

# Elpis Grand Smart Watch User Manual

## 1 To Start

### 1.1 Equipment requirements

Supports both Android 5.1 and above & iOS 8.0 & above - Bluetooth 4.0 & above.

### 1.2 Charging:

Upon receiving your Elpis Grand Smart Watch, please charge your Elpis Grand for 1.5 to 2 hours maximum, with the charger provided, to season the battery and to ensure it is fully charged.

**NOTE: Please do not over-charge your Elpis device for extended periods of time or overnight as this may harm the battery.** Please check to make sure the charging contact is good and that the metal surfaces are not dirty, oxidizing or have impurities. When charging, the screen will display the battery charging symbol. If the device is not used or worn regularly, please be sure to replenish the battery at least once a month.

## 2 Elpis Device "APP" download

### 2.1 Turn-On

The Elpis Grand Device, long press the touch symbol for 5 seconds and the bracelet will boot up.

### 2.2 Shutdown

Press and hold the touch area for more than 5 seconds at the shutdown screen. The device will be powered off when there is a vibration.

### 2.3 Downloading and Installing the App

Please search for "Fundo Pro" App download for your particular cell phone -- Android or iPhone -- in the mobile software store and install -- OR-- use your mobile phone to scan the QR code provided here.



Android



IOS



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## 3 Device function interface

### 3.1 Introduction of main interface

When the device is first paired with "APP", it will synchronize the time, date and battery level. It will also display the symbol of successful Bluetooth connection. There are 4 main interface options from which to choose. Hold the main interface for 5 seconds on the watch's face to flip and decide which interface you like best. When you find it, press & hold on that particular interface to maintain it.

### 3.2 Steps, Calories Burned & Distance Features

The step interface will automatically count and display the amount of steps taken when the device is worn snugly and comfortably on the wrist, but not too tightly. The device also automatically records walking distance, calories burned and more.

### 3.3 Training

Long press the touch key for 5 seconds to choose the preferred sport mode. This mode can record exercise time. Click to pause and long press the touch key for 5 seconds to exit.

### 3.4 Heart rate monitoring

3.4.1 Go to the "Plus" interface, long hold the touch area to switch to the heart rate monitoring interface. Elpis Grand supports real-time dynamic monitoring of the heart rate to better understand your own health data readings.

3.4.2 Please wear the Elpis device correctly on your wrist about 2 cm (½") behind the ulna joint (wrist bone), on the back of wrist. When the heart rate is measured, the PPG heart rate sensor is close to the skin and makes for good contact when worn properly to provide an accurate HR reading. If the device is worn too loosely, the PPG measuring green light or the sensor could become exposed and the measured HR value will be inaccurate. NOTE: Please do not look at the green light of the sensor as it may cause discomfort to the eyes.

3.4.4 The device is used for real-time and dynamic detection of the heart rate, otherwise it will prolong the time of heart rate measurement or can not measure the data. The real-time, dynamic heart rate data can be viewed when the data is measured and then one can begin to exercise.

3.4.5 If you find a large discrepancy on the measured HR date, please take a rest and then measure it again. The average of 5 times of continuous HR measurement will provide a more accurate reading.

3.4.6 This device provides a real-time, dynamic heart rate measurement. While conducting a HR reading, it is best to stay still and quiet (no talking, eating or drinking), keeping the same body posture, for best accuracy reading results. Please remember to remain practical.



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3.4.7 Please make sure there is no dirt on the bottom of the heart rate PPG sensor during measurement -- hair density, tattoos and scars may affect the HR test result.

3.4.8 The heart rate measuring device is based on the principle of PPG measurement, so the accuracy of data may show an error depending on the physiological factors that affect the light absorption are reflection(blood circulation, blood pressure, skin condition, blood vessel location, density, etc.) If a measurement is inaccurate or abnormally high or low, we recommend measuring again.

3.4.9 The device may at times feel warm to the touch when either the device is worn for a long period of time or is under higher than usual usage functioning. If you the device feels uncomfortable, please take it off and allow it to cool down before putting it back on.

3.4.10 Cold weather will affect the device's measurement readings. Please measure it under warmer conditions.

### **3.5 Caller ID & Full Text Message Display**

When someone calls you or sends to you a text message, the device will gently vibrate and show the message contents or the telephone number on the Elpis Grand's display face.

### **3.6 More features & Functions of Elpis Grand**

#### **3.6.1 Stopwatch**

Long press the "star" interface for the stopwatch feature. Long press and then start timing. Touch again to stop timing and fo exit.

#### **3.6.2 Find mobile phone**

Long press the "star" interface and go to "Find Phone" interface. Long press the touch area and the connected mobile phone will ring.

### **4. Mobile Phone Bluetooth & Device Connection**

Please follow the steps below;

4.1 Download "Fundo Pro" App.

4.2 Once Elpis Grand device is added to your mobile phone's allowable bluetooth devices you are ready to pair the device to the Fundo Pro App. For iOS troubling shooting to connect the phone's BT, go to "More" on the lower, right-hand side of the main page to enter the set-up page. Next, click "Add" to the -- add a device page -- and search for the Elpis Grand device. When the device is found, click the device in the list to connect with the device's MAC address. After the binding is successful, there will be an already bound device in he "My device"column. Note:If the IOS device is in connected to the new Elpis device, a BT pairing request will pop up. Click"pair"and the device can be connected to the phone normally.



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4.3. Next - Click the "Application Push". Enter the notification center, find the "Fundo Pro" device message notification and choose to open it. If the phone is restarted and not received message push, please reopen.

5, "APP" function information.

5.1 "Stats", open "APP", Go to "Me" and click on the icons on the interface to see the current values of the movements data.

5.2 Click the APP at center bottom to see detailed data and icon statistics of your historical data for sports, sleep, heart rate and more. Click on the switch arrow above to switch to different dates to view historical records. During sleep, each person's sleep time and the turn of the body's wrist after sleep will directly affect the monitoring of the sleep time.

5.3 "Sport", This interface is used to view the detailed data and icon statistics of your historical movement. Click the switch arrow above to switch to a different date to view the history. The data includes total step, total distance, total calories burned and heart rate data.

5.4 "Analysis", You can view the history of exercise, steps and sleep records of the corresponding icon charts on a monthly or weekly basis.

### 6. Setting the various functions & features of the device

#### 6.1 Notifications

Go to "More on APP, or "More" device display face -- Including caller ID notifications, SMS, Facebook, Twitter, Whats"APP" and other social media options.

For example: Turn On the "incoming call notification" in the APP setting. When the mobile phone receives an incoming call, the device will gently vibrate and brightly display the caller contact.

#### 6.2 Sedentary remind

Set the sedentary time interval in your preferred amount of minutes and then click "finish". When the sedentary time arrives, the device will be bright, the device will gently vibrate and the reminding icon will flash.



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### 6.3 Alarm clock remind

In the "Fundo Pro" App, click "More"- "Alarm clock remind" to enter the alarm setting reminder and to set the alarm time. When alarm setting time comes, the device icon will swing and gently vibrate.

### 6.4 BT Remote Camera

In the "APP" "Fundo Pro", Click "More"- "Camera" to enter the camera mode. The camera icon will be displayed on the smart bracelet, shake the bracelet and you can remotely control camera to take a picture.

### 6.5 Unbinding Equipment

In the APP, click "More", - "My device" to choose the device connected. Click and find the tips with " Are you sure you want to unbind the current device?", click "ok", then the device will unbind.

## 7 FAQs

7.1 Does the Elpis smart watch device have radiation? Will it be harmful to my body?

A: This product uses low-power BT technology and the radiation value is much lower than BT headsets and less than one-thousandth of the phone signal strength, found after more than ten years of research and census. The World Health Organization has found that BT signals will not have any impact on the human body. Please feel free to use our Elpis state-of-the-art wearable technology with confidence.

7.2 What can I do if my phone can't find the smart watch device's Bluetooth name?

A: Please check to see that the Smart Watch is turned on by touching the screen to see if it lights up. Next, please make sure the device and the phone are close together. The closer the better. If the above operation still does not work please try restarting your mobile phone.

7.3 Why sometimes is there no BT connection to the smart bracelet?

A: 1) Due to the signal interference of possible competing BT wireless connections in the vicinity. If you are still not able to connect after several attempts, please remove yourself away from close-by computers, wireless surround sound, laptops and other cell phones. If all else fails, please go outside to try to connect.

A: 2) Some mobile phone's BT services restart or are occasionally functioning abnormally leading to connection problems. Please try restarting your phone.



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7.4 How to synchronize the data? How to solve the problem of failing to sync data?

A: 1) When the "APP" is open it will automatically sync the device to your phone. You can also pull down the message list in the main interface of the "APP" to synchronize.

2) If the "APP" prompted sync data fails, try the following these methods. First, you can slide-down to refresh the data. Secondly, please try closing the "APP" and re-opening. If these to options do not work, please switch the BT of the mobile phone or restart the mobile phone. Before restarting the phone, you can also try to clear the BT shared information in the phone settings.

7.5 Does my device always need to be connected to my phone's BT to work?

A: Steps, sleep and the alarm clock do not need to be connected to the phone. For exercise you need to bring along the Elpis Grand device. After exercising is completed, once the device and your phone are re-connected the data synchronize. Call notification, text & SMS messaging and finding the device do need to be connected to your phone in order to function.

7.6 I set up a call notification but why does the bracelet not vibrate when there is an incoming call?

A: First of all, please confirm whether the phone's BT is on and connected with the device. Second, please check the Android and/or iOS systems on whether the operation of the device "APP" is running okay.

Tip: Cleaning up the memory and some housekeeper software may clean up the process or intercept. Be sure to add the Fundo Pro App is on your phone's whitelist.

7.7 Why even after I have set-up notification permission for Facebook, Twitter in the App, but I still can't receive a notification remind on the device?

A: Facebook, Twitter software information to be reminded to meet the following conditions.

1) Please make sure the cell phone is not in a dormant state and the background process of Facebook, Twitter can't be closed. And the computer and mobile phone can't be online at the same time.

2) The device is always connected to the phone and the BT needs to be turned on all the time.

3) Phone needs to open the rights management and be set to allow background pop-up interface.

Tip: When the phone comes to information, the top menu bar will pop-up the message. If the representative set has been successful, the message will be displayed on the device.



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7.8 Why doesn't my heart rate monitor function work?

A: When measuring heart rate, please pay attention to keep in a quiet, still state and please keep the bottom of the device clean and close to the skin without obvious PPG light leaks. Do not shake the arm during measurement.

7.9 Why is the BT connection icon flickering all the time?

A: iOS users may encounter this problem. The main priority is to ensure the device is connected to the "APP". Open the "APP" connection hand ring and the BT icon can be displayed normally.

7.10 What are the factors that affect the test results of heart rate?

A: The non-standard way to wear will affect the measurement of heart rate signals. Such as light leakage caused by incomplete fit or arm swing and/or slight movement of the device on the skin. Wearing the bracelet too tightly, arms raising will affect the blood circulation may also affect the heart rate signal. The correct way to measure the arms is to put the arm flat, relax and keep it still. And keep the smart bracelet close to the arm. Note: in the right case, individual hair density, tattoos and scars may also affect the heart rate signal.

7.11 Why can I not charge the device?

A: 1) Please confirm the direction of the bracelet charging is inserted correctly and the metal surfaces are clean and well connected. 2) When the smart device power is lower than 3.4V, there will be a period of battery recover charge time. Note: Usually after plugging in the charger for 2-3 minutes, it can enter the normal charging state.

7.12 Why is the device's time inaccurate?

A: Your device is not connected to your phone. If the device lost all battery life before charging, the device could need to be re-connected the mobile phone's BT. When recharged and turned back on, please re-connect the device to the mobile phone. The device will automatically synchronize the time from the cell phone.

