

iMove Fitness Wristband User Manual



Minimum Requirement:

iMove is compatible with smartphone and tablet equipped with Bluetooth 4.0 and above with Android 4.3 or iOS 7.0 or later versions.

Features:

- Tracks daily activities (steps, swings and jumps)
- Calculates activities into calories burned
- Shows the distance run/walked
- Monitors sleep pattern such as hours of light and deep sleep.

Specifications:

Bluetooth v4.0
Built-in lithium ion battery
Standby time: 90-100 hrs

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 "Smart Bracelet" or "iMove Fitness" to download the App. You can also scan the QR codes below.



Android 4.3+



iOS 7.0+

iMove App Setting

1. Personal Profile Setting

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

Open the iMove App when installed then click on **Setting** and **Profile** to enter your information.

2. Connect iMove

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

- Turn on the Bluetooth function on your phone.
- Click on Sync button to open sync page, then toggle the on/off switch to green position.
- Click on the button on iMove to Date and Time screen. iMove should connect to your smartphone automatically.

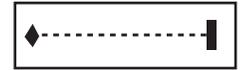
3. Time and Data Sync

Use the **Time sync** function on the App to synchronize iMove time setting with your smartphone. Sync date and time will allow iMove to report your activities accurately.

Use the **Data sync** function to synchorize iMove activity data to your smarphone.

iMove Display Mode

Goal



Press the function button on iMove to enter Goal mode to see your progress compares to your daily goal. Your daily goal can be set in your profile setting in iMove App.

Sleep Mode



Press the function button and hold it for at least 3 seconds to activate Sleep mode. When sleep mode is on, iMove will start measuring your sleep quality. Press the function button and hold it for 3 seconds to return to activity mode.

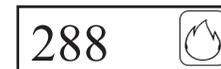
iMove Display Mode

Pedometer



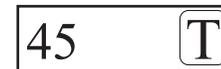
Press the function button on iMove to enter pedometer mode to see the steps/strides count. The count is accumulated in 24 hours cycle and will reset at midnight.

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 activity.

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.

iMove Battery

Battery Symbol

The battery symbol indicates the level of battery power remining 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/