



iOS



ANDROID



## How to get started?

Make sure you have turned on your FGV HERO and that it's linked to your cell phone bluetooth. The first time it is displayed, FGV HERO App will display the start screen

Press the option "**Bind bracelet**"

iOS

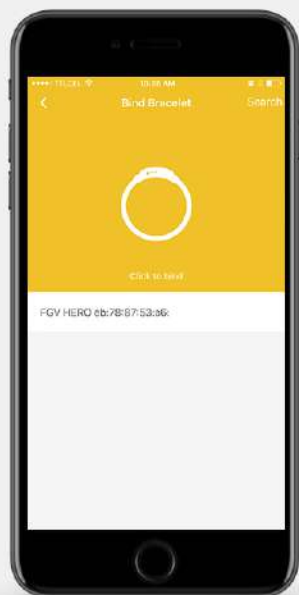
ANDROID



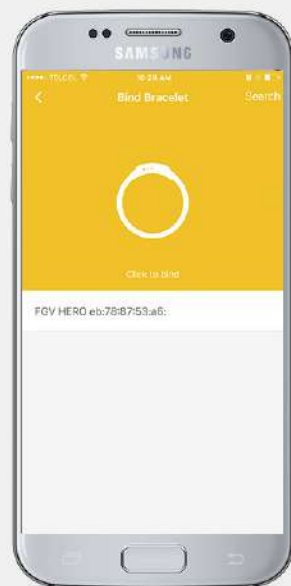
The app will inform you of the scanning that is taking place at that time

It will display "**Scan**".

iOS



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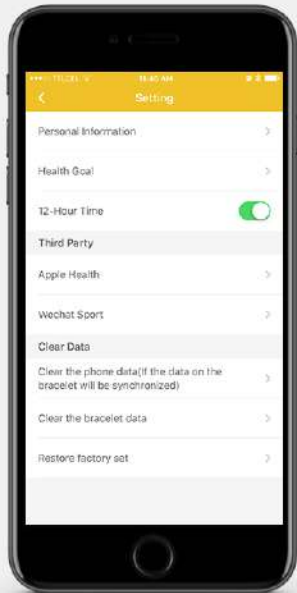


Once you have found your FGV HERO it will ask you to confirm the pairing and then it will appear written:

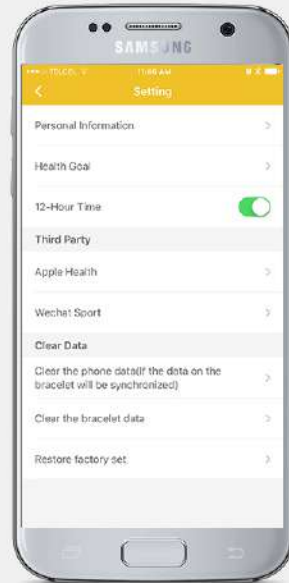
"FGV HERO #Bluetoothdata"

Click on the name to bind bracelet

iOS

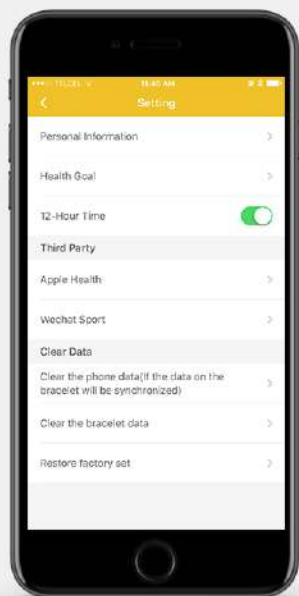


ANDROID



Selecting the option will redirect you to the screen to edit your data **“Setting”**

iOS



ANDROID



## SYSTEM SETTINGS

The first screen that appears after you have installed your FGV HERO to your phone allows you to adjust several parameters described below:

### Personal information

In this section you can enter all your parameters, to obtain results in line with their shape and physical aspect.

Adjust the information according to your person.

### Health Goal

You can modify the number of steps you want to perform.

### 12-Hour Time

It allows you to display the time in a 24-hour format

### Clear the phone data or Clear the bracelet data

You can choose to erase the data from the phone and also erase the data from the bracelet.

### Restore factory set

To restore the bracelet to factory settings

iOS



ANDROID



## Application measures

To start a measurement, be sure to set correctly your FGV HERO.

Start the application and touch one of the measurement characteristics.

On the measurement screen you will see the recorded values and you can choose "**Real-time Measure**" or "**A single Measure**".

You can also choose to share each one of the individual measurements in the box that is in the upper right corner. The application will show you all the social options available, simply select the desired mode and share the results with whoever you want.



iOS



ANDROID



## Step counter

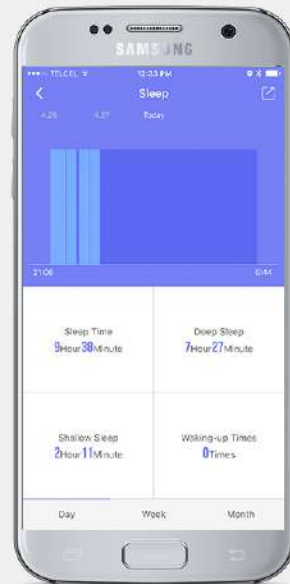
It shows the number of steps performed, the number of kilometers traveled (according to the steps) and an estimate of calories that have been burned during the walk. You can view the data by day, week and month.

To visualize the route you must start the GPS on your cell phone and the "**Run**" option located in the main menu.



iOS

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## Sleep quality

Display quality deep sleep, light, total sleep time and number of times awakened.

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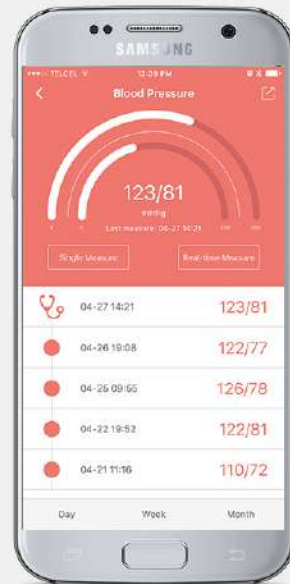


## Heart Rate

Measurement of heartbeats and beats per minute. The process is performed without shaking your wrist. You can choose the visualization in real time, by day, week, month or a single measurement.

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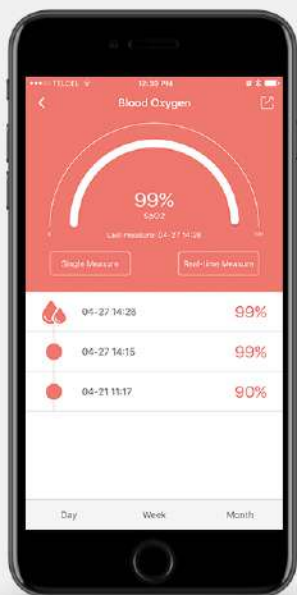


## Blood Pressure

Measurement of blood pressure. The process is done without shaking your wrist. You can choose to display in real time, by day, week, month or a single measurement.

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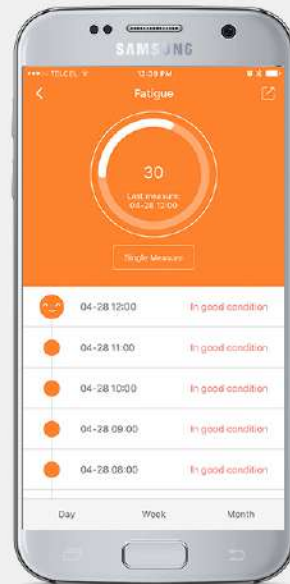
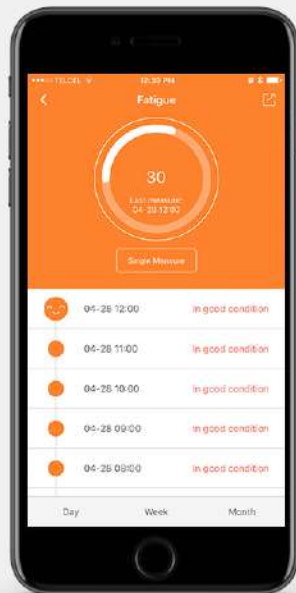


## Blood Oxygen Level

Measurement of the percentage of oxygen in the blood. The process is performed without shaking the wrist. You can choose between real-time display, per day, week, month or a single measurement.

iOS

ANDROID

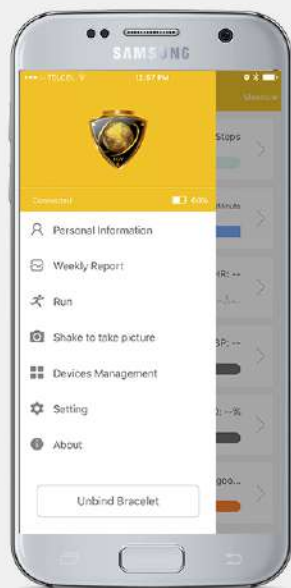
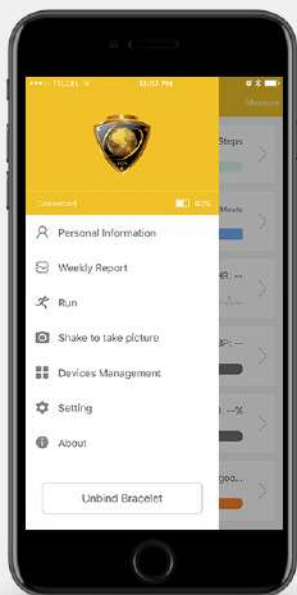


## Fatigue Level

Indicates the current fatigue level, during the day, week, and month.

iOS

ANDROID

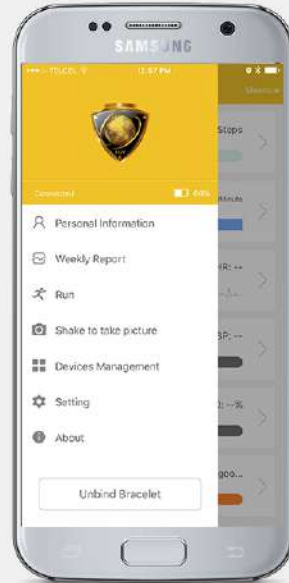
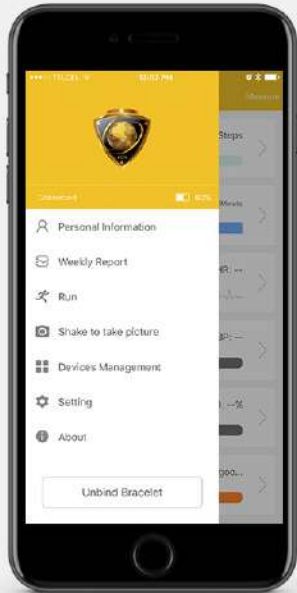


## Main Menu

You can access the main menu in the icon that appears in the upper left corner.

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## Personal Information

You can modify your information. Refer to "**System Settings**" on page 5.

## Weekly Report

You can view the data stored in all the measurements of each week.

## Shake to take picture

You can take a picture from the FGV HERO App and your FGV HERO. Select the "**Shake to take picture**" option and simply shake your wrist so that the photograph is captured.



iOS



ANDROID



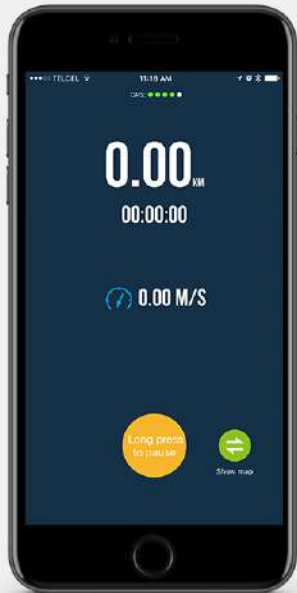
## Run

If you have a route by either walking or running, you can keep track of not only the number of kilometers traveled; But also with the "**Run**" option, you can view the route you performed.

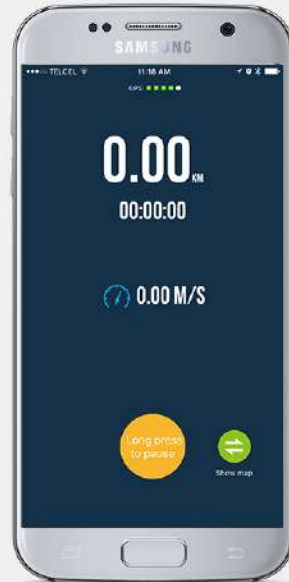
To do this, you must first activate the GPS on your cell phone.

Press the start button to start the route

iOS



ANDROID



## Run (Part 2)

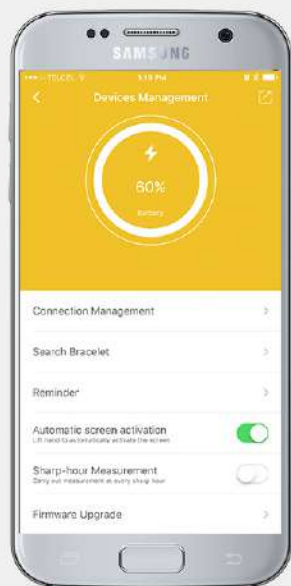
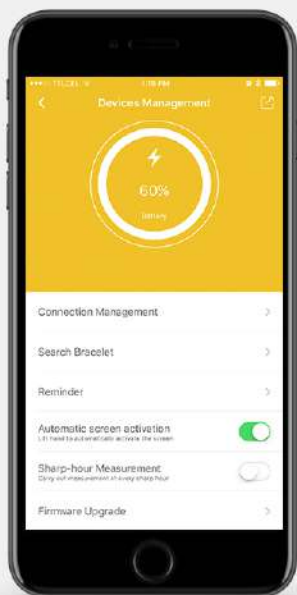
To pause or end the route, press and hold the yellow button.

If you paused and need to continue, press the "**Continue**" button (green) or if you want to end the route press the "**End**" button (red).

If you end the route it will display the route you performed, the number of kilometers you traveled, the total time of the walk, the average speed during the walk and the average caloric expenditure during the walk.

iOS

ANDROID



## Devices Management

### Connection Management:

Allows you to visualize the connection of the bracelet with the application. From this option you can also unlink the bracelet.

### Search Bracelet:

When you press this option, the bracelet will vibrate.

### Reminder:

#### Call Notification. –

When you select this option, the bracelet will vibrate when you receive a call on your cell phone.

#### Message Notification. –

When you select this option, the bracelet will vibrate when you receive a text message on your cell phone.

#### Alarm Clock. –

Selecting this option will make the alarm sound every 45 minutes if the bracelet detects a sedentary lifestyle. You can program the number of hours this alarm can sound.

#### App Notification. –

There are different notifications of social networks that can appear in your FGV HERO. In this section you can select which notifications to receive.

#### No-disturbing Mode. –

This section allows you to program the notification times indicated in the section "**Alarm Clock**" and "**App Notification**". NOTE: This will only allow your bracelet not to vibrate when receiving notifications on your cell phone. This option is suggested at bedtime.

### Automatic screen activation:

When you select this option, the screen of your FG HERO will light up, as you move your wrist when the time is displayed.

### Sharp-hour Measurement:

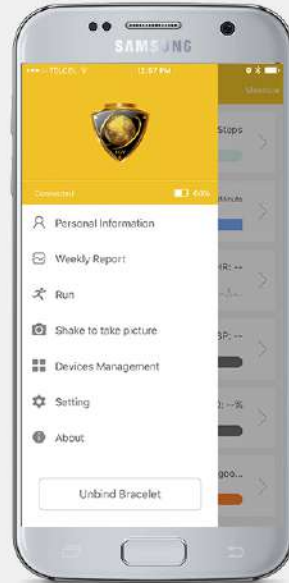
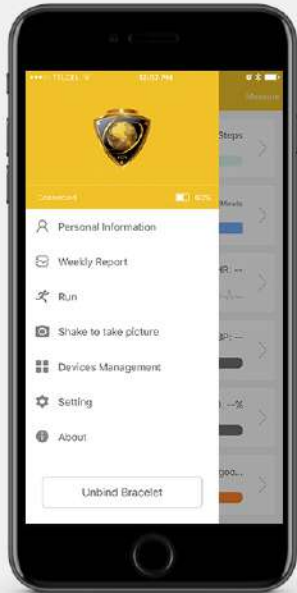
When you select this option, your FGV HERO will record your measurements every half hour.

### Firmware Upgrade:

You can update the firmware by pressing the date displayed on this section.

iOS

ANDROID



## Setting

You can modify the system data. Refer to the "**System Settings**" section (page 5) for more information.

## About

It gives information of its current version and allows you to visualize some advice and, if necessary, to request help.

## Unbind Bracelet

You can press this option to unlink your bracelet in case you need to link another bracelet or if you can't visualize data, press this option and try the bracelet link again.



FGV

HERO

### \* Legal Disclaimer

The measurements are for self-evaluation only and are not intended to substitute any clinic or medical diagnostics or measurements. All values should be considered ambulatory measurements and are subject to variants with a high grade of tolerance in the accuracy. Please consult your doctor or therapist in case of inconsistency in the values measured, or in any case which the measurements indicate any normal or abnormal results. Important: People with pacemakers and pregnant women should not use stones products. If you are in doubt, consult your doctor or pharmacist. Legal Information: stones products are considered unproven remedies and their action is not recognized in regular medicine. Stones products are not to be seen as a substitute for medically prescribed treatments. Consult your Doctor before use.

DO NOT USE IF YOU ARE PREGNANT, WEAR A PACEMAKER, OR ANY OTHER FORM OF ELECTRICAL IMPLANT OR DEVICE FOR MEDICAL REASONS OF ANY KIND.