

Archon **BEMOVED** User Guide (iOS)



Archon

Contents

Topics :	Page :
Download Archon App	3 - 4
Account Sign Up / Login	5
Pairing	6 - 9
Firmware Upgrade	10 - 11
Notification setting	12
Home page	13 - 15
Selfie Function	16
Activity page	17 - 20
Sport mode	21
Jogging (Heart Rate)	22 - 33
Game	34
Friends Challenge	35—37
Settings	38
General Information	39
Devices	40
Fitness Wristband settings	41
Clock Display	42
Notification	43
Reminder	44
Auto Sleep	45
Auto Heart Rate Tracking Setting	46
Real Time Heart Rate Tracking	47 - 48
Setup Heartrate Alarm	49
Wake screen on wrist raise	50
Remote Music Folder	51
Synchronization	52
Archon Cloud	53 - 54
Themes	55
Characters	56

Archon **BEMOVED** User Guide (iOS)

Download Archon App

1. Download the Archon App through the Archon website (<http://www.archon.com.hk>)

OR Scan below QR code

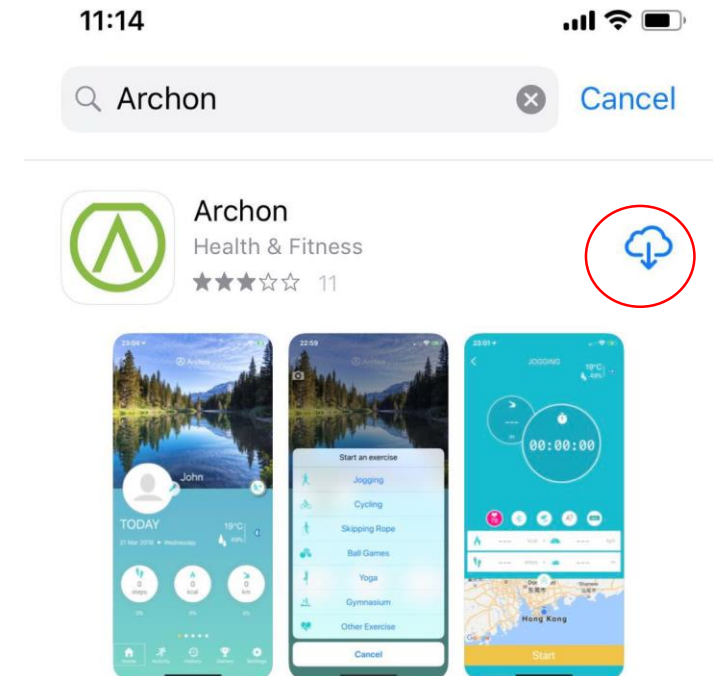


2. Click on below icon and go to the App Store

Archon App on App Store



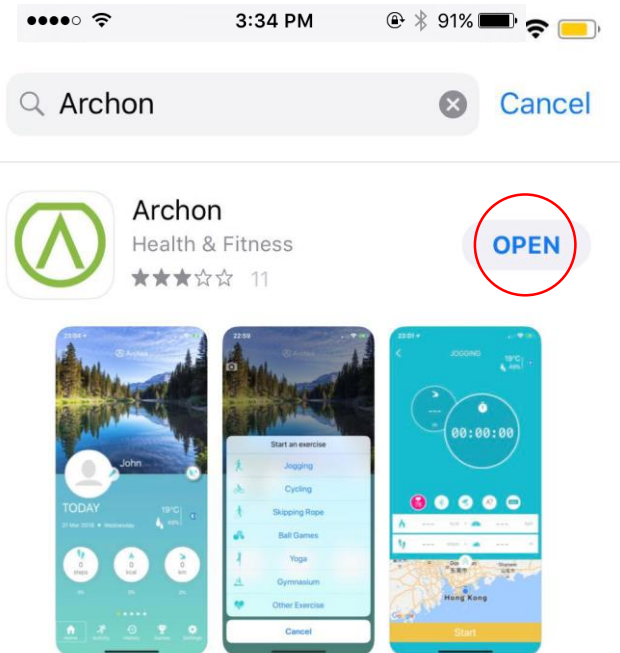
3. You can also search "Archon" directly in the App Store



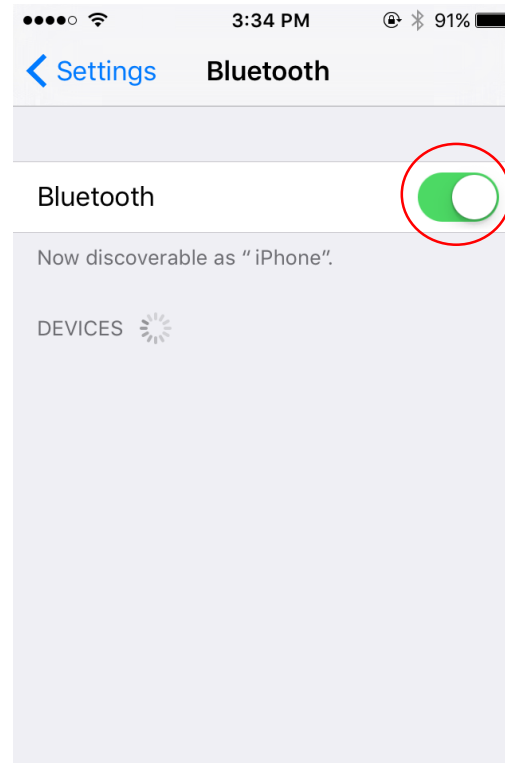
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Download Archon App

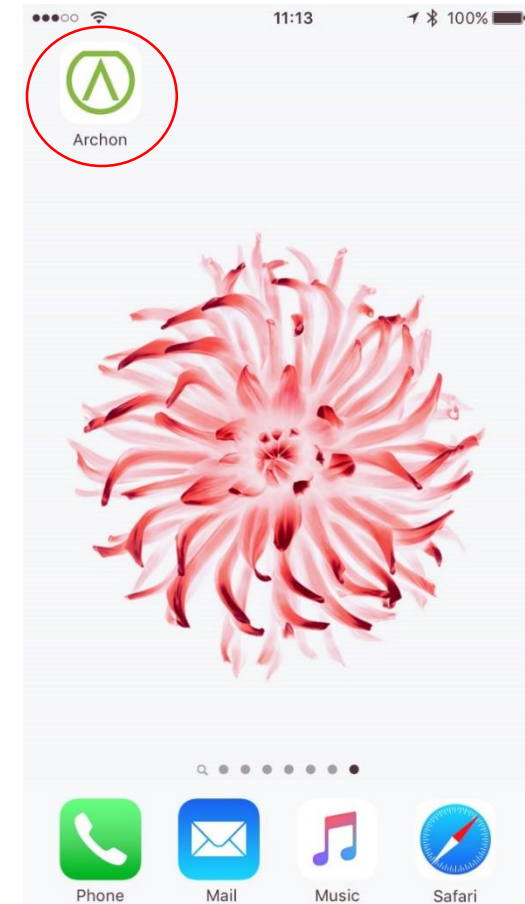
4. Click to install



5. Turn on the Bluetooth of your mobile phone



6. Open Archon App

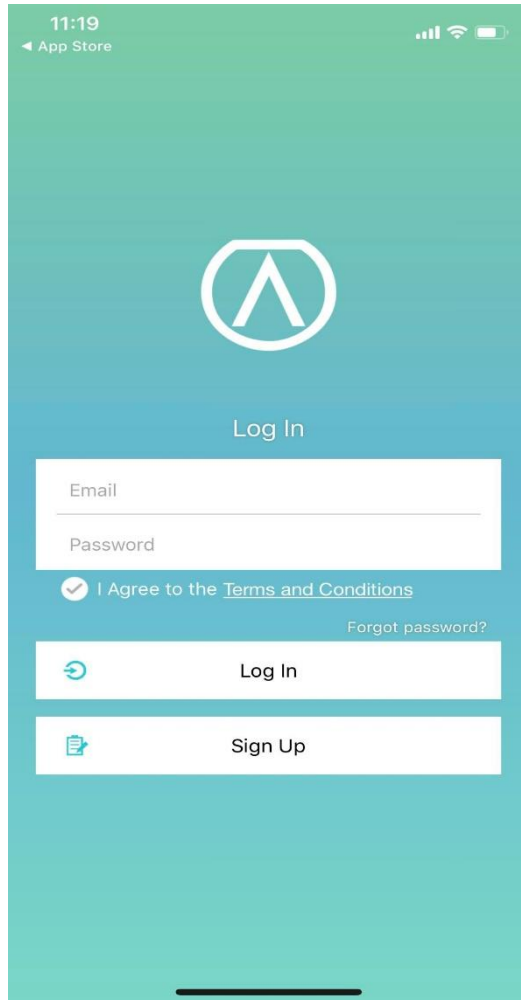


Version: 1.2
Updated: 18 Jan 2017

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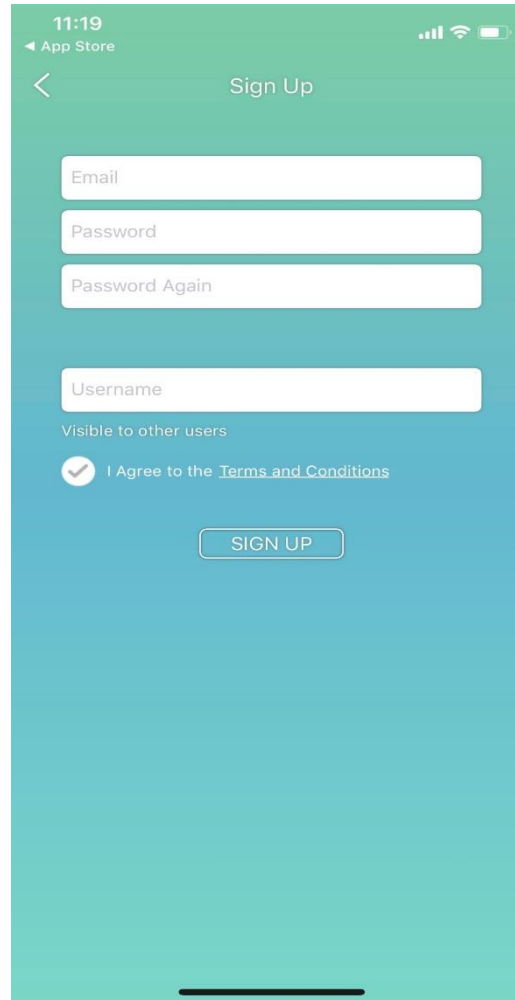
Account Sign Up / Login

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



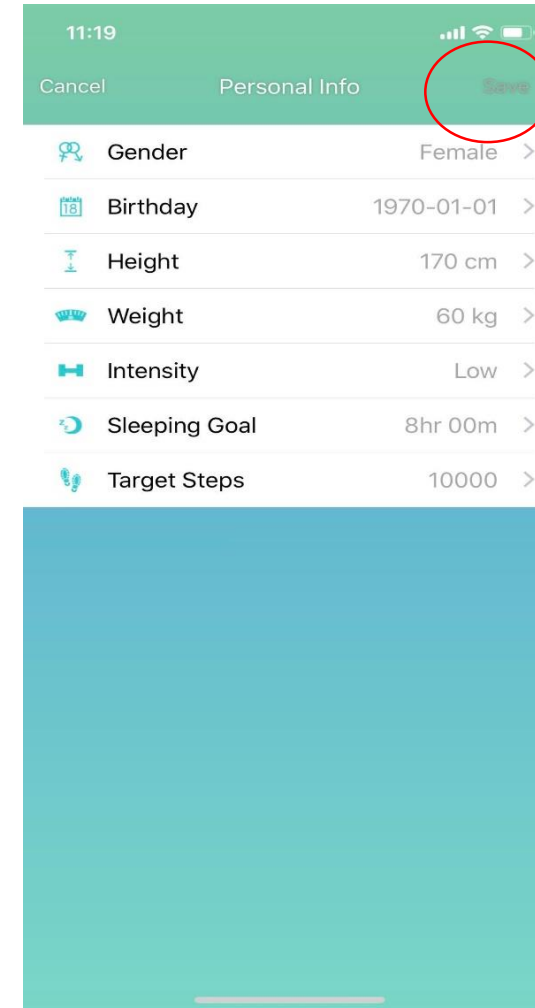
The screen shows the Archon app's login and sign up interface. At the top, there's a status bar with the time 11:19 and a back arrow to the App Store. Below the status bar is a large white Archon logo (a stylized 'A' inside a circle). Under the logo, there's a 'Log In' button. Below that, there are two input fields: 'Email' and 'Password'. Below the password field, there's a checkbox labeled 'I Agree to the Terms and Conditions' and a link 'Forgot password?'. At the bottom, there are two buttons: 'Log In' (with a circular arrow icon) and 'Sign Up' (with a document icon).

2. Enter your email, password and user name to sign up



The screen shows the Archon app's sign up interface. At the top, there's a status bar with the time 11:19 and a back arrow to the App Store. Below the status bar, there's a title 'Sign Up' and a back arrow. Below the title, there are three input fields: 'Email', 'Password', and 'Password Again'. Below these, there's a 'Username' input field. Below the username field, there's a checkbox labeled 'I Agree to the Terms and Conditions' and a link 'Visible to other users'. At the bottom, there's a 'SIGN UP' button.

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

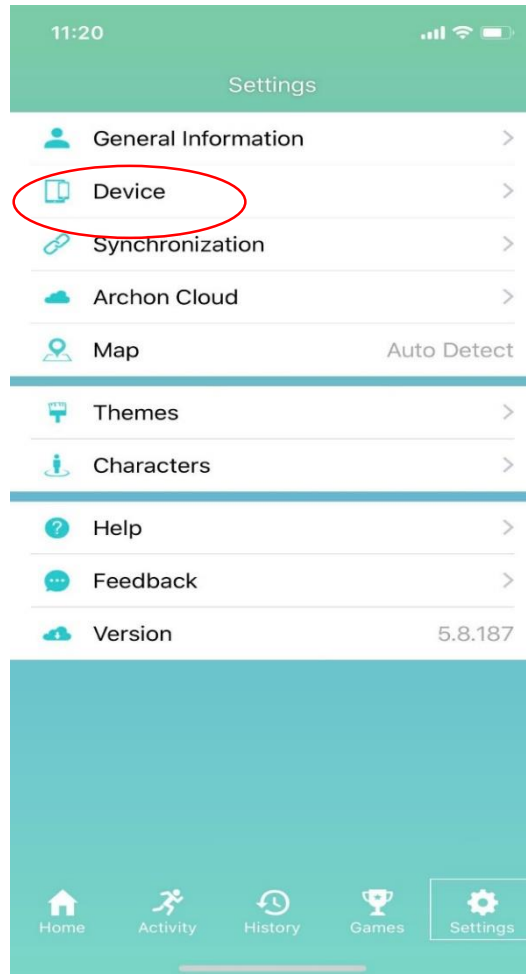


The screen shows the Archon app's personal information interface. At the top, there's a status bar with the time 11:19 and a back arrow to the App Store. Below the status bar, there's a title 'Personal Info' and a back arrow. Below the title, there are two buttons: 'Cancel' and 'Save' (circled in red). Below the buttons, there are several rows of personal information: 'Gender' (Female), 'Birthday' (1970-01-01), 'Height' (170 cm), 'Weight' (60 kg), 'Intensity' (Low), 'Sleeping Goal' (8hr 00m), and 'Target Steps' (10000). Each row has a right arrow next to the value.

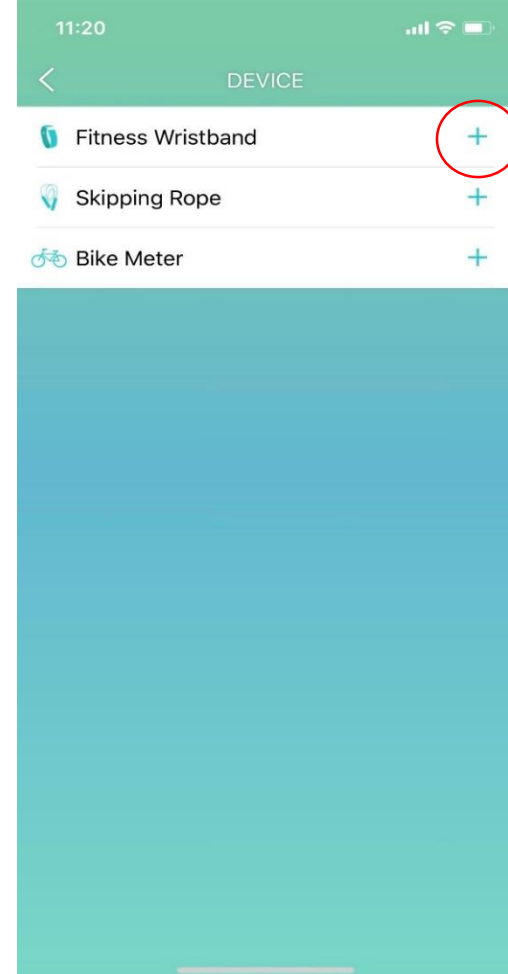
Archon BEMOVED User Guide (iOS)

Pairing

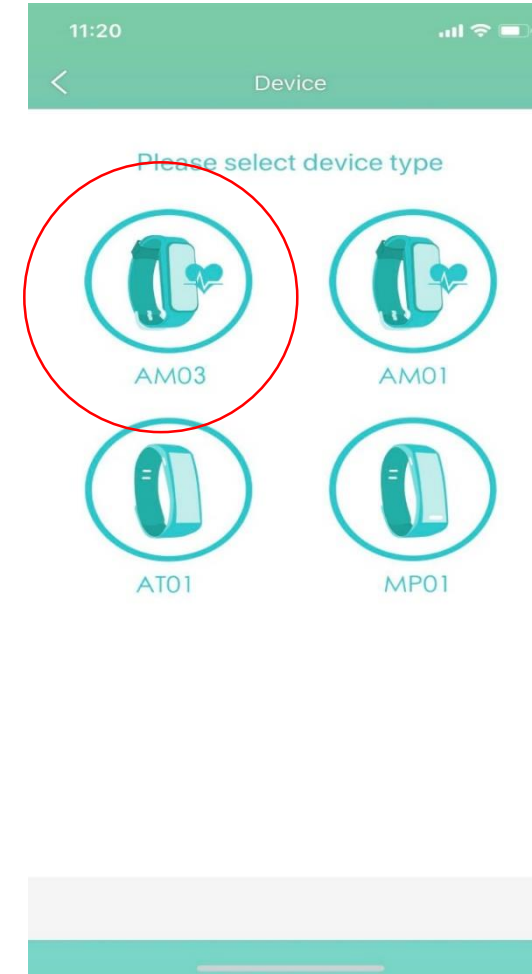
1. To pair your Archon BEMOVED, go to "Settings" and click "Device"



2. Click "+" in "DEVICE"



3. Select "AM03"



Archon **BEMOVED** User Guide (iOS)

Pairing

4. Click "NEXT"



Please double-tap the screen to lit it



NEXT

Firmware Upgrade

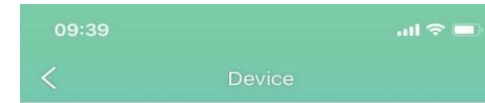
5. Put your Archon **BEMOVED** close to your phone



Please keep the wristband close to the mobile phone



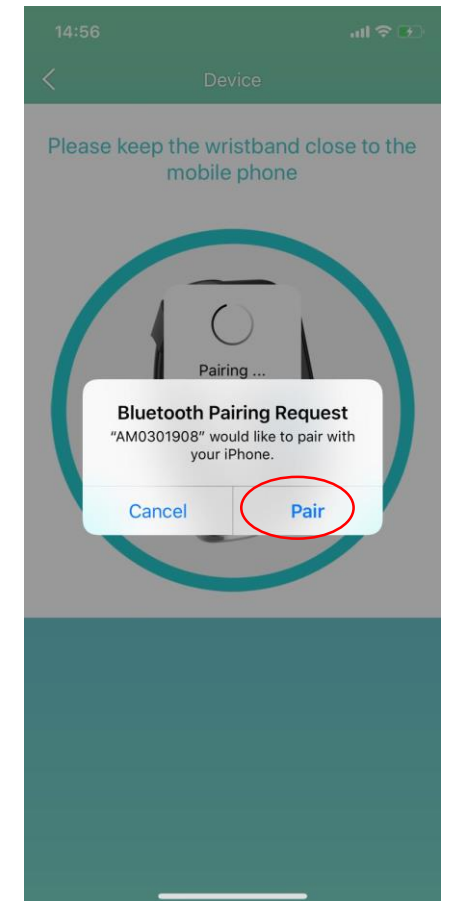
6. If there are more than one Archon **BEMOVED** nearby, the one closest to your phone will be paired automatically



Please keep the wristband close to the mobile phone



7. iOS will pop up "Bluetooth Pairing Request" Please press Pair



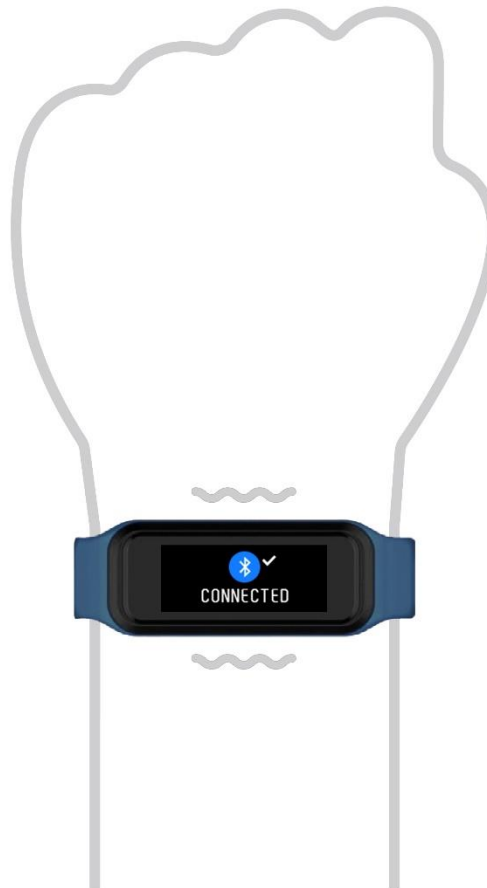
Archon **BEMOVED** User Guide (iOS)

Pairing

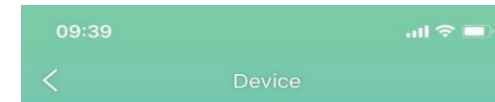
8. As the same time, Archon **BEMOVED** will display "Tick & Cross" Icon, Please press Tick to connect or Press cross to reject.



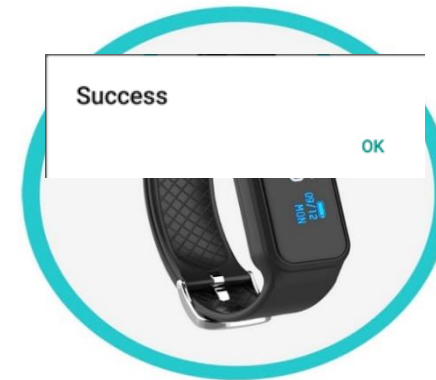
9. Once pairing with Archon App is successful, Archon **BEMOVED** will vibrate gently and display "CONNECTED"



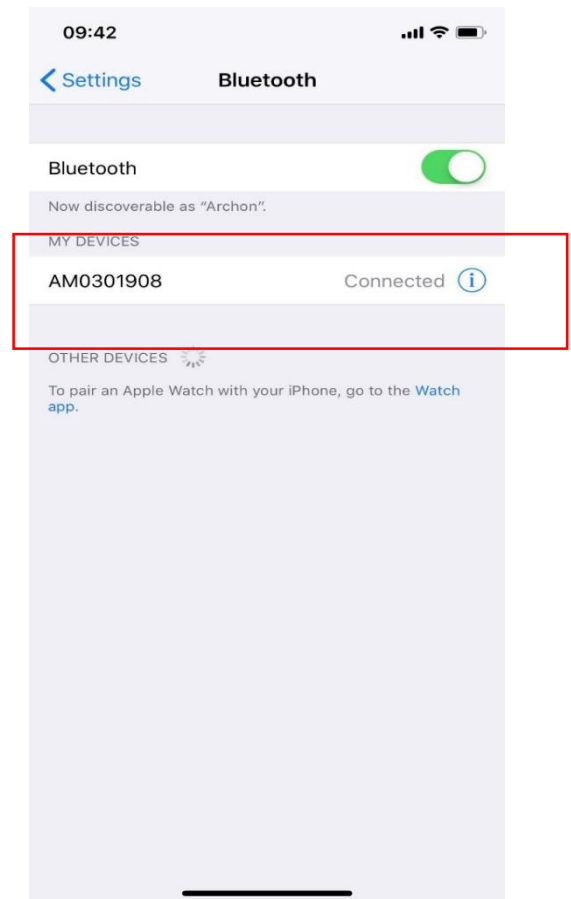
10. Besides pairing with the Archon App, your Archon **BEMOVED** should pair with your iPhone as well.



Please keep the wristband close to the mobile phone



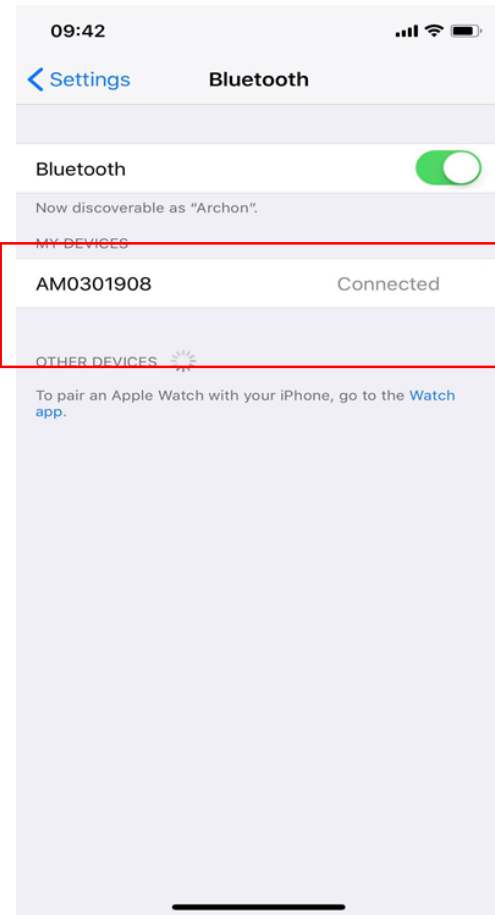
11. If pairing with iPhone is successful, it will show "Connected" with an "i" icon at the end of iPhone's Bluetooth setting page



Archon BEMOVED User Guide (iOS)

Pairing

If Archon BEMOVED is NOT paired with the iPhone, the "i" is missing



MY DEVICES

AM0301908

Connected

Archon BEMOVED is NOT paired with iPhone



** Please make sure pairing step 10 is completed and your Archon BEMOVED is paired with your iPhone, otherwise, you will not be able to receive notification on your Archon BEMOVED **

MY DEVICES

AM0301908

Connected



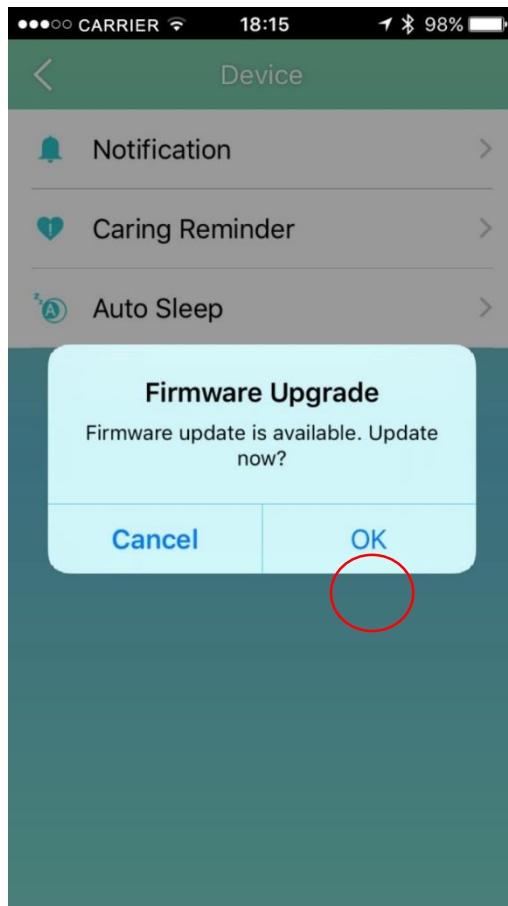
Archon BEMOVED is paired with iPhone



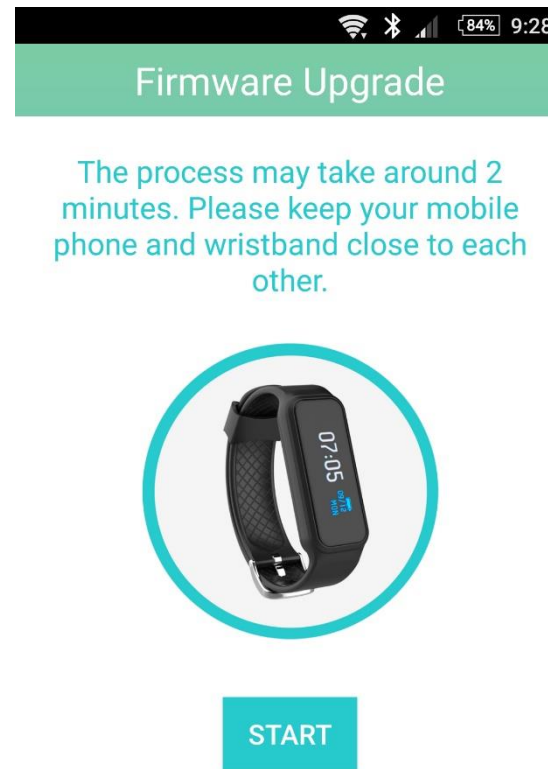
Archon **BEMOVED** User Guide (iOS)

Firmware Upgrade

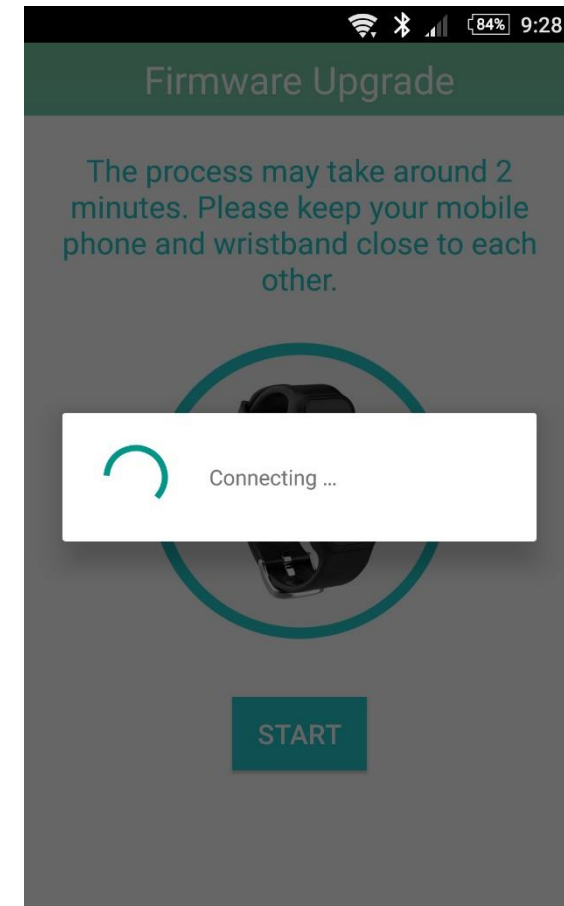
1. If firmware upgrade is available, click "OK" to upgrade or "Cancel" to upgrade later



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



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



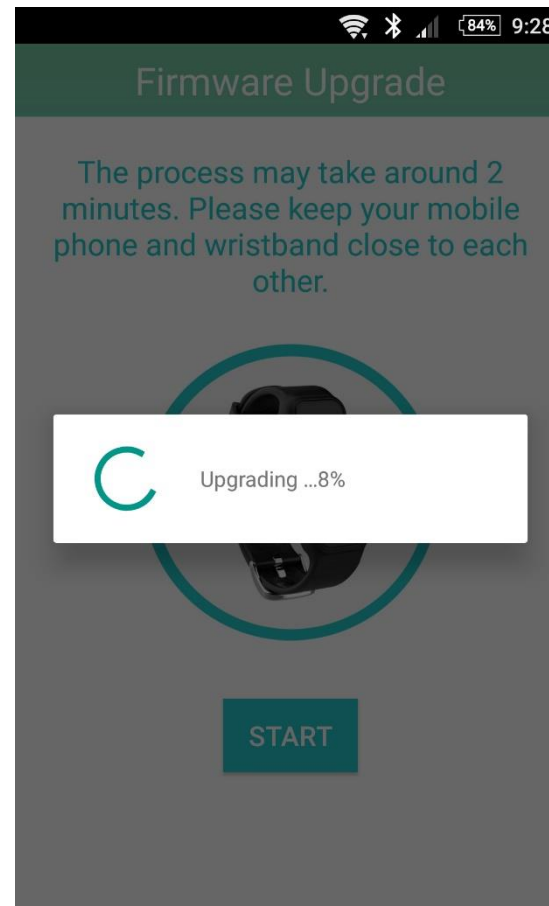
Archon **BEMOVED** User Guide (iOS)

Firmware Upgrade

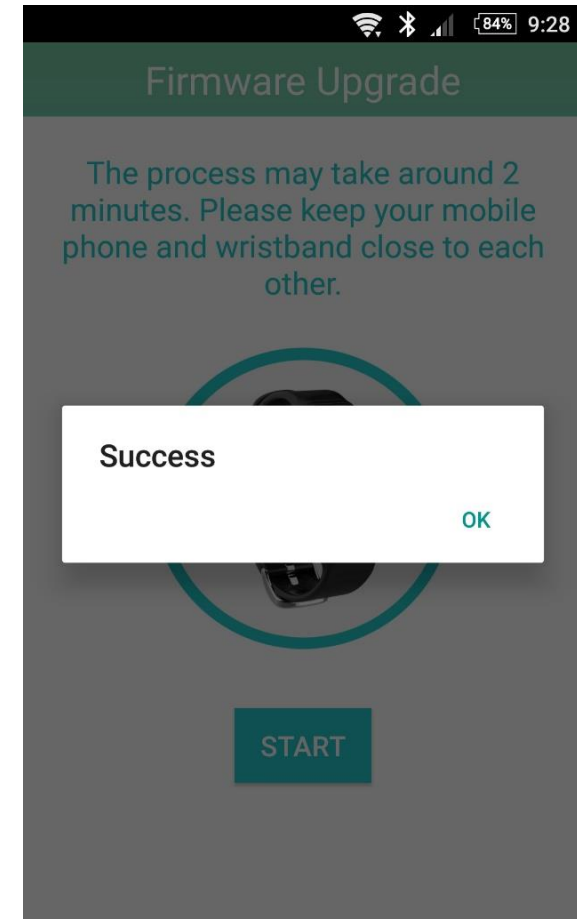
4. Once upgrade starts, your Archon **BEMOVED** will show "UPGRADE"



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)

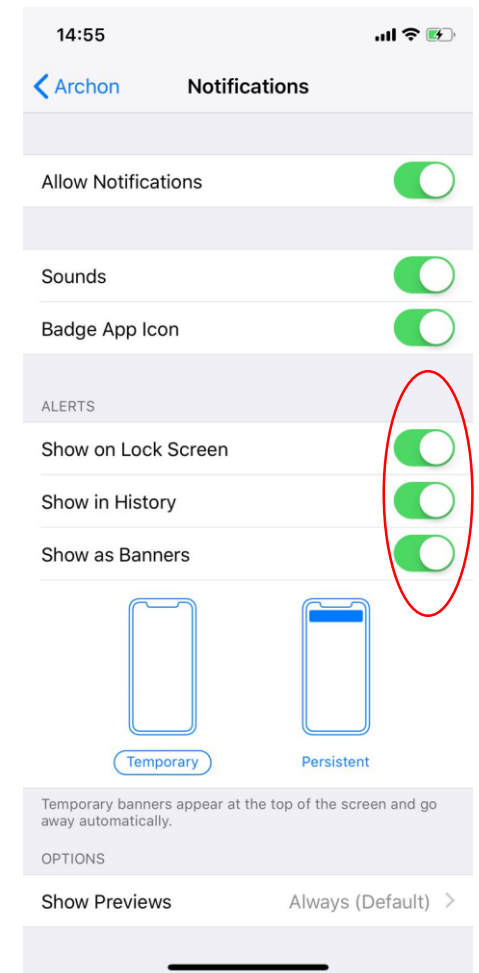
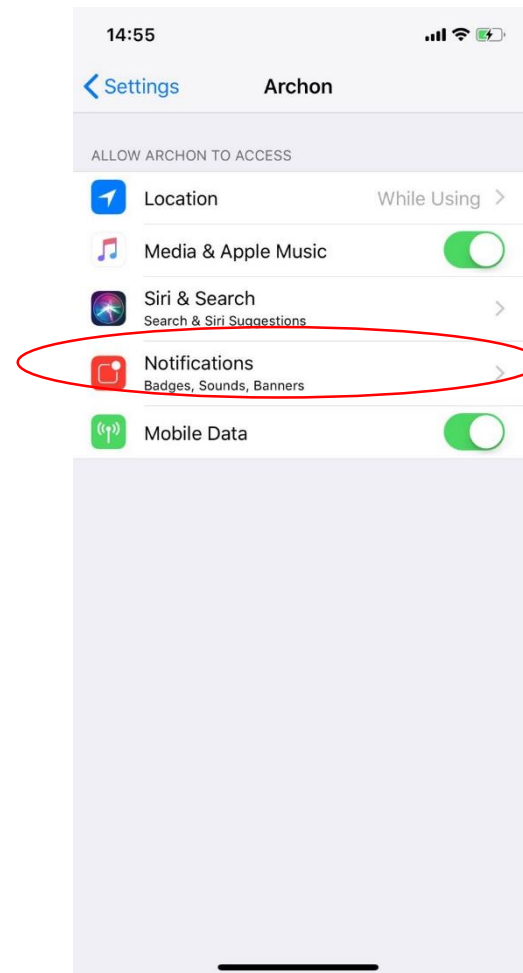
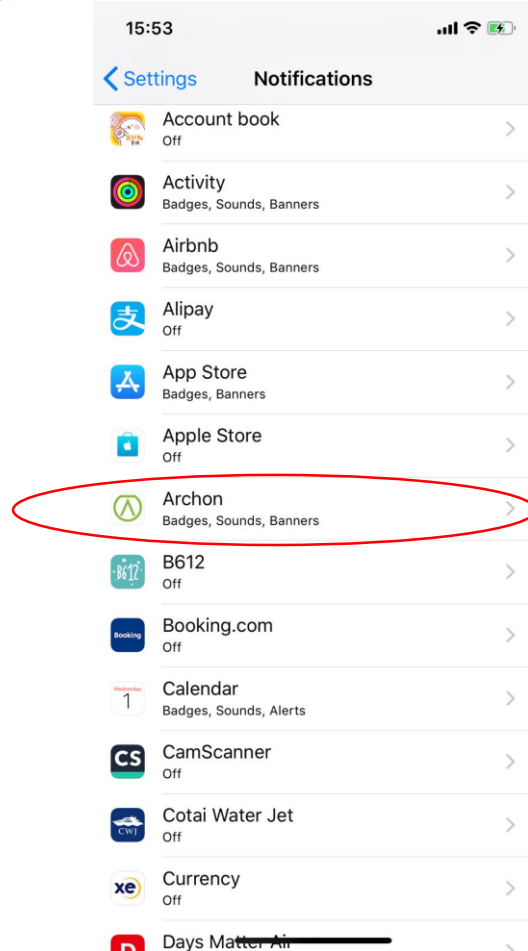
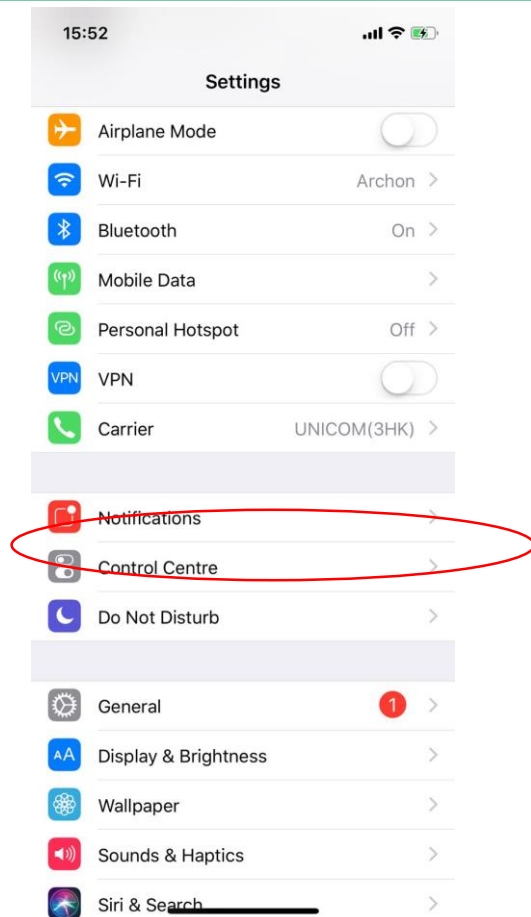
Notification setting

If you need notification function,
Please go to iOS setting & allow
Archon turn on the notification

Select Archon

Select Notification

Turn on below 3 items

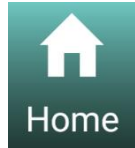




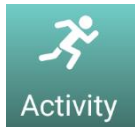
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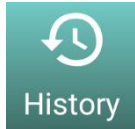
Home



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: Jogging, skipping and cycling history



Games: Create group competition



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



Archon **BEMOVED** User Guide (iOS)



Home



Share the home page to social media



Edit general information

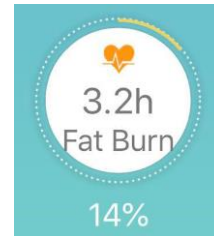
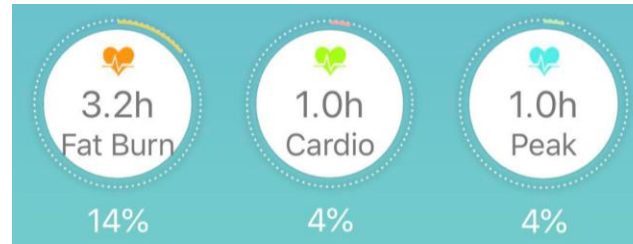


Sweep left or right of the dashboard to switch between steps, heart rate, cycling or rope skipping records

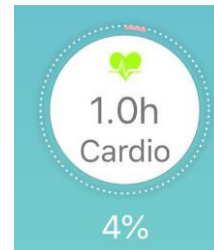
*Some themes are region exclusive and may not be available in your region

Archon **BEMOVED** User Guide (iOS)

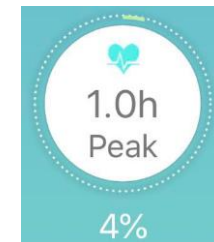
Heart Rate Dashboard



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



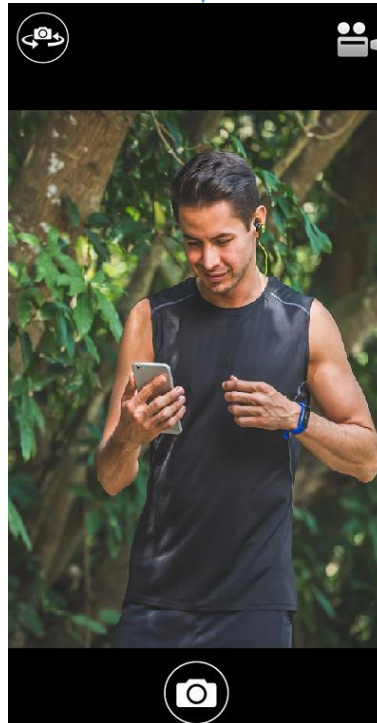
Peak Zone (>85% of maximum heart rate)
Heart rate during high intensity physical activity

Archon **BEMOVED** User Guide (iOS)

Selfie Function



Tap camera icon at Home page to start Selfie



Focus your screen, twist your arm wearing BEMOVED to shoot a photo.

Or you can tap the camera icon BEMOVED to shoot.



Can select photo or video taking



Can switch between Selfie or photo shoot



Archon **BEMOVED** User Guide (iOS)



Activity



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)



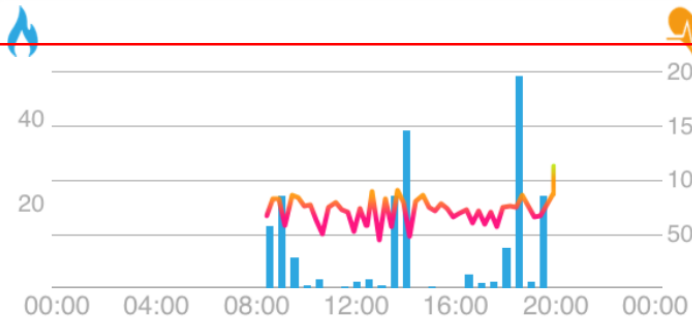
Activity (Heart Rate)



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



< Max 113 bpm • Rest 72 bpm • Avg 73 bpm



0m

Fat Burn

0m

Cardio

0m

Peak



0m

Fat Burn

0m

Cardio

0m

Peak

Fat burn zone

50-69% of maximum heart rate

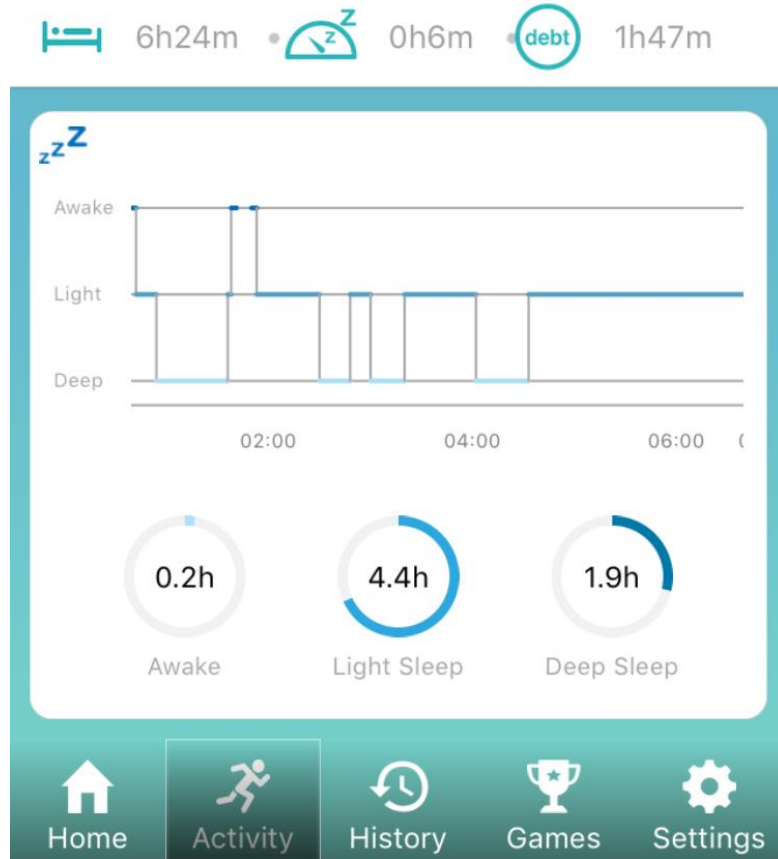
Cardio zone

70-84% of maximum heart rate

Peak zone

>85% of maximum heart rate

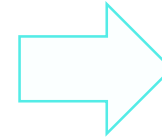
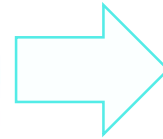
When the activity bar is showing heart rate record, the graph will show the duration of heart rate at different heart rate zones



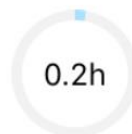
Archon **BEMOVED** User Guide (iOS)



Activity (Sleep Record)



Click on the character to switch between steps and sleep record



Awake

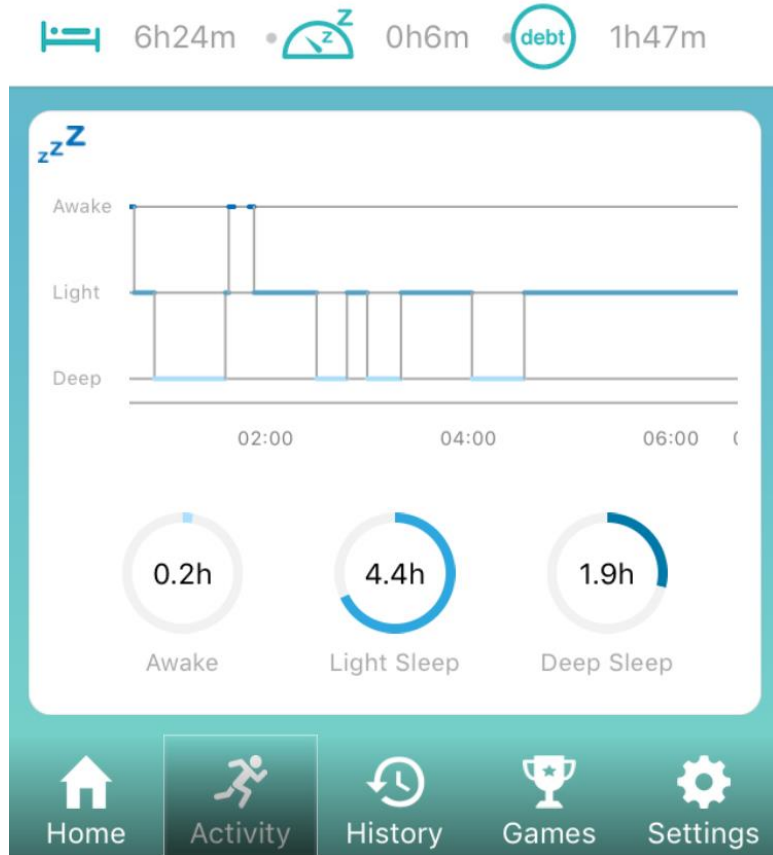


Light Sleep



Deep Sleep

Awake, Light Sleep and Deep Sleep



Archon **BEMOVED** User Guide (iOS)



Activity (Sleep Record)



Press to share your activity or sleep data to social media



Press to sync data between Archon **BEMOVED** and your phone



Device and cloud synchronization setting

 6h24m

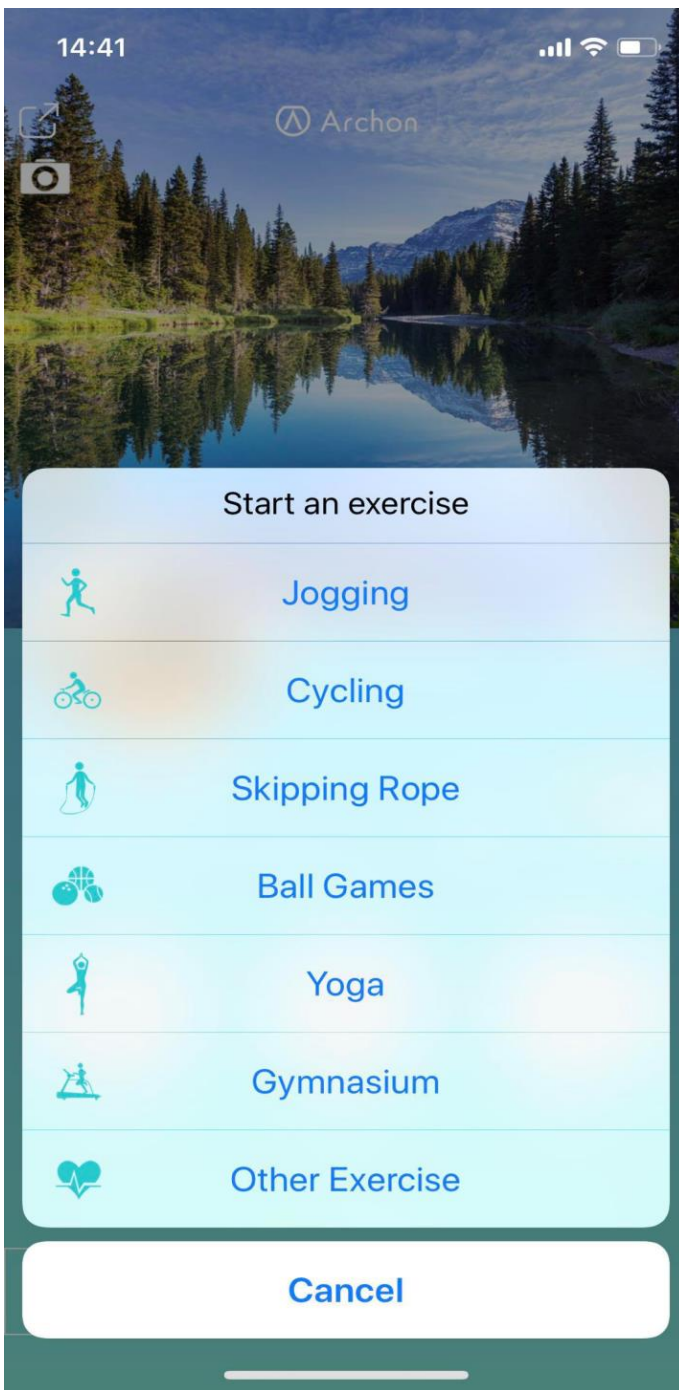
Total sleeping time

 0h6m

Time required to fall asleep

 1h47m

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

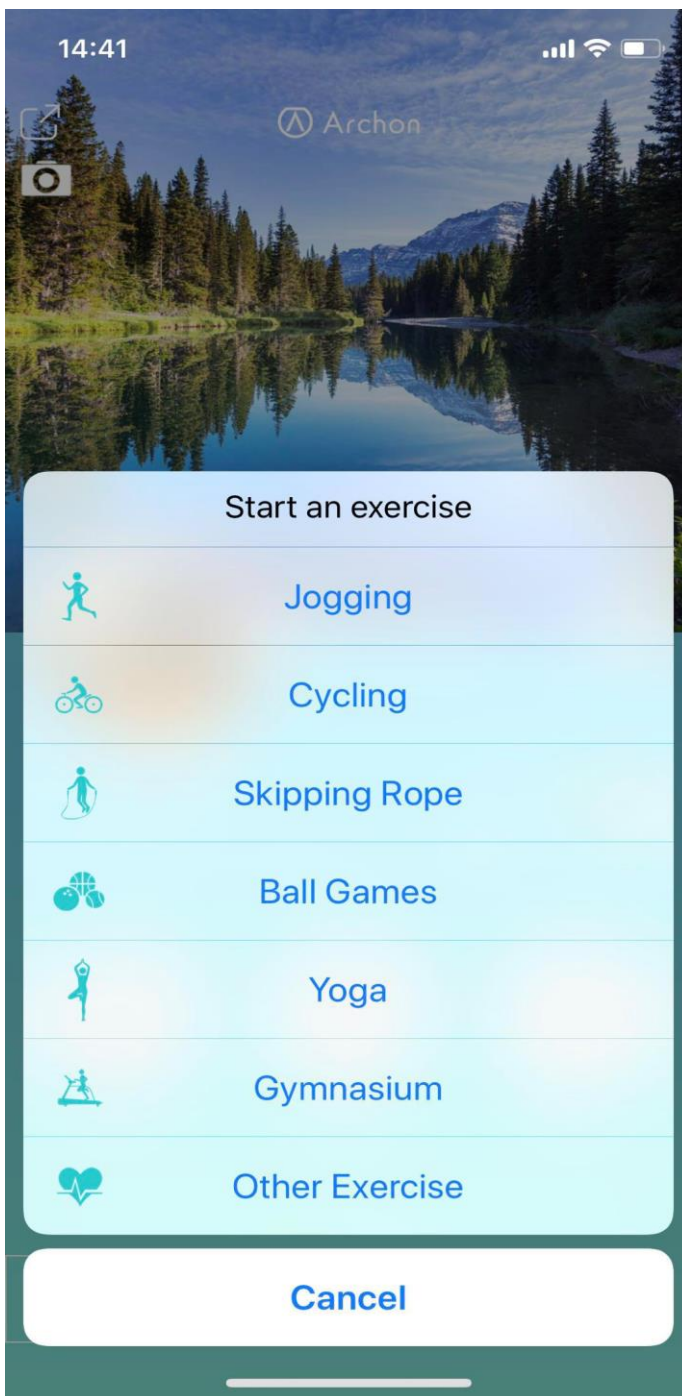


Tap the respective icon to start sport activities like Jogging, Ball games, Yoga, Gymnasium and Other sports



Archon BIKE and JUMP product is required to start cycling and skipping rope exercise respectively.

* Once start sport mode, BEMOVED will automatically turn on heart rate tracking. Please keep BEMOVED Bluetooth connected to the phone to allow real-time data transmission to Archon app. If Bluetooth connection is not good, some heart rate and sport data may be lost.



Archon **BEMOVED** User Guide (iOS)



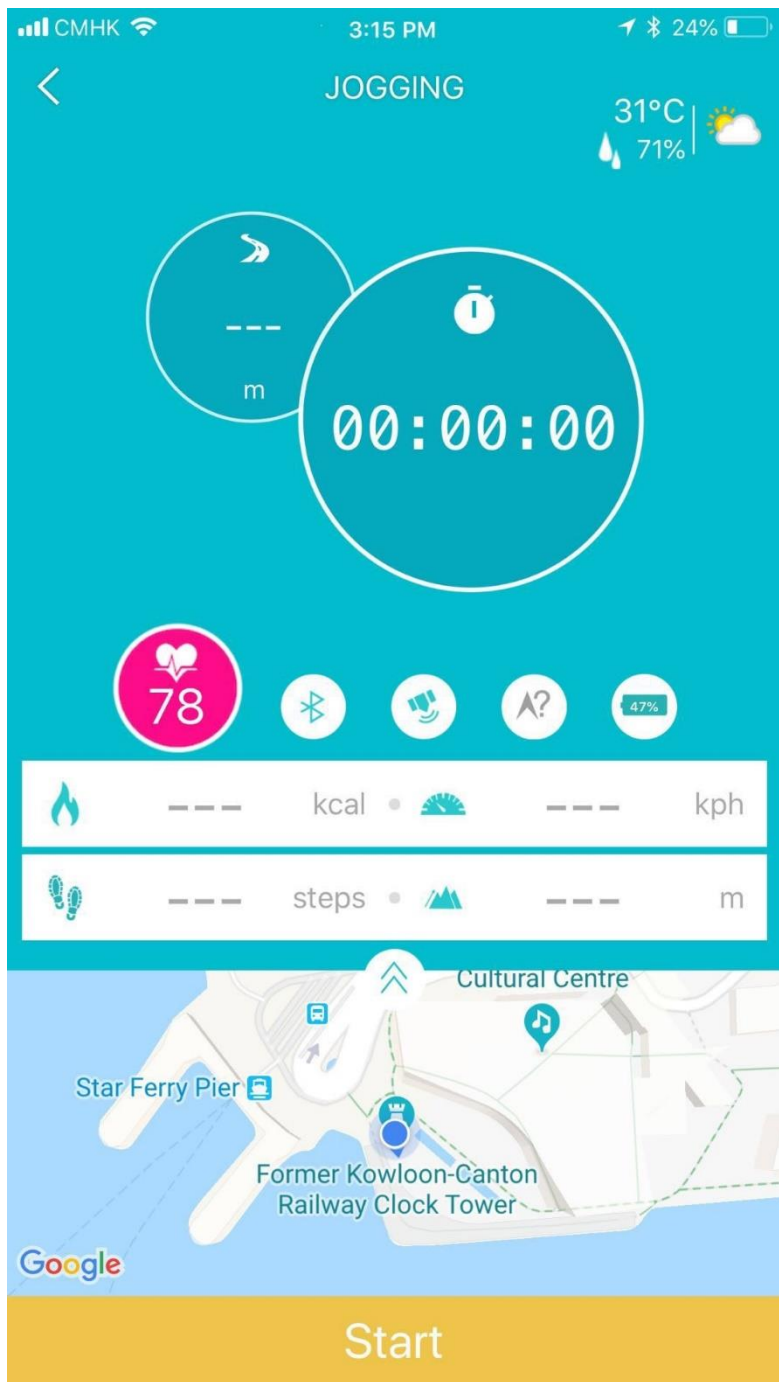
Jogging



Click the running icon to select different activities



Select jogging icon to enter jogging page



Archon **BEMOVED** User Guide (iOS)



Jogging



Weather information



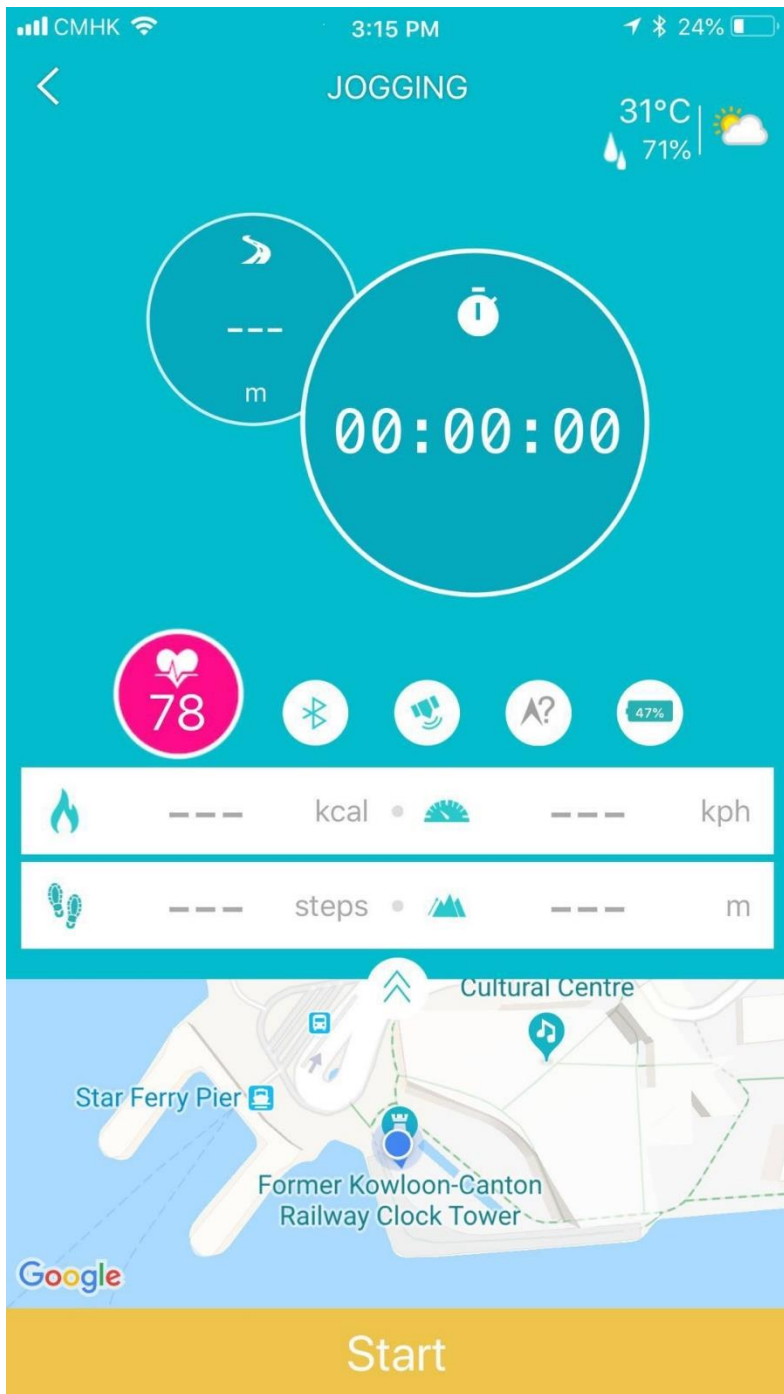
Jogging distance (meter)



Jogging duration



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****

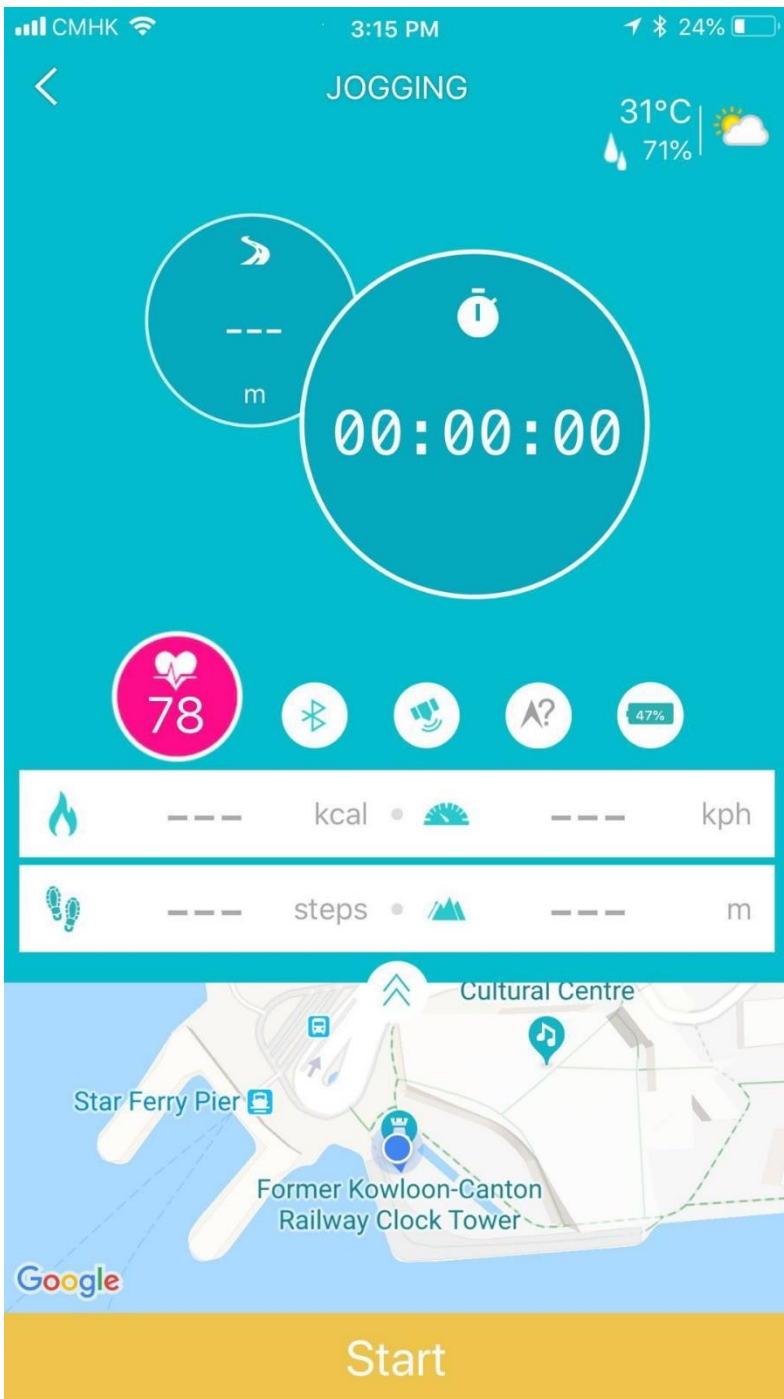
1. IF GPS IS ENABLED, MOBILE DATA WILL BE USED AND MAY INCUR CHARGES
2. WITH GPS ENABLED, PHONE BATTERY WILL DRAIN FASTER THAN USUAL



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)



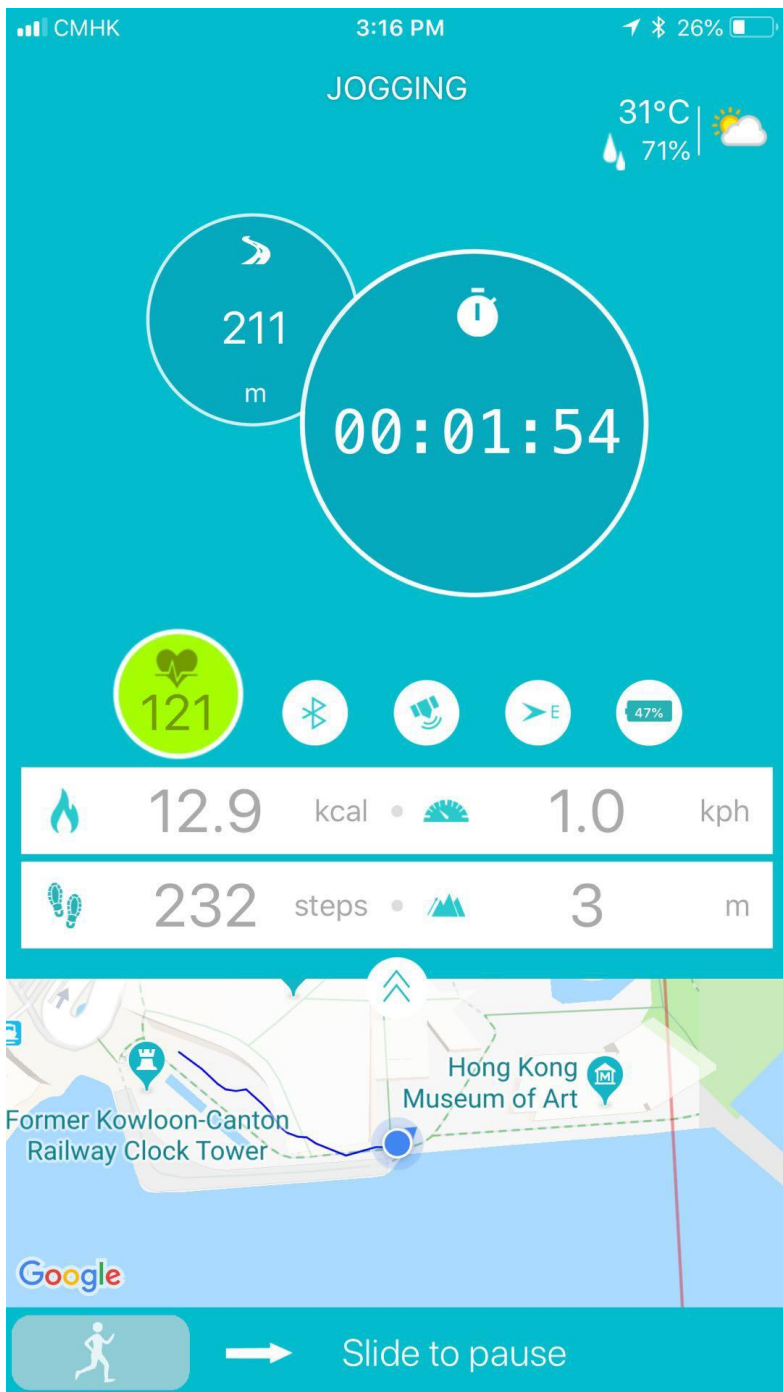
Elevation (meter)



Click to enlarge map

Start

Click to record your jogging session



Archon **BEMOVED** User Guide (iOS)



Jogging



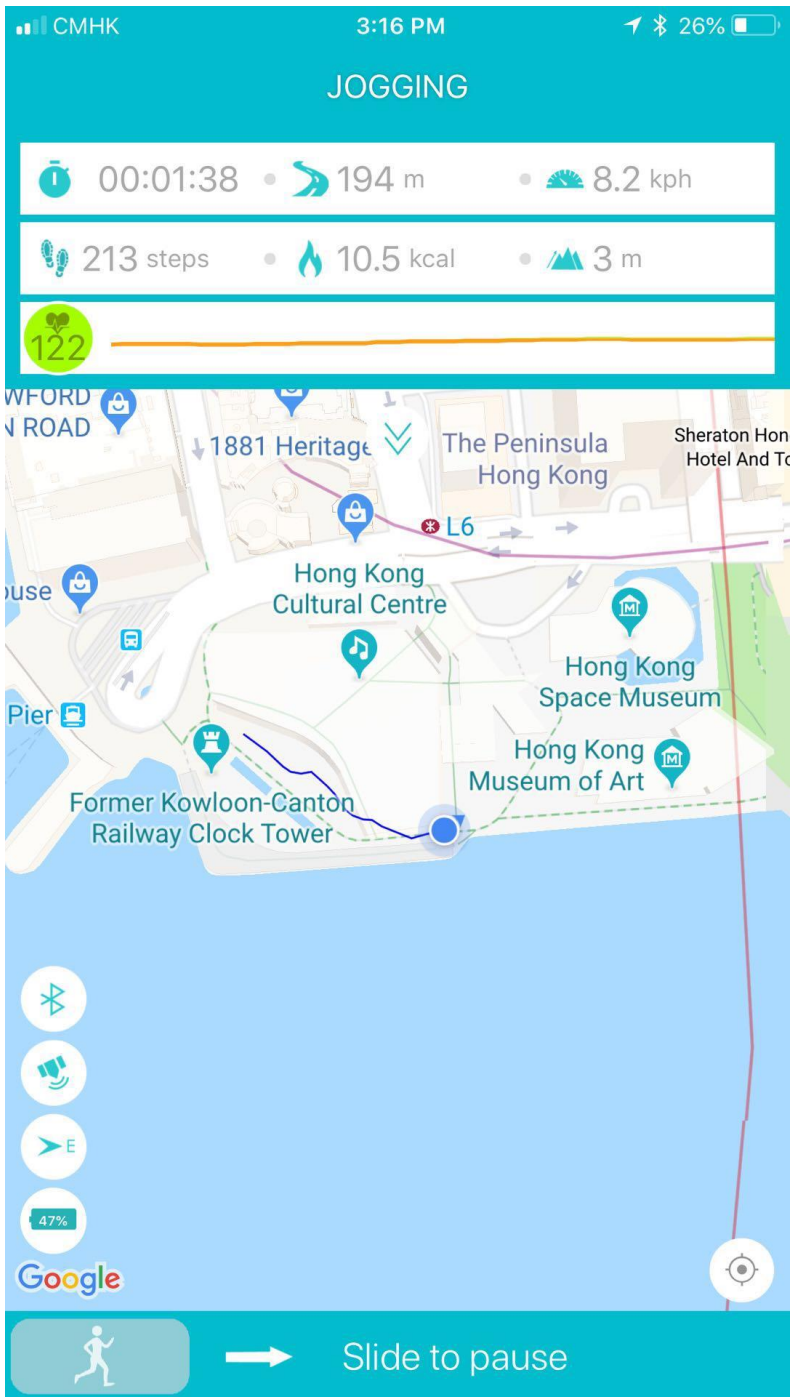
Click to minimize/ jogging map



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

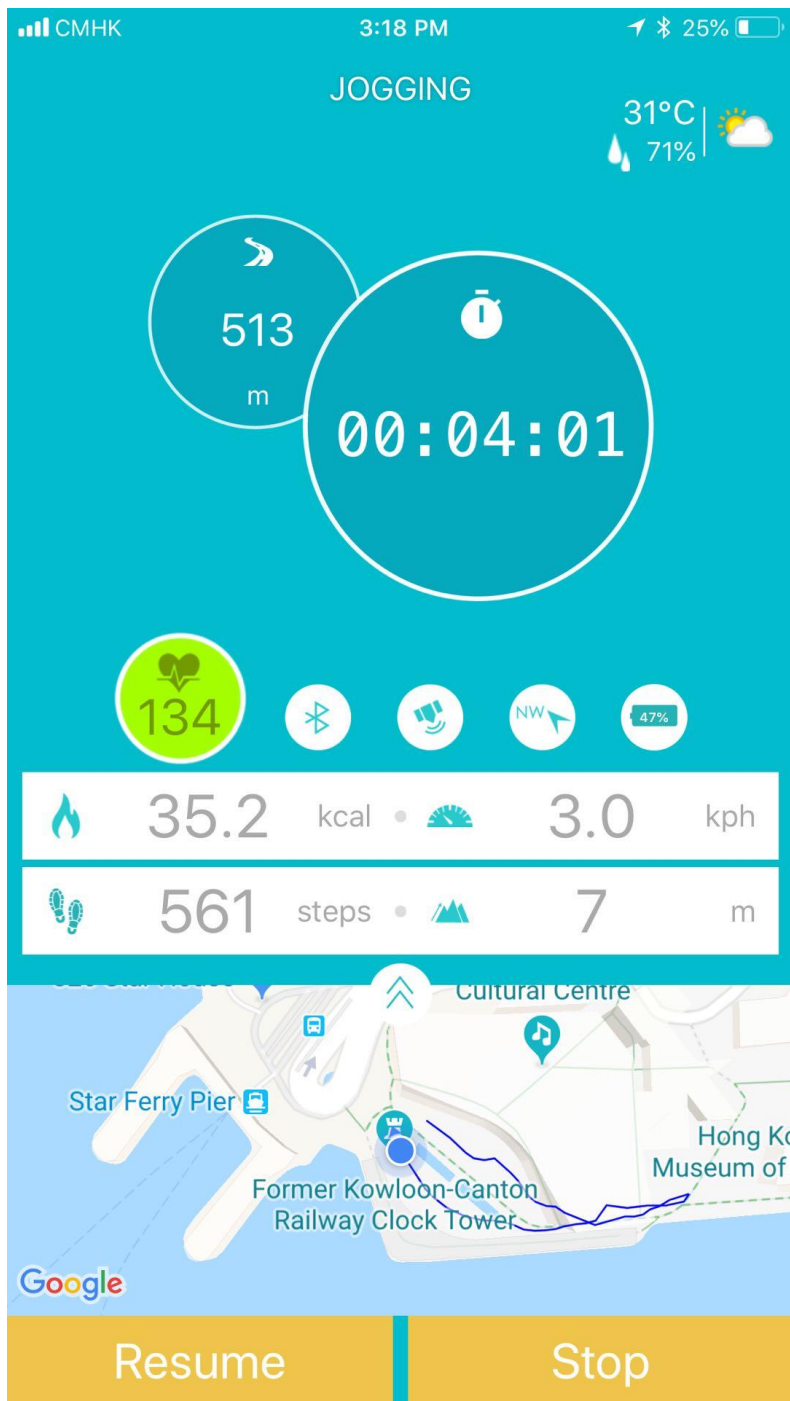


Calories burnt (kcal)



Elevation (meter)





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

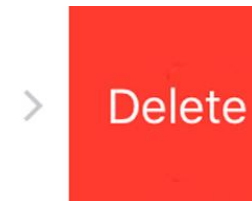


Click jogging session to view graphical display



Sweep from right to left to remove jogging record, click "OK" to confirm

2016-05-13 18:25 - 19:02
00:36:13 3 kcal
0.1 km 0.1 kph





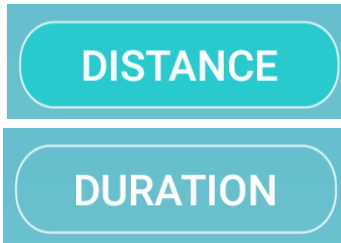
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Jogging



Click to share jogging history to social media



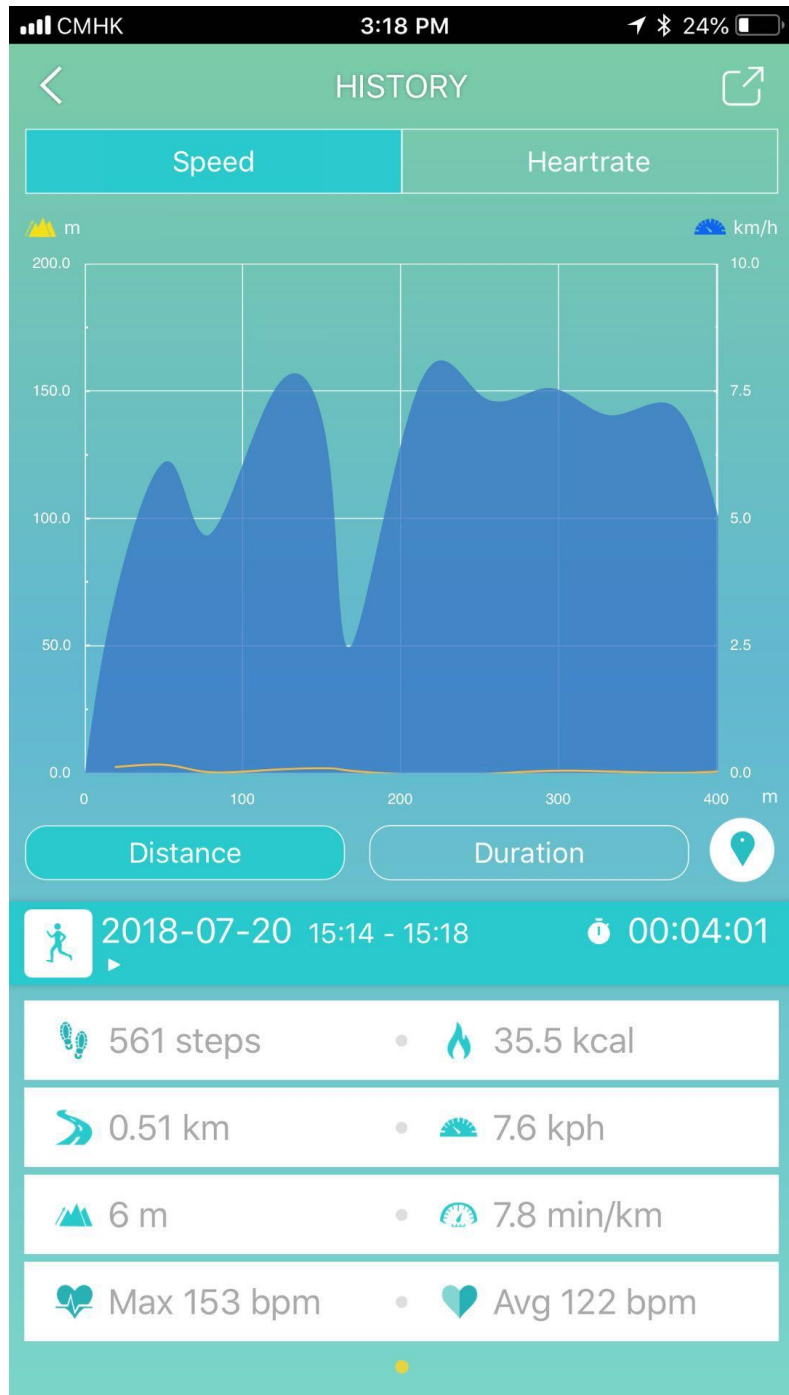
Switch between distance and duration graphical display



Click to see jogging map



Jogging duration



Archon **BEMOVED** User Guide (iOS)



Jogging



Steps taken



Calories burnt (kcal)



Distance travelled (kilometer)



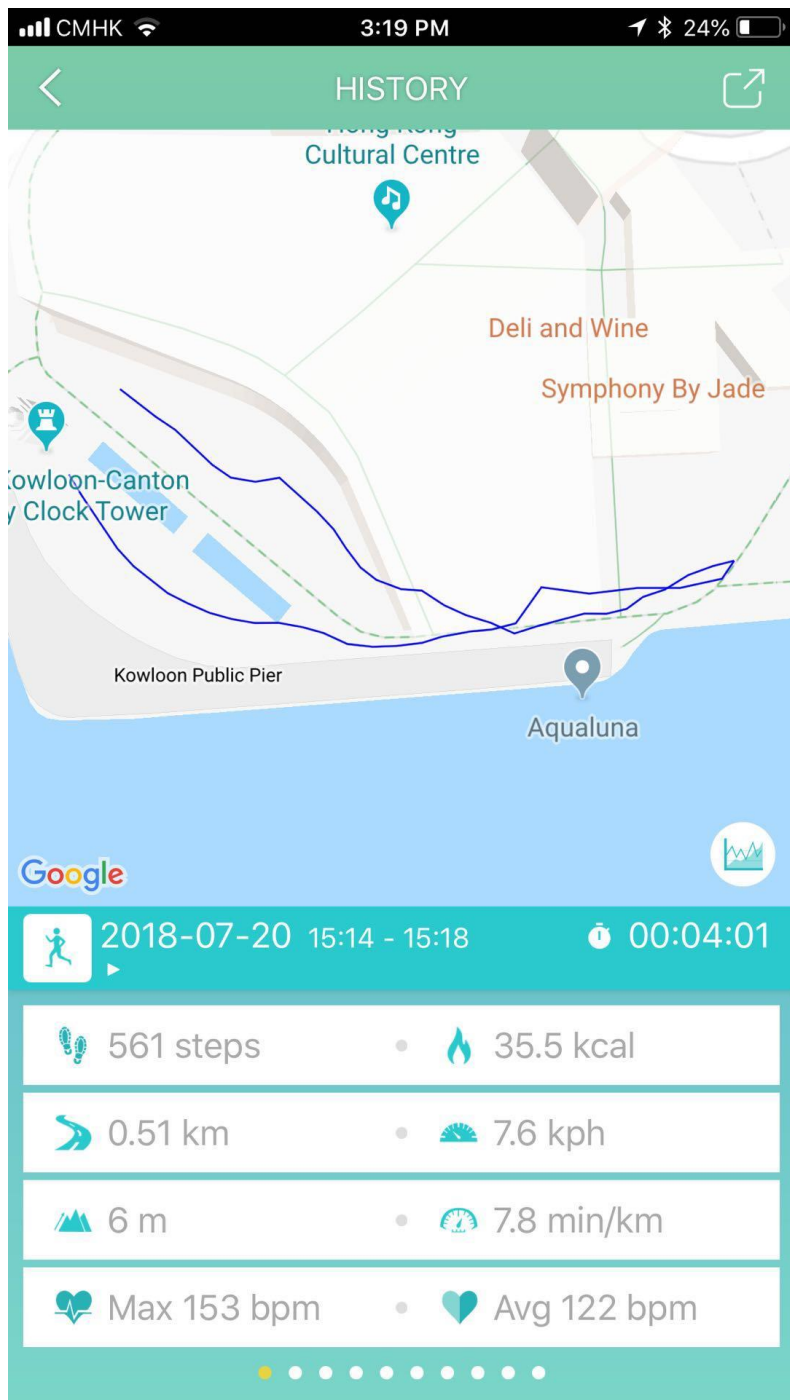
Average speed (kilometer/hour)



Elevation (meter)



Average speed (minute/kilometer)



Archon **BEMOVED** User Guide (iOS)



Jogging



Share your jogging history to social media



Back to graphical display



Sweep left or right to switch between different records



Archon **BEMOVED** User Guide (iOS)



Jogging (Heart Rate)



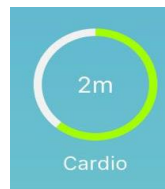
Max Heart Rate (bpm)



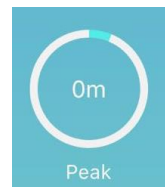
Average Heart Rate (bpm)



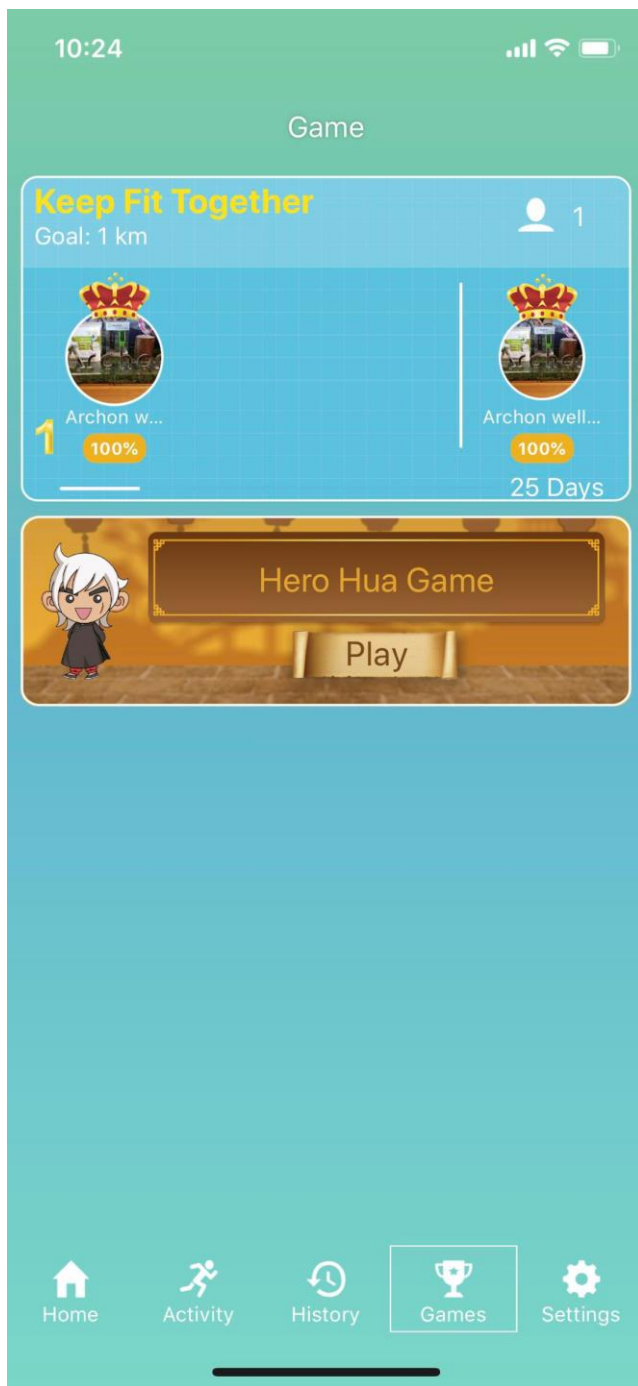
Fat Burn Zone (50-69% of maximum heart rate)
Heart rate during moderately intense activities



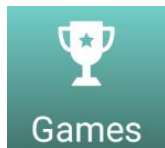
Cardio Zone (70-84% of maximum heart rate)
Heart rate during hard physical activity



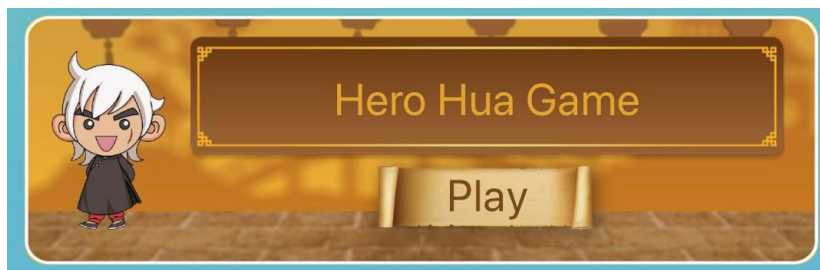
Peak Zone (>85% of maximum heart rate)
Heart rate during high intensity physical activity






Archon **BEMOVED** User Guide (iOS)



Games






Press to start and set up friends challenge by steps, calories or distance

10:24   

Cancel New Challenge Add

Name Keep Fit Together >

Distance Steps Energy

Start 2018/07/26 >

End 2018/08/24 >

Target

Distance 1 km >

Archon **BEMOVED** User Guide (iOS)



Friends Challenge

Name 88km running competition >

Set challenge name



Distance



Steps



Energy

Select type of challenge

Start 2016/04/27 >

Set start and end date

End 2016/05/26 >

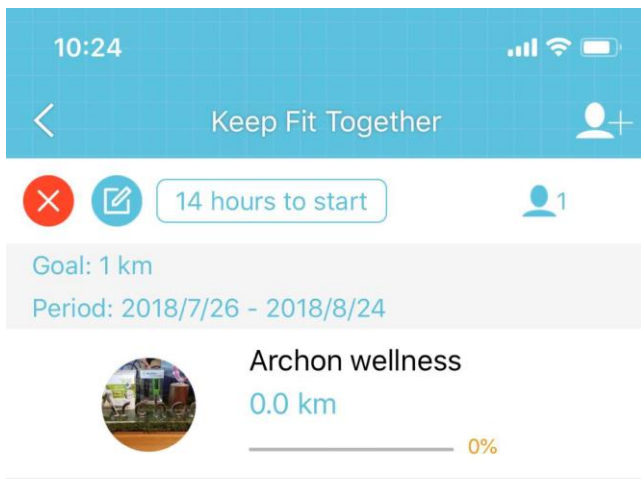
Target

Set target for the challenge

Distance 88 km >

Add

Click to add the challenge



Archon **BEMOVED** User Guide (iOS)



Friends Challenge



Click to invite friends



Click to edit friends challenge settings



Delete the friends challenge



Number of friends joined the challenge



Archon **BEMOVED** User Guide (iOS)

Friends Challenge Record

Keep Fit Together

Goal: 1 km



1 Archon w...
100%



1



Archon well...
100%
25 Days

Keep Fit Together

Goal: 1 km



Archo...



1

14 hours to start



Challenge History

Click to add new challenge

88km running

Goal: 88 km



4



1 Mary W...
47%



2 Artha Br...
35%



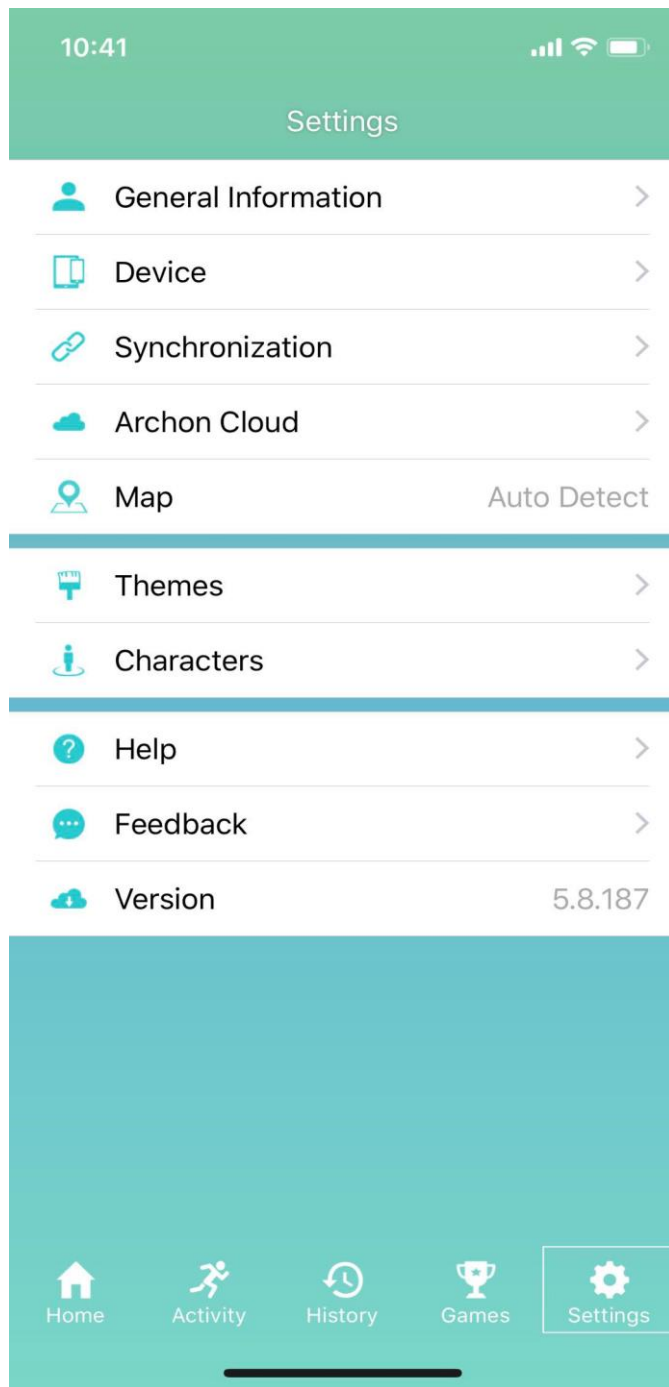
3 Jolie Ken...
20%



Artha Brown
35%

5 Days

Friend challenge ranking and status. Click to see details of the friend challenge



Archon **BEMOVED** User Guide (iOS)



Settings



General information, target steps and sleeping goal settings



Device pairing



Device and server synchronization settings



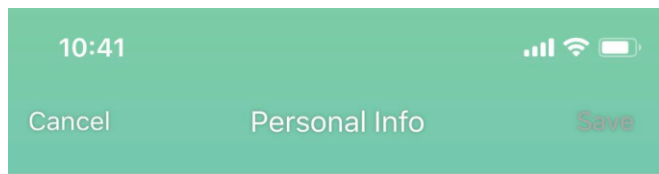
Cloud username, photo and login/logout settings



Home page wallpaper setting



Activity page character setting



Archon **BEMOVED** User Guide (iOS)



General Information



Input your gender



Input your birthday



Input your height



Input your weight



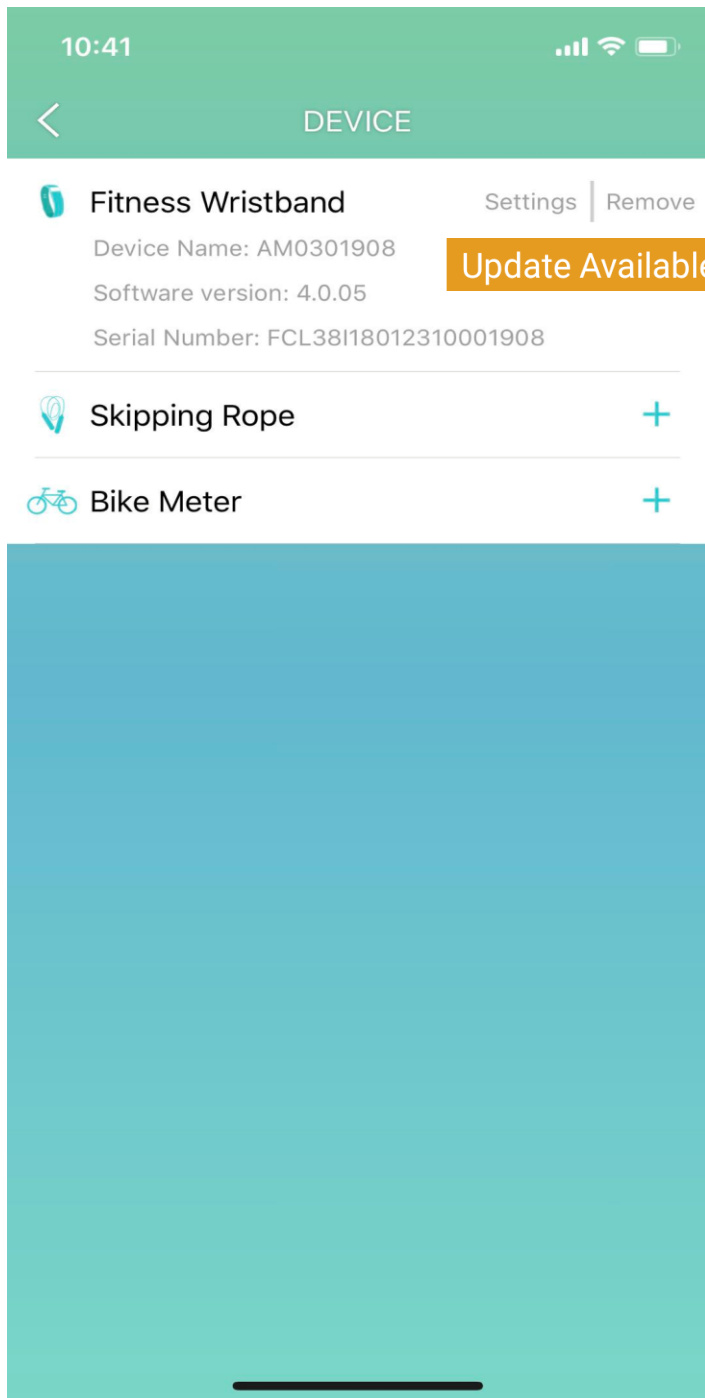
Input your strength type



Input your sleeping goal



Input your daily target steps



Archon **BEMOVED** User Guide (iOS)



Devices

Settings

Notification, Reminder and Auto Sleep settings

Update Available

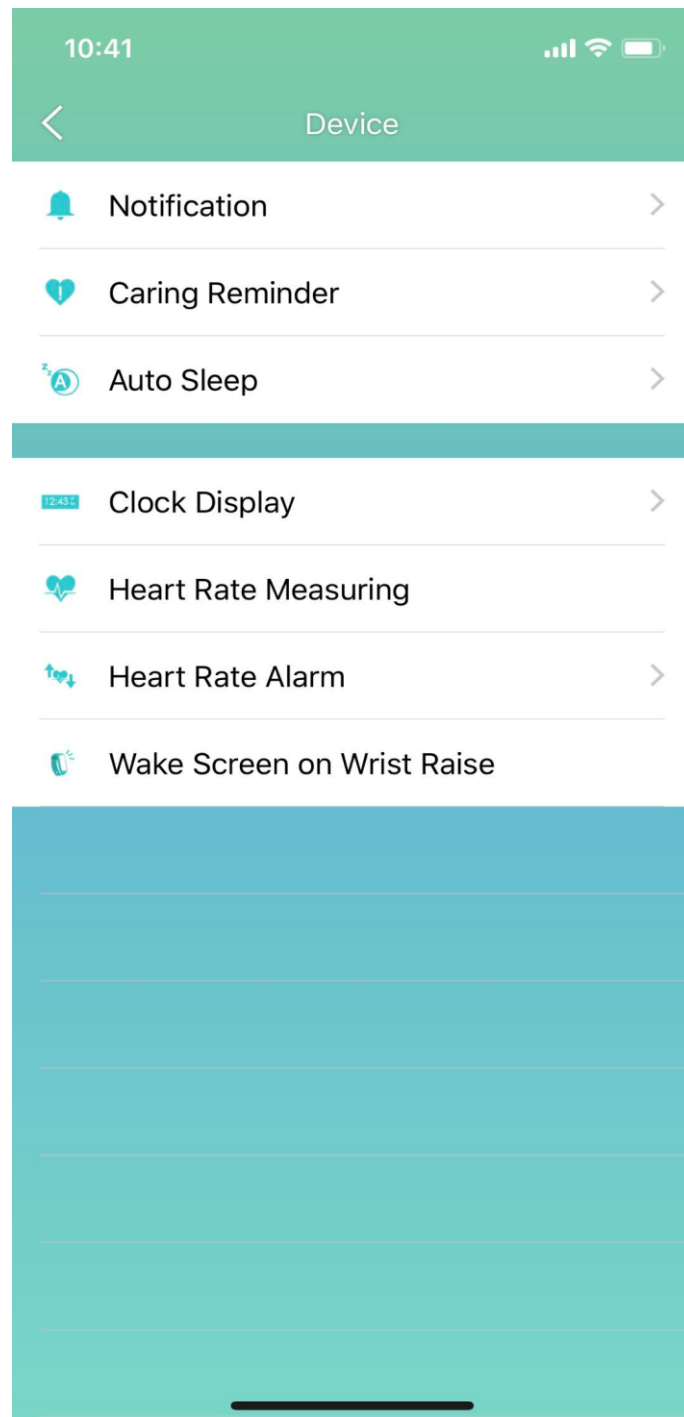
If firmware update is available, click to upgrade your Archon **BEMOVED**

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 or ⓘ “i” and choose “Forget This Device” ****





Archon **BEMOVED** User Guide (iOS)



Fitness Wristband Settings



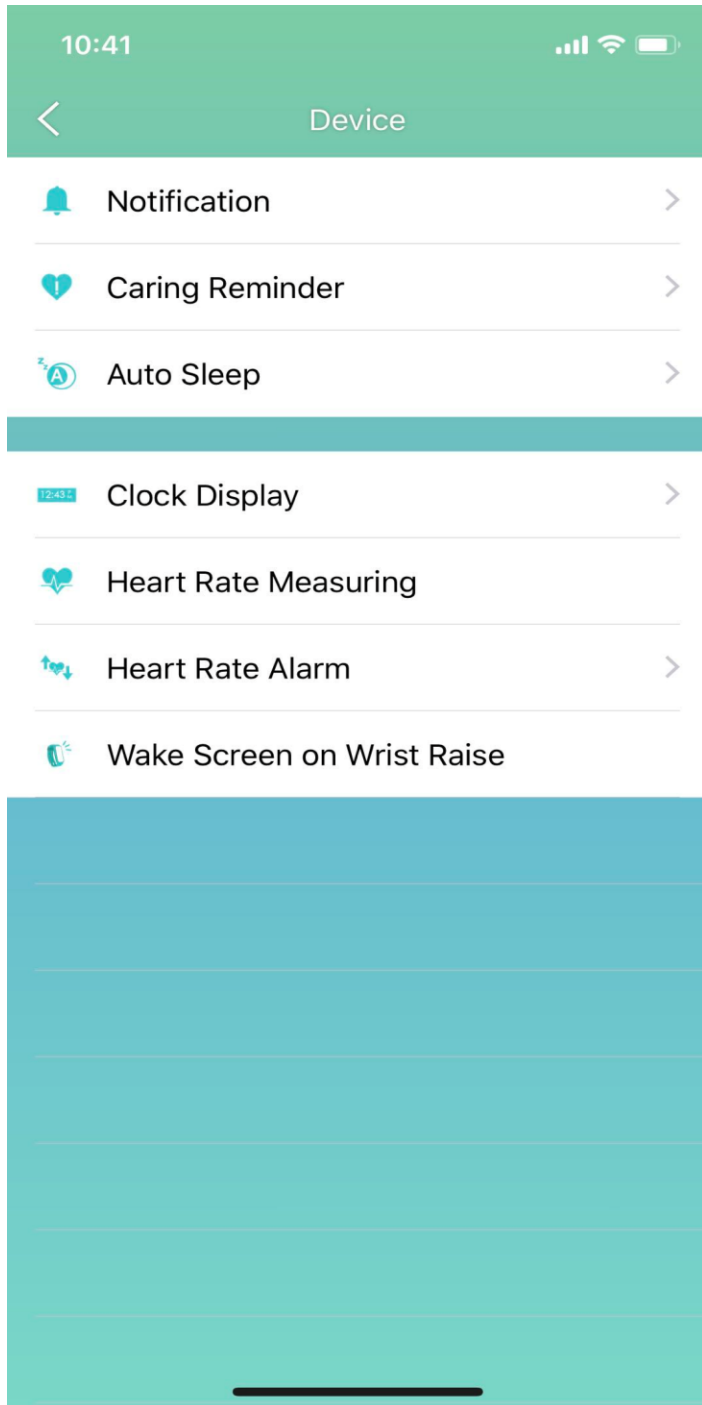
Incoming call, Missed Call, SMS, Email, Facebook, Twitter, WhatsApp, WeChat, Line, Calendar, Link lost Alert notification settings



Exercise, Sleep, Reminder and Meal Settings



Auto Sleep time setting



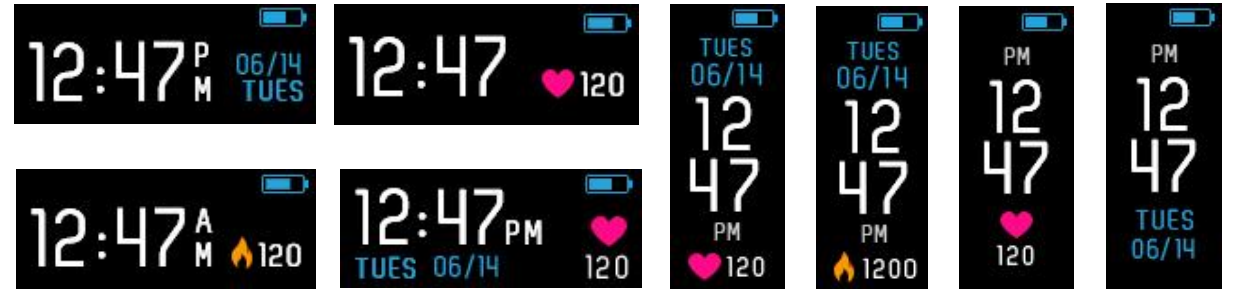
Archon **BEMOVED** User Guide (iOS)



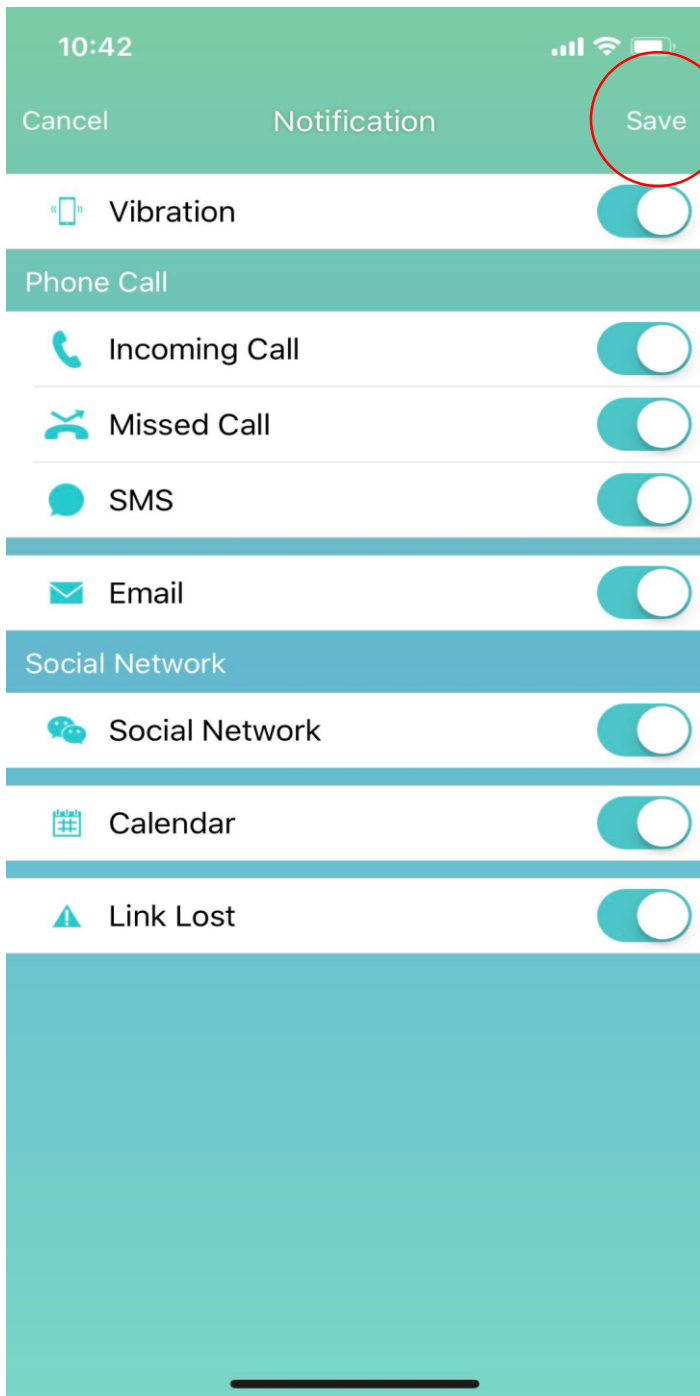
Fitness Wristband Settings



Clock Display: Change different clock display styles



Heart Rate Tracking: Auto heart rate tracking frequency setting



Archon **BEMOVED** User Guide (iOS)



Notifications



Notification ON

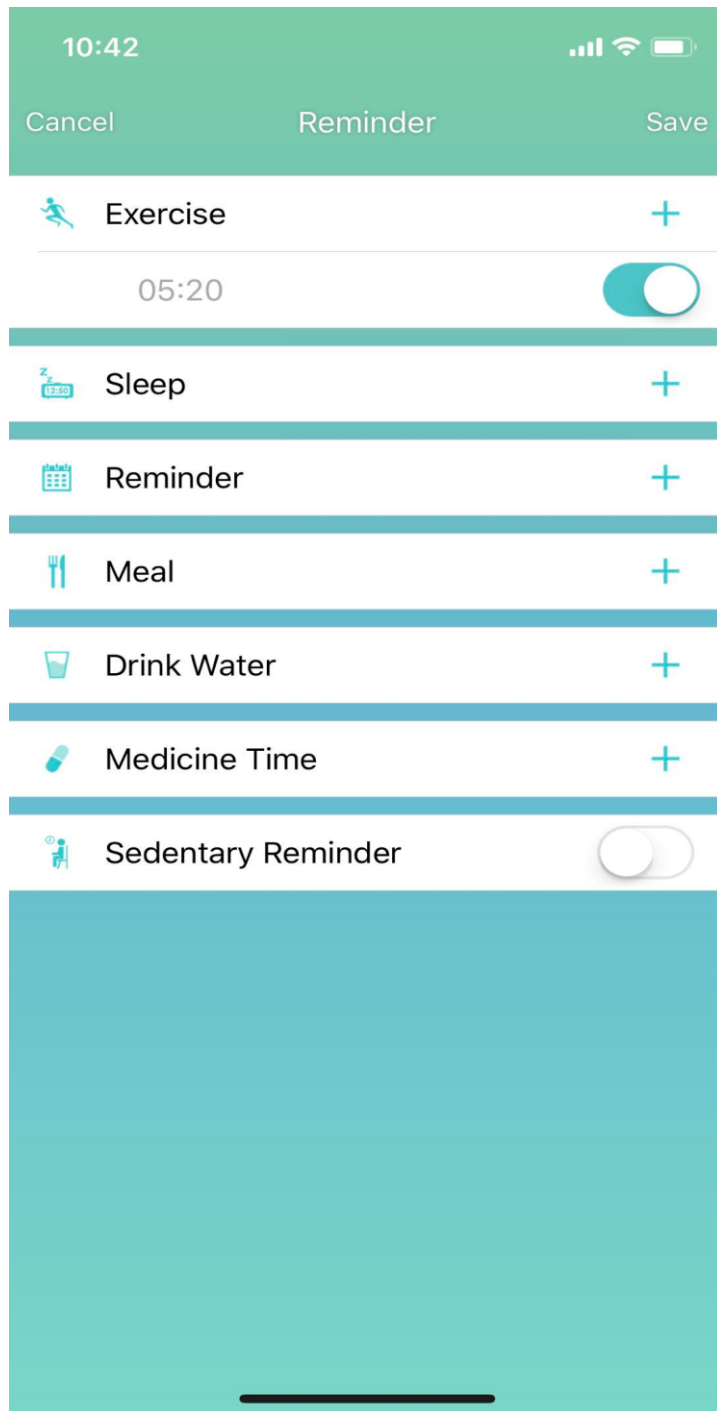


Notification OFF

Save

Click to save notification settings

* Detailed Facebook notification can be set in the Facebook App
(Settings->App Settings->Notifications)



Archon **BEMOVED** User Guide (iOS)



Reminder



Add new reminder



Reminder ON



Reminder OFF

Save

Click to save reminders

5:20

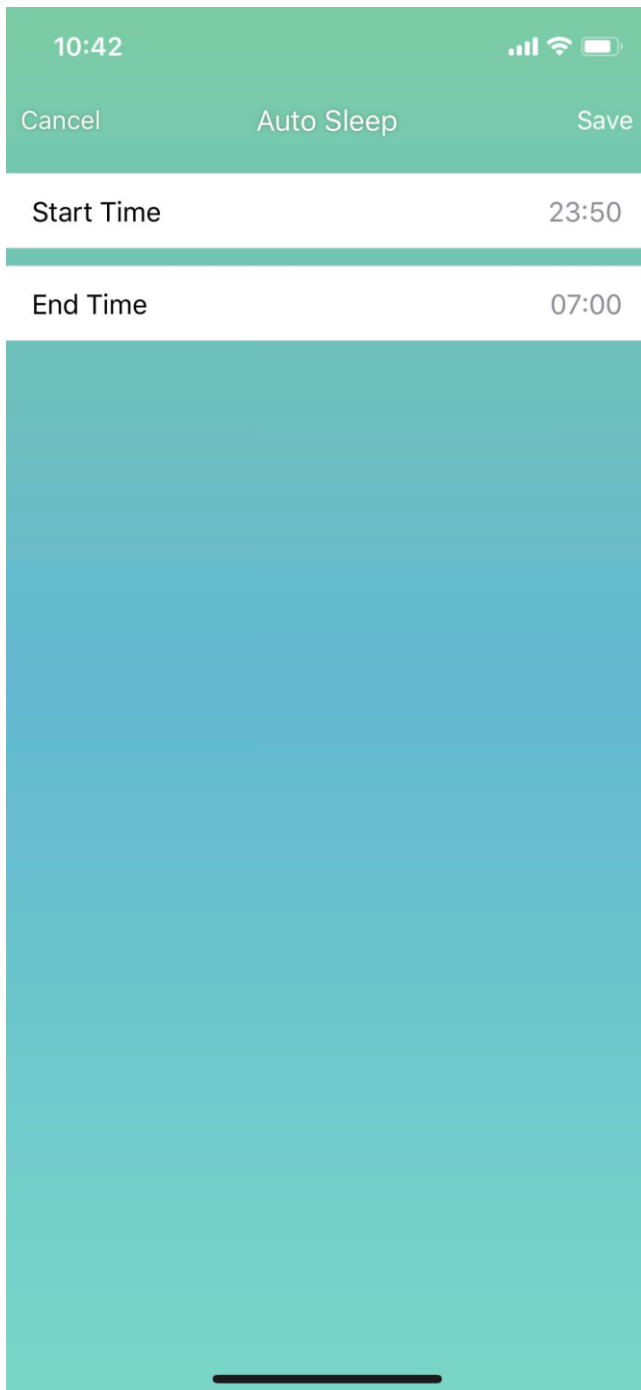
Click time to change

5:20



Delete

Sweep from right to left to delete reminder



Archon **BEMOVED** User Guide (iOS)



Auto Sleep

Start Time

23:50

Input your usual sleep time

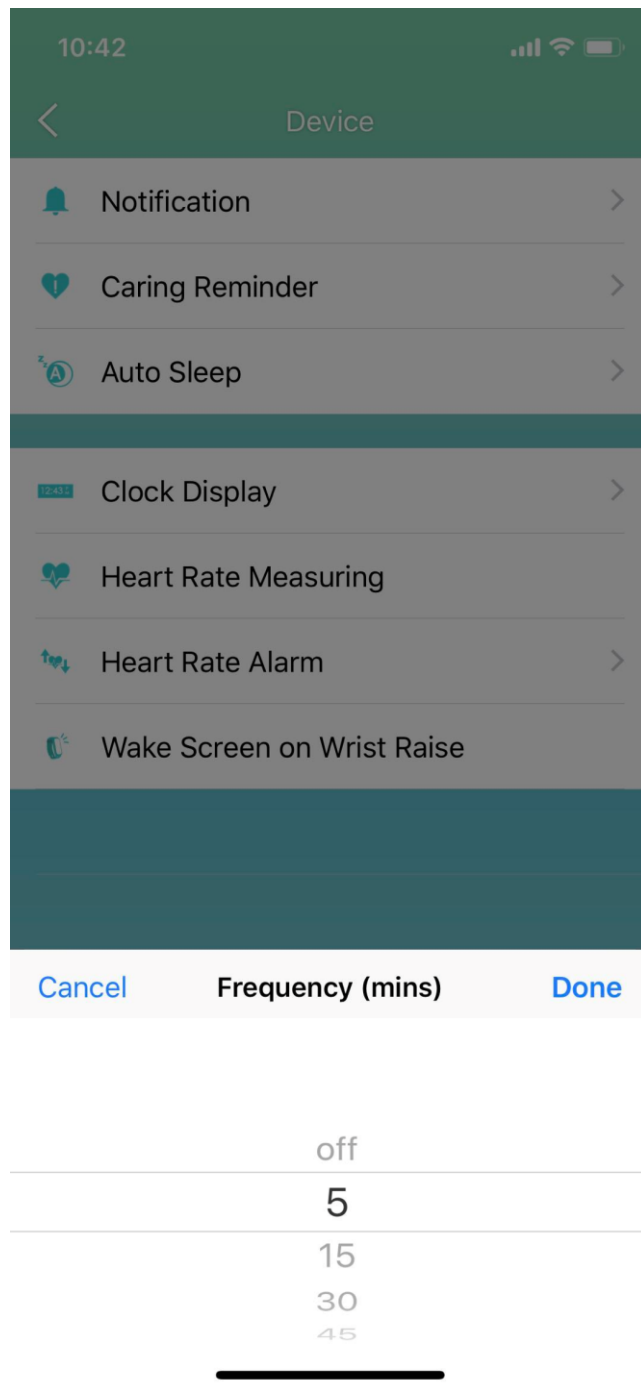
End Time

07:00

Input your usual wake up time

Save

Click to save auto sleep settings



Archon **BEMOVED** User Guide (iOS)



Auto Heart Rate Tracking Setting

Frequency (mins)

Off

5

15

30

45

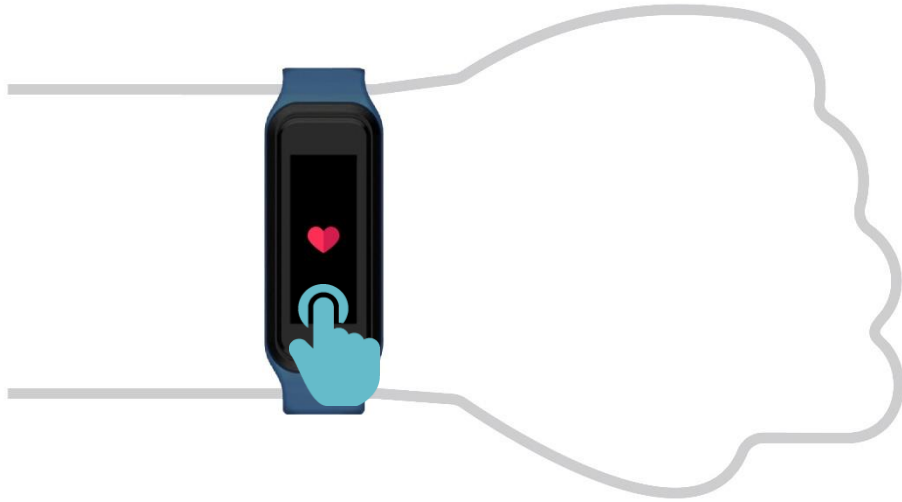
Select the auto heart rate tracking frequency or turn it OFF

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

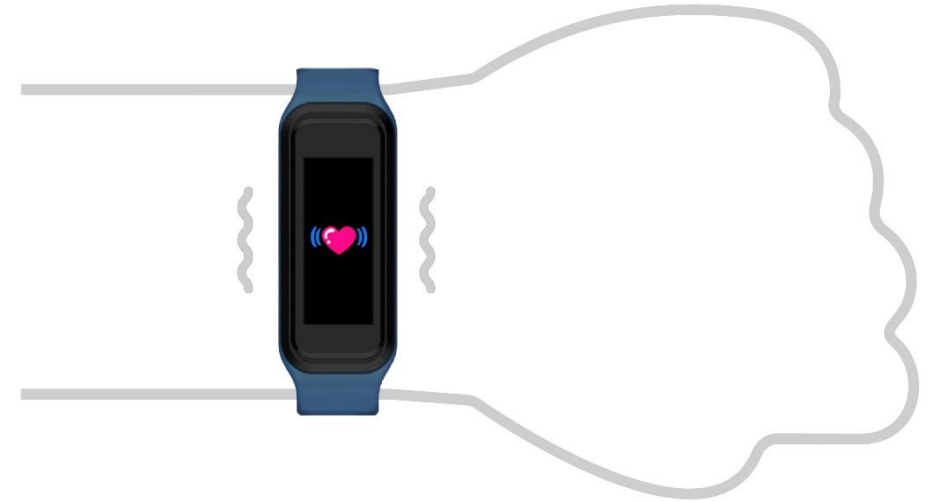
Archon **BEMOVED** User Guide (iOS)



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

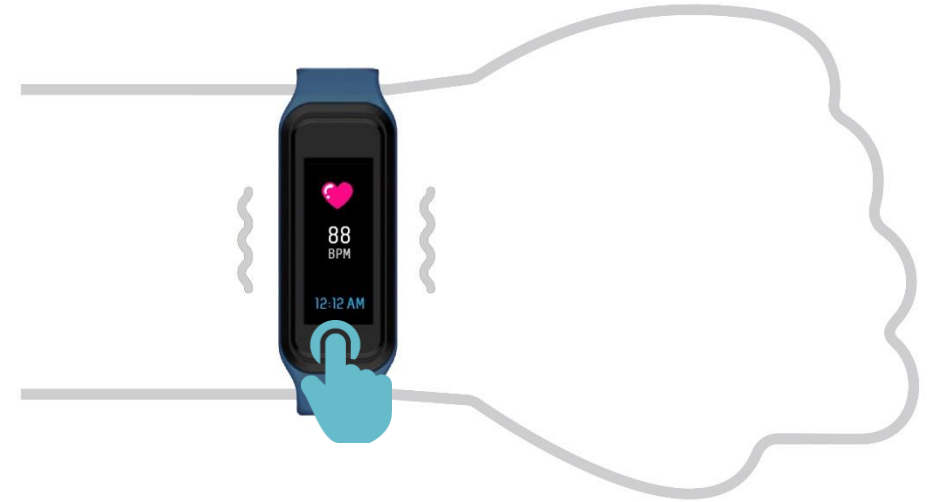
Archon **BEMOVED** User Guide (iOS)



Real Time Heart Rate Tracking

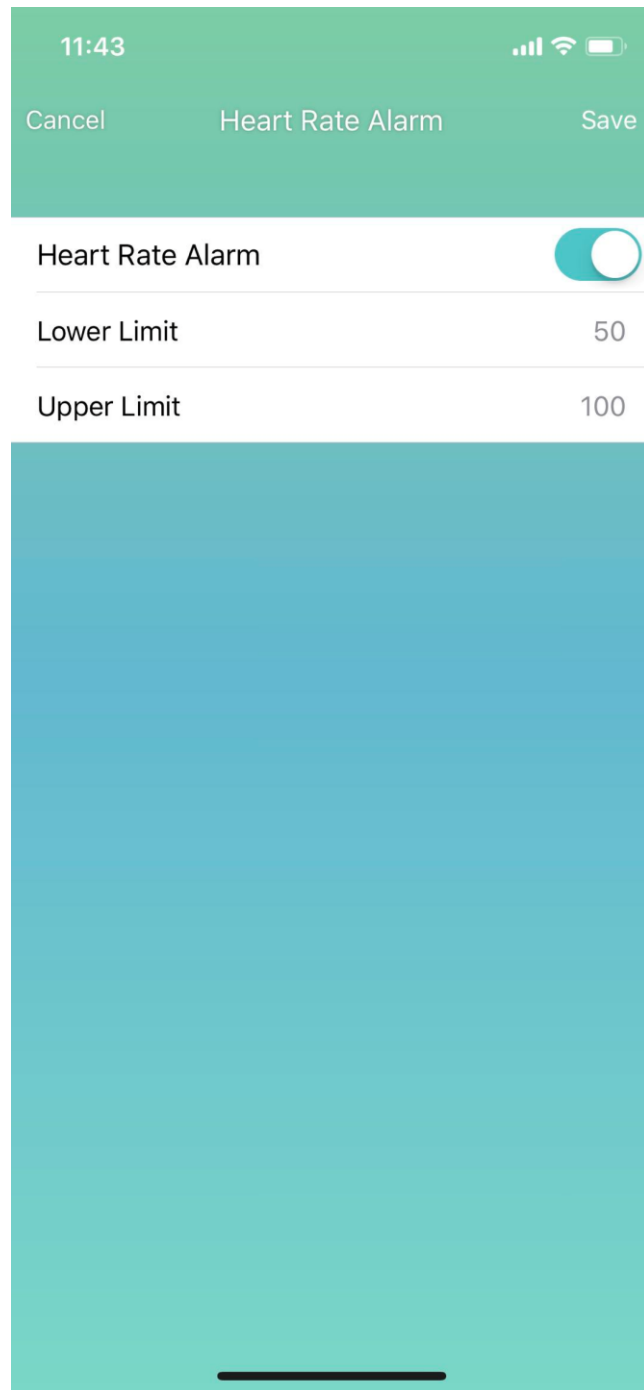


3. Wait for the reading to display and your heart rate will be updated every second until you turn it off



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



Archon **BEMOVED** User Guide (iOS)

Setup Heartrate Alarm

BEMOVED track if your heart rate is within normal range. You can setup upper and lower limit in Archon App Heart Rate alarm. When the heart rate is above a certain bpm, "High" alert is displayed on the BEMOVED screen. At lower limit (bpm), "Low" alert will be display.



HIGH

Upper limit
Alert



LOW

Lower Limit
Alert



Notification on

Enter upper and lower limit,
press Save



Notification off

Archon **BEMOVED** User Guide (iOS)

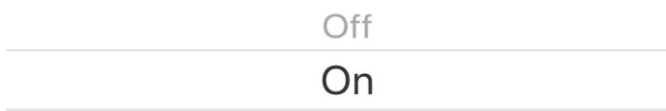
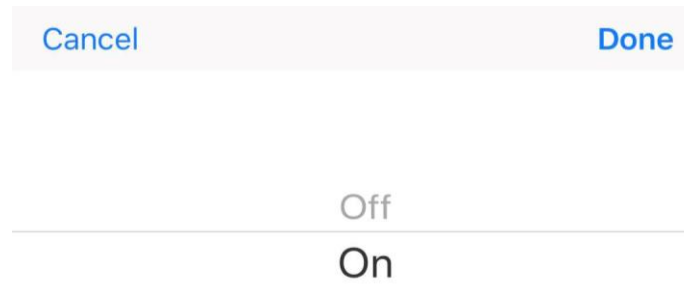
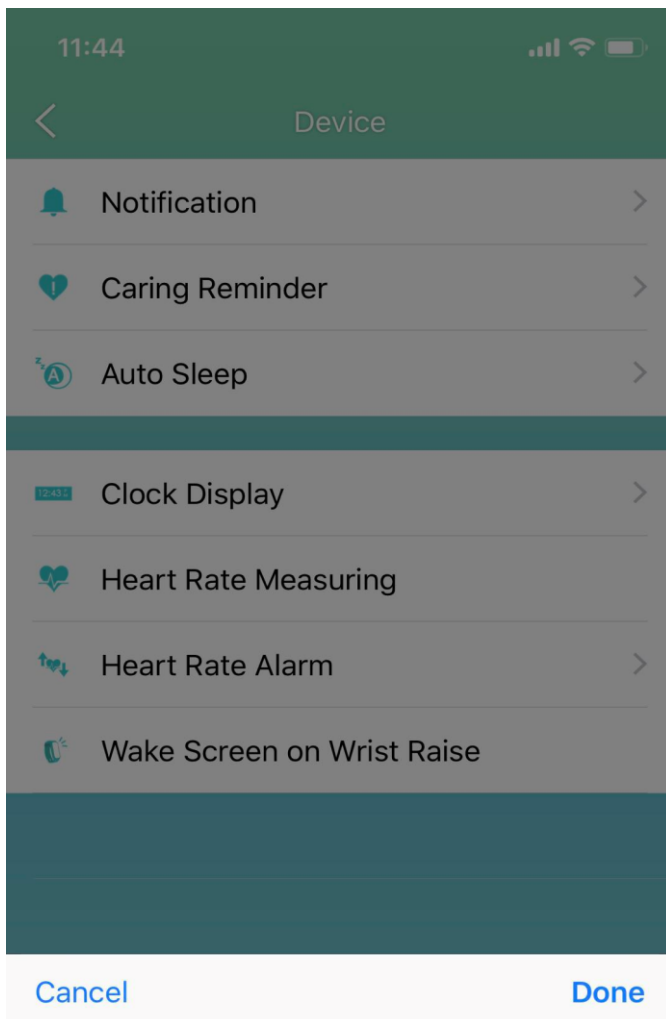
Wake screen on wrist raise

When you lift the hand wearing BEMOVED by rotation 40 - 80 degrees, the screen will automatically light up and display the time.

Please select on and press OK to save.

Note:

- 1) Please raise your hand gently, the screen will automatically light up.
- 2) Hand raise movements should not be too fast, it need some time to detect the movement.



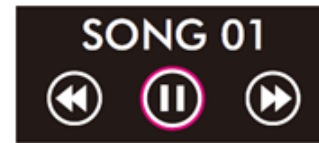
Archon **BEMOVED** User Guide (iOS)

Remote Music Folder

You can use **BEMOVED** to remote control the iTunes App on your iPhone. The song playback order follows the settings on the Apple Music.

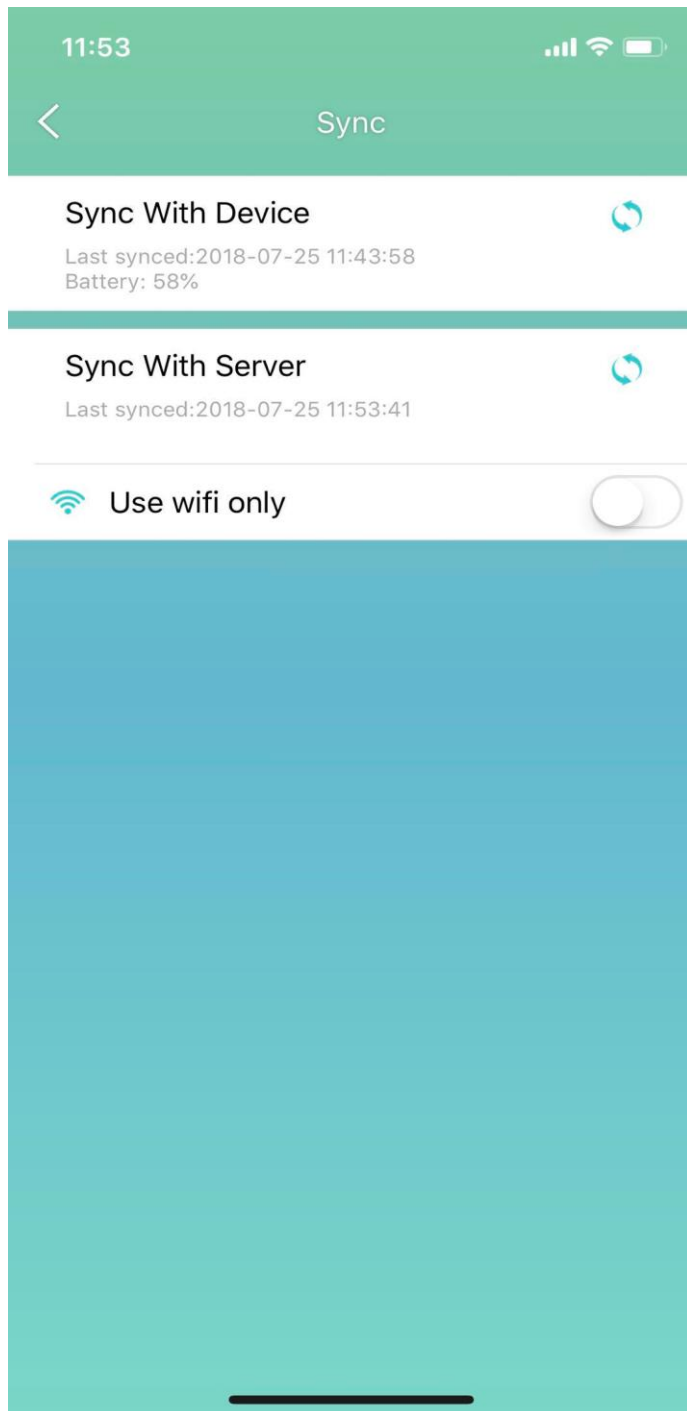
Press music folder icon  at **BEMOVED** screen to enter music control page

Tap "play" to start playing music, press "pause" to pause. Tap "Forward" to go to next song. "Back" to return to previous song. Press "Back" icon to return to the top menu and stop playing music.



***This feature requires you to keep your phone and BEMOVED in good bluetooth connection.**





Archon **BEMOVED** User Guide (iOS)



Synchronization

Sync With Device

Last synced: 2016-05-10 16:42:54
Battery: 25%



Click to sync data with device

Sync With Server

Last synced: 2016-05-11 09:57:26



Click to sync data with server



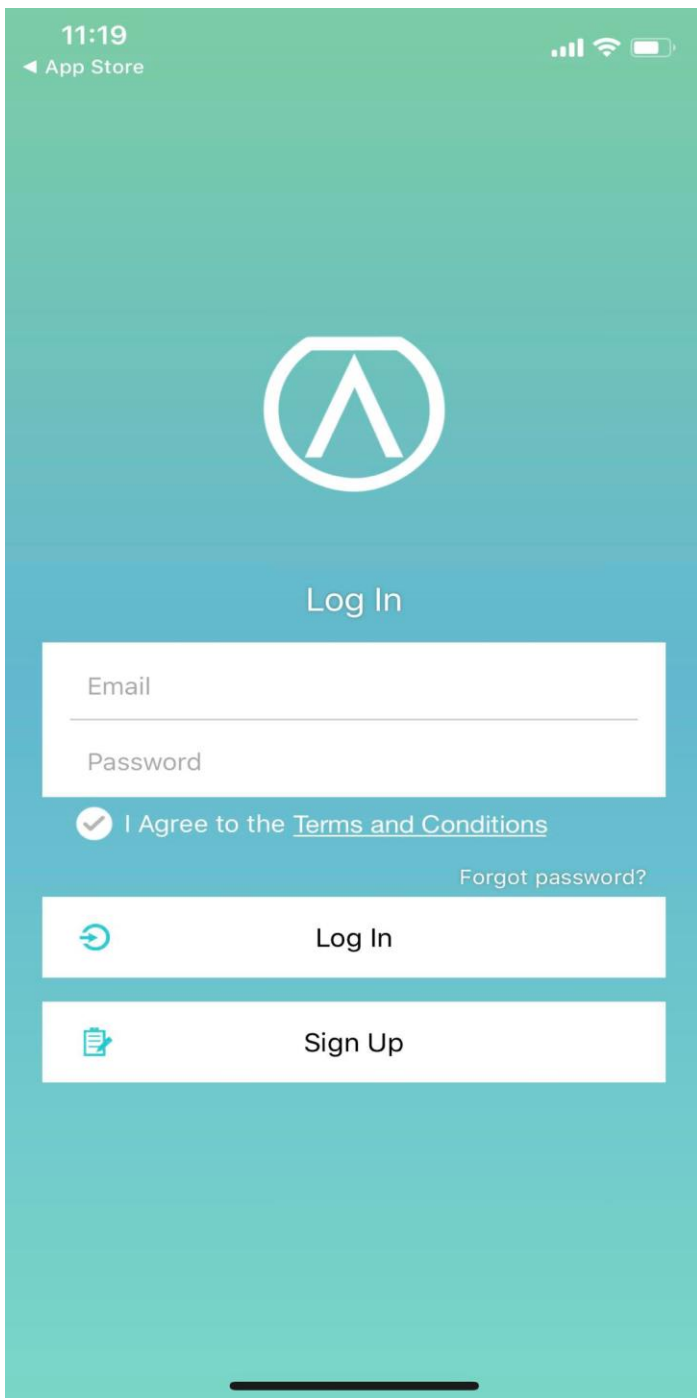
Use wifi only



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)



Cloud



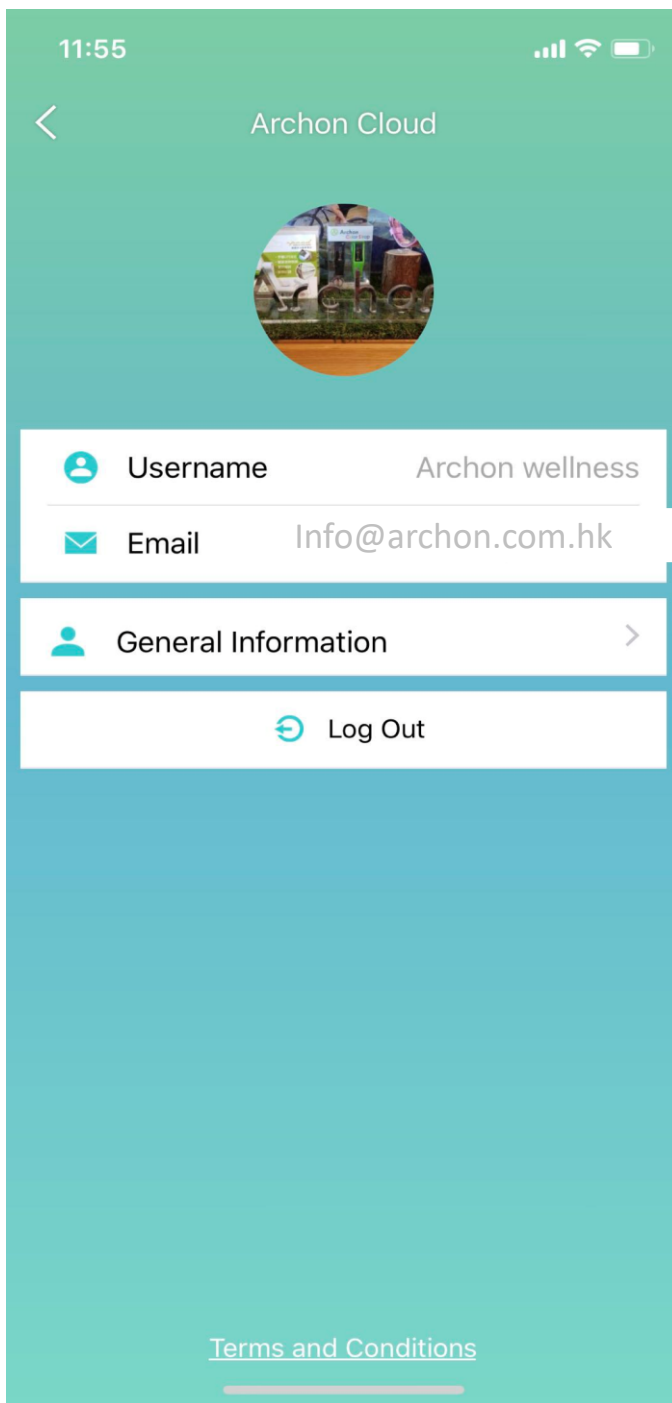
Input your email and password to log in



Sign up with your email, user name and password

Forget password?

Click and enter your email to reset password



Archon **BEMOVED** User Guide (iOS)



Cloud



Click to edit profile picture



Click to edit user name



Log in email

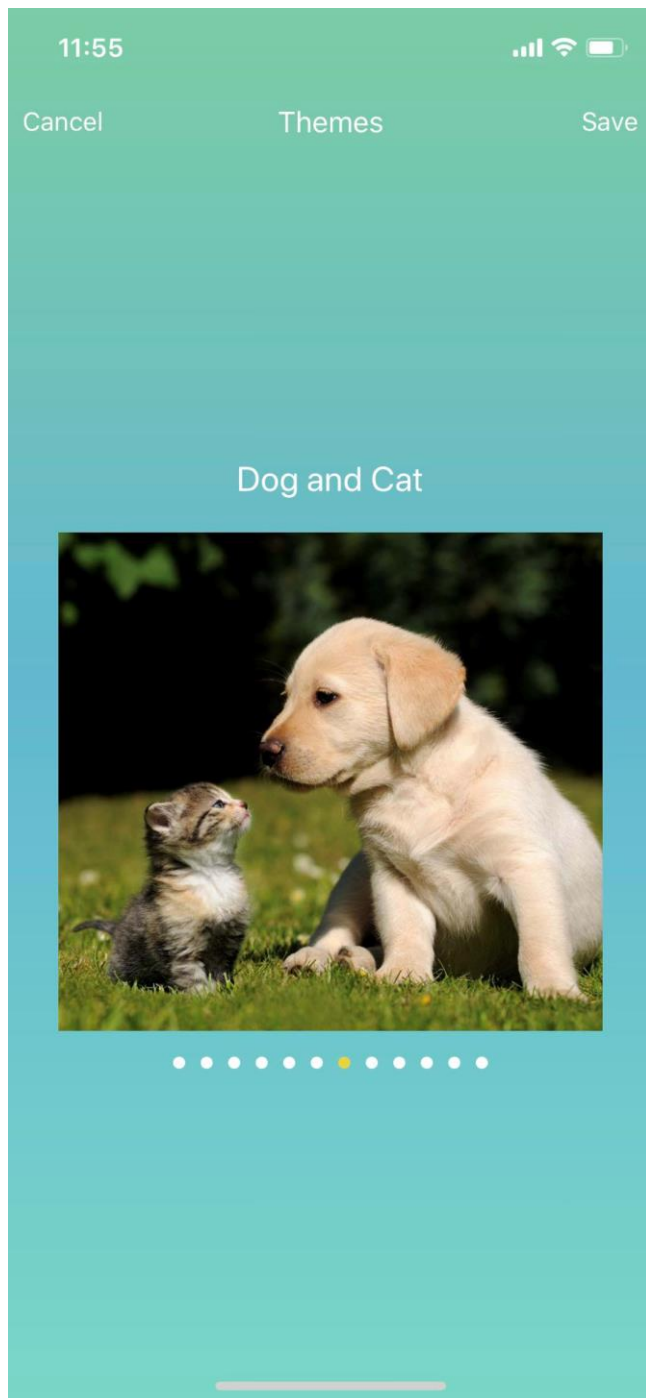


Click to enter General Information page



Log out

[Terms and Conditions](#)



Archon **BEMOVED** User Guide (iOS)



Themes

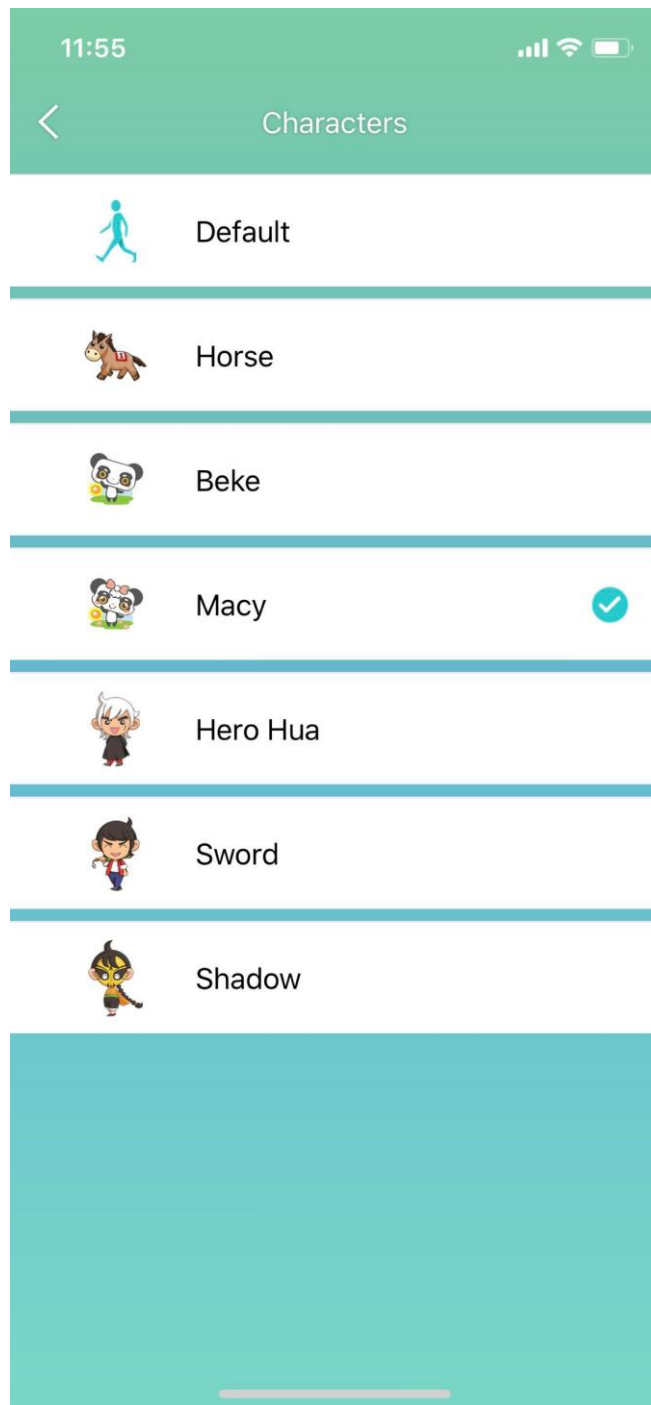


Sweep left or right to switch between different themes

Save

Click to save the home page background

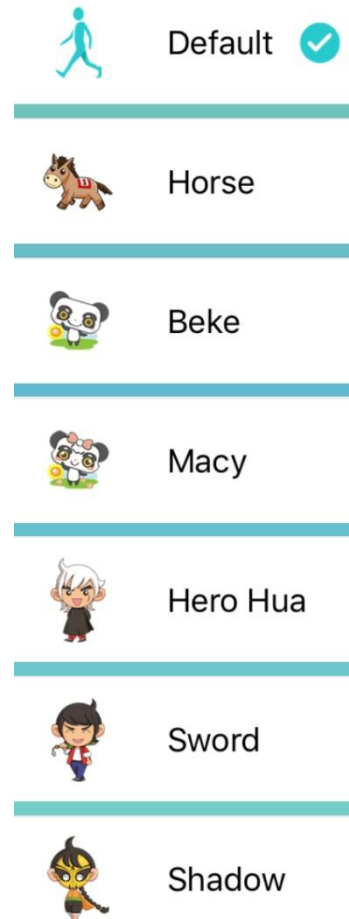
*Some themes are region exclusive and may not be available in your region



Archon **BEMOVED** User Guide (iOS)



Characters



Select different characters to display on the activity page

*Some characters are region exclusive and may not be available in your region