

# Easyfit HR – User manual

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## **THIRD-PARTY APP INTEGRATION**

Easyfit HR is a fitness tracker designed and created to make your life easier. Thanks to its touchscreen display, you'll always have all the notifications which you usually check on your smartphone close at hand. Easyfit HR's operating system can automatically identify and recognise which app notifications to show on the display: WhatsApp messages, comments to your Facebook posts and much more will always be shown on the display in a practical, convenient way.

Check that you have the latest version available of all your apps and that your operating system is compatible with the Easyfit HR.

Also make sure you don't have other active or connected apps which share notifications with external displays. The Bluetooth connection may fail to be established or to remain active if there is strong interference in the area where you're using your device.

Notifications will be displayed if your Easyfit HR is connected via Bluetooth to your smartphone. Please remember that the Bluetooth connection has an operating range between 5 and 7 metres, although it can sometimes reach up to 10 metres, yet surrounding interference can have a major effect on the range. You might have connection issues if you're at home and there are load-bearing or reinforced concrete walls between your phone and your Easyfit HR.

Checking your Easyfit HR connection is a piece of cake: if you see the (((.))) steady icon on the display, it means that the connection is correctly established. If the icon is flashing, it means that the connection is not currently active. Check the section on synchronisation for more information on connections and how to restore them if required.

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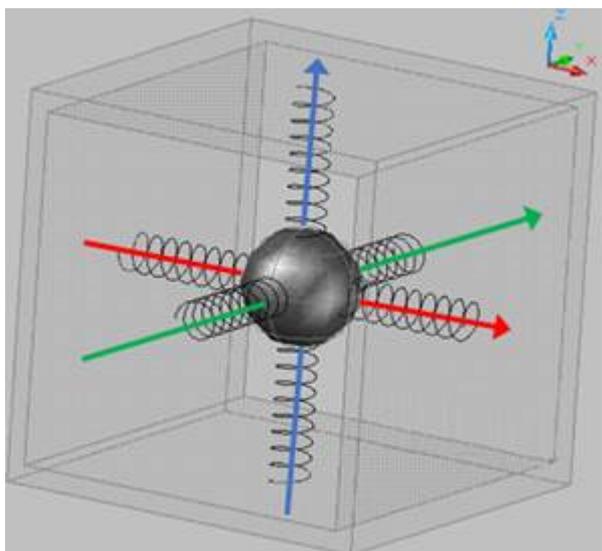
## PRECISION

Easyfit HR can sense every single movement your body makes through two sensors that work in unison to correctly read all your movements.

The tracking we offer with this product is as good as 3D tracking for all intents and purposes and works using a complex system. We will try to explain the concept in a clear, concise manner so you can understand how all your movements are essentially converted into numbers that are easy to view and available in real time.

### What is 3D tracking?

3D tracking is a feature that uses inertial sensors to collect data on your body's movement. An inertial sensor records the state of your body and its relative changes in case of movement, for example, uniform rectilinear motion or a rotational movement around an axis. The key here is rotational movement around an axis, because the concept of 3D tracking revolves precisely around axial dynamics. Indeed, three-dimensionality is built around the three axes around which our body moves in our surrounding space.



This is a simplified diagram of an inertial sensor. The ball's weight makes it move along three axes depending on how the sensor is moved. This is the basic mechanism of the sensor inside your Easyfit HR: it's easy to understand, therefore, how every movement of your body can easily be detected.

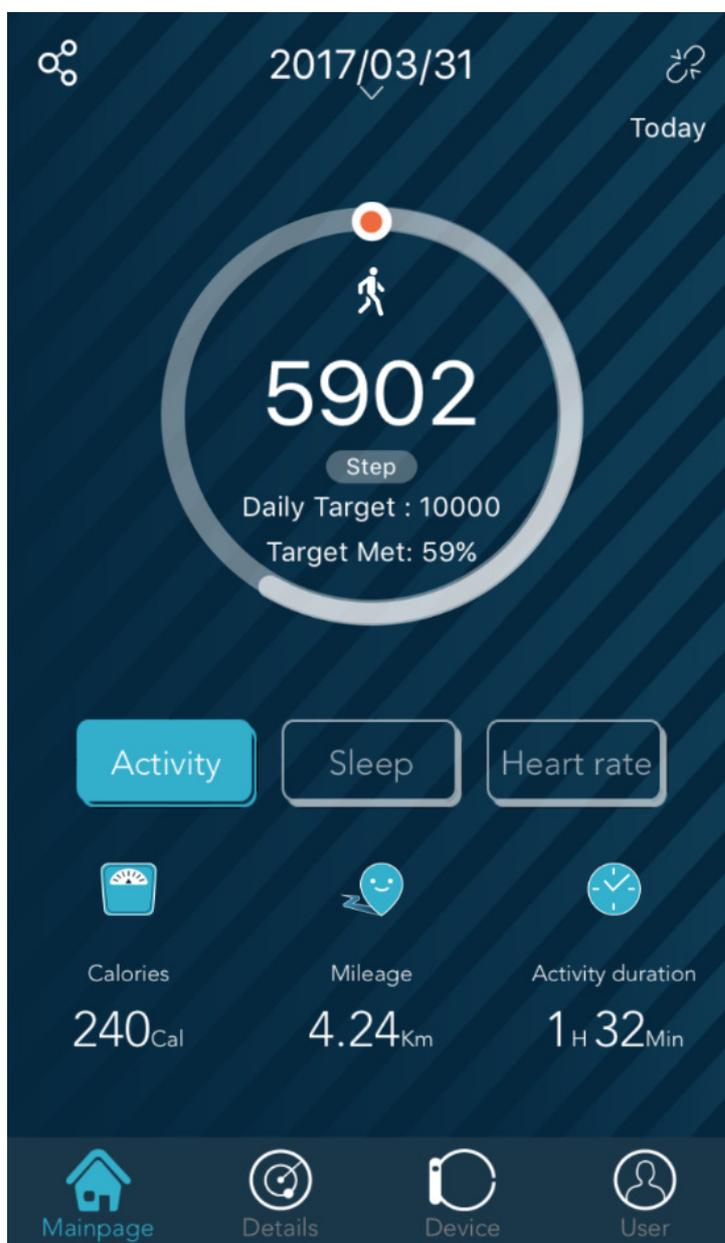
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## TRAINING AND EXERCISE

### What should I know about training goals?

Training goals are essentially the goals you set for yourself when you start using your Easyfit HR. Actually, they are the number of steps you take during the day. Steps are behind the development of the goal ladder which you can set on your device. The second goal you will be asked to enter is the number of hours of sleep you want to get.

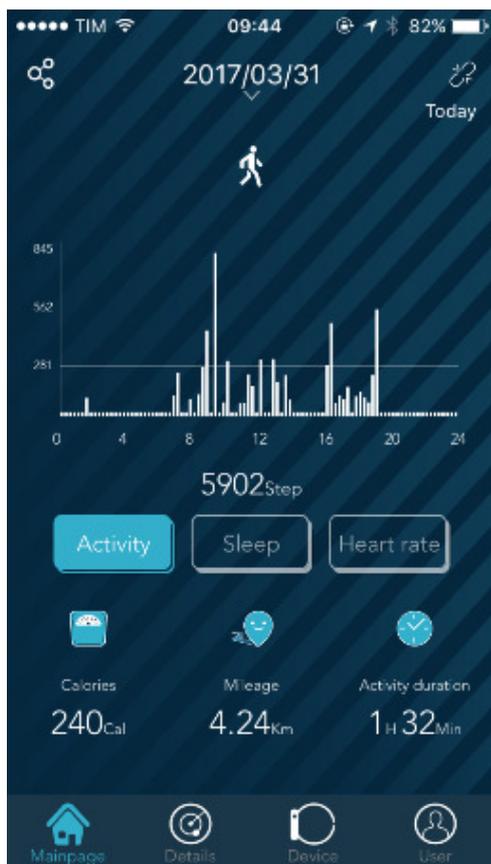
### How do I find out how much closer I am to my goal?



It's very simple. On the Home screen of the Easyfit HR app, you'll find all the information you need to monitor the progress of your exercise in relation to the targets you've set yourself.

As you can see in the centre of the screen you'll find a round indicator that shows the steps you've taken during the day. Inside this indicator, you'll find your daily goal and the percentage of the goal achieved, which is updated in real time. To get a more detailed overview of the progress of your exercise, you can click on the graph in the centre to see the bar graph divided into time slots.

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The part of the app on your summary data for calories burned, distance travelled and duration of sporting activity stays in numerical format.

## How to start training with Easyfit HR

Every time you decide to exercise, just launch the training mode from the display on your Easyfit HR. Press down on the display of your watch until you see the icons menu. The first icon at the top is the one that indicates specific training sessions. It essentially allows you to start the stopwatch to monitor your exercise session. During this session, you'll have the ability to track steps, calories and distance covered, independently from your overall daily tracking.



## What do I need to know about fitness tracking on the Easyfit HR?

The training info detected by your device can be viewed in the "details" section of the app

## Does my Easyfit HR have a GPS function?

No, your Easyfit HR does not have this feature.

## What is the exercise reminder?

This is a warning you can set to remind yourself to move if you're inactive. We recommend activating this feature as it's particularly convenient for anyone with a sedentary lifestyle. How does it work? It's easy: if you haven't moved for half an hour, you'll feel your Easyfit HR vibrate reminding you to move.

## CALORIES

### How are calories burned calculated?

Calories burned are calculated by taking into account your basal metabolic rate. The amount of calories your body uses to keep your vital functions active is calculated based on your weight, gender, age and

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height information. These calories are burned by your body regardless of whether you exercise or not. Your consumption goals and therefore any new calories to be burned take into account your basal metabolic rate.

## **I've just woken up and yet I already see data on my counters: why is this?**

To answer this question we have to talk more about basal metabolic rates. You burn calories while sleeping, so your device will record the amount of calories you burn while asleep. You might also move your body in your sleep, which translates into steps. This happens because the inertial sensor records variations of movement if, for example, you moved frequently during the night or if you had an animated night's sleep perhaps due to a particular dream or nightmare. Don't worry if this happens, this data will not compromise the overall analysis of your exercise in any way.

## **THE EASYFIT HR APP FOR ANDROID**

### **My Easyfit HR isn't receiving notifications from my Android device**

Is this the first time you're trying to receive notifications from your smartphone? Please see the synchronisation section.

### **Why are notifications arriving late or not getting through?**

Notifications might not get through or stop for various reasons. Some issues may be related to the Easyfit HR and others require taking certain steps when using this product.

- Ensure that your smartphone and Easyfit HR are close to each other, or at least within the Bluetooth operating range.
- Check that all notification settings on your smartphone are set correctly. Many smartphones have a "Do not disturb" mode; when this mode is on, the phone will not display or send notifications to your Easyfit HR.
- Problems might occur with receiving notifications if any errors are detected during the use of several connected Bluetooth devices at the same time. A prime example is using Bluetooth speakers to play music when connected to a smartphone.
- If the problem occurs after you've updated the app, switch your smartphone off and on again and try synchronising notifications again.

### **I'm having notification problems, how do I fix them?**

You only need to check this paragraph if the previous suggestions didn't fix your problem.

SOLUTION 1: you might be having Bluetooth issues – please follow these steps:

1. Turn off Bluetooth
2. Stop and close the Easyfit HR app
3. Turn on Bluetooth
4. Open the app and reconnect your Easyfit HR

That didn't fix your problem? Try solution 2.

SOLUTION 2: there might be a block in the notification management system – please follow these steps:

1. Reboot your Easyfit HR – if you don't know how to reboot it, please see the "how to reboot your Easyfit HR" section
2. Turn off notifications:
  - a. Go to the Easyfit menu
  - b. Go to the Notifications Management menu
  - c. Disable all notifications
3. Restart your smartphone
4. Go back into the Easyfit HR app and turn on all notifications again
5. Synchronise the two devices

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SOLUTION 3: complete reset of the Bluetooth connection between your smartphone and Easyfit HR – please follow these steps:

1. You have to delete your Easyfit HR from your smartphone
  - a. Go to the phone's Bluetooth menu
  - b. Delete your Easyfit HR
2. Restart your smartphone
3. Open the Easyfit HR app
4. Go to the Easyfit section
5. Synchronise the device again
6. Once it's synced, go back to the Easyfit section
7. Go to the Notifications Management menu
8. Activate all notifications

NB: Android systems always show a pop-up message asking the user for authorisation so the operating system can send notifications; please remember that this consent is essential to enable notification management, so authorise your Easyfit HR and go back to the app menu. These steps must be done in order, so don't exit and then relaunch the app.

## **Problems when using the Easyfit HR with Android:**

PROBLEM 1: issues with Android 6.0

With the Android 6.0 update, you must enable location services on your smartphone to prevent any connection issues. The system will automatically ask you when you first use the app. If you skip this step, enable them later on from your phone's Settings menu. Now try re-establishing the connection.

PROBLEM 2: issues with Android 7

You might not be receiving incoming call notifications. We are working on this issue and will release an app update.

PROBLEM 3: issues with Huawei P9, P9 Lite, P9 Plus and P8 Lite smartphones

Your fitness tracker's connection with these devices might be difficult due to certain anomalies in your smartphone's operating system. We are working to resolve this issue and to make the connection more fluid. You may have issues when establishing the first connection: you may experience several unsuccessful attempts. Turn your Easyfit HR off and on again with each connection attempt.

## **THE EASYFIT PLUS APP FOR IOS**

### **My Easyfit HR isn't receiving notifications from my iOS device**

Is this the first time you're trying to receive notifications from your smartphone? Please see the synchronisation section.

### **Why are notifications arriving late or not getting through?**

Notifications might not get through or stop for various reasons. Some issues may be related to the Easyfit HR and others require taking certain steps when using this product.

- Ensure that your smartphone and Easyfit HR are close to each other, or at least within the Bluetooth operating range.
- Check that all notification settings on your smartphone are set correctly. Many smartphones have a "Do not disturb" mode; when this mode is on, the phone will not display or send notifications to your Easyfit HR.

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- Problems might occur with receiving notifications if any errors are detected during the use of several connected Bluetooth devices at the same time. A prime example is using Bluetooth speakers to play music when connected to a smartphone.
- If the problem occurs after you've updated the app, switch your smartphone off and on again and try synchronising notifications again.

## **I'm having notification problems, how do I fix them?**

You only need to check this paragraph if the previous suggestions didn't fix your problem.

SOLUTION 1: you might be having Bluetooth issues – please follow these steps:

5. Turn off Bluetooth
6. Stop and close the Easyfit HR app
7. Turn on Bluetooth
8. Open the app and reconnect your Easyfit HR

That didn't fix your problem? Try solution 2.

SOLUTION 2: complete reset of the Bluetooth connection between your smartphone and Easyfit HR – please follow these steps:

1. You have to delete your Easyfit HR from your smartphone
  - a. Go to the phone's Bluetooth menu
  - b. Delete your Easyfit HR
2. Restart your smartphone
3. Open the Easyfit HR app
4. Go to the Easyfit section
5. Synchronise the device again

## FUNCTIONS FAQ

### **How do I manage silent alarms?**

*The Easyfit HR app for iOS*

1. Open the app
2. Go to the Device section
3. Select the device being used
4. Open the Alarm Settings menu
5. Press Add
6. Set the time
7. Set the repeat function if it's a weekly alarm
8. Press Save

*The Easyfit HR app for Android*

1. Open the app
2. Go to the Device section
3. Select the device being used
4. Open the Alarm Settings menu
5. Press Add
6. Set the time
7. Set the repeat function if it's a weekly alarm
8. Press Save

The silent alarm is set automatically depending on your sleep pattern; if it's getting close to the time you need to wake up but you're still sleeping heavily, your Easyfit HR will gently wake you up through to when the alarm vibrates, so you don't wake suddenly. It will start to vibrate well in advance with a series of short, cadenced vibrations, bringing you to a light sleep phase and then waking you with a vibrating alarm at the set time.

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## How do you switch off your Easyfit HR?



To turn off your Easyfit HR, just follow these simple steps:

- Access the icons menu by pressing down on the display
- Scroll through the menu until you see the ON/OFF icon
- Click on the ON/OFF icon
- Drag your finger up to the ON/OFF icon (as explained by the on-screen image)
- Wait until the device vibrates and the display turns off completely

To turn your Easyfit HR back on, simply swipe downwards on the display if you have it set to vertical time viewing, or swipe from left to right if you have it set to horizontal time viewing. You may also connect the device to a USB power source, just like when you're charging it.

## When does the Easyfit HR reset and what happens to the data recorded the previous day?

It resets every day at midnight. The data recorded throughout the day is saved on the watch until it's synced with the app. When you synchronise your data, it's transferred to the app and stored on your smartphone's memory. Don't worry about the space it'll take up on your smartphone: the data collected each year takes up very little space.

If you have an Android smartphone, you can manage the memory taken up by the apps you've installed. If you have any space problems, you can delete the data, but remember that if you do, it'll no longer be available on the Easyfit HR app and your stats will no longer be reliable.

## SLEEPING

### How is sleep monitored?

The sleep monitoring mode is activated automatically at 9:00 pm and is automatically deactivated at 9:00 am. During this period, your Easyfit HR can automatically tell whether you are asleep or awake.

So you don't have to worry about setting the sleep monitoring mode manually or deactivating it the following morning.

### Can I record any sleep I get during the day?

Yes, simply activate the sleep mode on your watch manually.

To manually activate the sleep mode, follow these steps:

- Press down on the display of your watch
- Click on the Moon icon
- Press the display until you see "ON"

To manually deactivate the sleep mode, repeat the same steps. Remember to turn off sleep mode when you wake up from your nap.

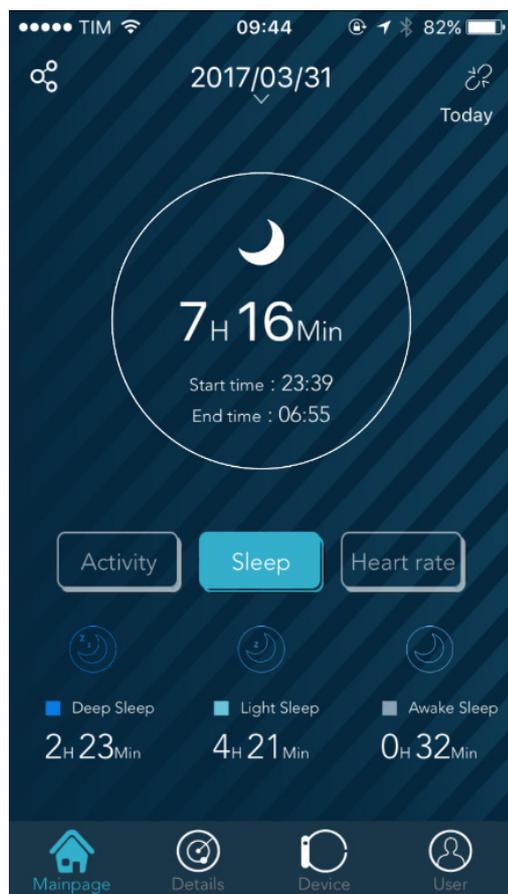
### What sleep-related information is collected?

The data on your sleep is used to determine your resting patterns. The algorithm can tell whether you're sleeping deeply or lightly or even if you're awake.

How are these states determined? When sleep monitoring mode is activated, every time the tracker doesn't detect any movement for at least an hour it'll assume that you've gone to sleep. Any arm movement during

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sleep will be interpreted as restlessness and the tracker will change from heavy to light sleep. You may not realise, but during sleep you might move or change position. Any very close-range arm movement during sleep phases is classified as being awake, so the algorithm will think that you're awake for all intents and purposes.



This is the graph you'll get the morning after your sleep analysis. The time slots begin when your first period of sleep is recorded, i.e. when the algorithm identifies that you haven't moved your arm for about an hour. The time axis shows when a change of state occurred, i.e. each time you moved from a light or heavy sleep.

The system can also identify if you've woken up, perhaps to go to the bathroom, deactivating the sleep monitoring mode and activating the step counter.

Please remember that a few steps might also be counted even

if you haven't actually left your bed. This happens because certain arm movements, especially if very pronounced, may be interpreted by the algorithm as a step. Don't worry if this happens: the number of steps calculated during the night accounts for the smallest figure which has a very low, almost negligible, effect on your daily exercise stats. Please see the calories section for a more detailed explanation.

## SYNCHRONISATION

In this chapter, we'll show you how to sync your Easyfit HR.

Synchronisation is the first step to using this product.

## Getting started with your Easyfit HR

It is important to follow these steps to connect your fitness tracker to your smartphone. Please remember that to get the best out of this product you must keep Bluetooth on. The Bluetooth connection doesn't use much battery - it's one of the least power-hungry connections - so don't worry.

We recommend charging your Easyfit HR for at least half an hour before its first use. *Use a 5 V – 500/1000 mAh USB charger as excessive voltages might damage components and the battery life. Your PC USB port is always the best solution.*

When you turn on your Easyfit HR for the first time, you'll see that the watch counter shows zero.

Follow these simple steps, and you'll be using your Easyfit HR in no time.

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## 1. Download the Easyfit HR app

There are 2 QR codes on the pack of your product, one to download the Android app and another for the iOS app. Before getting started, we recommend using a Wi-Fi connection to download the app. Point the reader (if you don't have one, you have to download a specific app to read QR codes, there are many available, just look on the app store) on the QR code you want and follow the steps on your smartphone display to download the app. *Some product batches still in circulation may not feature a QR code on the packaging; should you find yourself in this situation, always refer to the name of the app.*

## 2. Activate the app

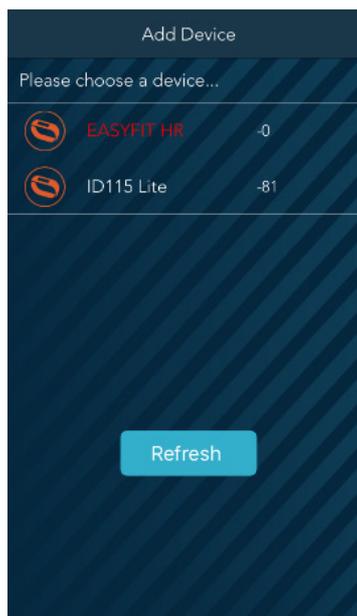
Once you've downloaded the app, open it and enter the requested information. This information is important as it allows the algorithm to work properly when collecting data on movement and producing the related analyses. The data you enter is important for your basal metabolic rate, which is the main factor our algorithm uses to calculate the calories burned during the day and at night when you're asleep.

## 3. Connecting your Easyfit HR to the app

Once you've entered your body info and the step goal you've set yourself, you'll need to connect the device to your smartphone.

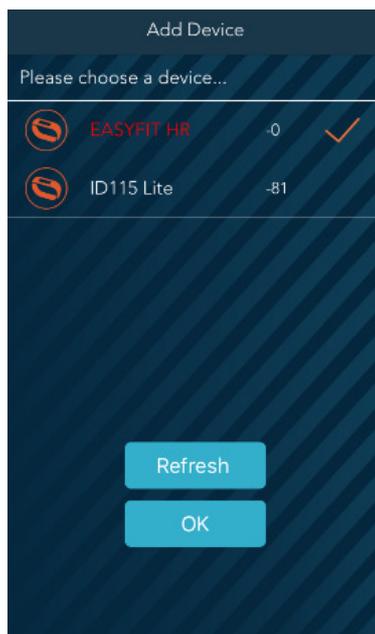
Please follow these steps:

- a. Turn on Bluetooth on your phone
- b. Pick up your Easyfit HR which by now will be charged and ready to be connected
- c. You'll see your Easyfit HR appear on the search screen, as shown in the image below
  - i.



- ii.
- d. Select your Easyfit HR and you'll see your EASYFIT HR on the list:
  - i.

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- ii.
- e. Once you've selected it, you'll be directed to the Home page where you'll see all your counters for both night and day modes.

## IMPORTANT:

**Follow all the connection procedures step by step. This way you will not have any problems with missing or failed connections. It is important that the device is first connected as a fitness tracker through the app. Do not connect the device through the Bluetooth menu on your smartphone.**

## How do I access the app's main settings?

To access the main settings, just go into the Easyfit section on your app.

Here's a quick overview of the settings:

- Call alert: when managing call notifications, we recommend resetting the seconds counter after the device is connected so you are immediately notified of any calls
- Exercise reminder: turn the exercise reminder on or off
- Alarm: turn the alarm or list of alarms on or off
- Notification management: turn message notifications on or off and all other notifications that can be run from the app. In this section, you'll see all the apps installed on your smartphone which can handle notifications
- Camera: you can take photos using your watch as a remote control
- Wrist sense: turn the display activation function on or off by moving the display
- Disconnection alert: turn the reminder on or off on your watch display for when the Bluetooth connection is broken due to the distance between your watch and smartphone

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- Find my phone: turn on the find my phone function, which lets you make a sound on your phone from your watch. This function is only active if the Bluetooth connection is properly established.
- SMS notification: turn notifications on or off for incoming text messages
- Audio: turn on the audio track player control to interact with your music player. If you have an Android smartphone, the app will suggest which multimedia player to use if you have several audio players installed on your phone.
- Heart rate monitor: you can choose whether to set automatic or manual monitoring of your heart rate
- Night mode: this lets you set a time frame when you will not receive any notifications from your phone. All notifications will be suspended, except for the alarm.
- Wrist: you can select your dominant wrist, which should be the wrist on which you wear your Easyfit HR. This information is important to calibrate the optical sensor for monitoring your heart beat
- Heart rate: in this section, you'll find details on the three ways of measuring your heart beat. You can manually set the access thresholds for each bracket, thereby improving the data collected by the heart rate monitor.
- Update: this function lets you update the firmware of your watch