# Technaxx<sup>®</sup> \* User Manual Fitness Wristband Heart Rate TX–81

The manufacturer Technaxx Deutschland GmbH & Co.KG hereby declares that this device, to which this user manual belongs, complies with the essential requirements of the standards referred to the Directive **RED 2014/53/EU**. The Declaration of Conformity you find here: **www.technaxx.de/** (in bar at the bottom "Konformitätserklärung"). Before using the device the first time, read the user manual carefully.

#### This device has a rechargeable battery. It must be fully charged before first use. Charge the battery every 2–3 month if it is not used!

Service phone No. for technical support: 01805 012643 (14 cent/minute from German fixed-line and 42 cent/minute from mobile networks). Free Email: support@technaxx.de

Keep this user manual for future reference or product sharing carefully. Do the same with the original accessories for this product. In case of warranty, please contact the dealer or the store where you bought this product. **Warranty 2 years** 

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# 1 Features

Wristband to monitor your heart rate, your fitness, your sleep & your active phases 

 Displays heart rate, steps, distances & burned calories
 Easy handling via coloured touch screen
 Displays clock & date, caller name or telephone number
 Notifications: reminders, calls, SMS, Email, social media, achieved goals
 Text display of messenger services
 Anti-lost function
 Vibrating function
 Sleep monitoring & wake up with vibrating alarm
 Displays statistics via diagram in the APP
 Bluetooth 4.0 BLE (Bluetooth Low Energy) connection
 IP65 protection class (dust proof & sprayed water protection)
 Free iOS and Android APP (My Fitness Plus)

# 2 Technical specifications

Bluetooth / Distance		Bluetooth V4.0 BLE / max. 10m		
Display / Resolution		1.06" TFT colour (2.7cm) / 160 x 64 pixels		
Acceleration sen	Isor	support 3-axis		
Heart rate senso	or	AMS AS7000		
	Built-in rec	hargeable 100mAh lithium polymer battery, 3.7V /		
Power supply	Charging ti	me ~2 hours (with 5V/1A power adapter*) (*not		
	included);			
	Working tin	ne ~5 days (depending on the use)		
Material		PC + Glass (housing), TPU (wristband)		
Supports RTC (F	Real Time C	ock) & time sychronisation via APP		
Charger		Magnetic base with Micro USB port		
Charging port in the device		contact points		
Operation tempe	erature	–25°C up to +55°C		
Weight / Dimens	ions	25g / (L) 4.48 x (W) 2.03 x (H) 1.08 cm		
Strap of wristbar	nd	(L) 14.5 – 21.5 x (W) 1.5 cm		
Peakage Contents Fitness Wristband Heart Rate TX-81, Magne		Wristband Heart Rate TX-81, Magnetic charging		
Fackage Conten	licro USB cable, User Manual			
APPle iOS Devices: Supports iOS device with 4.0 BLE, iOS 7.0 and above.				
<b>Android Devices:</b> Supports almost all Android devices with 4.0 BLE, Android system 4.3 and above.				
Approve which iOS or Android version your Smartphone is using.				

# 3 Packing List

Ton Face Int 4 Int 12:46:				
Fitness Wristband Heart Rate TX-81	Magnetic charging base with Micro USB port	Micro USB-cable	User Manual	

# 4 Water resistance

- Splash proof (IP65).
- The band can be used during daily cleansing or in midst of rain, as long as only the surface is exposed to water and no water pressure is exerted on the device.
- Do not shower with the device or submerge it under water.
- Day-to-day water repellent functionality
- Do not dive or swim with the device.

# 5 View of the wristband



# 6 Charging

Before first use, charge the device. Follow the steps below.

**1. Connect the charging adapter** Position the magnetic charging base to connect to the back of your TX-81 wristband.



**Hint:** Charge your TX-81 wristband 2 hours before first use.



Low power			
Low power	Charging process	Charging process	Charging completed

The TX-81 wristband indicates the battery charge level when it is being charged. Make sure the USB interface is connected in correct to the magnetic charging base.

The TX-81 wristband can be charged directly via USB (DC 5V). Screen is always lit up during charging. When the wristband is full charged, the power icon is shown as full battery. The screen light turns off only after another minute. Move out the charger, the device will display full charging for 3s, and turns into standby.

Standby time is ~5 days (depending on the actual usage).

Do not try to take out built-in battery. Use the TX-81 charging base with the included Micro USB cable for charging. Keep using and charging the wristband.

Attention: During charging, Bluetooth of the TX-81 wristband will be turned off and cannot sync data.

# 7 How to use your Wristband



#### Standby time of the wristband

1. The standby time of the wristband can reach up to 5 days by synchronizing the wristband as little as possible. Shutdown the Bluetooth of your phone. **Note.** If you do like that no messages of your phone will be transferred to your wristband.

2. Synchronize, steady Bluetooth connection, and permanently activate the screen greatly reduce the standby time of the wristband.

Attention: In the beginning the standby time will be less because of you setting and testing and playing around with the wristband. If the wristband will be an everyday gadget for you, you will find out how to use it the best and how it will last the longest.

# 8 Download & installation My Fitness Plus APP

Setting the wristband, reviewing and saving exercise data in the "My Fitness Plus" APP.

**Android APP:** Search for "My Fitness Plus" in Google<sup>™</sup> Play Store to download the APP below and install the respective APP.

**iOS APP:** Search for "My Fitness Plus" in Apple<sup>TM</sup> Store to download the APP and install the respective APP.

Device compatibility: Android device and Apple device with Bluetooth4.0 System compatibility: Android 4.3 and above, iOS 7.0 and above.

# 9 General status

Your wristband will show an icon device number.	TX-81#12361 5w-6.5
If there is no operation on the device, screen is off.	
If pairing is successful, your wristband will show a time icon.	тие, Feb 9 <b>12:32</b> М

# 9.1 Connect with your Smartphone

- 1. Turn on the Bluetooth on your Smartphone (if not already turned on).
- 2. Open the APP "My Fitness Plus" on your Smartphone.
  - a. If you are a new member, you will need to register a new account (Sign up). Be sure to enter your personal information accurately in the given prompts.
  - b. If you are an existing member, you can just input your login email address and password.
- 3. After logging in, choose the TX-81 option to start the pairing process.

4. Select the detected TX-81 # code. This should be the same code that shows up on your TX-81 device screen.

Note: The wristband must be near your Smartphone in order for it to detect it.

5. A connection request will be shown on your wristband.



the green check mark

to confirm the Bluetooth pairing.

6. When the wristband is connected successfully, both your wristband and mobile

device will receive a notification.



If the connection is not successful, please repeat the same steps to try again.

# Check also chapter 17.1 there are some pictures to show you the process of pairing as well.

**Note:** The Bluetooth pairing is a one-time process. If you would like to connect the band with a different account, you must unpair the existing connection first through the APP settings.

# 10 Main Interface

Activate the screen than slide left or right to change the display.



#### 10.1 Time/Date



Time and date on your wristband will automatically be synchronized with the connected mobile device. You can also setup your preferred time and date format manually through the settings of My Fitness Plus. Make sure there is sufficient battery charge on your wristband to avoid resetting the time.

## 10.2 Steps, distance, calories, activity



Your daily steps, distance, calories burned and activity can be monitored from the band. You may swipe through the screens to check the current daily activity data for each or you can use the My Fitness Plus APP to check your activity data and historical data. You can also check your daily goal completion through the APP's main page and see detailed figures of your daily, weekly, and monthly performance by tapping the activity.

**Note:** ● Your band will store your activity data for up to 5 days, so remember to synchronize your band and APP regularly to keep accurate daily records. The band is set to start counting your daily activity every day at midnight. ● The calculation of the burnt calories reflects only an approximate value (no exact).

## 10.3 Heart rate

			Age	Resting heart rate
80 12:26 PM	6012:25PM		Child	100-110 / min
Heart rate (off)	Heart rate (on)	Watch-off,	Teen	90-100 / min
		can't monitor	Adults	60-80 / min
			Elderly	80-90 / min

To activate the heart rate monitor, switch to the heart rate interface and tap the heart on the screen. The wristband will activate automatically and will begin recording your heart rate. This should only be used for manual measurement in order to display daily events, see chapter 17.2.5 Settings – Heart rate. To turn off the heart rate monitor, simply tap the heart icon on the heart rate screen. **Note:** First time use no numbers are shown.

#### How does the wristband measure your heart rate?

It measures heart rate by shining light onto blood vessels, which expand and contract as blood pulses through them. The reflections are analyzed and recorded – which is called photoplethysmography (PPG).

# 10.4 Timer



Use the timer function of the wristband to stop the time

 $\rightarrow$  Tap the "play" button at the timer interface to start the timer.

 $\rightarrow$  Tap the "pause" button to pause the timer.

 $\rightarrow$  Tap the "reset" button to reset the timer.

**Note:** When stop watch is working, user can switch to other interface, such as time, steps, calories, distance, heart rate and so on. Count time will stop when it comes up to 99 minutes, 59 seconds and 99 hundredths.

# **11 Notifications**

The wristband can vibrate when it displays notifications from incoming calls, missed calls, SMS, emails, social media, calendar events, and disconnection alerts. Open the My Fitness Plus APP, select "Setting" and then "Notifications" to select the notifications you wish to receive on your wristband. If you would like to dismiss certain notifications, slide the select button leftwards to turn off the setting.

Click "Save" to Sync your notification settings with the wristband.

Make sure Bluetooth is enabled on your mobile device and wristband is within operating distance. When your mobile device and wristband are within operating range, you will be able to receive notification that you selected.

After switched to sleep mode, all notification will be turned off.

To dismiss a notification, simply swipe left or right on the wristband's screen. If the notification is not dismissed, it will reappear next time you turn on the screen.

<b>SMS notifications:</b> Click on the icon to check your messages. You can check up to 3 messages at a time and each message will display up to 3-pages of contents. Contents exceeding 3 pages will be replaced with "…" at the end of the text.	16  3/3+861353258 10:35 Hello, John, would you be free? I've got so
Note: When there are multiple SMS notifications, slide the	
screen to check each one of them individually.	
Email notifications	P
<b>Incoming call notifications:</b> Only Latin alphabets are supported for the incoming call notification.	
Missed call notifications: Click on the icon to check the missed calls.	1/3 +8613532586886 2/3 Alma
<b>Social media notifications:</b> Can Show different Notifications e.g. WhatsApp, Facebook or Twitter messages.	New Facebook Notification

**Calendar event notifications:** Shows up to remind you of a set calendar entry from your Smartphone.

**Bluetooth disconnect notification:** Reminds you of not losing or forgetting your Smartphone. Also shows when you are out of the Bluetooth range of your Smartphone.



# 12 APPs menu

Tap on the "APPS" icon to enter the APPS menu. Slide left or right to change the interface.



## 12.1 Sleep mode

Tap on the "sleep" icon to enter the wristband manually into sleep mode. Slide left or right to change the interface.



## 12.1.1 Automatic Sleep

The wristband recognizes when you are not moving. It automatically falls into sleep mode and stays there as long as you are not moving. Double tap the touch screen and you will see from any interface the "Sleep duration" displayed.

To manually exit the automatic sleep mode slide left or right and tap on the displayed "Exit sleep" icon (or move a bit around. It will automatically wake up).

## 12.1.2 Preset Sleep Time

Set up sleep time in My Fitness Plus App, notice to enable auto sleep icon. For your awake time the sleep mode will automatically exit.

# 12.2 Active

Activate the workout modus to record your steps, calories, distance and sport time while you exercise.

## 12.3 Music

The Music function is to play/pause the played music from your Smartphone. The arrow is to change the track forth or back.

**Note:** Stay in the Bluetooth range, make sure that there is a Bluetooth connection to your Smartphone and run the My Fitness Plus APP in the background.

## 12.4 Snapshot

The Snapshot function can be used as remote control. Open the My Fitness Plus APP. Go to settings/camera to open the camera. Tap on your watch to start the countdown for the Selfie.

**Note:** Stay in the Bluetooth range and make sure that there is a Bluetooth connection to your Smartphone.

# 12.5 Search for Smartphone nearby

If you do not know where you have put your Smartphone again, activate this function and the Smartphone starts ringing.

**Note:** Stay in the Bluetooth range, make sure that there is a Bluetooth connection to your Smartphone and the My Fitness Plus APP has to run in the background.







# 12.6 Setting menu

Tap on the "settings" icon to enter setting menu. Slide left or right to change the interface.

ٳۄ۠ٳ		TX-81#12361 SW:6.5	Filp	
Setting	Battery level	Device	Flip screen	
Restart	Reset	Back		
Restart	Factory reset	Back		

#### 12.6.1 Battery level

You can check the battery level with the first option on the settings menu.	Ⅲ 23%
To ensure optimal functionalities, please make sure that the battery level does not go below 20%.	Low Power

TX-81#12361

SW:6.5

 $\square$ 

12:32

Tue, Feb 9

6 dañ ,euT

4ZE:21

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## 12.6.2 Device info

You can check the device info with the "info" option of the setting menu.

ID number of your device is available in the "info" section.

#### 12.6.3 Flip screen

This function allows you to choose the screen orientation that is best suited for you. To flip the screen, enter the "Flip screen" at the setting menu.

Swipe left on the setting screen until you see the flip screen option.

Tap the check mark to confirm.

#### 12.6.4 Restart

Restarting allows you to restart your device without having to erase your current data. To restart your device, enter the "restart" option at the setting menu. Tap the check mark to confirm.	$\times$	Restart	$\checkmark$	
<b>Note:</b> If you change the Smartphone the Wristband is connected to make a restart of the wristband.				

#### 12.6.5 Factory reset

Factory resetting will return your device to its original state during factory shipment. This function will delete the activity, sleep, and etc. data on your device.	Reset
For factory reset, enter the factory reset option at the setting menu.	
Tap on the check mark to confirm.	
Doing so will bring you back to the original pairing code screen.	TX-81#12361 SW:6.5

# 12.7 Data Sync

The wristband can monitor steps and distance you have walked throughout the day, as well as the calories you have burnt. You can check the data shown on the wristband screen; you can also monitor your activity data and historical record at the "activity" section of the My Fitness Plus APP, you can check the progress of your daily target at the main interface, you can retrieve your daily, weekly, and monthly detailed chart by tapping the activity column once.

The band will display daily data; the APP will be reset daily at midnight (Not synchronized data will be stored on the wristband until you sync with APP). If you would like to upload your latest activity data, please tap the upper right "Synchronize" icon in the My Fitness Plus APP.

# 13 Reminder

Break Time	Wake Up	Medicine	Meal Time
Break time	Wake up	Medicine	Meal time
Sleep	Reminders	Inactivity	
Sleep	Custom	Inactivity	

Add new reminders from the "Reminders" section of the My Fitness Plus APP. You can set up to 6 types of daily reminders and customize them by setting time, and day. The wristband will vibrate and display the corresponding reminder. Single-tapping the band screen will dismiss the reminder. If you haven't dismissed the reminder, it will reappear again after 2 minutes.

# 14 Goal

Select the "Goal" setting in the My Fitness Plus APP to set up your daily goals for steps, distance, calories burned, and hours slept. Tap the save button each time to change your goals. When your goal is reached, your wristband will vibrate and display the "Goal achieved" icon. Single-tap the upper right synchronization button to save your goal settings.

# Goal Achieved

# 15 Syncing

Syncing	Syncing Failed	тие, Feb 9 <b>12:32</b> м
Synchronize (1.)	Synchronizing failed (2.)	Synchronizing successful (3.)

- 1. Sync with APP, wristband will show "syncing" interface.
- 2. If syncing is failed, the wristband will show "syncing failed" icon.
- 3. If syncing is successful the time interface can be seen again.

# 16 Upgrade

Upgrade	Failed	тие, Feb 9 <b>12:32</b> м
Wristband update (1.)	Update failed (2.)	Update successful (3.)

1. Synchronize the wristband with the My Fitness Plus APP. The wristband will turn into the upgrade interface, if there is a new firmware for the wristband. When you get the information about a new wristband updated make sure that your Smartphone and your wristband are connected via Bluetooth and stay connected for the upgrade procedure.

2. If upgrade fails the wristband will show a "failed" icon.

3. If upgrade is successful the time interface will be shown again.

# **17 APP use (function desciption)**

# 17.1 Login, registration, installation and general information

When starting the APP "My Fitness Plus" you see following pictures below. Sign up or Login!

Sign up if it is the first time of using the My Fitness Plus APP. To Login put in your email address & password.

Cogin for Returning Users

Sign up for New Users

Cogin Up

Forgot Your Password

Cogin Your Password

Forgot Your Password

Cogin Your Password

Forgot Your Password

Sign up for New Users

Sign up for New Users

Sign up for New Users

Cogin Your Password

Sign Up

Sign Up

To sign up fill out all required fields. See the right picture below.

**You forgot your password?** Then reset your password by pressing "Forgot Your Password". Fill in your email address you signed up with and press on "Forgot Your Password". You will receive a new password. Do not forget to customize the password again afterwards!

- 1. After successful registration you see the left picture below. Select "TX-81".
- 2. Activate Bluetooth like the picture in the middle tells you (or you already enabled it). Then press the button with the check symbol.
- 3. Now activate your wristband screen. Your wristband should show the same icon like in the right picture (first installation automatically). If the icon is not shown on your wristband automatically do the following: Activate wristband with double tap, slide till you see APPS, tap one more to enter the menu.
  Slide to setting icon and tap on it. Slide through the icons until you see the screen in the right picture. Press the button with the check symbol in APP.



- 4. Select your wristband like the list of the left picture below shows you. The number shown in the APP should be the same like in the wristband screen.
- 5. The picture in the middle below tells you what to do. Look on your wristband and confirm the pairing with your Smartphone by tapping on the check sign

check the pairing as well. A pop up window will show up.

shown on the Smartphone. Under iOS you maybe have to



If the pairing has failed the left picture below will show. Try the steps above again.  $\rightarrow$  OR  $\rightarrow$ 

If Bluetooth device is not found, go to the Bluetooth settings of your Smartphone and disable / enable the Bluetooth connection. If still no Bluetooth device is found, try the steps above again.

 $\rightarrow$  OR  $\rightarrow$ 

If Bluetooth device cannot be found go to the Bluetooth settings of your Smartphone and disconnect the wristband, delete it from your Bluetooth list. Now try the steps of connecting above again.

#### $\rightarrow$ OR $\rightarrow$

Close and kill the process of My Fitness Plus APP and reopen it.



Tap on  $\checkmark$ , in the right picture above to synchronize your wristband with the Smartphone. Now you can track your progress on your Smartphone. The graphic on the right above shows your daily achieved activities.

← Timeline	← Timeline 🛱	← Timeline 🗂
🔇 4 Mai 2017 🜔	🔇 30 Apr 6 Mai 🜔	30 Apr 6 Mai
220	7000	350
165	5250	262
110	3500	175
55	1750	87
2 4 6 8 10 12PM	Sun Mon Tue Wed Thu Fri	Sun Mon Tue Wed Thu Fri
• 0	Steps Goal: 7000 Steps	Calories Goal: 350 Calories
врм	0 STEPS X	O CALORIES O
Heart Rate	Steps	Calories

The heart rate timeline shows your heart rate as graph during the day. Steps, calories, sleep, distance covered and activity can be switched between weekly and monthly timeline. The daily achievements will be shown at the daily overview.

÷	Timeline		<del>~</del>	Time	line		<del>~</del>	Timeline	
3	4 Mai 2017	D	•			$\bigcirc$	<		۲
			20				30		
			15				22		
			10				15		
			5				7		
			Sun	Mon Tue	Wed Thu	Fri	Sun	Mon Tue Wed	Thu Fri
awake Sleep	LIGHT SLEEP S Goal: 8-Hour	DEEP GLEEP	GOAL		average ty Goal:	this week activity 5 Miles	GOAL	your average activity <b>ty</b> GC	THIS WEEK ACTIVITY Dal: 30 Minutes
0.00 TIME SLEPT	• • • •	=	0	MILES	• • • •	8	0	MINUTES	-M-
	Sleep			Dista	ance			Activity	

## 17.2 Main menu

By pressing on in the top left corner on the daily overview will open the main menu. There you can select from the following settings: Pair device, Reminders, Find Friends, Goals, Settings and Account.

## 17.2.1 Pair device

Under "Pair Device" you find the option to unpair the current connected device. Under Debug Info you will see the IMEI of the wristband and the software version of the wristband.

Note: Upgrades of the wristband are shown here	as well
--	---------

	← Pair Device	← Reminders
Мори	Unpair Device	
	Debug Info	You can set up to 6 daily reminders
		Choose the type of reminder
		Enter the preferred time and day
Find Friends		Once the reminder time is reached, The device
Goals Calories		will gently vibrate and display the corresponding icon to alert you
Settings • CALORIES BURNED		
Account O TIME SLEPT		
Distance		
U MILES		
		Add New Reminder
Main menu	Pair Device	Reminders

#### 17.2.2 Reminders

To add a new reminder press on "Add new Reminder", right picture above. Now you can choose from a list of prefabricated reminders: Break Time, Sleep, Meal Time, Medicine, Wake up or Custom. Select one and start to customize it, by setting the weekday and the time you need to be reminded.

**Note:** For custom reminders you can type in your own subject name of the reminder. Just click on the word custom, the keyboard will open and you can type in a customized subject.

<del>~</del>	Reminder type	Save	÷		minder type		<i>←</i>	Rem	ninders	Edit
	Break Time	>	<b>***</b>	Bre	ak Time		<b>555</b>	<b>02:17 pm</b> Mon Tue Wed		
<u> </u>		>	Sun Mo Time 02:	on Tue 16 pm	Wed Thu					
<b>"1</b>		>	ļ:	Slee						
		>	۹							
Q		>		Me	dicine	>				
		>	Cancel			Done				
				12	13 14					
				01	15	am				
			(	02	16	pm				
			(	03	17					
			(	04	18					
				05	19			Add Ne	w Reminder	
	Reminder typ	e	Set	weel	kday ar	nd time		Added	remind	ler

Max. 20 Latin letters, numbers or additional characters, you can also mix them.

## 17.2.3 Find Friends

Add your friends by searching for their e-mail address. You can compare your daily goals (steps, calories and distance) and get better by comparing each other.

Note: Invitations from friends are under leader board on the daily overview listed.

← Find Friends	← Goals	Save	← Settings	
Enter name or email address	Step Goal	7000 >	Units Kilograms & kilor	meters >
	Active Minutes Goal	30 <b>&gt;</b>	Auto-sync option	
	Distance Goal		Quick view	
	Calories Goal		Notifications	
	Sleep Goal in Hours		Camera	
			Heart-Rate	
			Inactivity Alert	
			Preset Sleep	
			Time Format	
Find Friends	Goals		Settings	

## 17.2.4 Goals

Customize your daily goals. Press save to synchronize with your wristband.

#### 17.2.5 Settings

Change the factory settings and customize them for your use. You can set the Units, Auto-Sync, Quick View, Camera, Heart rate, Notifications, Inactivity Alert, Preset Sleep, Time format, Vibration and Reset. Find the current APP version here. Under About Us you find Impressum and Declaration.

#### Under settings you can setup following two options directly:

Enable **Auto-Sync** the APP and the Smartphone will synchronize automatically assuming the Bluetooth connection is enabled and you are in the Bluetooth range and the APP is open on your Smartphone.

Enable **Quick View** the wristband will automatically turn on when you move your wrist to look at the wristband. It shows the last activated option used on the wristband.

#### Camera

Open the Smartphone camera over that setting and take selfies within the Bluetooth range triggered by the wristband. See chapter 12.4.

← Camera	← Hear	t-Rate Save	$\leftarrow$	Notifications	Save
	Auto Track		All Notifica		
	Frequency		Calls		
			Missed Ca		
			SMS		
			Email		
			Social Mec		
			Calendar E		
			Loss Prote		
Camera	Set he	art rate		Notifications	S

#### Heart Rate

You can manually measure your heart rate by pressing on the heart on your wristband. It is recommended to only activate this option during your workouts because it is using a lot of battery power.

Enable **Auto Track** and set the frequency. The wristband will take your heart rate every set minute and saves it until you synchronize with Smartphone.

#### Notifications

Enable **All Notifications** or adjust the setting as you wish.

Calls will show you an incoming call (number or name) on your wristband.

**Missed calls** shows you calls (number or name) of calls you missed. Information of an incoming **SMS** can be seen in the wristbands main screen or can be read. Therefore see chapter 11.

For **Email** you will only see the mail icon and the amount of email income on the main screen of the wristband.

**Social Media** can display messages from e.g. Twitter, Facebook or Whatsapp which can be read on the wristband under Notifications.

**Calendar Events** just show up in the main screen of the wristband to remind you of arranged meetings or dates, no name will be displayed just the Calendar Event icon.

#### **Inactivity Alert**

Enable and customize the settings for inactivity alert. This function will remind you to move. E.g.: Take every 15 minutes, 50 steps. See the left picture below.



#### Preset Sleep

Enable Auto Sleep and insert your Bed Time as well as your Awake Time. Now the wristband can detect when you fall asleep during your preset sleep automatically. The graph of light sleep and deep sleep will be shown in your daily overview.

#### Time Format

Adjust the most suitable time format for your wristband. Press on the desired time format. After that you will asked to synchronize with wristband. Confirm to synchronize.

#### Vibration

Adjust the strength of vibration to comfort you. The APP My Fitness Plus has to synchronize with the wristband after your selection.

#### Reset

Reset the wristband. All achieved data that was not synchronized with the Smartphone gets lost. Before you reset the wristband make sure all data was synchronized with the APP My Fitness Plus.

← Time Format	← Vibration	← Reset
1253 TIME 12-H	Off	
12:53 TIME 24-H	Weak	
ти бе ) 12:32:1 12-H	Standard 🗸	
тикее 12:32 ТІМЕ+DATE 24-H	Strong	TX-81#12361 sw6.5
TIME+DATE+BATTERY MONITORINE MODULE 12-H		
TIME+DATE+BATTERY MONITORING MODULE 24-H		You will lose all your current progress and
VERTICAL TIME 12-H		Are you sure you want to reset?
Vertical Time 24-H		
VERTICAL TIME+DATE C		×
Time Format	Vibration	Reset

#### About Us

Find a link to our homepage. Impressum you can find our service telephone number as well as our address. The Declaration shows to you which data is used to run My Fitness Plus.

About Us	→	Account	Save
	Gender		
www.technaxx.de	Height		
	Weight		
	Birthday		
Declaration	Email		
	Change		
		LOG OUT	
About Us	l l	Jser Accou	nt

#### 17.2.6 User Account

Under Account is the data stored you inserted while registration. If something has changed weight or height you can adjust it here. Also you can Log out from your account to sign in or register a new account.

# **18 Warnings**

Charge the device promptly when it shows low power and please use our standard charging clip.
Do not leave the device in damp environment or expose it to liquid when charging.
Do not expose the device to extreme temperature.
Do not expose the device to direct sunlight place for long duration.
Do not place the device in vicinity of a fire.
Avoid contact between the device and any sharp object.
Do not misuse the device, falling, dismantling, dissembling, pressing, puncturing, baking, burning, etc.
Do not clean the device with an abrasive cleaner.
Keep it out of reach of infants and children as small parts may cause choking.

# **19 Troubleshooting**

## **19.1 APP failed to synchronize data**

1. Check if your phone network and Bluetooth settings are turned on or not. Both the phone network and Bluetooth need to be ON at the same time for data synchronization.

2. Check if your wristband is near your phone. The connection distance is within 10 meters.

3. Make sure that your wristband had been connected with your devices.

## **19.2 APP failed to connect with the band**

1. Check if your phone network and Bluetooth settings are turned ON or not. Both the phone network and Bluetooth need to be ON at the same time.

2. Check if your band is near your phone. The connection distance is within 10 meters.

3. Make sure that the band is not connected to other account.



Hints for Environment Protection: Packages materials are raw materials and can be recycled. Do not disposal old devices or batteries into the domestic waste. **Cleaning:** Protect the device from contamination and pollution (use a clean drapery). Avoid using rough, coarse-grained materials or solvents/aggressive cleaner. Wipe the cleaned device accurately. **Distributor:** Technaxx Deutschland GmbH & Co.KG, Kruppstr. 105, 60388 Frankfurt a.M., Germany