

BFH-155 User manual



Safety information

Please read the safety instructions carefully before using the product for the first time and keep the instructions for future reference.

1. This product is not a toy. Keep it out of reach of children.
2. Warning: This product includes lithium polymer battery.
3. Keep product out of the reach of children and pets to avoid chewing and swallowing.
5. Product operating and storage temperature is from 0 degree Celsius to 40 degree Celsius. Under and over this temperature might affect the function.
6. Never open the product. Touching the inside electric parts can cause electric shock. Repairs or service should only be performed by qualified personnel.
7. Do not expose to heat, water, moisture, direct sunlight!
8. Please remove the fitness bands in case of any leakage or excessive heat from the product to avoid burns or rash.

How to charge DENVER BFH-155



1. USB charging port in top of the pedometer



2. Push one side of the pedometer out, and pull



3. Then you will find the USB charging port



4. Insert it into a PC, or USB charger to charge the fitness band

1. Before Use

Please ensure that the wristband is sufficiently charged before your first use. If the power is too low to boot up, please charge it before use.

2. Download the "LEFUNG HEALTH"



Method 1:
Scan the QR code (For Android users)

Method 2:
Search "LEFUNG HEALTH" from the Apple Store or the Android Market

3. Bind APP

Long touch the bind key to boot up, please make sure the BT of your phone is activated—Open the "LEFUNG HEALTH" APP in your phone—Tap the menu bar on the top left corner—Tap "Device Name /Connection Status"—The APP will begin to search for your device—Choose MAC IMEI whichever matches—Select the found device and connect with the smart phone.

4. Smart Band Operation

After the wristband is connected successfully, it will synchronize with the time and date from your phone. The APP will synchronize the data, such as pedometer, distance, heart rate monitor, and calories burnt found.

5. Basic Functions

- Home page: Display time, date and power, etc.
- Smart alarm clock: Set alarm in the APP only, it will vibrate to alert you.
- Pedometer: Counts your steps in a day, resets every 24 hours automatically, you can check the history in the APP.
- Calories: Counts the consumption of calories, resets every 24 hours automatically, you can check the history in the APP.
- Distance: Counts the distance covered, resets every 24 hours automatically, you can check the history in the APP.
- Heart rate monitor: Switch to the interface of Heart Rate Monitor, it will take a reading automatically, and save the data in the APP.

- Sedentary reminder: In "Band function setting" (on the App), Turn on the function of Sedentary reminder and set the time, it will vibrate to notify you.
- Water drinking reminder: In "Band function setting" (on the App), turn on the function of Water drinking reminder and set the time, it will vibrate at the set time.
- Smart anti-lost: In "Band function setting" (on the App), Turn on the function of smart anti-lost, the band will vibrate when the phone is out of Bluetooth reach (7-9M).
- Message notification: When the phone receives a message from What's App, WeChat, SMS, the band will display a summary of the messages and vibrate.
- Incoming call reminder: When there is an incoming call, the band will display the contact name/number on the screen.
- Shake for selfies: In "Band function setting" (on the App), open this function, then select "Shake for selfies" in the menu bar, this will work when you open the camera on your smartphone- shake the band to take a photo.
- Search device: Click "Search device" (on the App), in the menu bar, the band will vibrate to help you locate it.

Please notice - All products are subject to change without any notice. We take reservations for errors and omissions in the manual.

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Electric and electronic equipment and included batteries contains materials, components and substances that can be hazardous to your health and the environment, if the waste material (discarded electric and electronic equipment and batteries) is not handled correctly.

Electric and electronic equipment and batteries is marked with the crossed out trash can symbol, seen above. This symbol signifies that electric and electronic equipment and batteries should not be disposed of with other household waste, but should be disposed of separately.

As the end user it is important that you submit your used batteries to the appropriate and designated facility. In this manner you make sure that the batteries are recycled in accordance with legislature and will not harm the environment.

All cities have established collection points, where electric and electronic equipment and batteries can either be submitted free of charge at recycling stations and other collection sites, or be collected from the households. Additional information is available at the technical department of your city.

Hereby, Inter Sales A/S declares that the radio equipment type BFH-155 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: denver.eu and then click the search ICON on topline of website. Write model number: BFH-155. Now enter product page, and RED directive is found under downloads/other downloads.
Operating Frequency Range: 2412-2484 MHZ
Max Output Power: 0.28W

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