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

Powered by Archon

Contents

Archon BEMOVED User Guide (iOS)

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

3. . You can also search "Sweat On" directly in the App Store
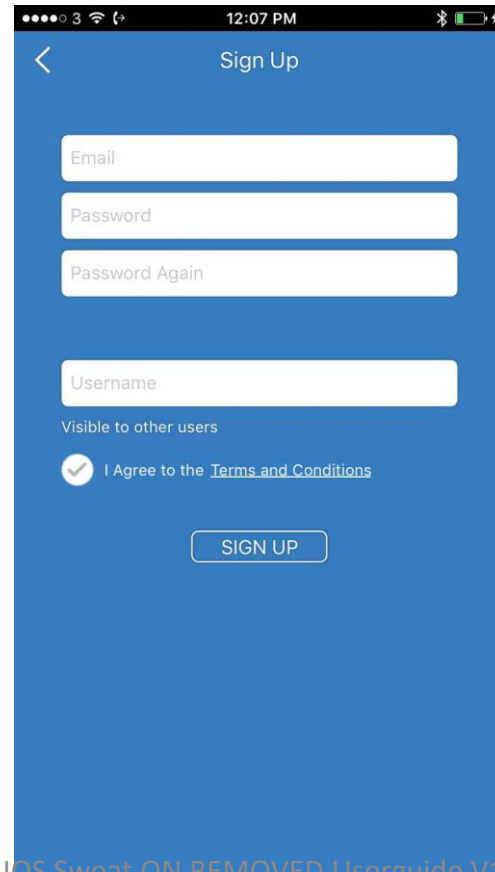
Select " Pocari x PolyU Wellness Programme"
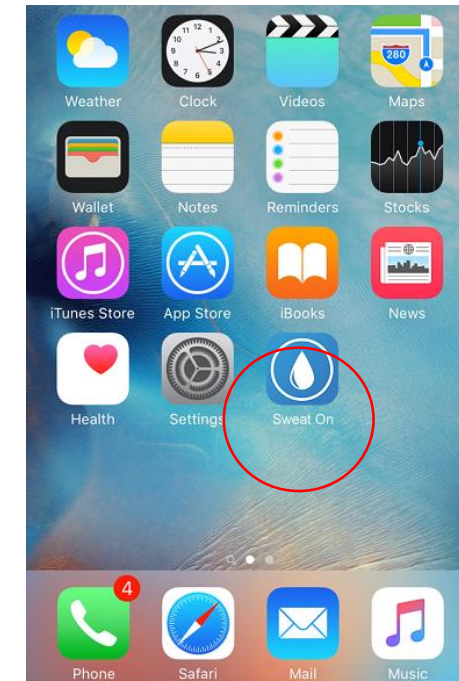
Archon BEMOVED Userguide (iOS)

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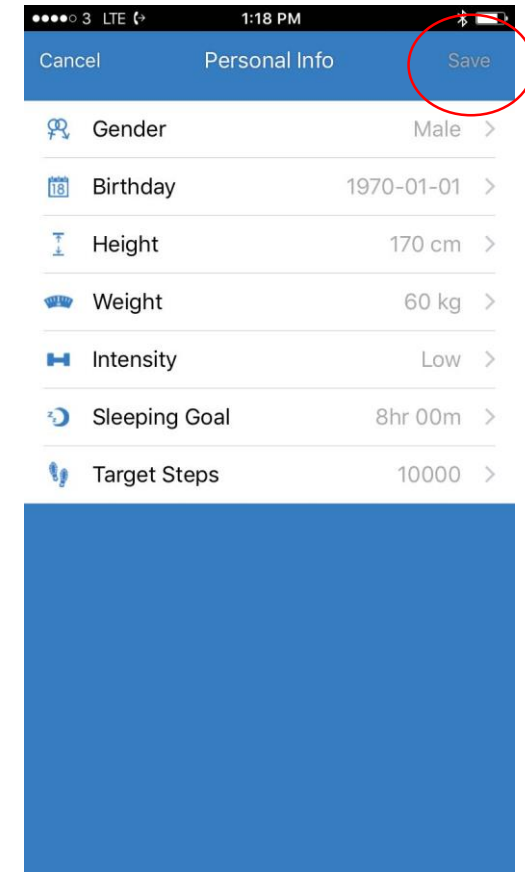
1. Sign up if you are new user, or log in if you already have an account

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

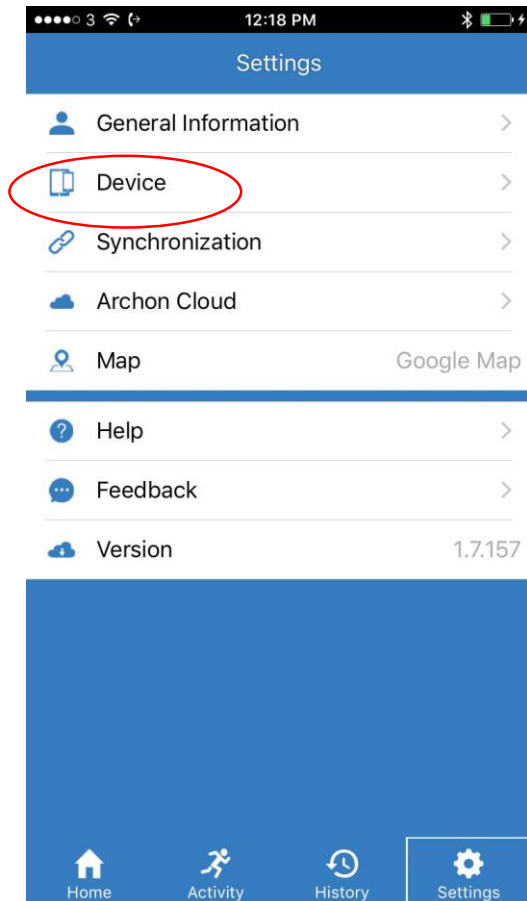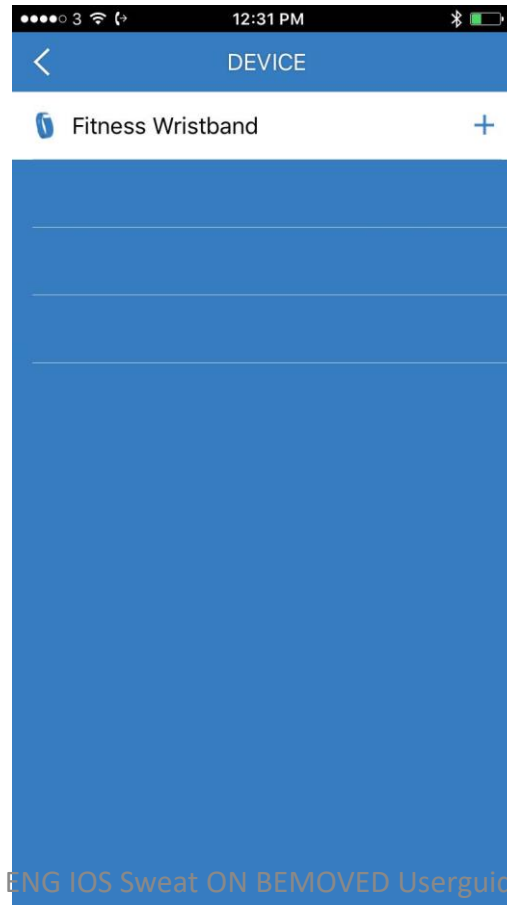3. . Enter your general information after sign up and click "Save".

Archon BEMOVED User Guide(iOS)

Pairing Wristband

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

2. . Click "+" in "DEVICE"

3. Select "AM03"
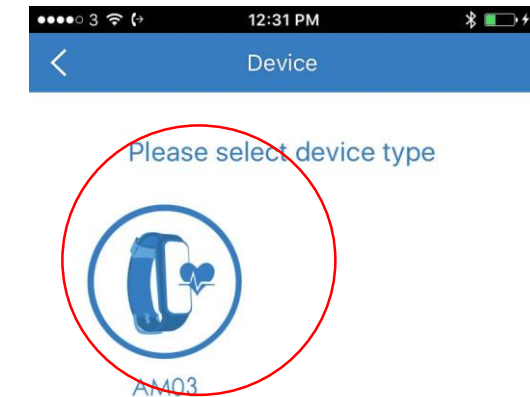
Archon BEMOVED User Guide (iOS)

Pairing Wristband

4. Click "Next"

5. Put the Archon BEMOVED near to your phone that is scanning the closest wristband.
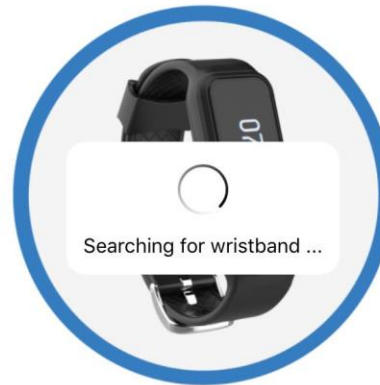
6. Wristband AM03XXXXX request to pair your iPhone, pls tap "Pair". At the same time, go to tap the "tick" on your wristband screen to accept pairing.

Device

Please double-tap the screen to lit it

NEXT

Firmware Upgrade

Device

Please keep the wristband close to the mobile phone

Searching for wristband ...

Device

Please keep the wristband close to the mobile phone
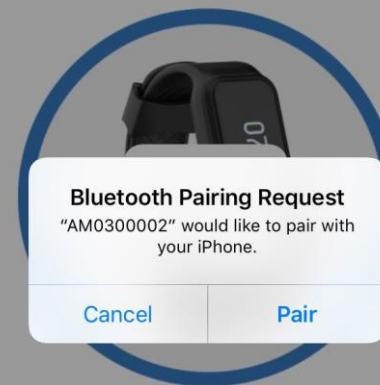
Bluetooth Pairing Request
"AM0300002" would like to pair with your iPhone.

Cancel | Pair

Archon BEMOVED User Guide (iOS)

Pairing Wristband

7. Once pairing with Archon App is successful, Archon BEMOVED will vibrate gently and display "CONNECTED"

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

9. Once paired, you can access the Bluetooth setting page, wristband AM03 will show "Connected" with an " i " icon at the right side.
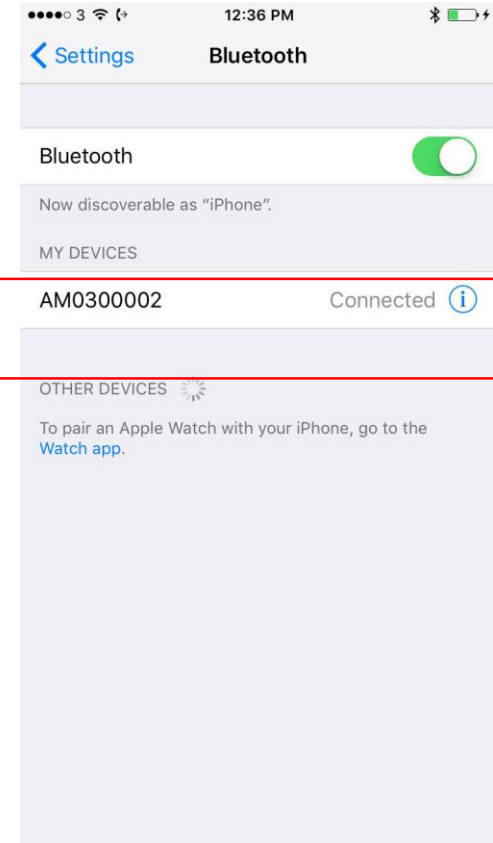
Archon BEMOVED User Guide (iOS)

Pairing Wristband

If BEMOVED is not properly paired with iPhone, the icon ⓘ will not show up.

MY DEVICES

AM0300002   Connected

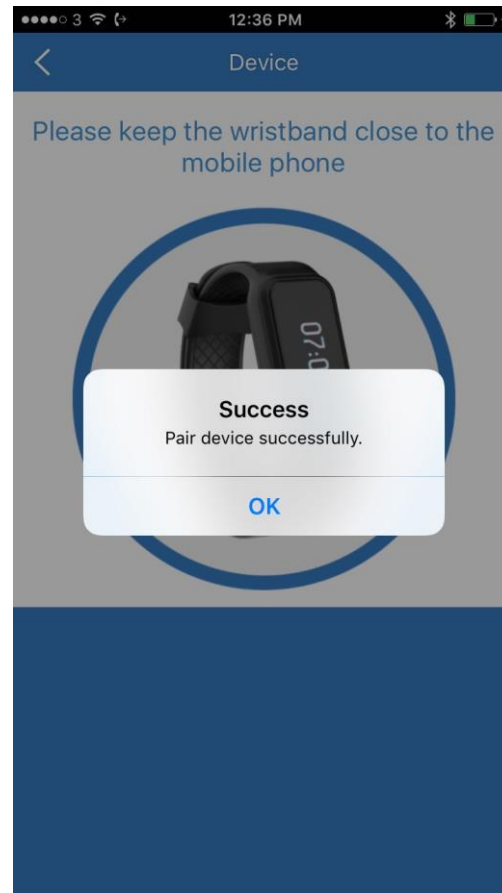●●●●○ 3 📶 ↳   12:36 PM   ✳ 🔋⚡

‹ Settings   **Bluetooth**

Bluetooth   🟢

Now discoverable as "iPhone".

MY DEVICES

AM0300002   Connected

OTHER DEVICES

To pair an Apple Watch with your iPhone, go to the Watch app.

Archon BEMOVED not paired with iPhone ❌

** Please make sure procedure 8) and 9) are followed to complete pairing process, otherwise, you will not be able to receive notification on your Archon BEMOVED**

MY DEVICES

AM0300002   Connected ⓘ

Archon BEMOVED is paired with iPhone ✔

Archon BEMOVED User Guide (iOS)

Firmware Upgrade

1. If firmware upgrade is available, click "OK" to upgrade or "Cancel" to upgrade later
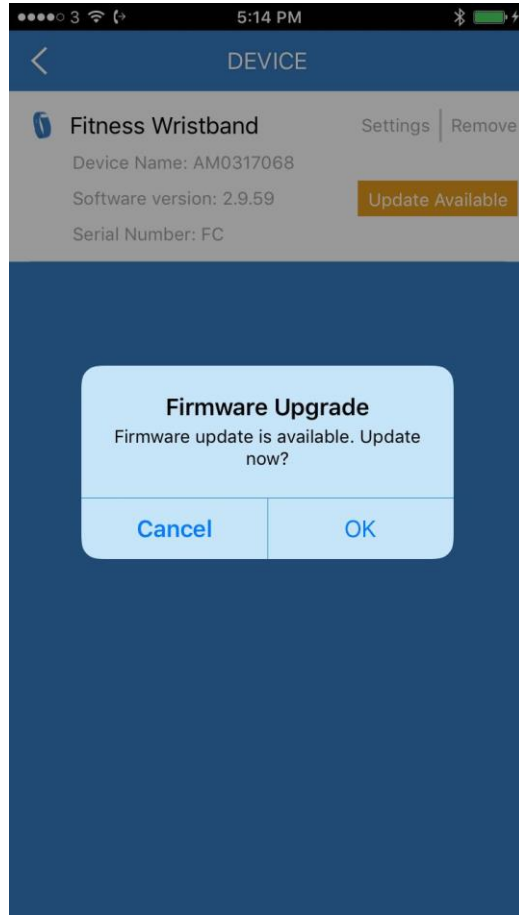
2. Put your Archon BEMOVED close to your phone and click "START"
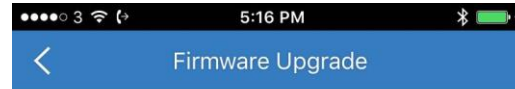
3. . Your phone will connect to the Archon BEMOVED automatically

DEVICE

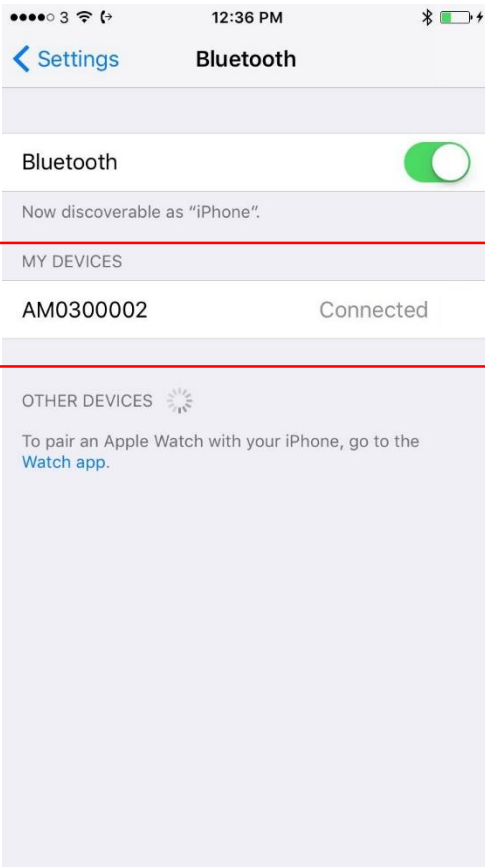Fitness Wristband   Settings | Remove
Device Name: AM0317068
Software version: 2.9.59   Update Available
Serial Number: FC

Firmware Upgrade
Firmware update is available. Update now?

Cancel   OK

Firmware Upgrade

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

START

Firmware Upgrade

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

Starting...

START

Archon BEMOVED User Guide (iOS)

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
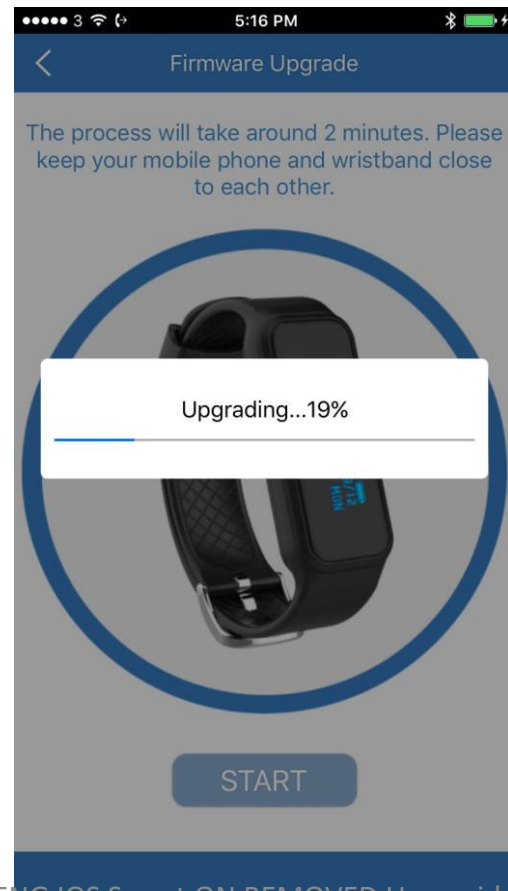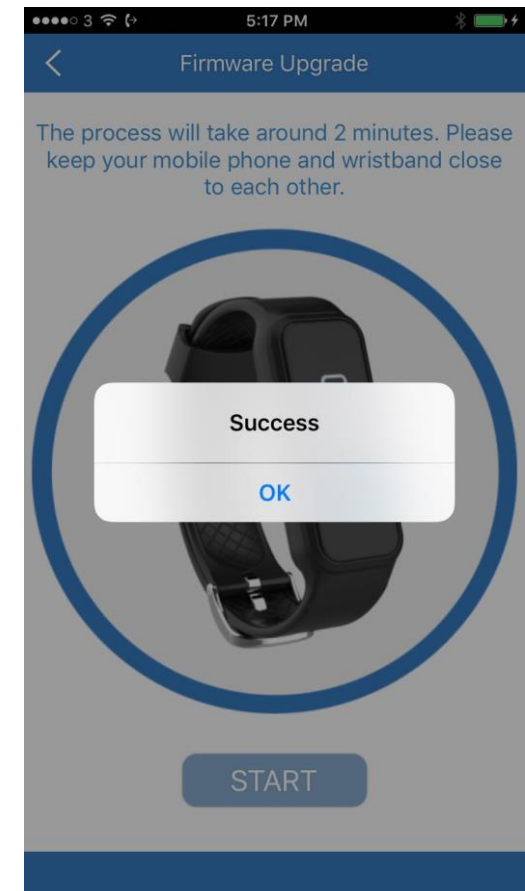
Archon BEMOVED User Guide (iOS)
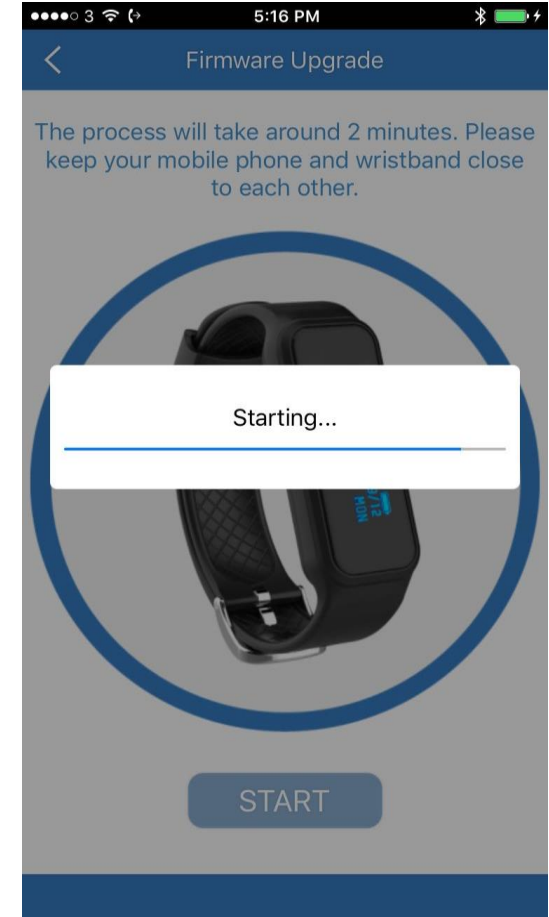

Home: Summary of daily steps, calories, distance travelled and heart rate

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 (iOS)

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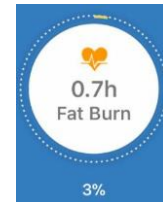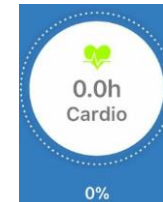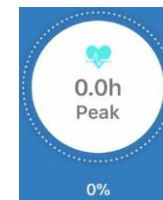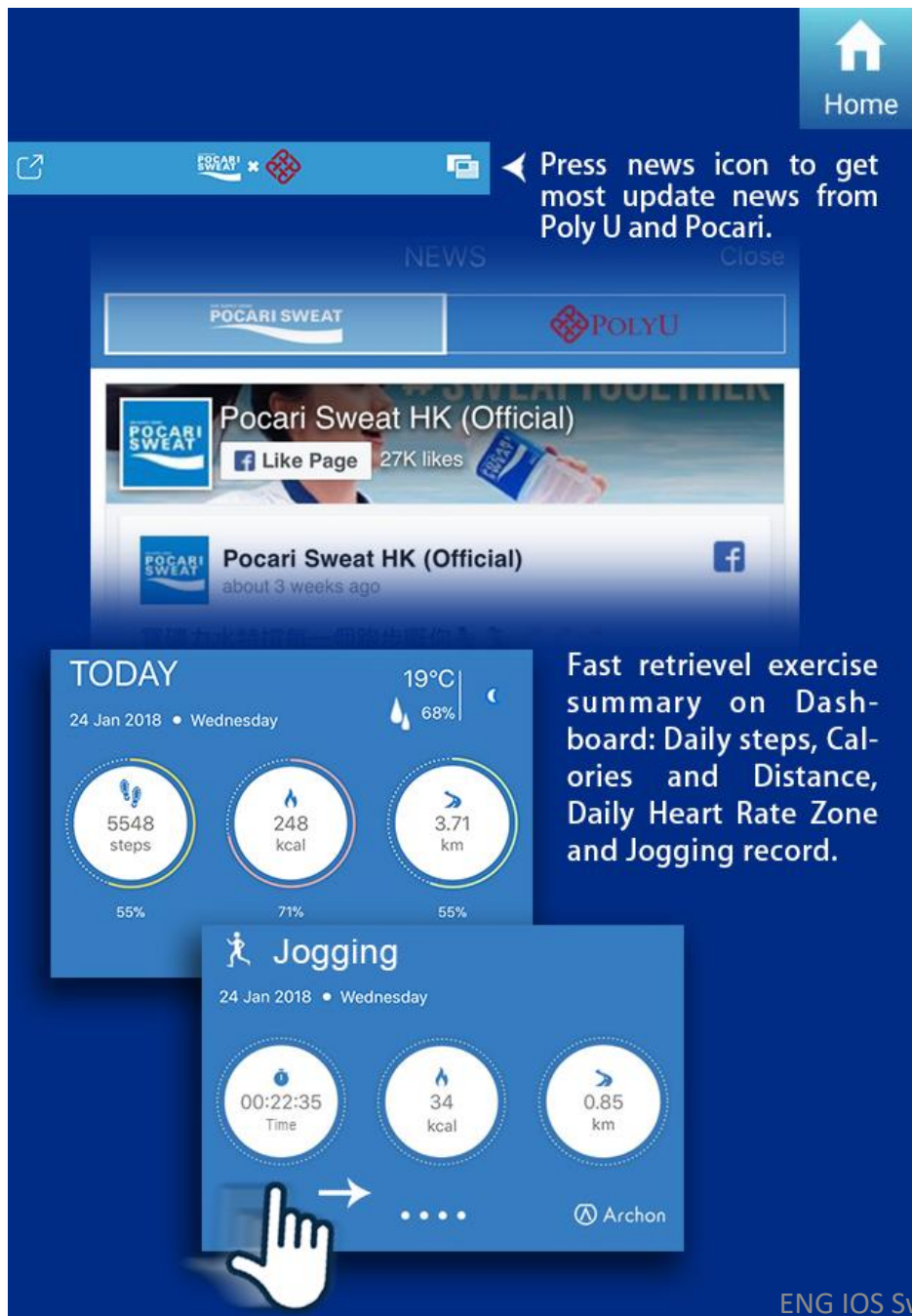
Peak Zone (>85% of maximum heart rate)
Heart rate during high intensity physical activity

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

POCARI SWEAT ✕

NEWS   Close

POCARI SWEAT   PolyU

Pocari Sweat HK (Official)
Like Page   27K likes

Pocari Sweat HK (Official)
about 3 weeks ago

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

TODAY
24 Jan 2018 • Wednesday

19°C
68%

5548 steps   248 kcal   3.71 km
55%   71%   55%

🏃 Jogging
24 Jan 2018 • Wednesday

00:22:35 Time   34 kcal   0.85 km

● ● ● ●   Ⓐ Archon

Jan 18

Select Date Range

Toggle Activity / Sleep

Quick Sync

122%

10360 steps   7306 m   454.6 kcal

Performance   **Sync Device**

Sport Mode Record

40

20

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

200
150
100
50

15h   0.3h   0m
Low Intensity   Medium Intensity   High Intensity

🏠 Home   🏃 Activity   🕐 History   ⚙ Settings

Archon BEMOVED User Guide (iOS)

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 (iOS)

Sweep the activity bar to the right to display Max Heart Rate, Rest Rate and today average Heart rate.
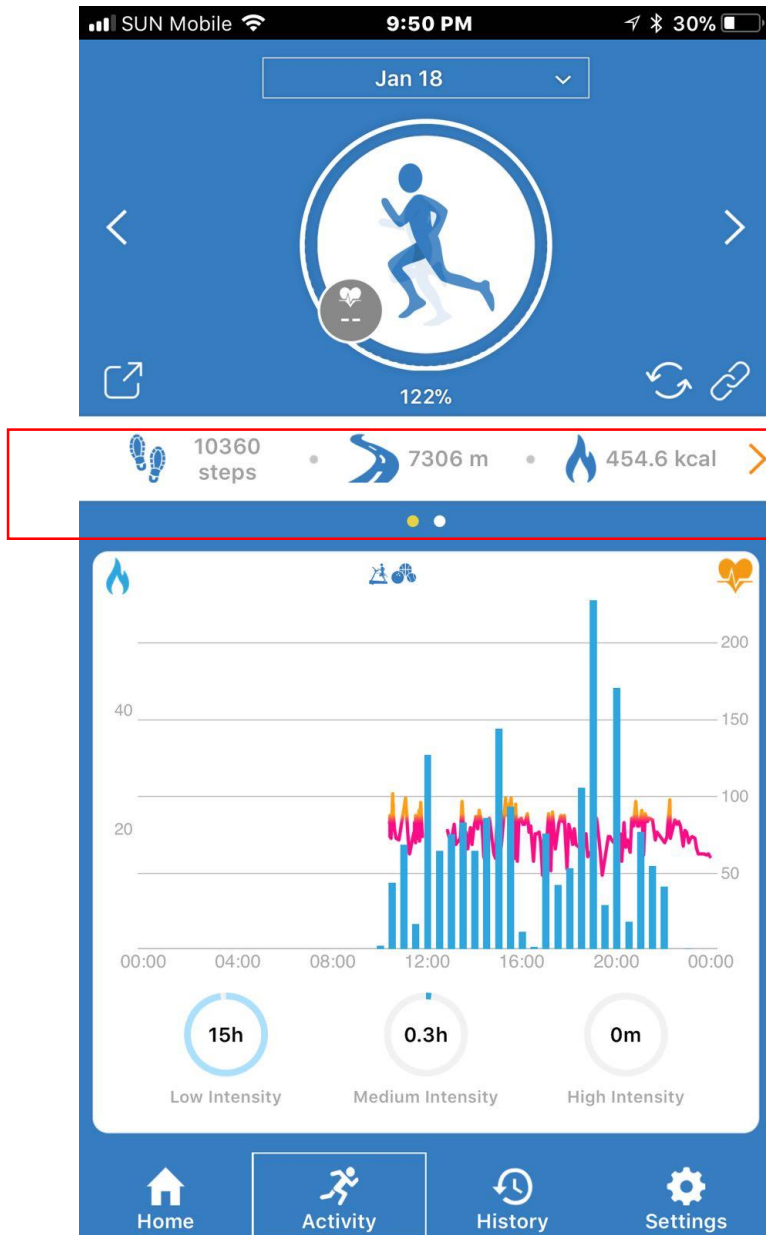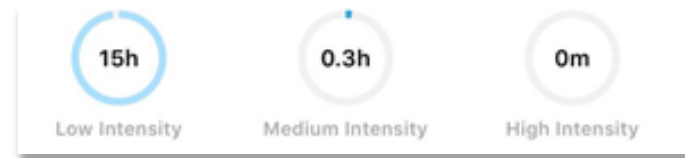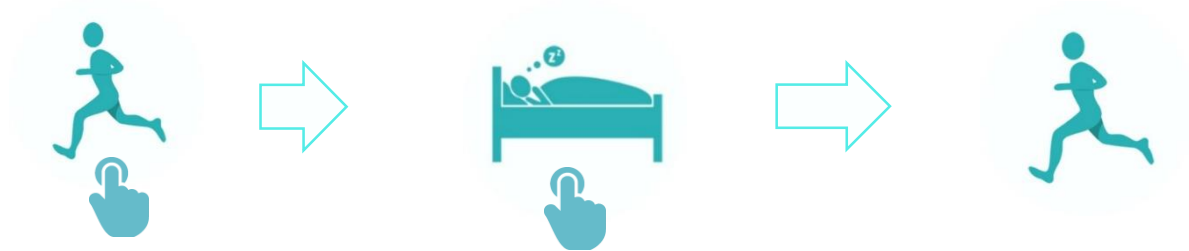
—— Fat burn zone
50-69% of maximum heart rate

—— 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 (iOS)

Activity
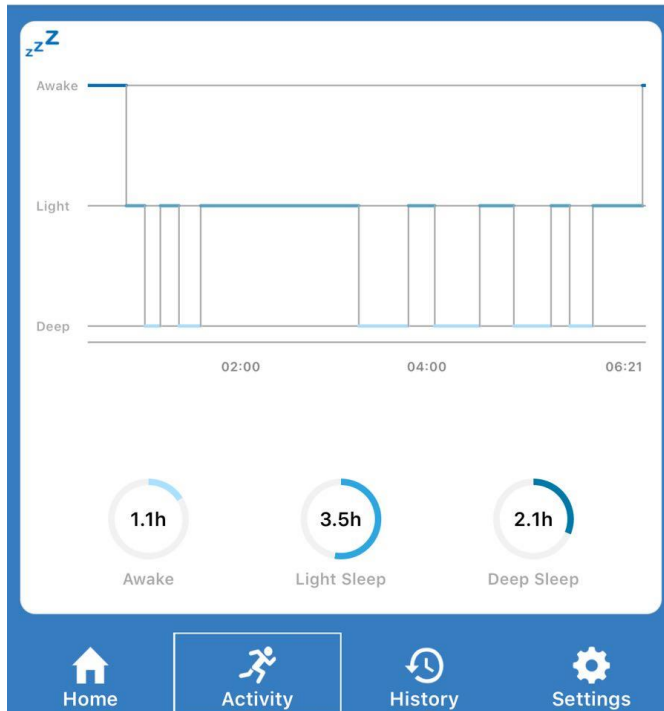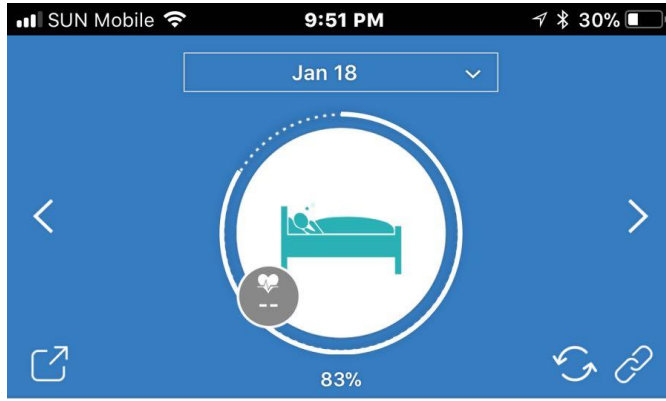
Sleep Record

Click on the character to switch between steps and sleep record

🛏 6h37m	Total sleeping time	
1h2m	Time required to fall asleep	
debt 2h27m	Sleeping time compared with daily target (Sleeping goal can be set at "General Info")	

Archon BEMOVED User Guide (iOS)

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.

Start an exercise

Jogging

Ball Games

Yoga

Gymnasium

Other Exercise

Cancel
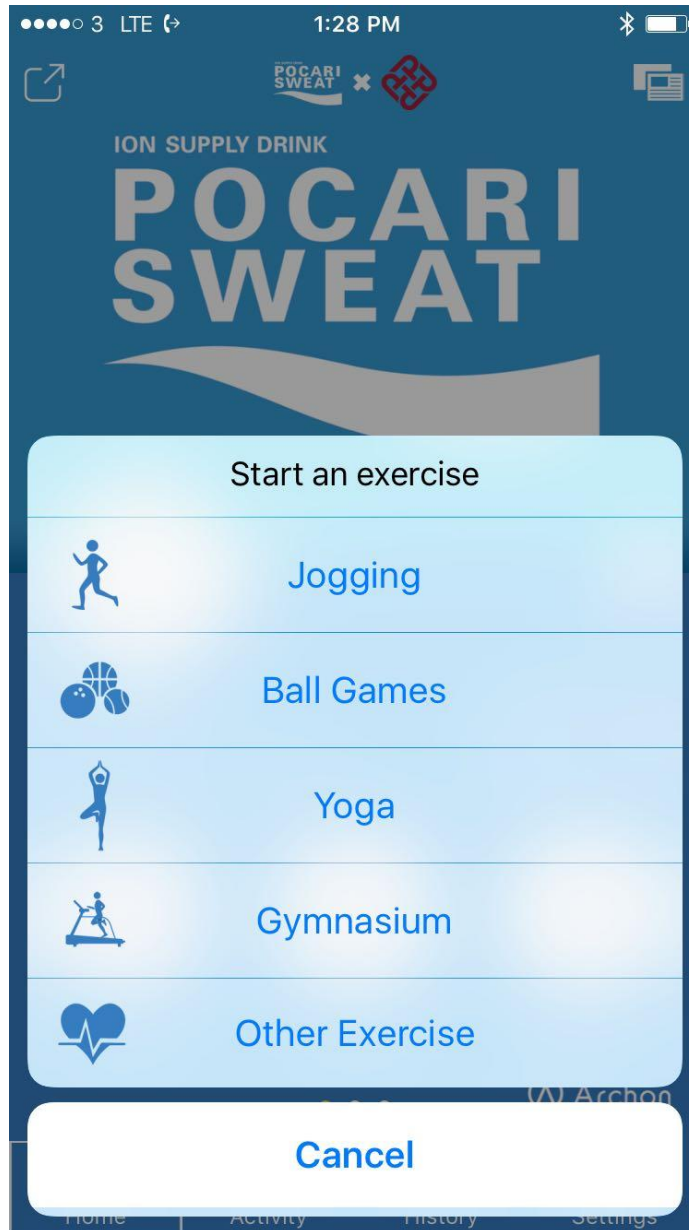
Archon BEMOVED User Guide (iOS)
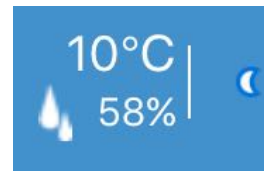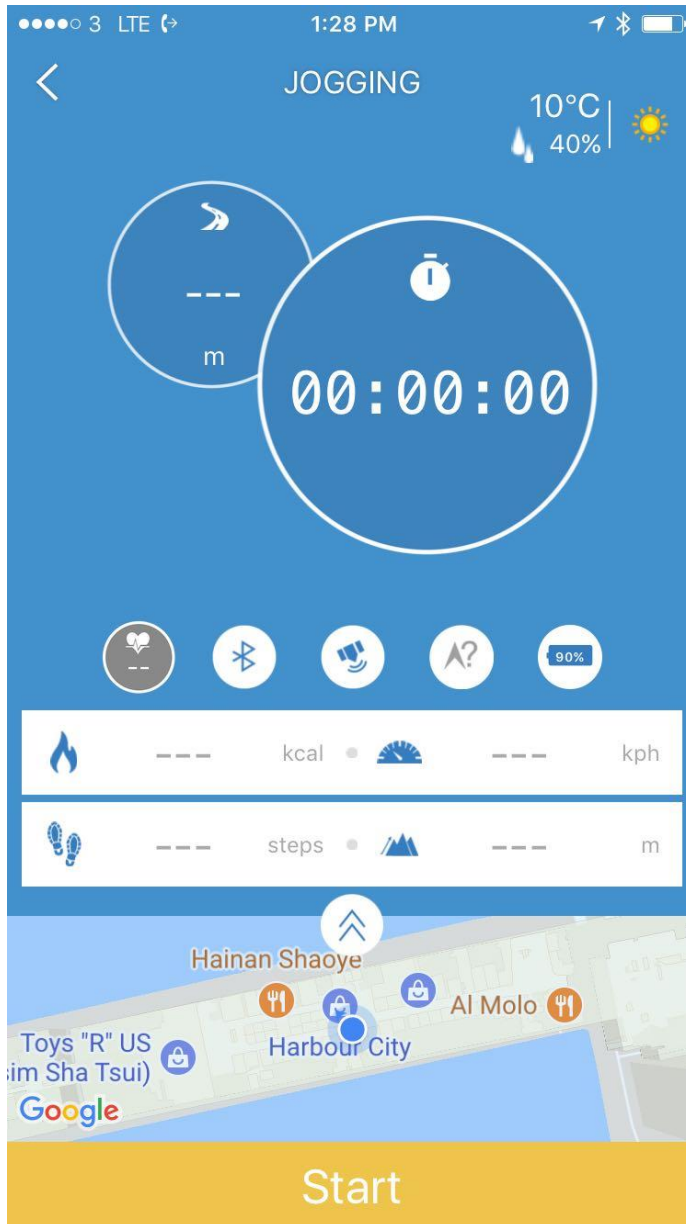
Jogging

10°C / 58% ☾	Weather information
(road icon)	Jogging distance (meter)
(stopwatch icon)	Jogging duration
(Bluetooth icon)	Icon will light up if Archon BEMOVED is connected successfully

Archon BEMOVED User Guide (iOS)

Jogging
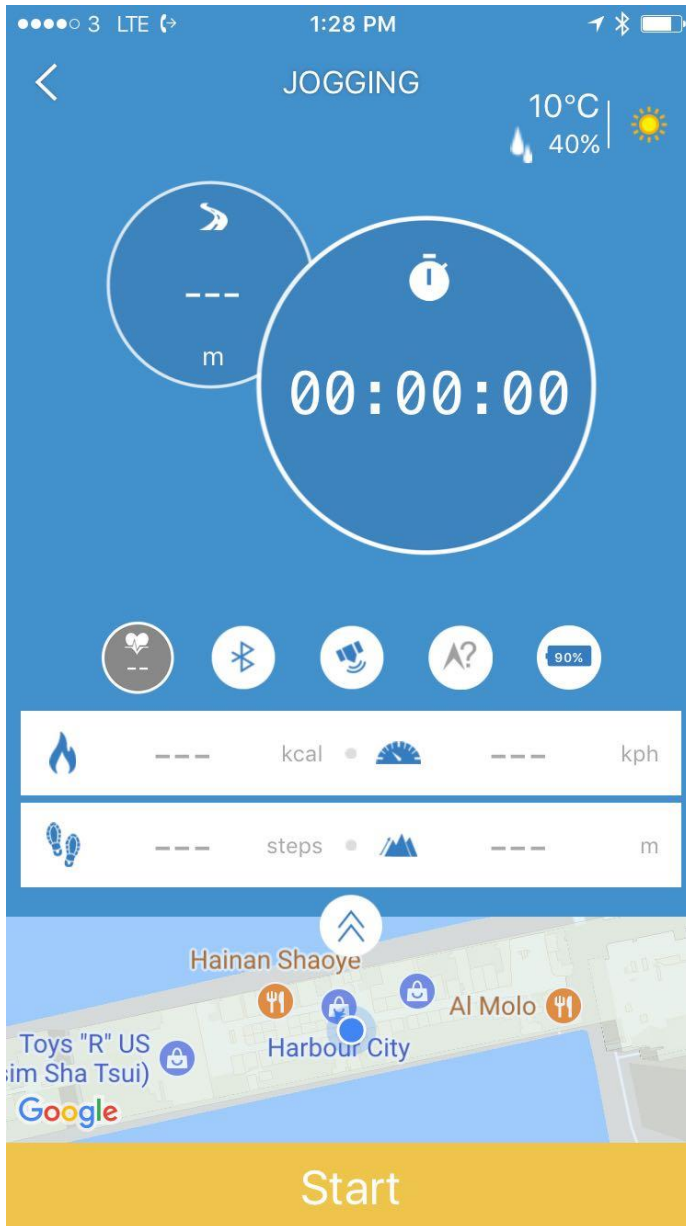
GPS icon will light up if your phone GPS is enabled

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(iOS)

Jogging

🔥 Calories burnt (kcal)

👣 Number of steps

🌡 Average speed (kilometer/hour)

⛰ Elevation (meter)

⌃ Click to enlarge map

Start Click to record your jogging session
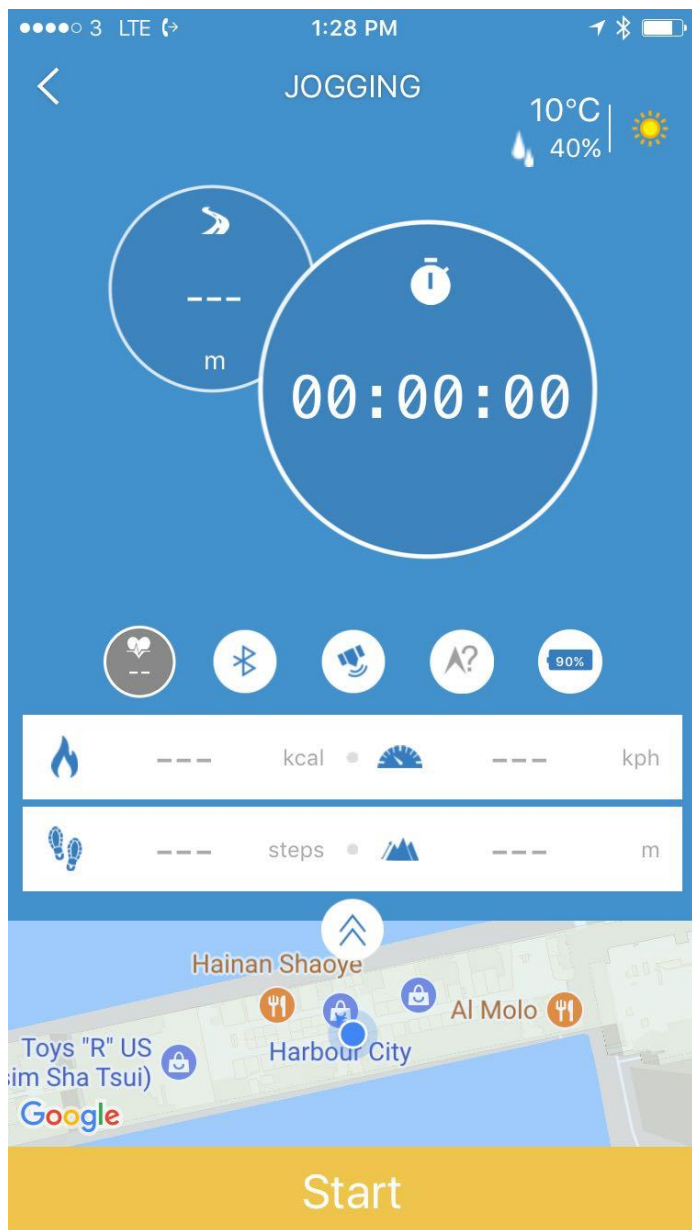
Archon BEMOVED User Guide (iOS)
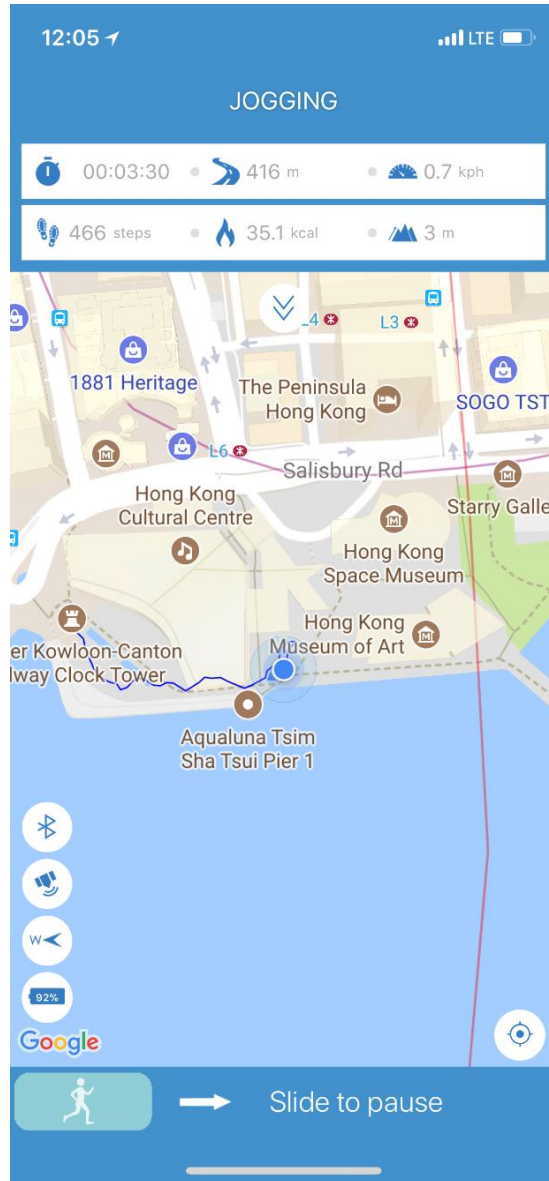
Jogging

⌄	Click to minimize jogging map
👆↗	Zoom in jogging map
👆↙	Zoom out jogging map

Archon BEMOVED User Guide (iOS)
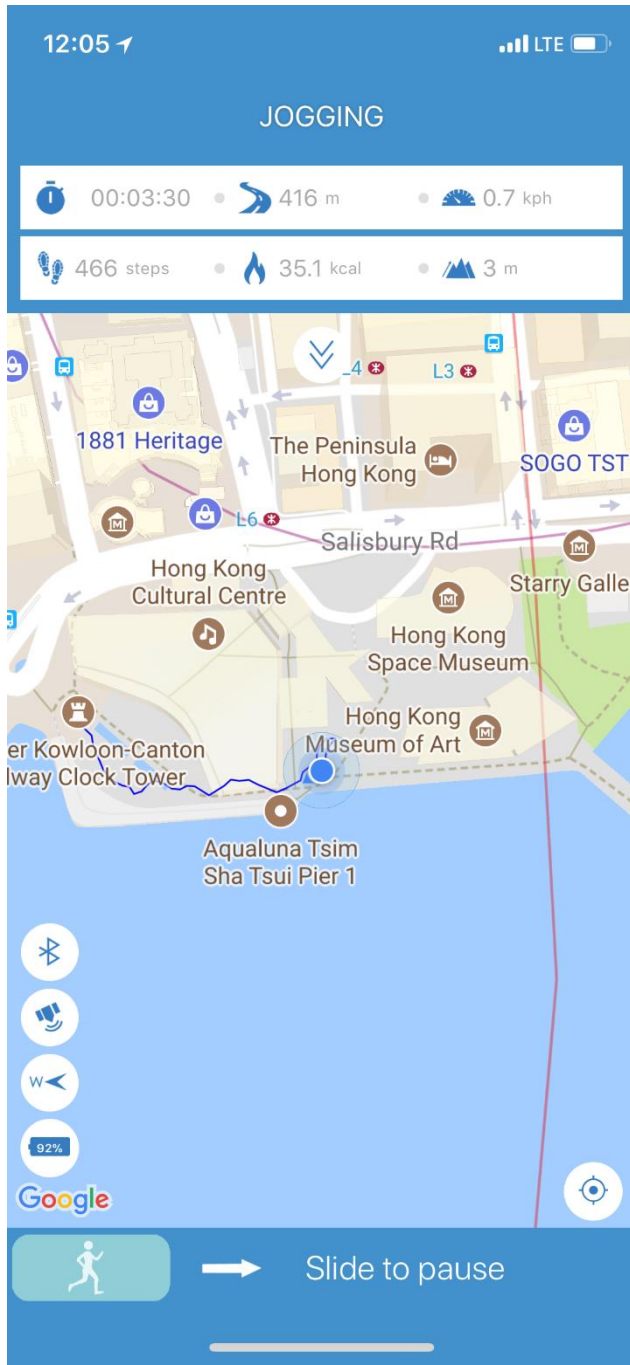
Jogging

⏱	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 (iOS)

Jogging

Resume	Click to resume jogging session
Stop	Click to stop and record jogging session

Archon BEMOVED User Guide (iOS)

Jogging

Click jogging session to view graphical display

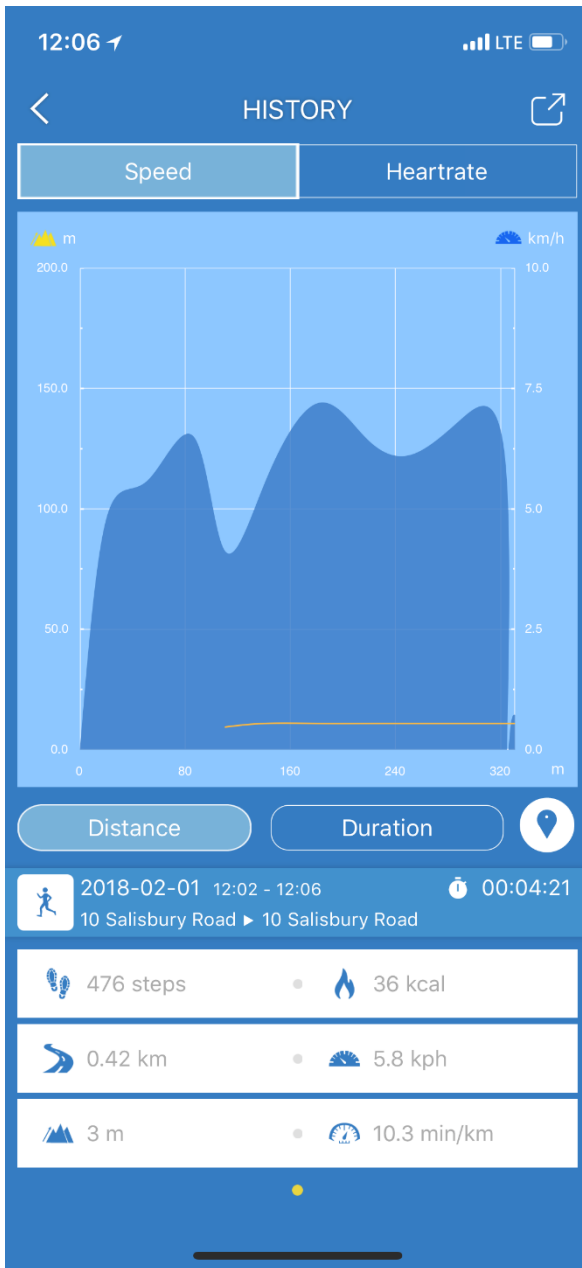Press any record for 2 sec to remove it, click "Remove this session" to confirm

Archon BEMOVED User Guide (iOS)

Jogging

	Click to share jogging history to social media
Distance / Duration	Switch between distance and duration graphical display
	Click to see jogging map
⏱ 00:04:21	Jogging duration

Archon BEMOVED User Guide (iOS)

Jogging
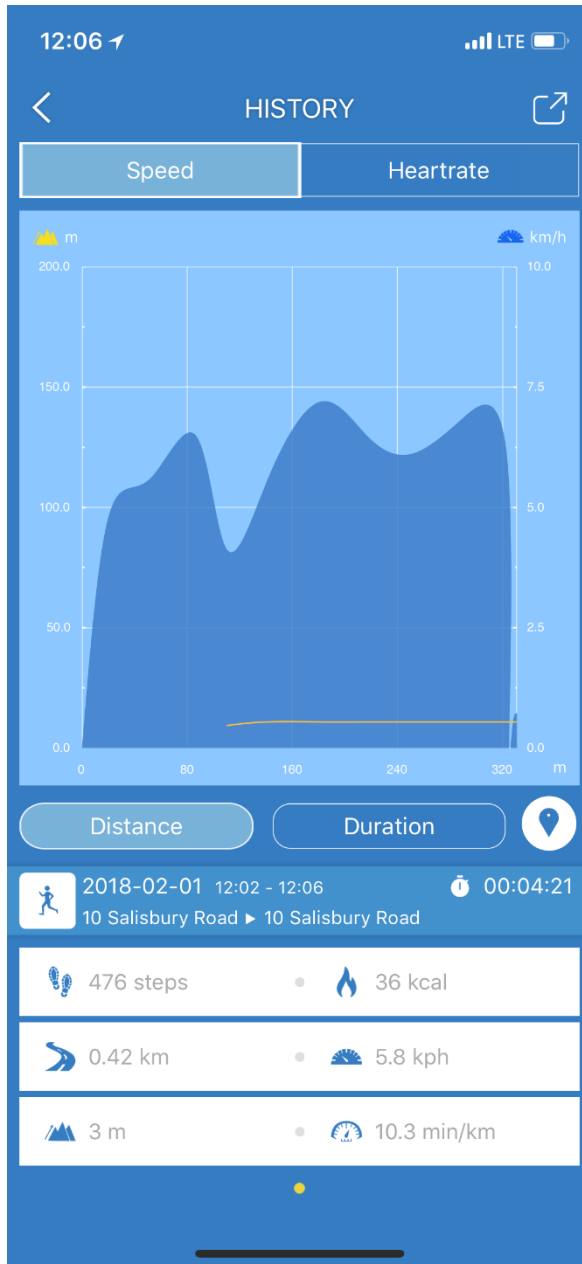
👣	Steps taken
🔥	Calories burnt (kcal)
🛣️	Distance travelled (kilometer)
🌡️	Average speed (kilometer/hour)
🏔️	Elevation (meter)
⏱️	Average speed (minute/kilometer)

Phone screen:

12:06

HISTORY

Speed | Heartrate

m | km/h
200.0 | 10.0
150.0 | 7.5
100.0 | 5.0
50.0 | 2.5
0.0 | 0.0
0   80   160   240   320   m

Distance | Duration

2018-02-01 12:02 - 12:06   ⏱ 00:04:21
10 Salisbury Road ▶ 10 Salisbury Road

476 steps   •   36 kcal
0.42 km   •   5.8 kph
3 m   •   10.3 min/km

Archon BEMOVED User Guide (iOS)
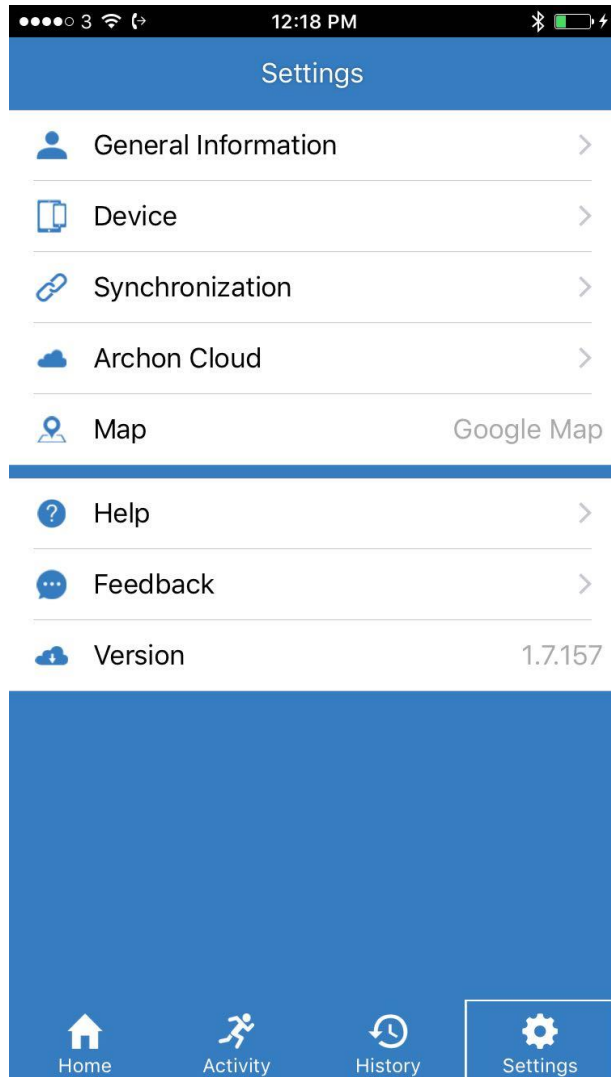
General information, target steps and sleeping goal settings

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

Device and server synchronization settings
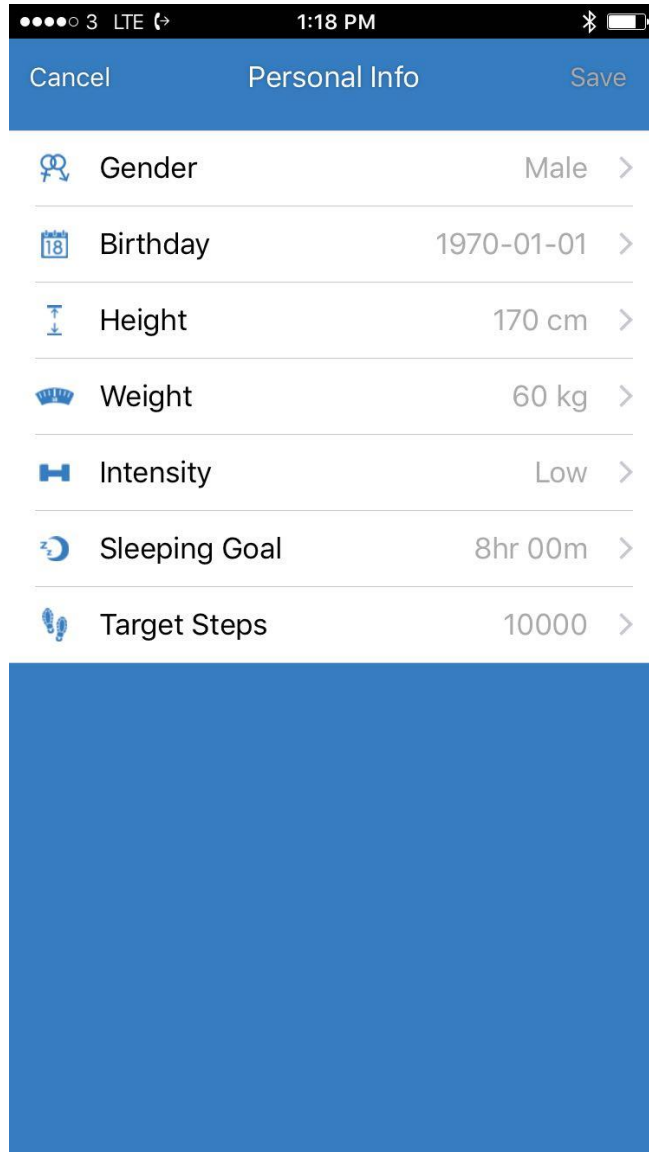
Cloud username, photo and login/logout settings

Map autoselect or setup (Google map or Gaode map)

Provide feedback or contact aftersales service centre.

Archon BEMOVED User Guide (iOS)

General Information

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	>

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 (iOS)

Device
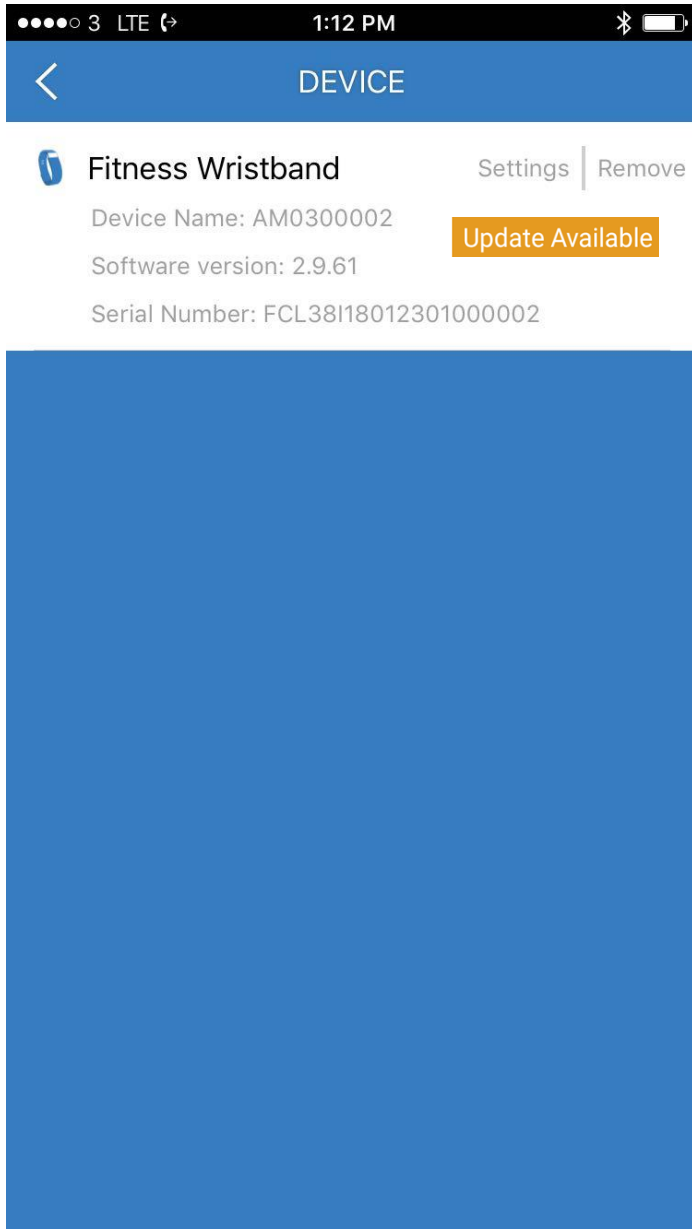
Settings	Notification, Reminder and Auto Sleep settings
Update Available	If firmware update is available, click to upgrade your Archon BEMOVED
Remove	Remove the paired Archon BEMOVED from your phone

** 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" **
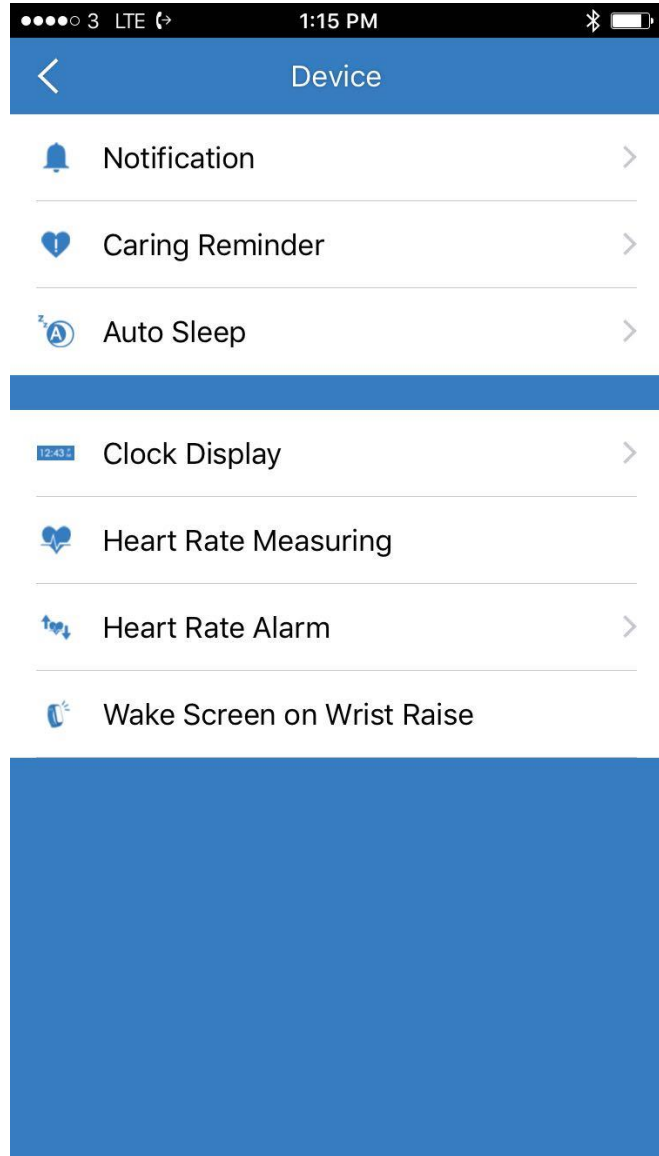
MY DEVICES

AT01#09155   Connected 🛈

Archon BEMOVED User Guide (iOS)

Fitness Wristband Setting

🔔 Notification	>
💙 Caring Reminder	>
😴 Auto Sleep	>
🕐 Clock Display	>
💓 Heart Rate Measuring	
📈 Heart Rate Alarm	>
📱 Wake Screen on Wrist Raise	

🔔 Incoming call, Missed Call, SMS, Email, Facebook, Twitter, WhatsApp, WeChat, Line, Calendar, Link lost Alert notification settings
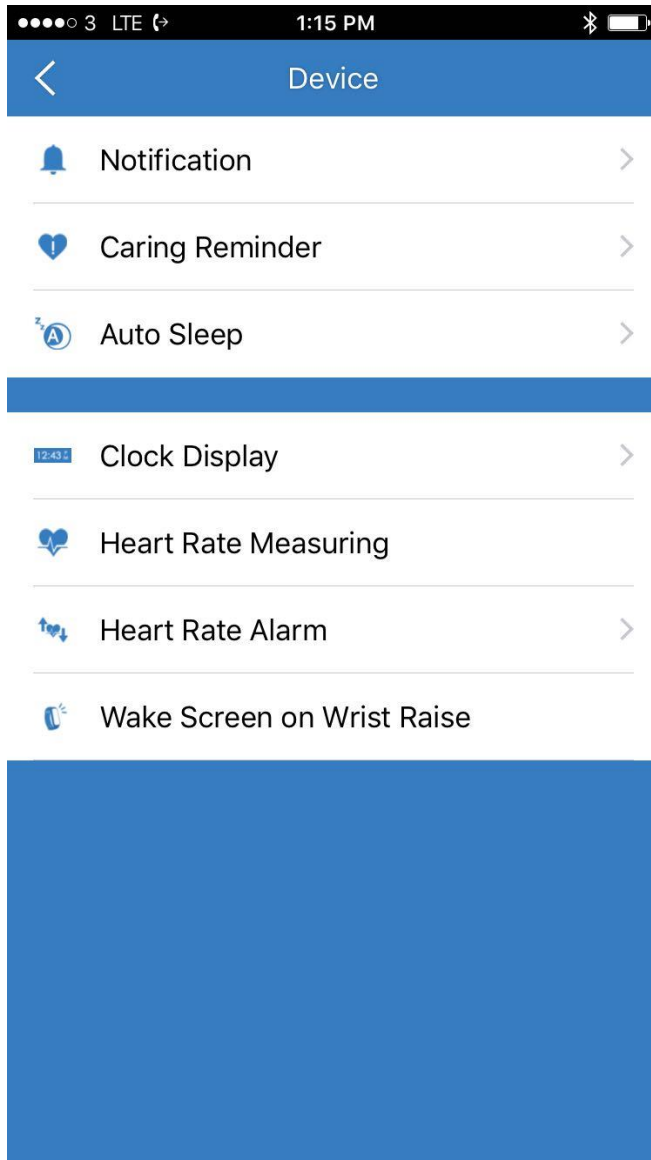
💙 Exercise, Sleep, Reminder and Meal Settings

😴 Auto Sleep time setting

Archon BEMOVED User Guide (iOS)
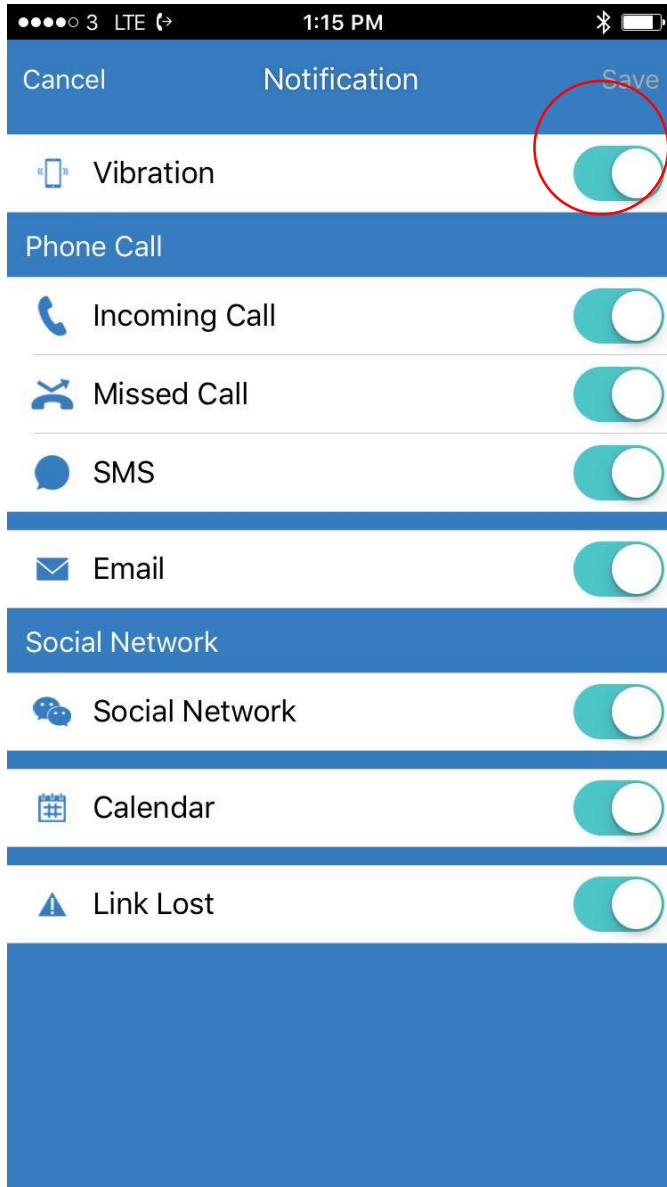
Fitness Wristband Setting

Device	
🔔 Notification	›
💙 Caring Reminder	›
🅰 Auto Sleep	›
Clock Display	›
💗 Heart Rate Measuring	
Heart Rate Alarm	›
Wake Screen on Wrist Raise	

Clock Display

Clock Display: Change different clock display styles

Heart Rate Tracking: Auto heart rate tracking frequency setting

Archon BEMOVED User Guide (iOS)

Notifications

Cancel	Notification	Save

🔲 Vibration

Phone Call

📞 Incoming Call

☎ Missed Call

💬 SMS

✉ Email

Social Network

💬 Social Network

📅 Calendar

⚠ Link Lost
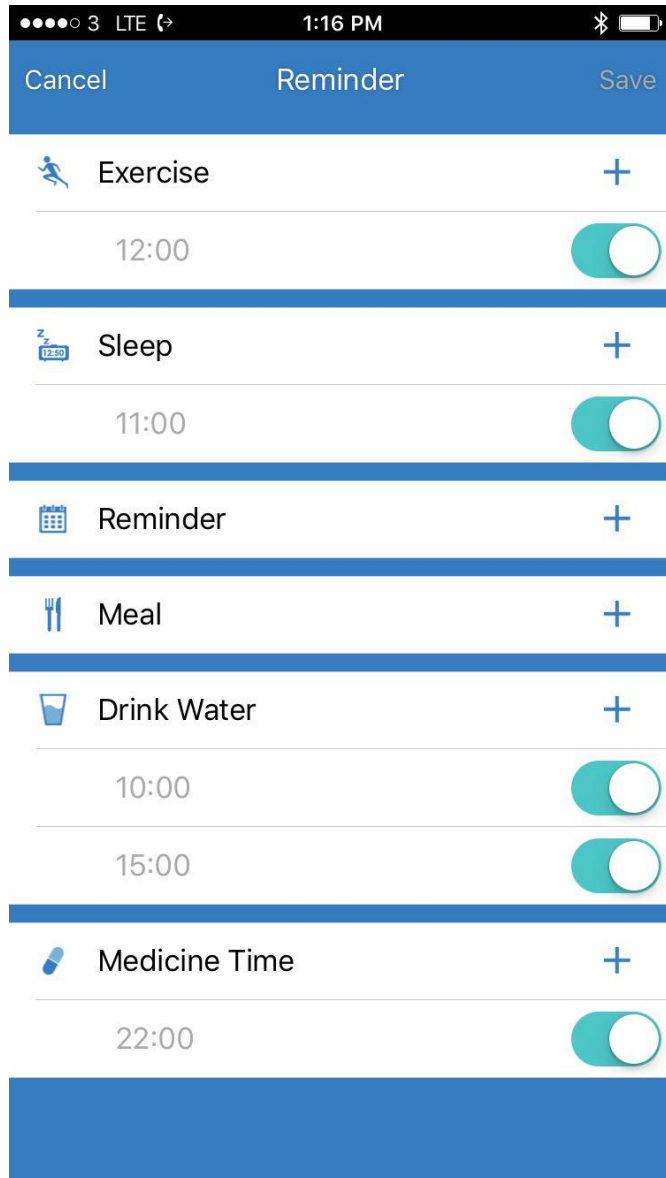
Notification ON

Notification OFF

Save — Click to save notification settings

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

Archon BEMOVED User Guide (iOS)

Reminder

+	Add new reminder
(toggle on)	Reminder ON
(toggle off)	Reminder OFF
10:00	Click to save reminders
Save	Click time to change
(toggle)	Sweep from right to left to delete reminder

Archon BEMOVED User Guide (iOS)

Auto Sleep
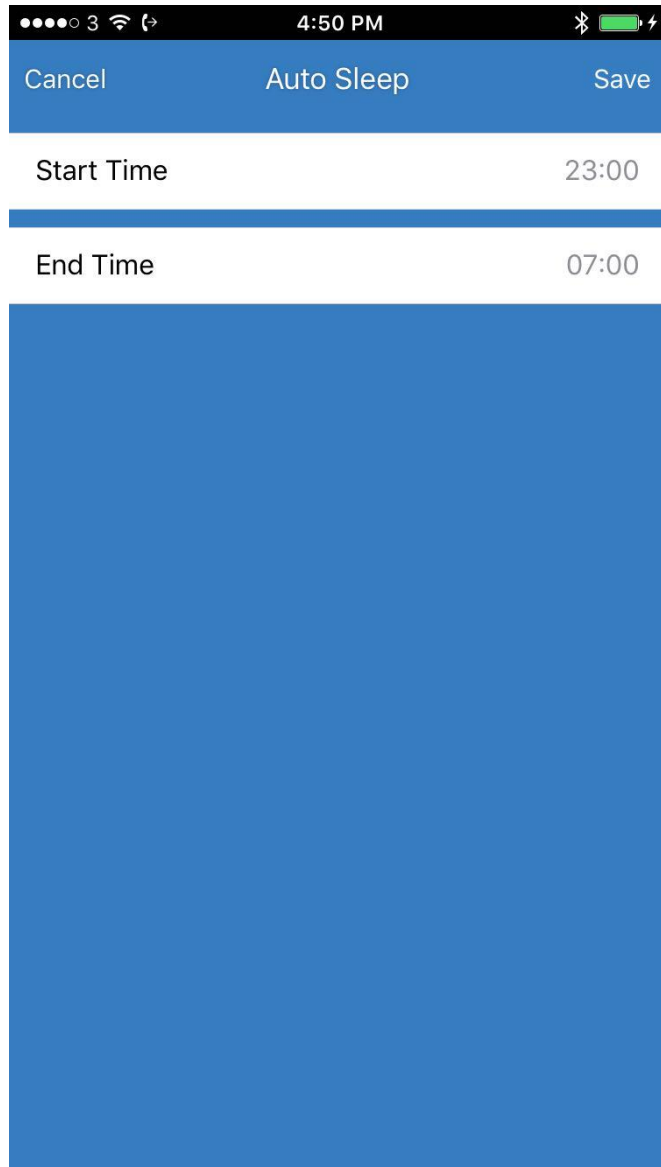
Start Time	23:00

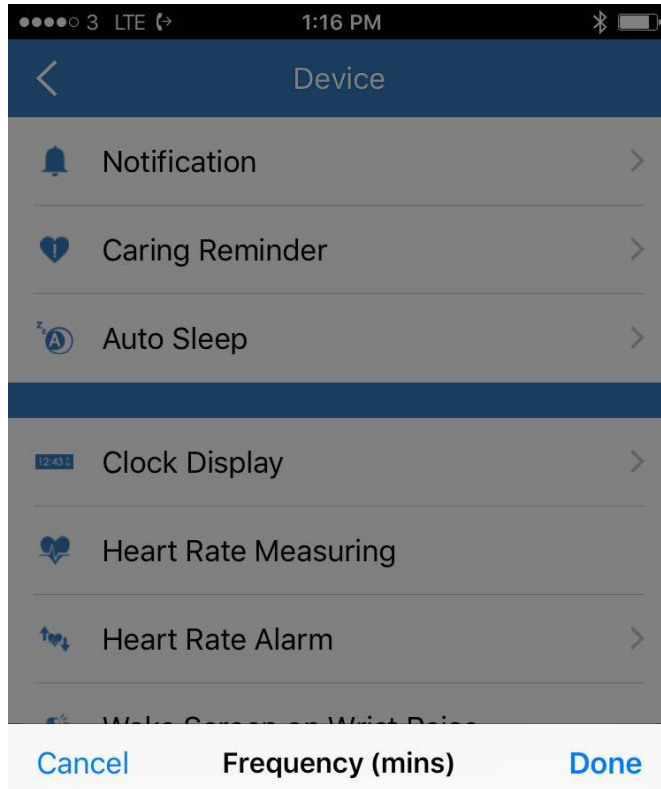Input your usual sleep time

End Time	07:00

Input your usual wake up time

Save — Click to save auto sleep settings

Archon BEMOVED User Guide (iOS)

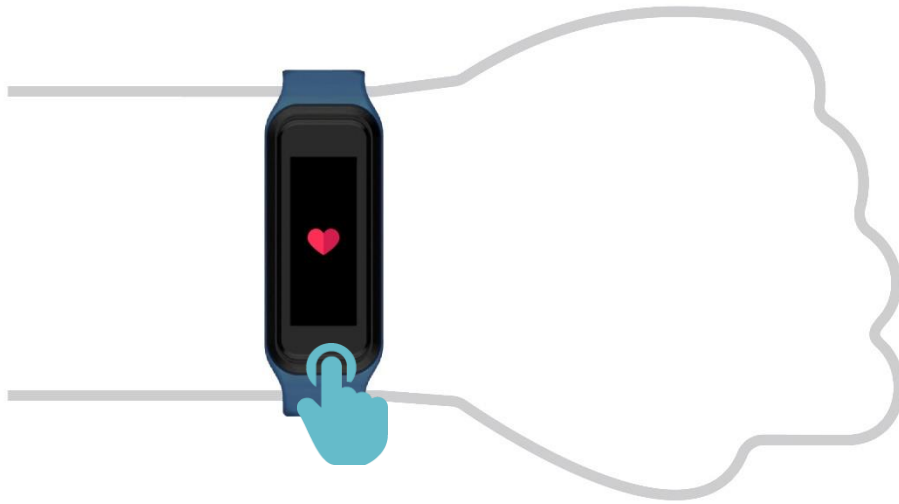## Real Time Heart Rate Tracking Setting

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
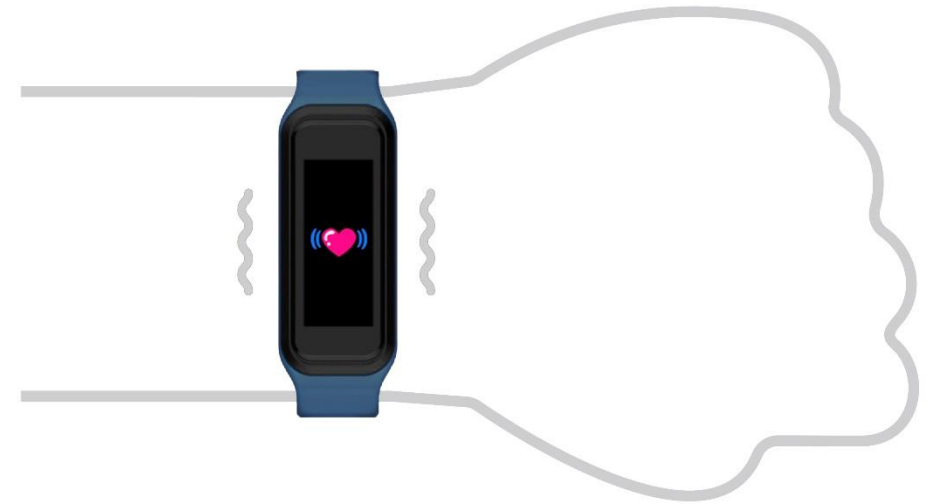
Archon BEMOVED User Guide (iOS)

Real Time Heart Rate Tracking

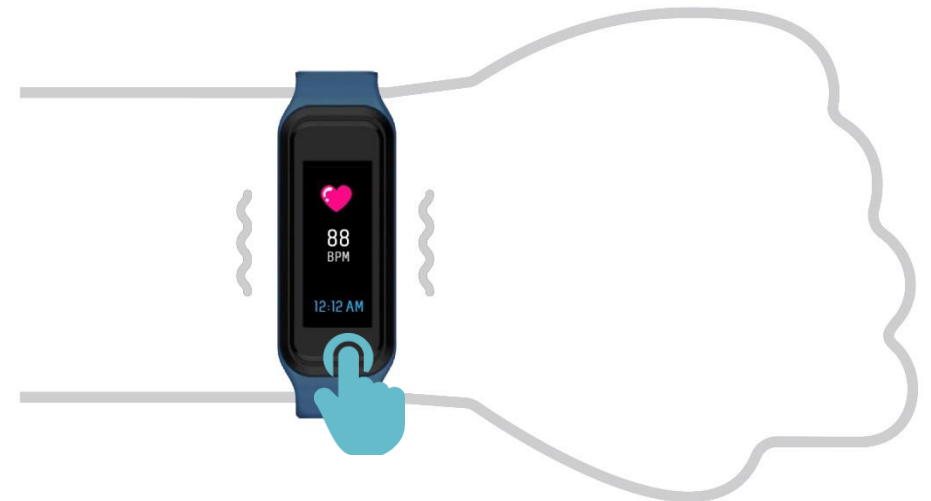1. To turn ON the real time heart rate tracking, sweep to the heart rate tracking page, press and hold for 2 seconds

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

Archon BEMOVED User Guide
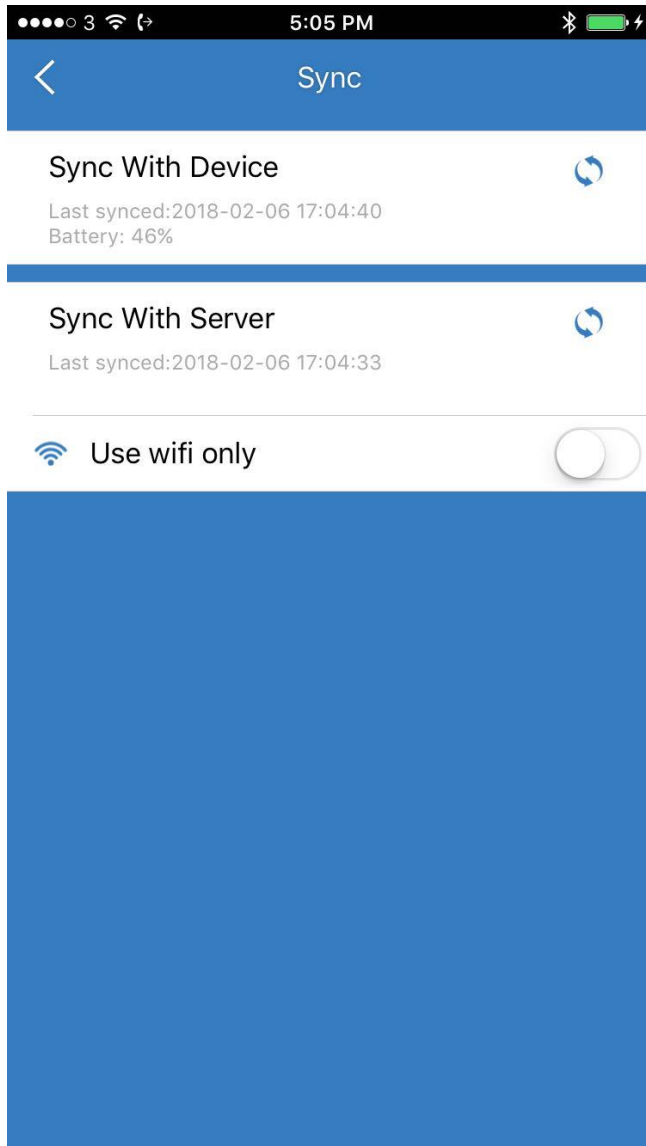## (iOS)
Real Time Heart Rate Tracking

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

Sync

Sync With Device
Last synced: 2018-02-06 17:04:40
Battery: 46%

Sync With Server
Last synced: 2018-02-06 17:04:33

📶 Use wifi only

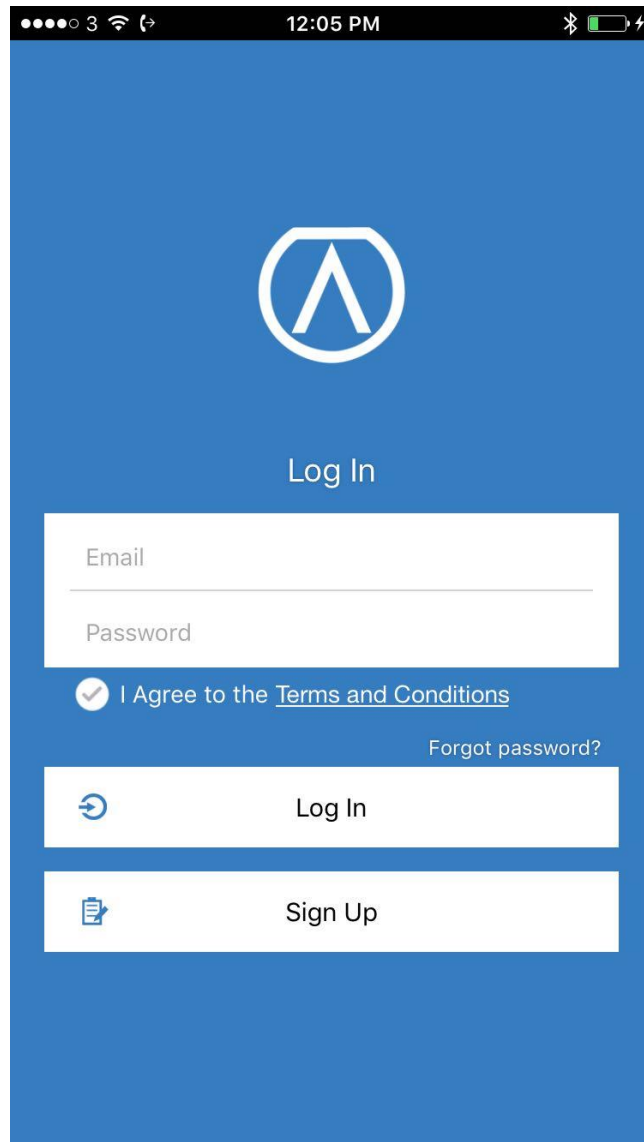→ Click to sync data with device

→ 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 (iOS)

Archon Cloud
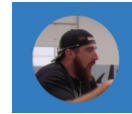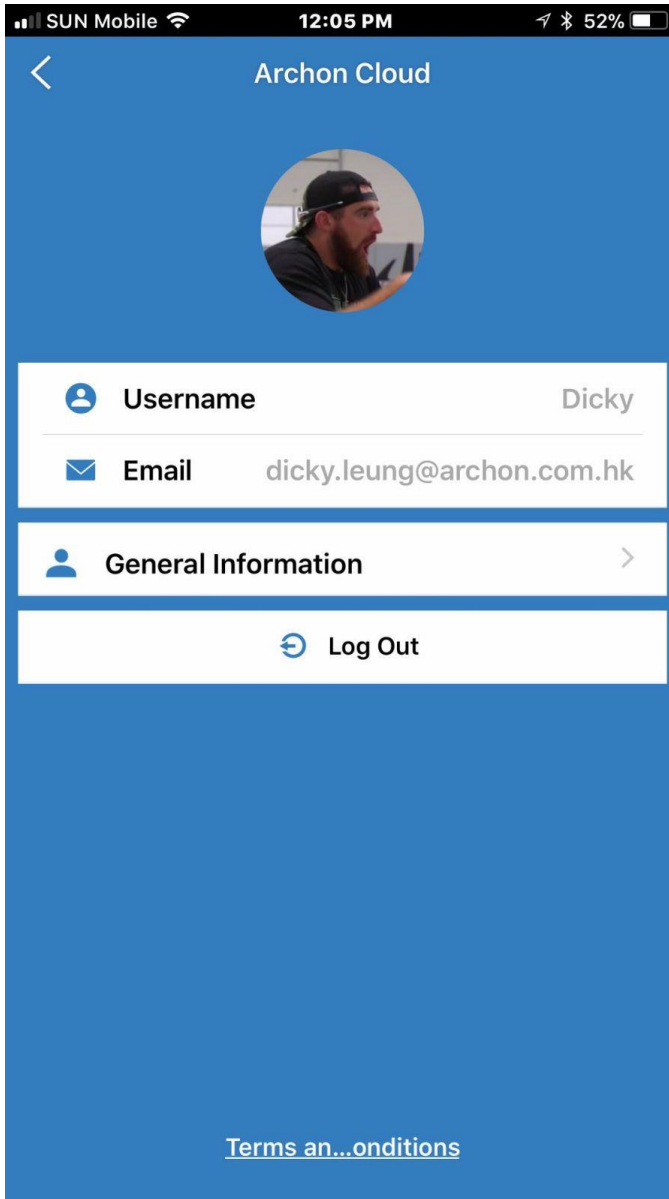
Input your email and password to log in

Sign up with your email, user name and password

Forget password? Click and enter your email to reset password

Archon BEMOVED User Guide (iOS)

Archon Cloud

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