



3+ VIBE FIT
SMARTWATCH
w/BLUETOOTH CALLING

User's Manual





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Get Started

Introducing the 3PLUS Vibe FIT smart watch, your personal fitness companion that lasts 7+ days and helps you track your everyday activity to help make fitness, your lifestyle.

What's in the box



1x Vibe FIT



1x Charging Canle



Watch Overview



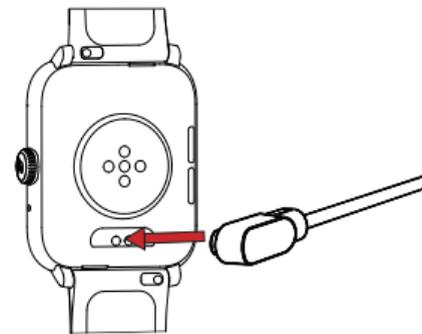
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Charging Your Watch

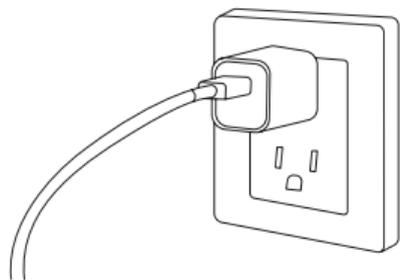
Before you set up the watch, you need to charge the battery. Use the USB charging cable provided with your watch to charge its battery. On a full charge, the Vibe Fit smart watch has a battery life of 7+ days. Battery life and time to fully charge your device vary with use and other factors.

To charge Vibe Fit

1. Attach the pins on the USB cable to the back of the Vibe Fit. The cable will magnetically snap into place when attached correctly



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2. Plug the USB cable into a power adaptor or a computer.
Plug the power adaptor into an electrical socket.
*Power adaptor is not included.

3. While your watch is charging, the screen will show the charging progress through battery percentage.
4. Once the battery is fully charged, remove it from the charger.

Notes

- The watch may become warm while charging. If the watch becomes hotter than usual, remove the watch from the charger and discontinue charging until it cools.
- This USB charging cable is specifically designed to only be used with this watch and is not compatible with other 3+ devices..
- To maximize battery life, make sure the battery is fully charged before you use the watch every time.
- Exposure to liquids or other foreign objects while using your watch may affect the charging, causing it to disconnect from the watch while charging.
- If the charging screen does not appear after connecting to a power source, check if the pins are attached correctly to the back of the watch.
- Do not charge the watch if the device or USB charging cable is wet or contains any moisture. This can cause fire, electric shock, injury or damage to the watch.



Turning the watch On and Off

To turn on your watch, press and hold the button for 2.5 seconds. To turn off your watch, press and hold the button for 4 seconds until you see the prompt asking if you want to turn off your watch. Tap to turn off the watch.

Wake Up the Watch

To preserve battery, the watch screen turns off when not in use. To turn the screen back on, you can wake up the watch by:

- Pressing the button
- Raise the wrist and turn the watch toward you.
(When "Raise to wake" is on.)



Set Up

Download the 3+ GO App on iOS or Android mobile devices. Not compatible for tablets, Windows or PC. The 3+ GO App will ask for personal information such as height, weight and sex to calculate your stride length, walking distance, calorie burn rate and basal metabolic rate. When you set up your account, your name and profile picture will be visible to other 3+ GO users.

App Set Up

Before pairing, follow these steps to set up your watch to your mobile device.

- Make sure your mobile device is running Android 5.0+ or iOS 10+ and supports Bluetooth.
- Turn on the Bluetooth on your mobile device if it isn't already on.
- Make sure your mobile device is next to your watch.
- On your mobile device, download the 3+ GO App from the Google Play store or the Apple App store and install it. Create an account or login using an existing account.
- Make sure your mobile device is connected to a mobile data or a WiFi network





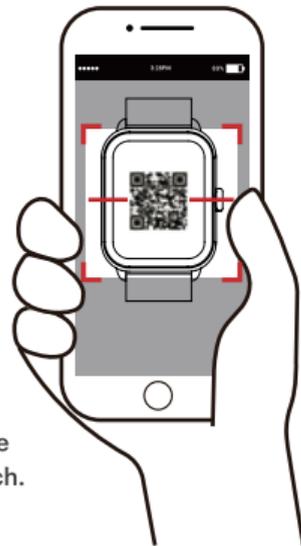
Pair the Watch

Step 1 :Before Paring

- Turn on the Vibe Fit smart watch.
- Scan the QR code with your mobile device camera to download the 3+ GO app OR download the 3+ GO app from the Apple App Store (IOS) or Google Play Store.
- Open the 3+ GO App on your mobile device.
- Create an account or login using an existing 3Plus account.

Step 2: Option 1 - Manual Pairing

- Tap "Device" at the bottom menu of your App.
- Tap "+" to search for nearby 3Plus device.
- Select your device from the list that appears on the app.
- Match the device ID number to the device ID on the 3+ GO App. Make sure the correct device is selected, then tap pair to connect the watch.



Step 2: Option 2- QR Code Method

- After selecting your preferred language from the watch, you will see a QR code on the watch.
- Tap the  icon at the top right corner on the app device page.
- Scan the QR code with your mobile device camera.

Stay Connected

- For both iPhone and Android users, set the location service to "always" under your phone privacy settings.
- Allow the "Nearby device" under your App permission in the phone settings. (Android users only)
- Go to your App and swipe down the main page to constantly sync with your watch to keep the data up to date.
- Your App also automatically syncs with your watch once a while. However, please **DO NOT** close your App and have your App always running in the background in order to always stay connected.



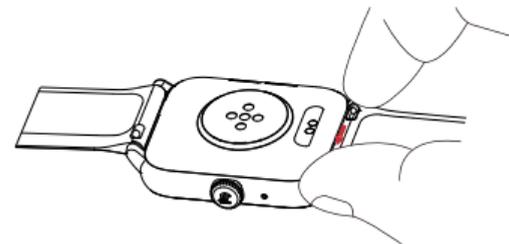
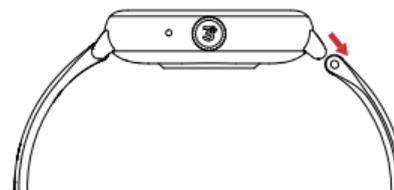
Wearing the Watch

- For best result, the heart rate and blood oxygen sensor on the back of the smart watch needs skin contact to work properly. Wearing the watch with the right fit with a little room for your skin to breath will keep your wrist comfortable and let the sensor do its job.
- You may want to tighten the watch during workouts but loosen it when you're done. The heart rate and blood oxygen sensor only works if the watch is worn on top of your wrist.
- Keep your watch and bands clean and dry to maximize comfort and prevent any longterm damage to the watch. This is important after workouts or exposure to liquids such as sweat, soap, sunscreen and lotions that can cause skin irritation.



Changing the Band

Push the quick release pin inward to release the band and pull the band away from the watch.





Cleaning the Watch

Make sure to clean the watch and the band regularly.

It is strongly recommended to regularly clean your watch's band after workouts or prolonged use. Moisture from sweat or dirt can build up underneath the band and can cause skin irritation.

Wipe down the band with a nonabrasive, lint free cloth. If necessary, the cloth can be lightly dampened with water. Allow the band to air dry. Direct sunlight, high temperatures or humid conditions may damage the band overtime.

Note*

- The 3+ limited warranty does not cover the use of 3rd party bands.

Watch Navigation

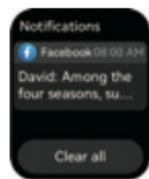
The Vibe Fit smart watch features a colorful 1.83" TFT touch screen that allows you to navigate the watch by either tapping on the screen, swiping side to side, up and down or pressing any of the buttons.

Basic Navigation

- The home screen is the watch face. From the watch face:
- Swipe from right to left to view the apps installed on your watch.
- Swipe from bottom to top to see your notifications.
- Swipe from top to bottom to open the quick settings.
- Tap and hold on the watch face to switch between different watch faces.
- Press the side button when the screen is off to wake up the screen.
- Press the side button to go back to main watch face.
- Press the side button at the main watch face to access application menu.
- Press and hold the side button 4 sec. to access the system settings for shut off, reboot or reset.



Swipe down from bottom to top to see list of Notifications



Press the button to access the main menu



Swipe Up to see more APPs



Swipe up from top to bottom to access Quick Settings



Change the Watch Face

From the watch:

- Tap and hold the watch screen.
- Swipe left and right to cycle between the different watch faces.
- Tap on the watch face to select it.

From the 3+ GO App:

- Open your 3+ GO App, then go to Device at the bottom menu.
- Tap Watch face and select Online faces.
- Choose the watch face you want to use, then Tap Download and Use.
- After the transmission is completed, the watch face will automatically change.

Activity Tracking

When the watch is connected and synced to the 3+ GO App, you can save and view your personal health related data. Only your daily activity show up on your watch. You can view previous days, weeks or months activity on the 3+ GO App.

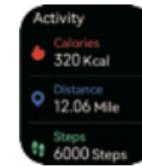
Note*

- The activity data gathered from this watch or any other related software is not intended for use in the diagnosis, or other conditions in the cure, mitigation, treatment or prevention of disease.
- The accuracy of the data recorded, including heart rate readings, may be affected by factors such as environmental conditions, skin conditions, specific activity performed while using/wearing the watch, settings of the device, user configuration/user provided information, placement of sensor on the body and other end-user interactions.

While moderate physical activity, such as a brisk walk is safe for most people, we suggest consulting with your doctor before you start a new exercise program.

From the watch:

- Swipe from left to right to access the application menu, and tap on  to open the activity page.
- Scroll up and down to see your daily steps, distance travelled, calories burned and active minutes for today.





Heart Rate

The watch can automatically measure and track your heart rate throughout the day or during workouts.

From the App:

- Tap on **Device** at the bottom menu.
- Tap on **Health monitoring**.
- Tap on **Heart rate settings** to set up your preference.

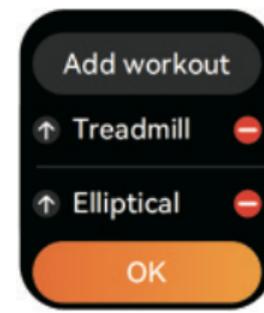
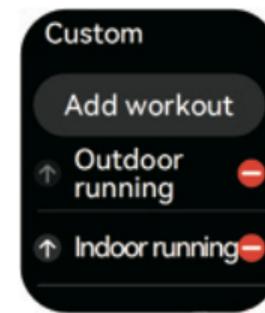
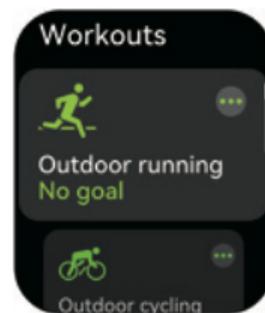
By Auto Track default, the watch will turn on the heart rate sensor every five minutes.

Record Workouts

Track specific exercises with your watch to see real time stats including heart rate data, calories burned, elapsed time, distance travelled and a post workout summary on your wrist.

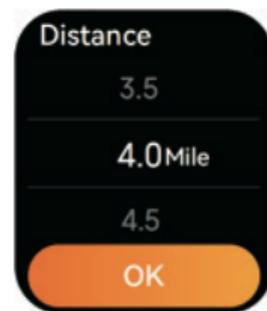
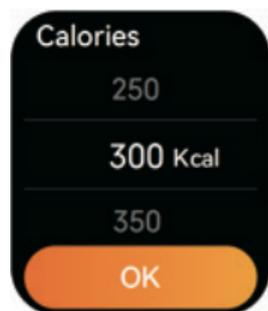
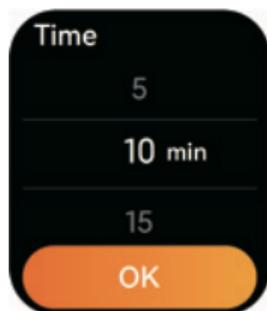
For a detailed summary of your workout and route if you used the GPS, review your history on the 3+ GO App under **Device** tab at the bottom menu.

The Vibe Fit has a connected GPS that allows you to track your run, walk or cycle route when you exercise outdoors with your phone. (Does not apply to indoor cycling workout)

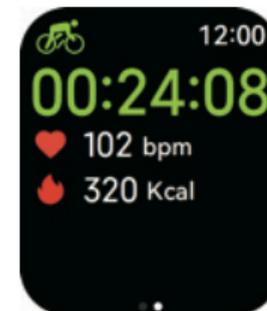




Every workout is different. Before every workout, you can set a separate goal specially for this workout. You can set a goal to exercise for a certain period of time, a specific distance or amount of calories you want to burn. Tap on the , and scroll down and up to set your goals. If you don't want to set a goal, tap icon to begin your workout.



- During your workout, scroll up and down the screen to see your real time stats.
- For walks and runs the real time stat changes between distance, steps and calories burned.

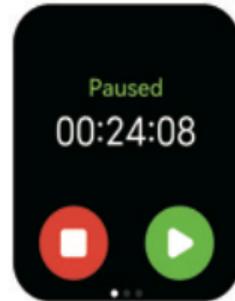




When you're done with your workout or want to pause, press the side button to pause.

Tap  to resume your workout. Tap  when you finish your workout.

When prompted, confirm you want to end your workout. After you ended the workout, your summary will appear.



Blood Oxygen SpO2

The watch has Blood Oxygen sensor to monitor your oxygen level throughout the day. Oxygen saturation refers to oxygen-saturated hemoglobin relative to its total amount in the blood. A level of over 95% in vascular blood is considered normal.

From the Watch:

- Go to main menu page.
- Tap on  to start.
- After the measurement, the watch will display the measurement result.

Precautions before you measure your Blood Oxygen:

- Wear the watch to a finger distance from the wrist bone; wear the watch tightly.
- Place your arm on the table for measurement with the watch screen facing up.
- Please stay still during the measurement.
- Factors such as hair, tattoos, shaking, low temperature and improper wearing may affect the results.
- This function is for reference only and should not be used as the basis for medical diagnosis.



Notifications

Stay connected with events, notifications, messages and incoming calls from your smart phone. When you receive a notification, your watch will vibrate and display a small preview or alert.

To view a list of your recent notifications:

- From the watch face, swipe up from the bottom of the screen to open your recent notifications.

To clear all notifications:

- From the watch face, swipe up from the bottom of the screen to open your recent notifications.
- Swipe all the way down then tap on the trash can button 

Favorite Contacts

Open 3+ GO app->Go to Device ->Tap contacts-> Tap "Open" button-> Select the contact number to add to your list.

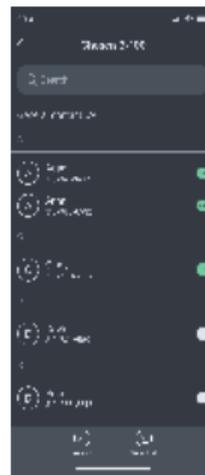
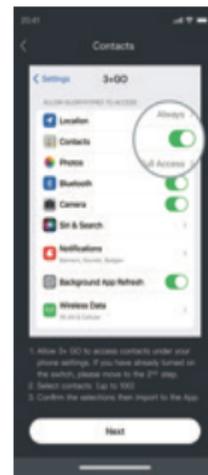
Bluetooth Calling

Make Calls

There are multiple ways to make calls on your watch.

Tap  on main menu -> Dial the number you want to call.

Tap  on main menu -> Choose the person you want to call from the list. (The person you want to call must already be in your Favorite Contacts list.)





Answer Incoming Calls

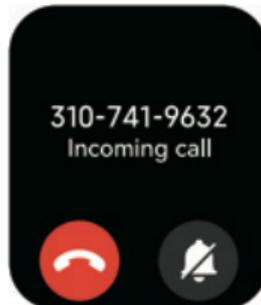
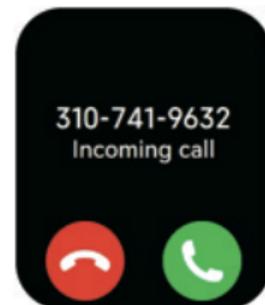
Tap  icon to accept a call.

Decline Incoming Calls



Tap  icon to reject an incoming call.

Tap  icon to silence of an incoming call (Android Only).



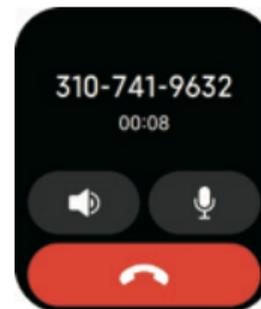
Adjust Speaker Volume During A Call

Tap  icon to adjust the volume of the speaker

Tap  icon to mute yourself. You can tap the same icon again to unmute.

Call History

Tap  icon on main menu to view call history on watch





Music

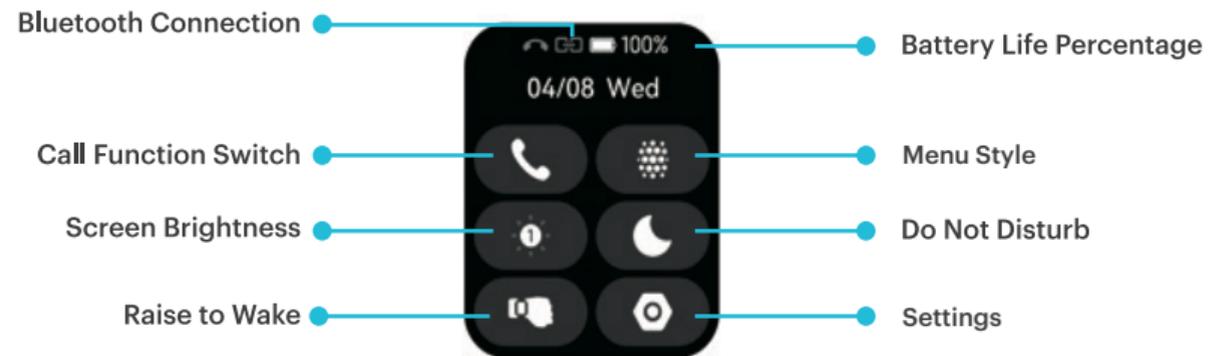
Control music, podcasts, audiobooks and more playing on your mobile device. From your watch you can switch between songs and increase or decrease volume. The watch can support online and offline music playback from popular apps such as Spotify and Pandora as well as music that is downloaded onto your phone. A premium subscription is not necessary to control your music. It works as a music play controller from your wrist.

Weather

Check the weather in your current location or select a city around the world in your weather app. By default, the weather is set to your current location. If the weather does not appear, check that you've turned on location services for the 3+ GO App. Also check and see if you have allowed the "Nearby device" under your phone App permission. (Android users only) If you change your current location, open your App and swipe down the main page to sync your watch with the app for an updated weather location information. Your App also automatically syncs with your watch once a while, please DO NOT close your App and have your App always running in the background in order to always stay connected.

Quick Settings

To open the Quick Settings:
On the watch, swipe down to access the menu.





Call Function Switch

You can set the bluetooth call function according to your needs.

- From the watch face, swipe down to access the quick settings menu.
- Tap  icon to turn on or off the bluetooth call function.

Find My Phone

If you misplace your phone in the couch cushions or if it hides under blankets, you can ping your phone from the watch.

- From the watch face, swipe down to access the quick settings menu.
- Tap  to ping your phone.
- Listen for the pings coming from your phone.
- When you find your phone, tap on your watch screen to stop the pinging.

Adjust the Brightness

Adjust the watch's display brightness depending on the time of the day.

- From the watch face, swipe down to access the quick settings menu.
- Tap  Adjust the level of brightness by tapping on 1 to 5 for the brightness level.

Do Not Disturb Mode

You can set the watch not to vibrate and turn off the screen when a notification, except for alarms, is received.

- From the watch face, swipe down to access the quick settings menu.
- Tap 



Update, Turn On/Off and Reset

Some issues can be troubleshooted by updating, restarting or resetting the watch.

Update

Keep your watch updated to get the latest feature improvements and product updates.

When an update is ready to install, you will receive a notification from the 3+ GO App. After you start the update, a progress bar will appear on the app and on the watch. Make sure your watch and app are near each other during the update progress. Before you update the watch, make sure your watch is charged at least 30% or more before you update.

Restart

To restart your watch, Go to main menu from your watch and tap on settings icon. 

Scroll down the menu and tap on System settings. Tap on Restart and tap on  to restart your watch.

Restarting the watch will only turn off and then turn on the watch. All your setting will not change.

Factory Reset

If you want to give your watch to another person or wish to return it, clear your personal information first by factory resetting the watch. You can factory reset from the watch.

From the 3+ GO App:

Tap on **Device**

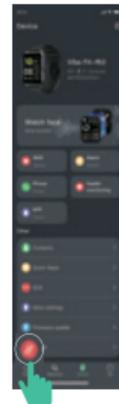
Select **Unpair**

Tap **Confirm to Unpair**

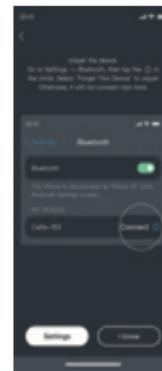
Note *

For iPhone users:

Please remember to forget Bluetooth connection from your phone Bluetooth Settings.



iPhone users ONLY





General Information and Troubleshooting

Sensors

The Vibe Fit is built with the following hardware:

- 3-axis accelerometer
- Optical heart-rate tracker
- Phone assisted GPS
- Bluetooth Calling
- Vibration motor
- Bluetooth 5.3 radio receiver
- Blood Oxygen Monitor

Battery

The Vibe Fit has a rechargeable lithium-polymer battery.

Display

The Vibe Fit has a color TFT display.

Memory

The watch can store your daily activity information on the watch for 7 days. This includes your steps, distance travelled, active minutes, calories burned, and workouts. We recommend syncing your watch to the app at least once a day.

Operating Conditions

- 14° to 113° F (-10° to 45° C).
- IP68 ingress protection ratings grade, suitable for daily use. Do Not swim or shower with it.

Heart Rate is Not Showing

The watch can continuously track your heart rate throughout the day and when you're exercising.

If the heart rate sensor is unable to track your heart rate, please check if you're wearing the watch correctly.

If not, move it higher or lower on your wrist by tightening or loosening the band. Make sure the heart rate sensor is in contact with your skin.



Other Issues

If you experience any of the other following issues, try restarting your watch and your mobile device before trying again.

- The watch failed to update.
- The watch will not sync to the 3+ GO App.
- The watch is not responding to screen taps.

For more information, you can contact our Customer support (see last page).

Regulatory and Safety Information

FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

Warning

Changes of modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio



frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment :

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

RF WARNING STATEMENT:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure conditions without restriction.

BATTERY WARNING:

This device uses a lithium-ion battery. If the following guidelines are not followed the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and/or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.



SAFETY INFORMATION:

- Please charge the watch when it has low power.
- Do not leave the watch in a damp environment or expose it to liquids when charging.
- Please use our standard charging cord to charge the watch.
- Do not expose the watch under extreme temperatures.
- Do not place the device near a fire and avoid contact between the watch and any other sharp objects.
- Do not misuse the watch, including but not limited to, dripping, dismantling, disassembling, puncturing, baking, burning, etc.
- Do not clean the watch with an abrasive cleaner.
- Keep it out of reach of infants as small parts may cause choking.
- For the latest up-to-date manual version, please visit our website at **3plususa.com**.

Customer Service Support

If you have any questions or you have other questions about the warranty, repairs and etc, 3Plus customer support is ready to help. 3Plus customer support is available Monday - Friday from 8am to 3pm PST.

- Toll Free 1 866-592-0184
- Email: service@3plususa.com

