ETEKCITY®
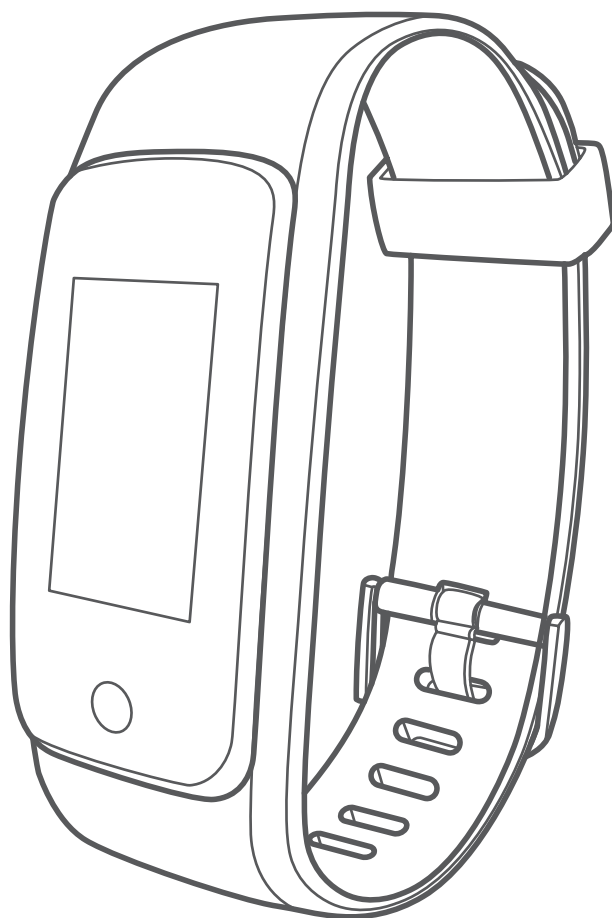
Smart Fitness Tracker

Model: EST00

User Manual

Questions or Concerns?
Mon-Fri, 9:00 am-5:00 pm PST/PDT
support@etekcity.com • (855) 686-3835

Thank you for purchasing the Smart Fitness Tracker by Etekcity.

If you have any questions or concerns, please reach out to our helpful Customer Support Team at **support@etekcity.com**. We hope you enjoy your new smart fitness tracker!

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Table of Contents

Package Contents

1 x Fitness Tracker
1 x Quick Start Guide

Specifications

Voltage	4.35V
Maximum Transmit Power	0.72dBm
Weight	0.8 oz / 22 g
Battery	90mAh lithium-ion polymer batteries
Battery Life	Approx. 7 days / 168 hr
Charging Time	1-2 hr
Display	0.96 in / 2.44 cm LCD touchscreen
IP Rating	IP68
Sync	Bluetooth® 4.2
Frequency Band	2402-2480 MHz
Operating Environment	-4º-104ºF / -20º-40ºC

Function Diagram

A

B

C
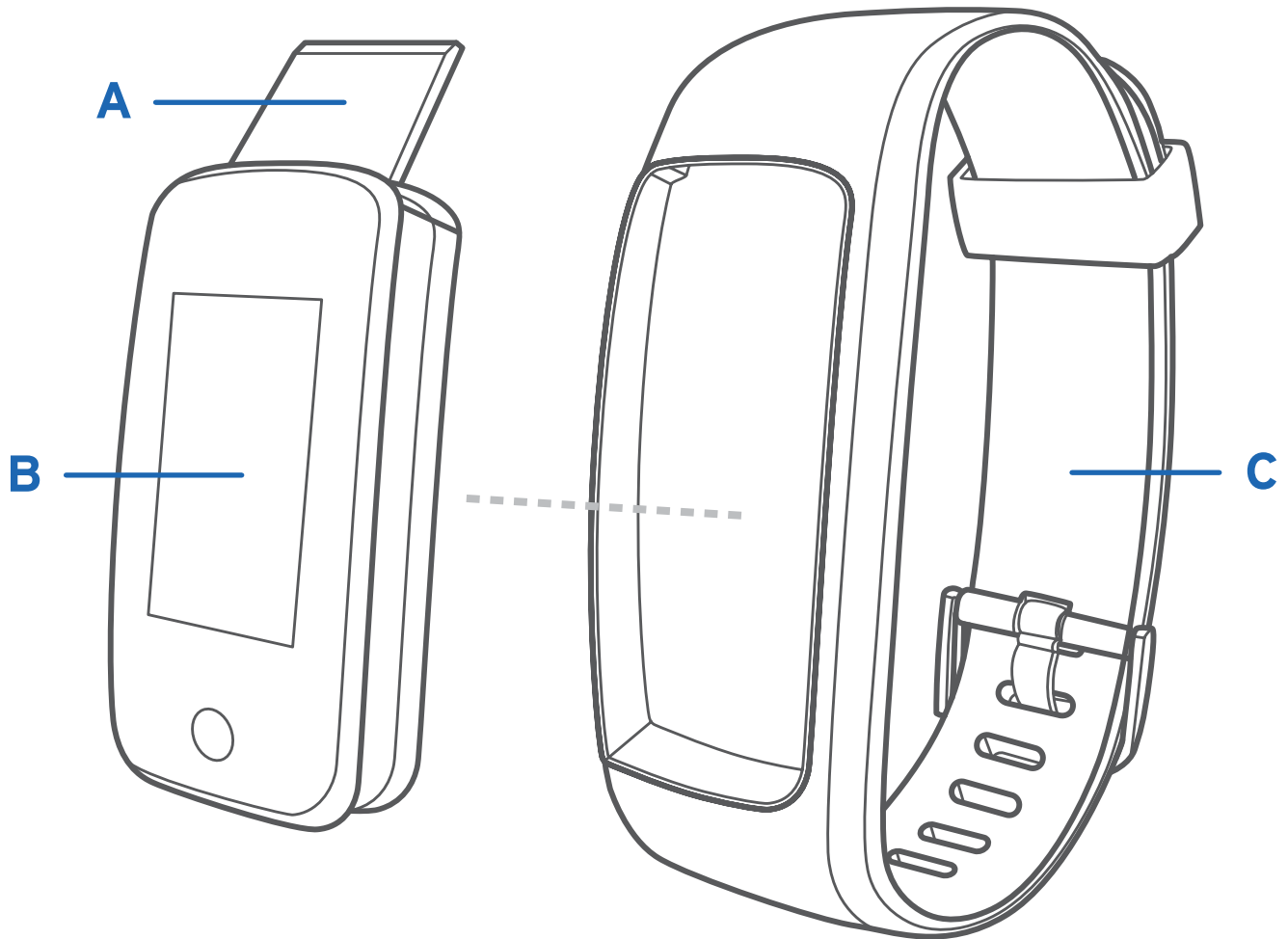
A. USB Charger (Built-In)
B. Tracker
C. Wristband

Before First Use

The fitness tracker must be charged before you first use it. While charging, the tracker will automatically power on.

1. Flip the wristband over and remove the tracker from the end that says "OPEN." [*Figure 1.1*]

2. Connect the built-in USB charger to a DC 5V, 0.5A adapter. [*Figure 1.2*]

    Note: *You can also charge the tracker using a powered USB outlet.*

3. Once the tracker is fully charged, insert the tracker back into the tracker wristband.
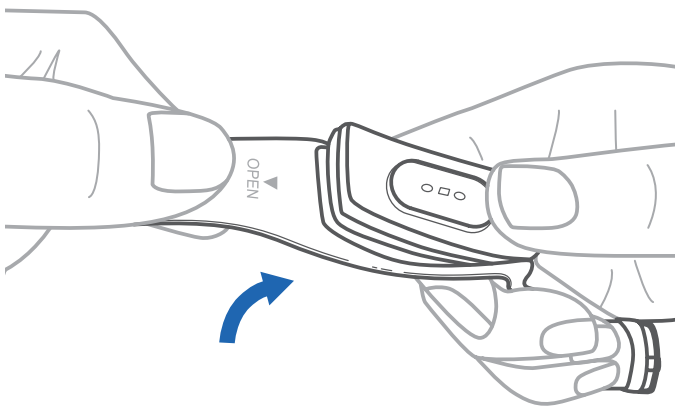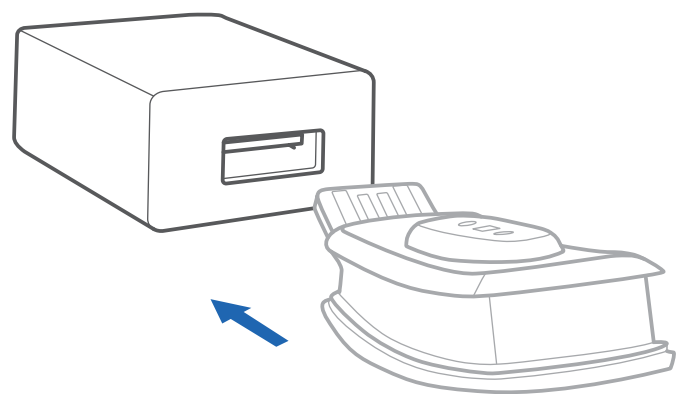
Figure 1.1

Figure 1.2

Using Your Fitness Tracker

1. Adjust the length of the wristband on your wrist. Make sure it is snug but not too tight.

2. Tap the ring to wake up the display.

3. Tap on the time to access your heart rate and daily data. Keep tapping in the center of the screen to cycle through data.

4. Swipe up or down to cycle through the other main pages: Training, Mindfulness Training, Notification, and More.

5. Tap the ring to go back.

    Note:
    - *If you cannot swipe next on a function or if there is no content for a function, the screen will shake and the tracker will vibrate.*
    - *Product features and operation may vary due to updates and improvements.*

Training Modes

Your fitness tracker comes with 8 default training modes: Walk, Run, Bike, Hike, Treadmill, Workout, Basketball, and Badminton. There are 6 additional modes you can add in the VeSync app (see **More**, page 36): Tennis, Football, Climb, Spinning, Yoga, and Dance.

1. On the Training page, tap to select a training mode, and press and hold ▶ until the countdown ends.

2. To pause a training mode, tap the ring. To continue, tap ▶.
    To stop, press and hold ■ until the countdown ends.

3. If the session is less than 5 minutes, the fitness tracker will ask if you would like to save the tracked results. Tap **X** to resume the training mode or tap ✔ to save the data and see the final results.

    Note: *Depending on the training mode selected, the content displayed will be slightly different from other training modes.*

Mindfulness Training

Your fitness tracker comes with a mindfulness training program. Tap **Mindfulness Training** and follow the on-screen steps. Tap ⏵ to repeat as many times as desired and tap ✓ to complete the training. Tap the ring to go back at any time.

More

Tap **More** on the fitness tracker to access:

- ⏱ Stopwatch
- 🕐 Clock Screen
- ⏰ Alarms
- 🔍 Find My Phone
- ⊜ Product Information
- ⏻ Reboot the Fitness Tracker

Reminders

Call Reminder

- To set up phone call notifications, see **Call** (page 30).

- To end a call reminder, tap ■ or press the ring.

Message Reminder

- To set up message notifications, see **APP Notify** (page 31).

- Tap the screen to switch to the next page.

- Slide up or down to switch to the next message.

   Note:
   - *The screen will turn off after 5 seconds.*
   - ***Only** the 5 latest messages will be shown.*

Alarm Clock

- To set an alarm, see **Alarm Clock** (page 35).

- The alarm will turn off automatically after 10 seconds. Wake-up alarms will turn off automatically after 45 seconds.

- To end an alarm, tap the ring or slide your finger up or down on the screen.

Sedentary Reminder

- If you haven't moved in a set amount of time, the tracker will give you a reminder. To set up this reminder, see **Sedentary** (page 32).

- To end the reminder, tap the ring or slide your finger up or down on the screen.

- The reminder will turn off automatically after 15 seconds.

VeSync App Setup

Note: *Due to continuing updates and improvements, the VeSync app may appear slightly different. In case of any differences, follow the in-app instructions.*

1.   To download the VeSync app, scan the QR code, or search "VeSync" in the Apple App Store® or Google Play™ Store.

     Note: *For Android™ users, you must select "Allow" (when prompted) to use VeSync.*
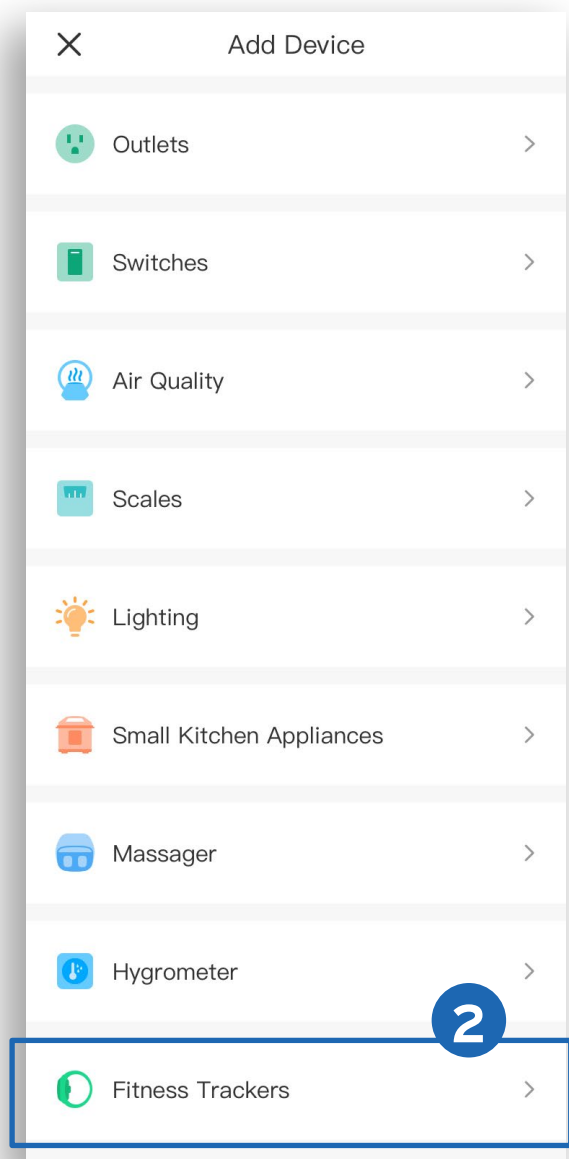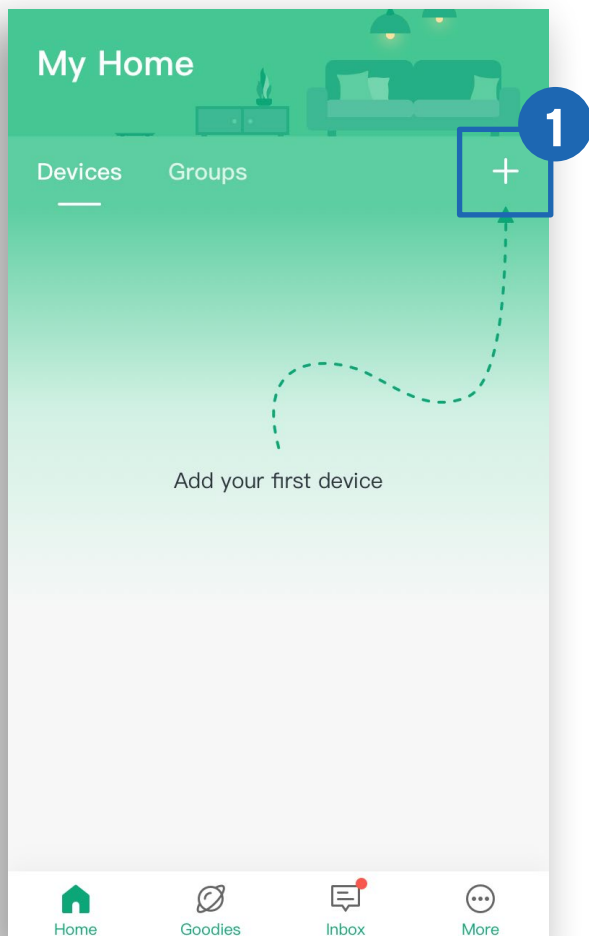

2.   Open the VeSync app. If you already have an account, tap **Log In**. To create a new account, tap **Sign Up**.

     Note: *Make sure your phone's operating system is running on iOS™ 9.0+ or Android™ 5.0+.*

Configuration

To pair the tracker with VeSync:

1. Tap **+** to add your fitness tracker.
2. Tap **Fitness Trackers**.

3. Select **Etekcity Fitness Tracker (ESTOO)**.

4. Make sure your phone's Bluetooth® is on in your phone settings. Tap **Next**.

   Note: *Wake the fitness tracker if you are using it for the first time.*

‹ Fitness Trackers ③

Etekcity Fitness Tracker
EST00
*

‹

Add Device

Keep your devices close together to help them pair.

④

Next
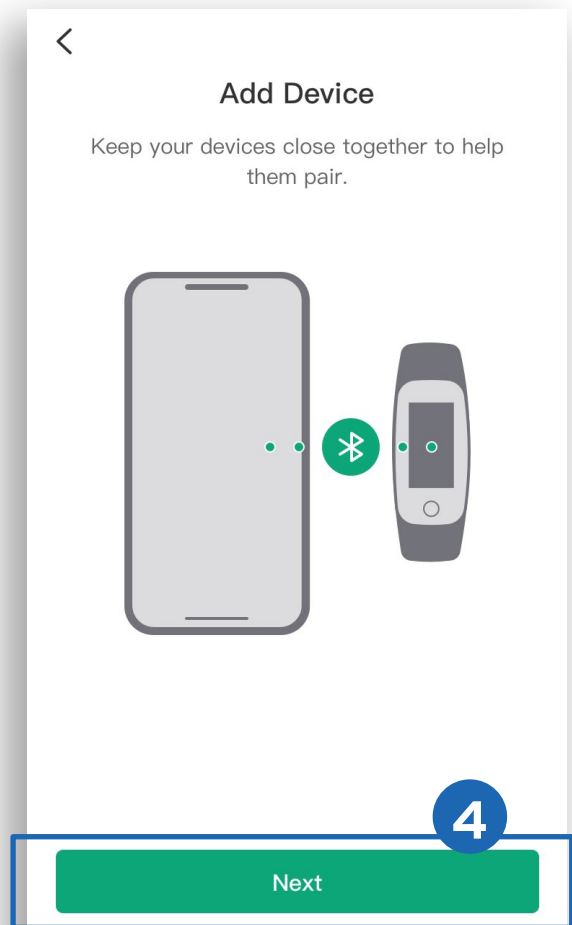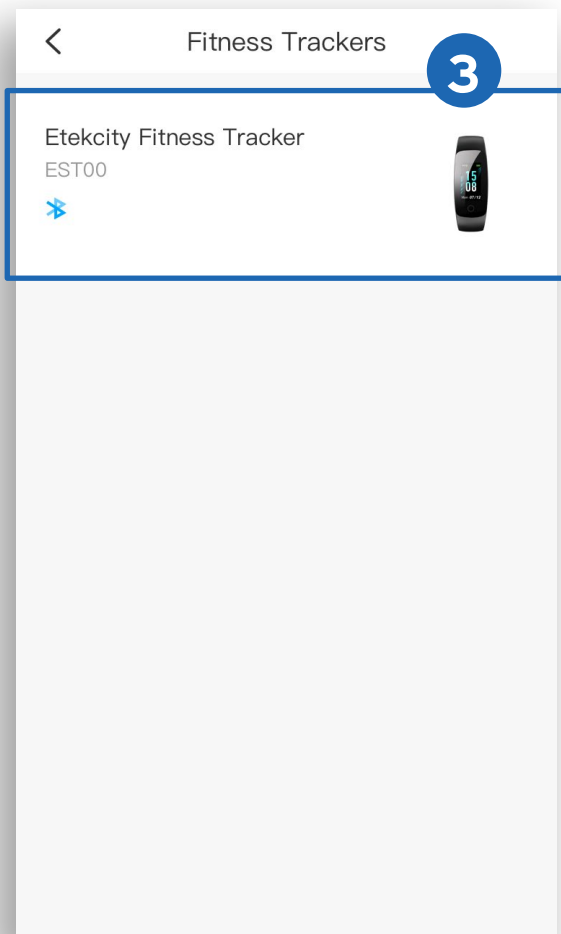
5. Follow the in-app instructions to add your fitness tracker.

    Note: *After setup is complete, you can change the name and icon at any time by going to the fitness tracker screen and tapping* ⚙ *.*

Using the App

Creating a User

If you are a new user, you will need to enter your physical information so the tracker can monitor your body metrics.

Note:

- *Entering inaccurate information will affect the accuracy of the tracker's calorie, step size, and other functions.*
- *If you don't identify with the available gender options, or are unsure, pick the choice that you think best physically matches you. This choice is used for physical measurements, such as calories, step size, and other indicators.*
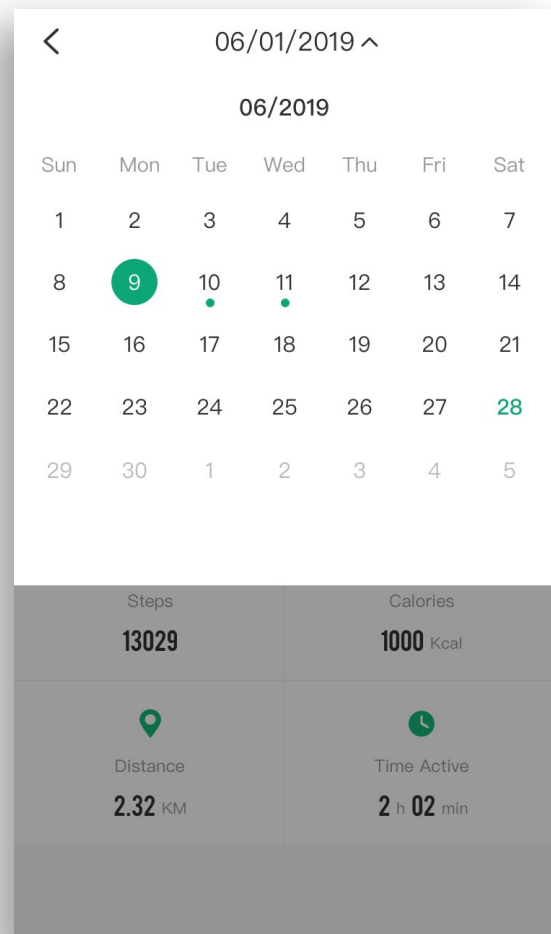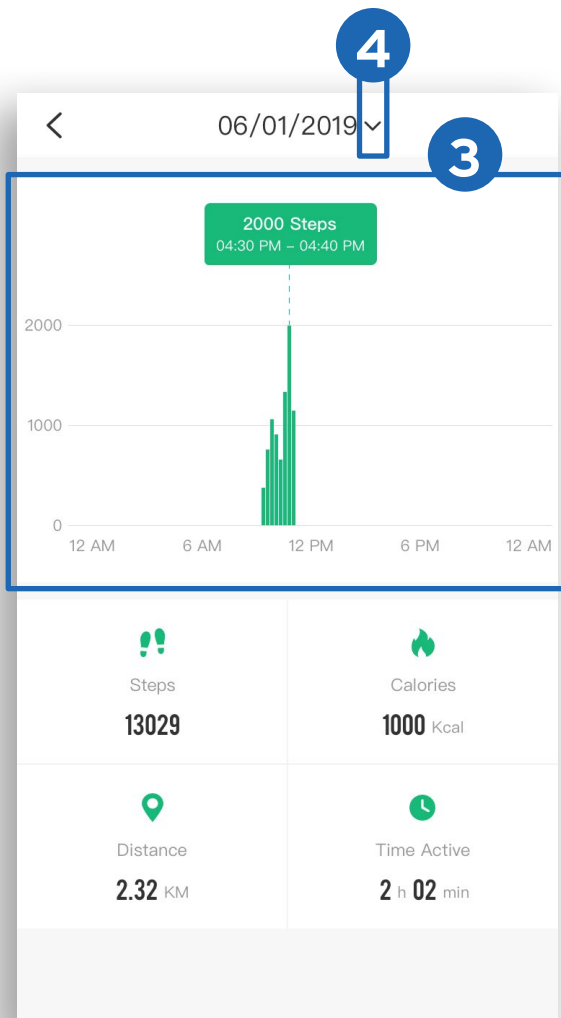
Sport

1. On the "My Home" screen, tap on the name of your fitness tracker.

2. Tap 👟 to see steps taken, calories burned, distance traveled, and active time. To see more details, tap on any of the stats.
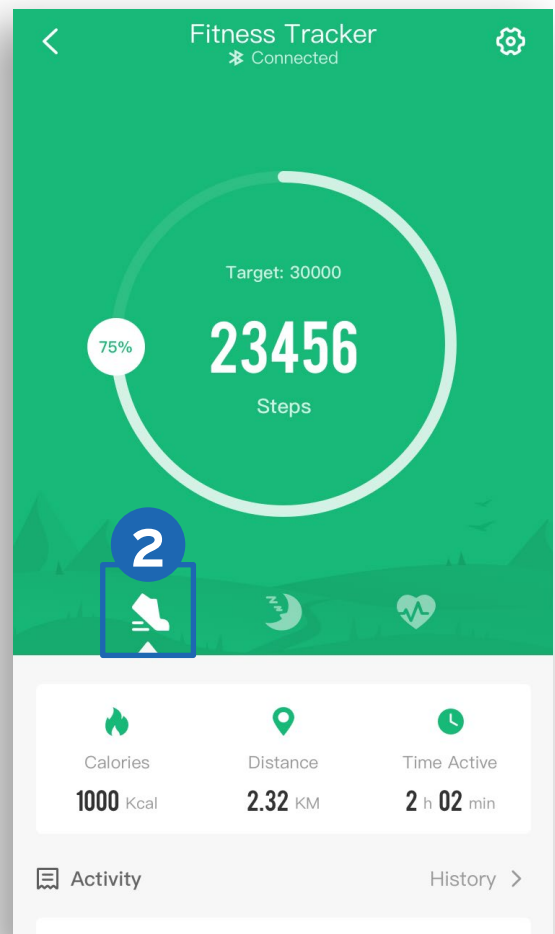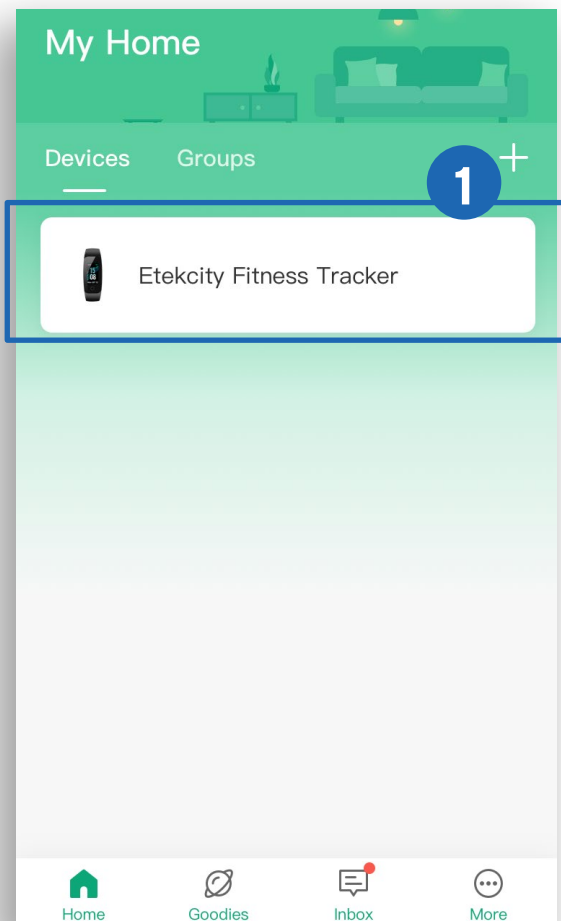
3. Tap on the data graph to see more details.

4. Tap ⌄ next to the date to select a date.

Sleep

1. On the "My Home" screen, tap on the name of your fitness tracker.

2. Tap 🌙 to see the amount of time slept, deep sleep, light sleep, and time awake. To see more details, tap on any of the stats.
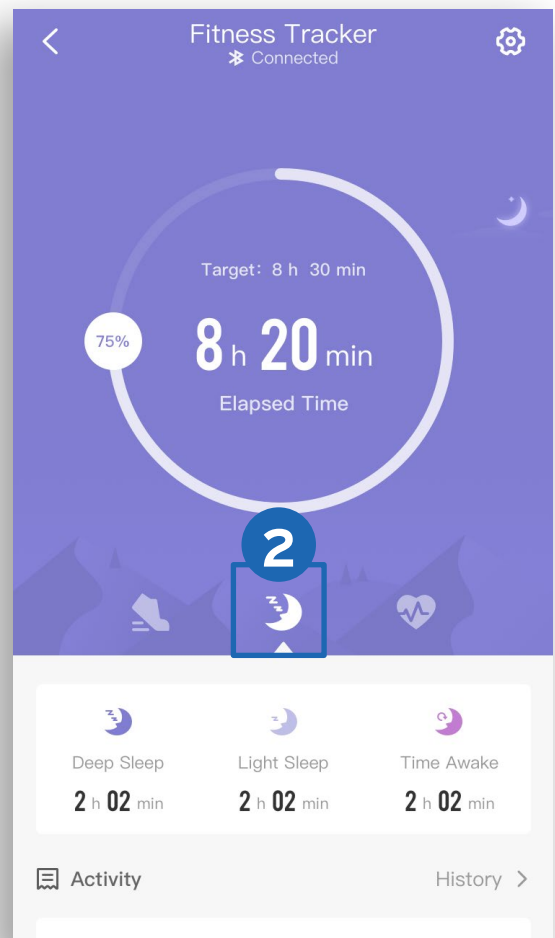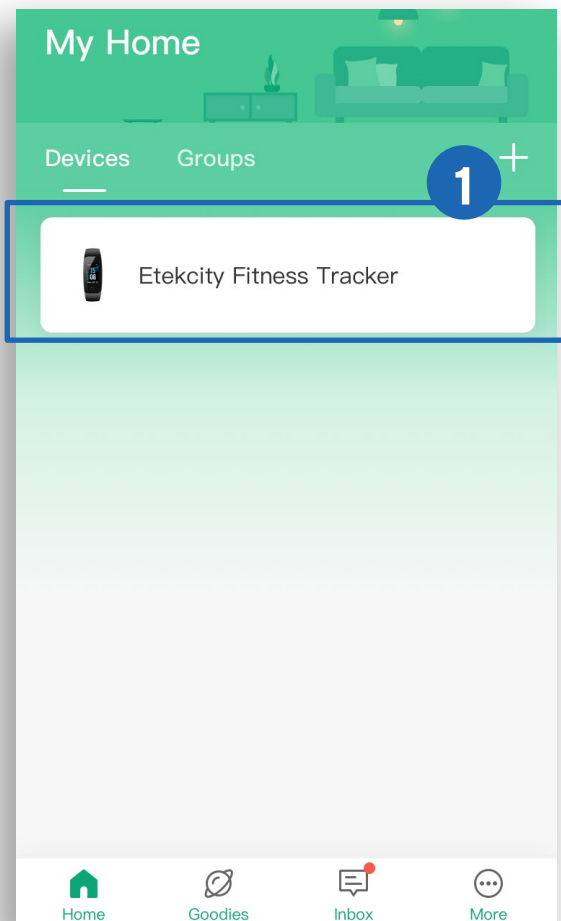
3. Different types of sleep will be shown in different color bars.
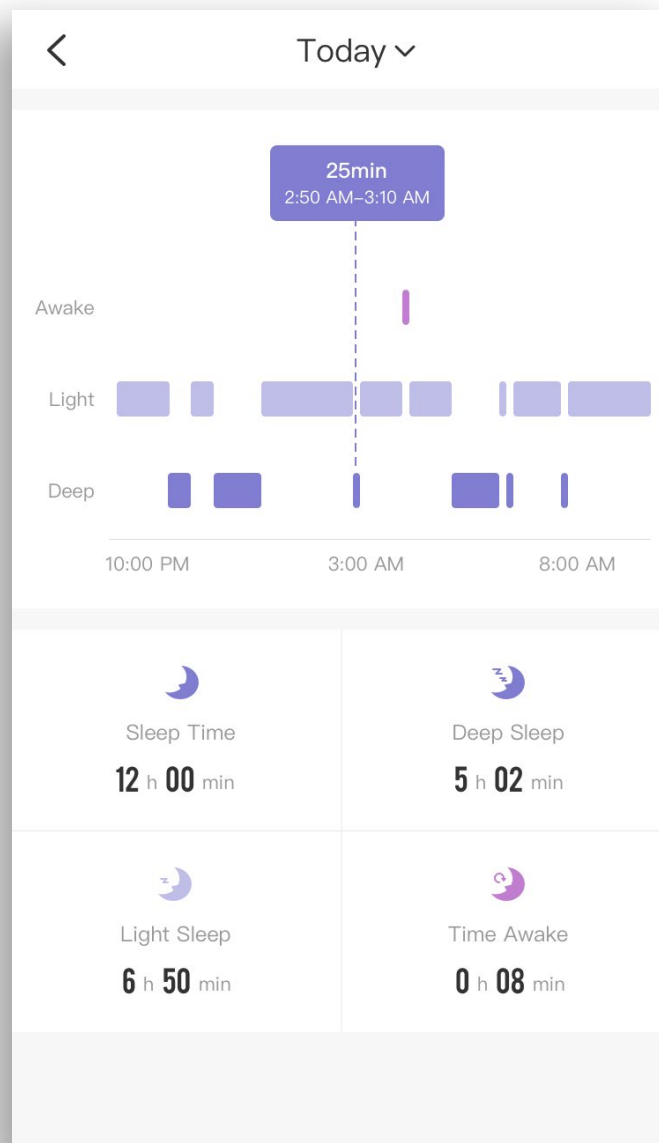
Heart Rate

1. On the "My Home" screen, tap on the name of your fitness tracker.

2. Tap 🫀 to see the last blood pressure measurement taken, resting, average, and max heart rate. To see more details, tap on any of the stats.

3. Tap on the data graph to see more details.

Today ⌄

3

108BPM
11:20 PM

200

100

40

12 AM   6 AM   12 PM   6 PM   12 AM

Resting Heart Rate

58 BPM

Avg Heart Rate

58 BPM

Max Heart Rate

120 BPM

Min Heart Rate

102 BPM
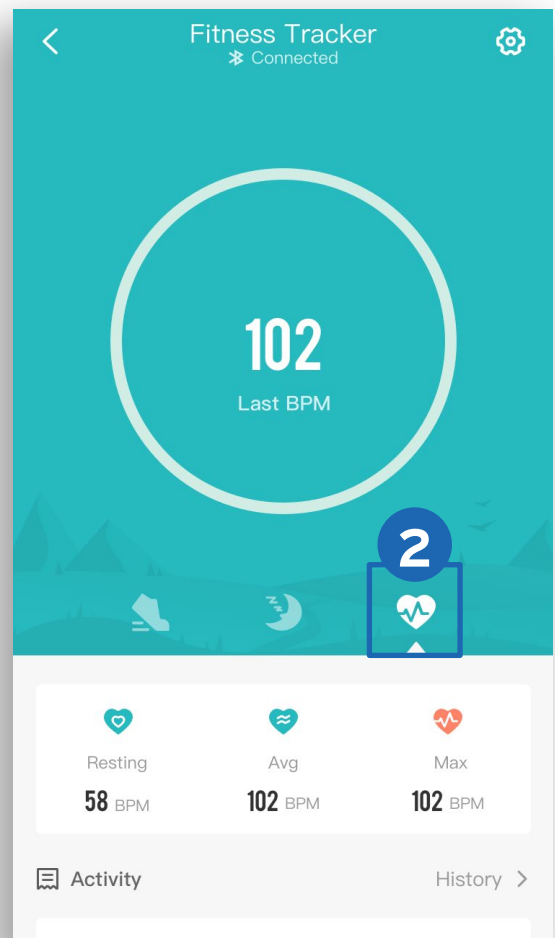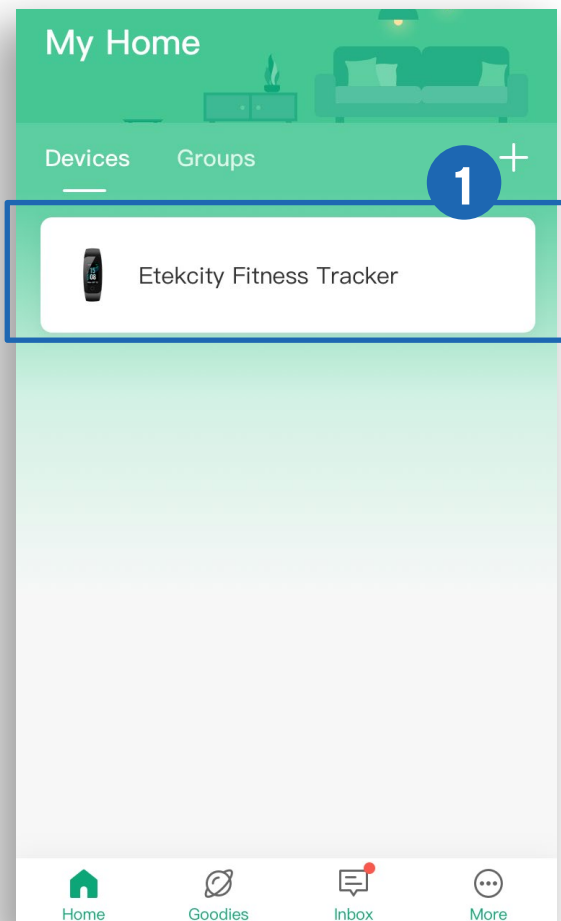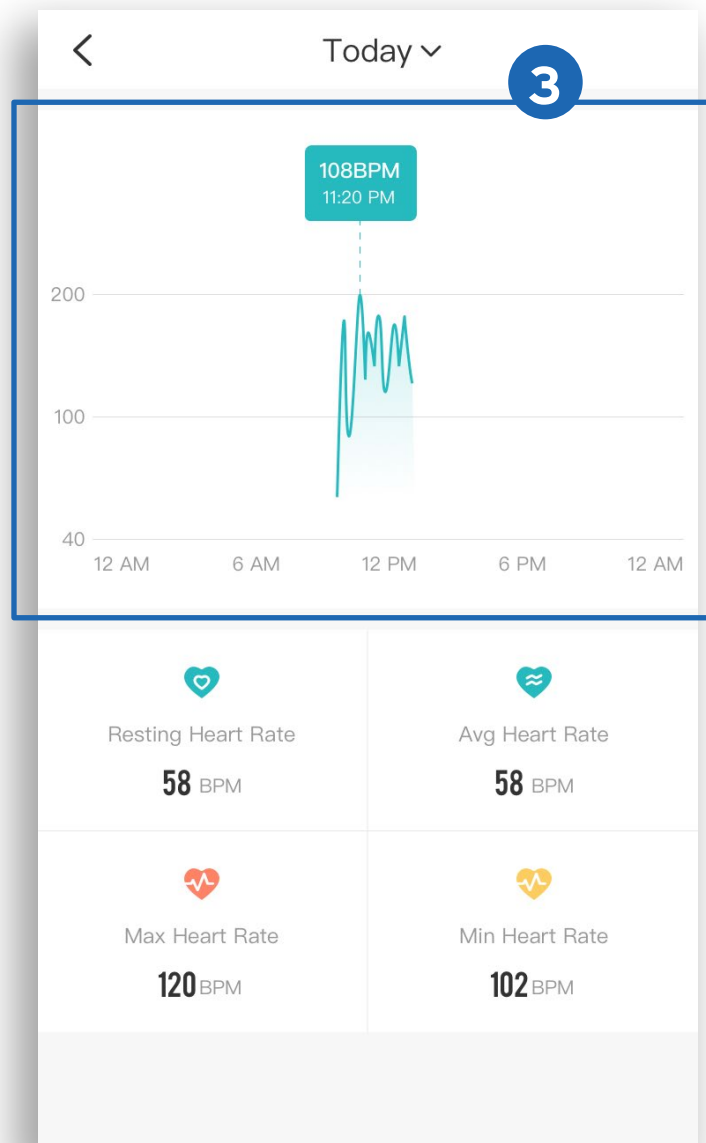
Activity

1. On the "My Home" screen, tap on the name of your fitness tracker.

2. Your activity record for the day will be displayed in the activity table below your stats.
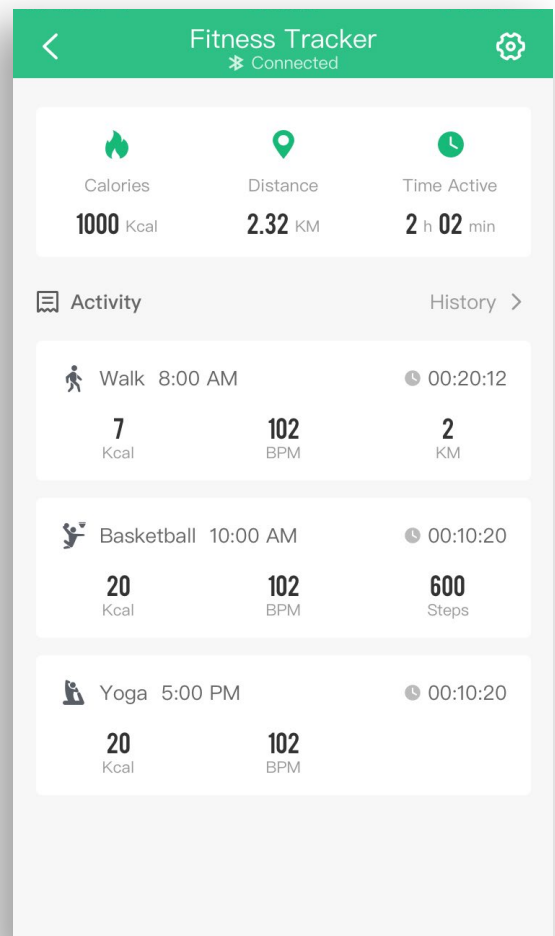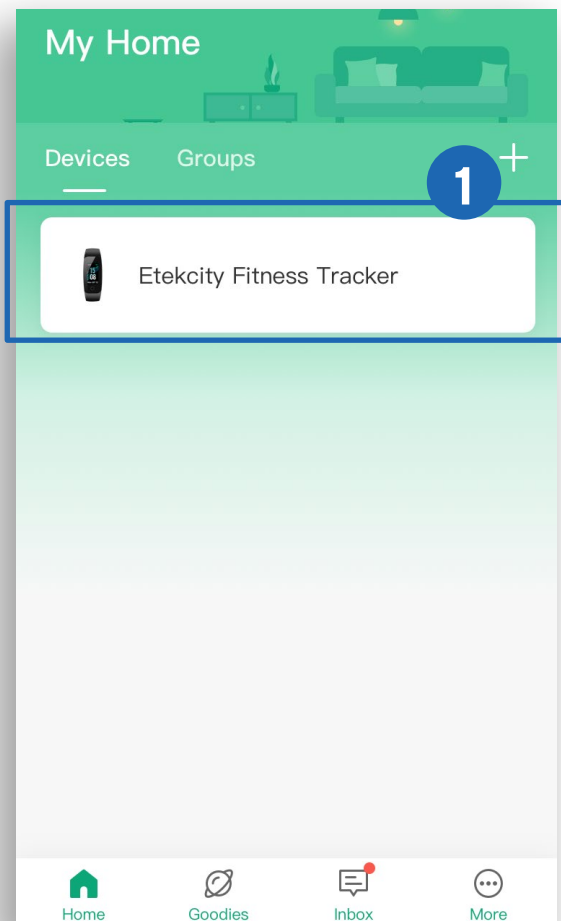
3. Tap on a record to see your heart rate during the activity.

Walking

Heart Rate

80	130	60
Avg BPM	Max BPM	Min BPM

200

100

40

00:00:00   00:20:10

Heart Rate Zones

2 Minutes Peak

6 Minutes Cardio

12 Minutes Fat Burn
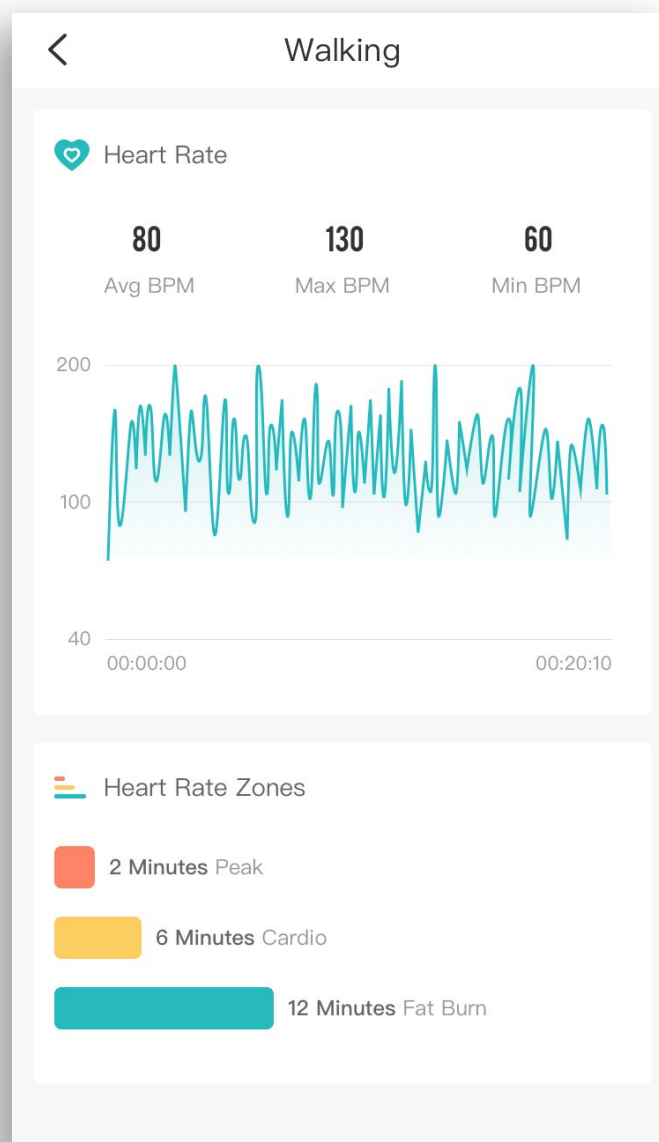
History

1. Tap **History >**, then select an activity to view more details.

2. To delete a record, slide it to the left.
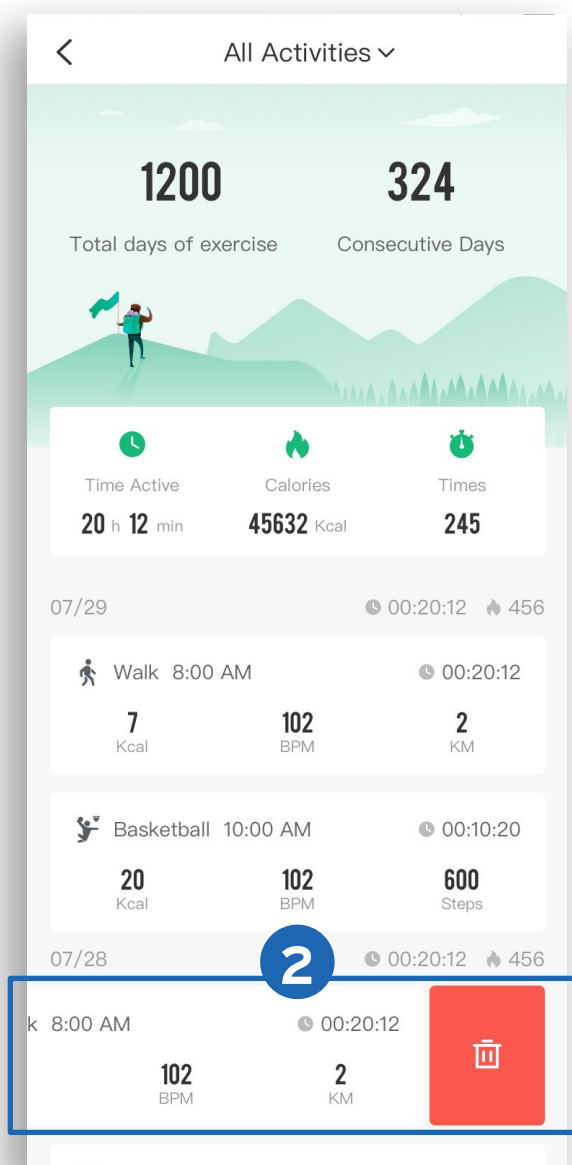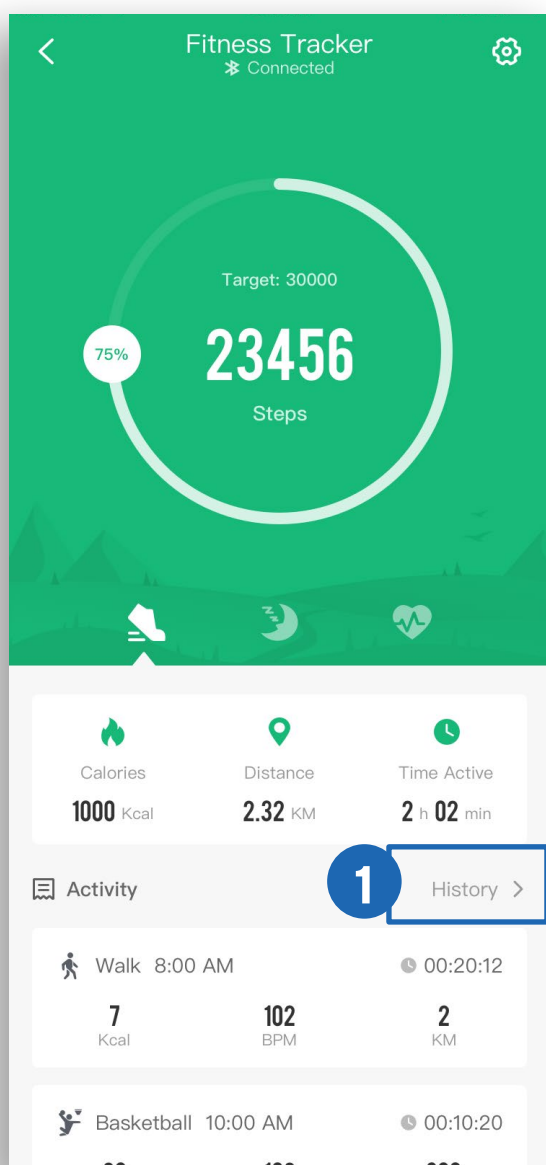
Device Settings

On the "My Home" screen, tap on the name of your fitness tracker.

Tap ⚙ to see Device Settings. To change any setting, tap on any of the text, icons, or ❯ symbols on the right side of the screen. For example, tap the fitness tracker name to change the name.
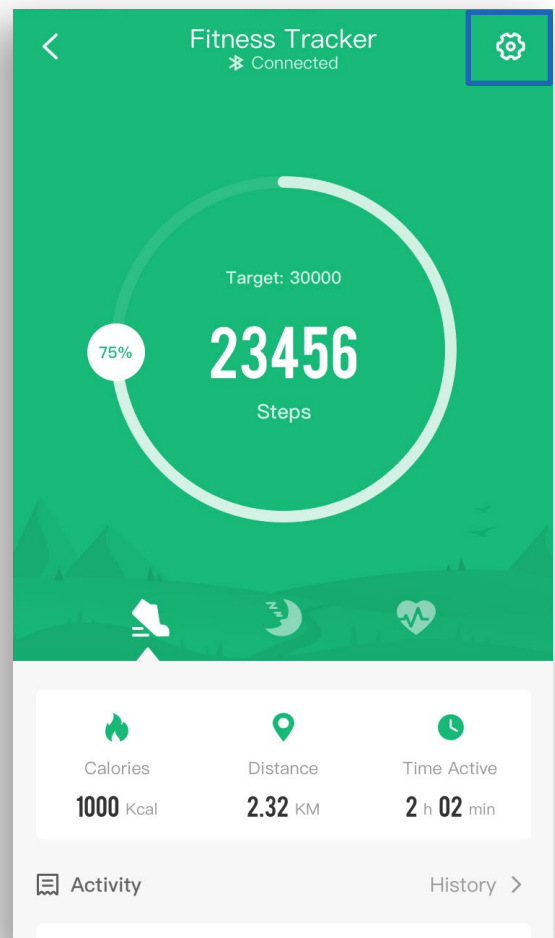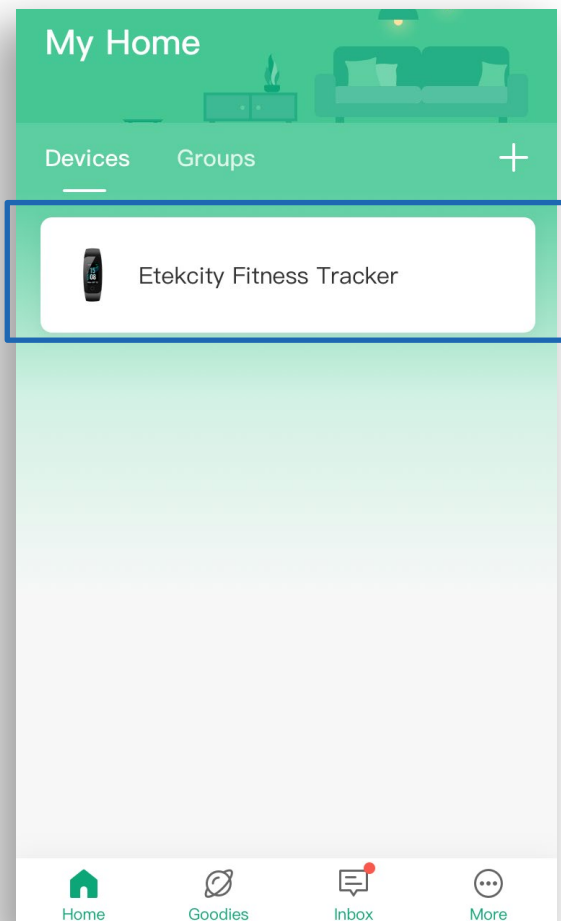
Edit Profile

1. On the "My Home" screen, tap on the name of your fitness tracker, then tap ⚙ in the upper right corner to see Device Settings.

2. Tap **Edit Profile** to enter your information, then tap **Save**.

   Note:
   - *Your information will be kept strictly confidential.*
   - *Make sure your information is accurate, as it will affect the accuracy of calories burned and other metrics.*

Goal

1. On the "My Home" screen, tap on the name of your fitness tracker, then tap ⚙ in the upper right corner to see Device Settings.

2. Tap **Goal** to set your exercise and sleep goals.

3. Tap ✓ to confirm.

   Note: *The fitness tracker will notify you once you reach your goals.*

Notifications

1. On the "My Home" screen, tap on the name of your fitness tracker, then tap ⚙ in the upper right corner to see Device Settings.

2. Tap **Notifications** to select the notifications you wish to receive on your fitness tracker.
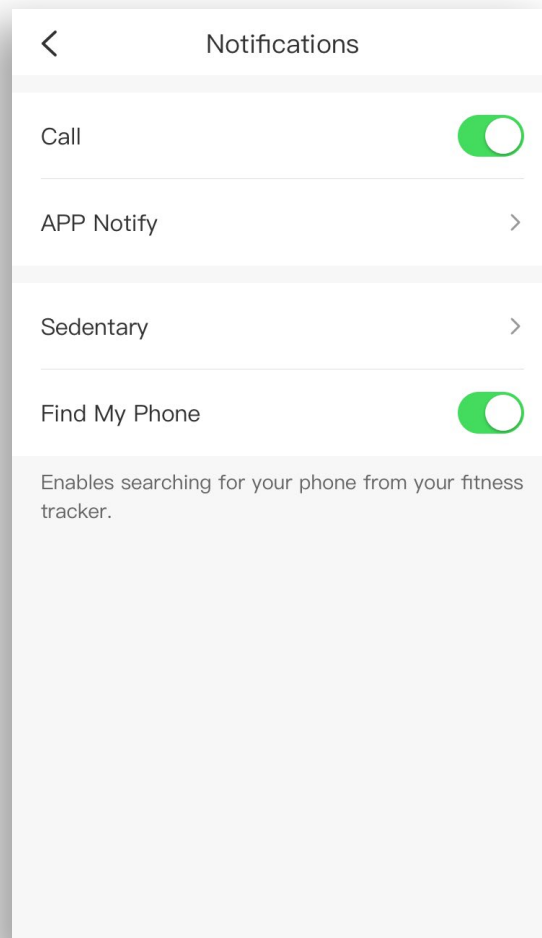
Call

1. Tap **Call** to switch the toggle and allow permissions on your mobile device.
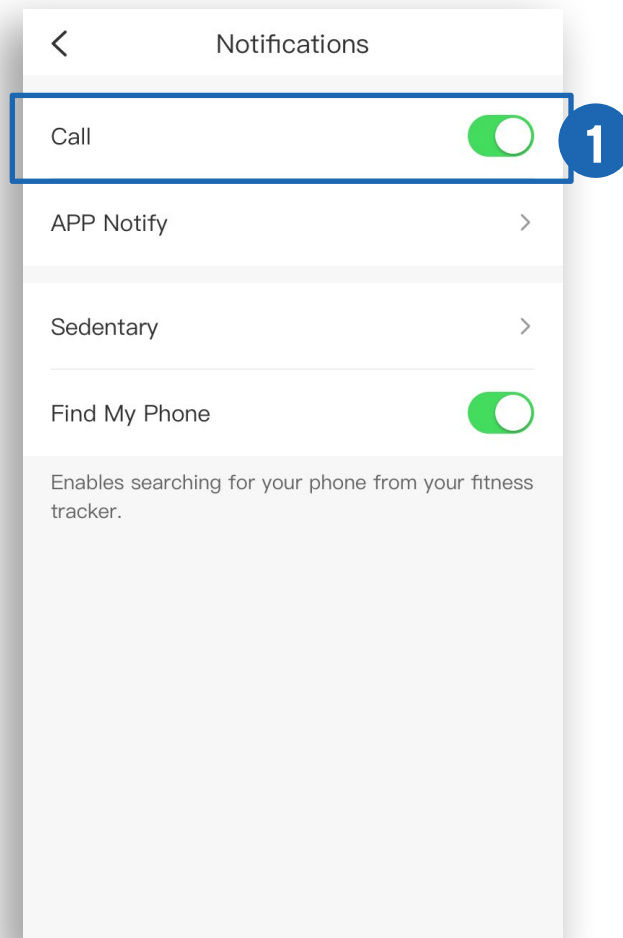
APP Notify

1. Tap **APP Notify** to select the apps that can sync information to your fitness tracker.
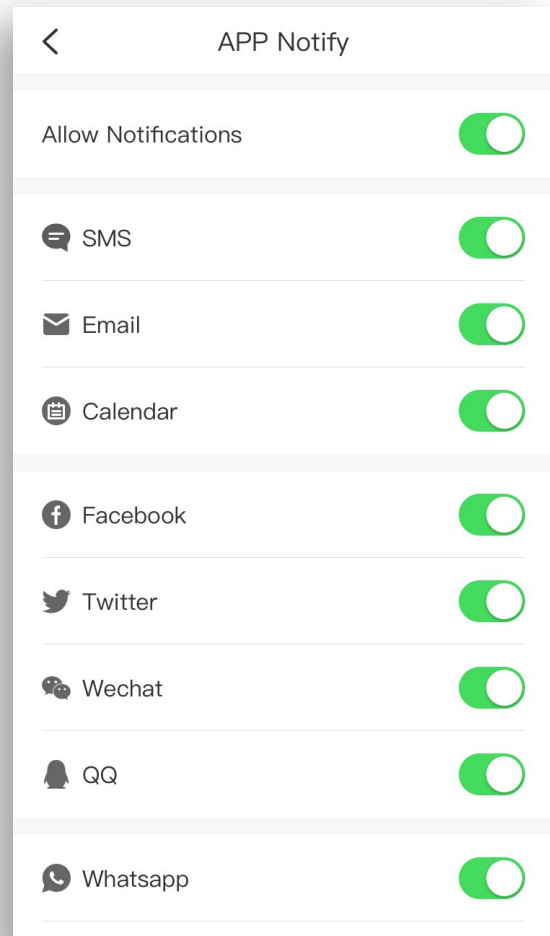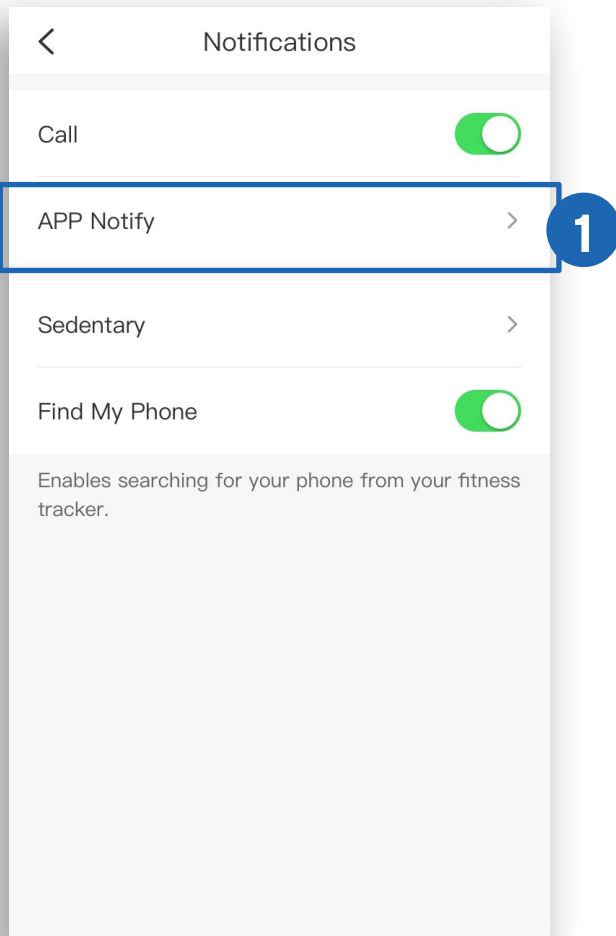
Sedentary

1. Tap **Sedentary**, then tap the toggle to turn it on.

2. Select a start and end time, then tap ✓ to confirm. Optionally, pick a reminder frequency and repeat option.
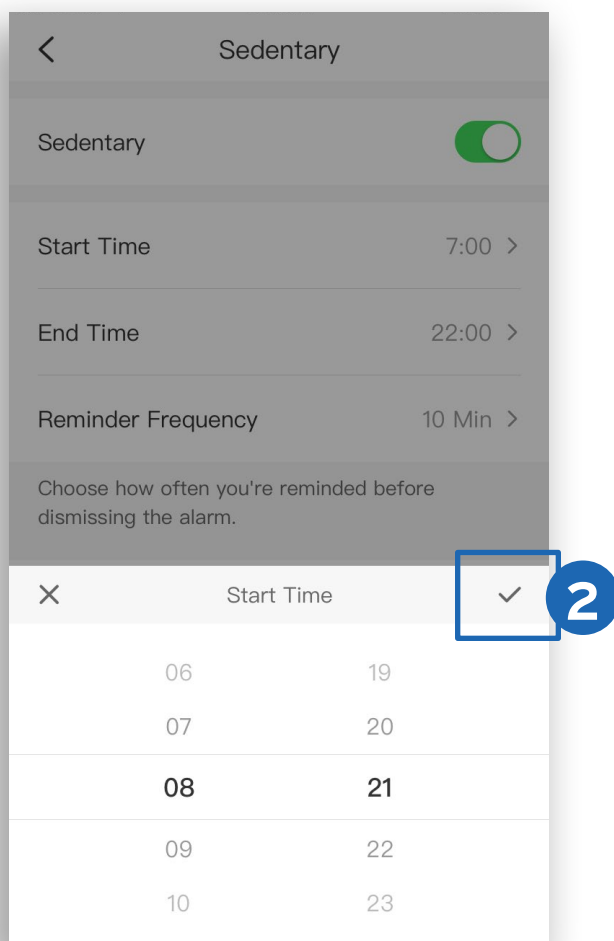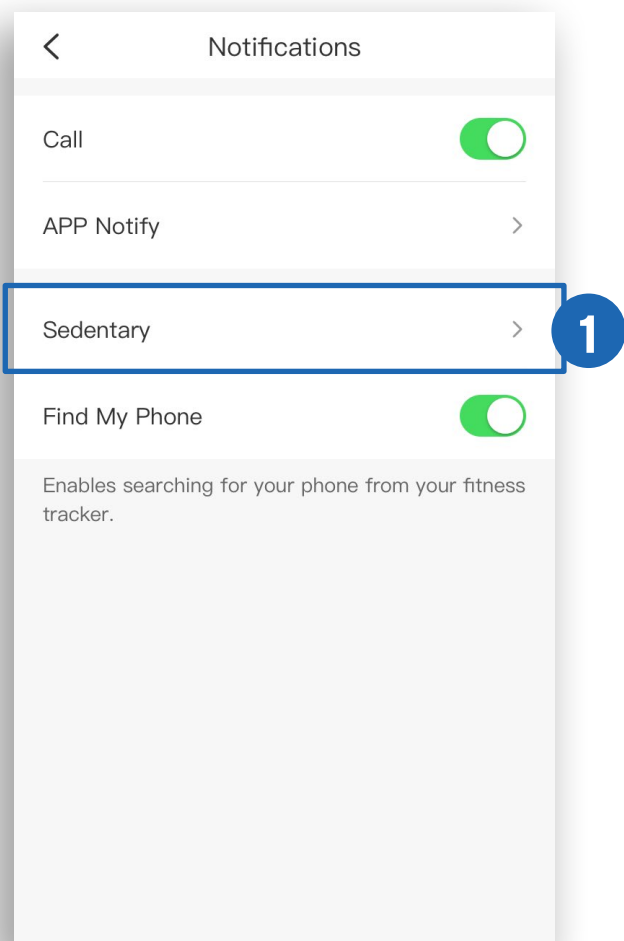
Find My Phone

1. Tap **Find My Phone** to switch the toggle.

2. Wake the fitness tracker and swipe through the screens, then tap **More**.
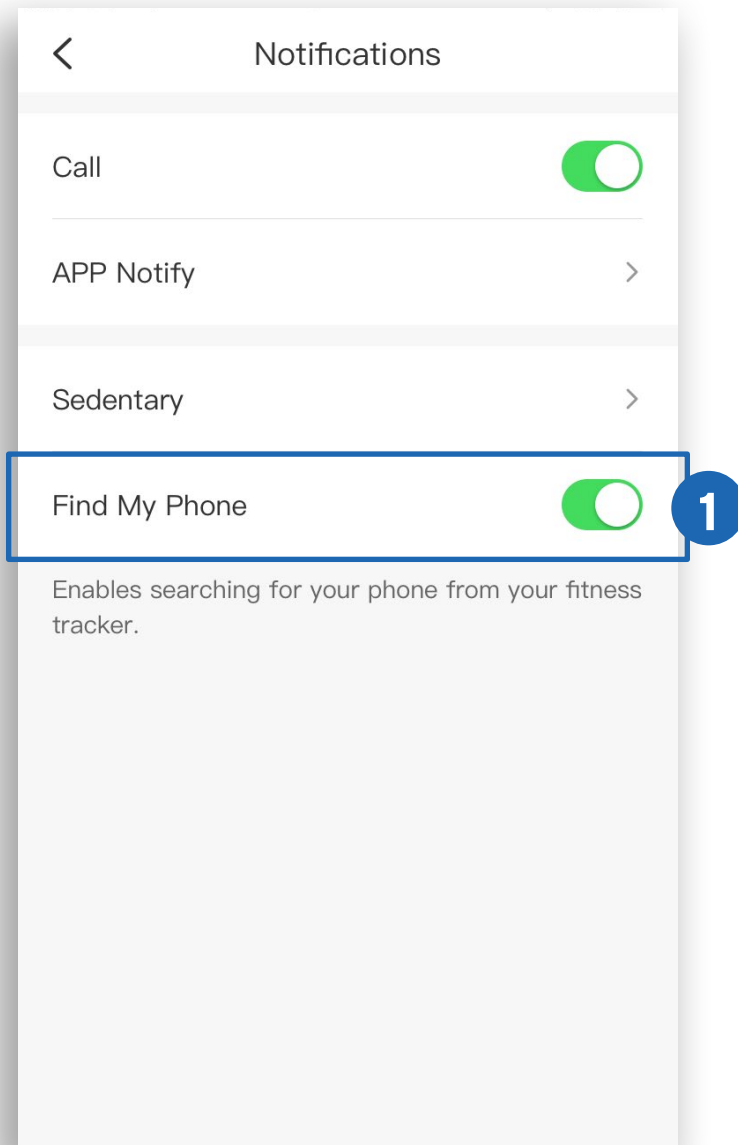
3. Swipe through the screens, then tap 🔍 . Tap the screen to make your phone vibrate and ring.

4. Once you find your phone, press the volume or power buttons on your phone to turn it off.

Note:
  - *The VeSync app must be open to use **Find My Phone**.*
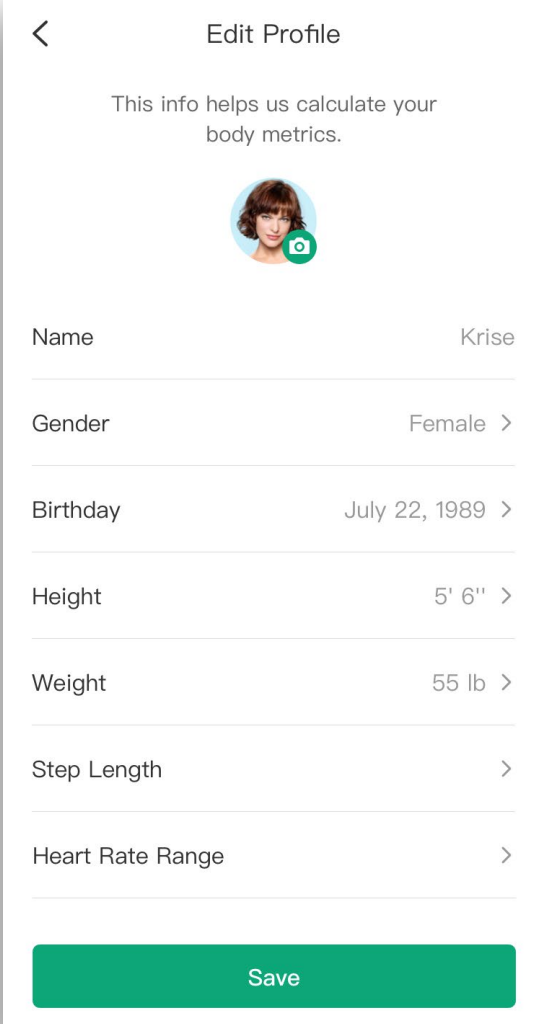 - *Bluetooth must be on and working to use **Find My Phone.***

Alarm Clock

1. On the "My Home" screen, tap on the name of your fitness tracker, then tap ⚙ in the upper right corner to see Device Settings.

2. Tap Alarm Clock, then tap **+** to add an alarm.

3. Set your alarm, then tap ✓ to confirm.
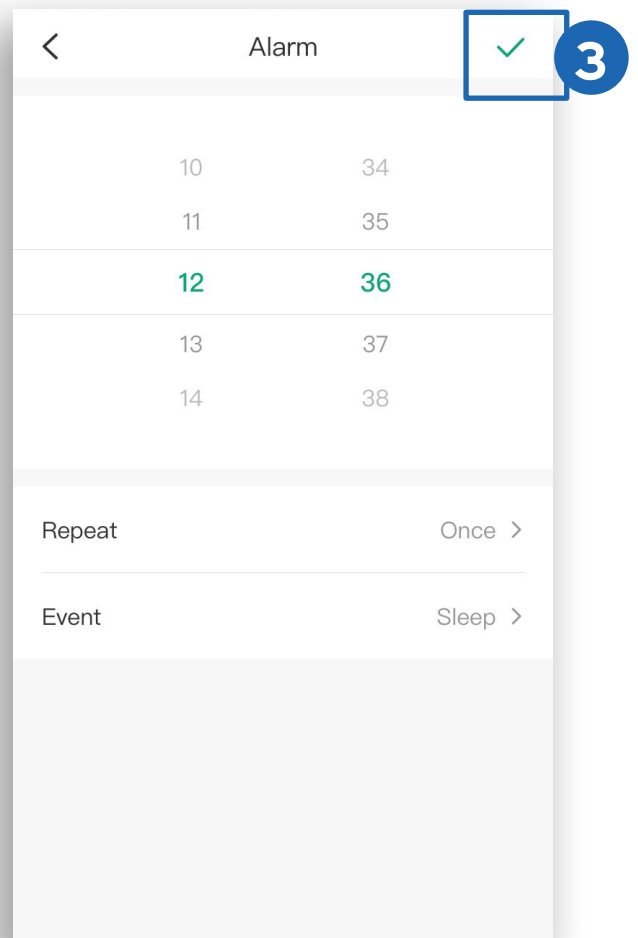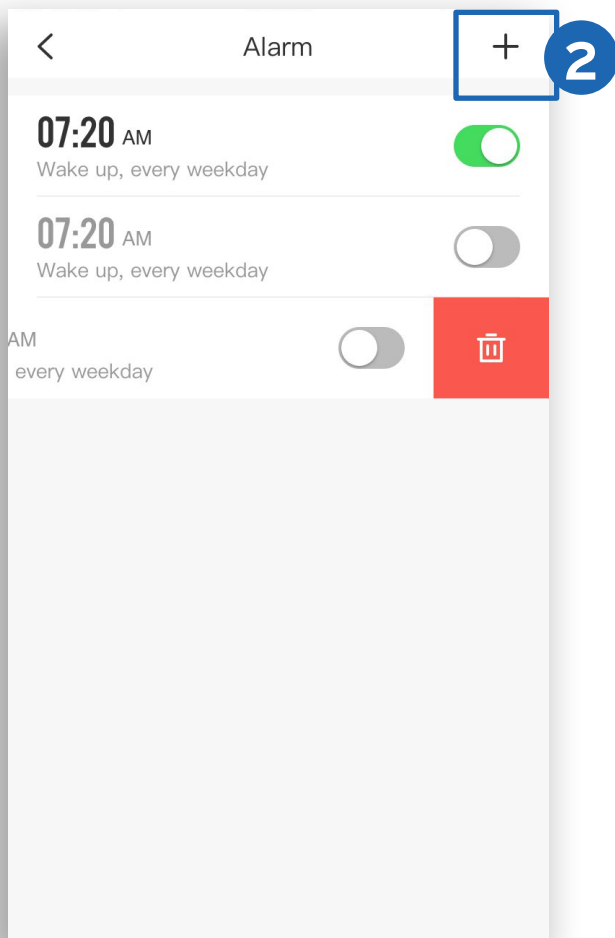
More
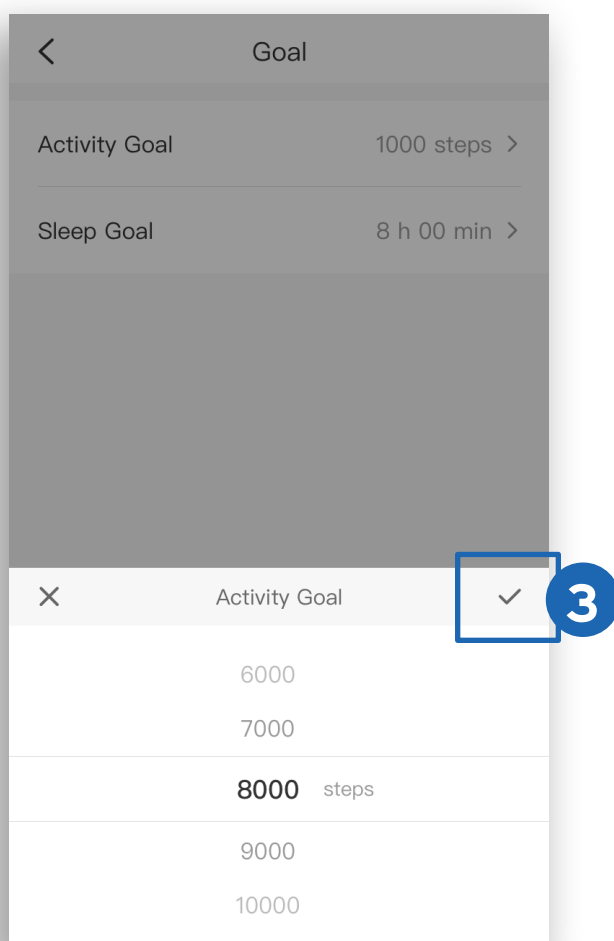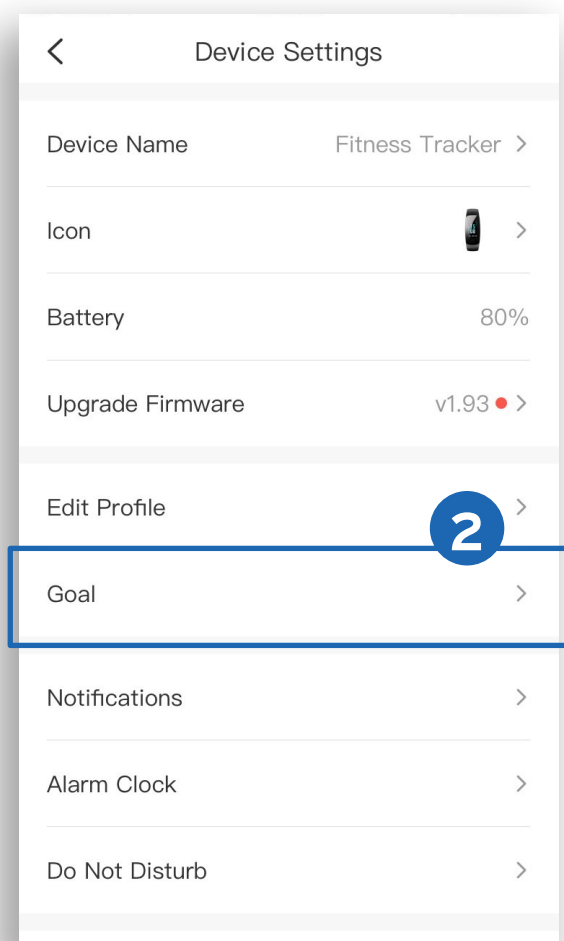
On the "My Home" screen, tap on the name of your fitness tracker, then tap ⚙ in the upper right corner to see Device Settings.

Under **More**, you can customize:

- Units

- Brightness

- Activities Display

- Heart Rate Monitor

- Raise Wrist to Turn On Display

> **Note:** *Turning on the heart rate monitor will cause the fitness tracker to automatically check your heart rate.*
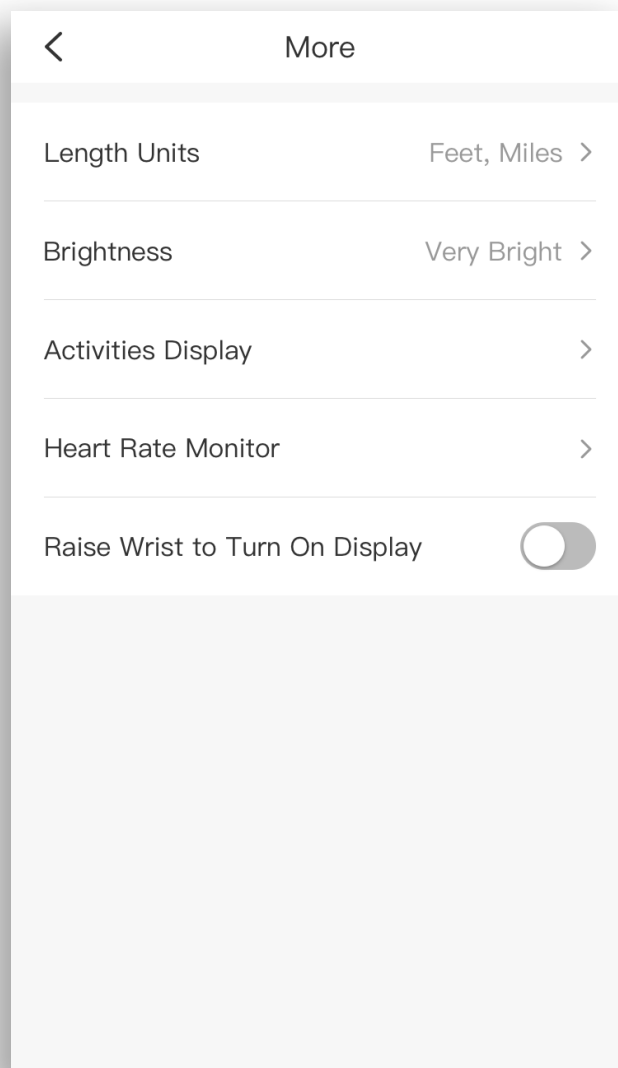
Connecting with Other Fitness Apps

Apple Health®

1. Make sure your Bluetooth is on. On the "My Home" screen, tap on the name of your fitness tracker.

2. Tap ⚙ in the upper right corner to see Device Settings. Tap **Connect to Apple Health**.

3. The Health app should open automatically. If not, open the Health app and tap **Sources** at the bottom of the screen, then select **VeSync**.

4. Turn all categories on to allow the VeSync app to access and update health data. Then, tap **Allow** at the top of the screen.

   Note: *If you tap* **Don't Allow**, *the Health app will not work with VeSync until you reopen the Health app, turn all categories on, and tap* **Allow**.

Google Fit™

1. On the "My Home" screen, tap on the name of your fitness tracker.

2. Tap ⚙ in the upper right corner to see Device Settings. Tap **Connect to Google Fit**.

3. The Google Fit app should open automatically. Select your account and allow VeSync to sync. Once the toggle is green, you have successfully paired Google Fit with VeSync.

   Note: *Sharing data is necessary for VeSync to connect with Google Fit.*

Maintenance

Cleaning

Regularly clean your wrist and the fitness tracker of any sweat or dirt, especially after sweating from exercise or using soap or detergent that can attach itself to the wristband.

To clean the wristband, use a soapless detergent and rinse thoroughly. Then, wipe with a soft towel or cloth.

For difficult spots or stains, scrub with alcohol, then clean as normal.

> **Note: *Do not*** *clean the fitness tracker or the wristband with household cleansers.*

Troubleshooting

The fitness tracker doesn't connect with the VeSync app.

- Make sure your phone's operating system is running on iOS™ 9.0+ or Android™ 5.0+.

- Close and relaunch the VeSync app. Make sure you're using the latest version.

- Turn on Bluetooth on your phone.

- Make sure your fitness tracker and phone are within 1.6 ft / 0.5 m of each other.

- Make sure the fitness tracker is not currently connected to any other phone or app.

- Make sure the fitness tracker is fully charged.

The fitness tracker keeps disconnecting from the VeSync app.

- If your phone restarts, it will temporarily disconnect from your fitness tracker. This is normal.

- Restart your phone or Bluetooth.

FCC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and

(2) This device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Notice

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. To maintain compliance with FCC RF exposure compliance requirements, please follow operation instructions as documented in this manual. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body. The availability of some specific channels and/or operational frequency bands are country dependent and are firmware programmed at the factory to match the intended destination. The firmware setting is not accessible by the end user.

Warranty Information

Product	Smart Fitness Tracker
Model	EST00
Default Warranty Period	1 year
For your own reference, we strongly recommend that you record your order ID and date of purchase.	

Terms & Policy

Etekcity Corporation warrants all products to be of the highest quality in material, craftsmanship, and service, effective from the date of purchase to the end of the warranty period.

Etekcity Corporation will replace any product found to be defective due to manufacturer flaws based on eligibility. Refunds are available within the first 30 days of purchase. Refunds are only available to the original purchaser of the product. This warranty extends only to personal use and does not extend to any product that has been used for commercial, rental, or any other use for which the product is not intended. There are no warranties other than the warranties expressly set forth with each product.

This warranty is non-transferrable. Etekcity Corporation is not responsible in any way for any damages, losses, or inconveniences caused by equipment failure or by user negligence, abuse, or use noncompliant with the user manual or any additional safety or use warnings included in the product packaging and manual.

This warranty does not apply to the following:
- Damage due to abuse, accident, alteration, misuse, tampering, or vandalism.
- Improper or inadequate maintenance.
- Damage in return transit.
- Unsupervised use by children under 18 years of age.

Etekcity Corporation and its subsidiaries assume no liability for damage caused by the use of the product other than for its intended use or as instructed in the user manual. Some states do not allow this exclusion or limitation of incidental or consequential losses so the foregoing disclaimer may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

ALL EXPRESSED AND IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED TO THE PERIOD OF THE LIMITED WARRANTY.

Additional 1-Year Warranty

You can extend your 1-year warranty by an additional year. Log onto **www.etekcity.com/warranty** to register your new product for the extended warranty.

Please fill out all required fields and include your order ID, place of purchase, and purchase date, if applicable.

Defective Products & Returns

If you discover your product is defective within the specified warranty period, please contact Customer Support via **support@etekcity.com** with a copy of your invoice and order ID. **DO NOT** dispose of your product before contacting us. Once our Customer Support Team has approved your request, please return the product with a copy of the invoice and order ID.

Customer Support

If you have any questions or concerns about your new product, please contact our helpful Customer Support Team.

Etekcity Corporation
1202 N. Miller St., Suite A
Anaheim, CA 92806

Email: support@etekcity.com
Toll-Free: (855) 686-3835

Support Hours

Mon–Fri, 9:00 am–5:00 pm PST/PDT

Please have your invoice and order ID ready before contacting Customer Support.

Connect with us @Etekcity

ETEKCITY® *Building on better living.*