Welcome to your user guide for your new British Tech WP103 Smart Fitness and Health Band

QUICK Tip: If you're going to download the Wearfit APP from this guide you need to be reading this on the phone you want to put the APP on! :-)

IMPORTANT NOTE: *You should please take this equipment for what it is. This is a smart band (and it is pretty smart) that will take measurements of your heart beat, blood pressure, oxygen level etc. and also track your activities like most other fitness bands. However, these measurements are definitely not meant to replace medical advice and British Tech will bear no responsibility should any user do so. This band (or any other) will not be a deadly accurate reader of your stats and you should not take them too literally. There is a way to make it more accurate as regards Blood Pressure and we will get into that in the Blood Pressure section. You know what you paid for this band and you have to accept that it's not going to replace all that expensive equipment that doctors have to use so please accept the limitations and accept the data given as a "GUIDE" and you will find the band extremely useful and informative – and it's also a cool watch!*

1, The first step is to get your band charged up and ready to start monitoring your vital stats. This is the standard charger that comes with your BT-WP-103. If you check the back of the band you can see where the 3 pins need to go so arrange the clamp so they are in contact with the 3 metal indentations in the band. They will not click into place. They simply have to be in contact with each other. Now plug into a computer, TV or socket USB. In the case of a computer or TV socket the TV or computer may need to have power on to it. When your band is charging it will show as such on the band screen for a few seconds before the screen goes dark again.

Click here to watch a video showing how to clamp your charger to the WP103 and other videos showing how to use it and the Wearfit App.

2, Whilst your band is charging if you haven't already you need to get the Wearfit APP on your phone. Your phone will probably open either iTunes or the Google Play APP depending on your phone's system.

Choose your phone's operating system below:

ANDROID | APPLE

WP103 charged up and Wearfit APP installed?

Let's move on and talk about mainly the APP for now.

Switch on Your Smart Band by pressing and holding the little square on the screen until you feel the band vibrate (let go). You should see the British Tech Logo and you know you're good to go.

Make sure your Bluetooth on your phone is switched on and start up the APP.
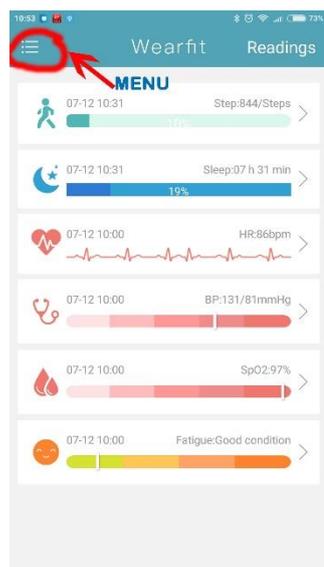
Then click the menu at the top left and then click "Device Management". On the next screen click "Connection Management". Click "Link Bracelet" at the bottom of the screen. This is a bit pedantic I know but on the next screen with the girl doing leg presses press "Link Bracelet" again.

You should then see this screen:

in this case the app found my band (F1). Sometimes this doesn't always happen - If it says it can't find it go into bluetooth settings and you can connect to the band by clicking in there. This is a bluetooth limitation and not the band - Don't sweat it once they get used to each other they will connect easier after being separated or diconnected for some reason...

Ok so we're connected? – Great!!

This screen has a day's worth of data on it so yours will look a little grey.
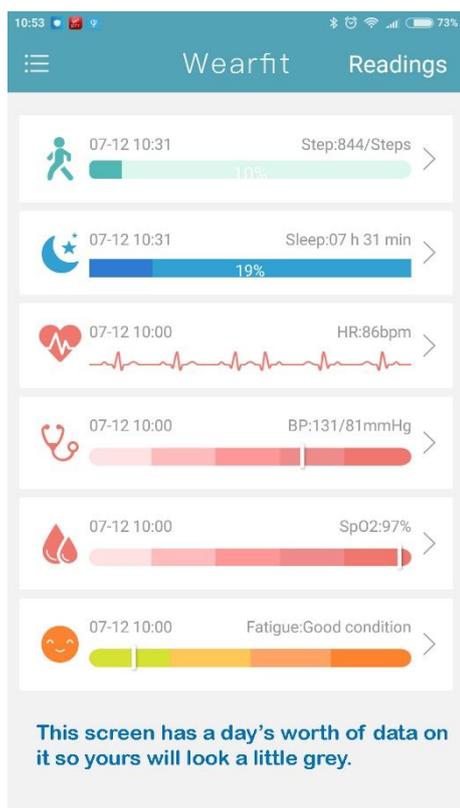
Here we are on the connected home screen. All the data is there to see and each little section leads to another section related to the subject it covers.

The thing to do first is wear the band for a couple of days now and let it collate some data before you become too concerned about how or what it's measuring. We have tried numerous fitness / health bands before deciding this was one of the best available but with them all there is a little learning curve and it's best to be patient and not in too much of a hurry.

Press each section and have a look around You will see there are options to see daily, weekly, monthly data and also options to do one off checks (you can also schedule hourly checks in Device Management.)

Anyway, just let the band do its stuff for now and in the next section I'll talk about some of the settings and options.

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MENU / Userinfo

It's important that you setup this data as accurately as you can. You have the option to use metric or imperial measures. It does get confused sometimes and even though you have setup imperial it may ask for your height in CMs. Just go to a browser and type in the address bar "CMS to INCHES" and the calculator will help you with that stuff – it's sometimes the same with KGS and Pounds. I am in the process of getting this updated so it may be fixed by the time you read this.

IMPORTANT: If the blood pressure readings are really important to you because of a health problem, on this page you can enter your BP values you get from the Doctor or Nurse *("Blood Pressure Reference Value")*. This give the band a starting guide value to work from and will make your BP monitoring more accurate. *– Don't take these values as Gospel however. They are meant as a guide as to possibly which way your blood pressure is going. These readings should NEVER replace professional medical advice.* 😊

MENU / Health Weekly

Just keep wearing your band and the data will start to accumulate.

MENU / Shake Photograph

If you set up your phone and press this. You can get in the photo and just shake your wrist and a second later the phone will take a photo.

MENU / Run

Here you can track your runs, walks, bike rides.

MENU / Device Management

Here you sort out connection to your band. Sort out message and call reminders – make your band vibrate to find it – Wrist activation (light up on turning your wrist) – Setup hourly health readings – Firmware updates.

MENU / Settings

Setup your daily step target – Connect to Google Fit (Go to Playstore / Apple Store to download that to your phone). That give you lots more sharing and maps options – The possibilities are endless! – **Reset Band:** all computers need to be reset now and again. If you have any problems with your band here is one thing to try. – **Empty Phone data**: another option but this time to clear data from the phone app. Hopefully you won't need these options – or at least not too often.

MENU / About

Version check – I'd check this every couple of weeks or so. Updates will be happening. You can also submit feedback here or suggestions if you have a great idea!!!

From the main page click on any section to access the data for that function.
(all these individual pages operate the same way even though they collect different data)
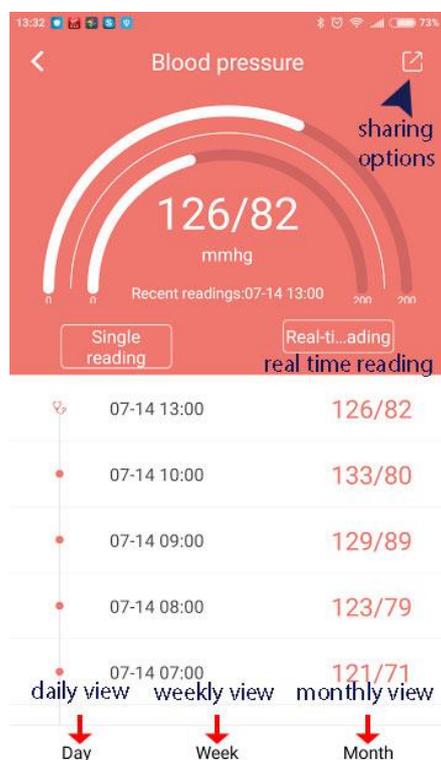
This is the first Blood pressure page when you click on that section on the main page. If you have set hourly readings they will be displayed numerically in the white section. You can scroll up and down the data.

You can share data via various platforms by clicking the share button at the top left.

At the bottom of the red section there are two buttons. One is for a one-off reading (takes about 30 secs) and the other is for "Real Time" recording. I personally think this is more useful in the Heart rate section so you can monitor your pulse during exercise and judge whether you are doing too much or not enough

For a graphical view look to the bottom of the page and press: Day – Week – Month.

(Next Page)

This is the graphical data page of the Blood Pressure section and we are in daily view. You can see near the top where it says "Today" that you can scroll back through previous days. (This is also true in weekly and monthly views so the potential for long term viewing of your health stats is really impressive!)

Please remember that each section's pages work in exactly the same way as these two blood pressure ones so this makes the app very intuitive and easy to use with a bit of familiarity.

There is a video on using the app this website:

http://britishtech.uk

IMPORTANT: In the User Info section don't forget to put Actual Blood Pressure Measurements from your Doctor or Nurse if these are important to you. We have found readings to be much more accurate with these actual readings inserted. If you're healthy enough then you can just use these as a guide like most will.

Thanks for reading I hope this guide helps. Any questions at all please go to:

http://britishtech.uk/support

HELP VIDEOS