

# L38B Product Manual



Version	Date	Author	Page No.	Update details
1.0	2015-11-30	Zhong Da		Premier release

## Contents

# Usage environment

## Operation temperature

-20°C to 55°C.

## Waterproof functionality classification

Day-to-day waterproof functionality.

The band can be used during daily ablution or in midst of rain, so long as only the surface is exposed to the water drops and no water pressure is exerted on the device.

## Battery

3 days with regular utilization.

# Charging

Before first usage, please charge the band for 2 hours.

## Connecting charger

1. Connect the charger with the band.
2. Make sure that the band is in contact with the charger.
3. Insert the micro-USD cable into the band charging stand.

Connect the USD cable with a power source.

A “Charging” icon will be shown on the screen. When the charging is completed, a “Full” icon will be shown on the screen.

A full charge will take only one and half hours. When the remaining charges are not sufficient, a “Low charges” icon will be shown on the screen.

# Getting APP

Getting band APP :

To setup your band with a mobile device, you must first get the band APP.

Search for **3PLUS ELITE** in the App Store or the Android store. Download and install the APP in your mobile device.

# Connecting APP

1. Turn on the Bluetooth on your mobile device;
2. Open the **3PLUS ELITE** App on your mobile device.  
If you are a new member, please register or login with an existing account. Click “Setup” after entering your personal information;

3. Make sure that the band is located nearby. Select **3PLUS ELITE** from your Bluetooth menu;
4. A connection request will be shown on your mobile device.



Tap on the screen to accept the connection;

5. When the band is connected successfully, both your band and mobile device will receive a notification.



If the connection is not successful, please repeat the same steps.  
The connection is a one-time process. If you would like to connect the band with other account, you must cancel the existing connection first.

## Wearing the device

Wearing the device

Button up the band

Wear the band on your wrist. Fasten it up. Push the buckle through the button opening.

Recommendation:

Add a few drops of water on the wrist band opening will make the buckling up easier.

## Booting up the device

Double tapping the display sensor area will boot up the screen.

The band will only respond when the specific sensor area is tapped.

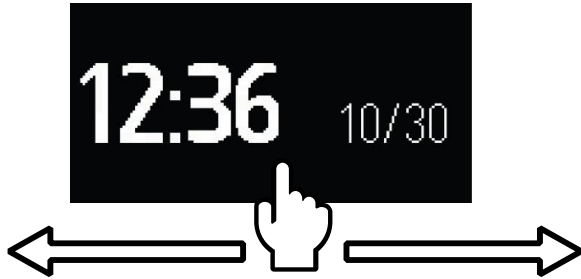
The band screen will go off when not in use. Double tap the screen to boot up the device.

To make sure that the band will respond accurately to your tapping, we recommend that you use your finger tip instead of your finger nail.

## Screen operation

All screen operations can be done by touching the screen with your finger tip.

Slide left or right to change the screen and menu. Slide your finger horizontally on the screen surface.



Tips:

If you are not sure what to do on a specific screen, try swiping left or right to switch to another interface.

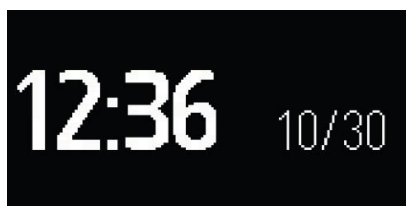
## Main Menu





Slide left or right to change the interface.

## Clock interface



Time interface,

Time and date on your band will be automatically synchronized with the connected mobile device.

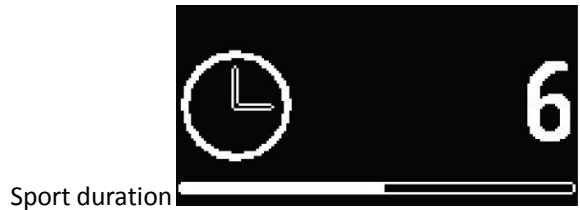
You can also setup your preferred time and date manually through the settings of **3PLUS ELITE** APP.

Please make sure that the battery charges on your band is sufficient to avoid resetting of the time.

## Steps, sport duration, calories, distance



Calories



Sport duration



Distance



Steps

The band can monitor the steps and the distance you have walked throughout the day, as well as the calories you have burnt. You can check the data shown on the band screen. You can also monitor your activity data and historical record at the "Activity" section of the **3PLUS ELITE** APP. You can track 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. If you would like to upload your latest activity data, please tap the upper right "Synchronize" icon in your **3PLUS ELITE** APP.

## Heart rate



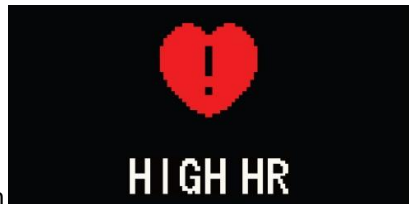
Heart rate

Tap and hold the screen for 3 seconds or more to change to the heart rate interface and to start monitoring your heart rate.

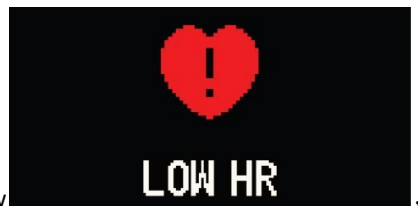
After the heart rate has been activated, switch to the heart rate interface. Tap and hold the screen for 3 seconds or more to turn off the heart rate monitoring.

Heart rate reminder

You can select your heart-rate alert zone at the “Setting” section of your **3PLUS ELITE** App.



Heart rate too high



Heart rate too low

## Timer



Timer

Tap and hold the screen for 3 seconds or more at the timer interface to activate the timer.

After the timer has been activated, switch to the timer interface. Tap and hold the screen for 3 seconds or more to turn off the timer.



## APPS menu

Tap on the “APPS” to enter the APPS menu.



Slide left or right to change the interface.

## Sport mode





Slide left or right to change the interface.

## Sleep mode





Sleep duration



Go to sleep



Exit sleep



Back

Slide left or right to change the interface.

## Setting menu



Tap on the “ ” to enter setting menu.



Battery charges



## Battery charges

You can check the battery charges with the first option of the setting menu.



To ensure the optimal functionalities, please make sure that the battery charges are not lower than 20%.

## 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.

## Flip screen

Vertically rotatable screen display

This functionality allows you to choose the orientation of the band best suited to your wrist. To flip the screen, enter the “Flip screen?” at the setting menu.

Flip the screen towards left



Tap the “Flip screen?” option to enter the confirmation screen.



Select either option.

## Restart

Restarting troubleshooting function allows resolution of internal issues, in a similar manner to the “restart” button on a PC computer.

This function will not delete the data on your device.

To restart your device, enter the “Restart?” at the setting menu.

Restart device



Tap on the “Restart ?” option on the screen to enter the confirmation screen.



Select either option.

## Factory reset

Factory resetting will return your device to its original state during factory shipment. This function will delete the activity, sleep, etc. data on your device. To factory reset, enter the “Factory Reset?” option at the setting menu.

Factory reset



Tap on the “Factory Reset ?” option to enter the confirmation screen.



Select either option.

## Notifications

SMS push

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SMS notifications: Click on the icon to check your messages. You can check up to 3 messages. And each message will display up to 3-page contents. (The first page will show sender name and the second, third pages will show the contents. Contents exceeding 3 pages will be replaced with “...” at the end of the text.

Note: When there are multiple reminders, slide the screen to check each one of them.

Email notifications



Missed call notifications



Missed call notifications: Click on the icon to check the missed calls. Up to 5 missed calls can be displayed.

Social media notifications



Calendar reminder



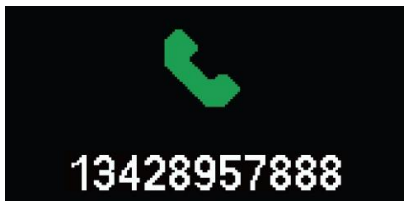
Bluetooth disconnection notifications



The band can display notifications from incoming call, missed call, SMS, email, social media, calendar event, device-tracking function. Open the **3PLUS ELITE** App, single-tap "Setting" > "Notifications" to select the notifications you wish to receive on your band. If you would like to dismiss a certain notification, slide the select button leftwards. Then, dismiss the notification by single-tapping your band screen. If the notification is not dismissed, it will reappear next time you turn on the screen.

Incoming call notifications

( Only Latin alphabets are supported for the incoming call notification functionality )



## Reminder

Custom reminder



Wake up



Medicine





Eat



Sleep



Activity



Add new reminder by clicking on the “Reminder” section of your **3PLUS ELITE** App. You can set up to 6 types of daily reminders, as well as selecting the type, preferred time, and date. The band will vibrate slightly and display the corresponding reminder. Single-tapping the band will dismiss the reminder. If you haven’t dismiss the reminder, it will reappear in 2 minutes.

## Goal



Select the “Goal” section of the **3PLUS ELITE** App to set up your goals for daily walking steps, distance, calorie burnt, and sleeping hours. Single-tap the upper right synchronization button will save your goal settings. When your goal is reached, your band will vibrate slightly and display the “Goal achieved” icon.

## Customer support

Customer support is ready to help.

Web support: [www.3plususa.com/support](http://www.3plususa.com/support)

Email support: [service@3plususa.com](mailto:service@3plususa.com)

## Troubleshooting

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 band is near your phone. The connection distance is within 5 meters.
3. Make sure that your band had been connected with your devices.

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 for data synchronization.
2. Check if your band is near your phone. The connection distance is within 5 meters.
3. Make sure that the band is not connected to other account.

Kindly contact us if the above didn't solve your issues.

Send us an email at :

## Supported devices

iOS 7+, Bluetooth 4.0 BLE, iPhone 4s+, iPad3+, iPad Mini+, iPod touch5+  
Android 4.3 + , Bluetooth 4.0 BLE

## Product standards

Display: TFT 80\*160

Wristband material: TPU

Accelerometer sensor: Three-axis

Heart rate monitor: Heart rate sensor

Bluetooth: Bluetooth BLE 4.0

Battery: 200mAh

Waterproof classification: Day-today utilization waterproof functionality

Weight: Approximately 25g

## Remarks

Please charge the device promptly when it shows low power, and please use our standard charging clip.

Please do not leave the device in damp environment or expose it to liquid when charging.

Please do not expose the device to extreme temperature.

Please do not expose the device to direct sunlight place for long duration.

Please do not place the device in vicinity of a fire.

Please avoid contact between the device and any sharp object.

Please do not misuse the device, including but not limited to, falling, dismantling, disassembling, pressing, puncturing, baking, burning, etc.

Please do not clean the device with an abrasive cleaner.

Please keep it out of reach of infants as small parts may cause choking.