



Pulse

Multisport HR Fitness Tracker

Quick Start Guide

ID115Plus HR

delvfire.com



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and claim...

1 Year free warranty

The easy way to register - simply visit:
www.delvfire.com/warranty
and complete the online registration



e: info@delvfire.com
w: www.delvfire.com

PHONE / TABLET REQUIREMENTS



iOS 7.1 & above



Android 4.5 & above



Bluetooth 4.0

QUICK START GUIDE

1. Download the VeryFitPro App

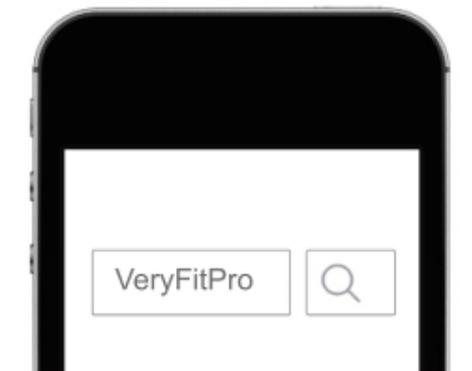
To set up your tracker you will first need to pair it with your phone/tablet using the VeryFitPro app. There are 2 options for downloading and installing it:

Option 1: Search for 'VeryFitPro' in the App Store

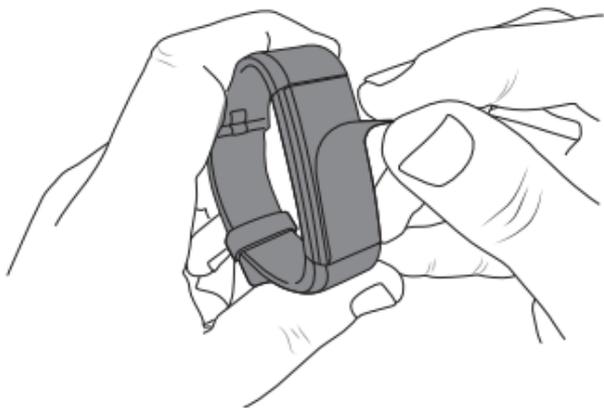
Search for and download the VeryFitPro app from the Apple App or Google Play stores. **If you are installing on an iPad, you will need to select the 'iPhone Only' search option in the Apple App Store to reveal the English version of the app.**

Option 2: Scan QR Code to Download the App

Use a QR code scanning app on your phone/tablet to scan the QR code below. This will open the corresponding app store ready for you to download the VeryFitPro app.



2. Remove Screen Protector



Your new tracker is fitted with a screen protector to protect it whilst in transit. To remove the screen protector, lift the tab located at the top right corner of your tracker's screen and slowly peel it back.

3. Charge Your Activity Tracker

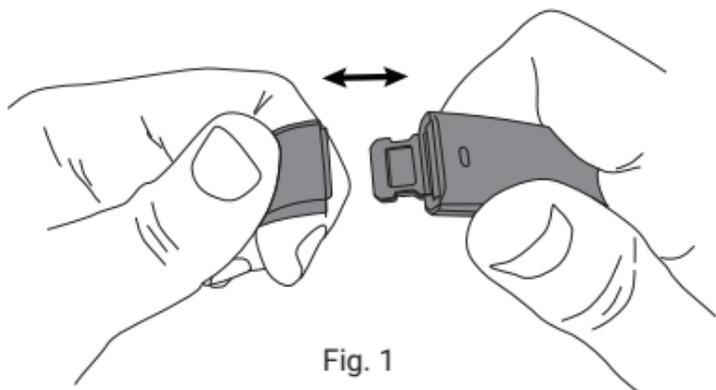
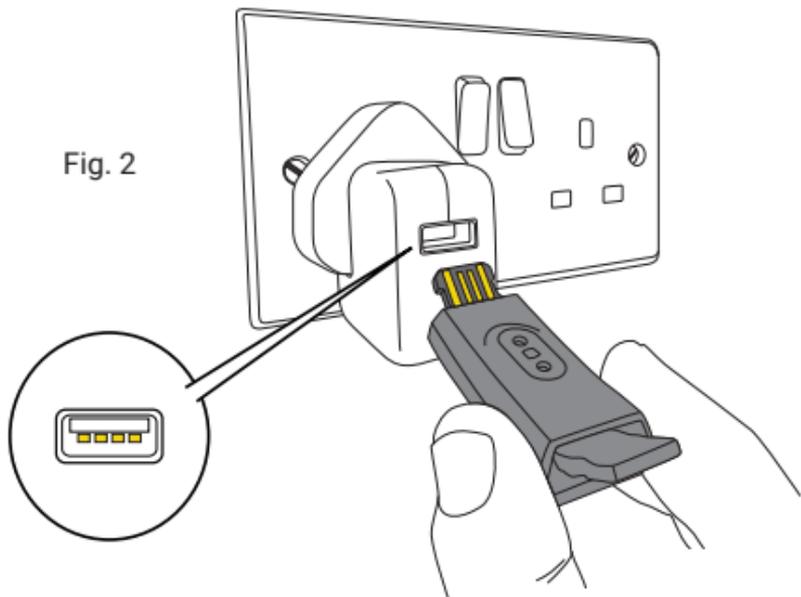


Fig. 1

Before using your tracker for the first time we highly recommend that you fully charge it first. To do this, remove both straps from the body of your tracker (Fig. 1) to expose the 4 gold coloured USB charging strips.

Fig. 2



Plug in the body of your tracker directly into a USB socket, ensuring that the 4 gold coloured charging strips on the tracker are facing the 4 charging contacts inside the USB socket (Fig. 2).

Fig. 3



Once plugged into a USB socket, a red light will illuminate and a charging icon will appear on screen to indicate that your tracker is charging. If the red light does not illuminate, check

that you have plugged in your tracker the correct way round, and that the gold coloured charging strips on your tracker are facing the 4 contacts inside the USB socket.

Your tracker will take around 1 hour to fully charge, after which time the red light will go out to indicate that it's fully charged. A full charge will last around 5-7 days.

You can charge your fitness tracker using a USB socket on any computer, phone/tablet charger or power bank.

4. Set Up Your Activity Tracker using VeryFitPro

On your phone/tablet, ensure that Bluetooth is turned on (Settings > Bluetooth) and open the VeryFitPro app that you installed earlier.

1. When prompted, allow VeryFitPro to send notifications and access to Apple Health/Google Fit if desired.
2. On the next page, keep swiping left until you get to the 'Add Device' page.
3. Tap **ID115Plus HR** in the device list, wait a few moments for a tick to appear and tap 'Confirm Device'. Your activity tracker will vibrate briefly to confirm which device you are pairing.
4. When the Bluetooth Pairing Request pop-up appears, tap 'Pair' to complete the pairing process.
5. Enter your personal stats and set goals for steps and sleep to finish the set up process.

If the VeryFitPro app fails to find your tracker, restart your phone/tablet and check that Bluetooth is turned on. Plug your tracker into a USB socket, open VeryFitPro and tap 'Refresh' to refresh the device list on the 'Add Device' page.

USING YOUR TRACKER

Tapping

Tapping the function button at the bottom of the screen will scroll through the different functions available.

Press and hold

Pressing and holding down the function button will activate a function or open a sub-menu.



1.1 Date / Time

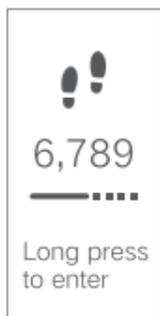
The date/time on your tracker is synchronised to your phone/tablet's date/time via the VeryFitPro app during set-up and each time you transfer your activity data.

1.2 Time Format

If you wish to change your tracker's 12/24 hour time format, you must change this in your phone/tablet's settings and then resynchronise your tracker with VeryFitPro by swiping down anywhere on the main page of the app.

1.3 Alternative Watch Faces

You can choose between 4 different styles of watch face by opening the VeryFitPro app and selecting **Device > More > Dial Settings**.

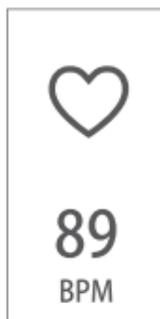


2.1 Steps

To see how many steps you've done for the day so far, scroll to the Steps page (by tapping the function button). Beneath the step count is your goal progress bar. The solid line represents your completed steps and the dotted line represents steps required to meet your daily goal.

2.2 Additional Stats

To access stats for Active Minutes, Distance and Calories Burned, press and hold the function button for 2 seconds whilst still on the Steps page, then tap as normal to scroll through the information.



3 Heart Rate

To view your heart rate, scroll to the Heart Rate page (by tapping the function button). Wait around 2 seconds for your heart rate reading to appear. The beats per minute (BPM) figure will then update every 0.5 seconds. It may take 10-15 seconds for the reading to stabilise. It should be noted that automatic heart rate monitoring happens throughout the day by default. If desired, this option can be switched from automatic to manual-only readings from within the VeryFitPro app. This can also help to extend the amount of time between charging.

We recommend when taking a heart rate reading that you adjust your tracker's strap so that it is tighter than normal. You need to ensure that the sensor on the underside of your tracker is in good contact with your skin.



12:45^{PM}

Mon

4.1 Alarms

Within the VeryFitPro app you can enable up to 10 alarms per day. Alarms can be used as reminders to do certain tasks throughout the day or simply to wake you up in the morning.

When an alarm is triggered, your fitness tracker will quietly vibrate on your wrist. You can stop the alarm by simply tapping once on your tracker's function button.



12:45^{PM}

Mon

4.2 Disabling Alarms

If you wish to temporarily disable alarms, scroll to the Alarms page on your fitness tracker (by tapping the function button). Once at the Alarms page, press and hold the function button for 2 seconds to disable them. You can re-enable alarms by pressing and holding the function button again whilst on the Alarms page.



Long press
to start

5.1 Sports Mode

Your fitness tracker is capable of tracking 14 different sports modes. You can start up to 3 of these modes from your fitness tracker. By default these are Walking, Running and Cycling. If you wish to customise which sports modes you wish to be able to start from your tracker, open the VeryFit Pro app and select **Device > More > Activity Display**. To replace one of the existing sports modes, swipe left over the mode you wish to remove and tap Delete to remove it. Tap the (+) button (top right of the app) to add your desired sports mode.

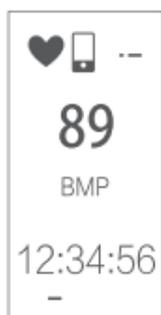
3
2
1
GO

5.2 Starting a Sports Mode

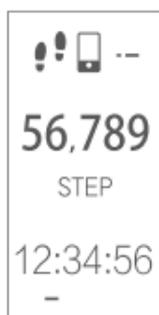
To start a sports mode, scroll to the desired sport on your fitness tracker (by tapping the function button). When the desired sport is selected, press and hold the function button. A count of 3 and then 'Go' will appear to signify that tracking for this activity has started.

5.3 Sports Mode in Progress

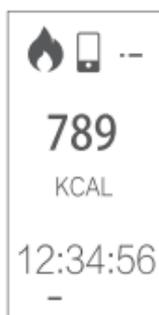
Once sports mode has started you can review your progress along with other information by tapping the function button.



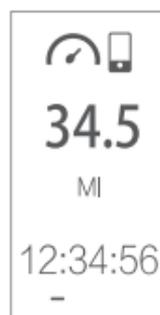
Heart Rate



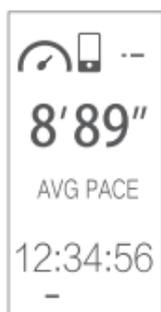
Steps



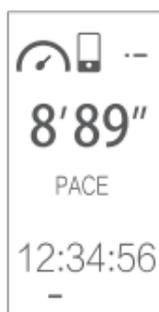
Calories



Distance



Avg. Pace



Pace



Time

Short
training
session!

Not
saved

5.4 Stopping Sports Mode

To stop a sports mode in progress, simply press and hold the function button on your tracker for around 2 seconds.

If you stop a sports mode after less than 1 minute of activity, your session will not be saved and 'Short training session! Not saved' will appear on screen to confirm this.



Good!

If you stop a sports mode after 1 minute or more of activity, your training session will be saved and a thumbs up icon will appear to confirm this. You can then review your stats for this training session by repeatedly tapping the function button.

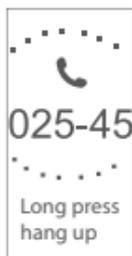


6 Remote Camera Control

To take a photo remotely using your fitness tracker, open the VeryFitPro app, tap **Device > Camera** (allow VeryFitPro access to your phone/tablet's camera if prompted). Position your phone/tablet in the desired location for taking a photo, then tap the function button on your tracker to take the shot. If **Device > Lift the wrist bright screen** is enabled in the VeryFitPro app, rotating or flicking your wrist will also trigger your phone/tablet's camera.



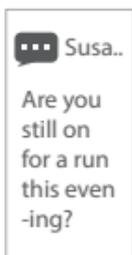
Tip: Once you have finished taking photos, you can exit Remote Camera control by pressing and holding the function button on your fitness tracker.



7 Call Alerts

If you want to see incoming phone calls displayed on your fitness tracker, you will first need to enable this option from within the VeryFitPro app. To do this, open the app and tap **Device > Call Alert** and enable the Call Alert option. Once enabled, tap the tick button (top right of the app) to confirm. (Tap 'Pair' if prompted).

When receiving an incoming call, you can reject it by pressing and holding your fitness tracker's function button.



8 Message Alerts

If you wish to see SMS and Social app messages displayed on your fitness tracker, you will need to enable this option from within the VeryFitPro app. To do this, open the app and tap **Device > SNS Alert > Allow Notifications** (tap slider), then tap the slider for **SMS** to see incoming text messages. Tap the tick button (top right of the app) to confirm your selection. Also, tap sliders for any of the desired social apps and tap the tick button (top right) to confirm your selection. (Tap 'Pair' if prompted).



9 Reminders to Move

If you want your tracker to remind you to stay active throughout the day, you can enable this option within the VeryFitPro app. To do this, open the app and tap **Device > Sedentary Alert**. Enable the slider and specify how often you should be reminded to move. Tap the tick button (top right) to confirm your selection.

FUNCTIONS

Activity Tracking

Your tracker tracks daily activities including steps, distance, calories burned and minutes you were active for during the day. Your stats can be checked on your tracker at anytime, or by using the app for a more detailed view.

Multi-Sport Modes

14 Exercise modes for tracking your activities with increased accuracy.

GPS

Connect your tracker to GPS on your smartphone to map routes and see stats like pace, distance and time.

Heart Rate Monitor

Continuous, automatic tracking of your heart rate to help you better understand your health and levels of fitness.

Sleep Tracking

Your tracker will automatically track how long and how well you sleep. Stats including light sleep, deep sleep and duration awake can be viewed in the app.

Silent Alarms

Set an alarm in the app and your tracker will vibrate to wake you peacefully.

Reminders to Move

Your tracker will give you gentle reminders to stay active throughout the day if you are stationary for too long.

Call, Text & Social App Alerts

See alerts for incoming calls, text messages and notifications from Facebook, WhatsApp, Twitter, Instagram and more.

Remote Camera Control

Take photos with your phone/tablet using your tracker to trigger the shot remotely.

SPECIFICATION

Model: ID115Plus HR

Main Body Size: 49mm x 22mm x 9mm

Wrist Size: Smallest – 140mm, Largest 210mm

Screen: 24mm x 13mm OLED, Touch Sensitive

Battery: Built-in rechargeable 70mAh Lithium Polymer

Waterproof: IP67 (water resistant up to 2m)

System Requirements

Apple iOS 7.1 or above (iPhone 4s or above, iPad 3 or above, iPod Touch 5 or above)

Android 4.5 & above

Bluetooth Version: 4.0 & above

Not Supported

Windows

Package Contents

1 x Delvfire Pulse Fitness Tracker

1 x Quick Start Guide

1 x Warranty Card

NEED MORE HELP?

A full **User Manual** for the **VeryFitPro** app is available at our website. Please visit: www.delvfire.com/help

If you still can't find what you're looking for, email info@delvfire.com for assistance.

FAQ - CHARGING

Why isn't a charger included?

Your tracker is charged by USB and can be plugged directly into any USB socket on a computer, phone/tablet charger or power bank. This does away with the need for a special charger and messy cables. For the correct way to charge your tracker, refer to section 3 on page 2 of this Quick Start Guide.

Why won't my tracker charge?

The most common problems are a) the wrong end of the tracker body has been inserted into the USB socket and b) the 4 gold coloured charging strips on the tracker are not facing the 4 charging contacts inside the USB socket. Refer to section 3 on page 2 of this Quick Start Guide.

PAIRING

Why can't I pair my tracker?

1. Make sure that your phone/tablet meets the minimum requirements of Apple iOS 7.1 or above (iPhone 4s or above, iPad 3 or above, iPod Touch 5 or above), Android 4.5 or above, Bluetooth Version 4.0 or above.
2. Make sure your phone/tablet has Bluetooth switched on.
3. Whilst searching for your tracker during set up within the app, ensure that your tracker's display is on and close to your phone/tablet.

If you are still unable to pair your tracker to your phone/tablet within the VeryFitPro app then please do the following exactly as instructed:

1. Switch off your phone/tablet and restart it.
2. Ensure your phone/tablet's Bluetooth is switched on.

3. Delete the VeryFitPro app from your phone/tablet.
4. Open the Bluetooth settings on your phone/tablet and delete/forget all devices listed (you can add these back later).
5. Reinstall the VeryFitPro app (don't open the app at this point).
6. Plug your tracker into a USB socket away from other USB devices that might cause interference. Make sure that the red light is on and the charging symbol is displayed on the screen to show that it's charging.
7. Open the VeryFitPro app and run through the set up. At the point where the app starts searching for your tracker, hold your phone/tablet close to your tracker and ensure that the tracker's display is turned on.
8. You should now be able to select **ID115Plus HR** (your tracker) from the device list to complete the set up process.

STEPS

Why isn't my step counter working correctly?

First you need to install the VeryFitPro app and run through the set up process to pair it to your phone/tablet. Your tracker will not function correctly if you skip this.

When you first set up your tracker it will go through an initial calibration phase which can take up to a day to complete. During this time you may find that steps may either not register correctly or appear to jump around. This is completely normal. After the first day of use, step counting will register and record as expected.

It's also worth pointing out that after the calibration period, the display will not always update in real time (step-by-step) as you are walking. Under certain circumstances the screen will update in batches of steps. This is especially apparent when walking whilst watching the display.

If after the initial calibration period your steps are not registering, we recommend resetting your tracker. To do this, open the VeryFitPro app and go to **Device > More > Reboot the Device > Confirm to Reboot**. This will backup the data on your tracker and factory reset it. Once this operation is complete your data will be restored back to your tracker.

Why do my steps keep reverting back?

If you walk less than 35 steps within a certain amount of time, these steps will not be stored. This is to help improve accuracy by filtering out movements other than steps, for example driving, typing on a keyboard or washing your hands.

SYNCHRONISING YOUR DATA

Why isn't my activity data showing in the app?

To transfer your activity data from your tracker to the app on your phone/tablet, open the VeryFitPro app and swipe down anywhere on the main page (the first page you see when you open the app). This will initiate a sync of data between the two devices.

MISCELLANEOUS

Why can't I see all functions on my tracker?

Some functions require turning on from within the VeryFitPro app before they will appear on your tracker.

How do I factory reset my tracker?

Make sure your tracker is connected to the app. Open the VeryFitPro app and go to **Device > More > Reboot the Device > Confirm to Reboot**. This will backup the data on your tracker and factory reset it. Once this operation is complete your data will be copied back to your tracker.

How do I install the VeryFitPro app on an iPad?

First check that your iPad is 3rd generation or above and is running Apple iOS 7.1 & above.

1. Tap the Apple App Store icon on your iPad and search for 'VeryFitPro' (all one word).
2. Change the search option (normally top left of the Apple App Store app) from 'iPad Only' to 'iPhone Only'.
3. Tap the 'Get' button next to VeryFitPro to install it.

Is my phone/tablet compatible?

Apple

iPhone 4s or above

iPad 3 or above

iPod Touch 5 or above

Running Apple iOS 7.1 or above

Android

Android 4.5 or above

Bluetooth 4.0 or above

Windows

Not currently supported

Is my tracker waterproof?

Your tracker is water resistant up to 2m and can be worn whilst swimming.

Will my tracker work independently of a phone/tablet?

In order to set up your tracker you first have to pair it with a phone/tablet. Your tracker needs to know the current time/date from your phone/tablet, plus information such as your age, height, weight, preferred units of measurement

(Metric or imperial) and your activity and sleep goals. This all goes towards the tracking algorithm it uses to calculate activity/sleep stats. However, once you've been through the initial set up there is no need to keep it connected to your phone/tablet in order for it to function correctly.

Can I connect more than one tracker to my phone/tablet?

It is not possible to pair more than one Delvfire Pulse to the VeryFitPro app on a single phone/tablet.

How do I get call, text or social alerts on my tracker?

First, ensure that Bluetooth is enabled on your phone/tablet and open the VeryFitPro app.

1. Enable Call Alerts

Tap **Device > Call Alert > Call Alert** (tap slider). Tap the tick button (top right) to confirm your selection. (Tap 'Pair' if prompted).

2. Enable SMS and/or Social Alerts

Tap **Device > SNS Alert > Allow Notifications** (tap slider), then tap the slider for **SMS** to see incoming text messages. Tap the tick button (top right) to confirm your selection. Tap sliders for any of the desired social apps then tap the tick button (top right) to confirm your selection.

How do I set the time and date?

Date and Time are set automatically when you pair your tracker to your phone/tablet during the set up process in the app. If you need to change the time in future e.g. the clocks have gone back/forward, you simply open the VeryFitPro app on your phone/tablet and swipe down anywhere on the main page to initiate a sync.

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