



iMove Plus Fitness Wristband User Manual



Minimum Requirement:

iMove is compatible with smartphone and tablet equipped with Bluetooth 4.0 and above with Android 4.4 or iOS 7.0 or later versions.

Features:

- Tracks daily activities (steps, strides, and floors climbed)
- Calculates activities into calories burned
- Shows the distance run/walked
- Active exercise time
- Monitors sleep pattern such as hours of light and deep sleep.
- Reminder

Specifications:

Bluetooth v4.0
Built-in lithium ion battery
Operating time: 5 days

Charge iMove

Please make sure to fully charge iMove for at least 2 hours using the charging cable included in the package.

Install iMove Smartphone App

iMove smartphone App allows you to keep history of your activities. iMove App can be downloaded from Google Play Store or Apple App Store. Open the App store App on your smartphone and search for "iMove Fitness" to download the App. You can also scan the QR codes below.

Android



iOS



iMove App Setting

1. Personal Profile Setting

For accurate calories calculation, your weight and height information are required.

Open the iMove Plus App then click on **Setting** icon on upper corner and **Account** to enter your information.

2. Connect iMove Plus

You will need to connect iMove Plus with your smartphone before data sync.

- Turn on the Bluetooth function on your phone.
- Click on Setting button then click New device. A pass code will appear on iMove Plus. Enter the pass code on your phone to connect iMove Plus
- iMove will connect to your smartphone automatically when you open the App. Pull the Today screen down to manually sync iMove Plus with the App.

3. Alarm, Time format, Wristband display

You can customize the setting for your iMove Plus wristband using these functions in Setting. These functions are gray-out if iMove is not connected to your phone.

4. Units

This setting allows you to select the unit format.

5. Language

This setting allows you to select your language preference.

iMove Display Mode

Distance



The distance of your activities based on your step length, displayed in kilometre. If no step length is set, iMove will use 30 cm as default.

Floor



Touch the screen sensor on iMove to enter Floor mode to see the total floor climbed today.

Alarm



Touch the sensor on iMove to toggle to display next alarm clock. You can set up to 4 alarm clocks. When alarm is activated, touch the screen sensor to turn off the alarm.

iMove Plus Display Mode

Pedometer



Touch the screen sensor on iMove to enter pedometer mode to see the steps/strides count. The count is accumulated in 24 hours cycle and will reset at midnight.

Calories Burned



The calories burned is calculated based on the strides, height, weight, and step length.

Active Time



The total active time in minutes measured by your exercise activity.

iMove Battery

Battery Symbol



The battery symbol indicates the level of battery power remaining in iMove. When the battery symbol is empty and flashing, iMove is low on power and needs to be charged. Use the charging cable that comes in the package. Insert the pin connector into the charging hold next to the function button. When the battery is fully charged, the symbol is filled in solid.

Product Support

Visit www.idolmemory.com/support/