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Initial setup
INTRODUCTION
Thank you for choosing the BravoFIT BF100HR
Please read this manual carefully so you can use the device in
the best way, and keep it for future use.
IMPORTANT: Some features may not be available on all
models on the market

Package Contents:
- Fitness bracelet
- USB Charging Cable (charging adapter NOT in the box, you can
use what you have with your smartphone)
- Quick setup manual
- Safety and warranty guides

NOTE: Lithium polymer battery already included in the
bracelet; Non-removable and non-replaceable battery if not at
an authorized repair center
Http://www.nordmende-phones.it/supporto
Any attempt to remove the battery will invalidate the
warranty.

This device is not a medical device and can not be applied
to any medical function; This device is designed and in-
tended solely for fitness intended as amateur practice
What is a FITNESS bracelet?

Basically, a smartband, also known as the FITNESS bracelet, is nothing more than a bracelet designed to track your daily physical activity.

In fact, once worn on the wrist, it records all your movements and saves them and then displays them on the smartphone display with the help of a dedicated APP that you can download for free via your device’s store, ANDROID and / or IOS.

In order to make the most of a FITNESS bracelet, commonly known as smartband, it is used to connect to a mobile device (SMARTPHONE), which has a large display and a more useful memory to keep track of your movements and all the other measurements.

Bluetooth technology is used as a means of communicating information from the FITNESS bracelet to the smartphone and vice versa.

The connection to and from the smartphone takes place through a dedicated APP, available on ANDROID and APPLE

NOTE:
( Apple and Apple logo are a trademark of Apple Inc, registered in the U.S. and other countries.
App Store is a trademark of service of Apple Inc.)

Google Play and the Google Play logo are trademarks of Google Inc.)
There are certainly various types of smartband, from the simplest to just counting the steps, the most complex ones, who also take into account burned calories, sleep cycles, read heart rate, and receive notifications (calls, SMS and more) from your smartphone, below a few examples (Some features listed may not be available on all commercial models):

- Date and time
- Count calories
- Pedometer
- Distance
- Sleep monitoring
- Heart rate
- Blood pressure (not on BF100HR)
- Blood oxygenation (not on BF100HR)

How it works

steps counter (Pedometer)

The operating principle of the pedometer is as follows:

The bracelet has incorporated a “gyroscope” inside, when the end user wears the bracelet and starts to move, for example, the gyro vibrates (unknowingly) and generates a waveguide. Several movements will produce different waveforms. An algorithm identifies a specific number by identifying and recognizing the action that generates a fixed waveform;
Plus the sw is skilled in recognizing the difference between a real step and for example lifting the arm or arm movement while driving, and the more the result will be accurate

(NOTE: These devices are not used for professional sports activities but must be considered useful for purely amateur purposes)

Measurement Km routes:

The operating principle of Km reading is as follows:

The distance traveled is based on the number of steps.

The average pitch multiplied by number of steps = distance.

The user fill his or her personal data into the smartphone application such as sex, age, height, weight, and more. The more data entered are accurate, the more the algorithm will be accurate and will give a better result.

This is because the average pitch is very different from person to person, and the above data are identifying the difference. The application’s sw performs a calculation and monitors the KM paths on the bracelet screen if provided on the application itself.
Heart Rate Measurement

Calculation of heart rate is taking into account the volume of arterial blood, taking advantage of the fact that an increase in heart rate is associated with an increase in blood volume. The technology used by optical sensors used in heart rate FITNESS bracelets is photoplethysmography (PPG) that records changes in the volume of blood through the skin’s light absorption variations. In other words, light diffuses in tissues differently based on changes in hemodynamic fluxes.

The optical sensor consists of 2 LEDs that send light waves to the body. The FITNESS bracelet processor captures the portrayed light and translates it into the heart rate of the person. These values are then sent to the bracelet display (if available) and to the application installed on the smartphone, where real-time and/or statistical measurements will be highlighted during the day.

Algorithms can also give more information about consumed calories, blood pressure, and blood oxygenation.

NOTE: This device is not a medical device and cannot be applied for any medical function, the read values are considered for purely amateur purposes.
Chapter 2
How to wear

Open the package and pull out the device and the strap

Insert, as per image, the device in the strap
Wear the FITNESS bracelet near the ulnar styloid (wrist) as shown above.

Hook the FITNESS bracelet with care not to tighten too much, ensuring air passage, like a normal watch.
Chapter 3
Battery charging

In order to recharge the battery of the FITNESS bracelet:

- Remove the cuff from the wrist
- Use the cable with the clamp in the package and place it on the copper contacts on the rear side (fig1)
- The cable must then be connected to a USB charging adapter (NOT in BOX)
- You can use the battery charger that you normally use with your smartphone
- On the bracelet display, the battery icon starts blinking until the recharge is completed

Lithium polymer battery already included in the bracelet; Non-removable and non-replaceable battery if not at an authorized repair center (go to http://www.nordmende-phones.com/support

Any attempt to remove the battery will invalidate the warranty.
In order to manage data from the FITNESS bracelet, you must install the Bracelet APP on your Smartphone.

“BravoFIT”

**Smartphone connection:**
1. Ensure that the bracelet is on (Power on button is on the left side) and verify battery is charged.
2. Download and run APP on your phone (make sure that Bluetooth on your phone is switched on).
3. Go to settings (top left button)> Device Search> Scroll down to the “Scan” entry.
4. Select relevant Bracelet, a dialog box informs you that the association is in progress: repeat the procedure if there is a problem (Tip: move to an area where no other BT devices are available, the name of the bracelet may not match the commercial name).
5. Use the upper left arrow to return to the main menu.

When connected to the display, you see the correct date and time (based on the smartphone), see figure.
Chapter 5
Power on/off & display

• Power on FITNESS bracelet:
  1. Make sure the battery is charged
  2. Press and hold the power button on the side (the cuff vibrates) for about 3 seconds, see figure below

NOTE :
Once bracelet is on, by quick press of same button, the screens below will be displayed sequentially

- Date&time
- Pedometer
- Heart rate
- Mileage (KM)
Chapter 6
APP management with smartphone

Using smartphone APP with the FITNESS bracelet:
1. Download and launch APP on your smartphone, see Chapter 4
2. The following screen displays the various screens and functions available on the APP called “BravoFIT”

Note: NOT all bracelets have the same functions, some indicated on the following pages may not be available on your bracelet
The following two pages have four initial synthesis screens, suggesting various actions that will follow (you do not need to enter now):

Fig. 1) recording of moving data
Fig. 2) Recording of sleep data

**Fig. 1**

Registrazione dei dati di movimento

Registra il numero di passi e calorie giornaliere accuratemente, in modo da capire come ti muovi, e per poter fissare i tuoi obiettivi di movimento.

**Fig. 2**

Registrazione dei dati di sonno

Quando si va a dormire, in modalità sonno il bracciale registra lo stato del tuo sonno automaticamente.
Fig. 3) Entering personal data (birth year, height, weight, sex, name, photo)

Fig. 4) Various tips
Chapter 6
APP management with smartphone

To access the Settings> Personal Information menu, press the button on the top left, which you can see in Figure 10 of page 22. Enter your personal information (birth year, sex, height, weight, name, photo, step goal and metering system).

Tip: Enter your data in a very accurate way to ensure that readings are as accurate as possible.

**Fig. 5**

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<tr>
<td>Altezza</td>
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<tr>
<td>Peso</td>
<td>72Kg</td>
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<td>Unità</td>
<td>Sistema metrico</td>
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<td>Obiettivo</td>
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Tap here to enter your personal image.
Tap here to enter name.
Tap here to enter your sex, male, female.
Tap here to enter age.
Tap here to enter the height.
Tap here to enter weight.
Tap here to enter your goal daily steps, normally 10000 steps.
Tap here to enter metric system (Km, kilograms) or English (Pounds, etc.)
Fig. 6

- Tap here to view application firmware data and more, including factory data reset.
- Tap here to take a picture with your smartphone by wrist movement.
- Tap here to enable or disable bracelet notifications, such as Incoming Call, SMS, Facebook, and add few more personal, example WhatsApp (Fig 9).
- Tap here for alarms, warnings and more on your bracelet (Fig 8).
- Tap here to bind FITNESS bracelet (Fig 7).
- Tap here to enter personal informations (Fig 5).
- Tap here to exit from APP.
This screen show how you can associate a FITNESS bracelet with the APP “BravoFIT”.
NOTE: The name of the bracelet model to associate may not match the commercial name, and it is recommended that you search the site in an isolated location and still disable other Bluetooth devices in the area.

Fig. 8

This screen show you can turn on or off some alarms (such as loss notice, or excessive seating alert); You can also run a bracelet research test as a connection check (find bracelet)
This screen show you can enable or disable notifications on the bracelet, such as Incoming Call, SMS, Facebook, and even add personal, example WhatsApp or more.

NOTE: Some notifications are subject to their actual presence in the smartphone used in association with the bracelet and may not work.

IMPORTANT :The smartphone must be authorized to read and share the notifications.
Chapter 6
APP management with smartphone

**PEDOMETER & MILEAGE**

Fig.10

This screen displays the steps taken on the current day, the miles, the calories, and the level of quality related to reaching the percentage of your daily goal.

Tap here to access the following screens where you can view detailed day, week and month charts (Fig.11; Fig.12; Fig.13).

**NOTE:**
The bracelet begins measuring the “Day” one minute after midnight and ends reading at 23 and 59 (for a total of 24 hours), the bracelet keeps up to 7 days of reading memory, beyond which you need sync with APP, this to avoid losing data.

APP can keep all old data in memory, as long as there is free memory space in the smartphone.

Click here to move to day, week, month reading.

Fig.11
SUGGESTION:
The relationship between the steps taken and the kilometers run, and the calories consumed is all the more accurate the more you enter your personal data correctly such as height, age, sex, weight), see Figure 5
Chapter 6
APP management with smartphone

Fig. 14

This screen shows sleep quality

Click here to access the following screens where you can view detailed day, week and month charts (Fig. 15; Fig. 16; Fig. 17)

Fig. 15

NOTE: The bracelet performs sleep quality reading at night separating sleep quality in:
“Deep sleep”
“Light sleep”
“Wake”

Reading is only possible if the bracelet is worn at night, with a charged battery.
For the bracelet, Sleep can be monitored in the time zone from 21:00 to 9:00 am every day.

Daily view
**Fig. 16**

Weekly view

**Fig. 17**

Monthly view
Chapter 6
APP management with smartphone

HEART RATE
Fig.18

This screen display the heart rate
IMPORTANT: It is not a medical device.

Click here to access the following screens
where you can view the detailed chart in
real-time, or about daily measurements
Fig.19; Fig.20)

Click here to start a real-time measure-
ment
Tip: It is recommended that you keep
the reading active for more than one
minute in order to detect a more reliable
measurement

Minimum, medium and maximum values
read are made visible here

This screen of Fig.19 shows in real time
the read values that, thanks to the help
of a grid, you will have a clearer reading of
the heart rate

Tap "Stop Measure" to stop reading in
real time (leave it active for at least one
minute)

NOTE: This screen only appears if the
“Start Measure” function is activated on
the previous screen, see Fig.18
Fig. 20

This screen displays the summary of daily readings in chart and list details.

NOTE: This screen appears if you do not activate real-time reading (Fig. 18 “Start Measurement”), but only by pressing the key in the area bounded by the white circle (Fig. 18).
Safety precautions
Chapter 7
Safety precautions

Kindly read these precautions and comply with the same scrupulously, for your safety.
In order to avoid a danger of short-circuit, fire or explosion:
- If the device appears to be completely or partly damaged, stop using it immediately and contact an authorised technical service centre.
- Only use the battery charger and accessories made by the manufacturer or approved by them.

- Do not connect the poles on the battery charger to one another, and avoid them making contact with each other.
- Do not allow the connector or the poles on the battery to come into contact with metals, liquids, or other substances that conduct electricity.
- The device must not be used or kept in places that are dusty or have high concentrations of materials dispersed in the air.
- Keep the device dry and do not touch the battery charger or device with damp or wet hands, while the battery charger is working.
- Do not bend the power supply cable and do not damage it.
- Do not use cables or sockets that have been damaged or altered.
- Do not use the device outdoors during a storm.
- Do not throw the device in the fire.

In order to avoid damage to people, animals or property
- Do not attempt to remove the battery, which must only be changed at authorised service centres.
- Do not open or attempt to open the device’s casing.
- Do not use the device if the display is broken.
- Do not put or keep the device near or inside microwave or other ovens, hot cooking equipment, heaters, pressure-cookers, or other high pressure containers.
- This device must not be thrown into the fire, as it could explode.
- **WARNING:** This device is not a toy and should not be used as such. Putting it in the mouth is especially forbidden, especially by children, in order to avoid swallowing it and/or suffocation.
- The device must not be tightened excessively when worn, in order to allow air to circulate, and for this purpose it must be removed from time to time.
- For parts of the body on which the device is worn, skin care products must be used in moderation.
- In case of prolonged contact, the device can cause skin irritation, and for some sensitive persons, allergies may occur. In case of itching, irritation, ruddiness, and/or swelling of the skin, please interrupt use of the device, and put it over an item of clothing. If the symptoms persist, see a doctor.
- If handled and/or disposed of incorrectly, the device can damage the environment or cause injuries.
- When driving and in any other situation in which distraction may cause, add to, or worsen risk and dangerous situations, do not check call indications or any other data shown on the device’s display.

**WARNINGS FOR USE**
- This device must not be used in a sauna or a steam bath.
- The device can get damaged or the lifespan of the battery may be shortened if it is not used within the following ambient temperature limits: 0°C and 35°C.
- The device can get damaged or the lifespan of the battery may be shortened if it is not kept within the following ambient temperature limits: -20°C and 50°C.
- Although it is designed to withstand water and dust sprays, the device should normally be kept clean and dry, and must not be washed using running water, or put in a dishwasher, washing machine, or tumble drier, nor must it be cleaned using abrasive substances.
- The device should not be left exposed to direct sunlight for a long period of time.
- The device is equipped with a built-in rechargeable battery, which must not be removed or replaced by the user.
- The device’s battery must be recharged according to the instructions provided with the product, in the ways and using the equipment indicated in the instructions, and especially only using the original cable supplied with it. Do not charge it when it is wet.
- The device must not be worn while the battery is being charged.
- The device must be removed if it is too hot.

**THIS IS NOT A MEDICAL DEVICE AND MUST BE USED WITH CAUTION**
- This is not a medical device and may not be used for any medical function including prevention, monitoring, diagnosis, care, or attenuation of any pathology.
This device is designed and intended exclusively for fitness pursuits on an amateur basis.
- Consult a physician before beginning or changing a training programme and, in addition, especially before using the device if medicines are taken that are photosensitive, or if one or more of the following pathologies / physical characteristics apply: Specific or general cardiac pathologies; epilepsy or sensitivity to flashing lights; limited blood flow; predisposition or subjection to convulsions of various types; tendinitis; carpal tunnel syndrome; other muscular-skeletal disturbances.
- Use of the device must be interrupted if you feel tingling, pain, burning, numbness, or rigidity of the limbs (hands or at the wrists), while or after wearing the product.
- **WARNING:**

This device uses PPT technology: these products have a heart rate monitoring functions, which may pose a risk for users with specific health conditions.
- The device should preferably be used at a safe distance of at least 15 cm from pacemakers.
- Do not use the device in hospital or in vehicles that may be subject to radio frequency interference.
Chapter 8

TECHNICAL SPECS

Water resistance: IP-65
Display: 0.69 inch OLED 96*16
Bluetooth: 4.1BLE
Battery: 60mAh Li pol
Battery perf.: 7 days average
Weight: 23g

-Smartphone operating system compatibility:
Android 4.4 and IOS 8.0 or higher
Chapter 9
Warnings

Warnings
INFORMATION FOR USERS OF EQUIPMENT FOR HOME USE

This device works with batteries that conform to European Directive 2013/56/EU and that may not be disposed of with normal domestic waste. Find out about local separate waste collection norms for batteries - correct disposal makes it possible to avoid negative consequences for the environment and for health. The battery is built in and must be disposed of at the end of the product’s working life, it cannot be removed by the user. In this case, recovery and recycling centres can disassemble the product and remove the battery.

The user must therefore give free of charge the end-of-life equipment to the appropriate municipal and electronic waste collection centers, or return it to the reseller in the following ways: - small equipment, i.e. at least one external side not exceeding 25 cm, there is a free delivery without obligation to purchase at shops with an area of sale of electrical and electronic equipment over 400 square meters. For smaller stores, this mode is optional. Remember that batteries / accumulators must be removed from the equipment before it is discharged and disposed of separately. The battery can not be removed by the user. In this case, recovery and recycling centers can disassemble the product and remove the battery.
LIMITED WARRANTY AND CONVENTIONAL WARRANTY IN ADDITIONAL FOR PRODUCTS SOLD BY NORDMENDE IN ITALY

The legal guarantee

The products marketed by Aldinet Spa are covered by free legal guarantee provided in favor of consumers, i.e. non-professional buyers, Articles 128-134 of the Consumer Code (Legislative Decree 06/09/2005 n. 206).

The statutory warranty has a duration of no. 24 months from the date of delivery to the consumer as above is understood and is mentioned by the seller, or by the person who supplied him with the product, that consumers should seek your own.

By virtue of the legal warranty, the consumer may require the seller, at its option, (1) to repair the goods or (2) to replace it at no charge in both cases, unless the remedy requested is impossible or excessively costly relative to each other, as well as regulated by Art. 130 paragraph 4.

Alternatively, where one of the following situations, the consumer may, at its option, (3) an appropriate reduction of the price or (4) have the contract rescinded:

a) repair and replacement are impossible or prohibitively expensive;
b) the seller has failed to repair or replace the goods within a reasonable period;
c) the replacement or repair previously carried out has caused significant inconvenience to the consumer.

In determining the amount of the reduction or the amount to be repaid is considers the use of the asset.

At the following web address is viewed and downloaded the text of Articles 128 to 134 of the Consumer Code relating to the legal warranty described above
www.nordmende-phones.it/
The additional conventional warranty provided in Italy by ALDINET Spa

In addition to the legal guarantee in the hands of the seller intended for consumers, or non-professional buyers, Articles 128-134 of the Consumer Code (Legislative Decree 06/09/2005 n. 206), whose recognized rights to consumers remain still firm and prejudice, Aldinet Spa, located in Viale C. Colombo 8-20090 TREZZANO SUL NAVIGLIO (MI) (d ‘now on Aldinet) provide the consumer, on the phones it distributes in Italy, Republic of San Marino and City Vatican, its own standard warranty as defined below:

Scope and duration of the standard warranty:
The standard warranty covers “All phone models marketed by Aldinet, including correlative batteries and accessories”

The standard warranty covers repair and / or replacement free of charge - a choice of Aldinet - phones and correlative batteries and accessories sold together with the resulting non-compliant phones in the manufacturing or material during the following time periods:
- For a period of twenty four (24) months from the date of purchase (receipt or invoice shall prevail), how to telephones;
- For a period of 6 (six) months from the date of purchase, so calculated as to batteries and accessories sold with the phone.
Chapter 10
Warranty

Exclusion from the standard warranty:
The warranty does NOT cover defects resulting from:
1) Failure to comply with the instructions for proper use of the device
2) Connection to any equipment not supplied and / or use of batteries and / or non-original accessories.
3) Modification or repair performed by individuals not authorized by the manufacturer.
4) Modification, adjustment or alteration of software or hardware performed by individuals not authorized by the manufacturer.
5) Damage to the phone caused by bad weather (such as eg lightning), fire, humidity, infiltration of liquids or foods, chemical products, download of files, accidental events, high voltage, corrosion, oxidation.
In addition, as already mentioned, the standard warranty does not cover the phones and their batteries / accessories that are not placed in the Italian market, in the Republic of San Marino and the Vatican City from Aldinet.

Who to contact for the ‘provision of the Conventional Warranty Service
The consumer will have to apply directly for assistance commissioned by ALDINET whose references can be found at the following address:
http://www.nordmende-phones.it. Alternatively, the consumer can contact the service via the dealer where you purchased the phone.

Availability of the present Conventional Warranty conditions
The present conventional warranty conditions are published on the web site at the following address http://www.nordmende-phones.it/ accessing the ASSISTENZA PRIVATI.
The manufacturer Aldinet S.p.A declares that the type of radio - fitness bracelet with Bluetooth model BF100HR, brand name NordMende - complies with Directive 2014/53 / EU.

The Declaration of Conformity is available at:
Aldinet S.p.A.
Viale Colombo, 8 - 20090 Trezzano S/N (MI) Italy
and available at www.nordmende-phones.it

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