

cling[®] leap

Know yourself · Change yourself



• Quick Installation Guide •

Cling Leap Instructions

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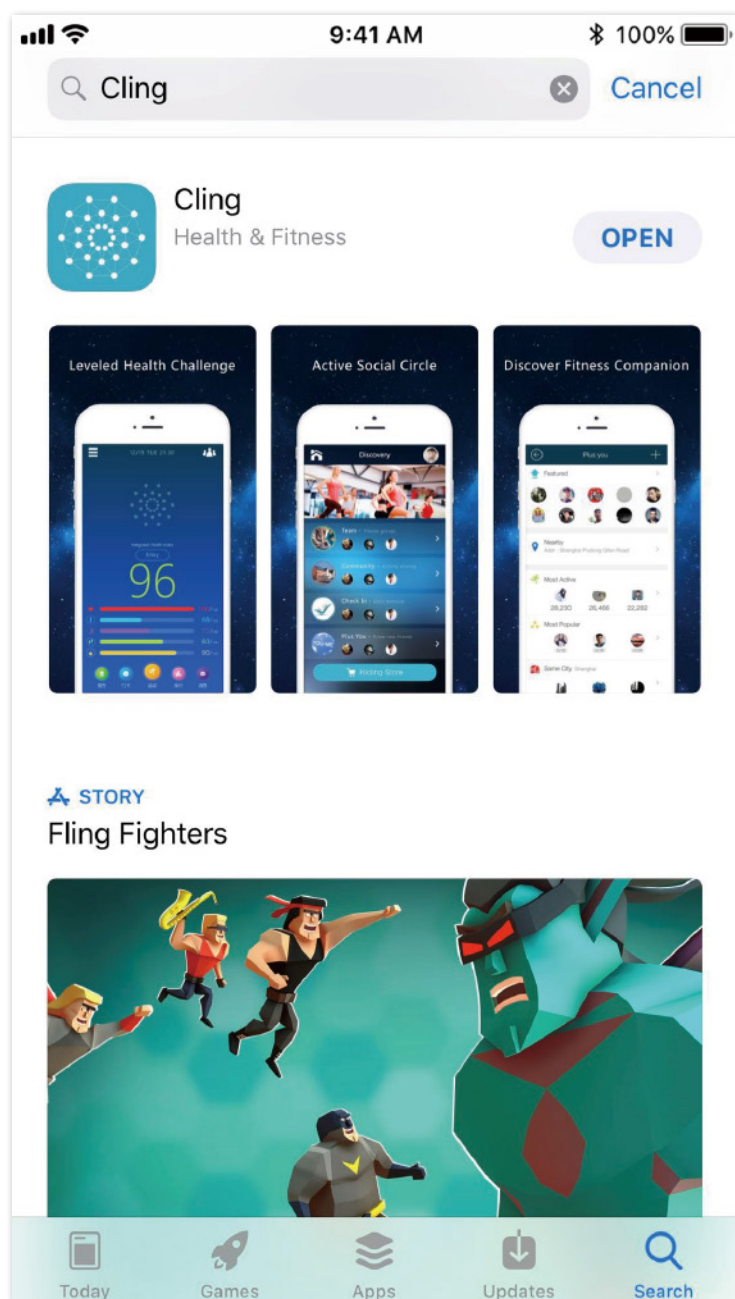
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Notice:

1. Please do not wear the Leap in warm water (bath, hot tub, sauna, steam room etc.) The warranty will not cover the Leap if it is exposed to these conditions.
2. This product is not a medical device and its accompanying data should only be used as a guide. Only medically acceptable devices (like a Sphygmomanometer for Blood Pressure) should be used for exact readings. Always consult with a medical professional for accurate testing and results.
2. Please take the actual displays and functions of the Cling APP and the watch as a guide, without additional notification.

PART I: Download the Cling APP

1. Download on IOS.



① Search Cling in the app store or ② Scan the QR code to download.

2. Download on Android.

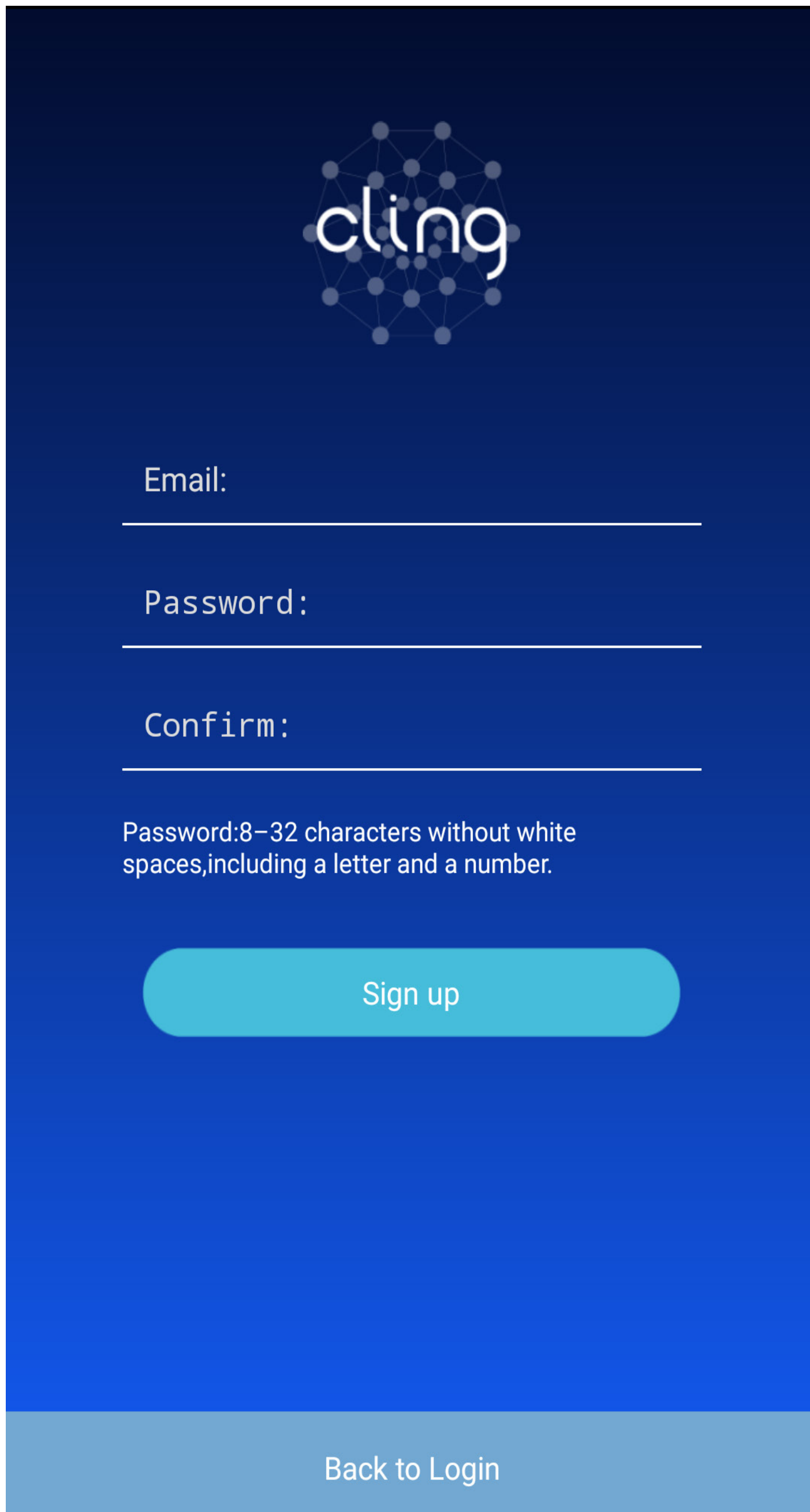


① Scan the QR code to download.

You can try Cling downloads in your own mobile app market. If you can't find it, just scan the QR code to download.

PART II: Register the Cling APP

1. North American users are currently only supported through email registration.

The image shows a mobile application registration screen for 'cling'. At the top, there is a logo consisting of a network of grey dots connected by lines, with the word 'cling' in white lowercase letters in the center. Below the logo, there are three input fields: 'Email:', 'Password:', and 'Confirm:'. Each field is represented by a horizontal line. Below the 'Confirm:' field, there is a text requirement: 'Password:8-32 characters without white spaces,including a letter and a number.' At the bottom of the form area, there is a large, rounded, teal-colored button with the text 'Sign up' in white. At the very bottom of the screen, there is a light blue bar with the text 'Back to Login' in white.

2. After a successful registration, please fill in the basic personal information such as your height, birth date and so on following the prompts. This provides the basic information for the “Health Assessment” section you can opt into later on. If you decide to choose default setting, you can modify your personal profile information later.

Gender & Birthday

Male

Female

Birth Date

Nov181989

Dec191990

Jan201991

Next

Nickname&Avatar

Set your nickname and avatar

huangke_life

Next

Stride

Walking Stride

30cm40cm50cm60cm70cm80cm90cm100cm110cm

1cm2cm3cm4cm5cm6cm7cm8cm9cm

Running Stride

60cm70cm80cm90cm100cm110cm120cm130cm140cm

1cm2cm3cm4cm5cm6cm7cm8cm9cm

Next

Location

Country

China(PRC)

United States

United Kingdom

France

Germany

City

Anhui

Beijing

Chongqing

Fujian

Gansu

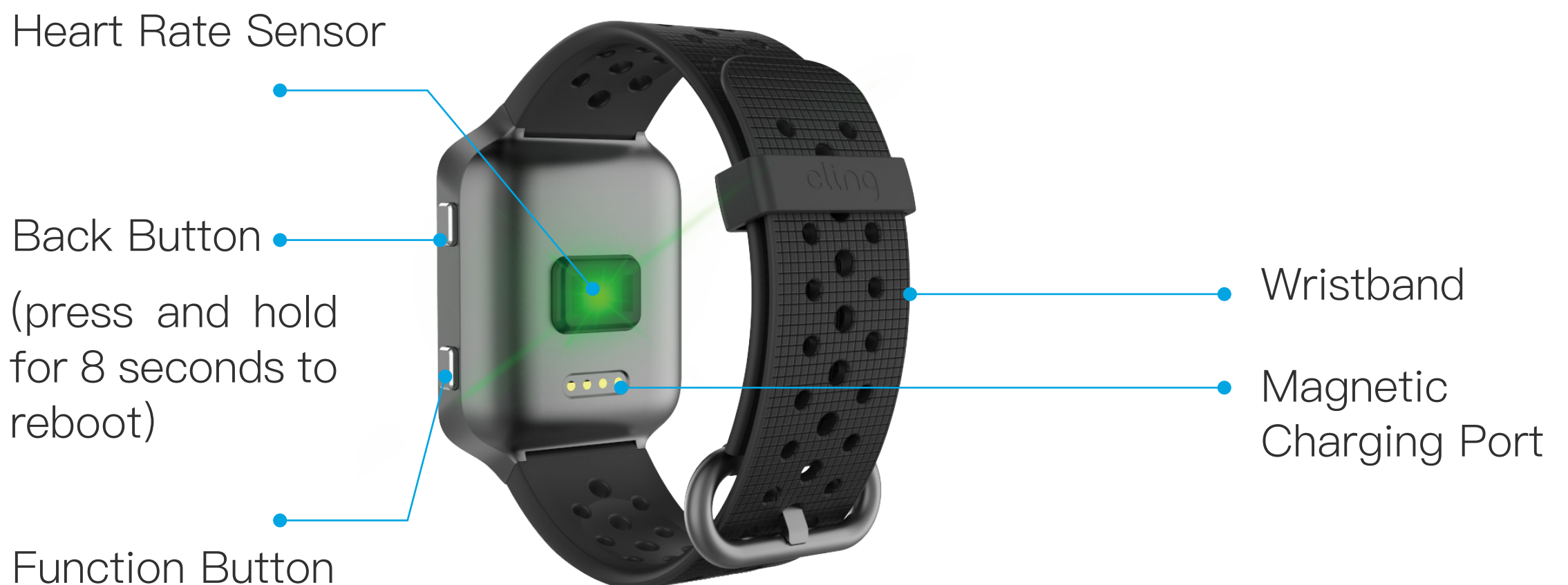
Next

.....

- 5 -

Part III: Directions for using the Leap

1. Know your Leap

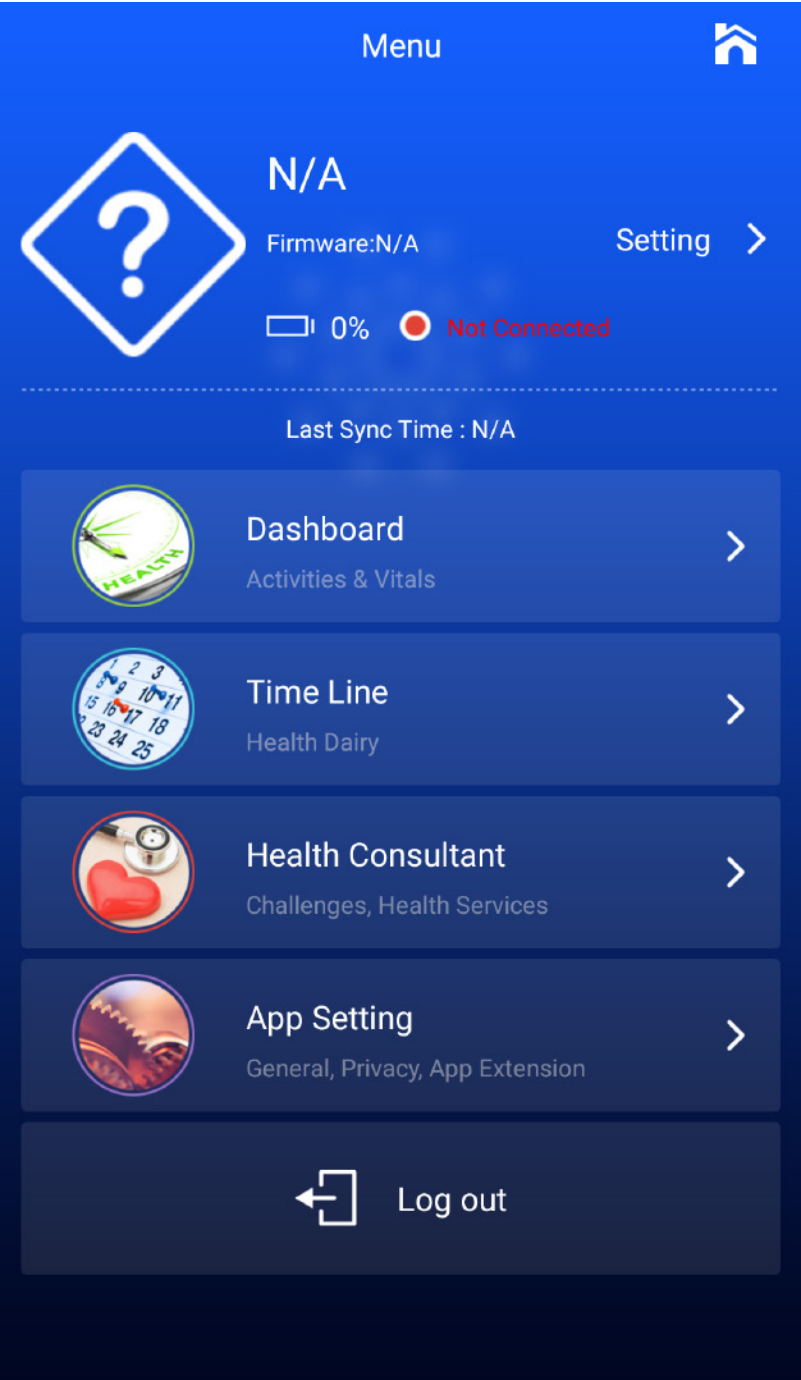


2. How to activate your Leap

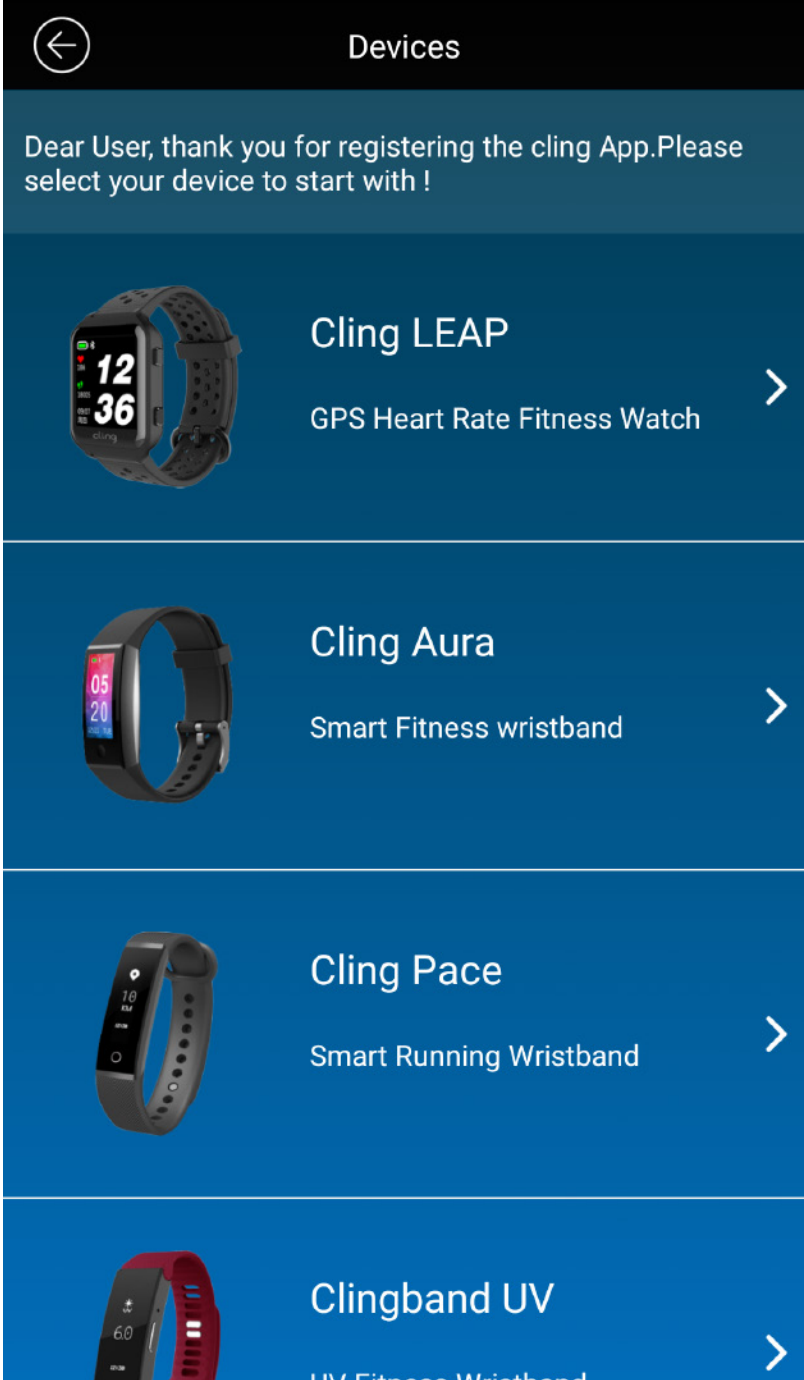
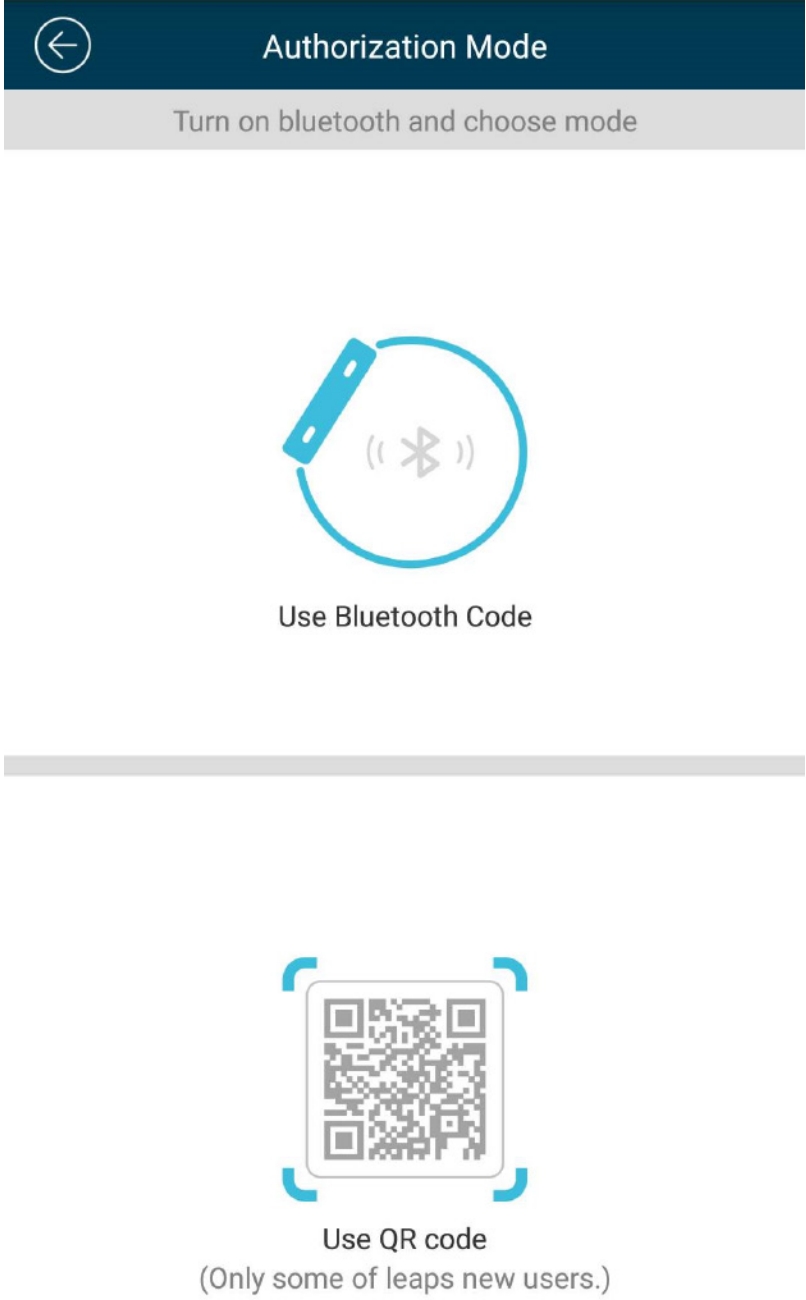
(1) Press and hold the “Back Button” for 3 seconds and the screen will turn on and display four digits (this is your unique Leap Bluetooth ID number). If the ID number fails to appear on the screen, please plug your Leap into charger.




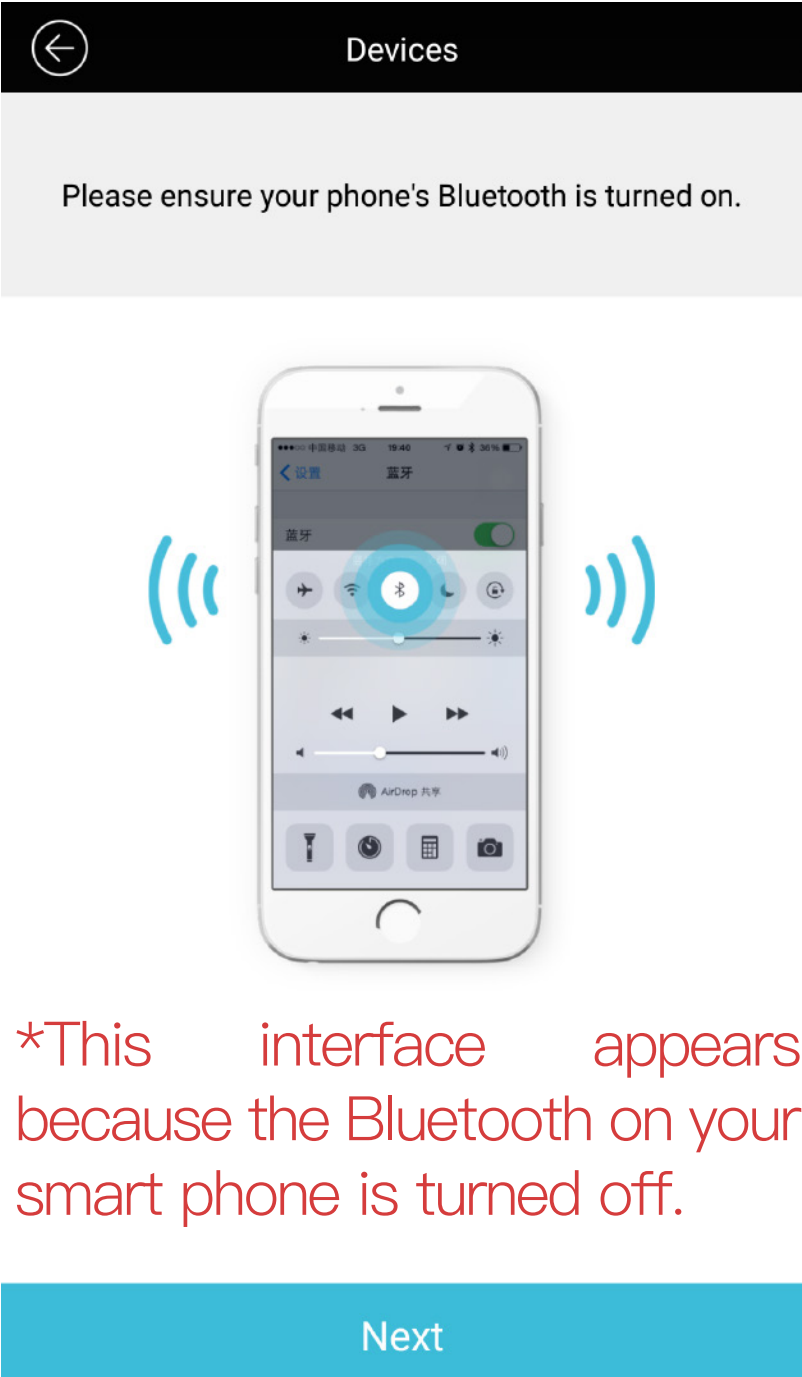
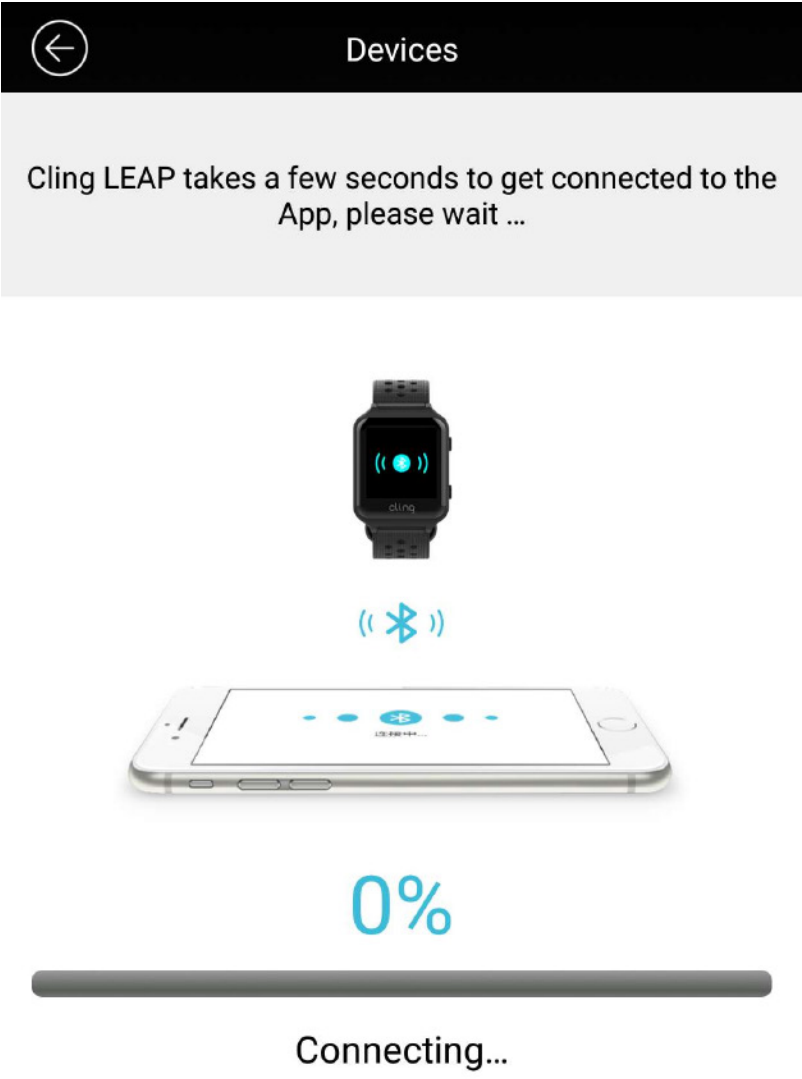
(2) Please ensure that the Bluetooth on smart phone is turned on. Then start the Cling App to discover the right device to activate.



(3) Find the Leap device that matches your personal Bluetooth ID. Click on the link and then click Next on the following screen.

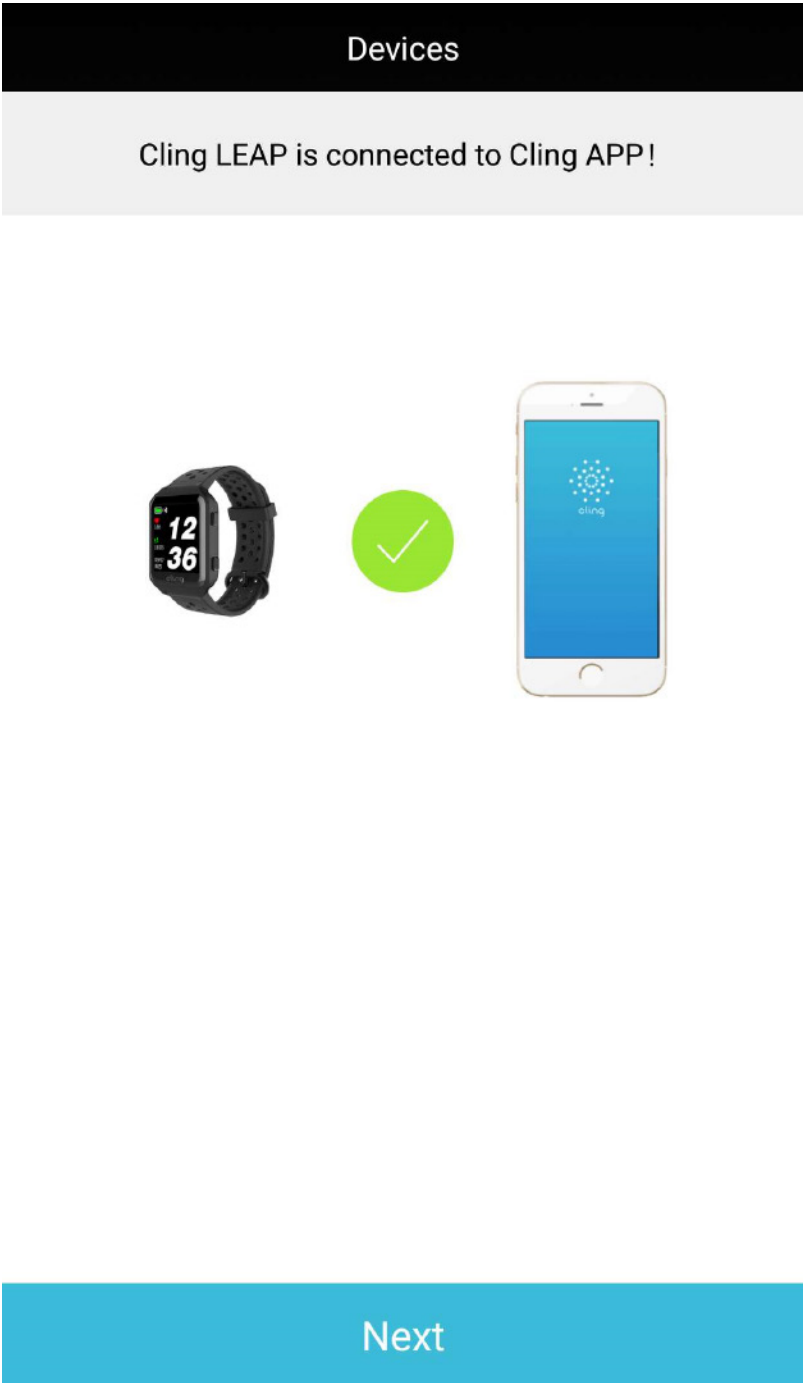


Devices	
Select the corresponding ID as your Cling LEAP display. Then click it to connect.	
	
Device ID & Signal Intensity	
LEAP 29D8	0 dB
LEAP 04DF	0 dB
LEAP F8D0	-82 dB
CLING LEAP 3EC4	-77 dB
CLING LEAP 24FE	-87 dB
LEAP 7EDF	-59 dB



- *If you are using an iOS phone, please allow the Leap to pair with the phone.
- *If you are using an Android mobile phone, please do NOT allow Bluetooth pairing.

③ Now you can use your Leap to start your health journey.



Part IV: Functions of Leap

1. Clock face display

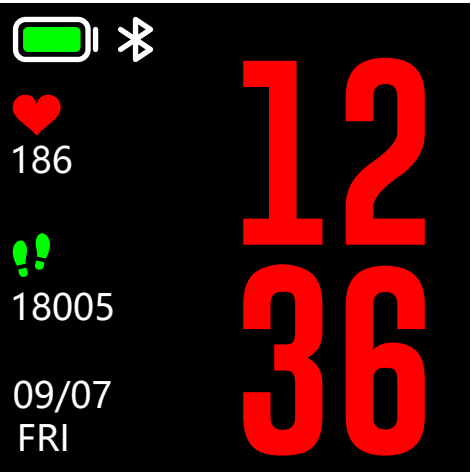
(1) Screen lock: The screen lock timeout duration can be set in the APP, the shortest is 2s, the longest is 15s.

When the device stays on operation for longer than the lock timeout duration, the screen will be locked.

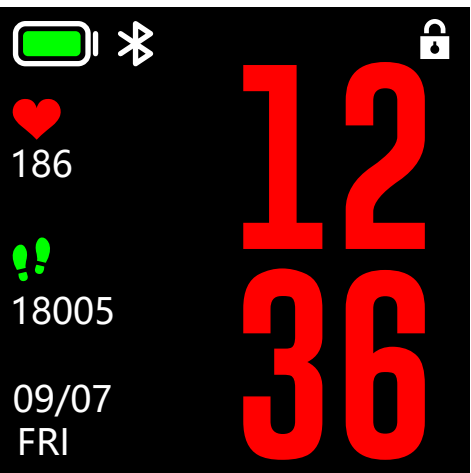
(2) Screen unlock: By pressing the “Back” button or function key, the screen can be unlocked.

(3) If you don’t synchronize your Leap with the Cling App for a period of time, the time shown on your Leap may be incorrect.

(4) You can choose different clock face themes for your Leap in the Cling app to match your mood.



Unlocked

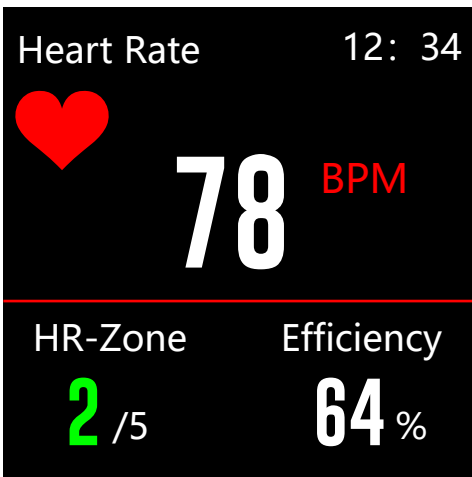


Locked

2. Activity and vital data display



Daily total steps, distance travelled, and Calories burned.



Heart rate beat per minute, heart rate zone, and workout efficiency of your activity in real time.



Workout summary – Total distance, time, speed of the last workout.

3. Weather and Air Quality Index display

① The weather data on your Leap comes from online weather center. The data is only valid when the device performs a data synchronization. The Leap itself can only get local weather through the App.

② Air quality index readings also come from online weather center. It won't show up if AQI data is not available in your area.

4. Message Alert

① When there is an incoming notification, the Leap will vibrate to alert you. You can touch the screen to view the message content.

* Please make sure that the Cling App has corresponding permission for certain notifications to pass to the device.

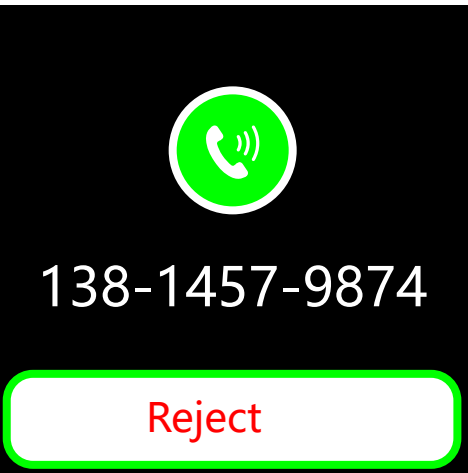
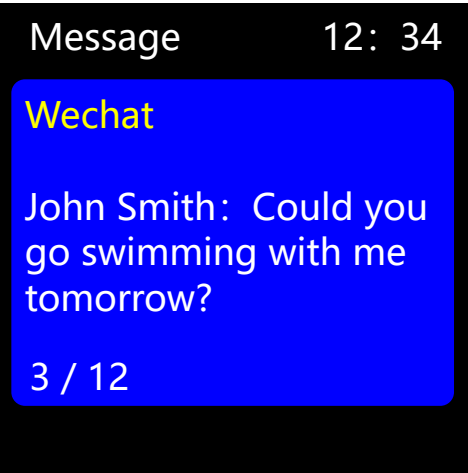
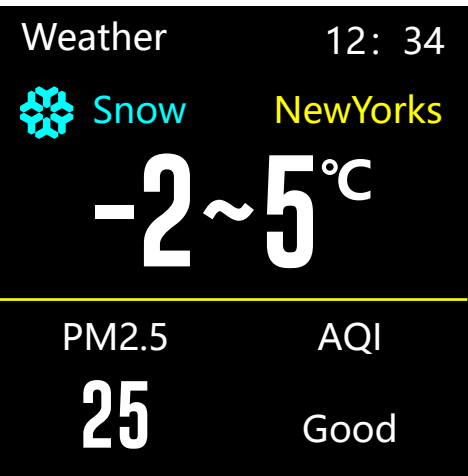
5. Caller Rejection

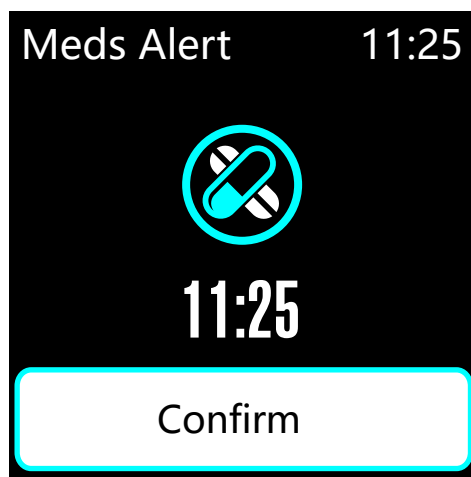
① When the wearer receives a phone call, the Leap's screen will display the incoming call number or contact name. If you want to reject the call, press "Reject" on the screen.

★ Note: Android versions higher than 8.0 do not support this function. This feature is still under development.

6. Medication Reminder

① Please add your medication/s to the Cling App including the name of the various prescriptions, a picture of the medication/s is optional, the inventory of your medication/s, the day/s of the week that you are required to take your various meds and your daily prescribed dosage.





- ② When it's time to take your medication, the Leap will vibrate to remind you. If you've taken it, press "Confirm".
- ③ After the medication reminder is completed, your medication inventory will be adjusted and recorded accordingly in the Cling App after synchronization with the Leap. You can view your medications, delete unneeded meds, and so on.

7. "Function" key

Click on the Function button and you can see advanced Leap features.



(1). Running / Cycling (with GPS/AGPS)

Cling Leap supports the following two types of outdoor workout tracking: Running and Cycling.

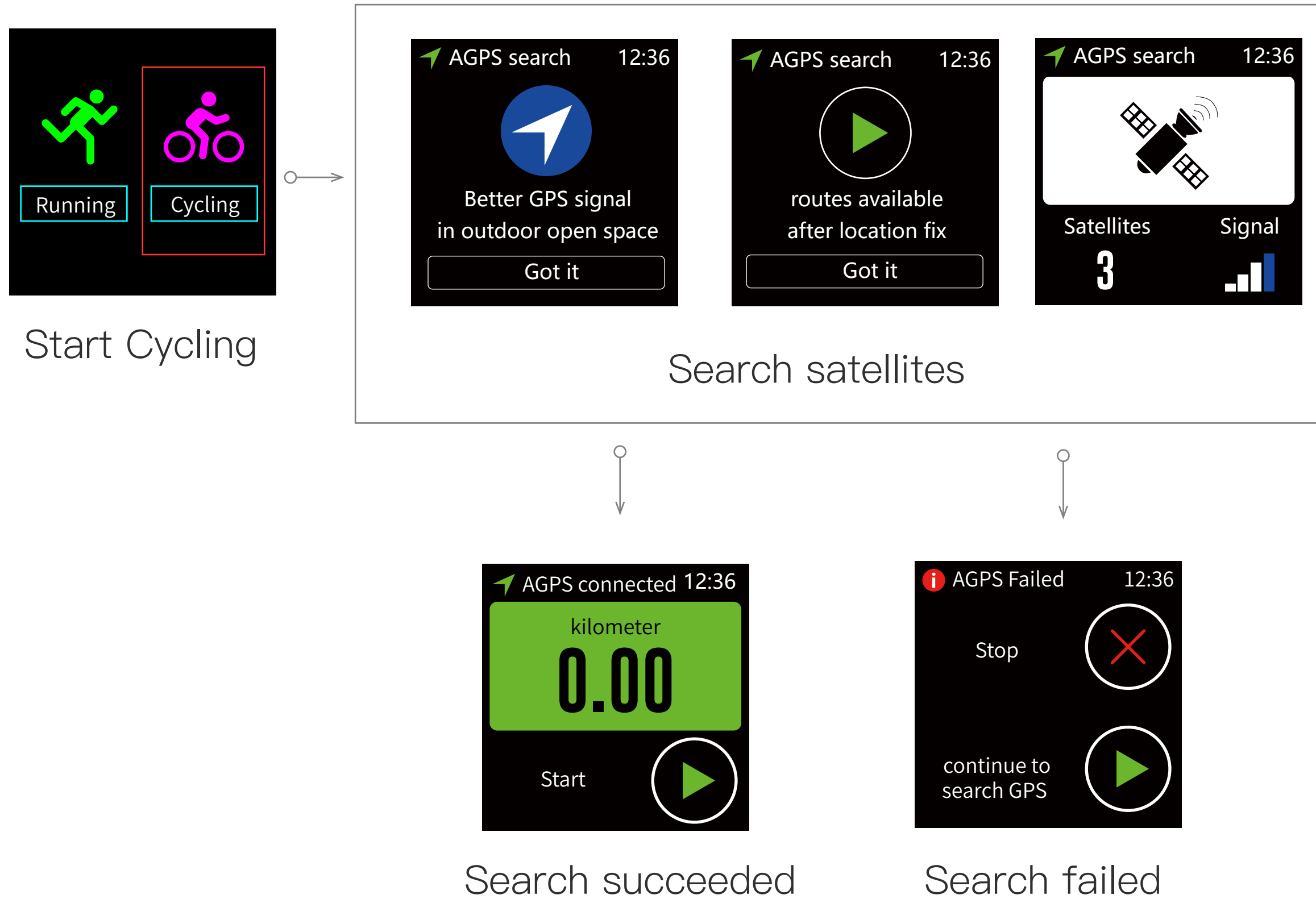
The two workout modes can be used in the same way. Here is an example of Cycling. AGPS and/or GPS positioning modes can be used in a Cycling session.

The Leap supports AGPS function. During Leap data synchronization, Cling APP will download GPS ephemeris data to the Leap, and the Leap uses the data to accelerate satellite acquisition and shorten searching time.

It should be noted that satellite data is only downloaded every four hours. Please note that when users synchronize their watches for the first time on that day, Cling APP will send satellite data to the device. In the next four hours, if you synchronize data again, Cling APP will not send ephemeris data. It needs to synchronize data after four hours later, and then continue to send new satellite data.

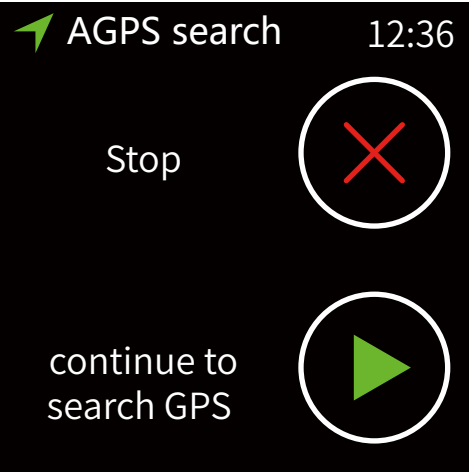
The satellite search screen shows the number of satellites acquired and the signal strength. When the signal is good, the positioning time is estimated in about 30 to 50 seconds.

With Assisted-GPS (AGPS)



When the search for GPS satellites is completed and the positioning is successful you can start your cycling workout session.

If your GPS position cannot be attained as shown in the image above, you can click “Start” to continue your workout but no workout route will be recorded, or you can press the “Back” button to exit the workout.

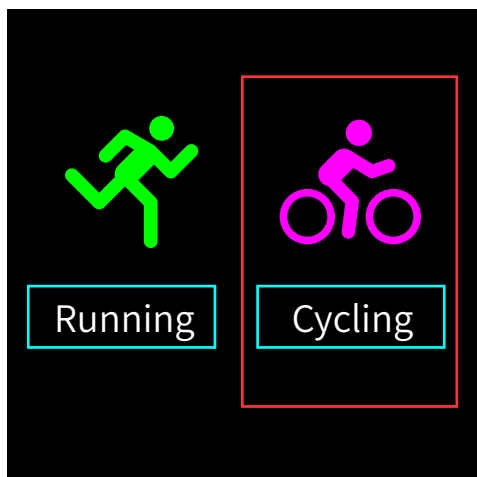


Searching

In the GPS satellite search , you can interrupt the searching process by pressing the “Function” or “Back” button.

On this page, you can press the “Back” button to stop the current workout, or you can press the “Function” button to continue the GPS search in the background. In this mode, the workout route will not be recorded until a GPS position is attained.

With GPS only



Start Cycling

GPS Search12:36

Synchronous APP update
AGPS can speed up positioning.

Got it

GPS search12:36

Better GPS signal
in outdoor open space

Got it

GPS search12:36

routes available
after location fix

Got it

GPS search12:36

Satellites
3

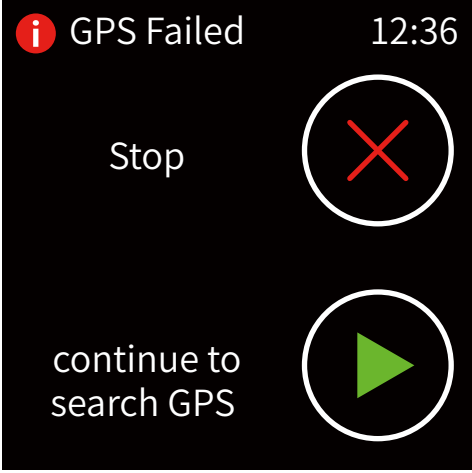
Signal

Search satellites

The left image shows GPS position is fixed successful. You can start your cycling workout by pressing “start” icon.

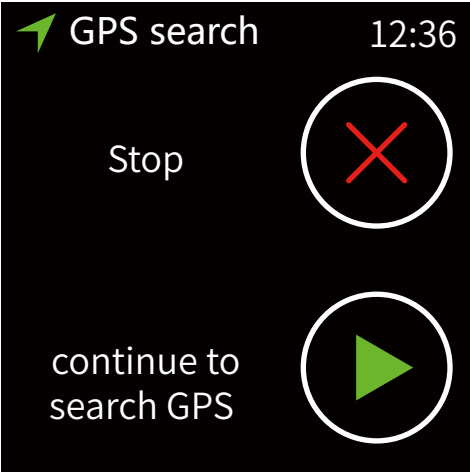


Search succeeded



Search failed

If GPS position cannot achieve a fix as shown in the image above, you can click “Start” to continue your workout but no workout route will be recorded, or you can press the “Back” button to exit the workout.



Searching

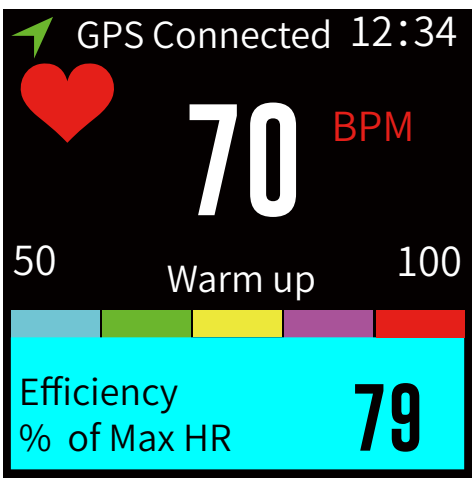
During search of the GPS satellite, you can interrupt the searching process by pressing the “Function” or “Back” button.

On this page, you can press the “Back” button to stop the current workout, or you can press the “Function” button to continue the GPS search in the background. In this mode, the workout route will not be recorded until a GPS position is attained.

Real time workout tracking

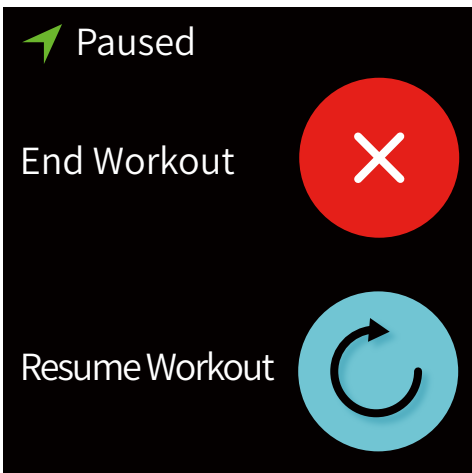


Real time workout statistics: distance, time, speed, etc.



Swipe the screen or click “Function” button to switch to the heart rate tracking screen.

This UI page shows your heart rate in real time during a workout, and workout efficiency is indicated in different color codes according to your achieved percentage of maximum heart rate.



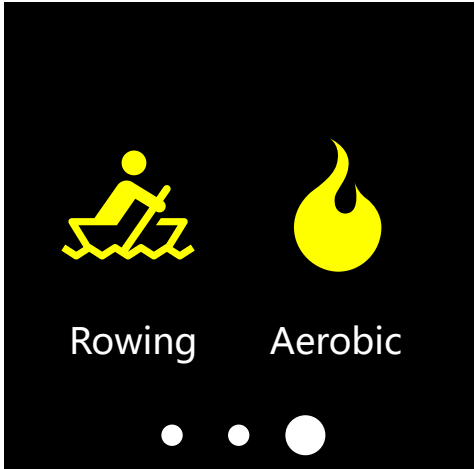
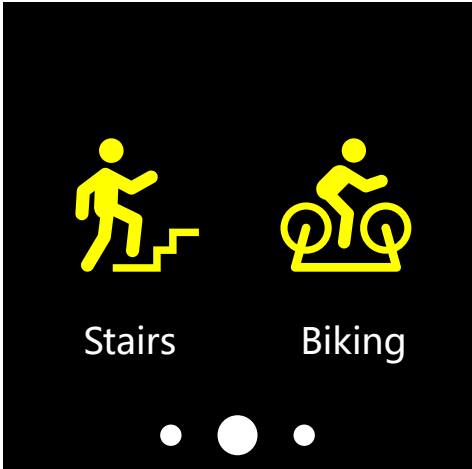
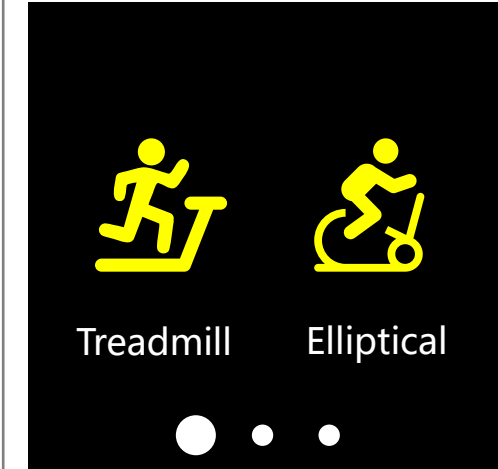
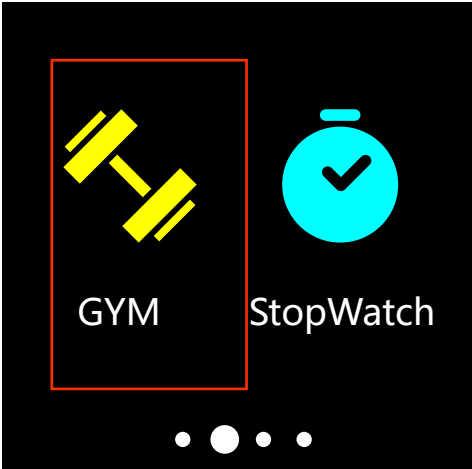
Press the “Back” button to pause an ongoing workout. On the pause page, press the “Back” button to end your workout, or press the “Function” button to resume your workout.



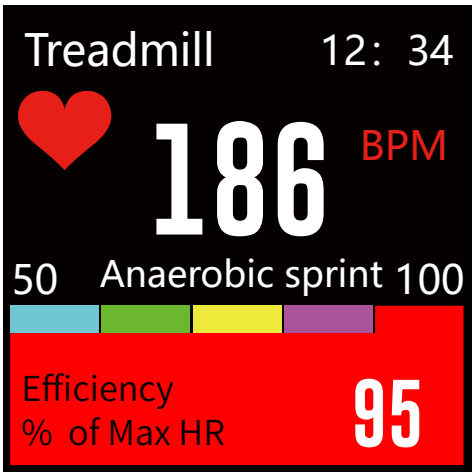
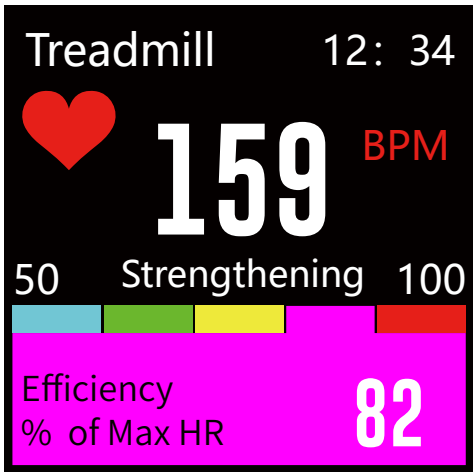
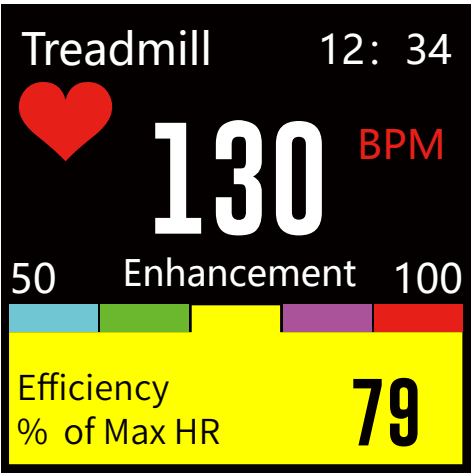
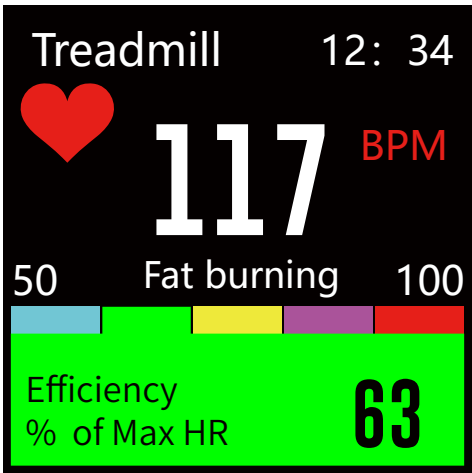
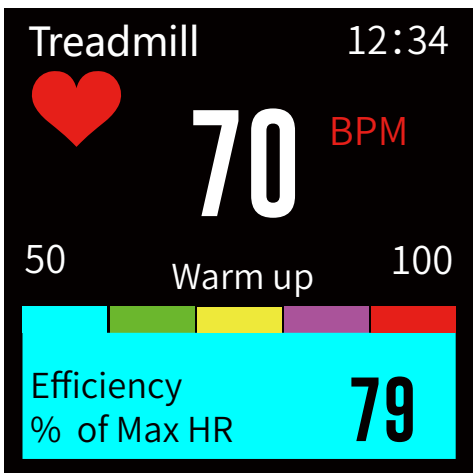
Upon finishing the workout, press the “Save” to store workout data which will be synchronized to the APP, if you click “Abandon”, the workout data will be deleted.

(2). GYM Mode

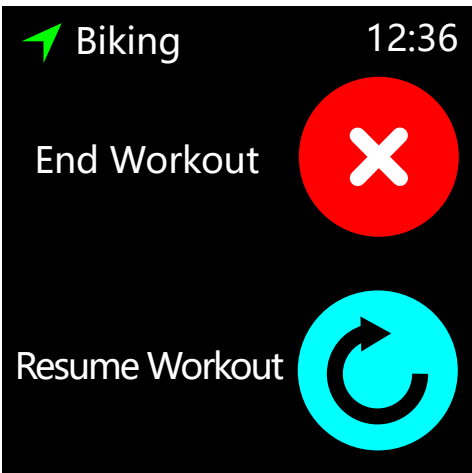
The GYM Mode includes six workout modes: Treadmill, Elliptical, Stairs, Biking, Rowing and Aerobics. The wearer can enter the selected GYM Mode by pressing the “GYM” icon on watch menu page.



In GYM mode, you can swipe the screen or press “Function” button to choose different workout modes.



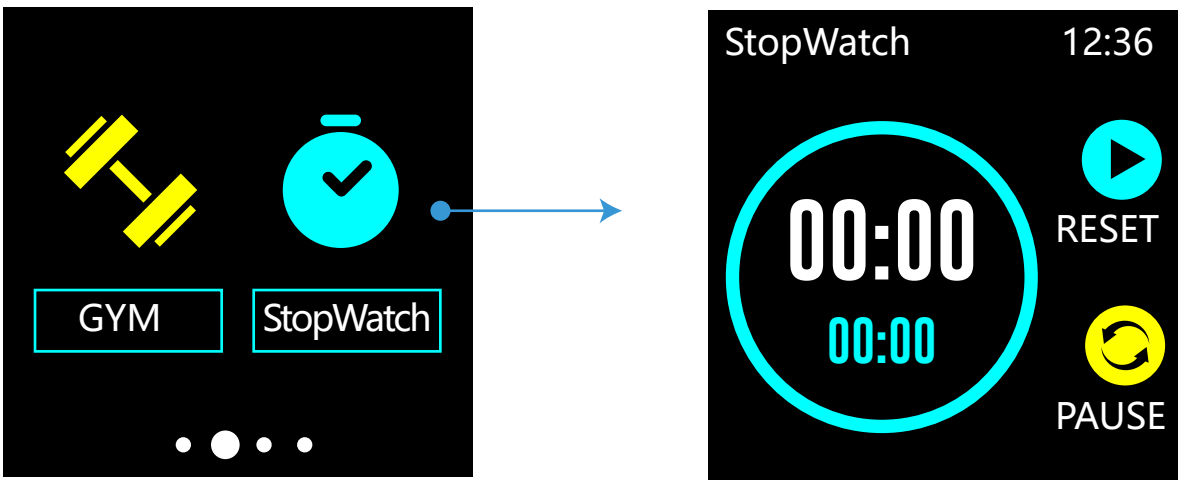
Five heart rate training efficiency readings



At the end of a GYM workout, click the “Save” button to store workout data in the watch that can then be uploaded by synchronizing the Leap to the Cling APP. If you click the “Abandon” button you do not save the information.

(3). StopWatch

You can turn on the stopwatch by pressing “StopWatch” icon.



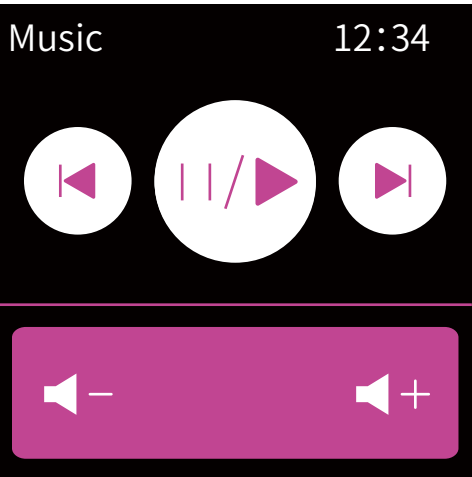
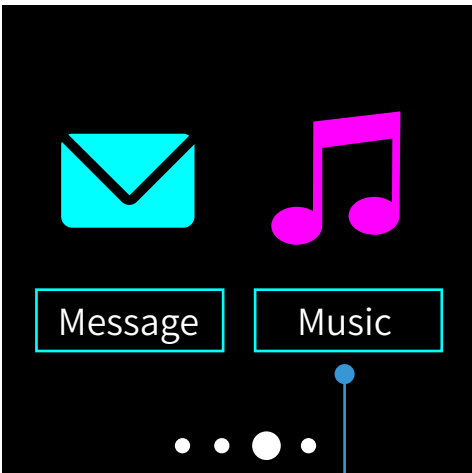
(4). Music Control

*Android :

- 1. Applicable Android phones need to search for the wearers corresponding device in their phones Settings–Bluetooth – Pair– Connected to Input.
- 2. The applicable Android media player on the phone must be in the playing mode.

*IOS :

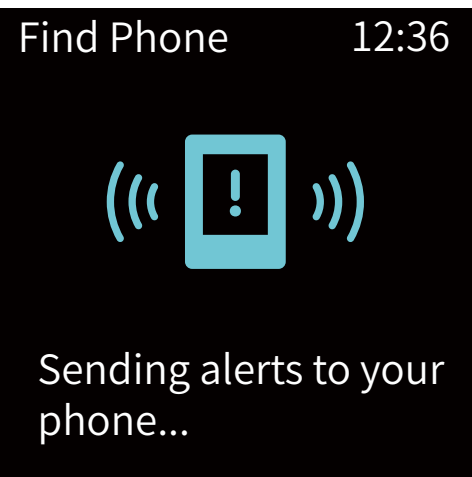
- 1. The Leap is paired with an iOS smart phone to control music.
- 2. The applicable iOS media player on the phone must be in the playing mode.



(5). Find Your Phone

Android & IOS

- 1.The Cling APP must be running.
- 2. Press the “Find phone”, your phone will ring.



(6). Blood Pressure Monitoring

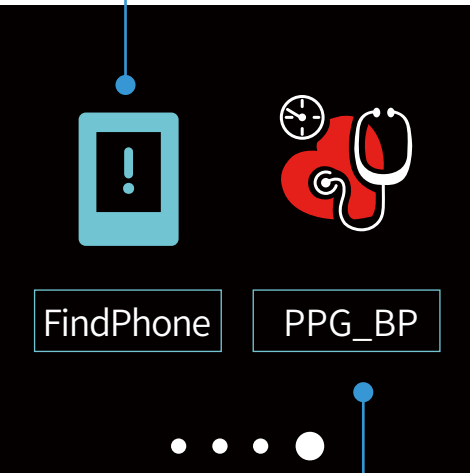
① Manual Detection

Before using the Blood Pressure Fluctuation detection feature it is essential that the wearer calibrates the Cling App using a Sphygmomanometer.

Enter the Sphygmomanometer reading into the Cling App as your baseline. The Cling App will go directly to the ”Measuring” mode and calibrate itself. The screen display is a _/_ _. Once the calibration is completed the Blood Pressure reading will be shown on the Leap screen until the next detection.

Hold the Start key for approximately 20 seconds to complete a manual Blood Pressure Fluctuation reading.

★ Method: The wearer is asked in order to achieve the best possible reading to keep their body relaxed and still during the Blood Pressure fluctuation test while holding the Leap higher than their heart.



② Automatic monitoring

Cling Leap automatically monitors Blood Pressure fluctuation 3 times per day. The default measuring time is set to 8:00 AM, 2:00 PM and 8:00 PM.

Auto monitoring only occurs when the wearer is in a stationary position. This means that there should be no active steps from Leap device for 30 minutes before the BP measuring starts.

★ Note: This product is not a medical device and its accompanying data should only be used as a guide. Only a medically acceptable device (like a Sphygmomanometer) should be used for exacting Blood Pressure readings.

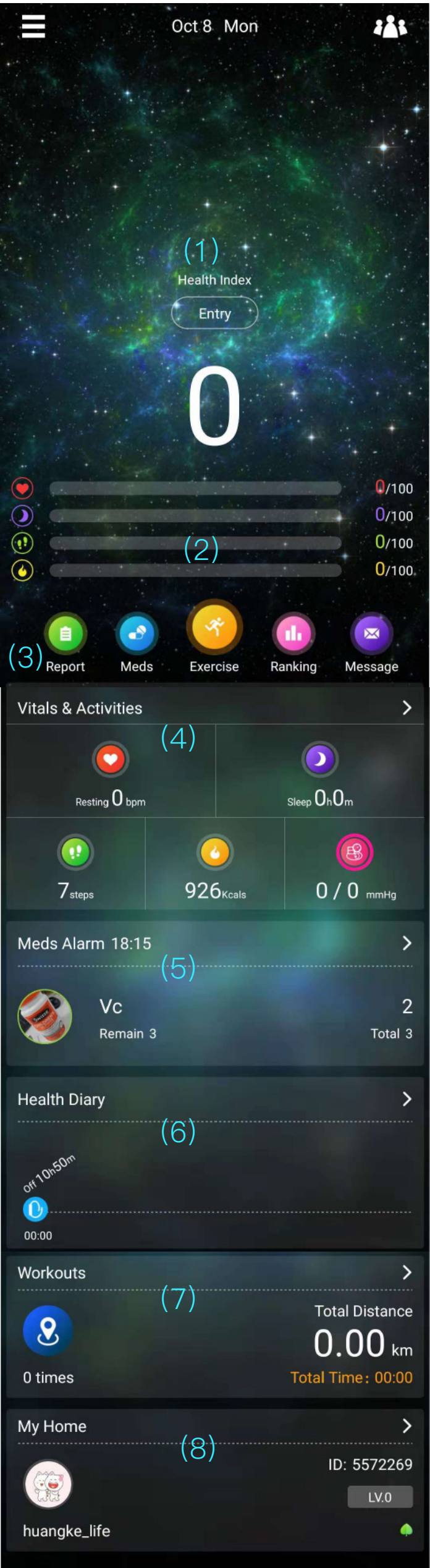
8. Step and Calorie Reminder

From the Cling App Home page navigate to – Device Details – Heart Rate and Activity.

Leap integrates the ten thousand step challenge and calorie achievement plan. When the wearer reaches the preset number of steps and calories, the Leap will prompt the wearer to meet the target, stimulating your challenge enthusiasm.

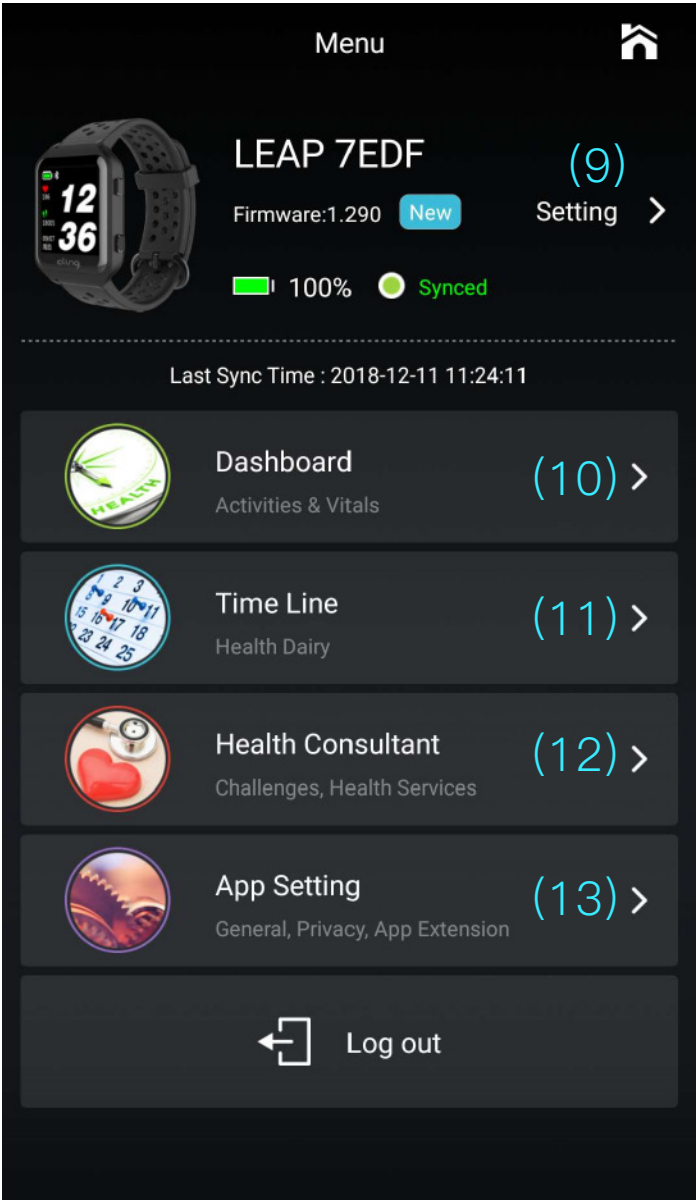
Part V: Functions of the Cling App

1. Cling App main sections



Home page

- (1) Health Index.
- (2) Your score:
Heart rate/Sleep/Steps/Kcals.
- (3) Navigation:
Report/Meds/Exercise/Ranking/Message.
- (4) Vitals & Activities:
 - 1) Last synchronized heart rate;
 - 2) Sleep data last night;
 - 3) Number of steps on that day;
 - 4) Calories Burned today;
 - 5) The latest blood pressure measurement.
- (5) Meds Alarm:
Show the latest medication reminder.
- (6) Health Diary:
Records your activities in each time period.
For example: 5 minutes' activity/work time/
off/active etc.
- (7) Training:
The total kilometers, times and total time of
all workouts.
- (8) My Home:
You can modify your personal profile
information as well as access your
Album/Friends/Followers/ Points.



Menu

(9) Setting up your Leap:

You can view the App Firmware version you are currently running, view your Device info, Set various Device settings and language.

(10) Dashboard:

Display your daily health data. You can also edit the “Vitals & Activities” of the home page.

(11) Time line:

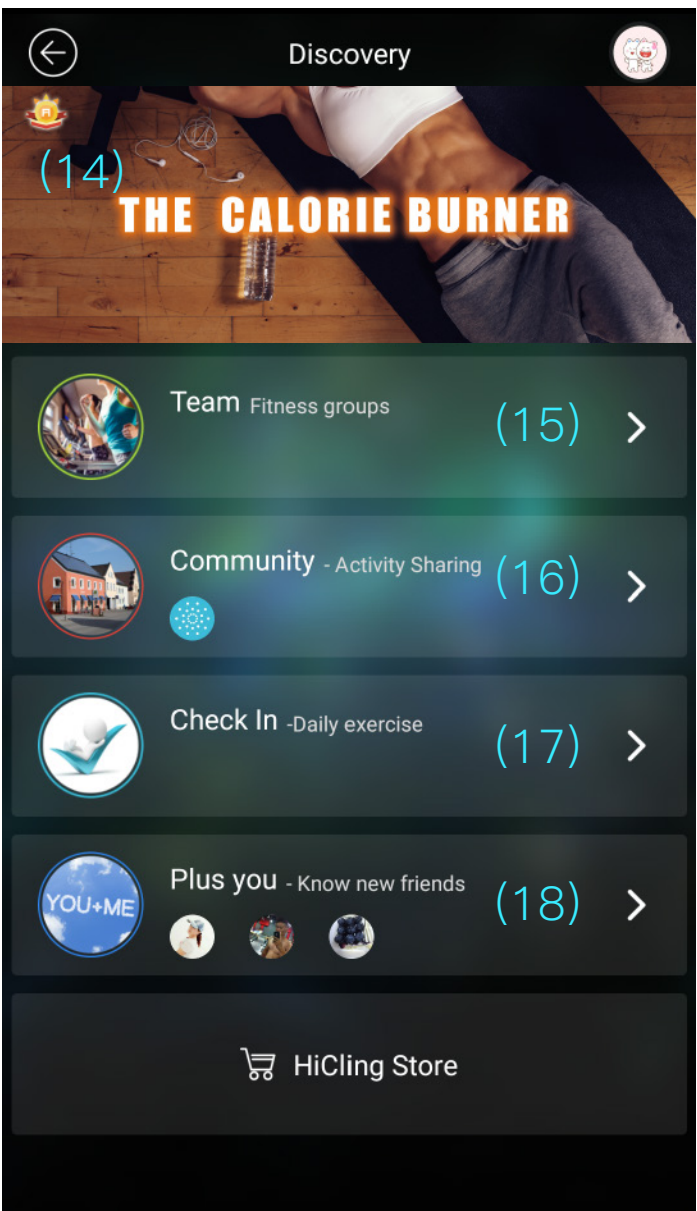
Displays your health data according to the calendar allowing you to view all the data of a specific day.

(12) Health Consultant:

Make a comprehensive assessment of your health.

(13) App Setting:

You can set up the common functions of the Cling App.



Discovery

(14) Hot topic:

Choose the topic you want to mark, and everyone on the same topic can see it.

(15) Team:

Check the group you have joined or created.

(16) Community:

Browse the Cling community and their friends' state of motion.

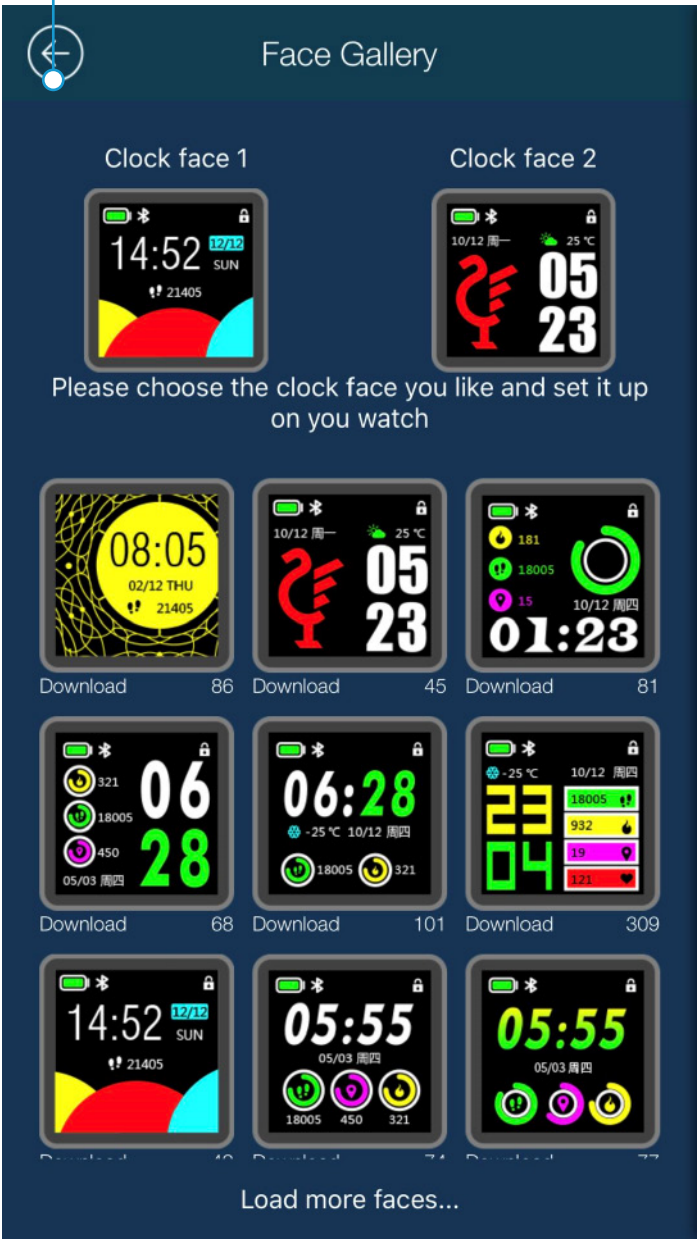
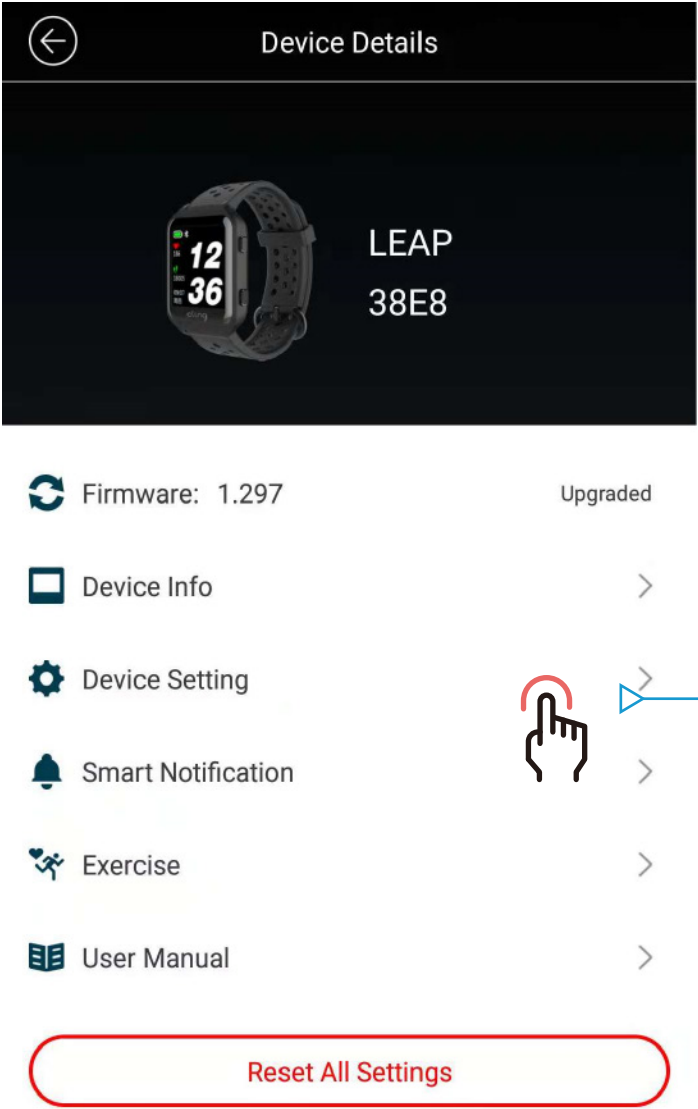
(17) Check In:

Check your topic or add new topics.

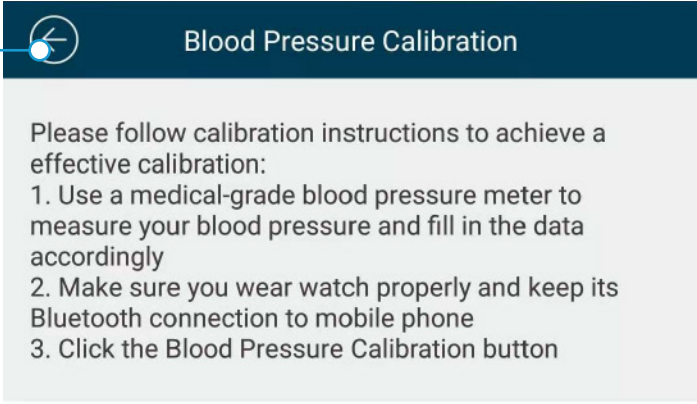
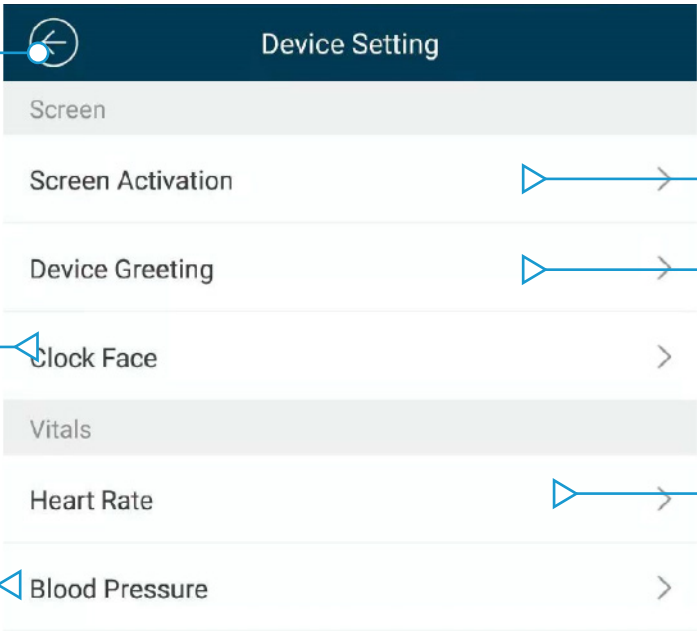
(18) Plus You:

Add friends according to area, motion status, etc.

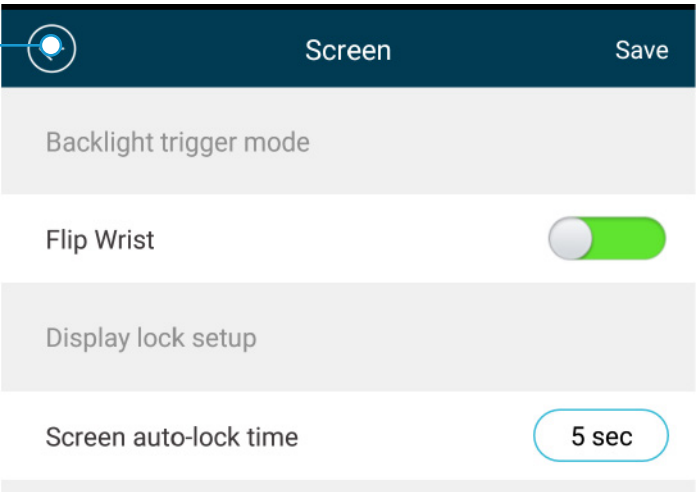
2. Configure your Leap device



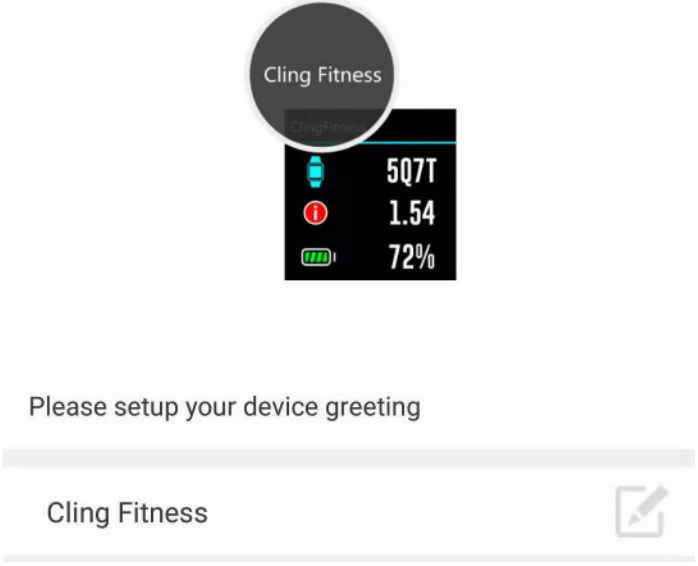
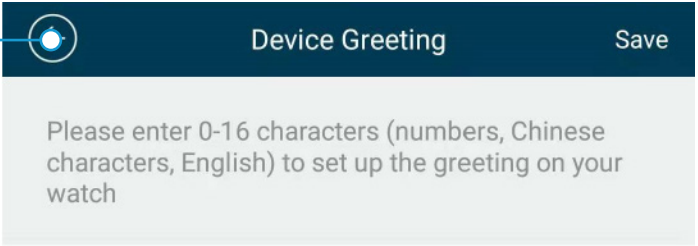
③ Choose your favorite interface.



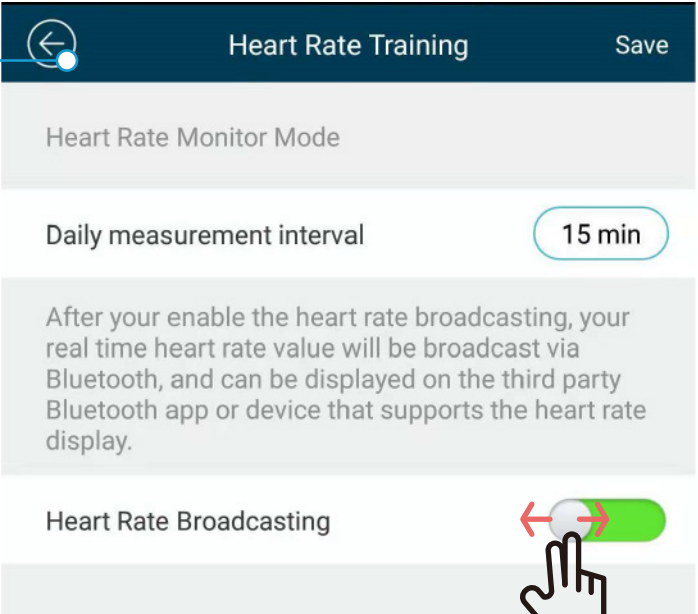
⑤ Calibrate your initial Blood Pressure.



① Setting Screen auto-lock time.

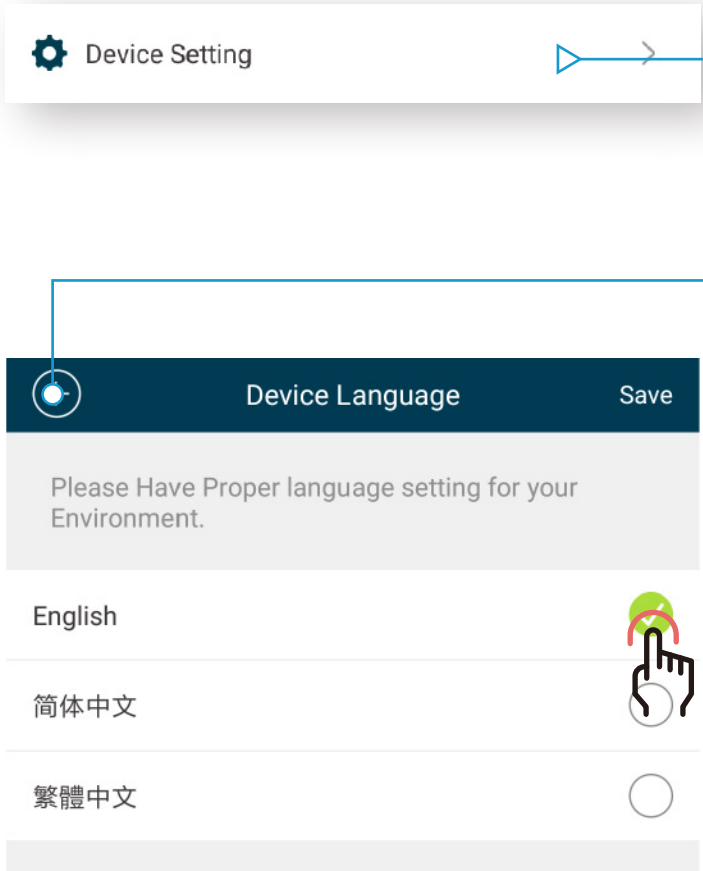


② Add your greetings

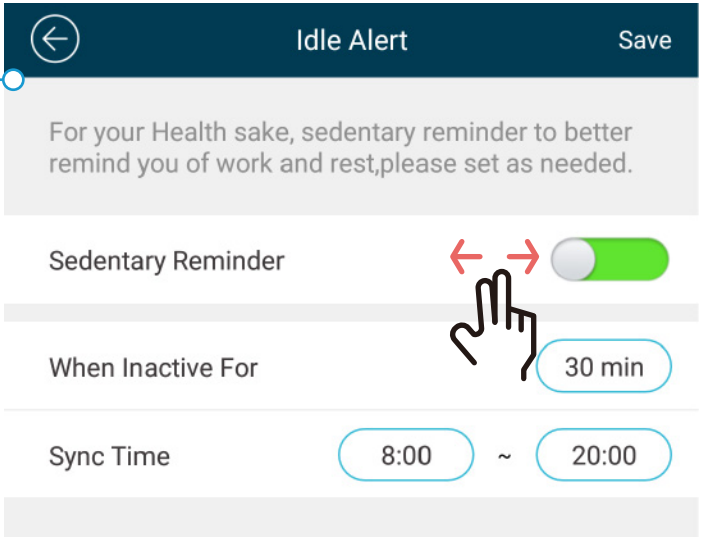
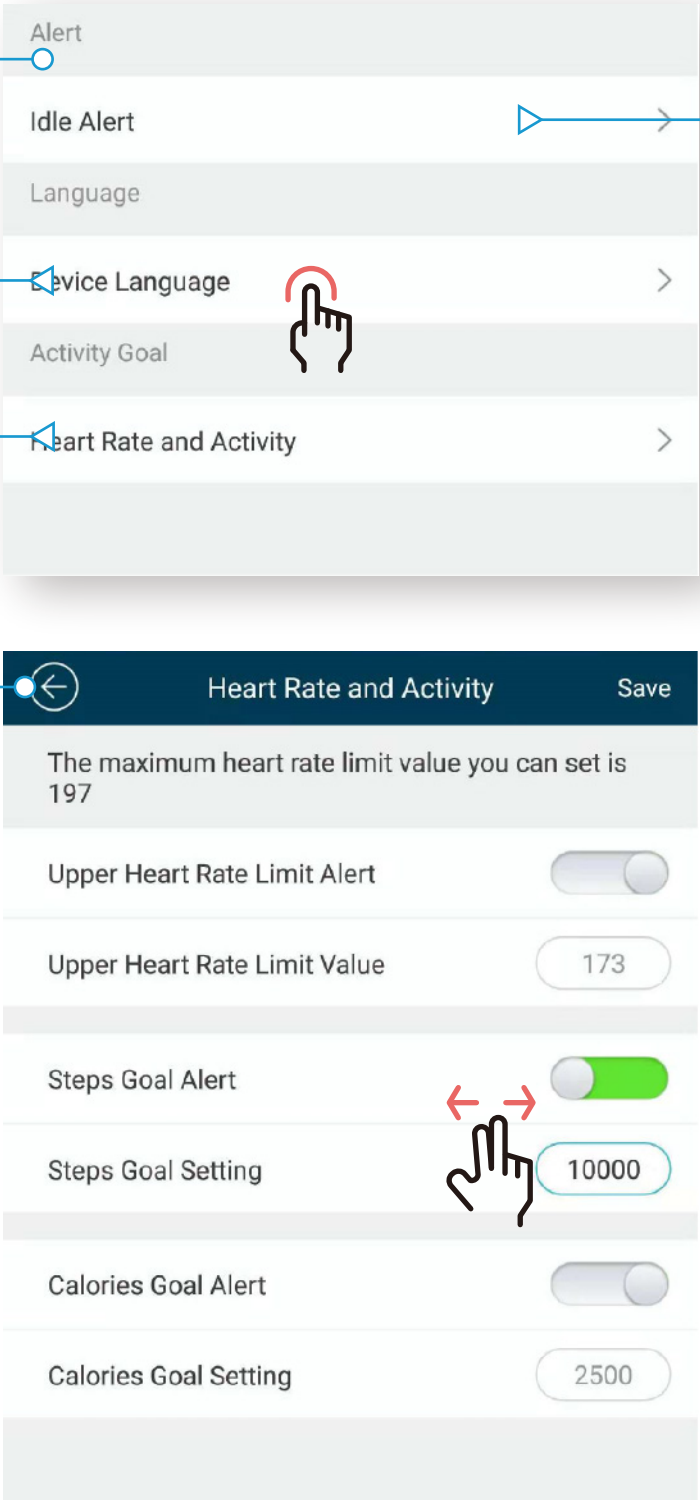


④ Setting the Heart Rate broadcasting function

☆ Note: ① For all the App settings to function properly the wearer must ensure that the Leap is connected to their phone. ② After Heart Rate broadcasting is turned on, your real time heart rate will broadcast over Bluetooth (For example, using a Bluetooth gateway to display data transmission on to an LCD screen).



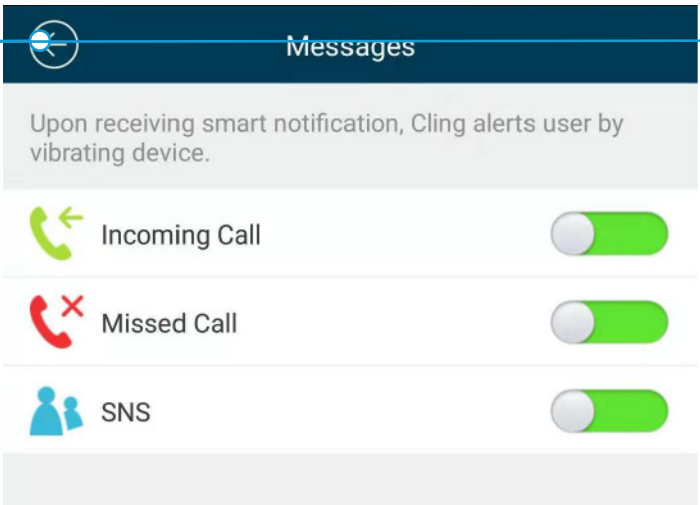
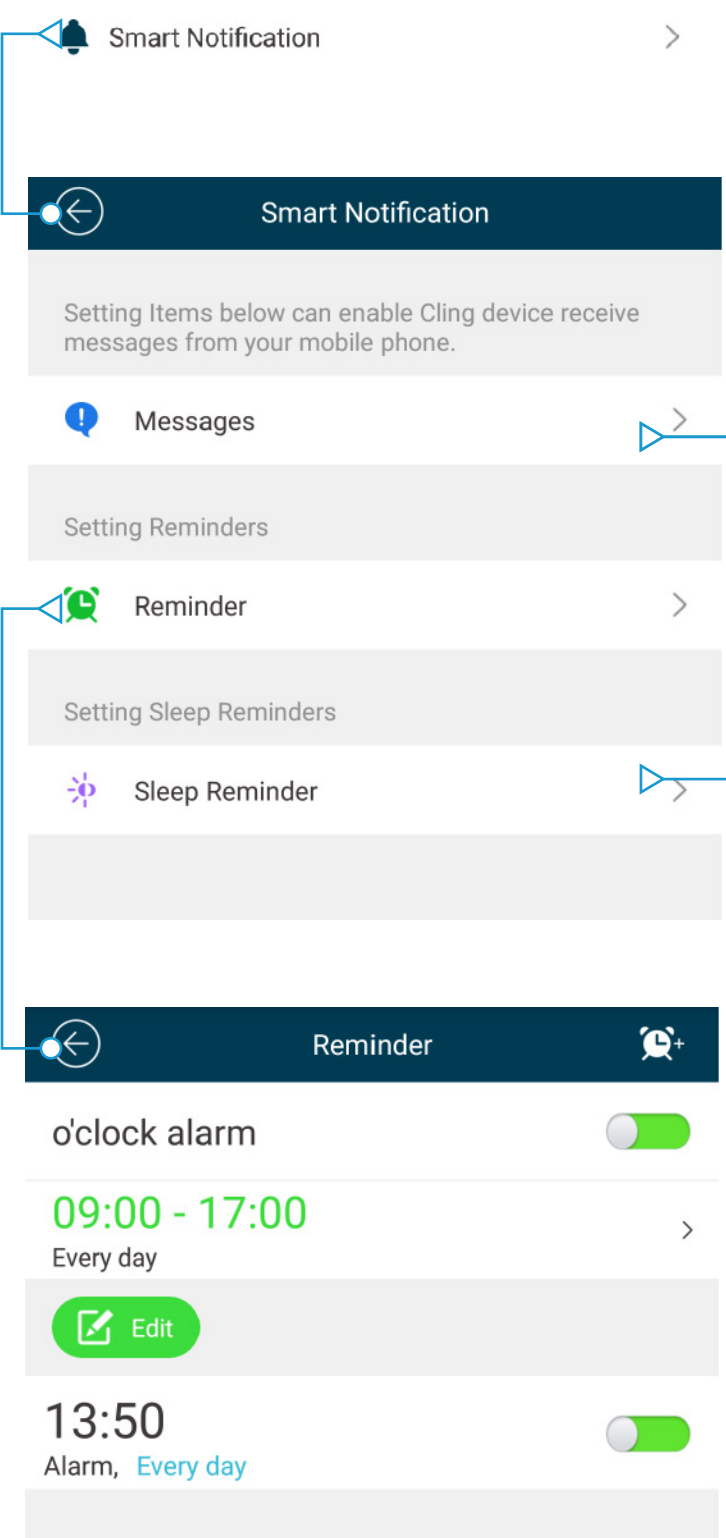
⑦ Choose your device language. The Leap offers three languages: English, simplified Chinese and traditional Chinese.



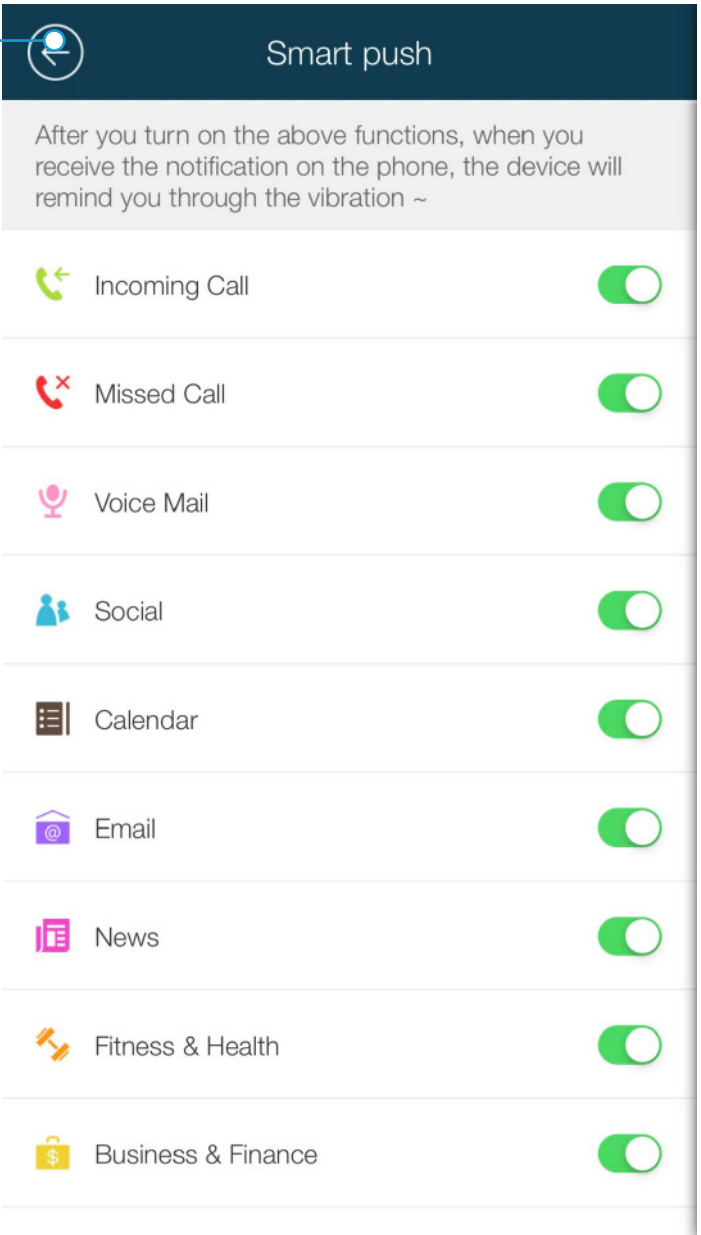
⑥ Set your Sedentary Alert: When you work from a chair for too long, the Leap will vibrate to remind you to become physically active.

⑧ Set your maximum Heart Rate, number of Steps, and Calories Burned goals, and when you reach that goal, the Leap will alert you by vibrating.

3. Set message reminder



① Using an Android device the Cling APP can only set the three fields of information above because of the Android's permission settings. Notification reminders of other Apps need to be set in the notification center of your mobile phone.

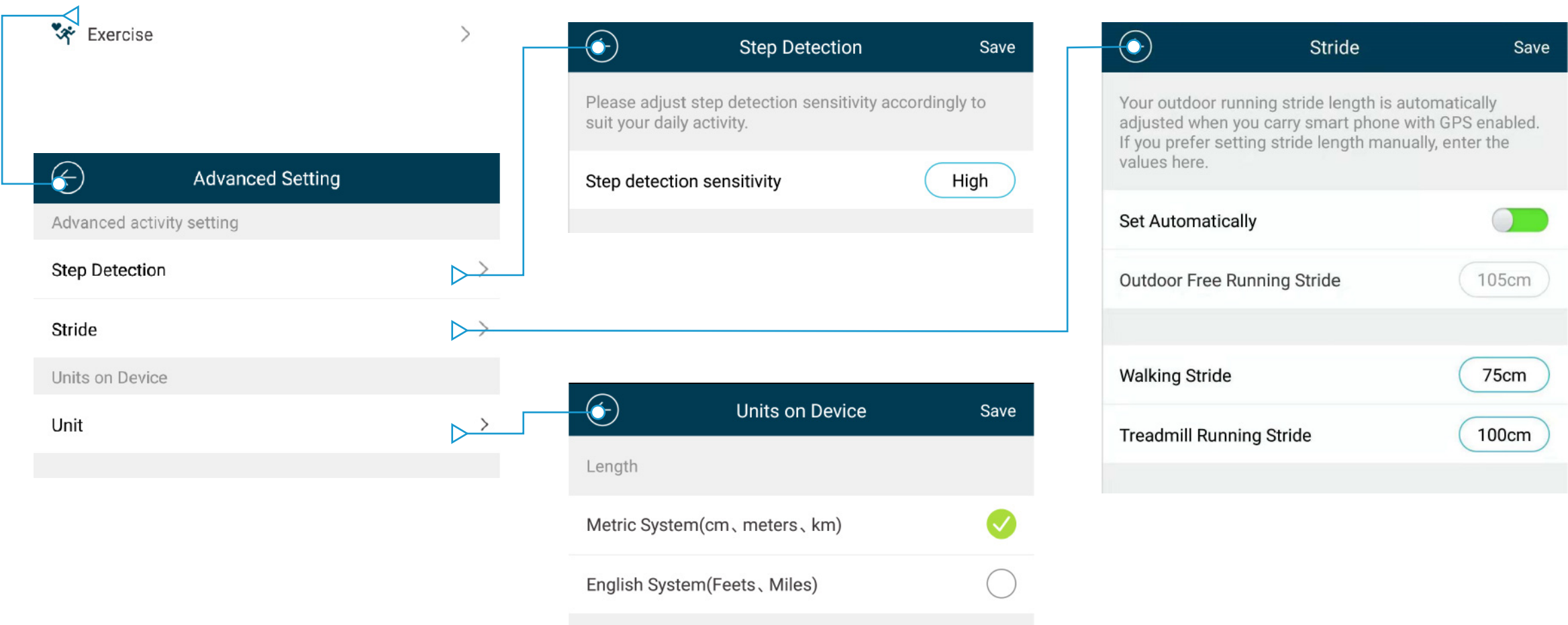


③ Set Alarm Clock Timer and Personal Timer Alarm.

④ Set up Sleep Alarm.

② When using an IOS system, each App is categorized according to the notification of the Apple phone. If the notification you need is not alerted, please open all the notification categories and choose the notification/s that you want.

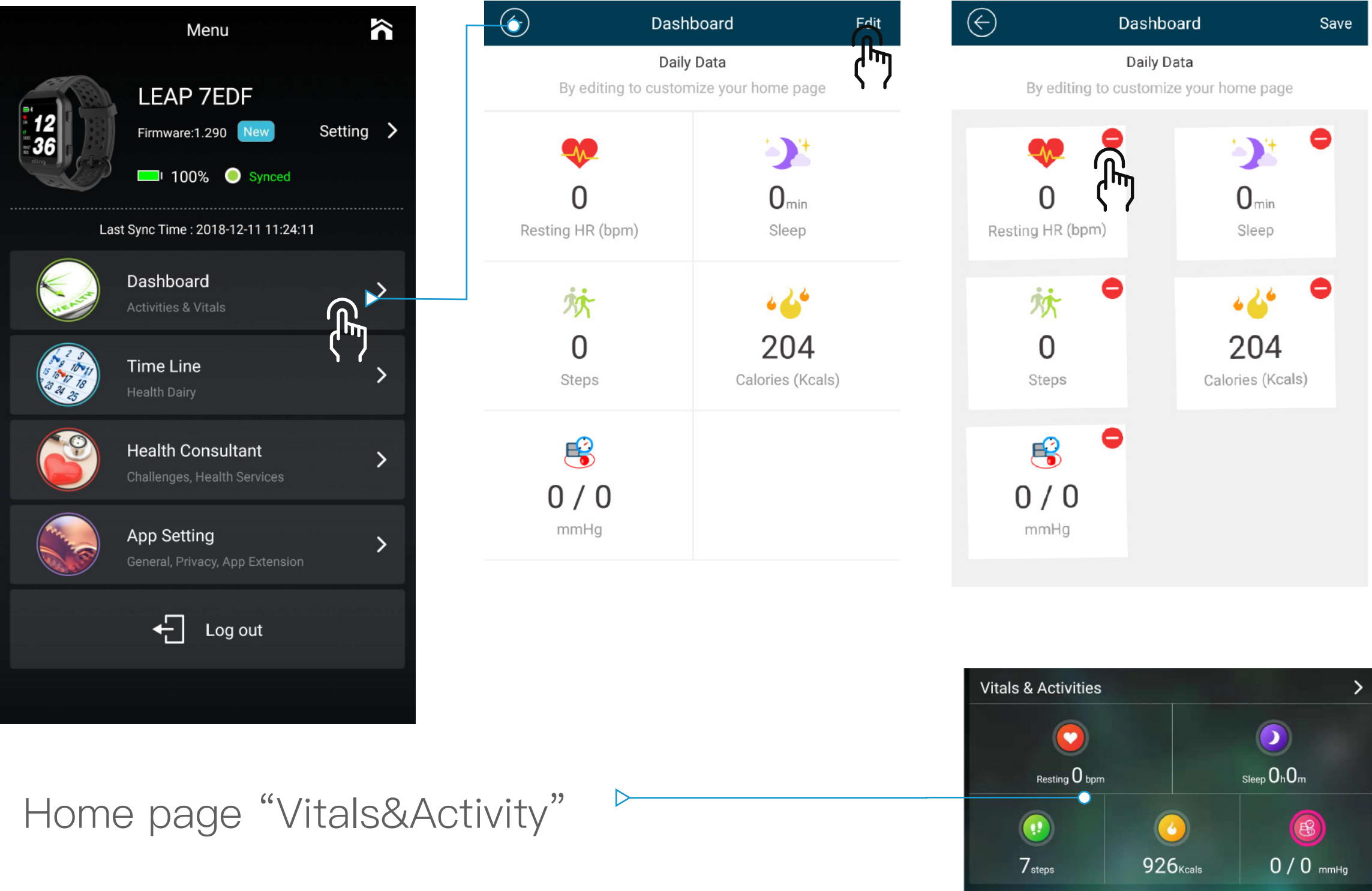
4. Set the basic “Exercise” parameters of your Leap



This setting is mainly used to set basic parameters such as your personal step size, sensitivity and display units of the Leap while you are in the process of motion.

5. Configure the health dashboard.

The data in the Health dashboard is closely related to the data on the Home page “Vitals & Activity”. When the data in the Dashboard is deleted, the Home display will change accordingly.



Home page “Vitals&Activity”

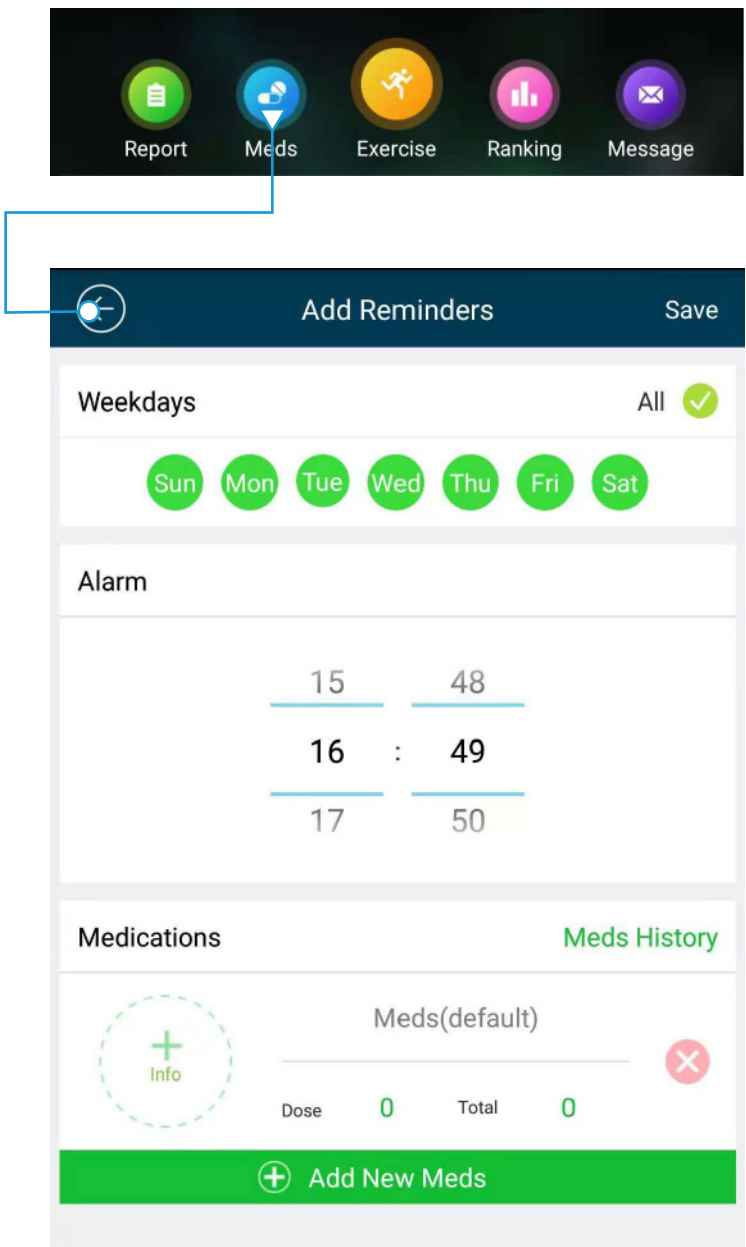
6. Set medication reminder

Click “Meds” on the Cling App home page to add your prescription medication information, including the name of the meds, medication compliance schedule, picture of medications (optional) and current meds inventory.

After adding the prescription information, the medication reminder will appear on the home page.

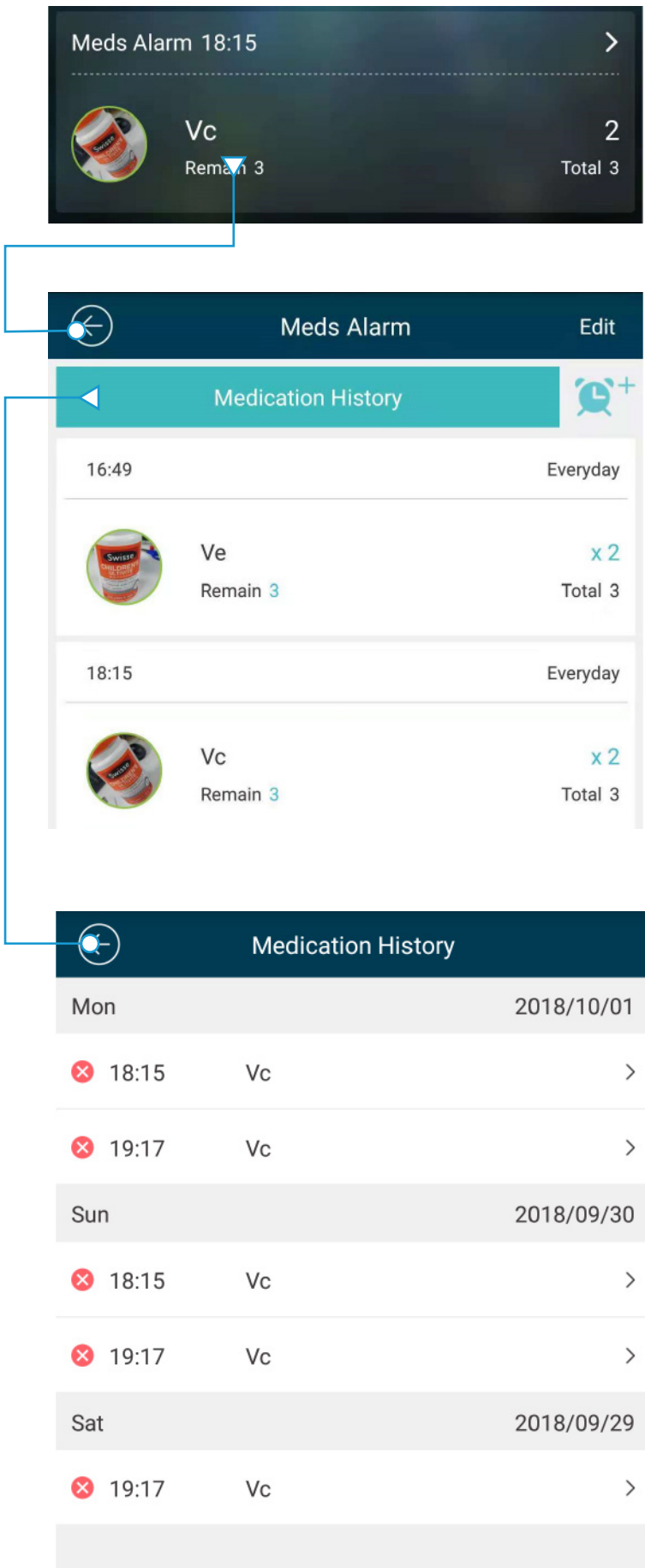
(1) First time adding a medication.

(2) Add more medications.



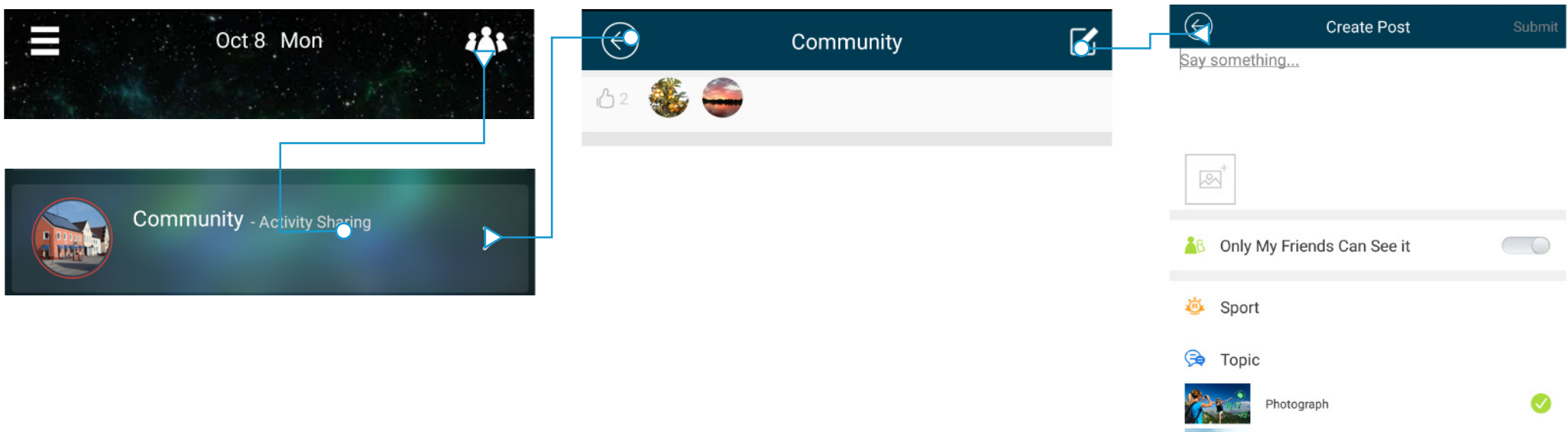
Please fill in the prescription/s name, dosage and inventory.

Once you have taken a previously missed medication, please mark its reminder as Taken.



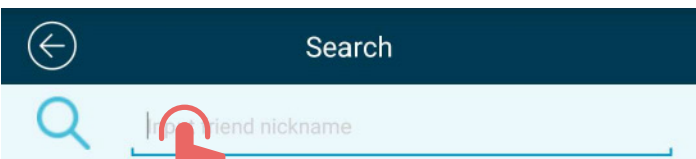
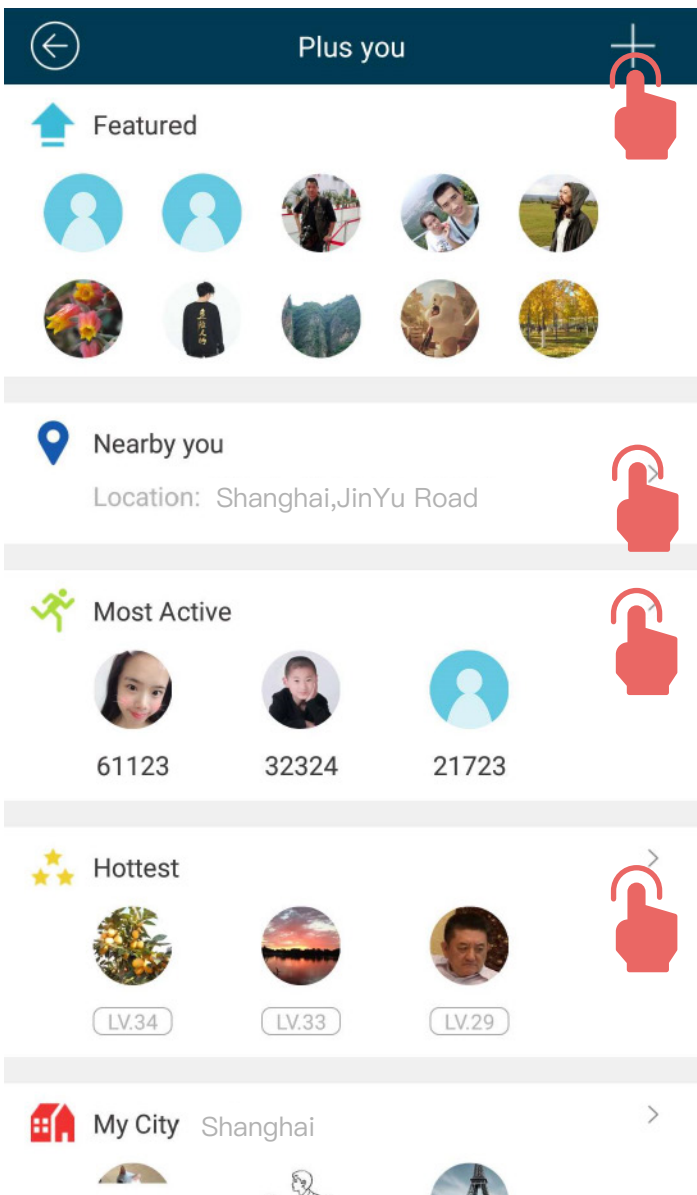
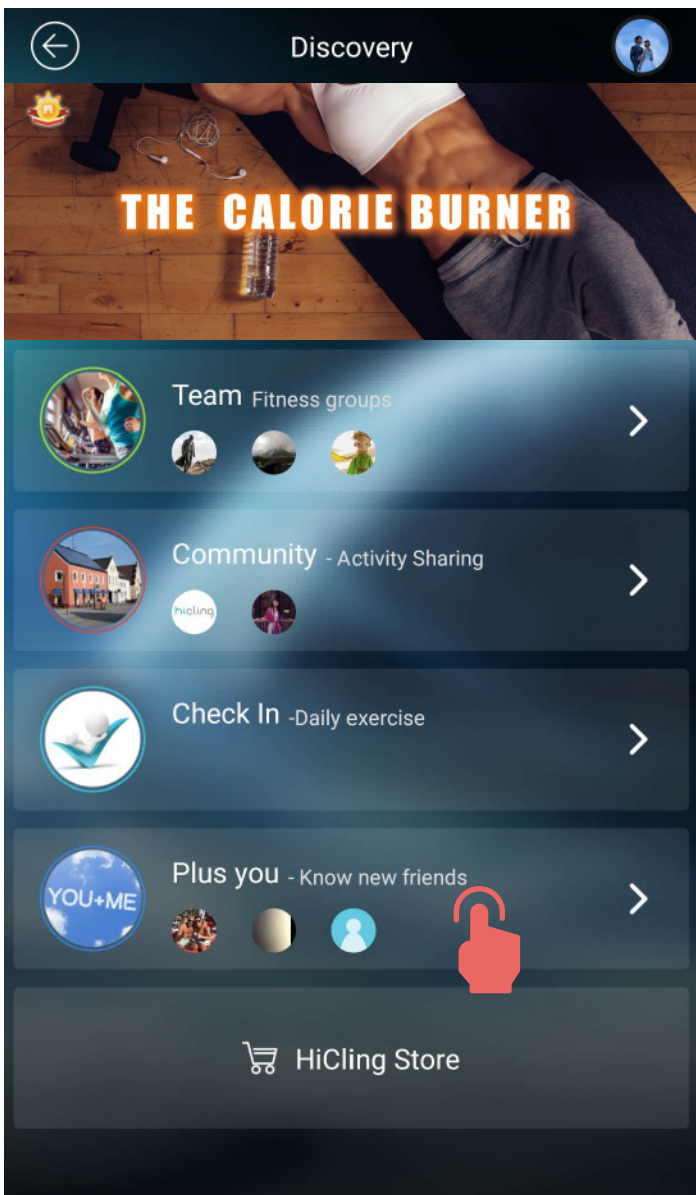
7. Post your message to the Community

Click on the front page to enter Community management.

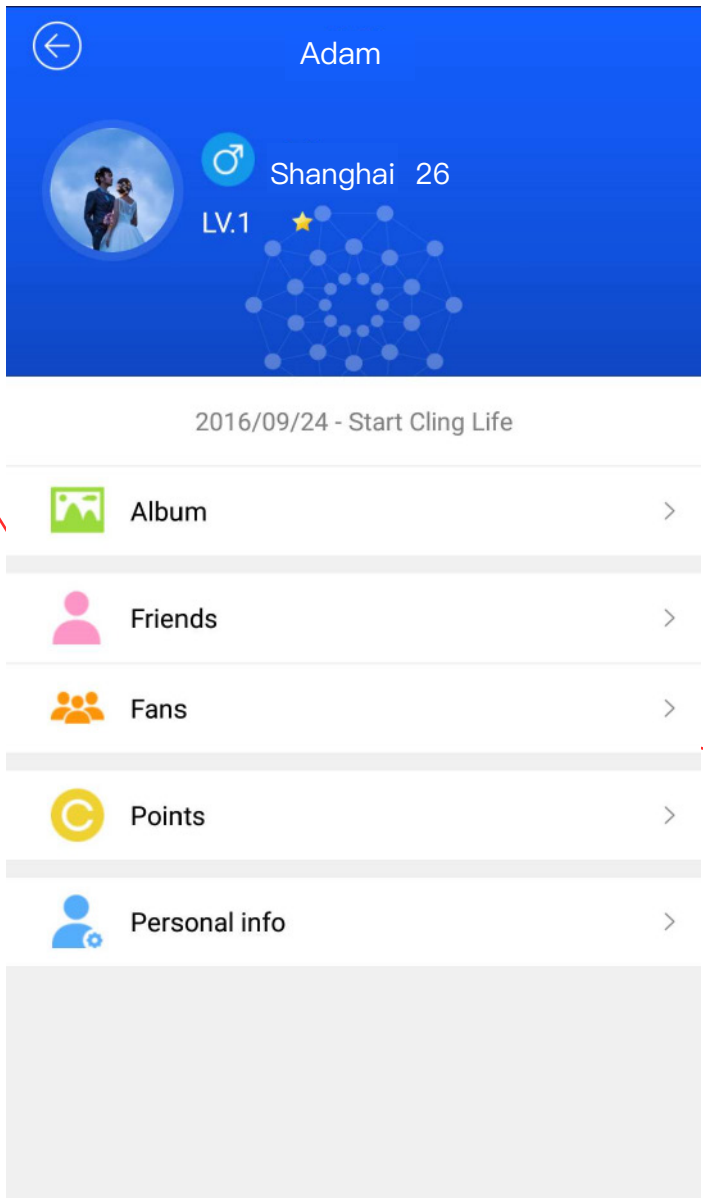


8. How to Use “Friends”

- (1) Enter the Discovery Menu – You can choose “Featured” / “Nearby You” / “Most Active” / “Hottest” / “My City” category to choose Add friends. Or click the “Add You” – “+” icon – Search (Search keywords: nicknames).
- (2) Choose your friend, click on “+ Follow” on the personal page, then become a fan.
- (3) Once that person adds you as their friend, you become mutual friends.
- (4) Privacy sharing rights can only be set up after becoming friends, and friends’ messages can be viewed in the community.



Note: Privacy sharing privileges can be set, and messages from friends in this list can be viewed in the community.



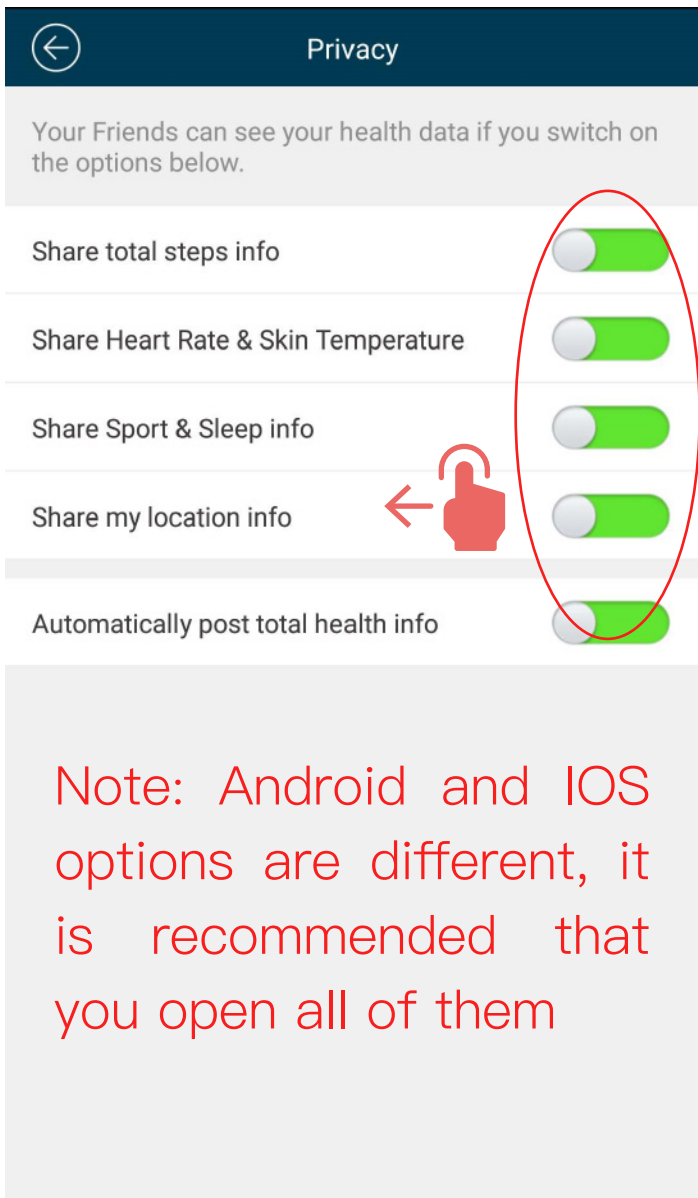
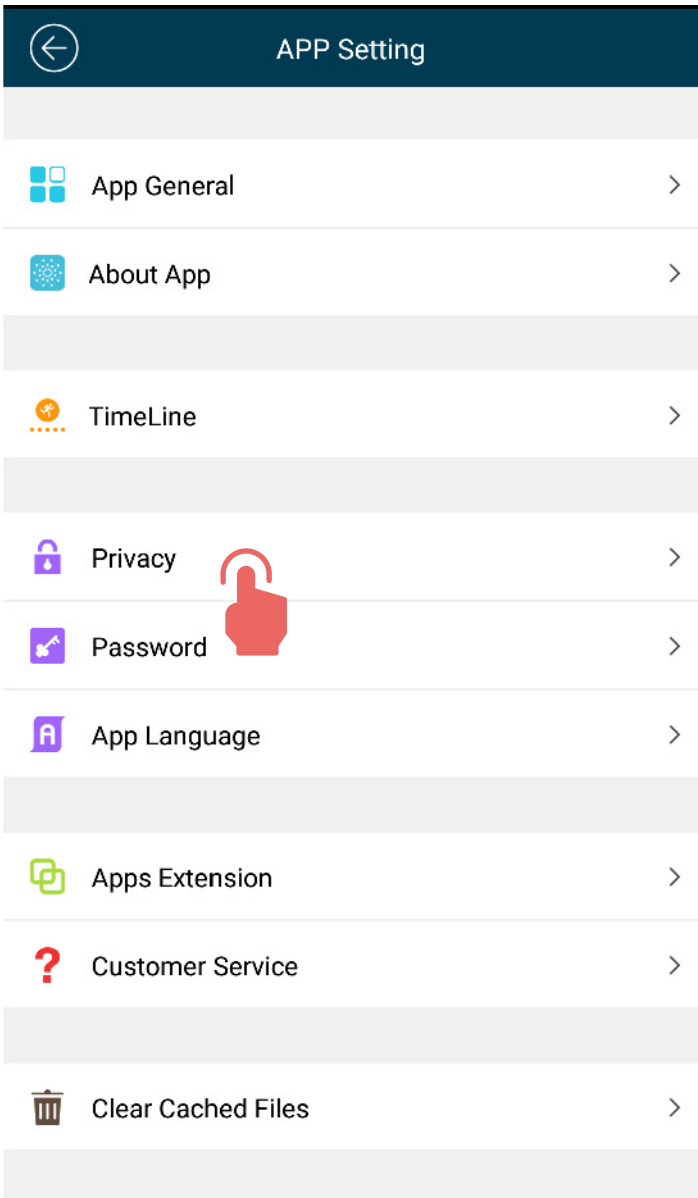
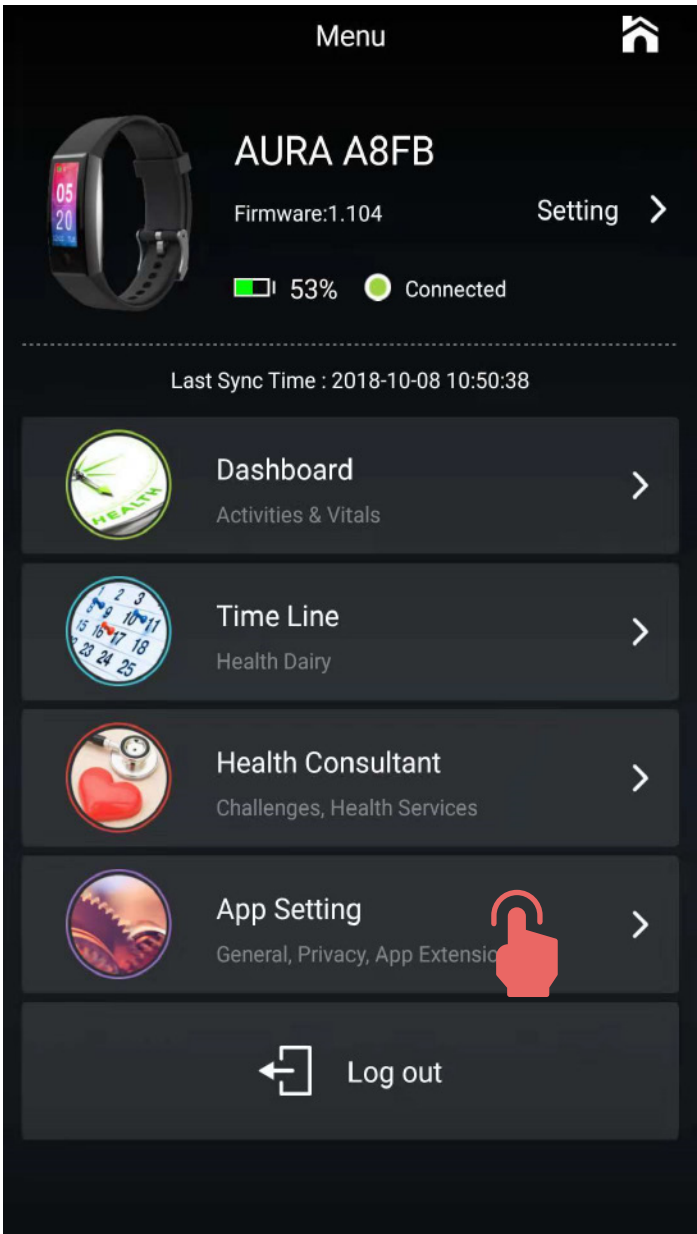
Note: You can choose your fans to become friends.

9. Privacy Settings for Personal Health Information Sharing

Privacy Settings for sharing your Personal Health Information with family, friends or health care professionals. After sharing, the person who the Leap wearer shares their information with can quickly view the relevant records of the wearers current synchronized medication compliance, blood pressure fluctuation, sleep pattern, heart rate, steps taken, personal photo album and so on.

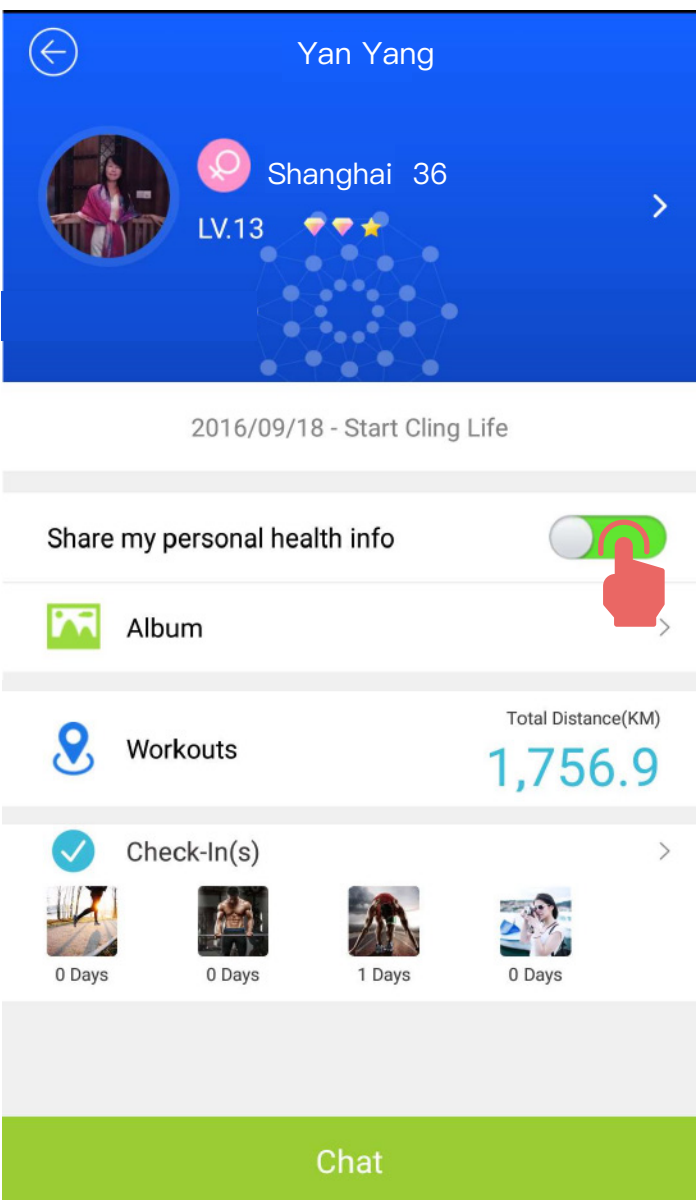
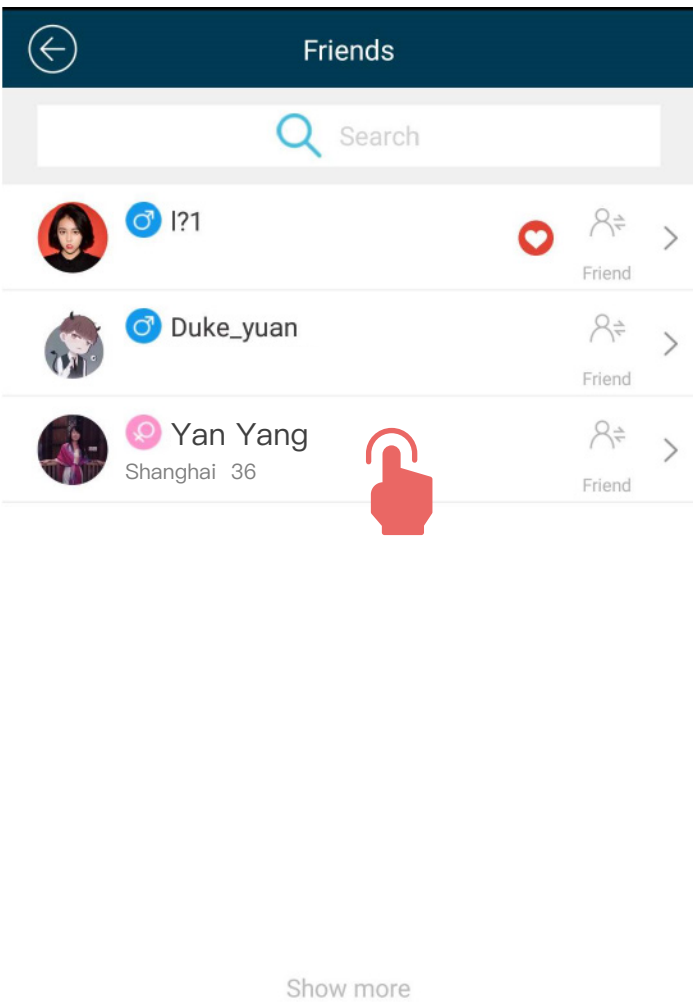
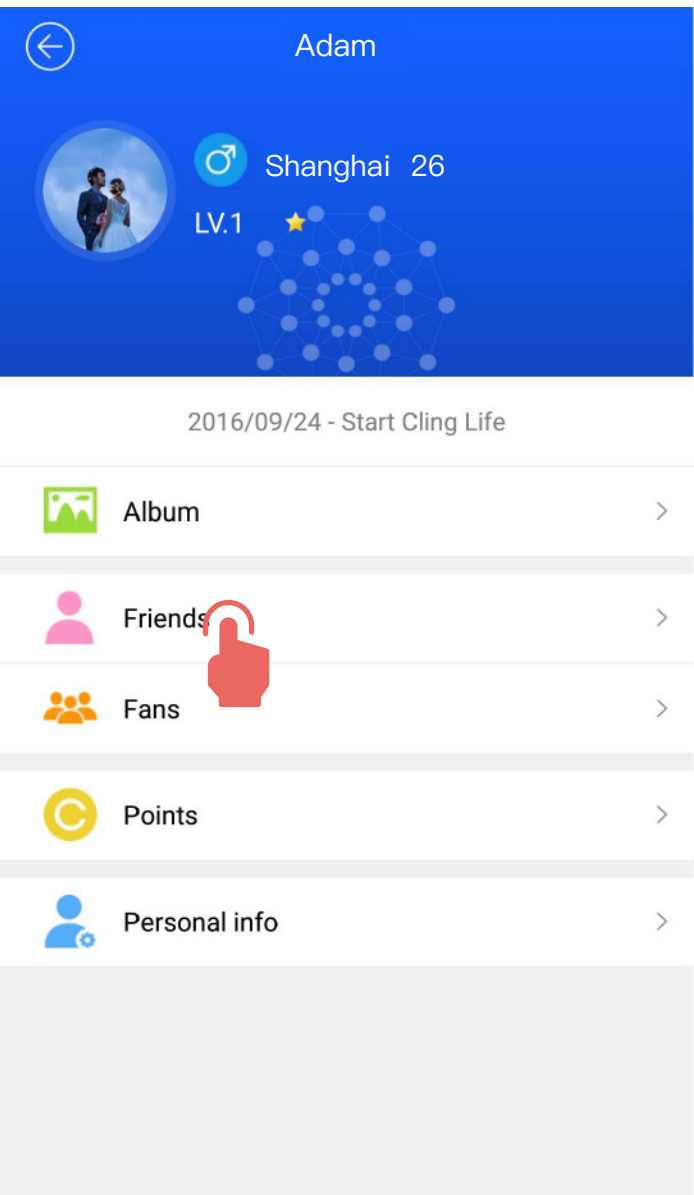
(1) Please open the APP – “Privacy” button.

Open the APP – Click on the three horizontal bars on the top left corner of the screen – “Menu” – “APP Setting” – “Privacy”, select the information you want to share (it is recommended to open all).



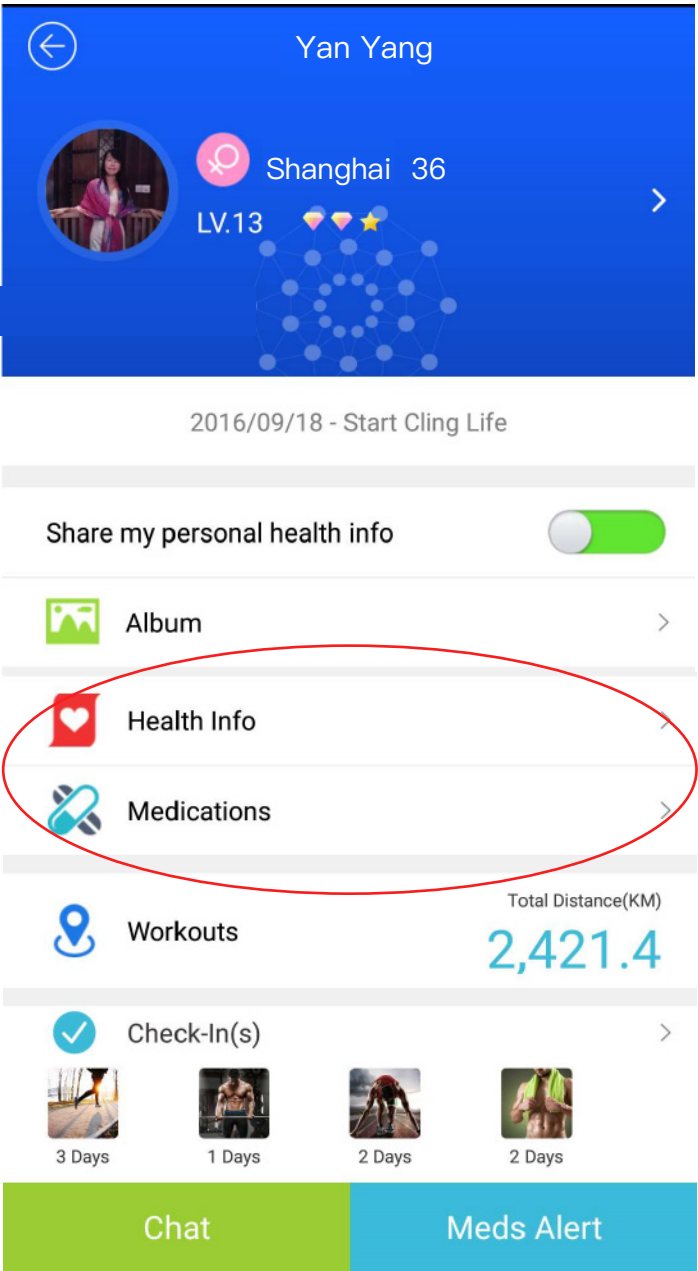
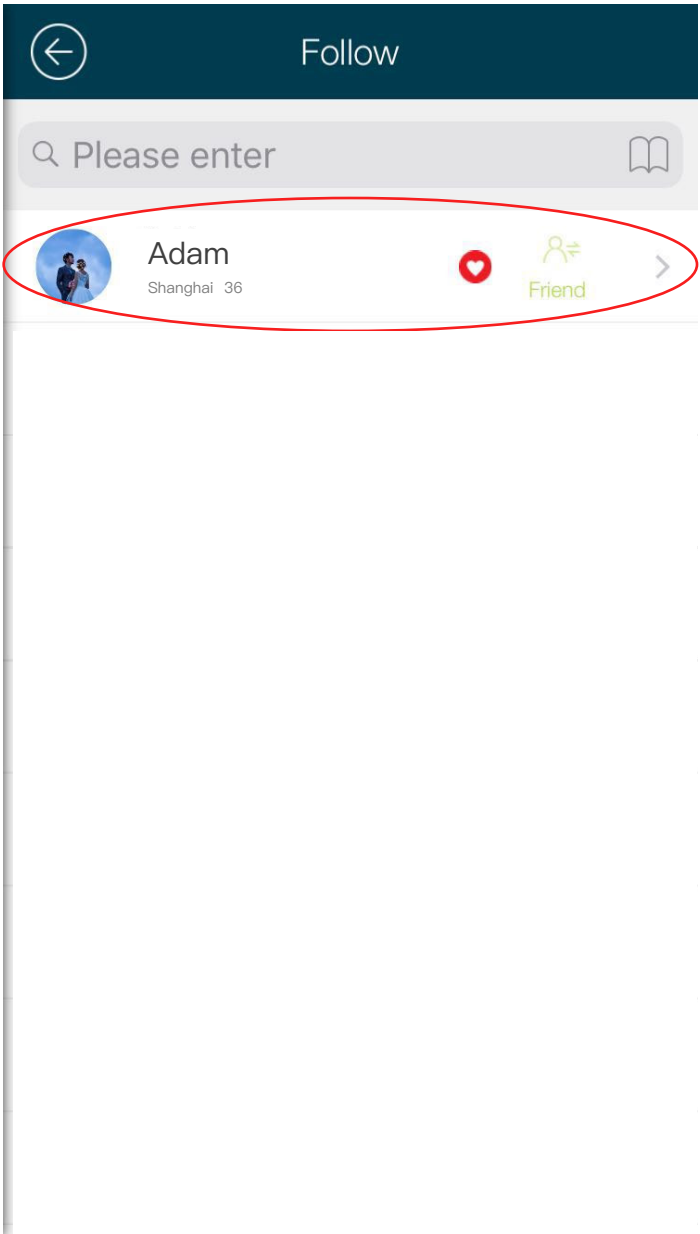
(2) Choose friends to share info with.

Open “Personal Center” – Choose “Friends”



(3) When you set it up successfully, a red heart appears next to your name on the list in your friend’s “Personal Center” – “Friends” list.

When you restart the personal center of your friends who have authorized their privacy rights to you, you can view their health and medications information now.

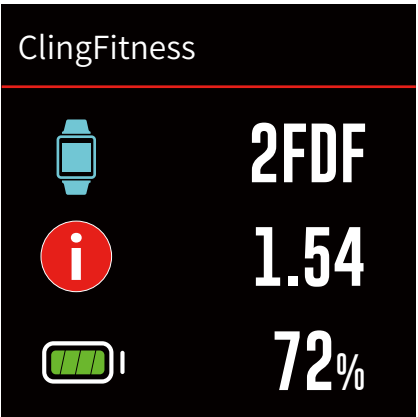


Part VI: Frequently Asked Questions

1. How do I check the Cling ID and firmware version of my Leap?

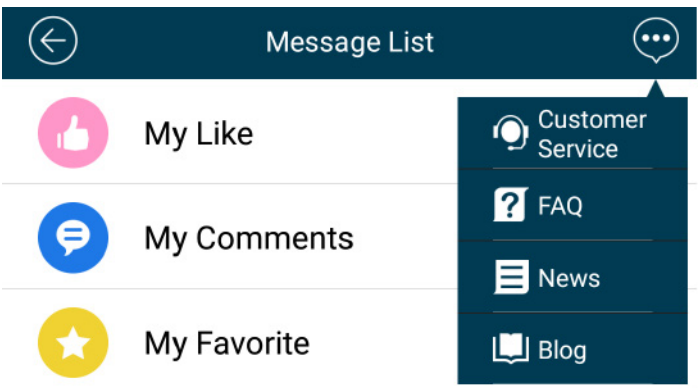
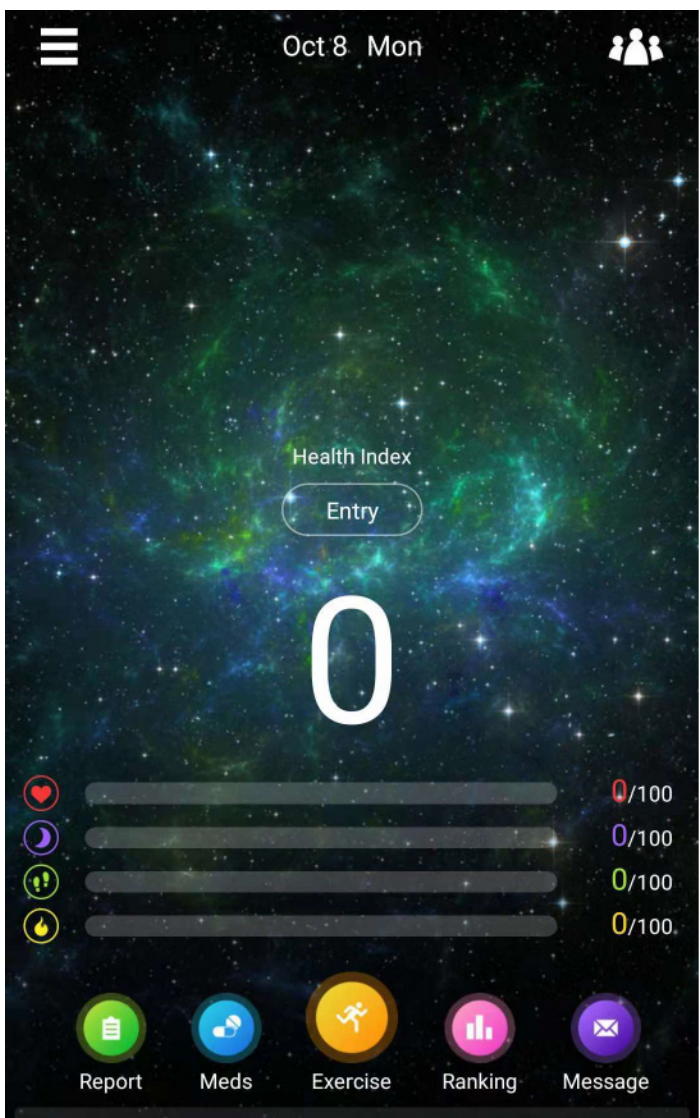
To check the Leap Bluetooth ID code and firmware version:

- 1) When the screen is not lit up, tap the “Back Button” to light the screen.
- 2) Under the time interface, press and hold the “Back Button” for 3 seconds.
- 3) Connect the charger. The Leap will show the Cling ID, the firmware version and the remaining power.



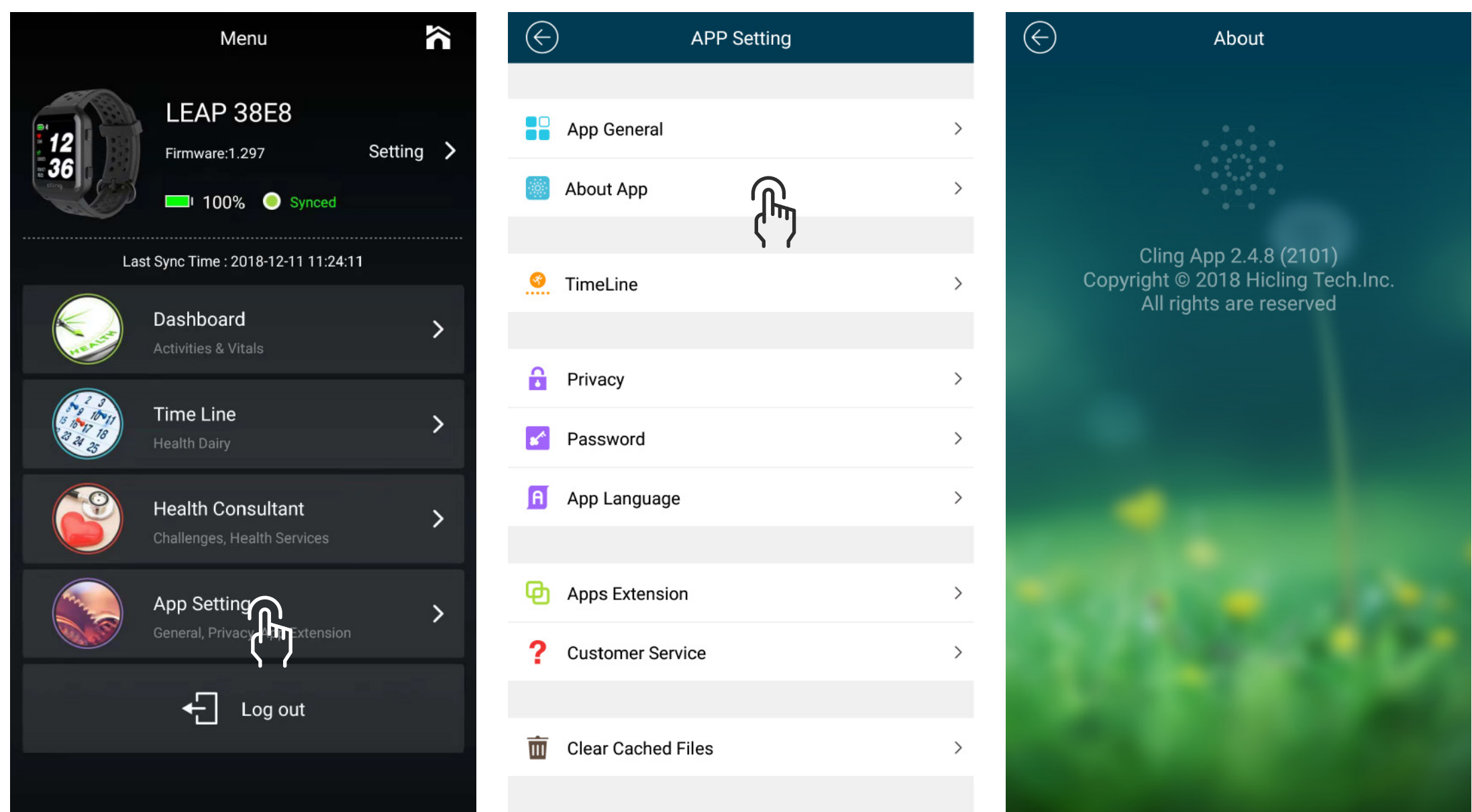
2. How to view your messages in the Cling App?

Log in to the Cling App, click on the message icon. You can view your message and likes. Click on the information icon in the upper right corner and you will pop up customer service, FAQs, news and blogs.



3. How to view the version of the Cling app?

From the menu “App Setting” enter “About App”, then you can see the version of the App.



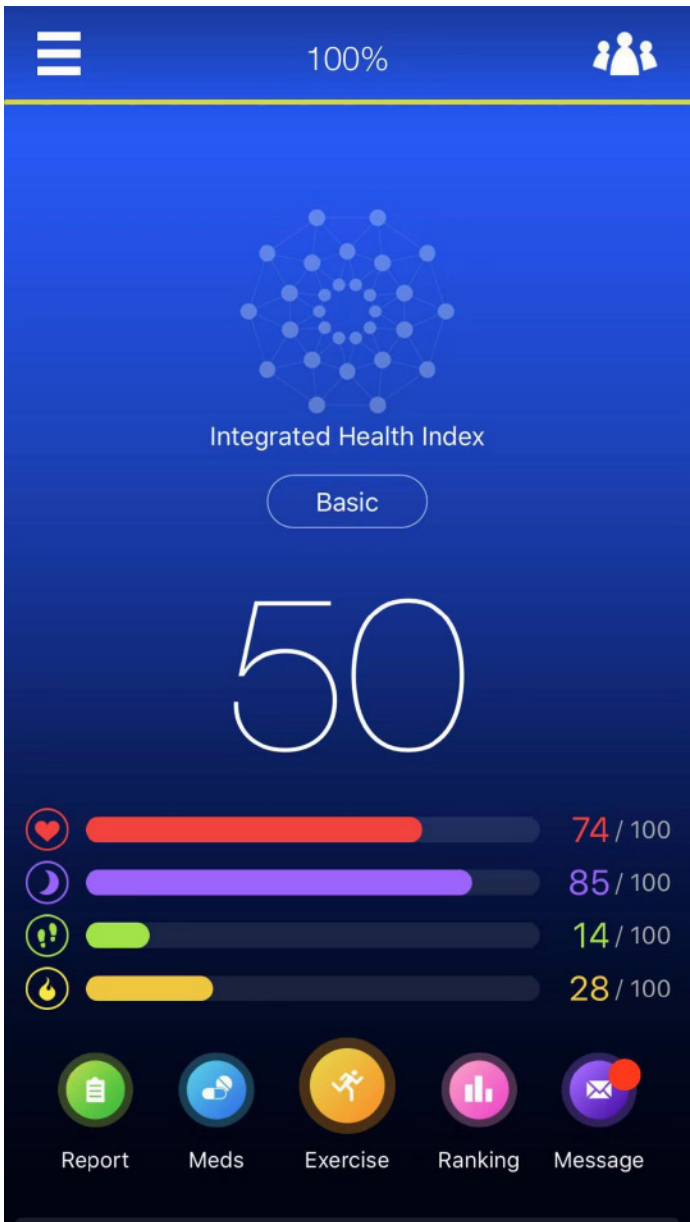
4. How to view “Incoming calls and text message” on the Leap?

【Incoming Call】 When your Leap receives an unknown incoming call the Leap will vibrate and the screen displays the incoming phone number. If the caller is already a phone contact person, the Leap screen will display the person’s name.

【Smart Notification】 The Leap vibrates and the screen displays text information.

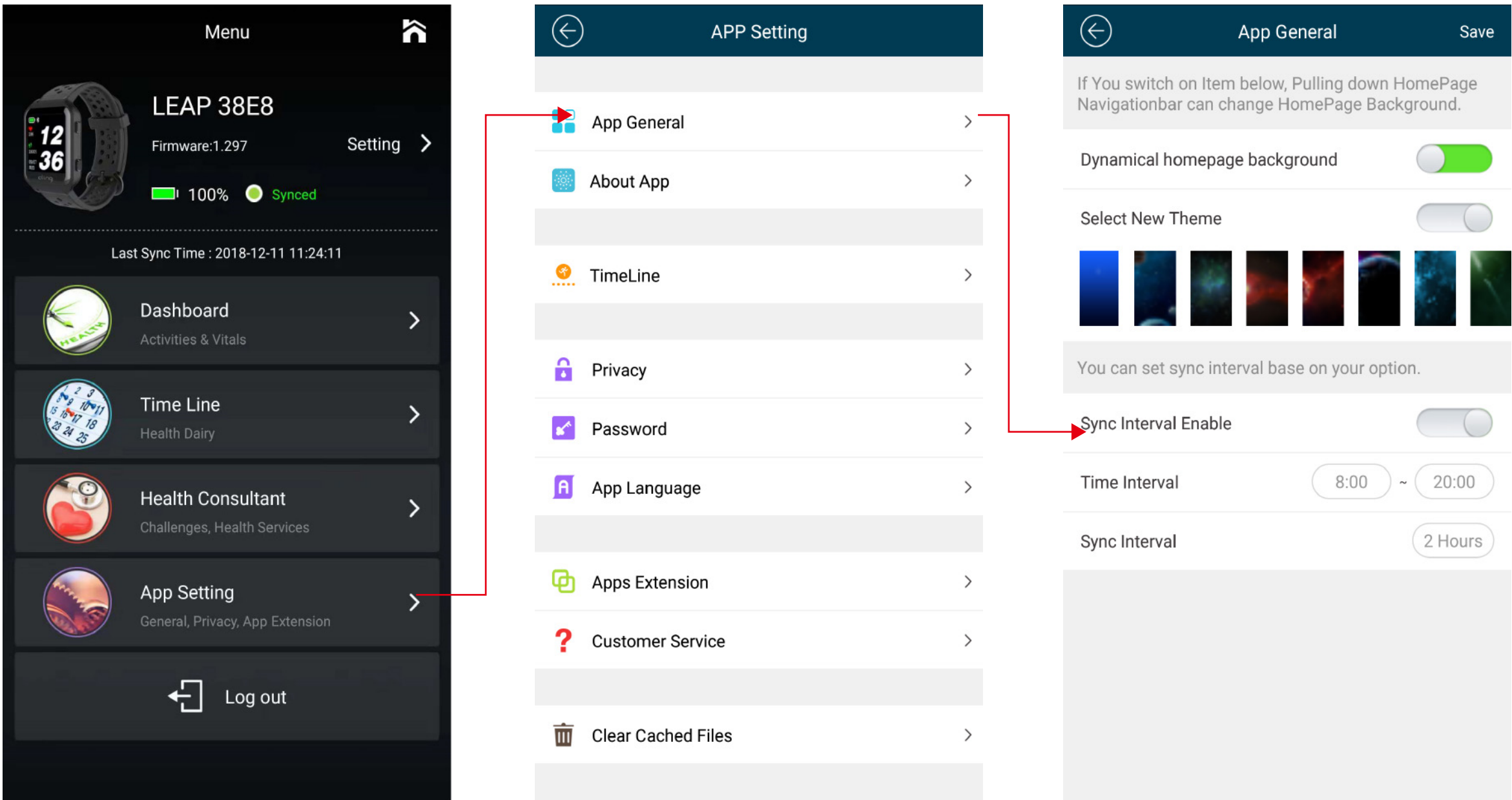
5. How to synchronize the Leap with the Cling App?

1) Open the Menu interface and you will see a yellow progress bar at the top of the page. Wait for the yellow progress bar to go to the end. The progress bar ends, indicating that the synchronization is complete, as shown in the screenshot to the right:



2) The Cling app already has an automatic synchronization function setting as follows:

From the Cling App “Menu” interface go to “App Setting”–“APP General”– “Sync Interval Enable”, then make your selection. You can choose the time range. Follow the diagram for your information:



6. How to get a Weather Forecast and AQI (Air Quality index) ?

Please open the GPS on your phone and set up your phone to allow the Cling App to use your location. This enables the Cling App to get the weather forecast and AQI (Air Quality Index) each time it syncs.

7. How do I perform an “App Upgrade”?

IOS system: Please go to the App Store to Upgrade.

Android System: Please go to the Google Play store.