



ActiFit Go V3



Thank you for purchasing this Merlin Product. Please read the instruction manual carefully before using the product.

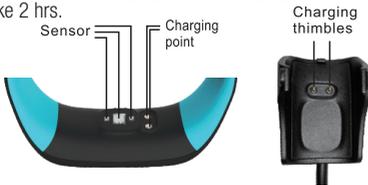
The documentation provided will allow you to fully enjoy all the features this unit has to offer.

Please save this manual for future reference.

Instructions

1. Charging

Before using the ActiFit Go v3 please full charge it by using the charging cradle provided. Ensure the ActiFit seats properly in the charging cradle. Charging time is expected to take 2 hrs.



2. Basic layout



3. Bluetooth Pairing

To pair:

- Turn on the ActiFit Go V3 bracelet.
- Turn on the Bluetooth of your phone.
- Download the "H Band App" by scanning the QR code below.
- Open the app on your mobile phone and tap the disconnected button. After searching the app will display the name of the bracelet. Tap on the name and the ActiFit Go will pair with the phone.
- Once the bracelet and the phone is paired the Bluetooth icon will appear on the ActiFit's screen



To unpair:

- Remove the Bluetooth from the App under the settings menu.
- Exit the App on the phone.
- Turn off the Bluetooth on the phone.

4. Functions

- Date and Time:

After the device has been successfully connected via Bluetooth the phone's date and time will automatically synchronize with the bracelet.



- Blood pressure monitor:

Press the touch button on the bracelet until the blood pressure icon appears. It will automatically start with the measurement and the icon will flicker. Please stay very still when the blood pressure is being measured. If you would like to save the measurement, please use the function in the app. If the function is started from the bracelet the data will not be saved.



- Heart Rate Monitor:

Press the touch button on the bracelet until the heart rate icon appears. It will automatically start with the measurement and the icon will flicker. It is best to wear the bracelet on the

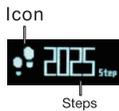


left arm 1,5 cm after the ulna styloid (just behind the wrist). Please ensure the sensor is close to your skin when performing the test. If the function is started from the bracelet the data will not be saved. When the app is used the heart rate will be tested every 30 minutes.



d) Pedometer (Step Counter):

The pedometer will display how many steps you have taken in a day.



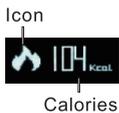
e) Distance:

The distance screen will display how far the user has walked/ran in the current day.



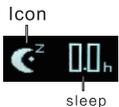
f) Calories:

The calories screen will display the total amount of calories burnt.



g) Sleeping Monitor:

The bracelet will automatically monitor how much you sleep. The results of this test can be seen in the app dashboard.



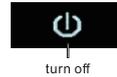
h) Horizontal and Vertical Screen:

The orientation of the screen can be changed to horizontal or vertical. When in this menu on the bracelet press and hold the touch button to change the orientation.



i) Turn the screen off.

To turn the screen off press and hold the touch button when on this screen.



5. First use of the app:

After installing the "H band app" you will be asked to enter some personal information such as your height and weight. Please ensure the bracelet is connected to the app before doing this.

6. Dashboard:

You can check current, history and summary data in the dashboard.

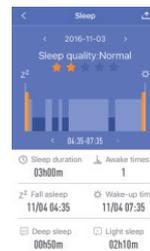
a) Steps:

In this screen you can see your Steps, distance and Calories burnt information.



b) Sleep:

In this screen you can check all your sleep information such as duration, deep sleep and light sleep.



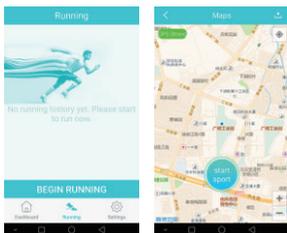
c) Heart Rate:

Here you can view the data from heart rate monitor measurements. The bracelet will record the heart rate every 30 minutes. The (+) icon can be selected to test the heart rate manually.



d) Running:

Select the "Start Running" button before you start your workout. It will begin by detecting your location via GPS. After the exercise is done you can stop the tracking by selecting the stop function. Each time the Start and Stop cycle in recorded. It will record the activity time, speed, calories and routes.



e) Blood pressure:

Once in the blood pressure menu you can select the "+" icon to start the test. Please remain still while the blood pressure is being taken.

There are two types of blood pressure tests, "Normal" and "Personal". In most cases please use "Normal" mode in the app. If however a person with hypertension or hypotension wants to take measurements please use the "Personal" Mode.



7. Settings:

- a) My device: Select the "My device" menu to find the paired device's settings.
- a. Message notification: If this menu item is selected the bracelet will have access to the phone calls and message notifications from the phone. (A pairing request will appear when the app when its connected with an iOS device. Please select pair on the iOS device in order to receive the messages on the watch.
- b. Alarm: Set Alarm clock.
- c. Outsit setting: Set Sedentary setting remind. If you sit too much the bracelet will notify you to do some exercise.
- d. You can upload your data to the cloud. When the app starts it will ask you to log into your cloud account. If you don't have one it can be created at this point too.
- e. Night Turn-Wrist: When you turn on this function the screen light will automatically work during the night.
- f. Wear detection (under switch settings): When this function is enabled the bracelet will detect if it is being worn or not. If it is not worn the green light sensor will not perform the tests.
- g. BP test mode: Please select Normal or Personal according to what was selected in the Dashboard.
- h. Reset Password: A password can be used on this device if you don't want other people accessing it. If you forget your password the bracelet can be reset and the default password is "0000". To reset the bracelet, go to the sleep screen then press and hold the touch button until it vibrates.
- i. Firmware update: This is to update the firmware of the product. Please contact the Merlin Support center for firmware updates.
- b) Sport Goal: In this setting you can choose how many steps your goal is to achieve in a day.
- c) Sleep: This will suggest the recommended amount of hours sleep needed by the user.

Please note: The bracelet collects heart rate and sleep monitoring data every 5 min. When this occurs the green light will light up.

Specification:

- Chip :Nordic 51822
- Display: OLED 0.86"
- Battery: 90mAh
- Waterproof: IP67
- Standby time: 5 days
- Bluetooth version: 4.0
- Support system: iOS 8.0 and above. Android 4.3 and above.
- Auto screen light support
- Heart rate monitor support
- Blood pressure support



Maintenance

- 1) Do not try to open the device. It has no user-serviceable parts.
- 2) Retain these instructions for future use.
- 3) Clean the product with a damp cloth and mild soap.
- 4) Do not keep this product submerged in water.

FAQ

Q) How do I set the time on ActiFit Go?

A) Once the device is connected to the app, it automatically syncs time and user data. You can also manually sync data from your bracelet to the app by swiping down on the main screen in the app.

Q) ActiFit Go shows that it's connected to the app but is unable to sync user data.

A) This is likely to occur if the device has lost Bluetooth connection with your smartphone. Try restarting the app, and if that doesn't work, restart your smartphone and try again.

LIMITED WARRANTY

Merlin Products are covered by a limited one-year warranty policy. If the product suffers from a manufacturing defect, the customer will receive a replacement if claimed within 15 days of the purchase date. Otherwise, the product will be inspected for possible repair options. The product will either be repaired and returned free of charge, or replaced. All repair services past the one-year warranty period will be charged for any repairs that need to be made.

If the client is located outside the UAE, or is otherwise unable to personally deliver the defective product to our service center or retail outlets, he/she may send it via post at his/her own cost. The repaired/replaced product will then be returned to the client via courier mail at Merlin's cost, as long as the warranty period is still active.

Important: This limited warranty DOES NOT COVER normal wear and tear, accidents, damage during transit, misuse, abuse or neglect. Attempting to disassemble the unit will render the warranty null and void.

REGISTER NOW

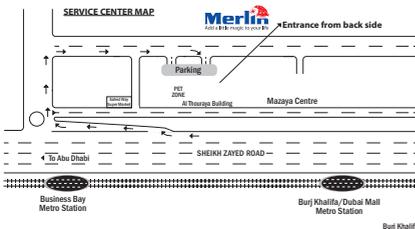
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