

Sweat On App Archon BEMOVED User Guide (ANDROID) English Version



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Archon BEMOVED User Guide (ANDROID)

Download Sweat On App

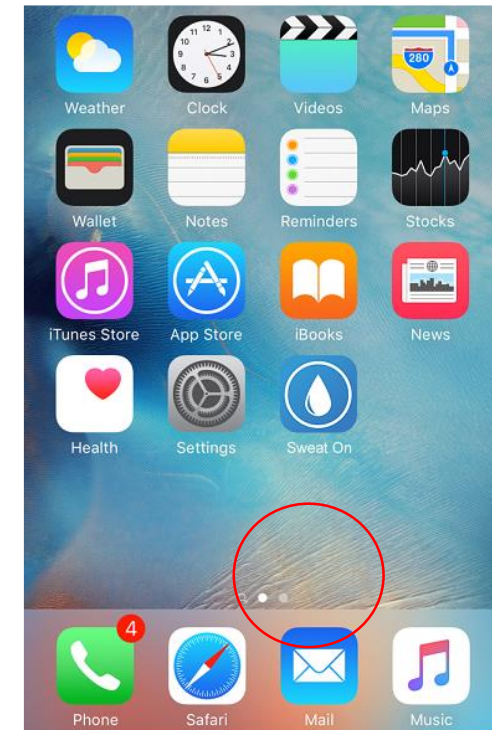
1 . Scan below QR code to download “Sweat On” App



2. Download the Sweat On App through the Archon website:
(<http://www.archon.com.hk/Partnership>)

Select “ Pocari x PolyU Wellness Programme”

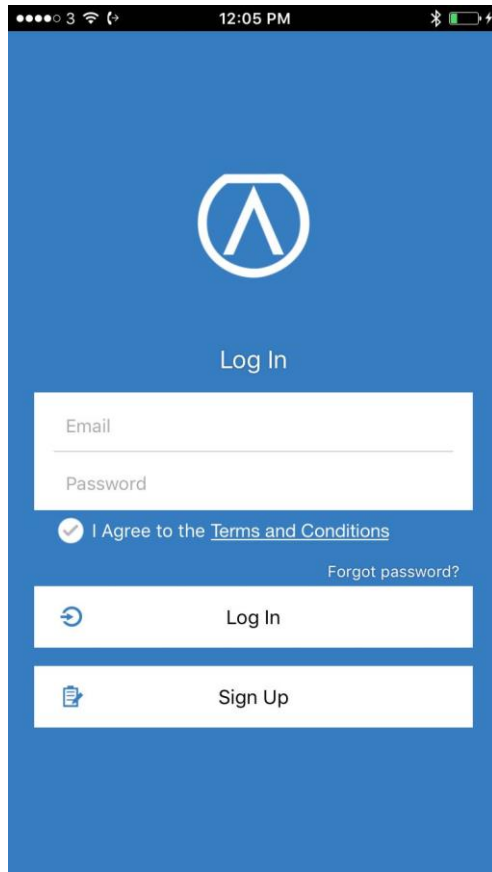
3. . You can also search “Sweat On” directly in the App Store



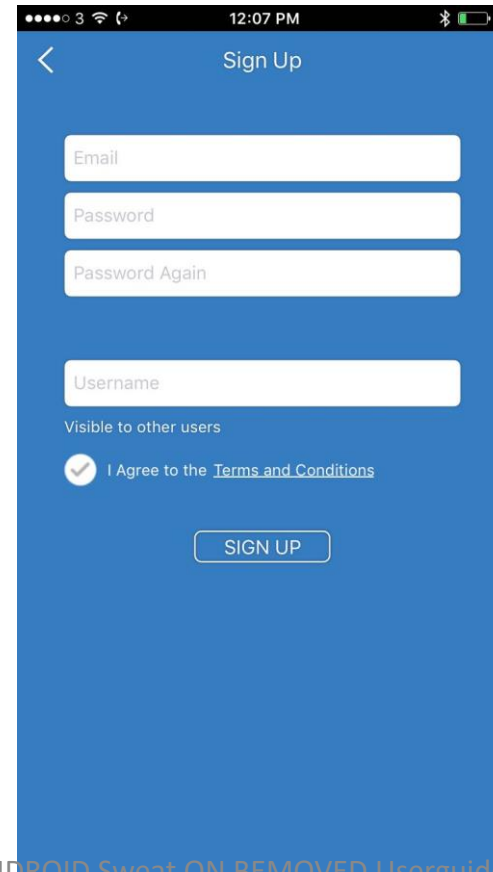
Archon **BEMOVED** Userguide (ANDROID)

Account Sign up and Login

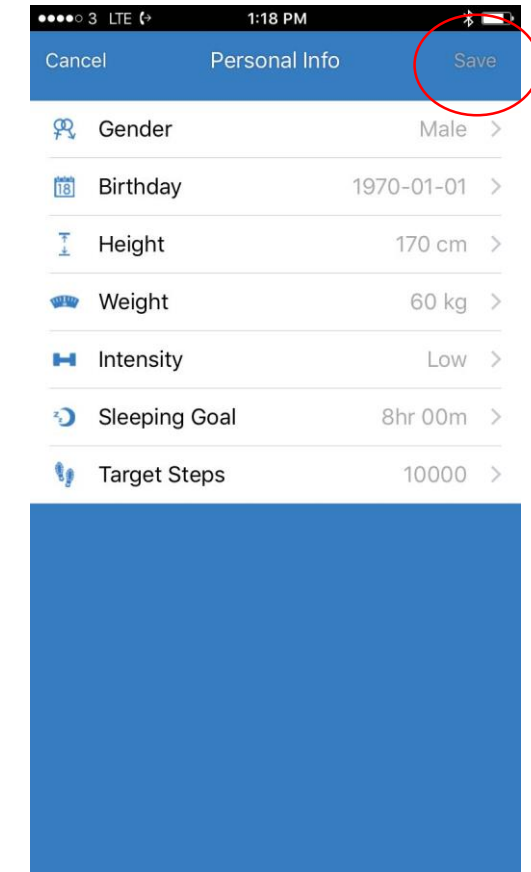
1. Sign up if you are new user, or log in if you already have an account



2. Enter your email, password and user name to sign up. Read the Terms and Condition and check the circle to accept.



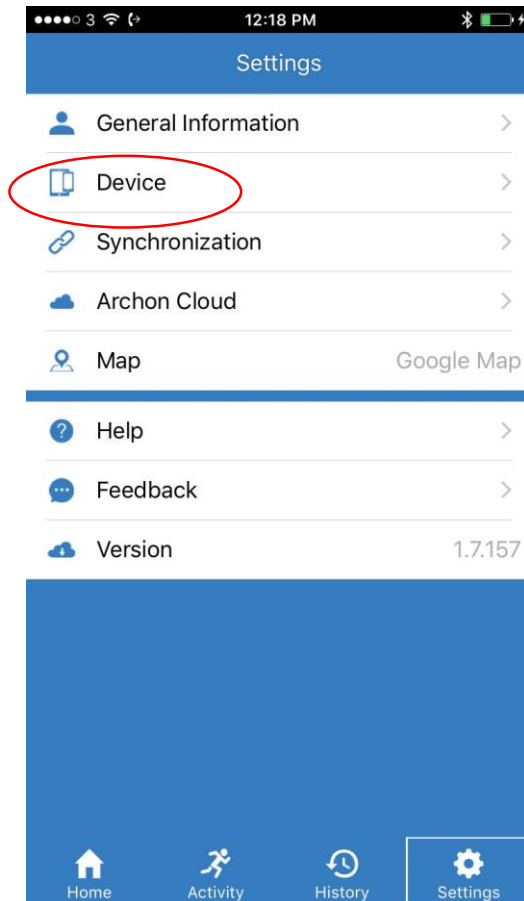
3. . Enter your general information after sign up and click "Save".



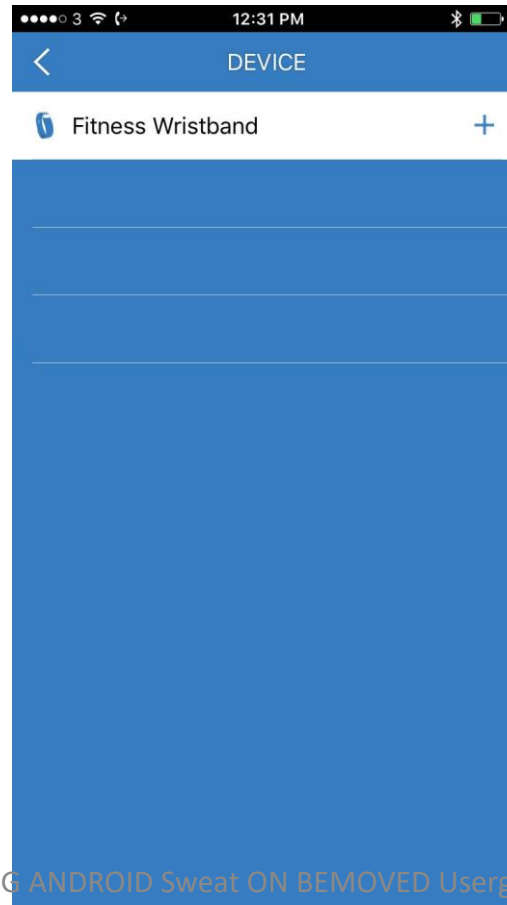
Archon BEMOVED User Guide(ANDROID)

Pairing Wristband

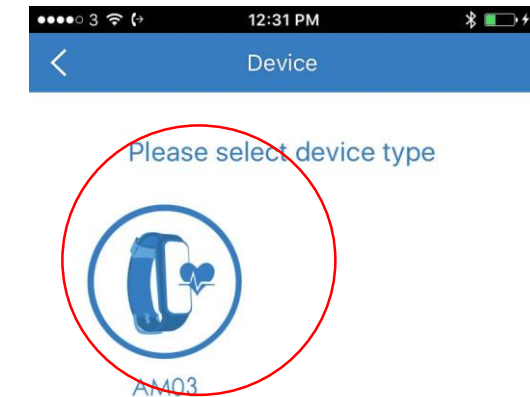
1. To pair your Archon MOVE, go to "Settings" and click "Device"



2. . Click "+" in "DEVICE"



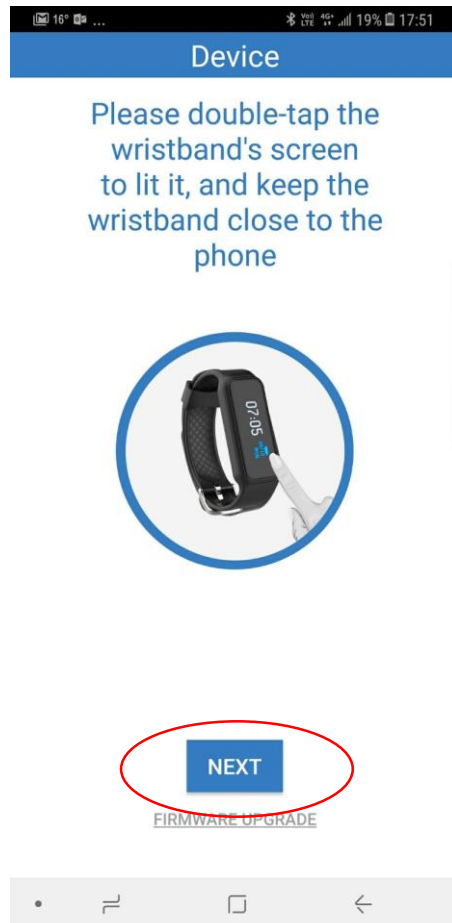
3. Select "AM03"



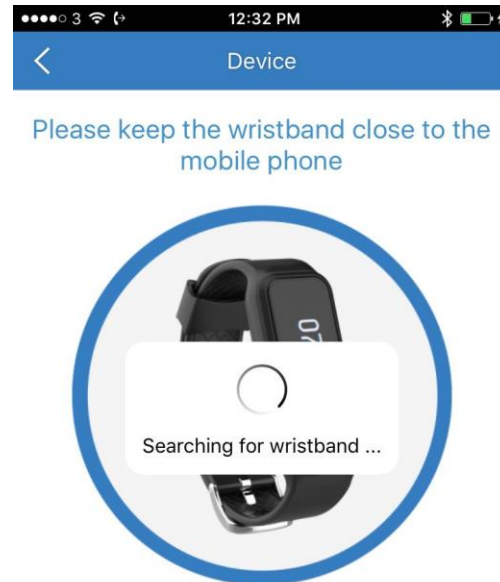
Archon BEMOVED User Guide (ANDROID)

Pairing Wristband

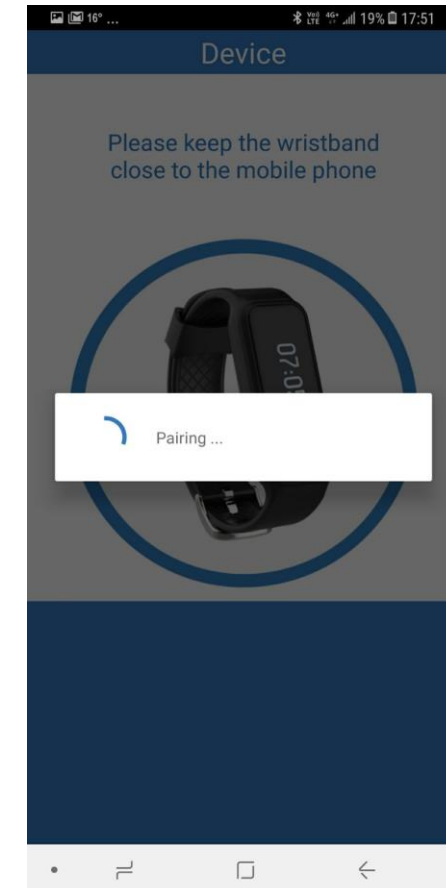
4. Click "Next"



5. Put the Archon BEMOVED near to your phone that is scanning the closest wristband.



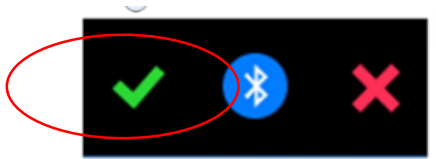
6. App will start to pair the nearest wristband.



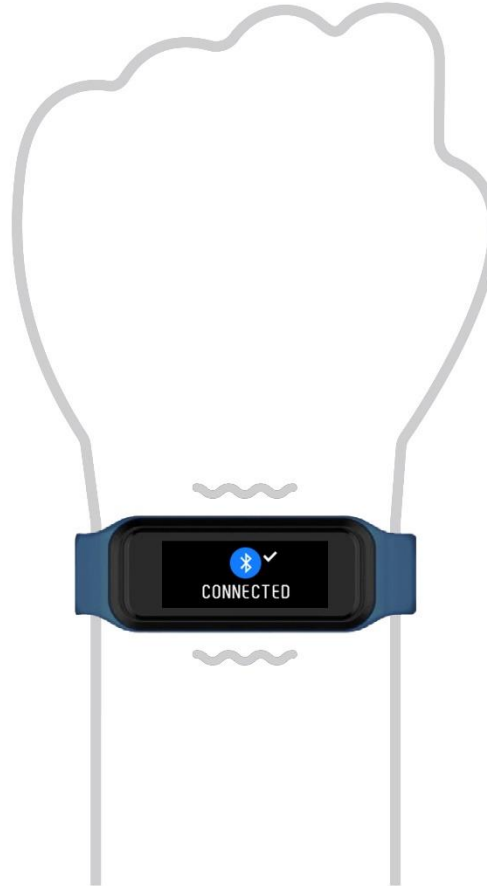
Archon BEMOVED User Guide (ANDROID)

Pairing Wristband

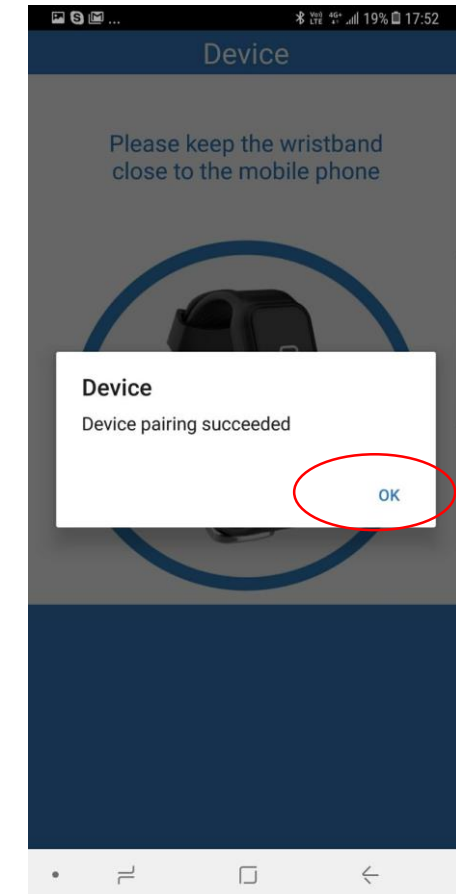
7. A tick and a cross will display on the wristband screen, please select tick to accept pairing



8. If pairing is successful, it will show "Connected"



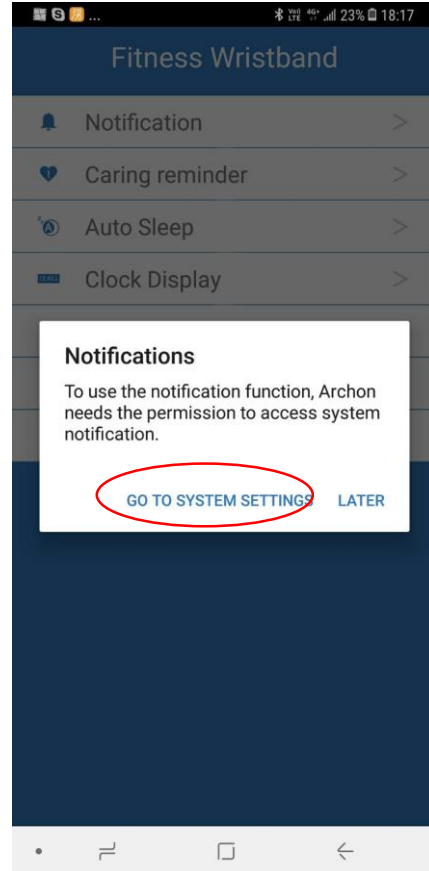
9. Apps will display "Success" pair device successfully.



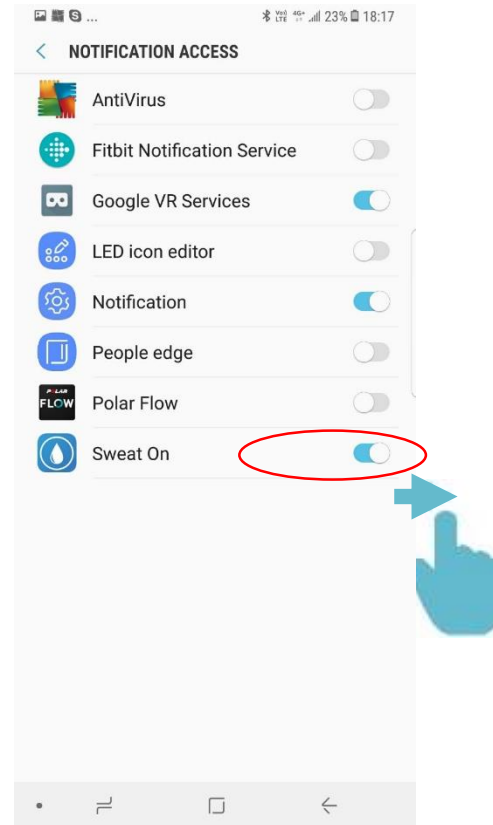
Archon BEMOVED User Guide (Android)

Notifications

To use notification function · please select " GO TO SYSTEM SETTINGS and give Sweat On permission to access system notification



Turn on Sweat On app notification access.



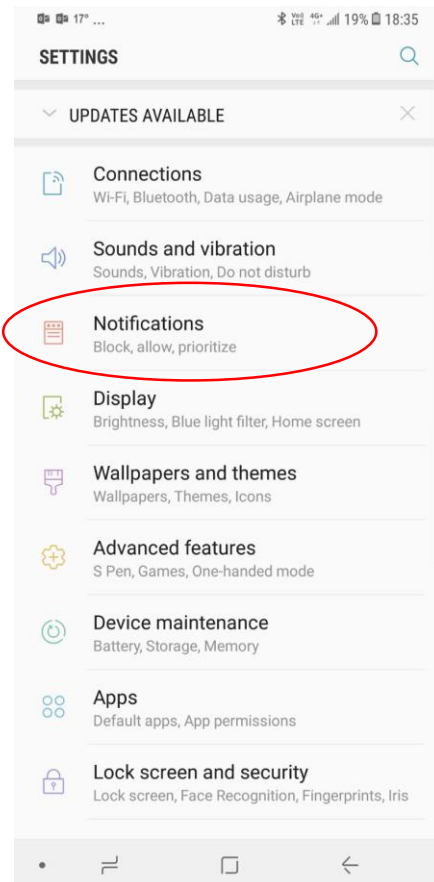
If you accept terms · please give permission.



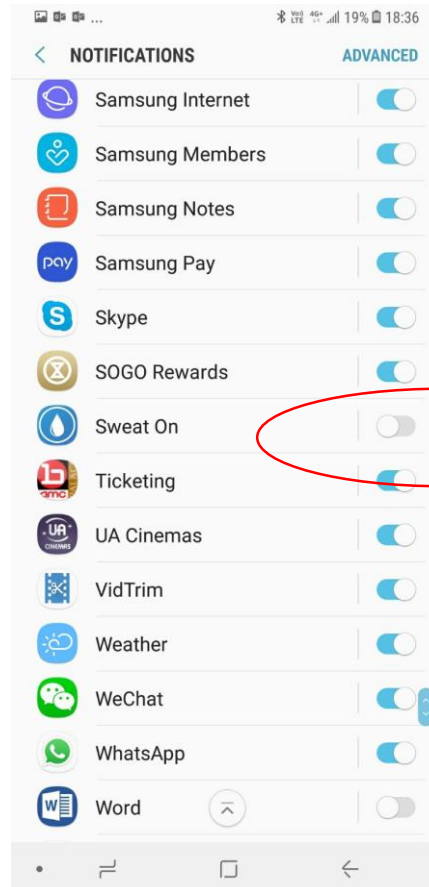
Archon MOVE 使用教學 (Android)

Notifications setting

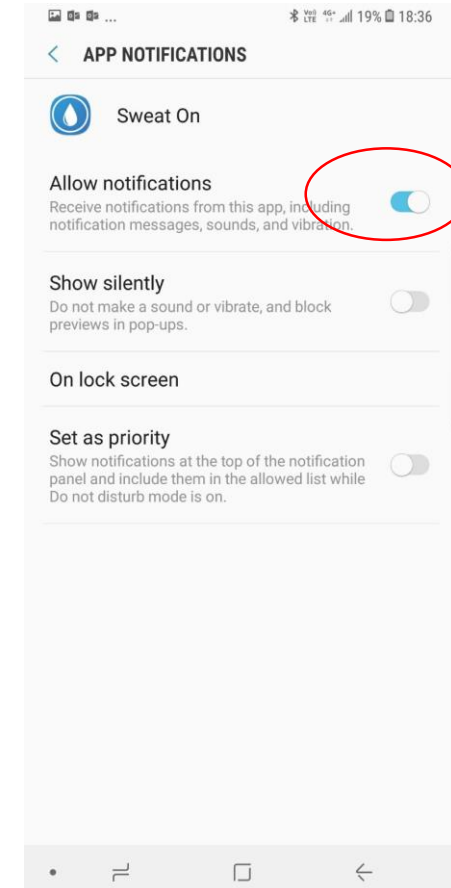
If you miss the notification permission earlier, you can access SETTING and select "notification" (Position of notification may not be the same for different phones)



Turn on notifications for Sweat on app



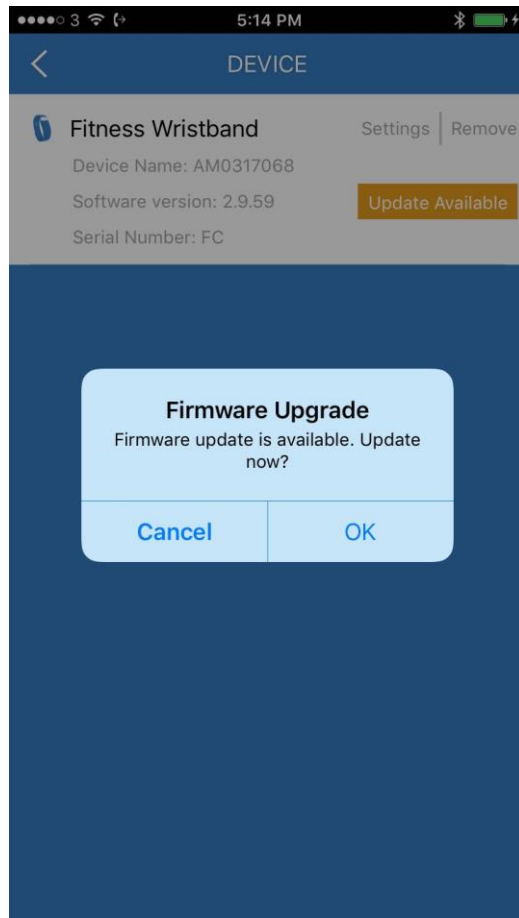
Select allow notifications (Position of notification may not be the same for different phone)



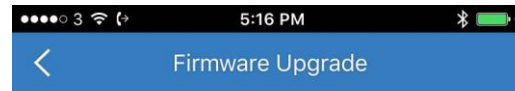
Archon BEMOVED User Guide (ANDROID)

Firmware Upgrade

1. If firmware upgrade is available, click "OK" to upgrade or "Cancel" to upgrade later



2. Put your Archon BEMOVED close to your phone and click "START"

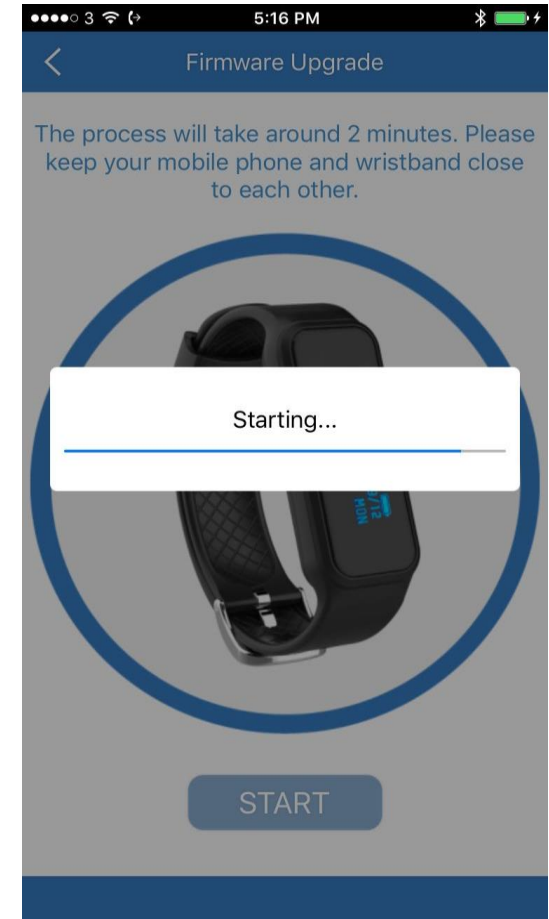


The process will take around 2 minutes. Please keep your mobile phone and wristband close to each other.



START

3. . Your phone will connect to the Archon BEMOVED automatically



Starting...

START

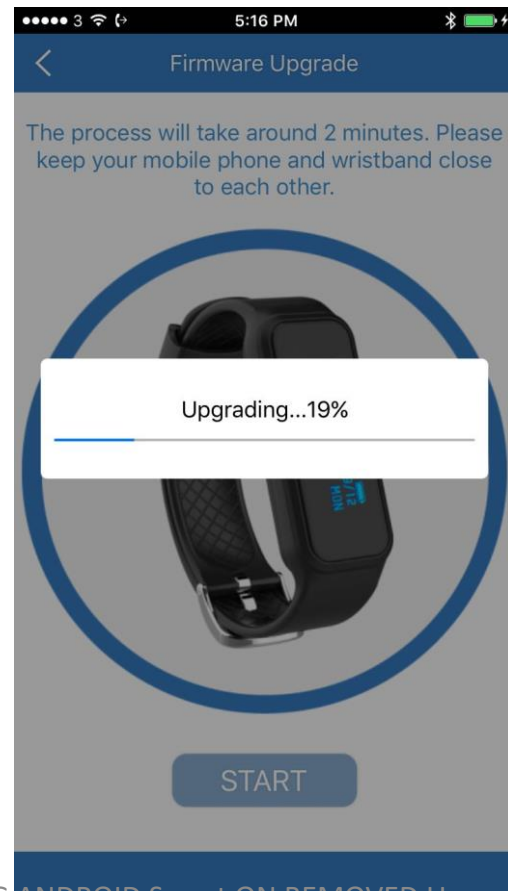
Archon BEMOVED User Guide (ANDROID)

Firmware Upgrade

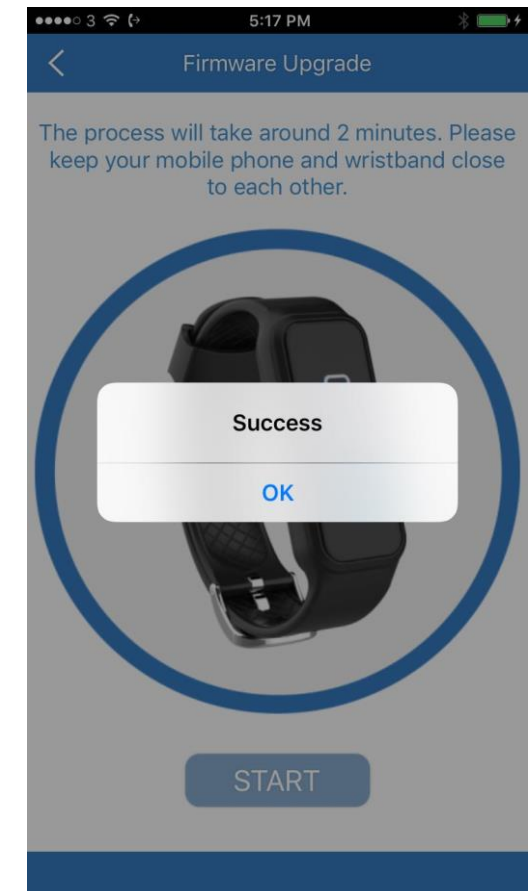
4. Once upgrade starts, your Archon BEMOVED will show "UPGRADE"



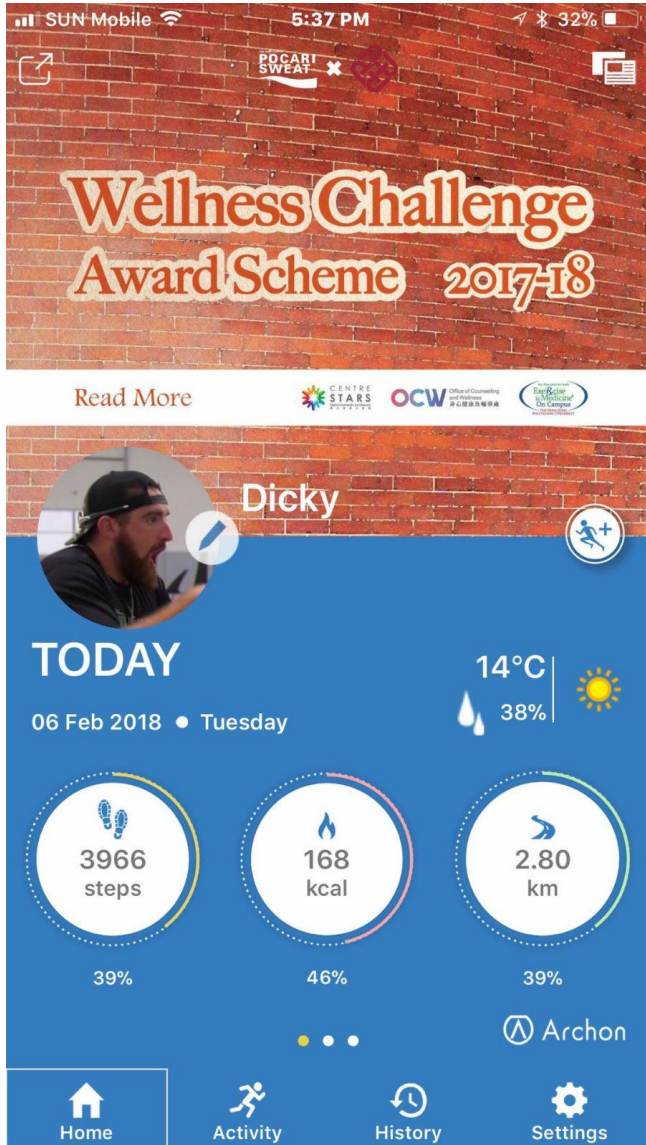
5. Keep your Archon BEMOVED close to your phone until upgrade finishes



6. If upgrade is successful, your Archon BEMOVED will restart



Archon BEMOVED User Guide (ANDROID)



Home: Summary of daily steps, calories, distance travelled and heart rate



Activity: Heart rate, steps and sleeping history in bar chart and line graph format



History: Sport mode: Jogging, Ball games, Yoga and Gynasium Record



Setting: Set up of device, heart rate, clock display, general information, notifications, reminders, auto sleep, cloud and more...



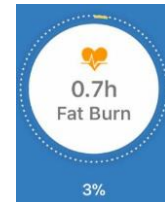
Share the home page to social media



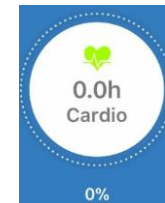
Edit your profile picture and general information.

Archon BEMOVED User Guide (ANDROID)

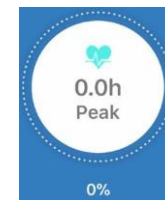
Heart Rate Dashboard



Fat Burn Zone (50-69% of maximum heart rate)
Heart rate during moderately intense activities



Cardio Zone (70-84% of maximum heart rate)
Heart rate during hard physical activity



Peak Zone (>85% of maximum heart rate)
Heart rate during high intensity physical activity



Home

Press news icon to get most update news from Poly U and Pocari.

NEWS

POCARI SWEAT

POLYU

Pocari Sweat HK (Official)

Like Page 27K likes

Pocari Sweat HK (Official)

about 3 weeks ago

TODAY

24 Jan 2018 • Wednesday

19°C 68%

5548 steps 55%

248 kcal 71%

3.71 km 55%

Jogging

24 Jan 2018 • Wednesday

00:22:35 Time

34 kcal

0.85 km

Archon

Fast retrieval exercise summary on Dashboard: Daily steps, Calories and Distance, Daily Heart Rate Zone and Jogging record.

Jan 18

Select Date Range

Toggle Activity / Sleep

Quick Sync

122%

10360 steps

7306 m

454.6 kcal

Performance

Sync Device

Sport Mode Record

00:00 04:00 08:00 12:00 16:00 20:00 00:00

15h

0.3h

0m

Low Intensity

Medium Intensity

High Intensity

Home

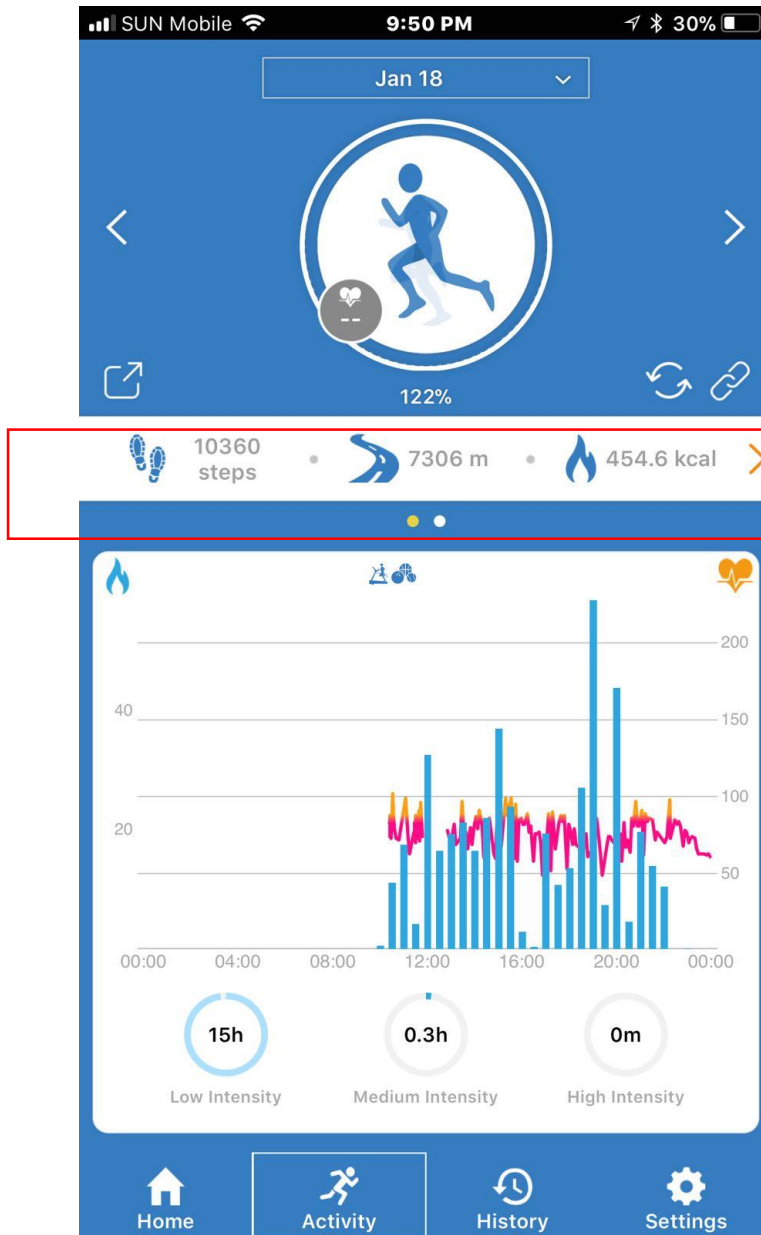
Activity

History

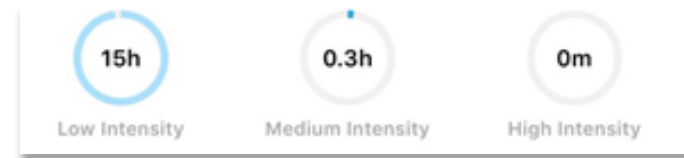
Settings



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Sweep the activity bar left or right to switch between steps and heart rate record



When the activity bar is showing steps record, the graph will show the duration of activity at different intensities

Archon **BEMOVED** User Guide (ANDROID)



Max 102 bpm • Rest 65 bpm • Avg 77 bpm



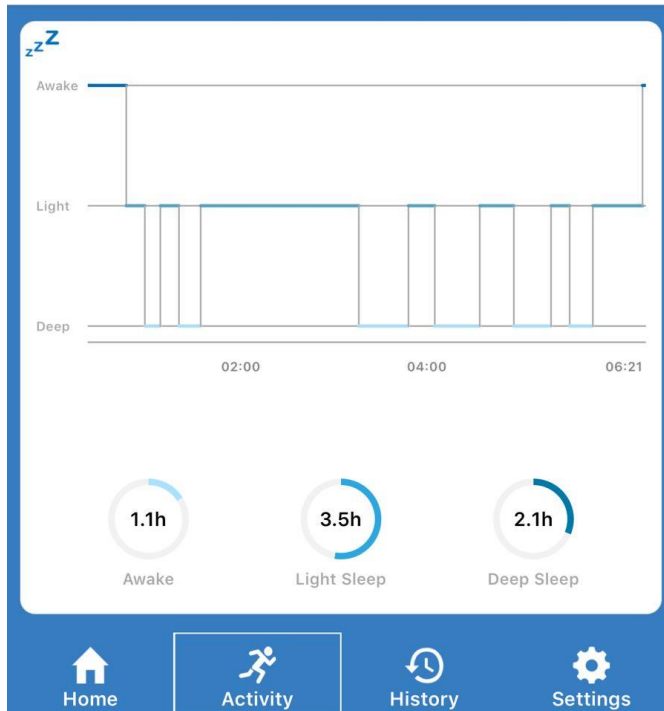
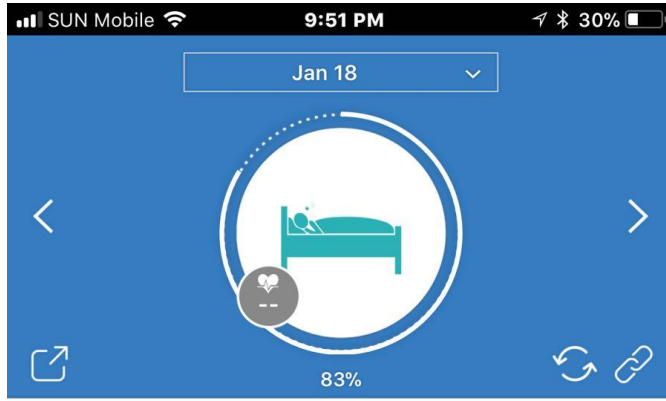
Sweep the activity bar to the right to display Max Heart Rate, Rest Rate and today average Heart rate.



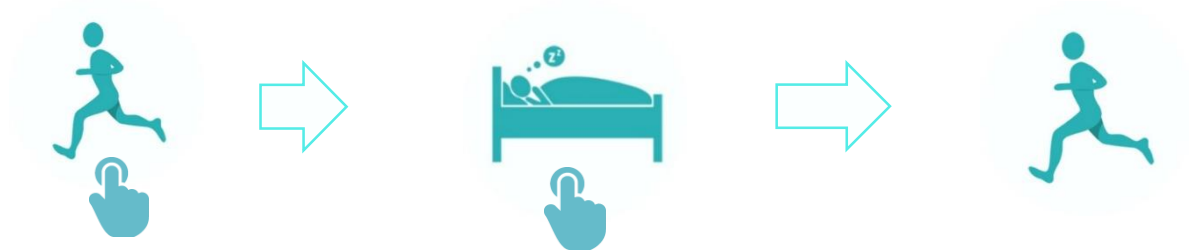
- Fat burn zone
50-69% of maximum heart rate
- Cardio zone
70-84% of maximum heart rate
- Peak zone
>85% of maximum heart rate

Pie chart display the duration at different heart rate zones: Fat Burn, Cardio and Peak Zone.

Archon BEMOVED User Guide (ANDROID)



Sleep Record



Click on the character to switch between steps and sleep record

 6h37m

Total sleeping time

 1h2m

Time required to fall asleep

 2h27m

Sleeping time compared with daily target (Sleeping goal can be set at "General Info")

Archon **BEMOVED** User Guide (ANDROID)

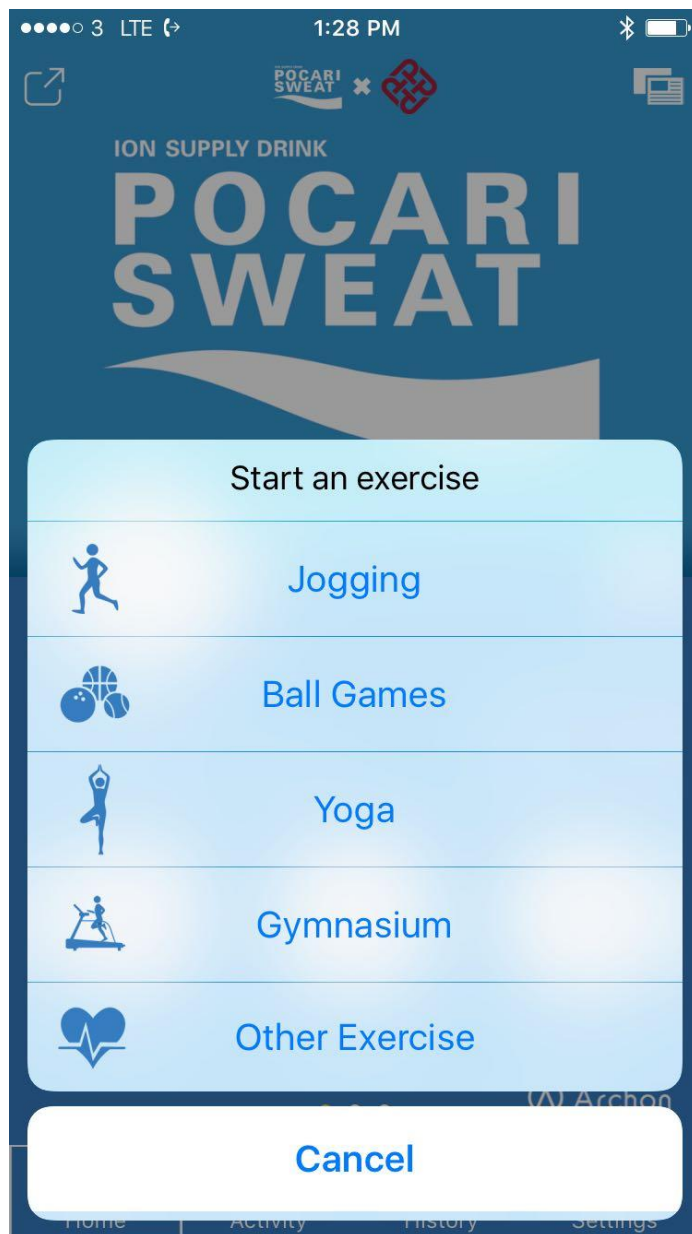
Sport mode icon



Click the sport mode icon to select different sport activities

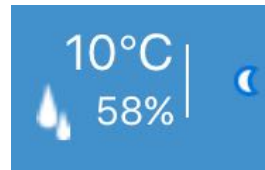
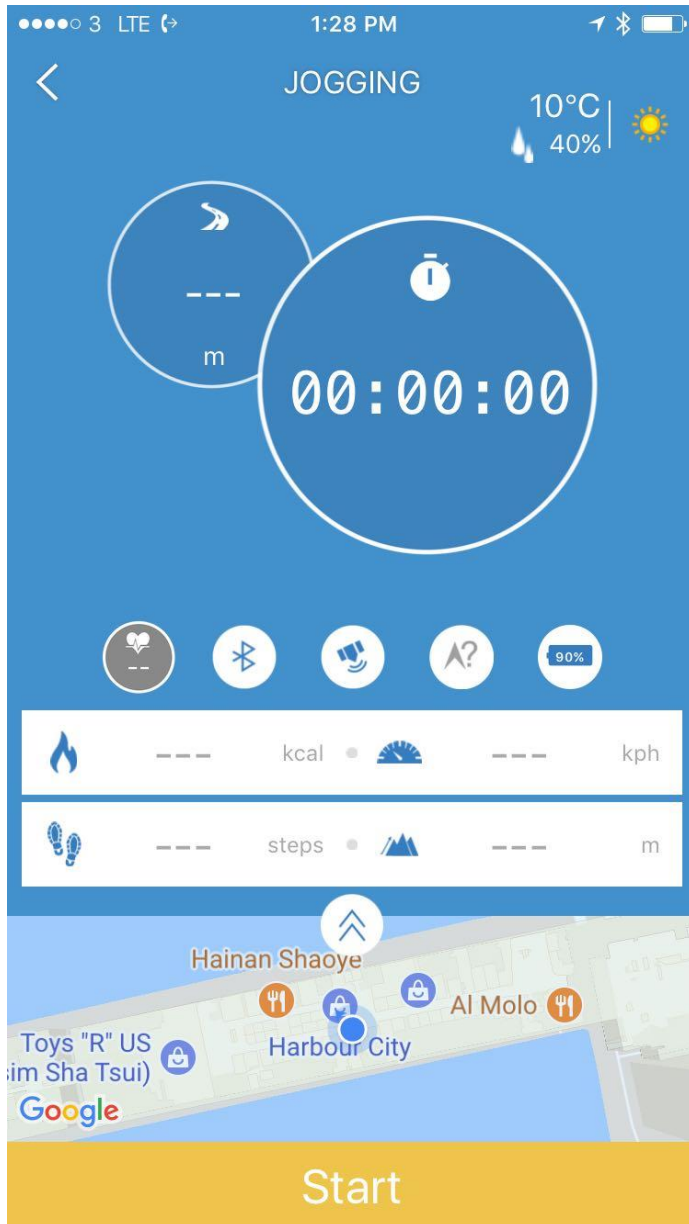


Tap the respective icon to start sport activities like Jogging, Ball games, Gynasium and Other sports.



Archon BEMOVED User Guide (ANDROID)

Jogging



Weather information



Jogging distance (meter)



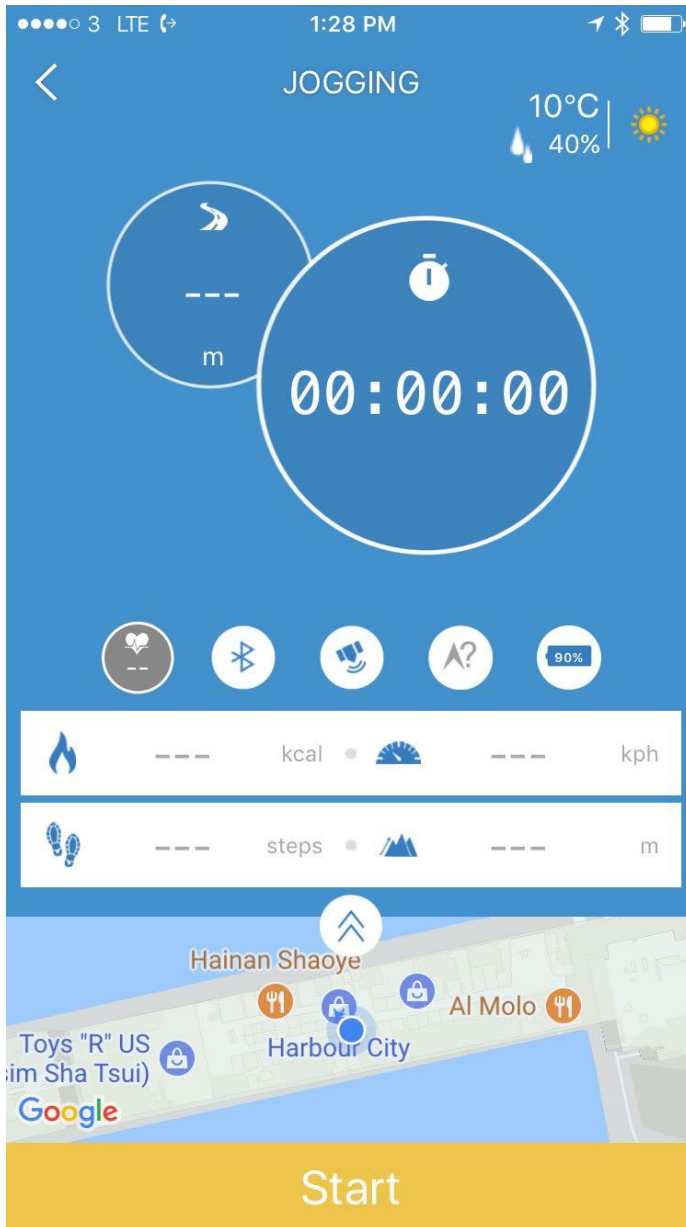
Jogging duration



Icon will light up if Archon BEMOVED is connected successfully

Archon BEMOVED User Guide (ANDROID)

Jogging



GPS icon will light up if your phone GPS is enabled

****ATTENTION****

**IF GPS IS ENABLED, MOBILE DATA WILL BE USED
AND MAY INCUR CHARGES
WITH GPS ENABLED, PHONE BATTERY WILL
DRAIN FASTER THAN USUAL**



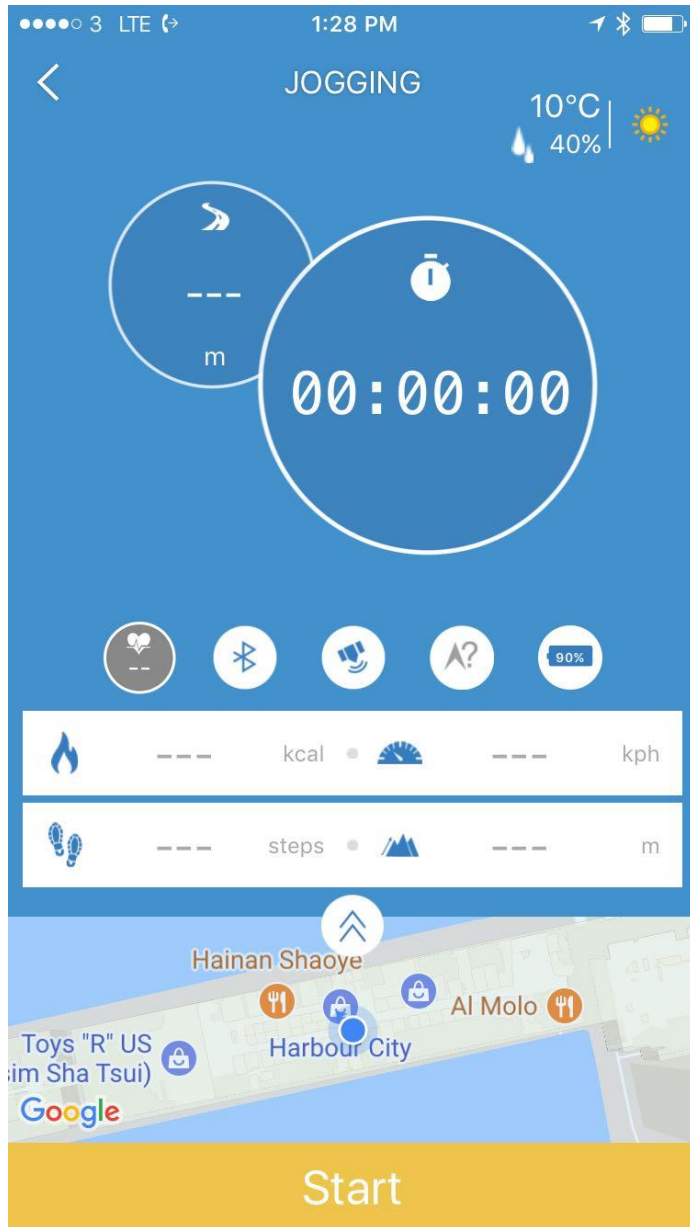
Compass will show direction if GPS is enabled



Battery level of your Archon BEMOVED

Archon **BEMOVED** User Guide(ANDROID)

Jogging



Calories burnt (kcal)



Number of steps



Average speed (kilometer/hour)



Elevation (meter)

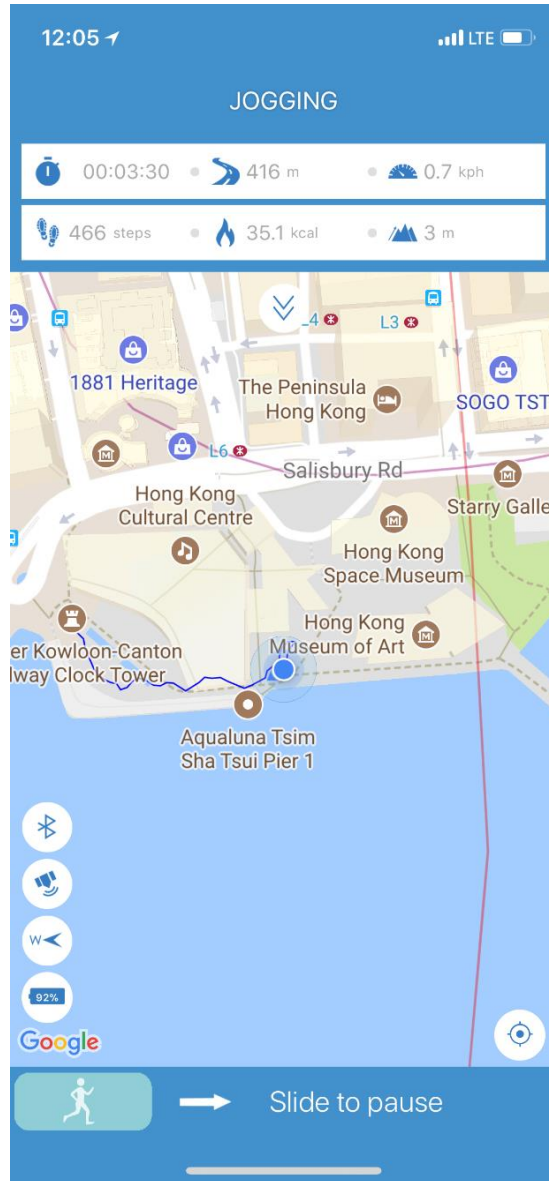


Click to enlarge map

Start

Click to record your jogging session

Archon **BEMOVED** User Guide (ANDROID)



Jogging



Click to minimize jogging map



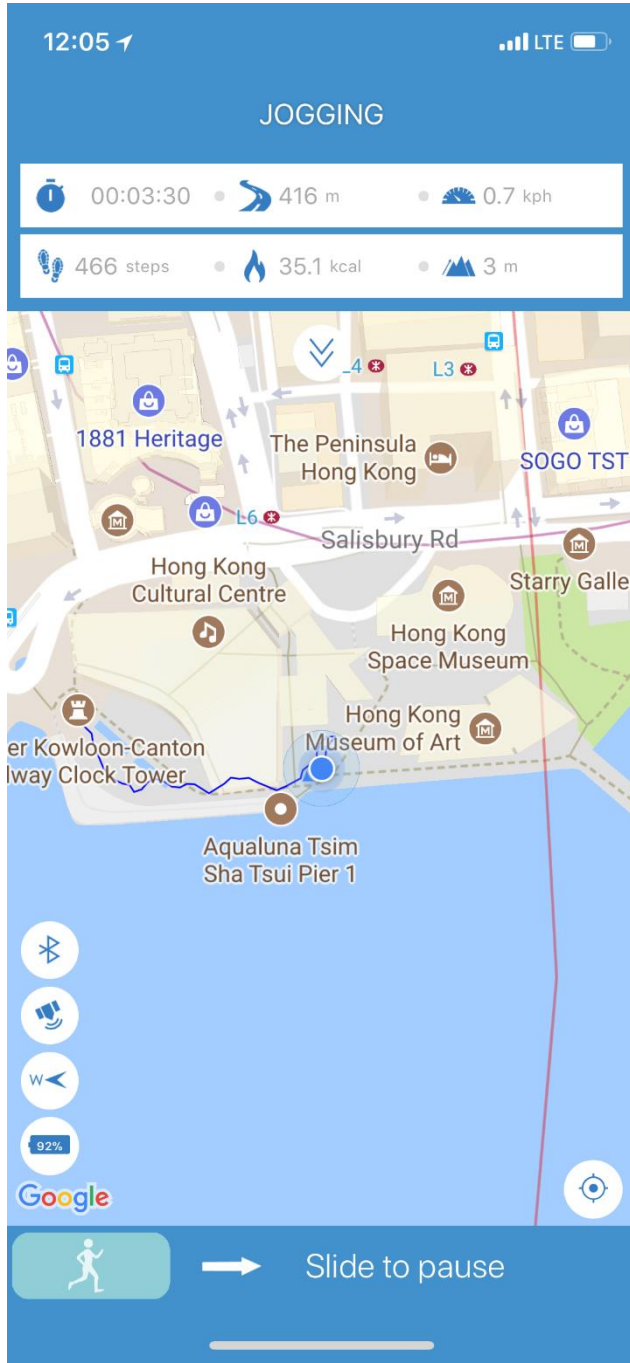
Zoom in jogging map



Zoom out jogging map

Archon BEMOVED User Guide (ANDROID)

Jogging



Jogging duration



Jogging distance (kilometer)



Average speed (kilometer/hour)



Number of steps



Calories burnt (kcal)



Elevation (meter)



Slide to Pause

Slide to pause jogging session

Archon BEMOVED User Guide (ANDROID)

Jogging

Resume

Click to resume jogging session

Stop

Click to stop and record jogging session



Archon BEMOVED User Guide (ANDROID)

Jogging



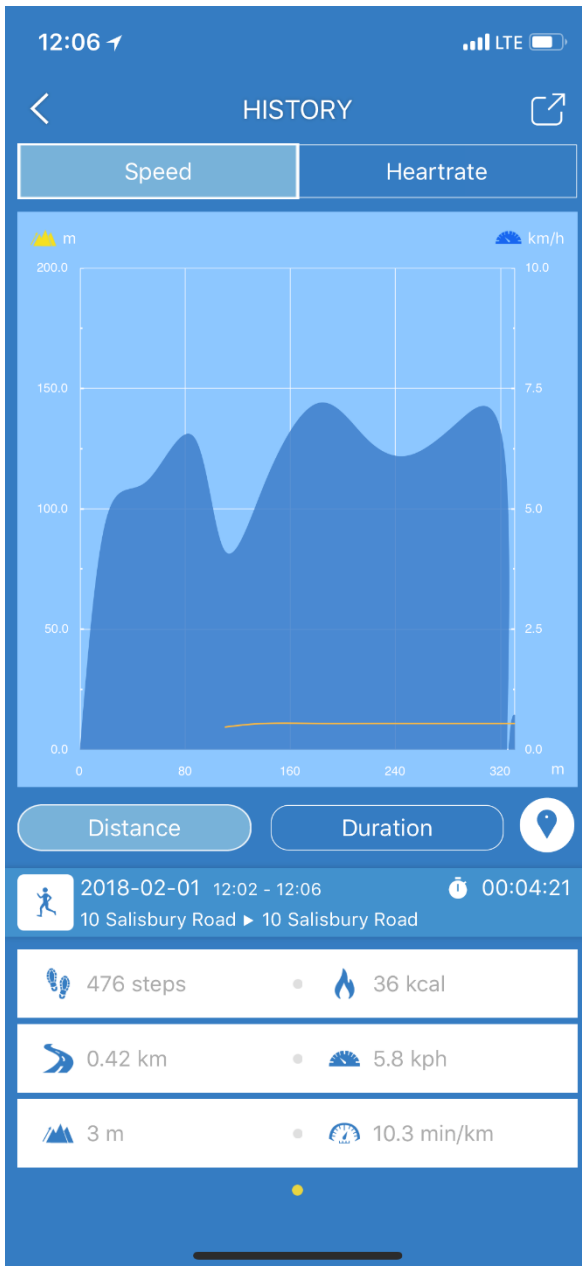
Click jogging session to view graphical display



Press any record for 2 sec to remove it, click "Remove this session" to confirm

Archon **BEMOVED** User Guide (ANDROID)

Jogging



Click to share jogging history to social media



Switch between distance and duration graphical display



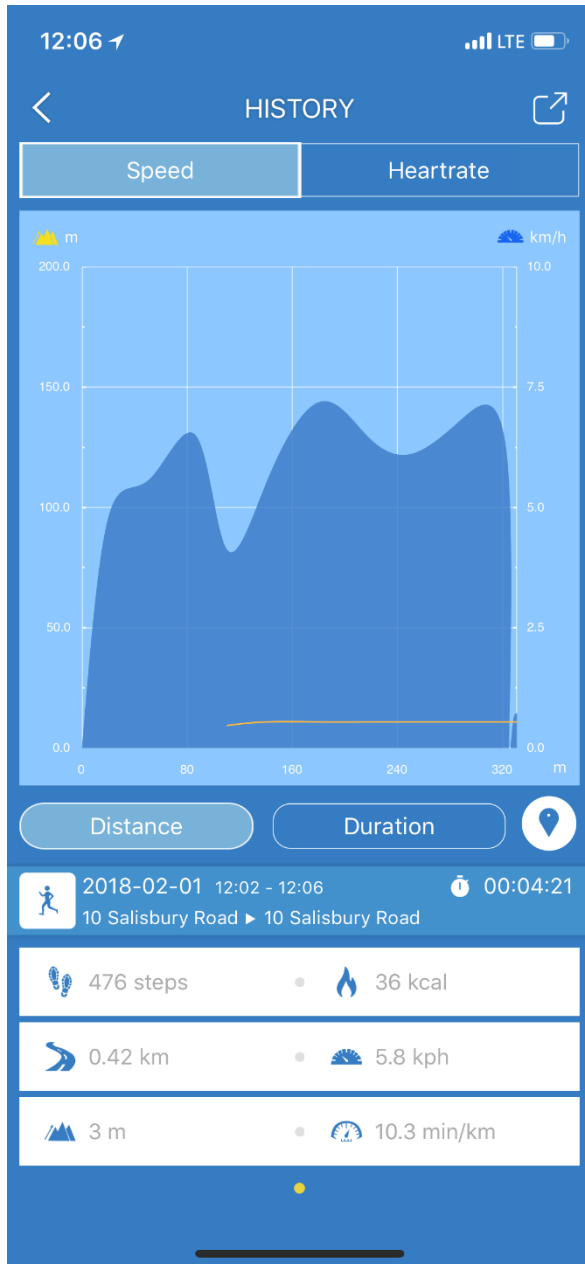
Click to see jogging map



Jogging duration

Archon **BEMOVED** User Guide (ANDROID)

Jogging



Steps taken



Calories burnt (kcal)



Distance travelled (kilometer)



Average speed (kilometer/hour)

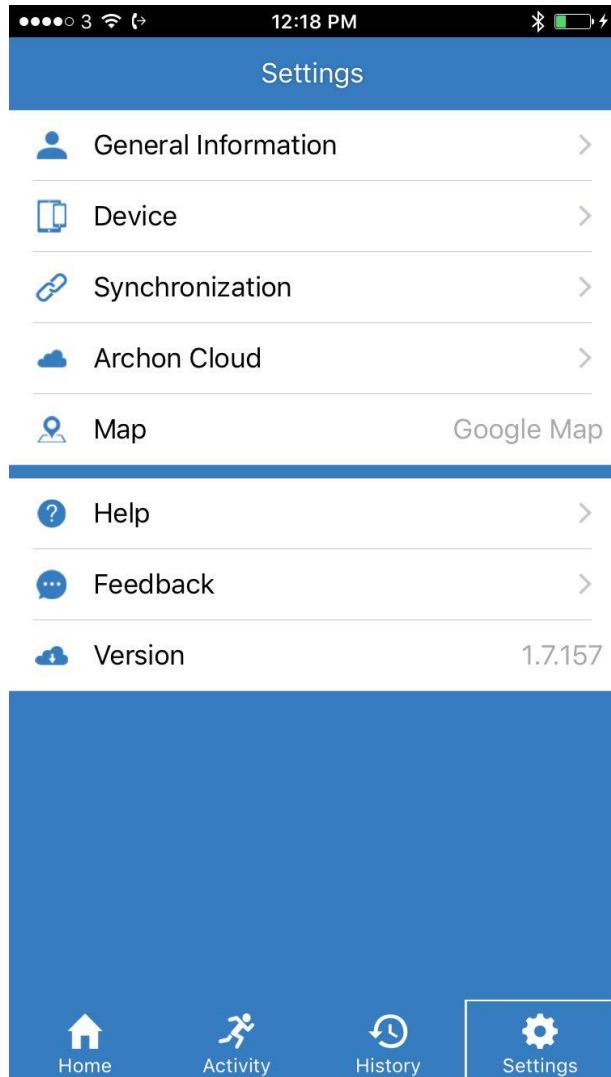


Elevation (meter)



Average speed (minute/kilometer)

Archon BEMOVED User Guide (ANDROID)



General information, target steps and sleeping goal settings



Device Pairing & device setting eg. Heart rate measuring frequency, notifications and reminder setting



Device and server synchronization settings



Cloud username, photo and login/logout settings



Map autoselect or setup (Google map or Gaode map)



Provide feedback or contact aftersales service centre.

Archon **BEMOVED** User Guide (ANDROID)

3

LTE

1:18 PM

Cancel

Personal Info

Save

Gender

Male

>

Birthday

1970-01-01

>

Height

170 cm

>

Weight

60 kg

>

Intensity

Low

>

Sleeping Goal

8hr 00m

>

Target Steps

10000

>



General Information



Input your gender



Input your birthday



Input your height



Input your weight



Input your strength type



Input your sleeping goal



Input your daily target steps

Archon BEMOVED User Guide (ANDROID) Device



Settings

Notification, Reminder and Auto Sleep settings

Update Available

If firmware update is available, click to upgrade your Archon BEMOVED

Remove

Remove the paired Archon BEMOVED from your phone

** After removed your Archon BEMOVED in the Archon App, please go to your iPhone system Bluetooth setting, click on the “i ⓘ” and choose “Forget This Device” **

MY DEVICES

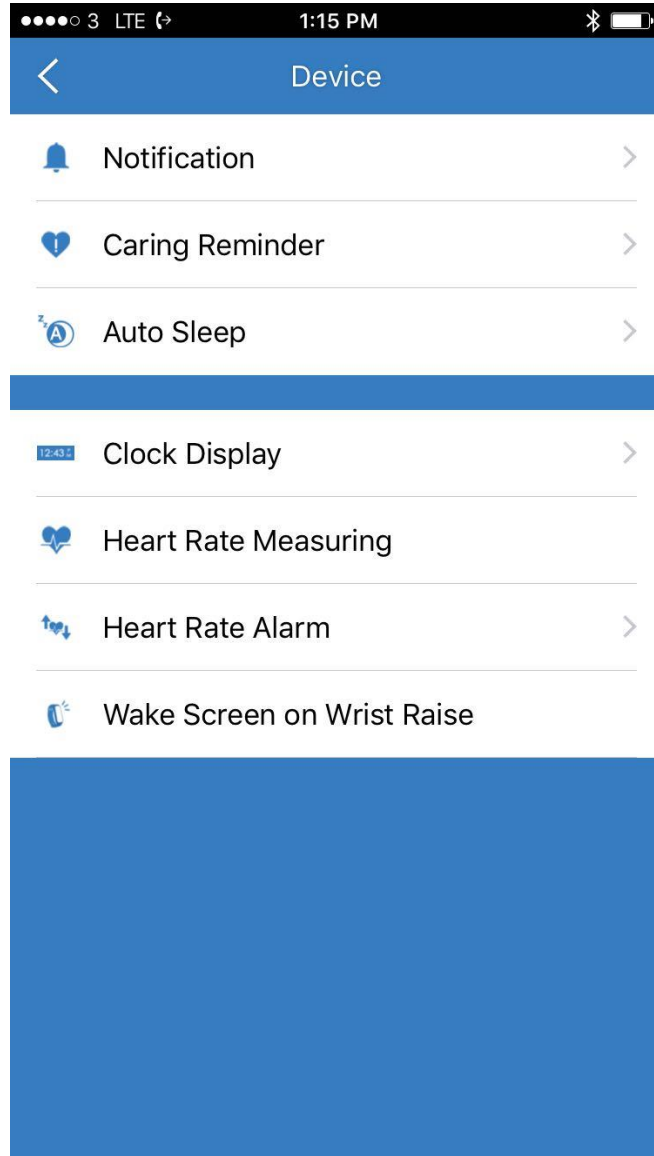
AT01#09155

Connected



Archon BEMOVED User Guide (ANDROID)

Fitness Wristband Setting



Incoming call, Missed Call, SMS, Email, Facebook, Twitter, WhatsApp, WeChat, Line, Calendar, Link lost Alert notification settings



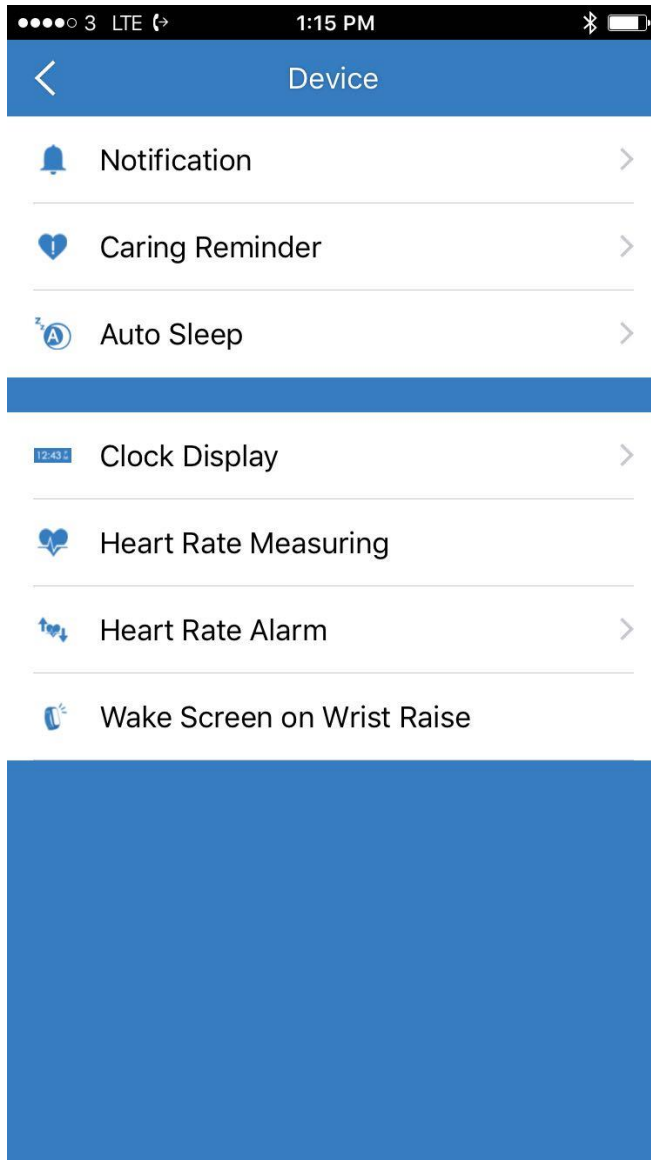
Exercise, Sleep, Reminder and Meal Settings



Auto Sleep time setting

Archon BEMOVED User Guide (ANDROID)

Fitness Wristband Setting



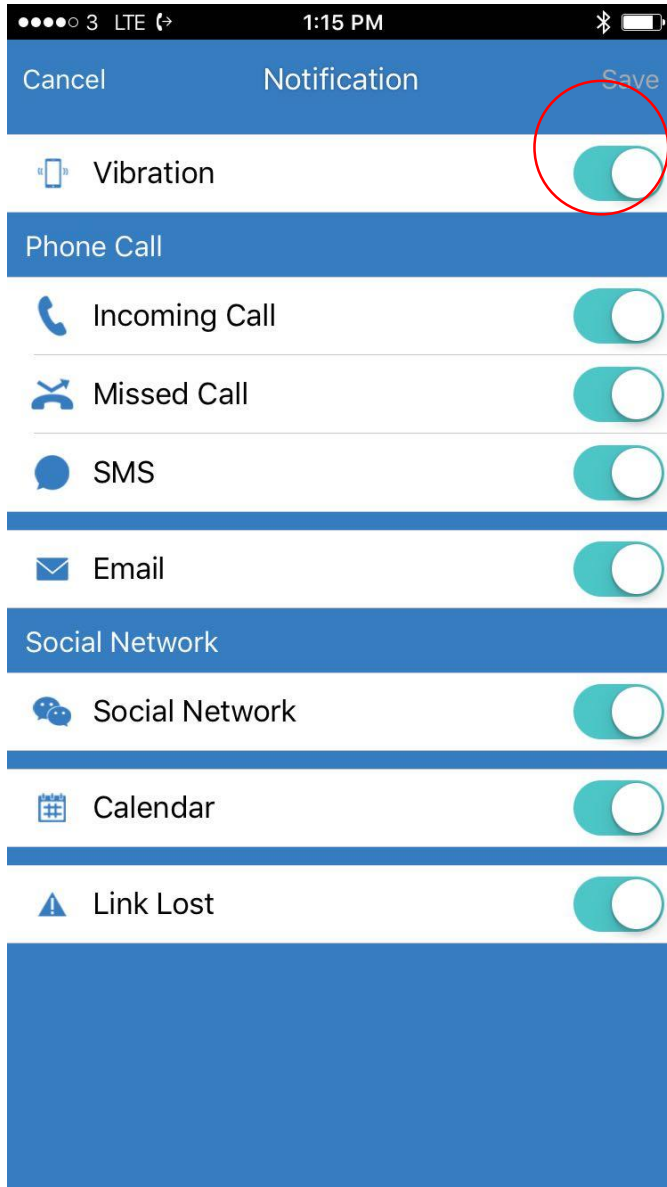
12:43 Clock Display

Clock Display: Change different clock display styles



Heart Rate Tracking: Auto heart rate tracking frequency setting

Archon BEMOVED User Guide (ANDROID)



Notifications



Notification ON



Notification OFF

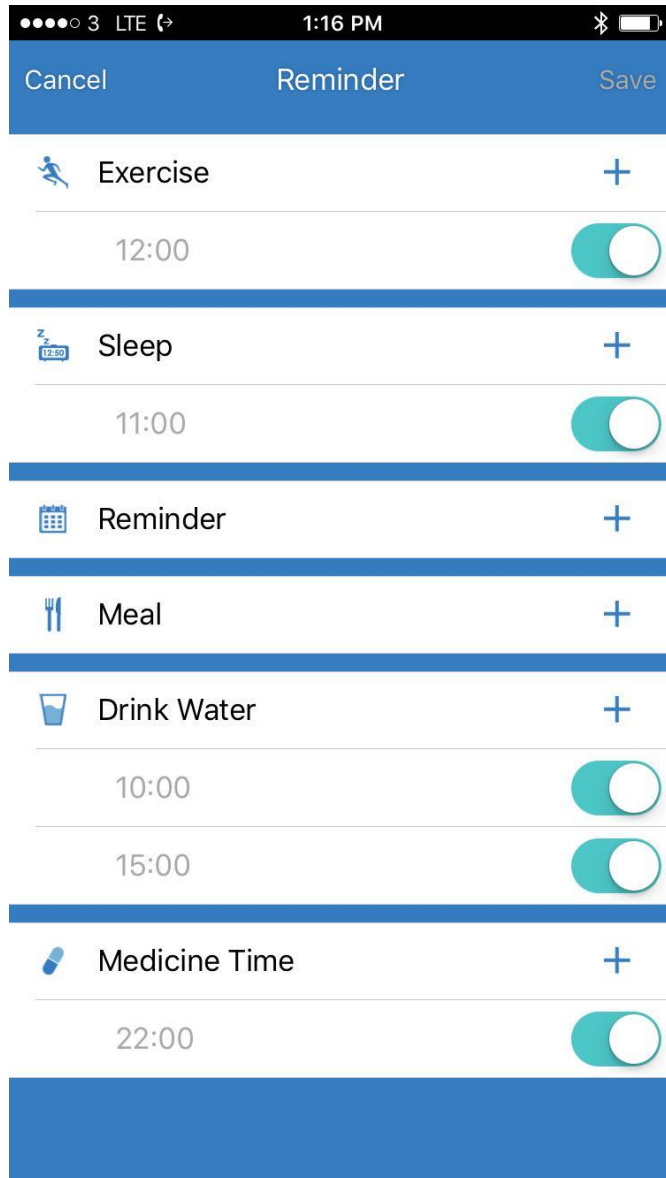
Save

Click to save notification settings

*Facebook notification setting can be defined within Facebook programme (Setting->Apps->Notification)

Archon BEMOVED User Guide (ANDROID)

Reminder



Add new reminder



Reminder ON



Reminder OFF

10:00

Click to save reminders

Save

Click time to change



Sweep from right to left to delete reminder

Archon BEMOVED User Guide (ANDROID)

Auto Sleep

Cancel Auto Sleep Save

Start Time 23:00

End Time 07:00

Start Time 23:00

Input your usual sleep time

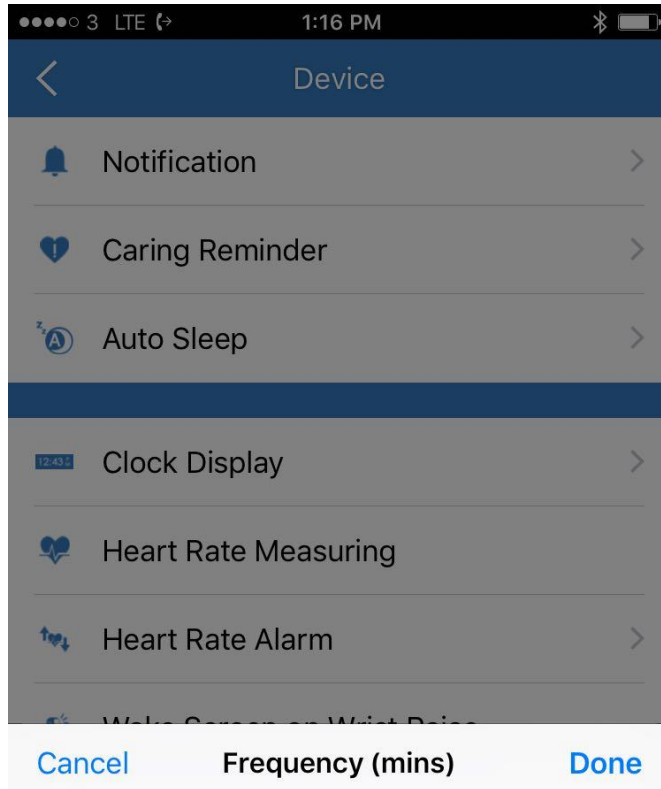
End Time 07:00

Input your usual wake up time

Save

Click to save auto sleep settings

Archon BEMOVED User Guide (ANDROID) Real Time Heart Rate Tracking Setting

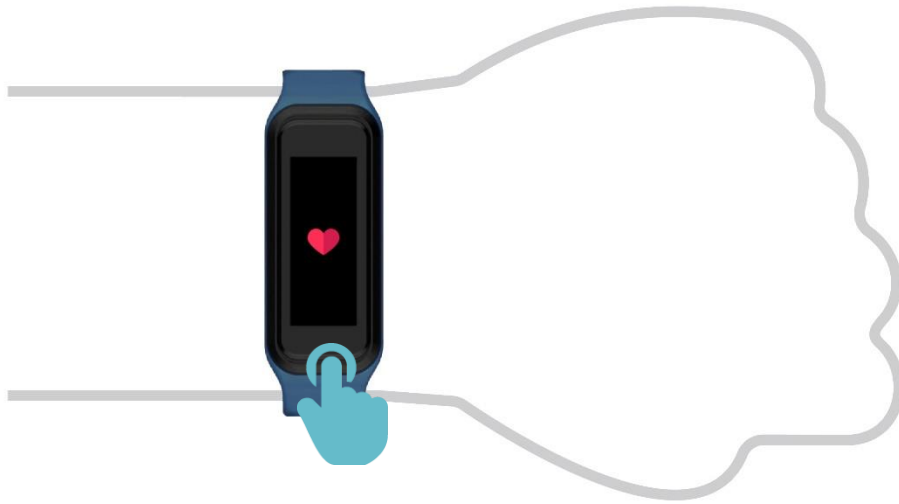


Select the auto heart rate tracking frequency or turn it OFF

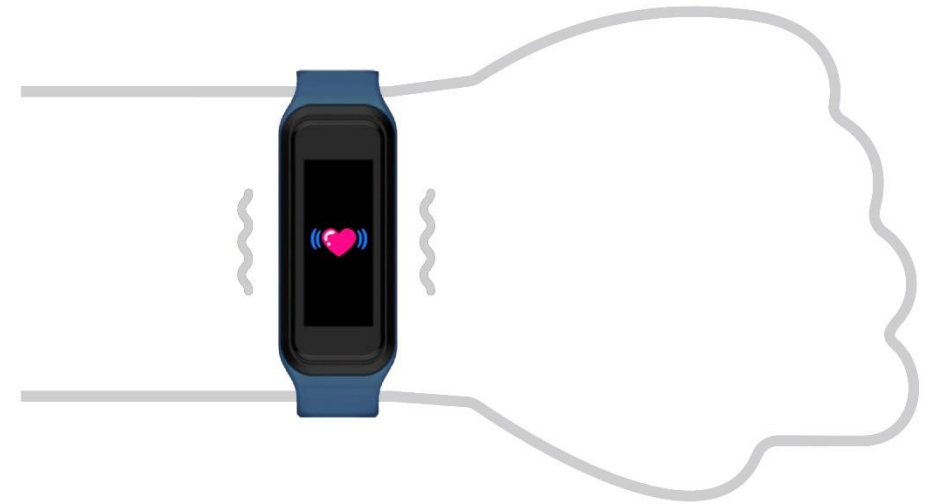
Once frequency is selected and synchronized, your Archon BEMOVED will track and record your heart rate automatically

Archon BEMOVED User Guide (ANDROID)

Real Time Heart Rate Tracking



1. To turn ON the real time heart rate tracking, sweep to the heart rate tracking page, press and hold for 2 seconds



2. Your BEMOVED will vibrate gently and start to track your heart rate

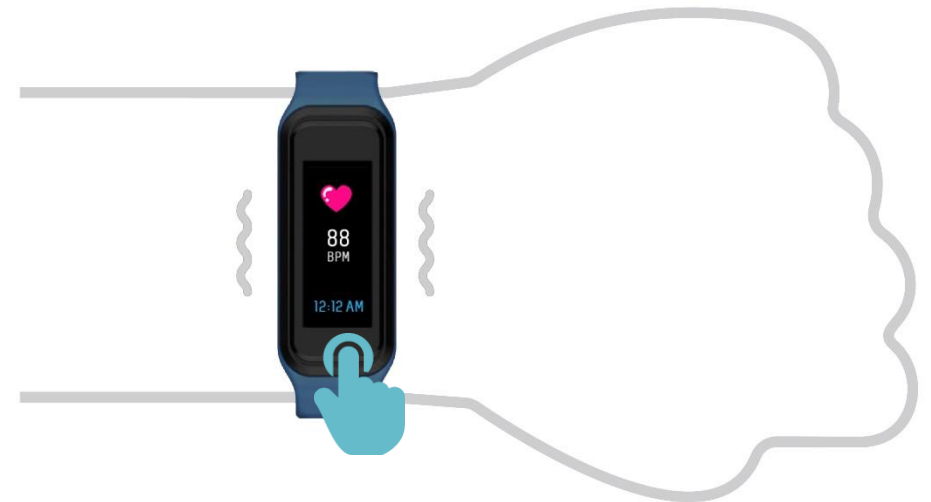
Archon BEMOVED User Guide

(ANDROID)

Real Time Heart Rate Tracking



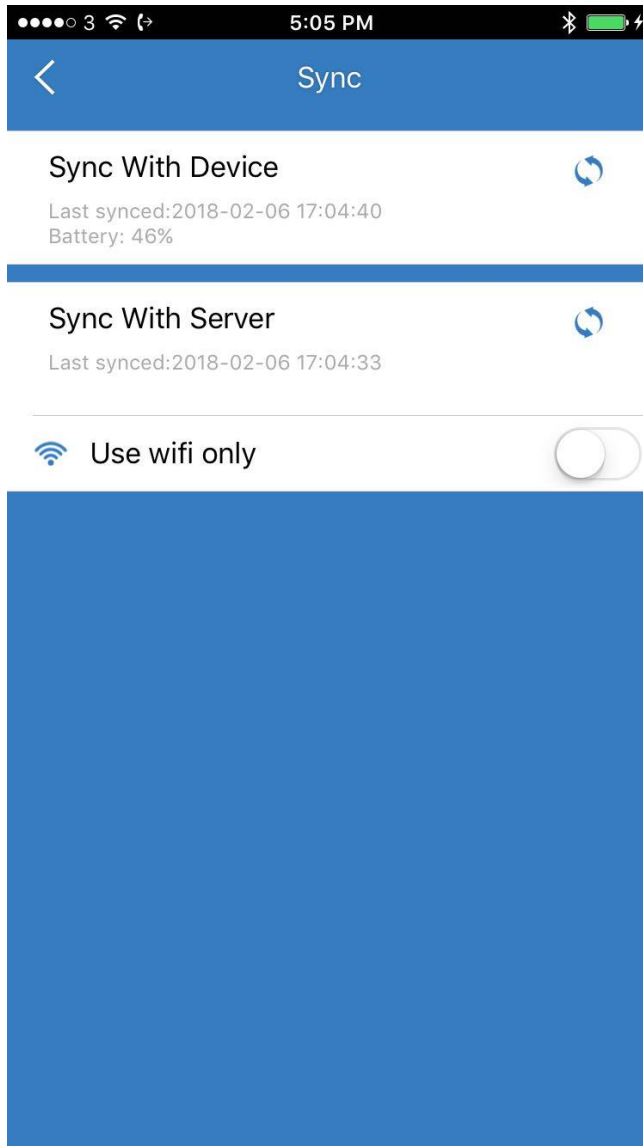
3. Wait for the reading to display and your heart rate will be updated every second until you turn it off



4. To turn OFF the real time heart rate tracking, press and hold for 2 seconds and your Archon BEMOVED will vibrate gently

* Real time heart rate tracking will be turned OFF automatically after 4 hours

Synchronisation



Click to sync data with device



Click to sync data with server

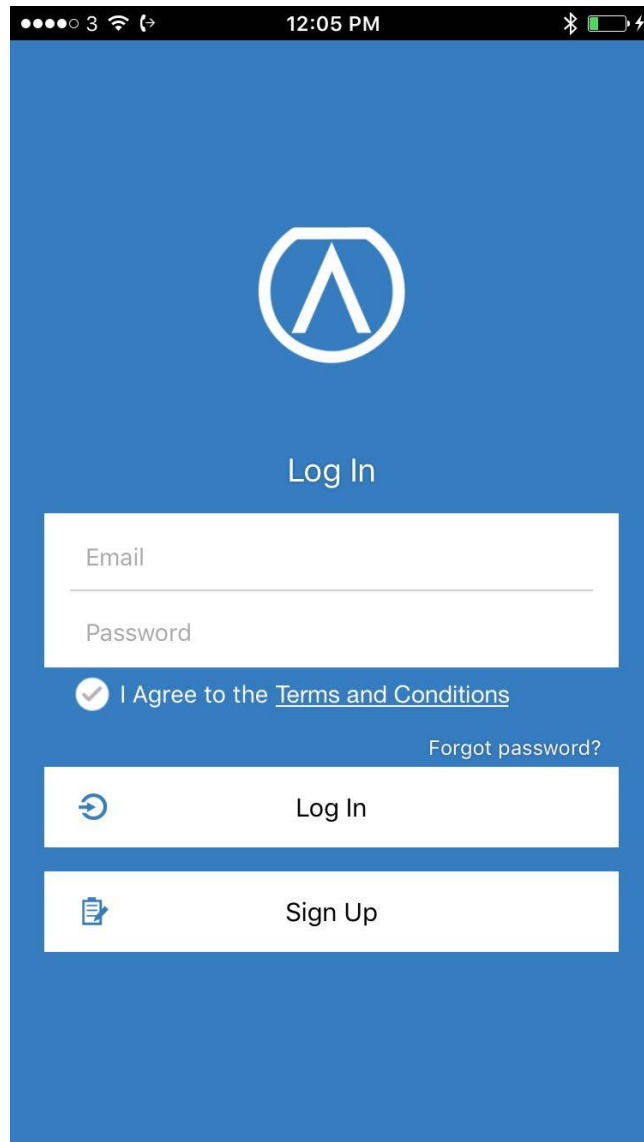


Turn "ON" if you want to sync with the server by wifi only.

**** IF IT'S TURNED "OFF", WILL SYNC THE DATA WITH SERVER BY YOUR MOBILE DATA PLAN AND MAY INCUR CHARGES ****

Archon BEMOVED User Guide (ANDROID)

Archon Cloud



The screenshot shows the Archon Cloud mobile application interface. At the top, there's a status bar with signal strength, 3G, Wi-Fi, and battery icons, and the time 12:05 PM. The app's logo, a white 'A' inside a circle, is centered on a blue background. Below the logo is a 'Log In' button. Underneath are two input fields for 'Email' and 'Password'. A checkbox with a checkmark is labeled 'I Agree to the Terms and Conditions'. A link for 'Forgot password?' is positioned to the right of the password field. At the bottom, there are two buttons: 'Log In' with a circular arrow icon and 'Sign Up' with a clipboard icon.



Input your email and password to log in



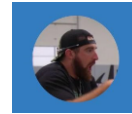
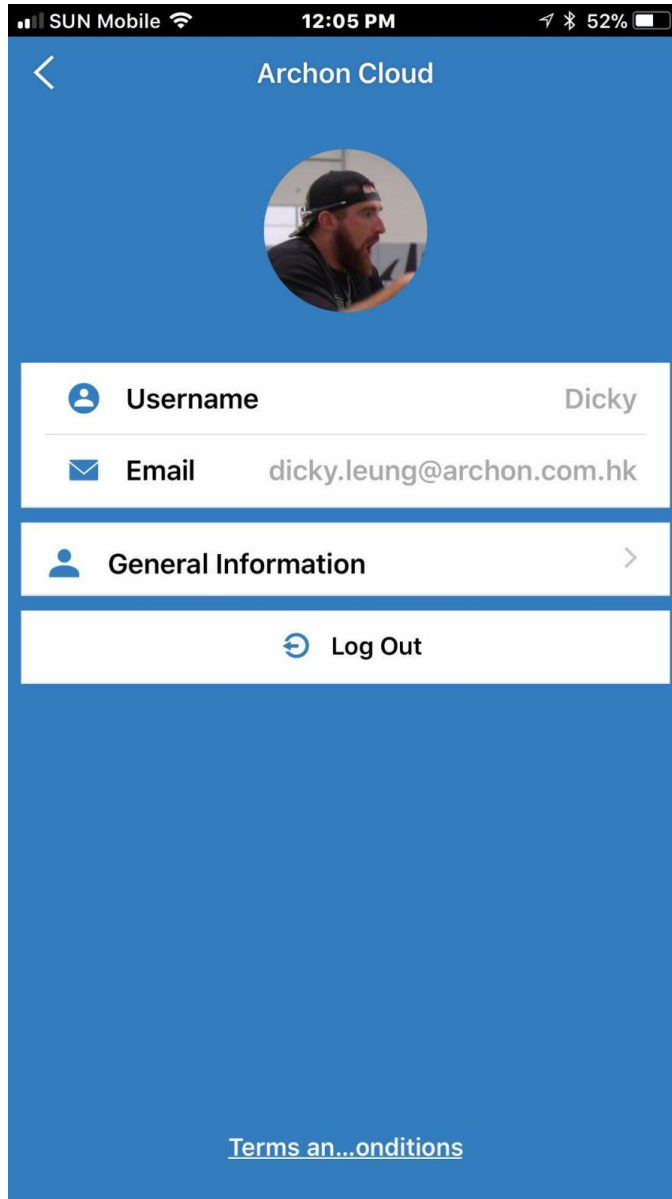
Sign up with your email, user name and password

Forget password?

Click and enter your email to reset password

Archon BEMOVED User Guide (ANDROID)

Archon Cloud



Click to edit profile picture



Click to edit user name



Log in email



Click to enter General Information page



Log out