GOLiFE

Care 3

HR Smart Band / 藍牙智慧觸控心率手環

Manual / 使用說明書



Care 3

HR Smart Band

4 繁體中文
26 ENGLISH

1. 警告：

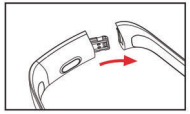
本智慧手環所提供之測量資料主要用於日常生活參考，並不適合做為任何醫療用途。

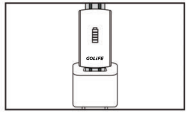
2. 充電：

使用前請先進行手環充電，確保手環電量充足。

為確保充電效能，請在充電前確認手環充電接頭無髒汙和氧化情況。若手環長期處在關機狀態，請將手環每3個月充電一次，延長手環電池效能。

手環充電步驟





1. 選擇GOLiFE觸控位置下方的錶帶，將錶帶拔出。
2. 一手握住手環主體，一手握住錶帶左右向後拔出錶帶。
3. 將手環充電接頭插入電腦USB接孔或5V/0.5A、5V/1A、5V/2A的充電器，當手環震動並顯示充電畫面時，即開始充電，充電時間大約為2小時。
   (若插入充電器未顯示充電畫面時，請嘗試反向重新插入充電器)

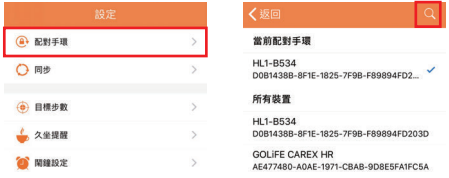
請在手機的App Store或Google Play Store上搜尋GOLiFE Care 3 App下載並安裝GOLiFE Care 3 App。

Available on the App Store

GET IT ON Google play

請按照以下步驟配對手環：

1. 與手環配對時，請打開App，至下方選單＂設定＂->＂配對手環＂

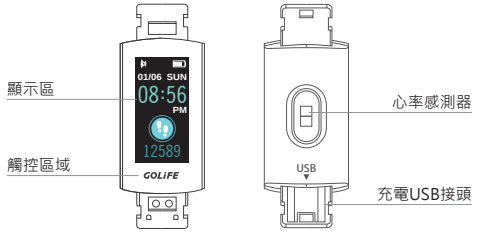


2. 按下右上角尋找圖示，開始尋找手環。接著點選手環選單至"更多"，選擇查看MAC序號末四碼，與手機上顯示的MAC序號末四碼相同，選擇該手環裝置後即可配對成功。配對完成後，手機將顯示＂當前配對手環＂；手環主畫面左上角將顯示藍牙配對符號。

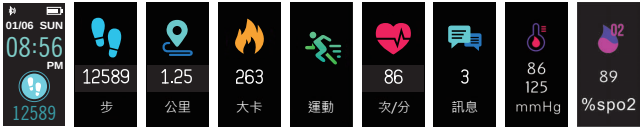
※當 iPhone 或 iPad 跟手環配對時，手機將跳出配對請求視窗，按下配對後才能與手環配對完成。

當收不到特定訊息通知時，請至Care 3 App → 訊息通知設定，查看是否有未開啟的通訊軟體。





開機：長按GOLiFE觸控點3秒開機。
關機：至選單第八項＂更多＂，長按3秒進入下一個選單並且到第四項＂關機＂，長按3秒關機選項即跳出＂Yes＂和＂No＂，按一下觸控點選擇＂Yes＂即可關機。



主畫面　計步　距離　卡路里　運動模式　心率　訊息　血壓　血氧

1. 主畫面功能介紹

當手環與App配對連接後，將同步時間、日期及顯示藍牙符號。

手環主畫面長按觸控點3秒，將會切換3種外觀主畫面，可選擇自己喜好的畫面。



2. 日常模式

日常模式有行走的步數、距離及消耗的卡路里。配戴手環走路，手環將自動記錄步數、距離及卡路里等資料。



睡眠模式

自動偵測睡眠，不需手動切換睡眠模式。

結束睡眠狀態後，請將資料上傳至App，系統將會判斷睡眠區間，分析睡眠品質，呈現深層睡眠及淺層睡眠等等的資訊。

※ 請注意睡眠超過30分鐘以上，系統才會自動判斷此為睡眠狀態並記錄睡眠品質。

3. 運動模式

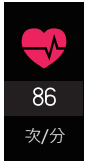
選單至運動頁面，長按觸控點3秒進入運動模式，可選擇走路、跑步、騎車、登山等模式。長按該模式3秒，手環震動後可開始運動，運動結束請長按3秒停止並結束運動。

※ 運動資料僅供參考，該數值不會上傳到App中。



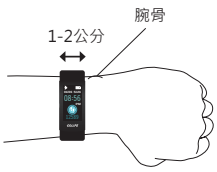
4. 心率測量

4-1 選單至心率測量頁面，手環自動開始量測心率，約20秒後即可在螢幕上看到自己的心率數值。



4-2 請將手環配戴於手腕骨頭上方1-2公分處，並將錶帶緊扣，確保手環緊貼手臂。

4-3 測量心率時請將手環背部緊貼手臂，若配戴過鬆，心率感測器光線外露，會導致測量數值不準確。請注意，請勿直視心率感測器綠光，可能造成眼睛不適。



4-4 心率測量時，身體請保持靜止狀態，請勿移動或熱身，以免造成心率測量不準確之情形發生。待心率測量完畢後，螢幕即顯示心率數值。

4-5 測量前請確保心率感測器底部無髒污和損壞，皮膚顏色、毛髮多寡、刺青及傷疤都可能影響檢測結果。

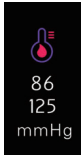
4-6 心率感測器基於PPG測量原理，因此其準確度可能因光線吸收和反射的生理因素而有所不同（血液循環、血壓、皮膚狀況、血管位置和血管密度等）。當測量心率數值不準確時，請重新測量。

4-7 長時間測量心率可能導致手環過熱。如測量時遇到身體不適，請移除手環，直到手環降溫後再嘗試配戴。

4-8 寒冷的天氣會影響測量結果，建議在溫暖的環境下測量。

5. 血壓測量

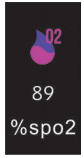
選單至血壓測量頁面，等待約20秒後即顯示血壓數值。測量血壓應在安靜與溫度適當的環境下測量，測量請避免緊張、焦慮、情緒激動等反應。為確保準確性，測量血壓應重複測量3次，每次間隔2分鐘，取3次數值得平均值紀錄。



※ 血壓測量的資料僅供參考，不可做為醫療相關資料。

6. 血氧測量

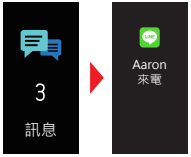
血氧飽和度（SpO2）是血液中被氧結合的氧合血紅素（HbO2）的容量，佔全部可結合的血紅素容量的百分比，即血液中血氧的濃度。正常人的血氧數值為90%-100%，若低於80%以下，建議到醫療單位做更進一步的檢查。選單至血壓測量頁面，血壓測量完畢後，立即點擊一下螢幕至血氧測量頁面，等待約20秒後即顯示血氧數值。



※ 血氧測量的資料僅供參考，不可做為醫療相關資料。

7. 訊息通知

選單至訊息通知，長按觸控點3秒進入訊息通知頁面，點擊觸控點1下會切換到下一則訊息內容。訊息通知包含來電通知與通訊軟體對話內容。訊息內容最多可以儲存7則，當超過7則後，手環會自動汰換舊訊息。



8. 更多

選單至更多頁面，長按觸控點3秒可至以下功能頁面。

8-1 碼錶

碼錶長按3秒觸控點至碼錶頁面，點擊 1 下可開始計時，再次點擊1下可暫停計時。長按3秒觸控點可退出碼錶頁面。



8-2 **找手機**

至找手機頁面，上下晃動手環，手機會同步發出鈴聲提示您手機的位置。



8-3 **MAC**

MAC序號，用來表示每個手環單一的辨識序號。如手機需快速找到手環，可使用此MAC序號辨識，只需要看MAC後4碼，就能找到相對應的手環。



8-4 **關機**

至關機頁面長按觸控點3秒，選擇YES或是NO。選擇YES並長按3秒，手環將震動並關機；選擇NO並長按3秒，手環將會返回主畫面。





8-5 **恢復原廠設定**

至恢復原廠設定頁面長按觸控點3秒，將恢復原廠設定，此動作將會清除手環上所有訊息通知與已設定的資料。



1. Warning：

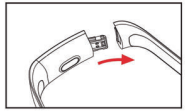
Care 3 is not designed for any medical purpose. All data is for reference only.

2. Charging：

Please charging smart band before using it. Please remove the strap above the smart band and plug it into computer USB port or 5V/0.5A, 5V/1A, 5V/2A chargers. The smart band is charging when it shows charging icon. The charging time is about 2 hours.

To remain battery’ s good condition, please check charger metal contact is not dirty or oxidized. If the smart band is not used for a long time, please ensure it to charge every 3 months to prolong battery lifespan.

The steps of charging smart band





1. Please remove the strap above GOLiFE touch button of smart band.
2. Hold and pull the smart band and the strap backwards.
3. Please plug the smart band into computer USB port or 5V/0.5A, 5V/1A, 5V/2A chargers. The smart band is charging when it vibrates 3 times and shows charging icon. The charging time is about 2 hours. (When the smart band didn't vibrate 3 times and show charging icon, please re-plug it with different direction.)

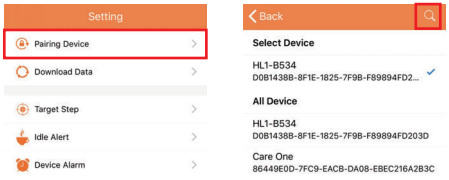
Please search GOLiFE Care 3 App on App Store or Google Play Store to download and install GOLiFE Care 3 App.

Available on the App Store

GET IT ON Google play

Pair with Care 3 :

1. Please open App when you want to pair the smart band.

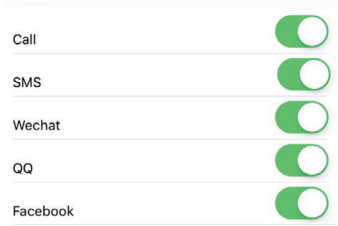


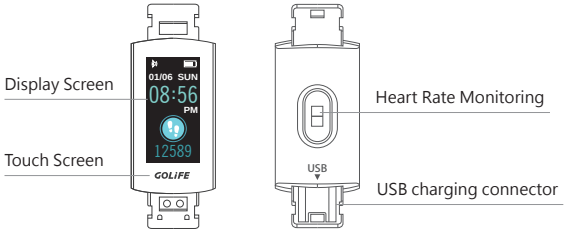
2. Go to "Setting" below App and select first item "Pairing Device", and press searching icon on the upper right corner and begin to find smart band.

3. Then press smart band touch screen to "More" page and select MAC to check the last four serial numbers which will the same as your smart phone's MAC numbers, and select the smart band. After finishing pairing, your smart phone will show "Select Device" and the smart band will display bluetooth paired icon.

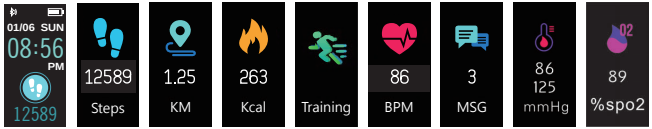
※ **When iPhone or iPad pair with smart band, the request of iPhone or iPad will be popped out to ask pairing. After pressing "Pair", the smart band can connect with iPhone or iPad successfully.**

When the smart band doesn't receive some specific notifications and messages, please go to Care 3 App → Notifications to check all communication softwares are turned on.





Power On: Long press GOLiFE touch screen 3 seconds to start Care 3.
Power Off: To menu→More and long press 3 seconds to next menu layer. Choose Off and long press 3 seconds, and screen will show Yes or No. Please select Yes to turn off the smart band.



Main Screen | Steps | Distance | Calories | Training | Heart Rate | Message | Blood Pressure | Blood Oxygen

1. Introduction of main screen

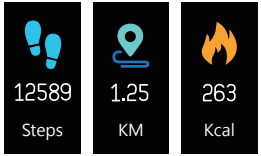
The smart band will synced time, date and bluetooth icon after pairing and connecting with App.

Long press touch screen 3 seconds and it will change 3 different kind of main screen. You can choose your favorite main screen.



2. Daily Mode

Daily Mode displays the walking steps, distance and calories. Smart band will automatically record the steps, distance and calories when you wear it and walk.



Sleep Detection

With Sleep Detection feature, it eliminates the need to press your band screen to enter sleep mode. Your sleep data syncs with App, providing you a detailed view of your sleep duration and the amount of time spent in various sleep states (Light and Deep Sleep).

※ Please noticed that your band will automatically determine the sleep states and record sleep quality data after sleeping more than 30 minutes. (Less than 30 minutes will not have the sleep data.)

3. Training

Go to Training page, and long press touch screen 3 seconds to Training Mode and you can select Walk, Run, Bike, Hike modes. Long press the mode you select for 3 seconds, and you can start training after smart band vibrated. If you want to end training, please long press 3 seconds to stop training.

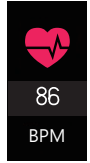




※ Please notice that training data won't upload on App.

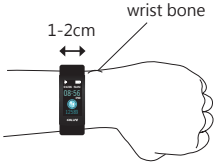
4. Heart Rate Monitoring

4-1 Go to Heart Rate Monitoring page, smart band will automatically measure heart rate. You can check your heart rate data after measuring 20 seconds and displaying on screen.



4-2 Wear smart band snugly above your wrist bone 1-2cm.

4-3 Please wear smart band snugly above your wrist bone while measuring heart rate. If you wear loosely, the green light of heart rate sensor will be exposed and will cause inaccurate heart rate data.
Please notice that look the green light of heart rate sensor directly might cause eyes pain.



4-4 Please remain the arm and body motionless while measuring heart rate. Don' t move or warm-up while measuring heart rate, or it will cause inaccurate heart rate data. The screen shows heart rate data after finishing measuring heart rate.

4-5 Please make sure that there is no smudges and damage on heart rate sensor. Skin color, hair, tattoos and scars might affect the result of heart rate data.

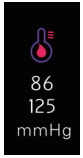
4-6 Heart rate sensor is based on PPG measurement, the accuracy will be different from light reflection and absorption (Blood circulation, blood pressure, skin condition, blood vessel location and density, etc.). Please measure it again when heart rate data is inaccurate.

4-7 The smart band will overheat after measuring heart rate for a long time. If you aren' t comfortable while measuring heart rate, please remove the smart band until it cooled.

4-8 Cold weather will affect heart rate measurements. Please measure heart rate in warm surroundings.

5. Blood Pressure Monitoring

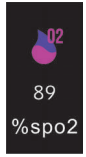
Go to Blood Pressure Monitoring page and wait for 20 seconds to measure blood pressure. Please measure blood pressure in quiet and comfortable environment to avoid tense, anxious, agitated emotions. To make sure accuracy, we advise you measure 3 times in every 2 seconds and get average value of blood pressure.



※ The data of Blood Pressure use as reference which can't be used for medical related data.

6. Blood Oxygen Monitoring

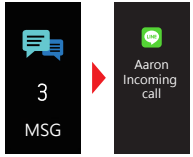
Blood Oxygen Saturation (SpO2) is the fraction of oxygen-saturated hemoglobin relative to total hemoglobin (unsaturated + saturated) in the blood. The human body requires and regulates a very precise and specific balance of oxygen in the blood. Normal blood oxygen levels in humans are considered 90–100 percent. If your blood oxygen level is below 80%, we advise you go to hospital for physical examination. Go to Blood Pressure Monitoring page and finish measuring blood pressure. Then press once to Blood Oxygen Monitoring page and wait for 20 seconds to measure blood oxygen.



※ The data of Blood Oxygen use as reference which can' t be used for medical related data.

7. Message

Go to Message and long press touch screen 3 seconds to Message page, and press once to switch next message content. Message includes incoming call and communication software notifications. Smart band can be stored up to 7 messages. When it is over 7 messages, smart band will update messages at the earliest.

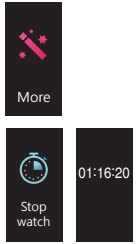


8. More

Go to More page and long press touch screen 3 seconds to the following pages.

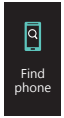
8-1 Stopwatch

Long press touch screen 3 seconds to Stopwatch page. Press once to begin to record and press once again to stop to record. Long press 3 seconds to back main menu page.



8-2 **Find My Phone**

Go to Find My Phone page and shake the smart band up and down. Your smart phone will ring and indicate the phone' s location.



8-3 **MAC**

MAC address is serial number which be used for identifying each of smart band. If you want to pair smart phone and smart band quickly, you can use it to identify. You only need to check the last 4 numbers of MAC, and you can find the corresponding smart band.



8-4 **Power Off**

Go to Power Off page and long press touch screen 3 seconds, and choose YES or NO. Choose YES and long press touch screen 3 seconds, the smart band will be vibrated and turned off; choose NO and long press touch screen 3 seconds, the smart band will back to main screen.





8-5 **Reset**

Go to Reset page and long press touch screen 3 seconds, the smart band will reset. It will delete all messages and exercise data from the smart band.



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