

Flare



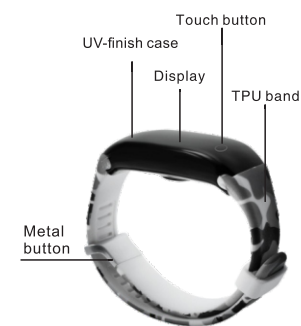
User Manual

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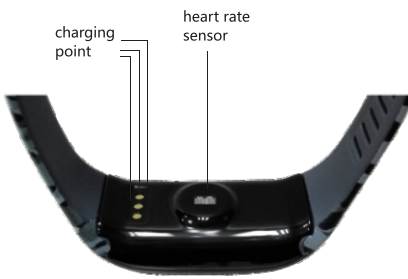
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Scinex Flare Specifications

Turning the band on/off : Press and hold the touch button for 4 seconds to turn the band on. To turn it off press and hold the touch button for four seconds while in the home slide.



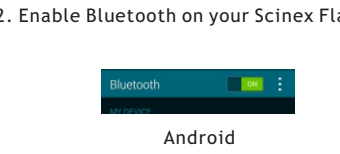
Simple Charging



Bluetooth Connection

Bluetooth allows your Scinex Flare to communicate with your smart phone and store your health information on the Scinex Flare companion app. Here is how to set it up:

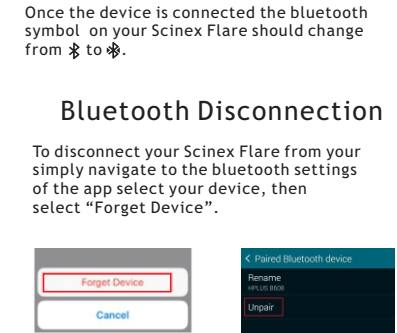
1. Download "HPlus Watch" to your smartphone



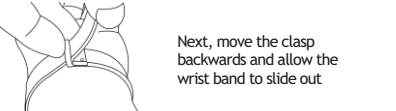
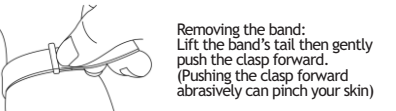
Bluetooth Disconnection

Once the device is connected the bluetooth symbol on your Scinex Flare should change from to .

2. Enable Bluetooth on your Scinex Flare.



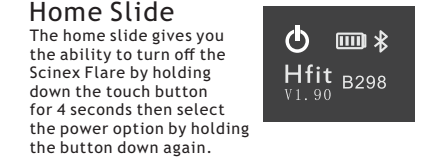
Wristband Removal



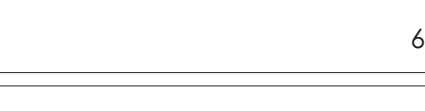
Features



Time/Date Slide
The Time and date slide enables you to see the current date and time.

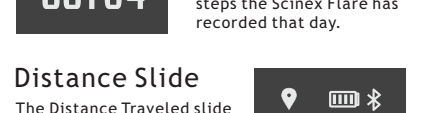


Home Slide
The home slide gives you the ability to turn off the Scinex Flare by holding down the touch button for 4 seconds then select the power option by holding the button down again.

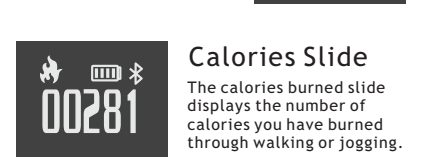


Heart Rate Slide
The Heart Rate Slide displays your heart rate. For more information please see page 30.

Pedometer Slide



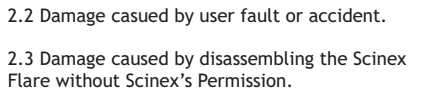
The pedometer slide displays the number of steps the Scinex Flare has recorded that day.



Distance Slide
The Distance Traveled slide displays the distance you have traveled based on the steps you have taken.

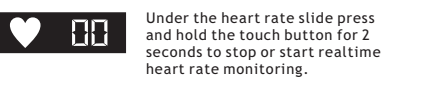


Calories Slide
The calories burned slide displays the number of calories you have burned through walking or jogging.

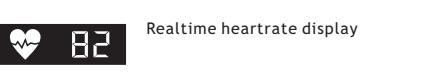


Light Settings
The Light setting slide allows you to determine when the Scinex Flare display can come on.

Realtime Heart Rate Monitoring



Under the heart rate slide press and hold the touch button for 2 seconds to stop or start realtime heart rate monitoring.



When the heart is displayed as shown, the heart rate monitor is determining your heart rate. Wait 15 seconds to determine your heart rate.

Realtime heart rate monitor enabled:

Realtime heart rate monitor disabled:



Press and hold the touch button for 2 seconds at the heart rate display slide to start realtime heart rate monitoring. The heartbeat icon shows that heart rate monitoring is on. To stop press and hold the touch button for 2 seconds.

Realtime vs All Day Heart Rate

Realtime Heart Rate: While the Realtime heart rate monitoring is enabled, the heart rate monitor will continue to work. A green light may shine from the bottom of the watch. Timely use of heart rate monitoring is suggested for slower battery consumption.

Realtime heart rate monitor enabled:

Realtime heart rate monitor disabled:

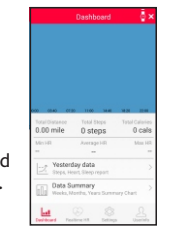
All-day Heart Rate: The all day heart rate can be enabled through the ScinexBand Application. While enabled the heart rate monitor will measure your heart rate every ten minutes during which time a green light will be seen on the back of the Scinex Flare.

All-day Heart Rate enabled:

All-day Heart Rate disabled:

About the App

1. Dashboard
You can use the Dashboard to view health related information recorded by your Scinex Flare.



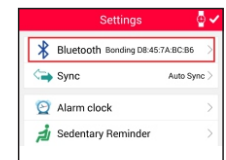
2. Heart Rate
This page lets you see your live heart rate and recorded heart rates from earlier in the day.



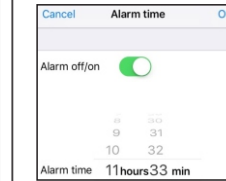
3. Settings

The various settings in the app allow you to alter various things such as:

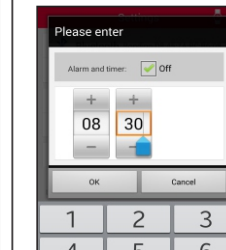
Bluetooth Settings (Android)



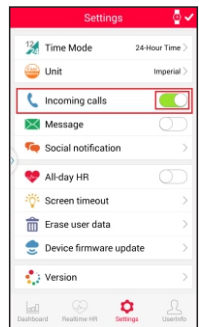
Bluetooth Settings (iOS)



Alarm Clock (iOS)



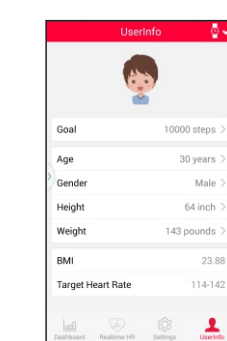
Alarm Clock (Android)



Incoming call settings



Social Media Notifications



User Health Information

Also includes:
-Metric/Imperial system settings
-Sedentary Reminder Settings
-Erase User Info option
-Info Sync settings

FAQ

1. How do you set the time and date?
The date/ time is set when you sync your Scinex Flare with your smartphone.

2. How do I factory reset my Scinex Flare?
This can be done by going to the home slide and holding down the touch button for 8 seconds

3. How do I change smartphones With my Scinex Flare?
In order to change the smartphone you will use with your Scinex Flare, you will have to factory restart it and ensure it does not pair with your old phone when it starts again. Then just sync it to your new phone.

4. How do I change the time format?
You can switch between 24 and 12 hour time by opening your app then navigating to "Time Mode" under "Settings" and then selecting which format you prefer.

5. How do I change to metric/imperial units?
You can switch between measurement systems by navigating to "Unit" under "Settings" on your app and selecting which system you prefer.

6. How long is my Flare's battery Life?
Your Flare's battery life depends entirely on how much you use it. On standby it should last up to 4 days between charges. With moderate use it can last up to 2 days between charges.

7. What is the Sit Notification and how do I use it?
The sit notification is an interval alarm that reminds you to get up and move during long periods of sitting down. You can enable it by navigating to "Sit Notifications" on the app and then entering a Start and End time for the period during which you will be sitting. At the top of the page you can adjust the interval of time between notifications.

Specification

- Size : 230mm x 20mm
- Weight : 20g
- Waterproof : 3ATM
- Battery : Li-battery
- Capacity : 100mAh
- Charging : 5V
- System : Android 4.3 and above, iOS 7.0 and above.

Warranty Card

Name:
Telephone Number:

Date:
Distributor:
Sealing:

Warranty Items

1. Please fill out the warranty card when purchasing the product and read the following items carefully so the product may be repaired within warranty time.
 - 1.1 Please keep the warranty card and ensure it is sealed by the Scinex Flare salesperson.
 - 1.2 The warranty card must be shown when a repair is requested.
 - 1.3 The warranty time is one year. Free repair is offered by Scinex for problems caused by manufacturing error within the warranty time.

2. Problems caused by the following are not covered by the warranty but may be repaired for a fee:

- 2.1 Problems arising from use of the Scinex Flare that is not according to the user manual.
 - 2.2 Damage caused by user fault or accident.
 - 2.3 Damage caused by disassembling the Scinex Flare without Scinex's Permission.
 - 2.4 Regular scratches and wear or exposure to water or damaging chemicals.
3. Repair services are still available after the warranty has expired but for a service fee.

