome will be more beneficial to the user.



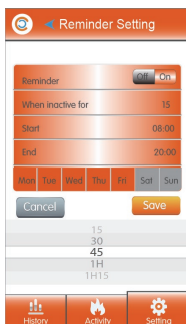
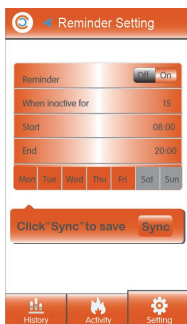
5 Set your daily workout goals

Click "Workout Goal" to set your daily sport goals. Choose the daily goal listed in the options and click "Save" and Sync



6 Reminder Setting

Click "Reminder Setting" to set activity reminder function, for anywhere between 15 mins and 2 hours, the bracelet will vibrate to remind you to exercise.



7 Smart Alarm

Click "Smart Alarm" to enter alarm setting interface. After alarm setting, the bracelet will wake you up silently (vibrate) at the time that leaves you feeling most refreshed



personalised your
easyfit bracelet, you
can start tracking
your daily activities
& monitor your sleep
quality

TRACK YOUR ACTIVITY & SLEEP



Sports Mode



Sleep Mode

APH115 Bracelet modes

The APH115 bracelet has 2 main modes which is the sports mode & the sleep mode

CHANGING MODES



Mode Button

Press Once will change to show current time; battery status and date, how many steps taken, distance, calorie burnt, % from target goal

Press the button 2 consecutive times and this will change the mode from sports mode to sleep mode or vice versa.

Note: Bracelet will vibrate every time you change modes (sleep and sports mode)



time/date/ battery



step



distance



calories



goal

Notes:

Power management

(1) When in any mode, hold the button for 5 seconds, the bracelet will show "⏻" and shut down. To switch the bracelet back on: Hold the button for 5 seconds, the bracelet will show "⏻" and start up.

(2) The bracelet has a built-in (can't disassemble) battery for power supply. Please charge the bracelet before first use, then sync with phone. While charging the screen will indicate a charging symbol. The button will not respond during charging.

Reminder

Please charge the device for at least 3 hours to fully charge it.

TECH SPECS

FEATURES

- ❖ Free APP that tracks your sleep, activity & sleep patterns
- ❖ Vibration alerts including Smart Alarm & Activity reminder
- ❖ Designed to be worn 24 hours to track user's activity and workouts
- ❖ Track your sleep and wake up silently with a vibrating alarm
- ❖ Remind you to move when you've been inactive for a long time; and vibrating twice
- ❖ Motivate you to get your desired goal;
- ❖ Bluetooth 4.0 sync with all the info is collected and stored in real time;
- ❖ 3 Hour charge time lasts 5~7 days
- ❖ Water resistant – be able to withstand thousands of showers, and the occasional snowball fight

COMPATIBILITY

- ❖ Apple iOS Devices (ios 7.0 version and above)
iPhone 4S/ 5 / 5S / 5C, iPod touch5, iPad 4,
iPad Mini, iPad Mini with Retina display, iPad Air
- ❖ Android Phones
Samsung S3/S4/S5, Note 2 & Note 3
Android phone should be 4.3+ version and Bluetooth 4.0

