

DENVER[®]

BFH-14 FITNESS BAND

User's Guide



www.denver-electronics.com



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ENGLISH

1. Features

- 0.96" 96x64 LCD Color Display
- Built-in HR sensor, monitor your heart rate
- Support multi-sport mode (Walking, Running, Cycling, Swimming, Climbing)
- Monitor your daily activity and sleep
- Built-in sedentary reminder
- Display SMS, emails, calendar events and social media activity
- Smart wake-up, raise or shake your arm to wake up the device
- Built-in 90mAh Li-poly battery, up to 15 days standby time
- Compatible with iOS8 or above and Android 4.4 or above
- IP68 waterproof

2. Download Denver BFH-14 app

The fitness band need to pair with the smart phone through app. Search for Denver BFH-14 APP on Apple App Store or Google Play store for android version or scan below QR code to install **Denver BFH-14 APP**.

Android



iOS



This device is enabled with Bluetooth 4.0, support phone with Android4.4/ iOS8 or above

3. Pair the device

Please make sure the Bluetooth is ON in your smart phone

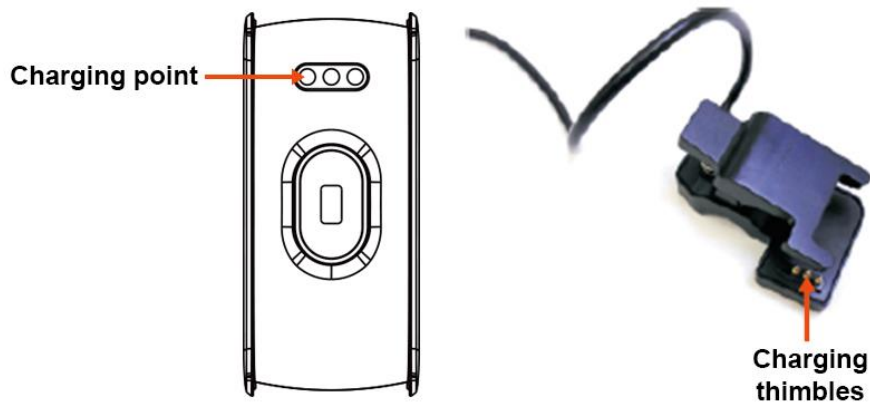
settings and then open app “Denver BFH-14”. Tap “Connect the smart watch” on Settings --> Select the image of “Smart Bracelet” for connection.

When searching and pairing device, please press on the touch area of device and activate the device (screen on). App will search the device automatically, select the device name in the smart phone searching list and connect the device to the app.

After binding successfully, all information on device will sync on APP, including time, steps, heart rate and notifications reminder.

4. Device Activate & Charge

Make sure the device is charged before initial use. In case device is low on battery, connect the device to the charger clip and connect USB cable to your PC. The device will automatically boot up (please clamp the charging clip to the back 3 point position of bracelet as below)



5. How to use






Touch Area

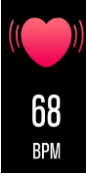



Tap: function switch

Long press: activate, mode switch



Once the device connected to the app successfully, it will sync your activities and sleep data automatically, please press the touch area on the device to switch into different display modes as following:

Time Mode	
Steps	
Distance	
Calories	
Sleep Monitor	

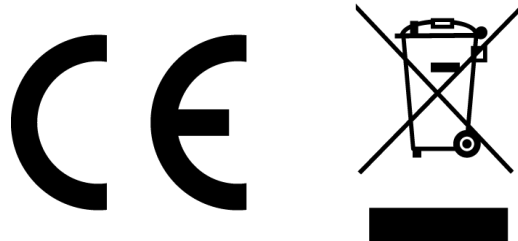
Heart rate Monitor	
Multisport Mode	
Message	
More	

Note: Long press touch area:

On Time Mode interface	Change different time interface
On Sports interface	Enter Sports Mode, with 5 different sports mode : Walking, Running , Cycling, Swimming, Climbing
On More interface	Enter Find Phone, check the fitness band details and turn off this device

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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 below. 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-14 is in compliance with Directive 2014/53/EU. The full text

of the EU declaration of conformity is available at the following internet address:

Please enter: www.denver-electronics.com and then click the search ICON on top line of website. Write model number: BFH-14

Now enter product page, and red directive is found under downloads/other downloads.

Operating Frequency Range: 2.402GHz—2.480GHz

Max Output Power: 4.0DB

Imported by:

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