Thank you for purchasing the FontaFit 140CH. Please read these operating instructions carefully and follow the instructions and tips to get the most out of your Fitness Bracelet.

Package content
Smart Bracelet | Manual

Overview:
1. Upper Bracelet Fixation
2. Bracelet housing
3. 0,96 " TFT color Display
4. Touch sensitive button
5. Lower Bracelet Fixation
6. USB plug protected by bracelet
7. Optical sensor

Getting started
Charging the battery:
The FontaFit 140CH is equipped with a rechargeable Lithium-Polymer battery. Fully charge the FontaFit 140CH prior to putting the device into operation for the first time. For this purpose, please pull the upper bracelet from the housing (Fig.1). The FontaFit 140CH can be charged with any USB-A power source or the USB-A port of a Computer. Connect the USB plug of the FontaFit 140CH to a USB power source; the battery symbol will show up and the battery will be charged. The usual charging time is 1-2 hours. As soon as the battery is fully charged, the icon will change from orange to green.
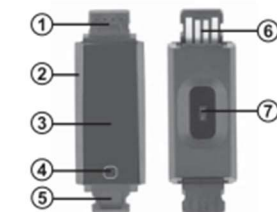
Fig.1

Low Battery   Orange: Charging   Green: Fully Charged

Switching the device on and off
To switch it on, press and hold the button (4) for a few seconds. The FontaFit 140CH will switch on.
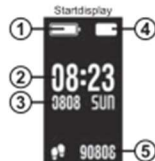**To power it off,** tap the button (4) until the time is displayed; then press and hold the button (4) twice for about 3 seconds. The info menu appears followed by the power off/reset menu. Tap on the button (4) to select the menu entry "**Off**" and press and hold die button (4) again for about 3 seconds to confirm your selection and power off the FontaFit 140CH.

Display
The FontaFit 140CH has a built-in color display. The Date, Time, connection to the phone, walked steps, sleep duration, heart rate, blood pressure, blood oxygen, weather and push messages are shown on the display.

Attention: Date and time will only be updated after connecting to the smartphone. Manual configuration is not possible. Notification with emojis are not supported.

Startdisplay

1. Battery state
2. Time
3. Date
4. Connection
5. Steps

Three different watch faces are available. These can be selected in the app.

Enter submenu
Tap the button (4) to display the main menu items.

Time/Date Steps Sleep Pulse Blood pressure Oxygen Sport Weather Messages Camera Music Finder

Press and hold the button (4) for approx. 3 seconds to activate the submenu (if available).
Press and hold the button (4) for approx. 3 seconds in the submenu to confirm a selection or return to the main menu.

Step count
The step count is shown here. In the submenu the burned calories and distance are displayed.

Sleep duration
The determined sleep duration is displayed here if you wear the FontaFit 140CH while sleeping. Further data will be displayed in the app.

Pulse measurement
The pulse measurement is started here by press and holding the button (4).

Blood pressure measurement
The blood pressure measurement is started here by pressing and holding button (4).

Measurement of oxygen saturation
The measurement of oxygen saturation is started here by pressing and holding button (4).

Please note: Wear the bracelet approx. 1cm above your wrist bone and make sure it is close to your skin. Please note that other factors can lead to measurement inaccuracies:
Low blood circulation • Tattoos • Uneven or jerky movements • Sunscreen and other lotions • dirty sensor.

Note: By using optoelectronic pulse measurement (photoplethysmography), in which your blood flow is detected by green LEDs and photo diodes, FontaFit also displays values when the bracelet is worn too loosely. For this reason, make sure that the wristband fits correctly when measuring your heart rate.

This is not a medical device: Data from the step, pulse, blood pressure and oxygen saturation functions are not intended to be used for medical purposes.

Sport
Some activities are pre-programmed in the Sports menu. To enter the submenu, press and the hold button (4).
Here you can choose between running, jogging and cycling and activate them by pressing and holding the button (4).
You can end or pause current activities by pressing and holding the button (4).

Notifications and incoming phone calls
The FontaFit 140CH displays notifications or incoming calls directly.
In the menu, you can display the last 3 notifications by pressing and holding the button (4).

Other menu items
If your Fontafit 140CH is connected to your smartphone and within range, the following menu items are available:
• Current weather and 1-day weather forecast
• Camera remote control
• Control music
• Find mobile phone
This can be activated in the main menu by pressing and holding the button (4).

Installing the app
Download and install the "**FontaFit Pro**" app by scanning the QR code or follow the link:
URL: www.d-parts.de/app/fontafit_pro

Note: The Android app requires Android 4.4 or later.
The iOS app requires iOS 8 or later.

Establishing a connection and using the app
Switch on Fontafit 140CH, enable Bluetooth® on your smartphone and start the app.

First enter your data in the app, such as your gender, height, weight, step lenght and year of birth.

Note: This data is used to correctly calculate calorie consumption and distance.

Go to „ADD DEVICE" to connect the FontaFit 140CH to your smartphone.
After successful connection, date, time and weather data are transferred from the smartphone to the FontaFit 140CH.

The following functions can be activated by the app:
• **Watch face:** here you can choose between three watch faces which are displayed on the FontaFit 140CH.
• **Notifications:** Here you set which notifications are displayed on the FontaFit 140CH.
• **Alarm clock:** Here you can set up to 3 alarm clocks. The FontaFit 140CH will vibrate when the alarm clock rings.
• **Photo Shutter:** Here you can use the FontaFit 140CH as a photo shutter with the camera app of your smartphone.
• **Find device:** Here you can let the FontaFit 140CH vibrate, if you have mislaid it.
• **Reminder:** If you activate this function, the FontaFit 140CH will remind you every hour by vibrating. You can use the reminder function to get up, walk, drink, etc.
• **Do not disturb:** Here you can set the time during which no notifications are sent to the FontaFit 140CH.

For more information on steps, sleep, pulse, blood pressure and oxygen, and route recording, tap the appropriate menu in the app.

Note: The route recording requires activation of the GPS function of the smartphone.

In case you need technical support, please contact our support-team by on our website under support.fontastic.eu.

Safety advice:
• Do not open the device
• Do not hold the device under water
• Do not use the device when it has visible defects.

Technical Data
• Connection: BT 4.0
• Battery type: Lithium polymer
• Display: 0.96" TFT color Display
• Working temperature: -10°- +40° C
• Material Bracelet: TPE
• Ingress Protection: IP 67

Registration and Safety
Certification/General Information
We hereby declare, that this device carries the CE mark in accordance with the regulations and standards. It conforms with the fundamental requirements of the RED 2014/53/EU.

Note on environmental protection:
After the implementation of the European Directive 2012/19/EU in the national legal system, the following applies: Electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return electrical and electronic devices at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details of this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, re-using the materials or other forms of utilising old devices, you are making an important contribution to protecting our environment.