

cling[®] leap

Know yourself · Change yourself



• Quick Installation Guide •

Cling Leap Instructions

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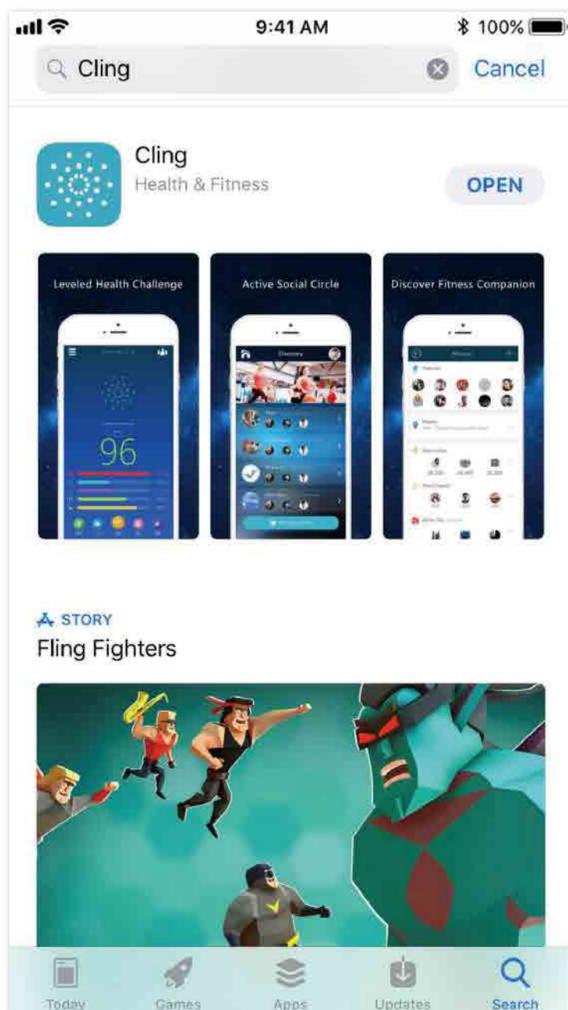
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(The picture in this article is for reference only.)

PART I: Download the Cling APP

1. Download for IOS



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

2. Download for Android

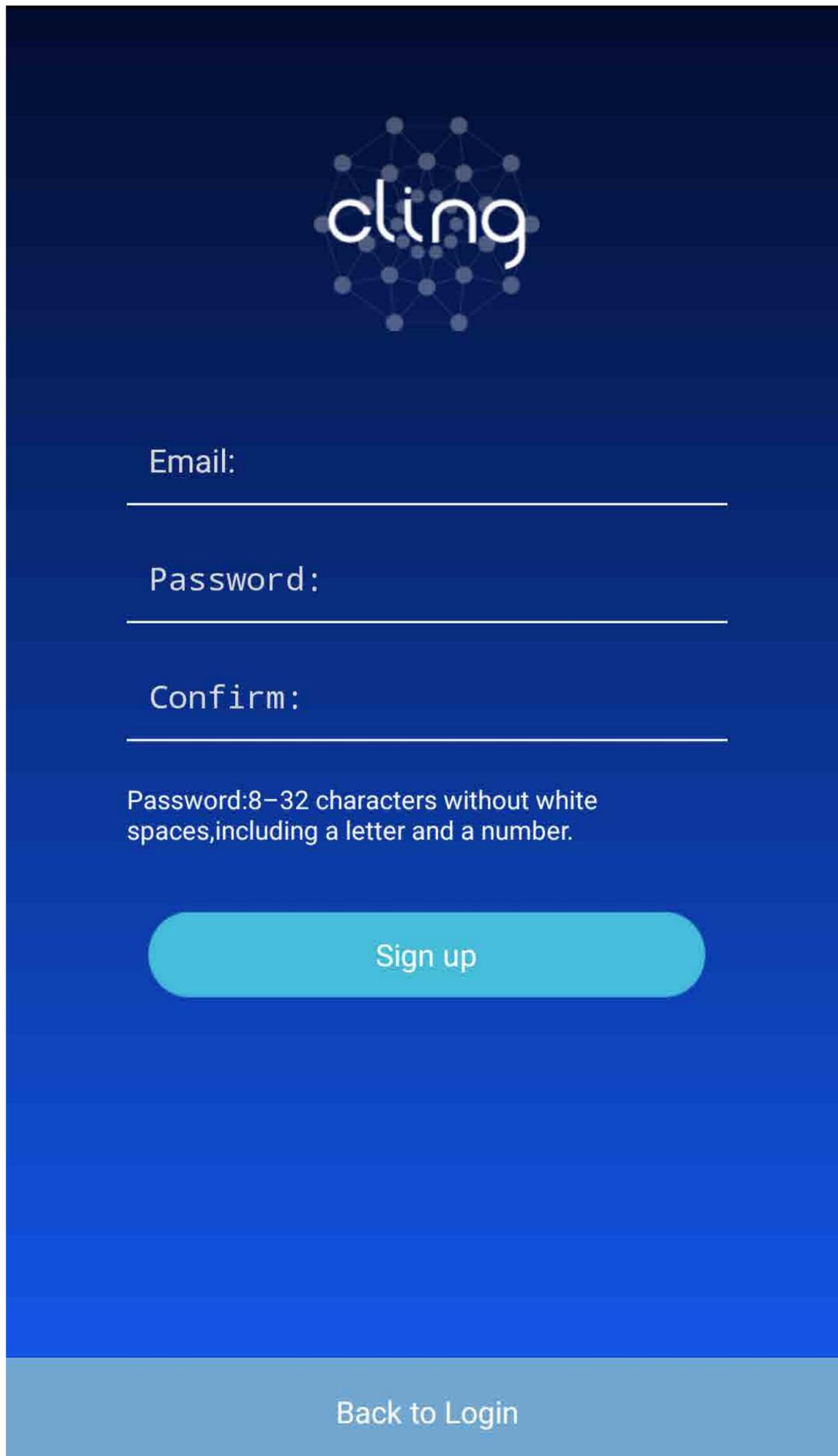


① Scan QR code to download.

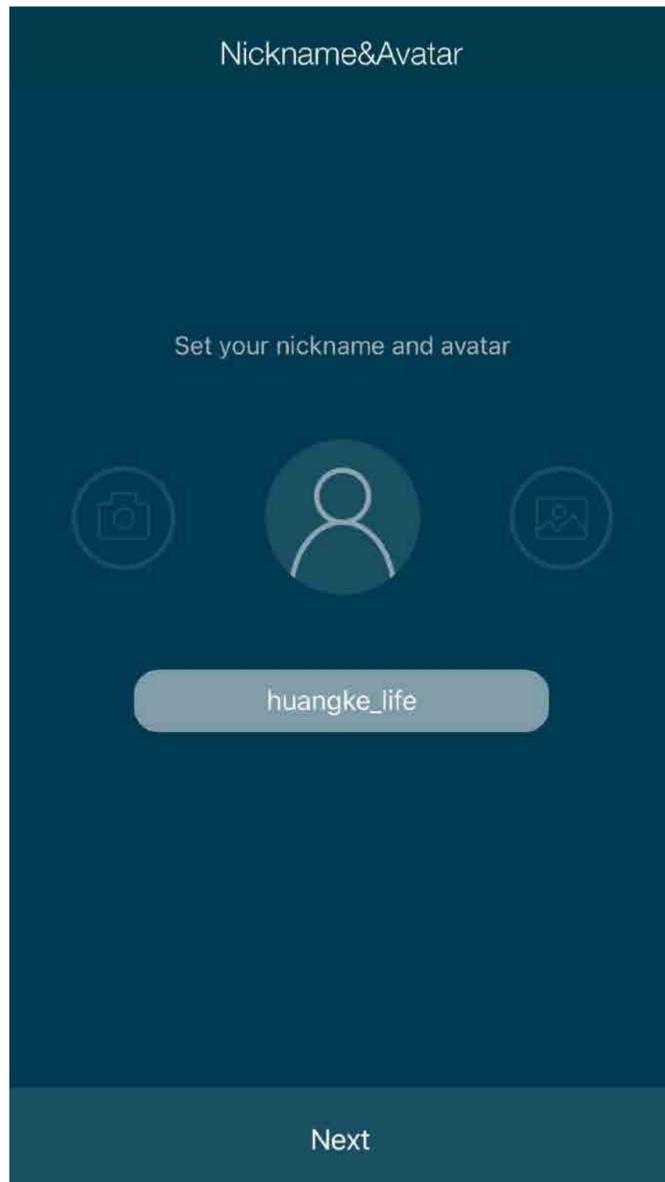
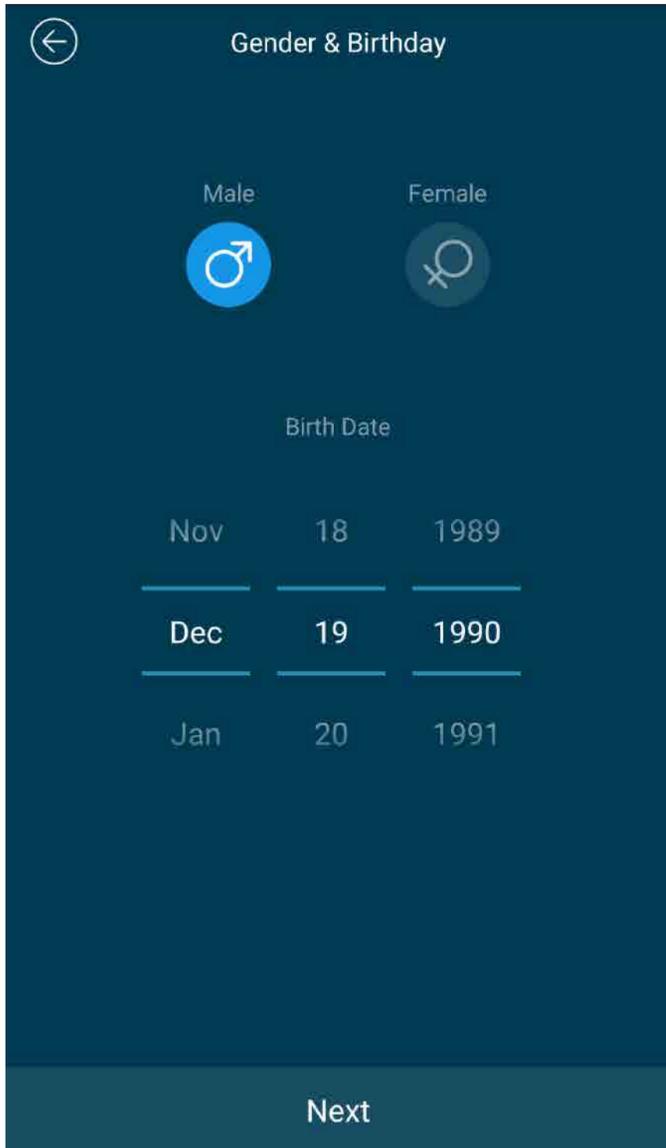
You can try Cling downloads in your own mobile APP market. If you can't find it, follow the first rule.

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 center is the 'cling' logo, which consists of the word 'cling' in a white, lowercase, sans-serif font, surrounded by a network of white dots connected by thin lines. Below the logo are three input fields: 'Email:', 'Password:', and 'Confirm:'. Each label is followed by a horizontal white line representing the input field. Below the 'Confirm:' field is a password requirement note: 'Password:8-32 characters without white spaces,including a letter and a number.' At the bottom of the form is a large, rounded rectangular button with a teal-to-blue gradient, labeled 'Sign up'. At the very bottom of the screen, centered, is a link labeled 'Back to Login' in a light blue color.

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 basis for the “Health Assessment” section you can opt into later on. If you decide instead to “Skip” you can modify your Health Assessment later.



Part III: Direction for using the Leap

1. Know your Leap

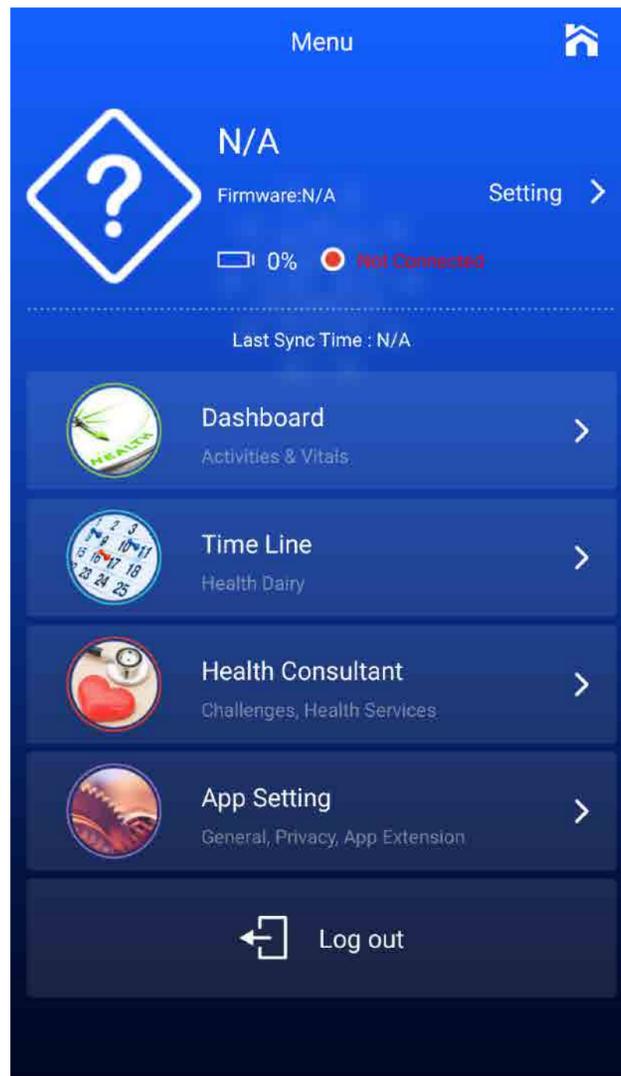


2. How to activate your Leap

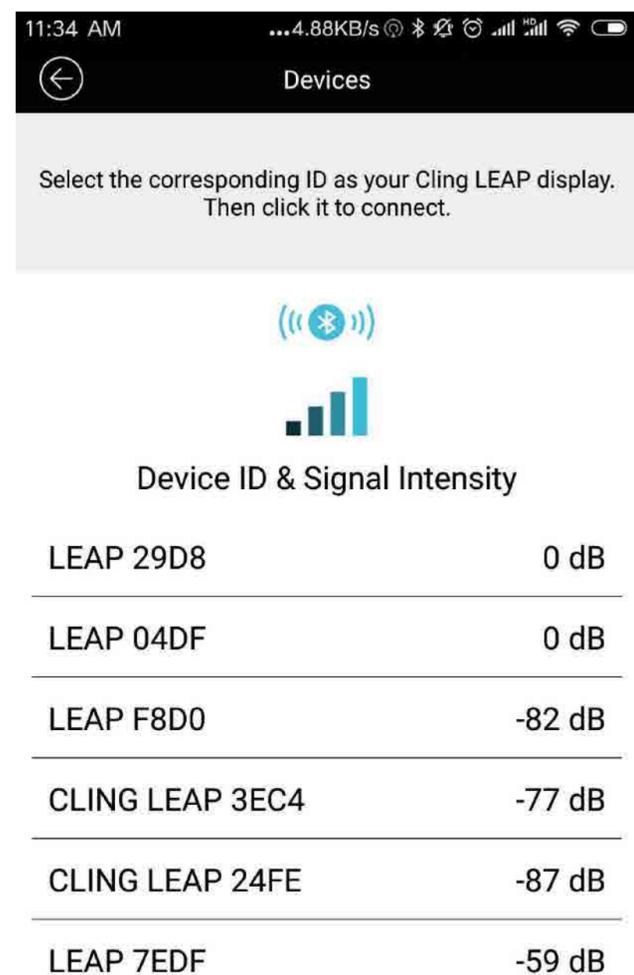
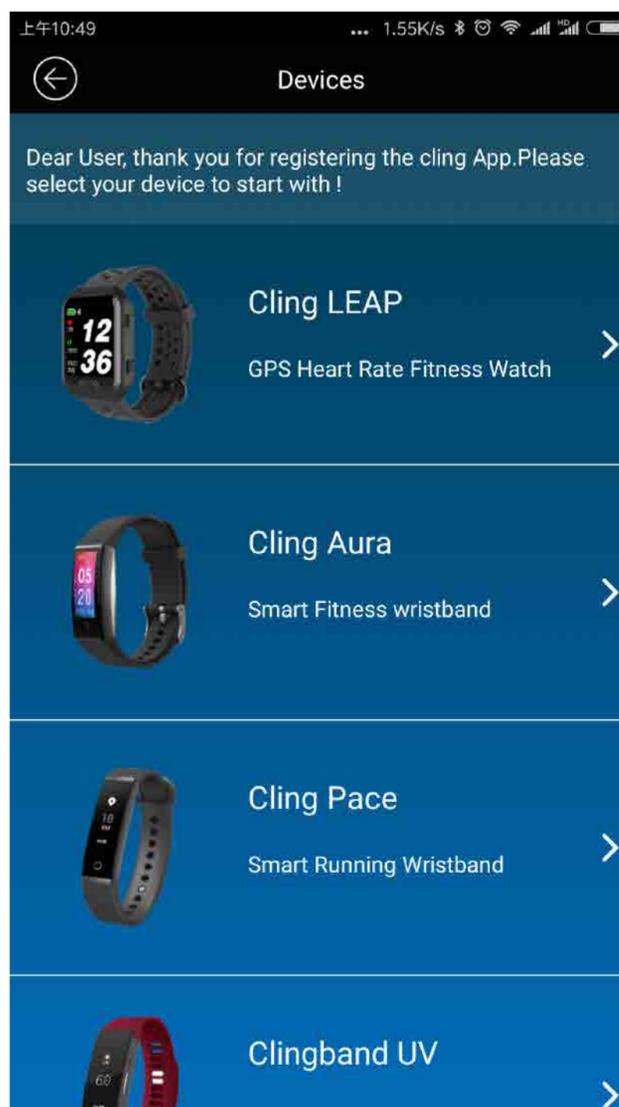
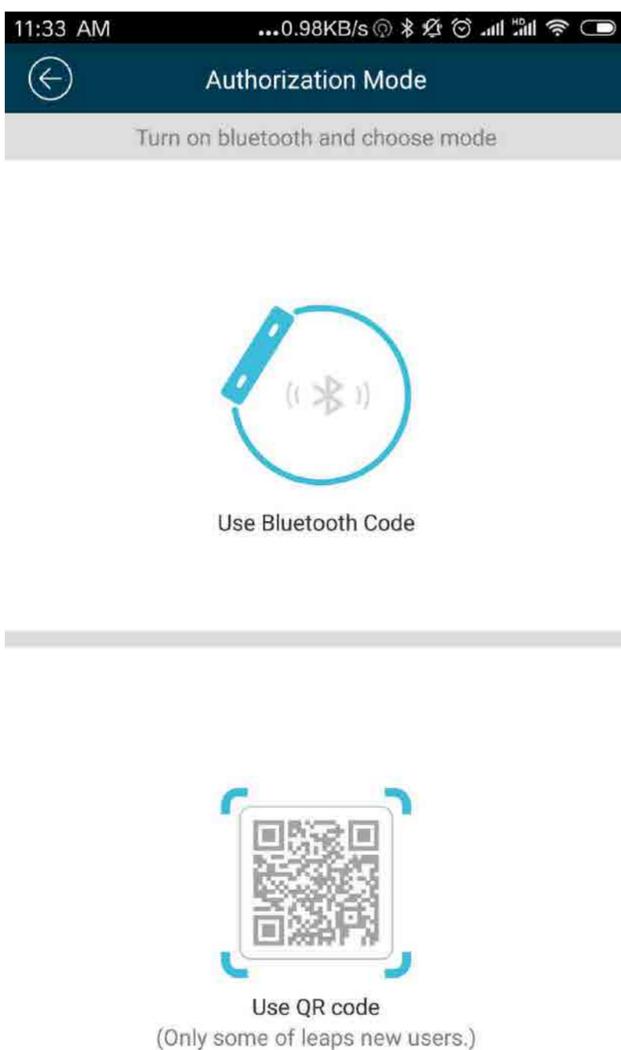
① Hold the “Back” for 3 seconds and the screen will display four digits (this is your unique Leap Bluetooth ID number) when the device starts. (If the ID number fails to appear on the screen, please charge your Leap.)

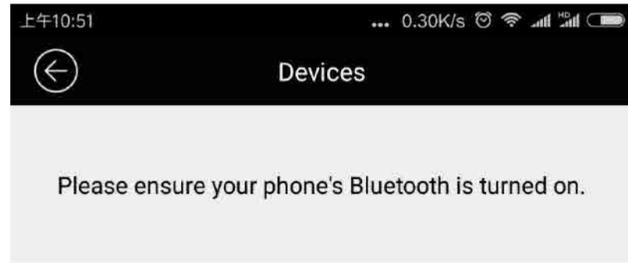
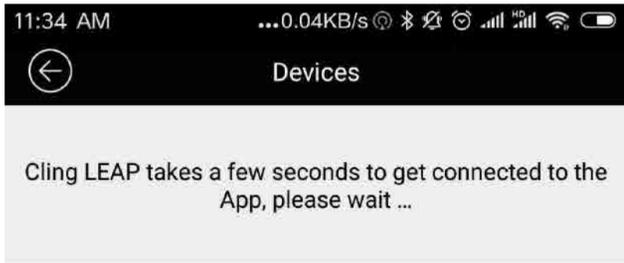


② Please ensure that your cell phone Bluetooth is turned on. Then turn on the Cling APP to find the activation to choose your device.



③ Find the Leap device with your personal Bluetooth ID. Click on the link and then click Next on the following screen.





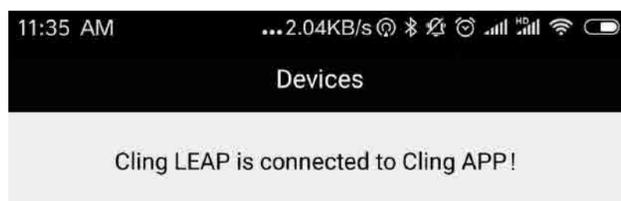
*This interface appears because your Bluetooth phone is turn off.

Next

*If you are using an Apple mobile phone, please allow the Leap to request Bluetooth pairing.

*If you are using an Android mobile phone, please do not allow Bluetooth pairing.

④ Now you can use your Leap to start your health and sports journey.

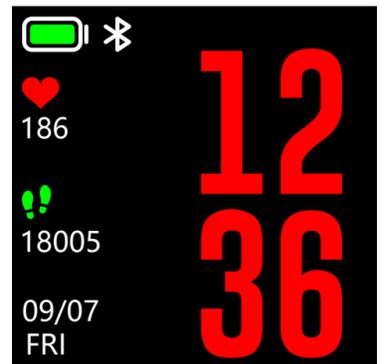


Next

Part IV: Leap Functions

1. Time and motion data display

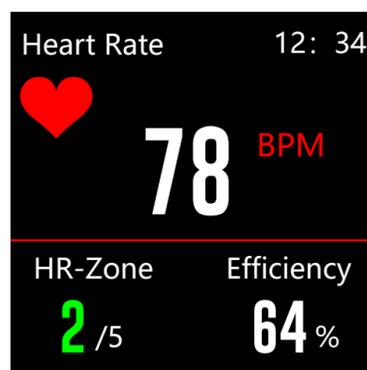
- ① If you don't synchronize your Leap with the Cling mobile phone APP for a period of time, the time displayed on your Leap time may be incorrect.
- ② You can choose different theme interfaces for your Leap screen in your Cling APP to display various data.



2. Workout data display



The number of steps, kilometers calorie in one day.

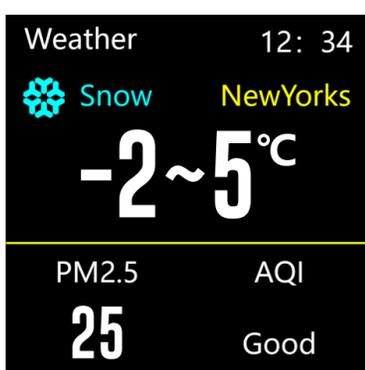


Heart rate, heart rate zone, heart efficiency of the last exercise.



Kilometer, time pace of the last exercise.

3. Weather and Air Quality display

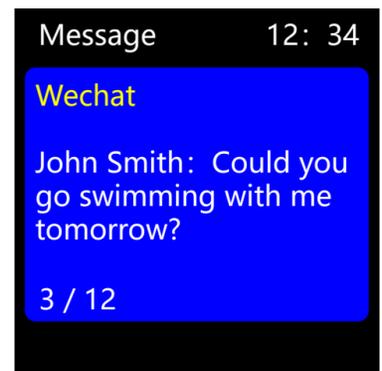


- ① The weather data on your Leap comes from Google. This is the data of a certain area within two hours. The Leap itself is not calculating the weather in your location.
- ② Air quality readings come from the data of your network. If there is no such data available in your area, it will not be displayed.

4. Message Alert

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

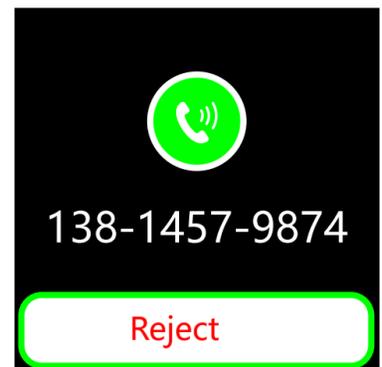
* Please make sure that the Cling App's permission is turned on in your cell phone notification center.



5. Caller Rejection

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

☆ Note: Android mobile systems higher than 8.0 do not support this function. The program is still being developed.



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 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.

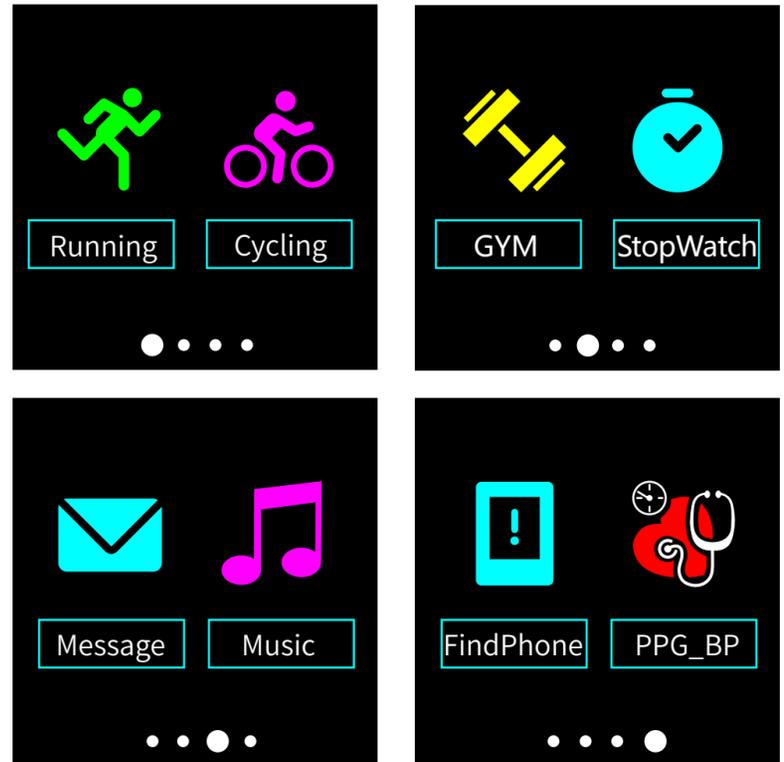
② When it's time to take your medication, the Leap will vibrate on your wrist and the screen image will remind you that it is time to take your medication. If you've taken it, press "Confirm".

③ After the medication reminder is completed, your medication inventory will be recorded accordingly in the Cling APP after synchronization with the Leap. In the APP you can view and edit your medications, alerts, Pharmacies and Guardians.



7. “Function” key

Click on the function button and you can see more features of Leap.

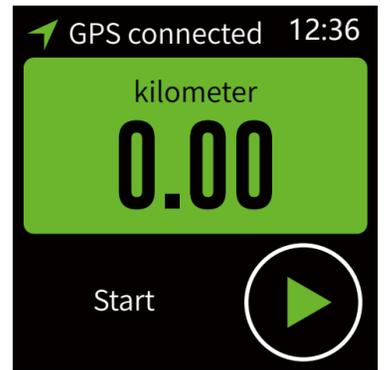
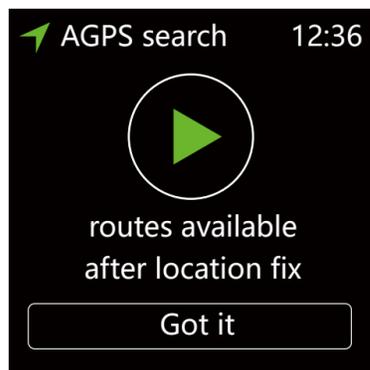


(1) Outdoor Running/Cycling

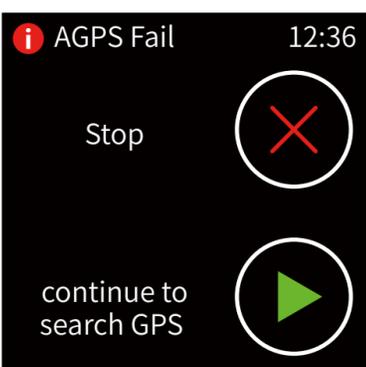


Click on “outdoor running” or “outdoor riding” button to enter the following search satellite.

Cling Leap supports the following two types of outdoor sports motion trajectory: outdoor running and outdoor cycling. In order to track these two workouts. Switch to outdoors by clicking the home key for running or outdoor cycling.



The search for GPS satellites is completed and the positioning is successful. The movement is activated by touching the screen or pressing the function key.



Search GPS satellite completed, but the positioning failure, you can click “start motion” into running mode, but in this case will not record the track of movement, you can also press the “Back” key to exit the movement.

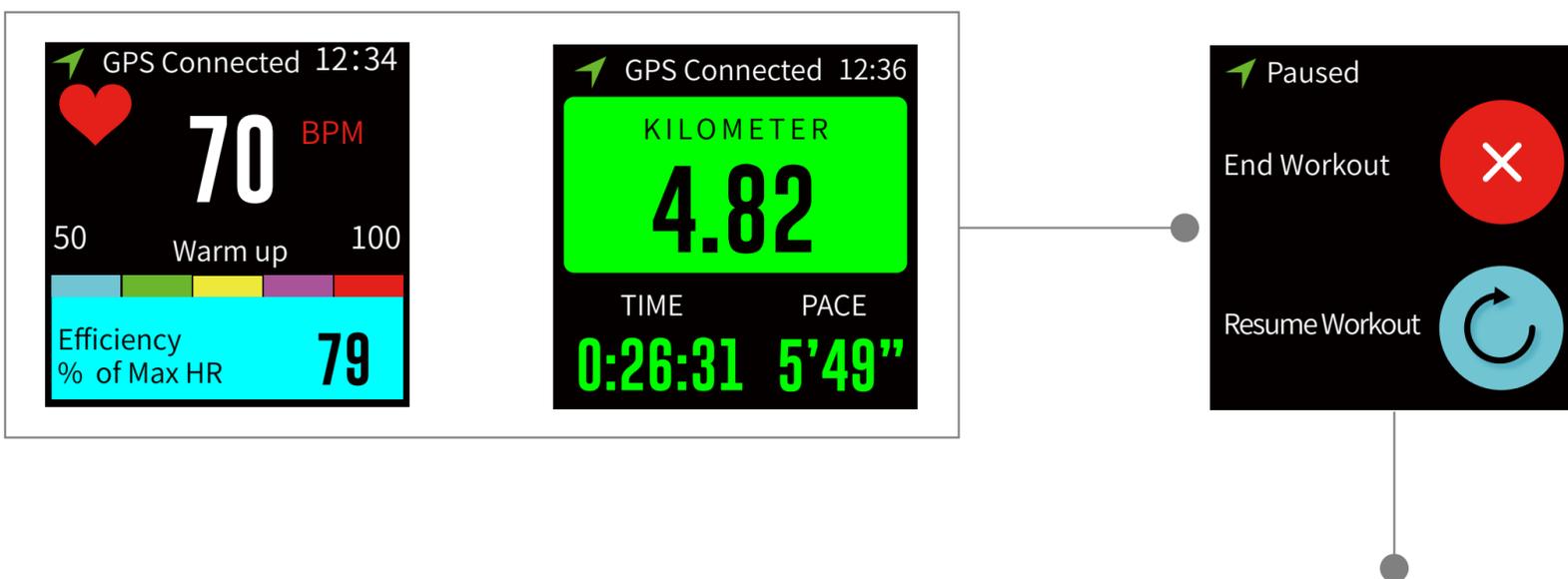


In search of the GPS satellite, enter the page directly by pressing the function key or “Back” button. On this page, you can press the “Back” button to stop the movement, or you can press the function button to turn on the function of continuing to search for GPS while moving, in this mode, the movement before the success of positioning is no track record.



If you synchronize APP, you can use AGPS, positioning time is 10–20 seconds, the number of satellites will increase, the same process.

Sliding screen can be switched on the following pages.



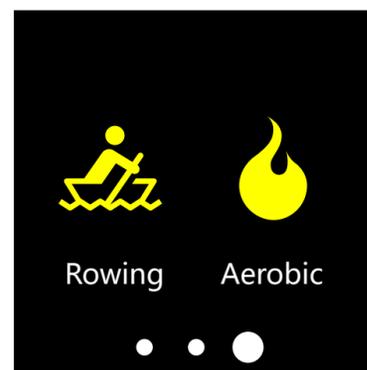
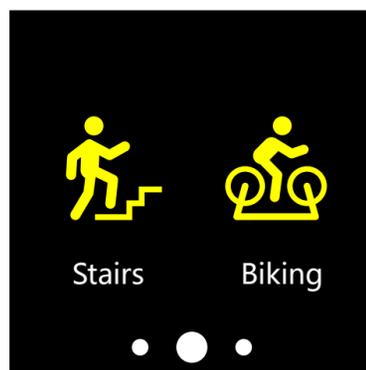
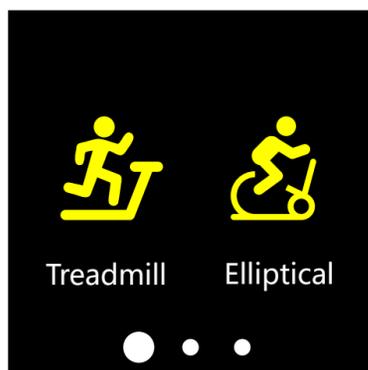
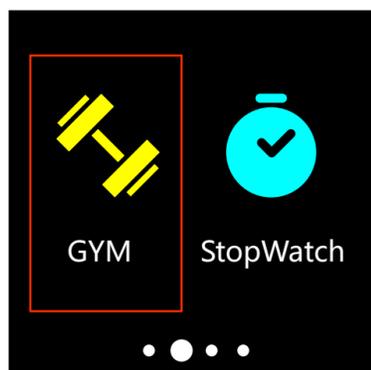
Press the “Back” to enter the interface, in this interface, and then press the “Back” to end the movement, if press the “Function”, then continue to move.



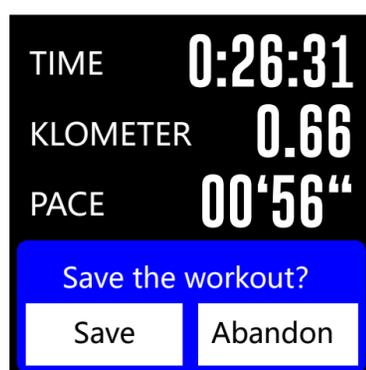
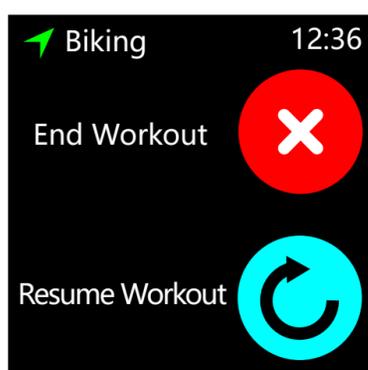
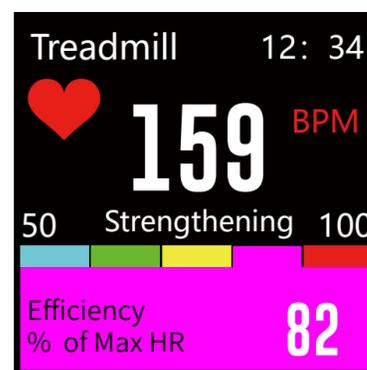
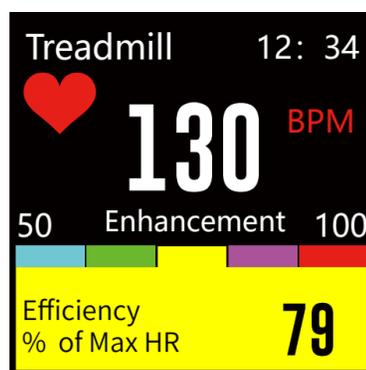
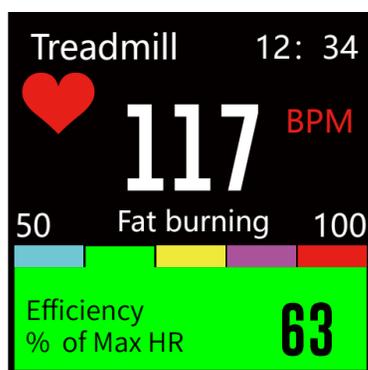
At the end of the campaign, click the button to save the data saved on the watch, and can be uploaded synchronously through APP, if clicked to give up, do not save the campaign information.

(2) Gym Mode

The GYM Mode includes four sports modes: Treadmill, Elliptical, Stationary Bicycle and Aerobics. Sport screens can be switched between the following interfaces. The wearer can enter the selected GYM mode for touch “GYM”.



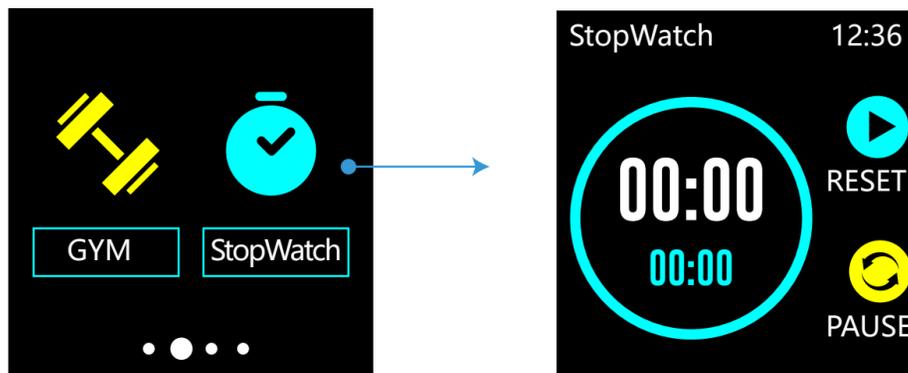
In motion mode, the following two interfaces are switched through touch screen or function button.



At the end of the campaign, click the button to save the data saved on the watch, and can be uploaded synchronously through APP, if click to “Abandon”, do not save the campaign information.

(3) StopWatch

When you run or do other exercises, you can turn on the stopwatch and take notes.



(4) Music Play

* Android :

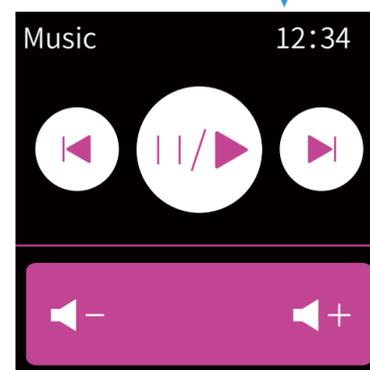
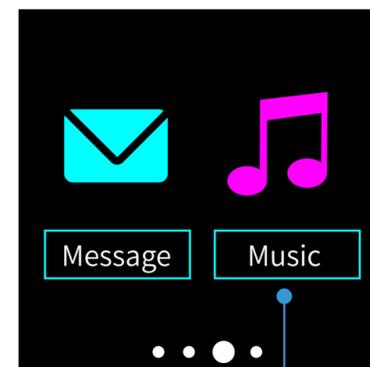
1) Adaptable phones need to search for the corresponding Hicling device in Settings–Bluetooth, click pair, and then click connection to confirm that “connected to input device” appears.

2) The player on the phone must be playing.

* IOS :

1) Leap is paired with smart phones to play music.

2) The player on the phone must be playing.

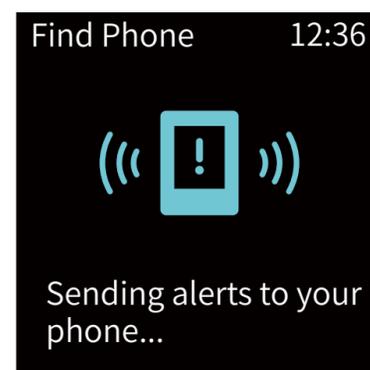


(5) Find Your Phone

Android & IOS

1.The mobile phone APP is in the open state.

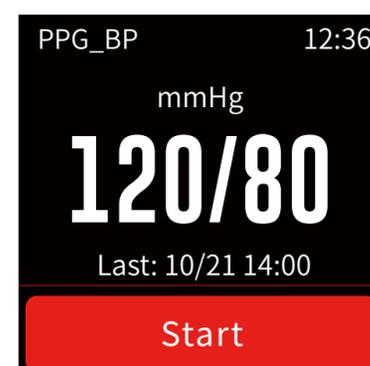
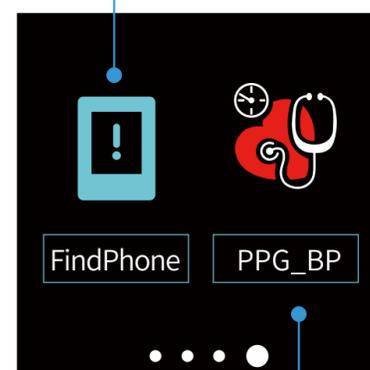
2.Touch the “Find phone”,your phone will ring.



(6) Blood Pressure Manual/Automatic

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 detection

Cling Leap automatically detects Blood Pressure Fluctuation 3 times per day. The default detection times are 8:00 AM, 14:00 PM and 20:00 PM.

Auto-detection only happens under quiet human behavior. This means that before detection is enacted the number of steps made by the Leap wearer must be zero for 30 minutes before the detection will be actuated.

★ 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.High Heart Rate alarm, Step and Calorie Reminder

From the Cling APP home page navigate to – device details – heart rate and activity.

Open the maximum heart rate alarm alert, and set the heart rate alarm upper limit. When the Leap detects that your heart rate is equal to or higher than the value entered into the APP, the Leap will vibrate giving the wearer an early warning, reminding users to pay attention to their health safety.

Leap also integrates the ten thousand-step challenge and calorie attainment 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: Cling APP Functions

1. Recognize the role of each page



Home page

(1) Health Index

(2) Yourscore:

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) Exercise:

the total kilometers, times and total time of exercise.

(8) My Home:

you can modify your personal information

access your album/friends/followers/points.



Menu

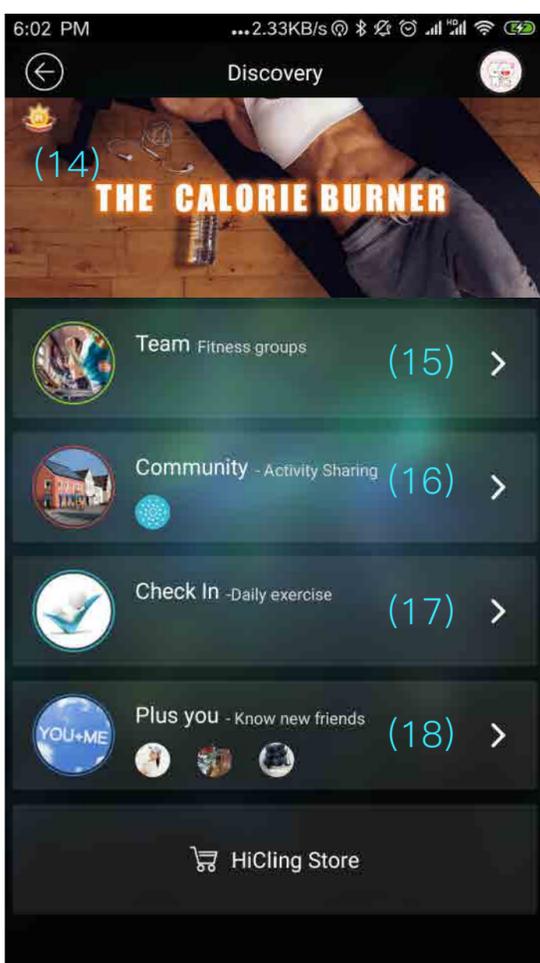
(9) Setting your Leap: You can view the APP firmware version you are currently running, view your device info, set various device settings and language.

(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 Cling APP.



Discovery

(14) Hot topic: Choose the topic you want to mark, and everyone on the same topic can see it.

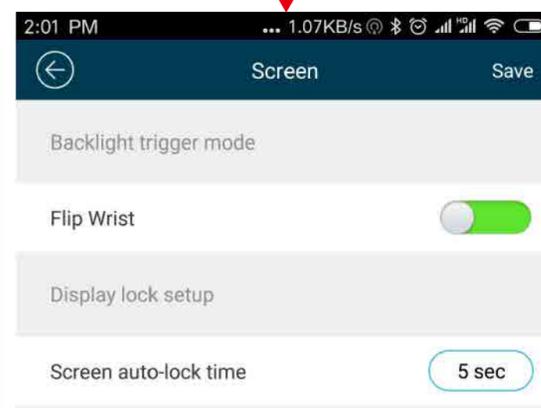
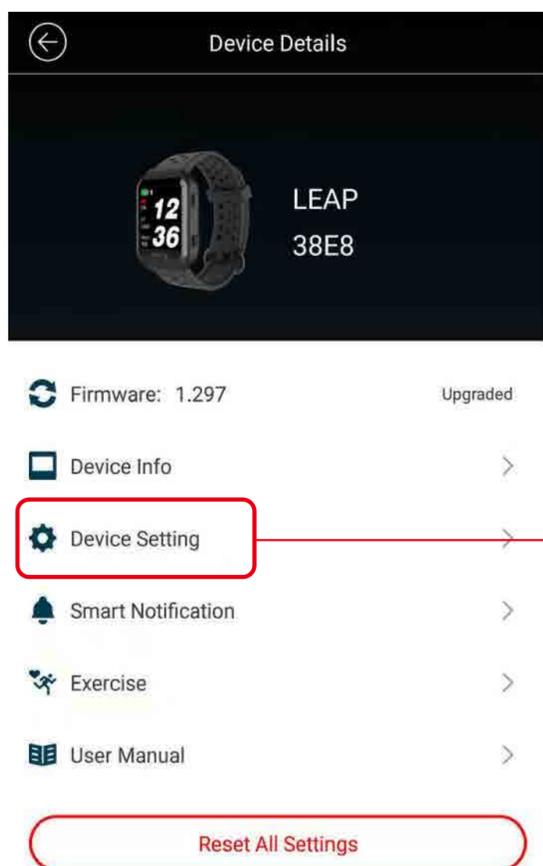
(15) Team: Check the group you have joined or created.

(16) Community: Browse the Cling community and their friends' state of motion.

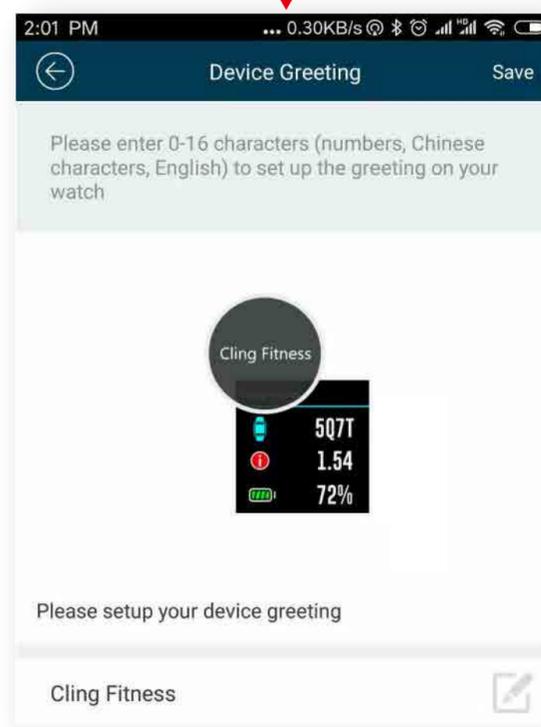
(17) Check In: Check your topic or add new topics.

(18) Plus You: Add friends according to area, motion status, etc.

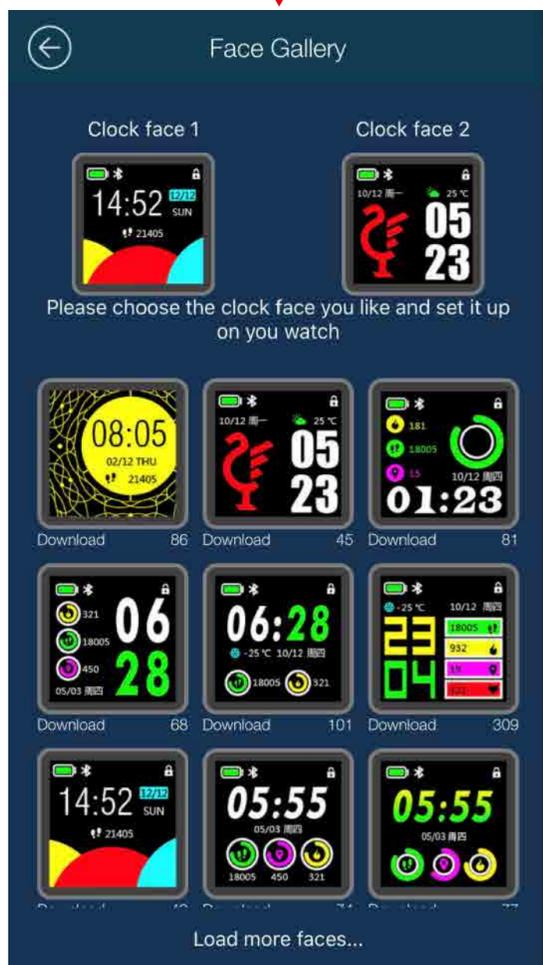
2. Set the basic parameters of Leap



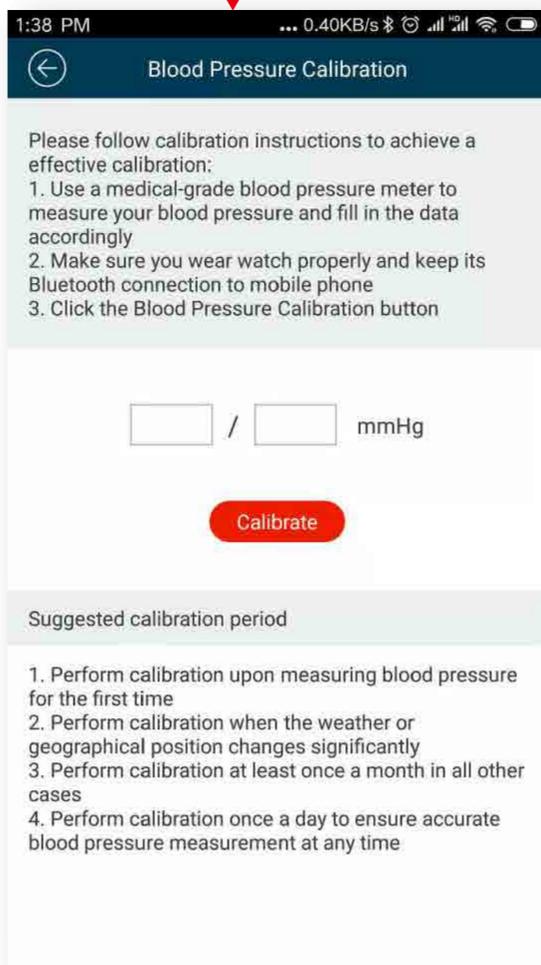
① Setting screen auto-lock time.



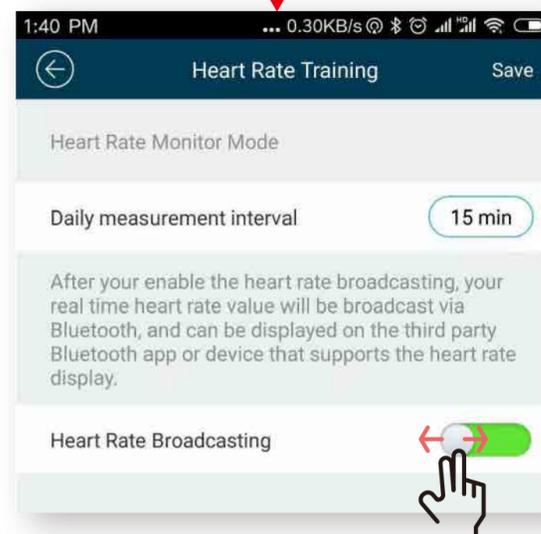
② Add your greetings



③ Choose your favorite interface.

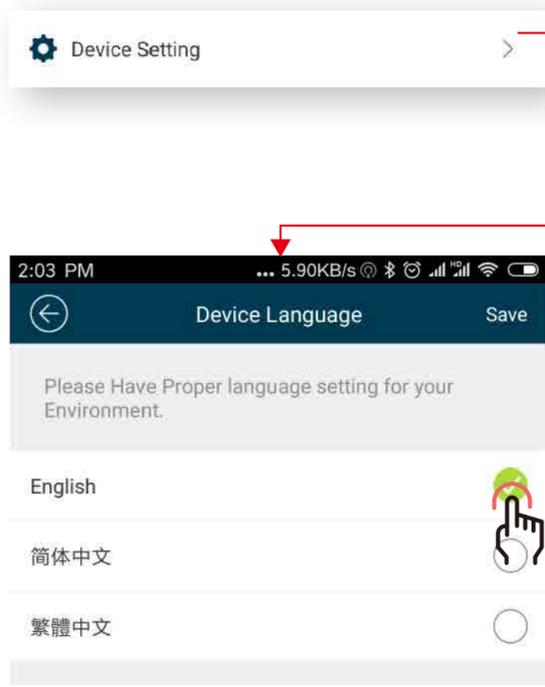


⑤ Calibrate your initial Blood Pressure.

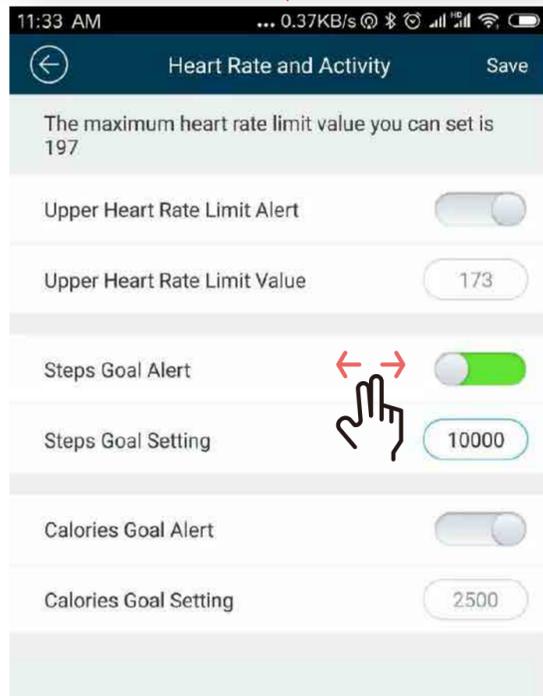
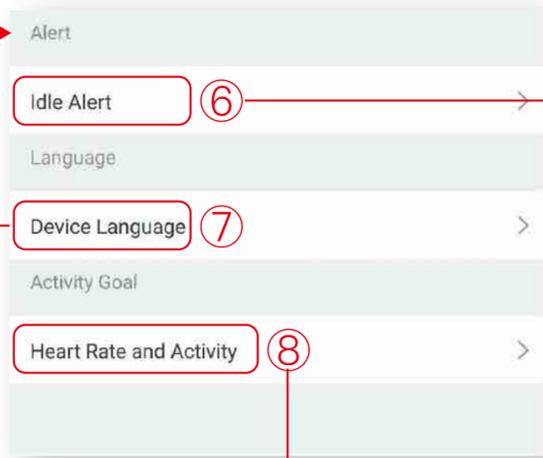


④ Setting the heart rate broadcasting function

☆ Note: ① All APP settings must ensure that the Leap is connected to your phone. ② After heart rate broadcasting is turned on, your real-time heart rate will be broadcast over Bluetooth (For example, using a Bluetooth gateway to display data transmission on to an LCD screen).

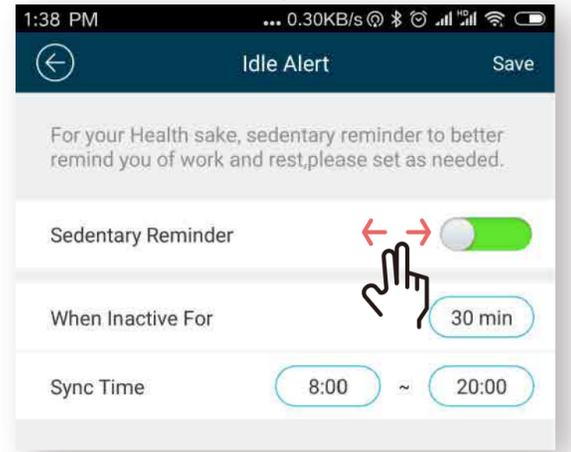


⑦ Choose your device language. The Leap offers three languages: English, simplified Chinese and traditional Chinese.

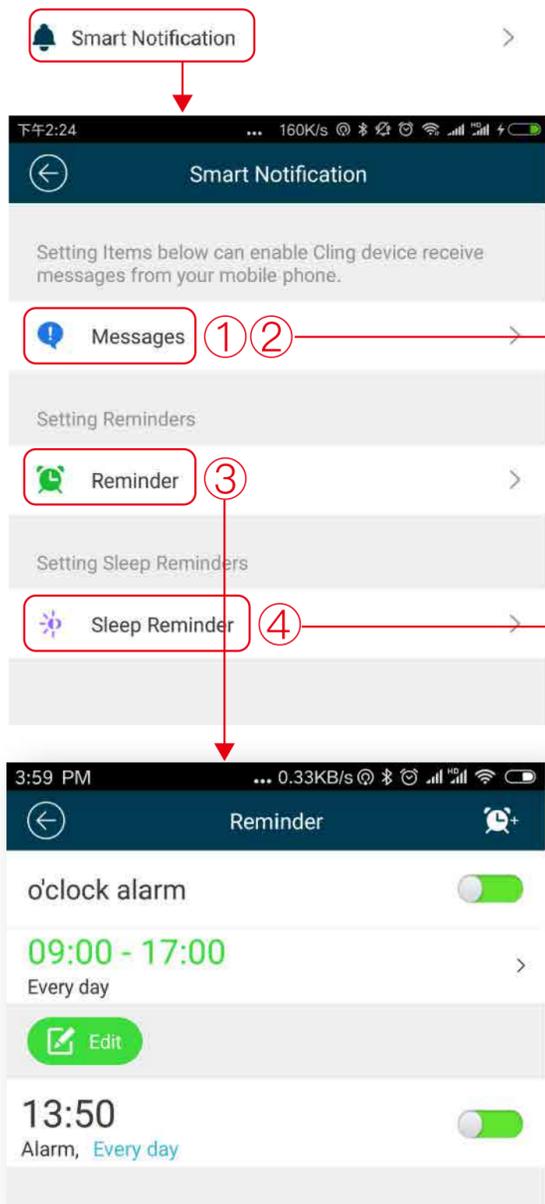


⑥ Set your sedentary alert: When you work from a chair for too long, the Leap will be vibrated to remind you to become physically active.

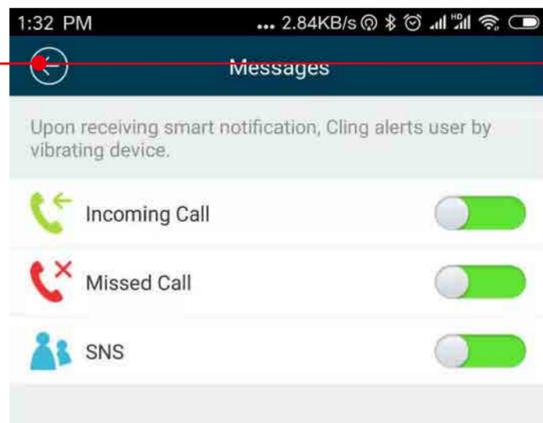
⑧ Set your maximum heart rate, number of Steps, and calories burned goals, and when you reach that goal, the Leap will be alert you by vibrating.



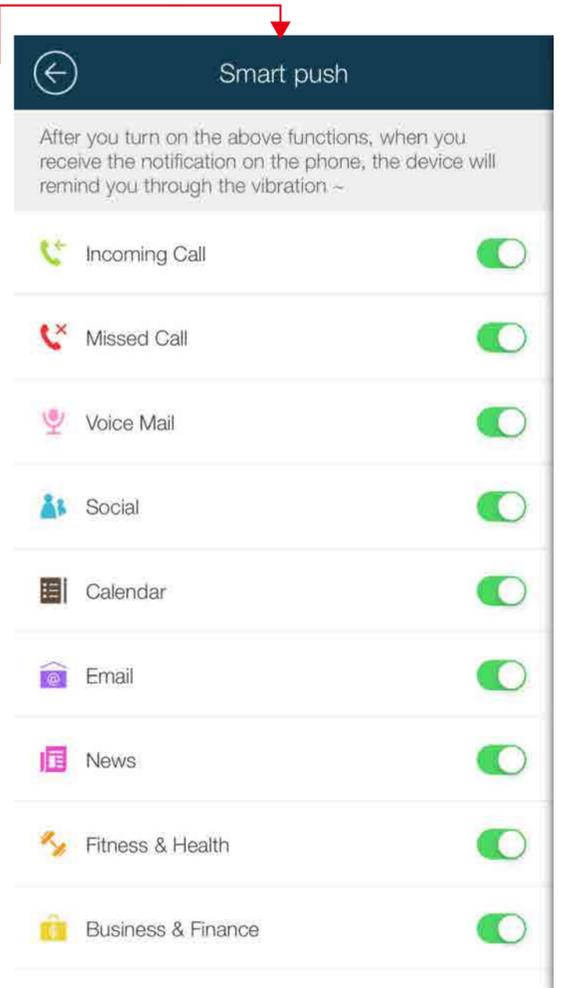
3. Set message reminder



③ Set alarm clock timer and personal timer alarm.
④ Set up sleep alarm



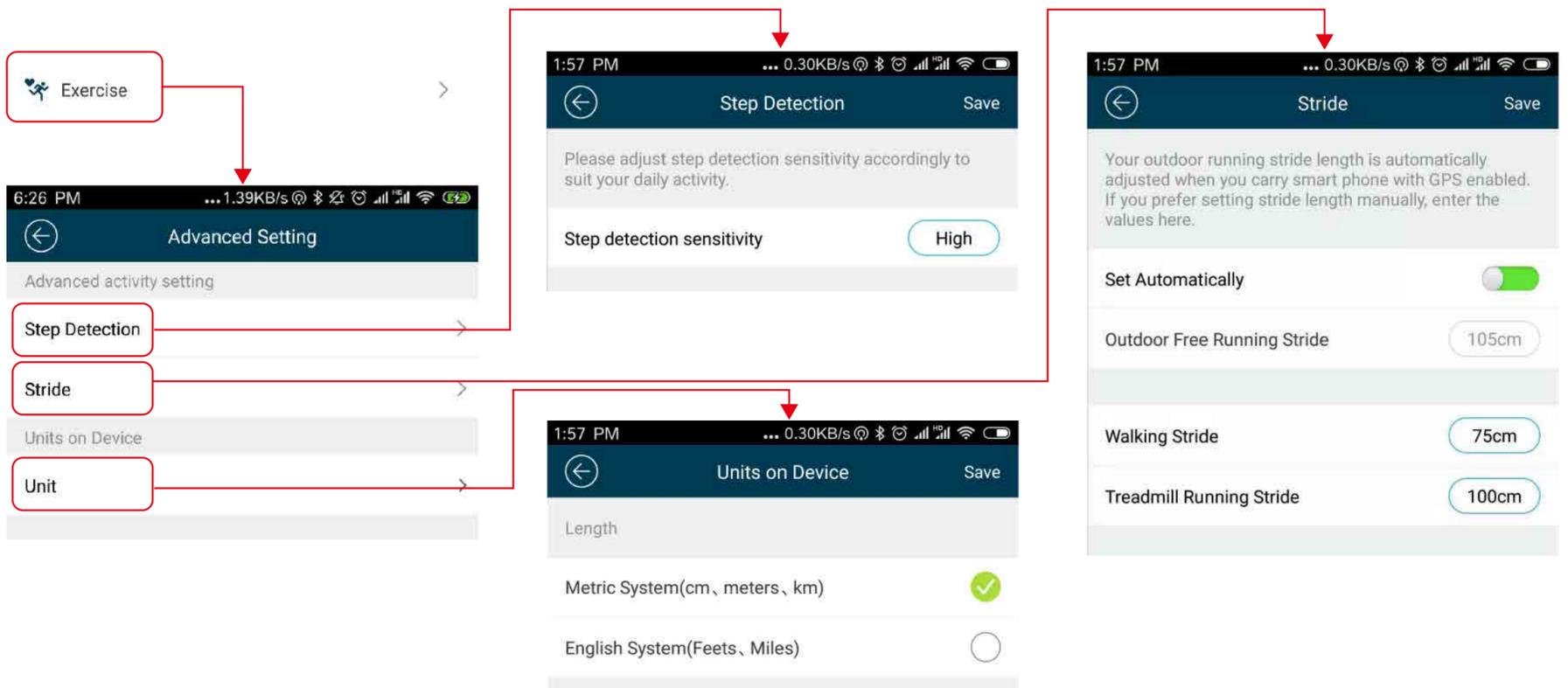
① With the Android system the Cling APP can only set these three types of information because of the Android's permission settings. Notification reminders of other apps need to be set in the notification center of your mobile phone.



② In 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.



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

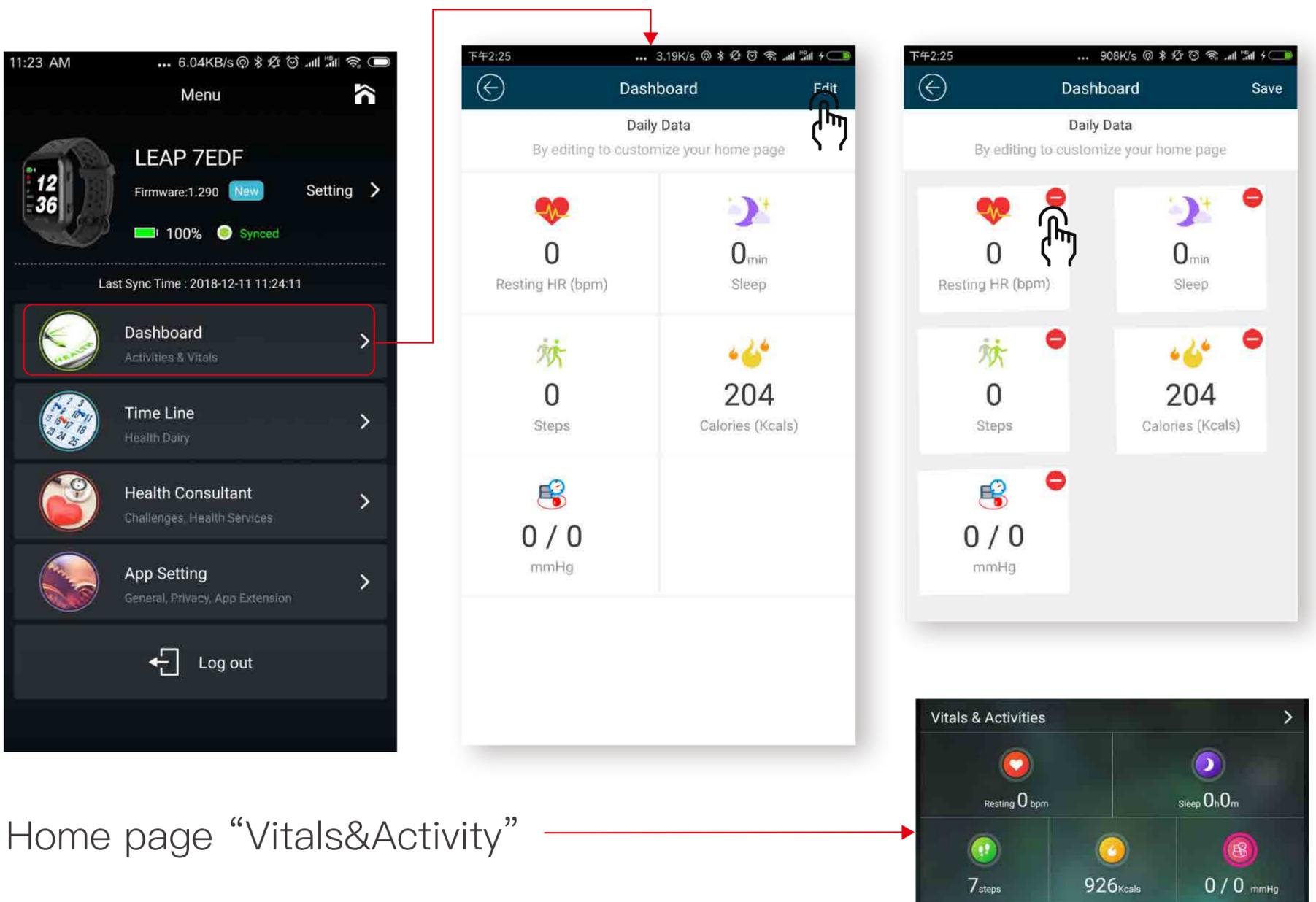


This setting is mainly used to set basic parameters such as your personal step size, sensitivity and display units of the Leap while you are in the process of motion.

5. Modification of the health dashboard

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

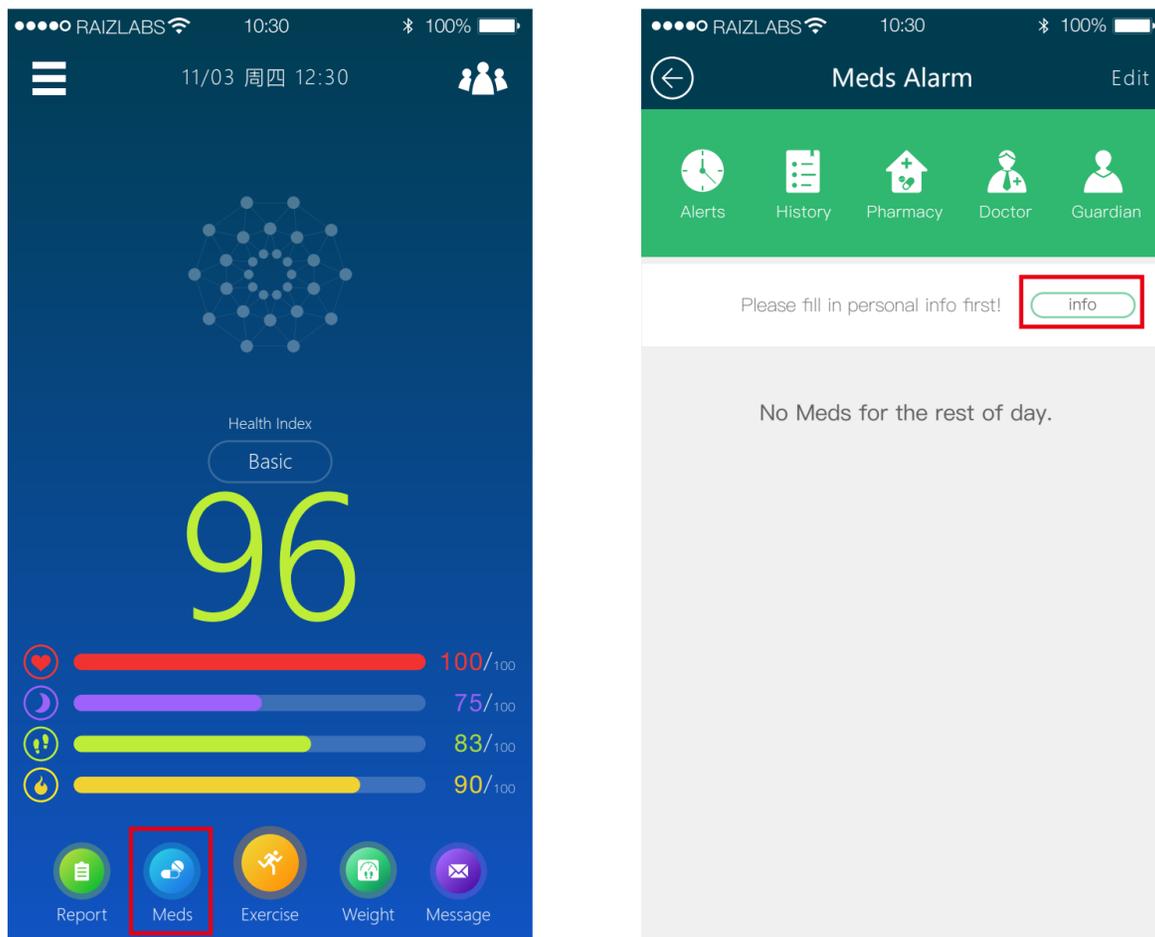
Home page “Vitals & Activity”



Home page “Vitals&Activity”

6. Medication Reminder

Click the “Meds” button on the homepage to enter the medication reminder main page.



If you want to maintain real-time contact with an appointed Guardian or a number of Guardians (healthcare providers or family members) or with a pharmacy or pharmacies you can do so, allowing them to view your medication compliance, prescription inventory and health stats. If you don't require it, you can Skip the following steps.

To set remote access to your information by a Guardian or a Pharmacy you are required to fill in their respective contact information. You are not required to enter their personal name etc. However if you want them to have the ability to receive medication noncompliance alerts and for pharmacies to receive automated prescription refill requests you will need to supply their email address.

To begin you are asked to enter your personal information on the prescription application page. Again it is not mandatory that you enter personal information. You can create a profile by using an customized Username etc. instead. Once you have created your profile click "Save".

Click “Add New Pharmacy” to enter the “Pharmacy Info” settings page:

My Information

In order to ensure effective contact with doctors and pharmacies, please fill in your information correctly.

Full Name:

Phone No.:

DOB:

Country:

State/Province/Region:

City:

Address:

Postcode:

RAIZLABS 10:30 100%

Medis Alarm Edit

Alerts History **Pharmacy** Doctor Guardian

Dear , please take medications on time, and wish you good health!

08: 30 Everday >

Amoxicillin x3
ZX34567800 Hicling Pharmacy Remain 6

10:12

Pharmacy

Hicling Pharmacy
Lane 2777, Jinxiu East Road >

14:00 36%

Pharmacy Info

Hicling Pharmacy

Phone Number:

Fax:

Medication Refill alert:

Alert Email:

Medication noncompliance alert:

Alert Email:

When the wearer is out of medication compliance for more than 24 hours, the system will send a alert email to the pharmacy. Additionally, when the remaining medicine inventory is less than the required number of doses, the system will also send a alert email to the pharmacy.

Country:

State/Province:

City:

Address:

Postcode:

Pharmacist: >

14:02 36%

Pharmacy Info

Alert Email:

When the wearer is out of medication compliance for more than 24 hours, the system will send a alert email to the pharmacy. Additionally, when the remaining medicine inventory is less than the required number of doses, the system will also send a alert email to the pharmacy.

Pharmacist:

ID No.:

Address:

Postcode:

Pharmacist: >

On this Pharmacy page you can fill in your pharmacy information. If you use several pharmacies you can enter each one individually.

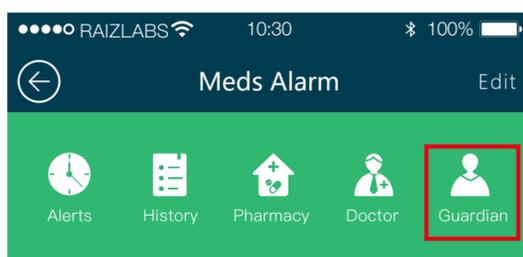
If you want a specific pharmacy or number of pharmacies to be alerted if you are medication noncompliant for over 24 hours or to receive auto-email prescription refill requests when your medications inventories run low, there are two important options to open: “Medication Refill Alert” and “Medication Noncompliance Alert”.

If you want a specific pharmacy or number of pharmacies to be alerted once you require a prescription refill, the “Medication Refill Alert” option should be turned on in the APP. Once you run low on a specific medication an automatic refill request email is sent to your pharmacy. To activate this option you need to turn it on by clicking the button to the right. The pharmacy email address must be entered in order for the respective Alerts to be sent.

If you want a specific pharmacy or number of pharmacies to be alerted if you are medication noncompliant for over 24 hours you can turn on the “Medication Noncompliance Alert” to be sent to your pharmacy. To activate this option you need to turn it on by clicking the button to the right. The pharmacy email address must be entered in order for the respective Alerts to be sent.

Follow the same procedure to add Guardians and to allow them to receive similar Alerts.

The process of adding a guardian and the process of adding a pharmacy are the same. With the Guardian option activated they can keep abreast of your medication situation. For this to function fully two important options need to be opened:

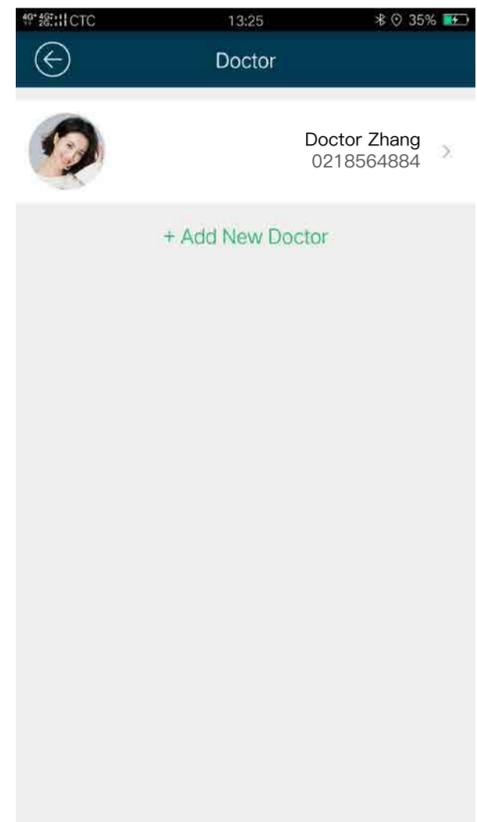


Go to “Guardian”
Interface

A “Medication Refill Alert” is automatically sent to the pharmacy you indicated as the supplier of the medication that has run low on inventory. The “Medication Noncompliance Alert” is sent to your Pharmacy and/or Guardian of choice when you have been noncompliant in taking a medication for over 24 hours (with a second Alert being generated if you’re noncompliant for over 48 hours).

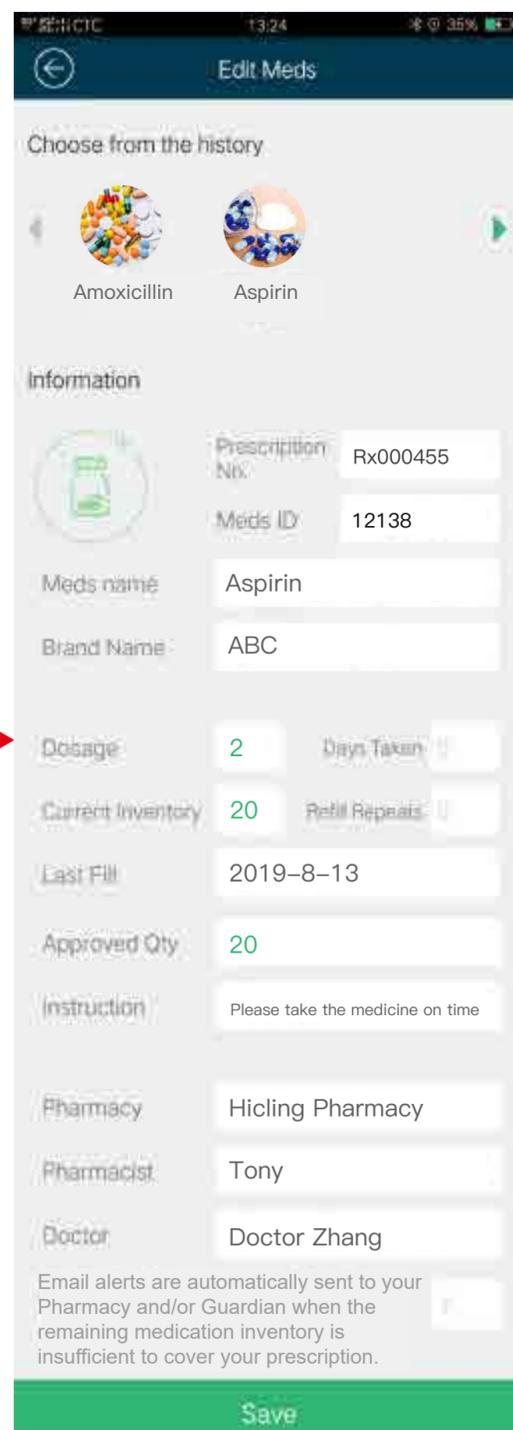
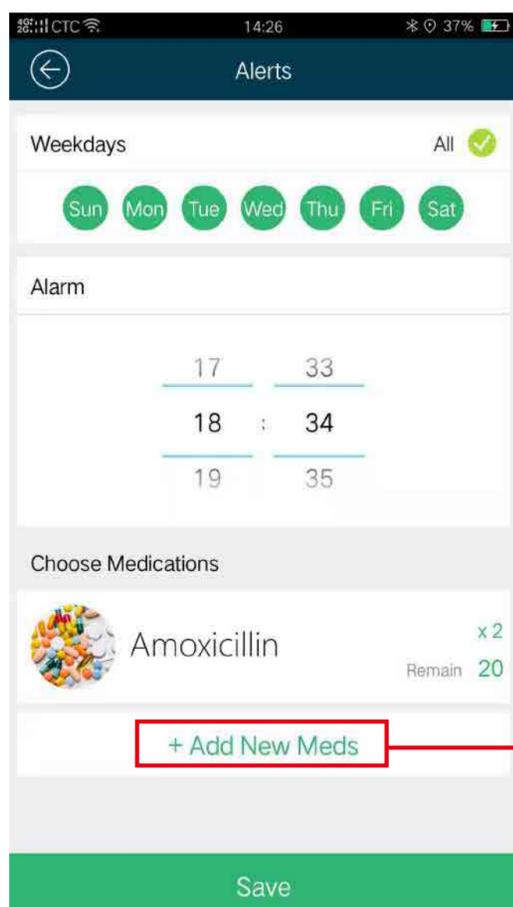


If you want to enter your doctor or doctors information please go to the “Doctor” page. The doctor does not have a “Medication Refill Alert” or “Medication Noncompliance Alert” however you could set up your Doctor as one of your “Guardians”. On the Doctor page you can enter your doctor’s Information and Save.



Next, start adding medication alerts.

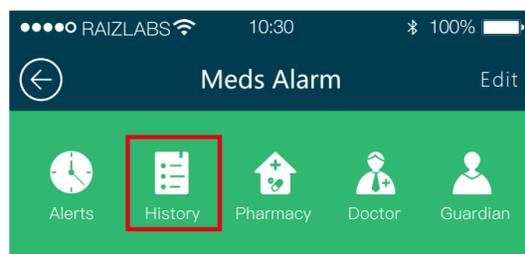
First click on the Meds icon on the APP Home page. Then click on “Alerts” at the top left side of the “Meds Alarm” page.



You can set the date to take a medication, the proper time of day to take a specific medication and add multiple medications according to your needs. Simply click on the "Add New Meds" button to go to the "Edit Meds" page. Here you can choose to add medication inventory from historical prescriptions, or you can add new medication information. You can set the following:

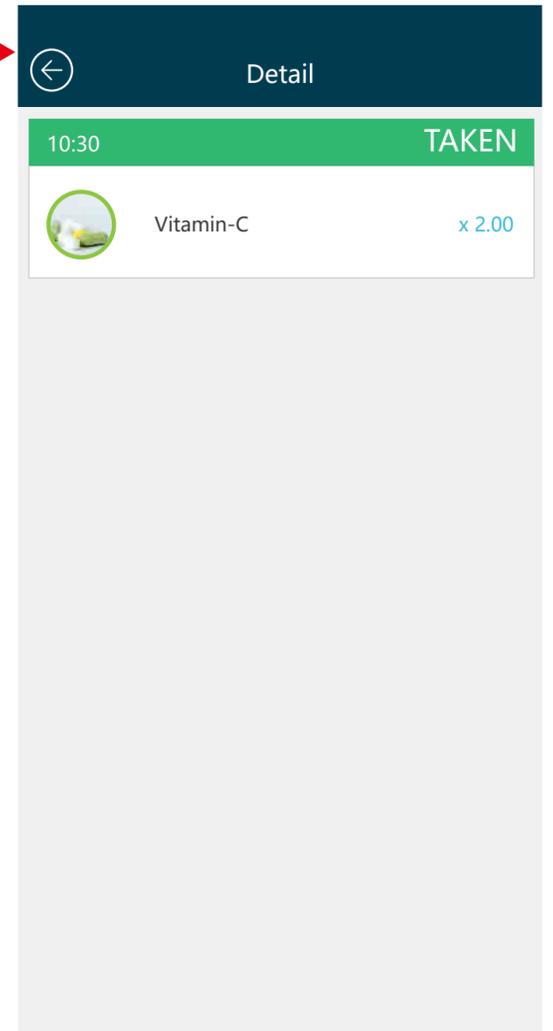
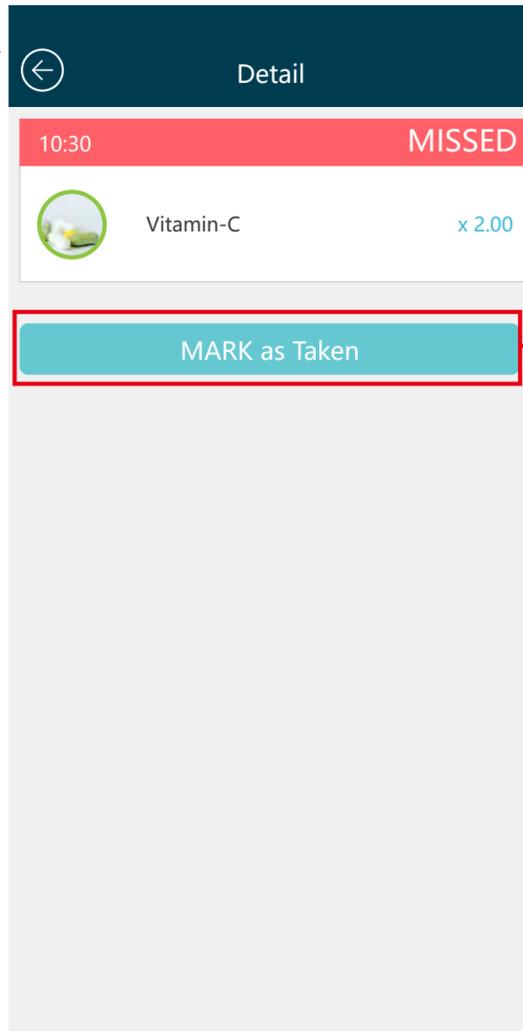
- Each specific medication "Dosage" that you are prescribed to take,
- The "Days Of The Week To Take Your Medications"
- Your "Current Medication Inventory"
- "Email Alerts to your Pharmacy requesting prescription refills when your remaining inventory of a specific medication is not enough to cover the set number of doses as prescribed",
- Email alerts to your Guardian/s when you are medication noncompliant for more than 24 hours".

These options are important for maintaining proper consistent medication compliance. The APP will judge whether you need a prescription refill according to the settings you entered and it will automatically send an email to your pharmacy requesting a refill when required.



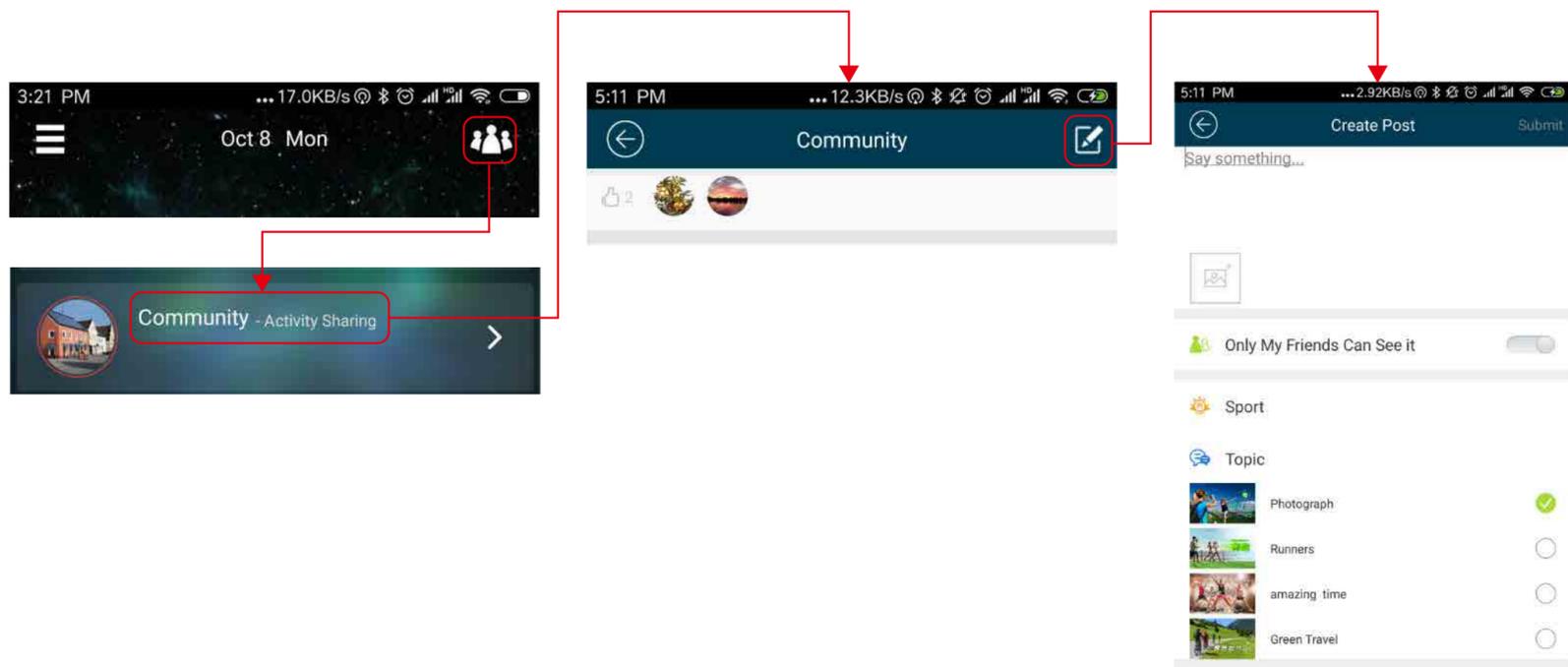
You can also click on the history of the "Meds Alarm" main page to view your previous medication recording. From this page you can click on a medication marked with a Red X in order to change a medication that is marked as "MISSED" to "Taken" once you have acknowledged that the medication has been taken.

Medication History	
Today 2018/05/02	
✓ 13:30	Aspirin
✗ 10:30	Vitamin-C
✓ 08:30	Amoxicillin
Tue 2018/05/01	
✓ 13:30	Aspirin
✗ 10:30	Vitamin-C
✓ 08:30	Amoxicillin
Mon 2018/04/30	
✓ 13:30	Aspirin
✗ 10:30	Vitamin-C
✗ 08:30	Amoxicillin
Sun 2018/04/29	
✓ 13:30	Aspirin
✗ 10:30	Vitamin-C
✗ 08:30	Amoxicillin
Sat 2018/04/16-22	



7. Send your message to the Community

Click on the front page to enter community management.

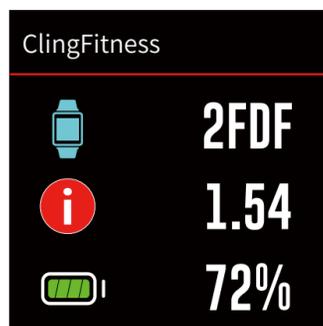


Part VI: Frequently Asked Questions

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

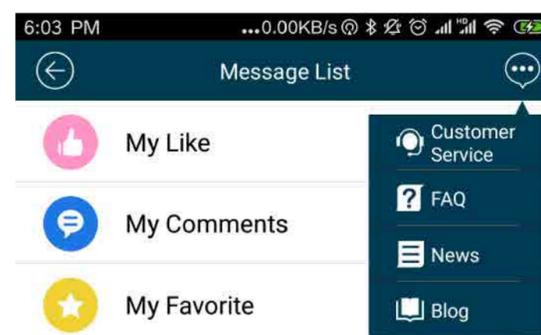
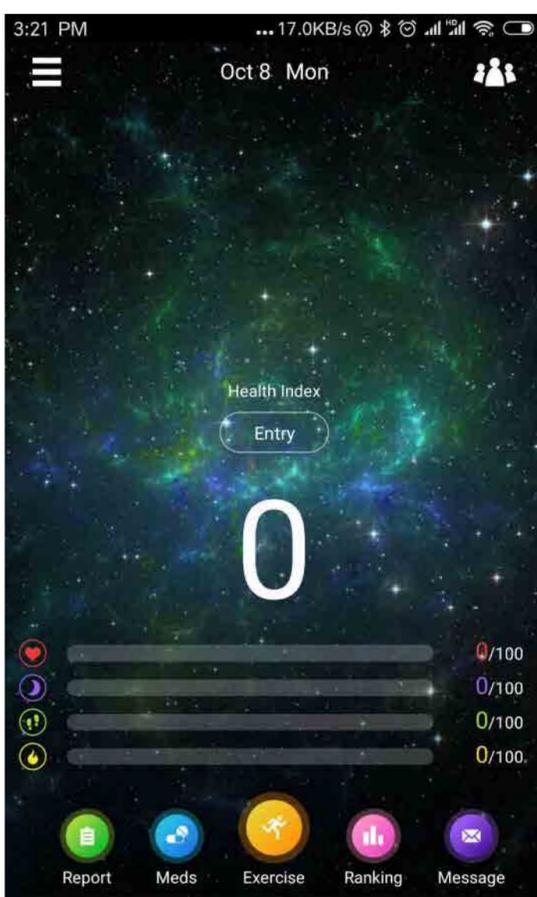
To check the Leap Bluetooth ID code and firmware version:

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



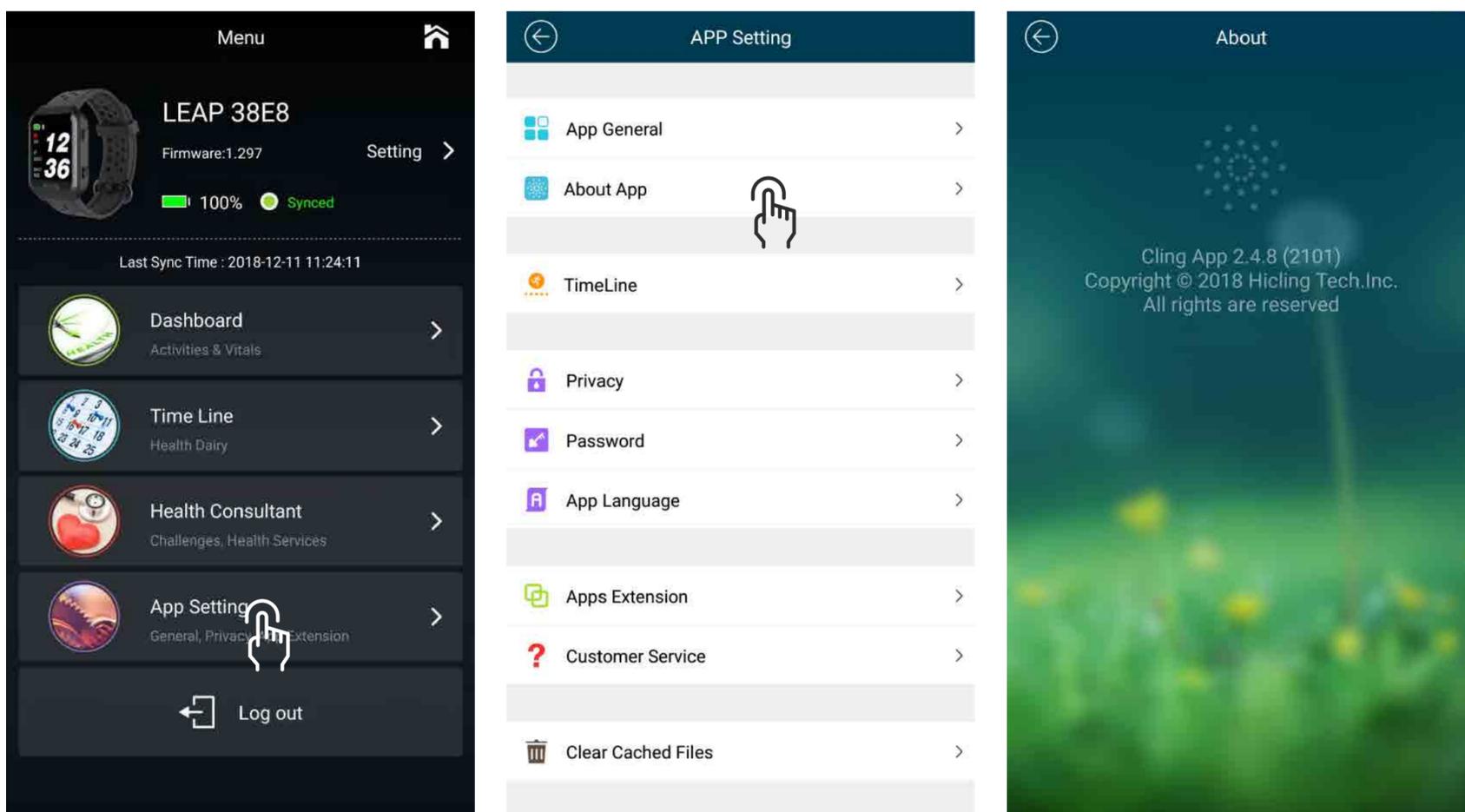
2. How to view your messages in the Cling APP?

Log in to the Cling APP, click on the message (see the highlighted red ring on the first picture). You can view your message and likes. Click on the information icon in the upper right corner (see the highlighted red ring on the third picture) and you will pop up customer service, FAQs, news and blogs.



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

From the menu settings entry, enter about the APP, then you can see the version of the APP.



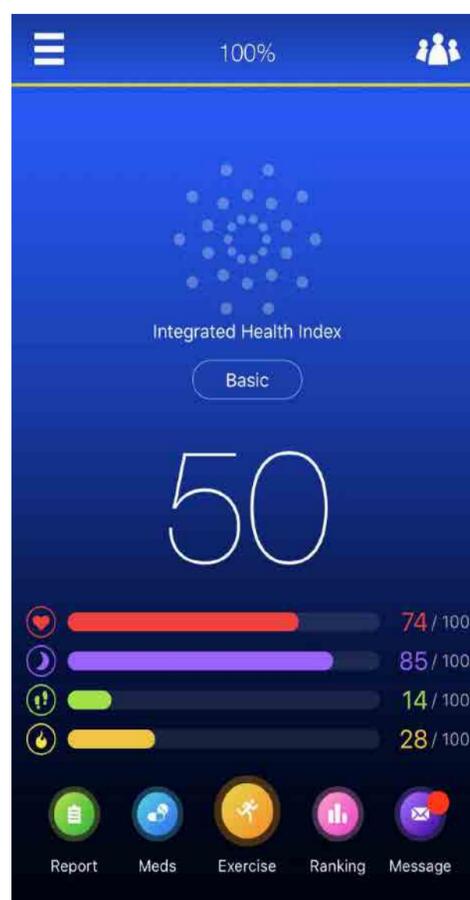
4.How to view “Incoming calls, SMS and WeChat information” on the Leap?

“Incoming Call” When your Leap receives an unknown incoming call, the Leap ring will vibrate and the screen displays the incoming phone number, if the call is already a phone contact person, the Leap ring vibration screen will display with the persons name;

“Smart Reminder” The Leap ring vibration screen is displayed with the text information. You can read the information by touching the screen.

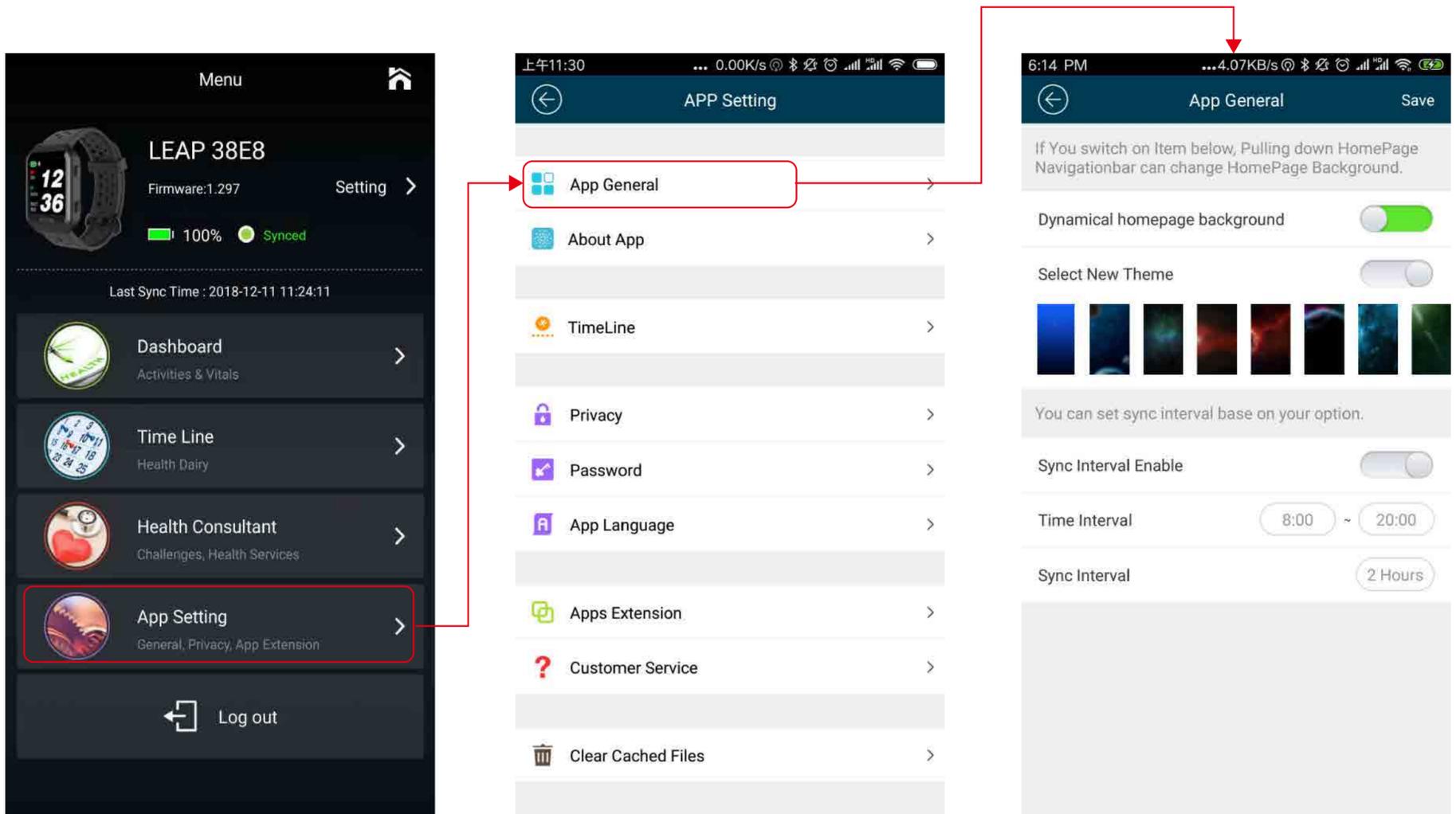
5.How to synchronize the Leap with the Cling APP?

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 below:



② The Cling APP already has the automatic synchronization function setting as follows:

Cling APP “Menu” interface — APP settings – General – “All-Day Sync”, then turn it on. 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 make an “APP Upgrade”?

IOS system: Please go to the APP Store to upgrade.

Android system: Please go to the Google Play store.

