



# HEALTHTRACKER

WITH INFRARED TEMPERATURE DETECTION

**QFV100S**



**Instruction Manual & Warranty Information**



Read Instructions Carefully Before Use



# HEALTH TRACKER

WITH INFRARED TEMPERATURE DETECTION

Model: **QFV100S**

Thank you for  
purchasing this  
Quantum Fit  
Health Tracker.



Please keep this instruction manual  
in a safe place where it is readily available.

*The illustrations in this manual may differ slightly from the product itself.*



WoFit

## BEFORE YOU START

Note: Connect to a smartphone for  
complete functionality.



Download and install the  
WoFit App using the QR  
code, or search 'WoFit'  
on the App Store or  
Google Play.

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## Important Safety Information



Read this section thoroughly before using the product.

Please ensure you observe the safety instructions to avoid accidents, injury, and damage.

### Intended purpose

- The Quantum Fit Health Tracker is intended to record steps, distance and calories burned along with tracking sleep quality, heart rate and temperature patterns using a Bluetooth® connected App.
- This product is **not** a therapeutic device. It is designed for private use. It is not suitable for commercial use, e.g. in medical practices, hospitals or in the medical field. The measurement data is **not** to be used as a basis for medical diagnosis or treatment. Please consult a healthcare professional if you have any concerns.
- This product is **not** intended for use by persons (including children) with limited physical, sensory or mental abilities or lacking experience and/or knowledge, unless they are supervised by a person responsible for their safety or have received and understand the instructions/safety warnings for use of the product from this person in advance.

### Safety Warnings

- Never start weight reduction or exercise therapy solely based on your own judgement. Be sure to follow the instructions of a healthcare professional.
- Keep the product and its components out of reach of children.
- Keep children away from the packaging material.
- **DO NOT** let children play with the product.
- The product is made of Latex free materials. If skin irritation occurs, please discontinue wearing and allow the area to recover. If symptoms persist, please contact a healthcare professional.
- **DO NOT** drop or put heavy objects on the product.
- **DO NOT** allow the product to come into contact with any sharp objects, as this could cause damage to the product.
- **DO NOT** use with medical equipment simultaneously.

## Important Safety Information - *continued*

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- **DO NOT** attempt to open or disassemble the product.
- This product is equipped with a Polymer lithium battery. Failure to follow these instructions could cause the battery to leak acid, become hot, explode, or ignite and cause injury and/or damage.
- **DO NOT** expose to temperatures over 55°C.
- **DO NOT** use or store the product in the following conditions:
  - Near sources of heat, direct sunlight, or high temperature
  - Moist or humid environments
  - Dusty locations
  - Near fire, flammable gas, chemicals, or oxygen rich environments
  - Locations easily subject to vibrations or shock or in a pressurised container
  - In high frequency or strong magnetic field areas - e.g. surgical equipment, MRI, CT, microwave ovens
- If battery leakage occurs and comes into contact with the skin or eyes, immediately rinse with plenty of water and seek medical advice.
- Only charge the product using a suitable 5V/500mA USB charging port.
- The product must only be supplied at safety extra low voltage (SELV) corresponding to the marking on the product/product manual.
- Clean the product with a damp soft cloth and mild detergent if required. **DO NOT** use any harsh chemical cleaning agents. Dry with a soft cloth.
- The photoelectric sensor is a highly sensitive component and can be damaged by hard objects. Over time, the tracker may become sweat stained or have dust attached to it after wearing for a long period of time. A soft cloth should be used to clean regularly.
- This product operates in an unlicensed ISM band at 2.4 GHz. In the event this product is used near other wireless devices such as microwave and wireless LAN, which operate on the same frequency band as this product, there is a possibility that interference may occur. If interference occurs, stop the operation of the other devices, or relocate this product away from other wireless devices before attempting to use it.

## Health Tracker Features

- Bluetooth® Connected Via WoFit App
- Infrared Temperature Detection
- Messages
- Call Alert / Reject Call
- Time Display
- Alarm
- Heart Rate Monitor
- Pedometer
  - Steps
  - Distance
  - Calories
- Sleep Monitor
- 6 Workout Modes
- Sedentary (movement) Reminder
- Stopwatch
- Countdown Timer
- Do Not Disturb Function
- Automatic Lock Screen
- Large Clear Display
- Light Weight and Waterproof IP68

## Package Contents

- 1 x QFV100S Health Tracker
- 1 x Detachable Wrist Band
- 1 x Instruction Manual & Warranty Information

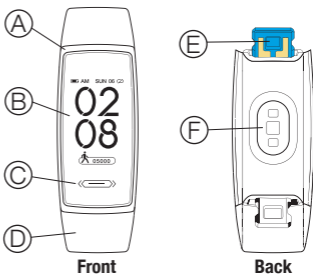
## Health Tracker Components

### Front view:

- A. Main Casing
- B. Display Screen
- C. Touch Button
- D. Detachable Wrist Band

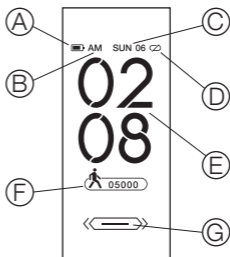
### Back view:

- E. Charging Connector
- F. Light Sensors



## Health Tracker Display

- A. Battery power remaining
- B. AM/PM
- C. Day & Date
- D. Connectivity status
- E. Time
- F. Steps taken today
- G. Touch button



**Note:** Different display designs can be selected by long pressing the touch button and scrolling through the available options.

## Before Using the Health Tracker

- Carefully remove all packaging materials and keep the enclosed documents.
- Keep the packaging, product, and its components out of reach of children. This product contains small parts, which are a choking hazard if swallowed.
- Check the product is intact. **DO NOT** use if broken.
- **Remove the protective film from the screen.**
- Connect the detachable wrist band ensuring to match the wrist band with the battery charging symbol on the underside to the blue USB charger end of the main casing of the watch.
- **Charge the Health Tracker**

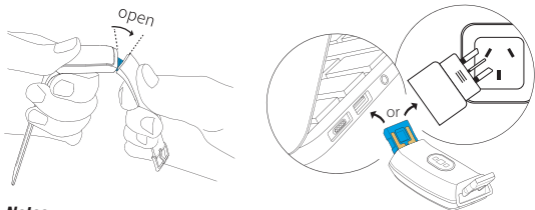
**If any abnormalities are detected, please contact our service centre:**

**In Australia - 1800 807 464**

**In New Zealand - 0800 523 583**

## Charging the Health Tracker

To charge the Health Tracker, remove the straps on both sides, plug the blue connector end into a USB port on a computer/laptop or charging adaptor. Ensure that the metal plates are facing up. The charging icon will appear on the screen.



### Notes:

- Charging time from flat to fully charged is approx. 90 minutes.
- If the charging icon does not appear on the display straight away, please keep plugged in and check after a few minutes.
- The Health Tracker will remain charged for up to 60 days on standby.

## Setting up the Health Tracker

### Connecting the Device

Download the WoFit App and set-up an account according to the guided steps in the App by entering an email address and setting a password.

Continue to set up your personal settings and steps, sleep, and other goals by following the guide in the App.

In the WoFit App, select the **Device icon**  on the top right of the screen > **+** **Add new device** > Find the **'V100S'** in the list.

After successfully connecting the Health Tracker, the infinity symbol  $\infty$  will show on both the App and the screen. V100S will be shown in the Device list.

**Note:** If you have multiple Health Trackers, go to **More** > **About** section on the tracker to reveal the unique device ID.



### Tips

- Make sure the phone's Bluetooth® is turned on.
- Make sure the Health Tracker is turned on and fully charged before using.
- Make sure the Health Tracker is within a 50cm range while connecting with the phone.
- If an Android phone cannot find any device through the App, please check if it allows WoFit to use Bluetooth® in the Phone Permission Settings.

## Using the Health Tracker

- The Health Tracker will automatically track your steps, sleep, heart rate and temperature.
- The Health Tracker will start showing the number of steps taken after 10 continuous steps and sync this data to the App when in close proximity.
- Take the product off during bathing to avoid exposure to hot water.
- The Power Saving Standby Function will be activated after 3 seconds of no activity.
- Swipe the touch button left or right to conveniently scroll through all Modes and view basic data.

**Note:** Sync to the App to show more detailed data. The Health Tracker Device keeps the data of 3 to 5 days in memory, to avoid losing data, it is recommended to connect and sync with the WoFit App every day.

## Health Tracker Modes



### Power On

Hold the touch button for 3 seconds until "Hello World" appears on the screen. The Health Tracker is now on.

### Power Off

Swipe to the **More** category. Hold the touch button for 3 seconds until the green indicator bar on the left decreases and disappears, then swipe to the **Powering off** screen, again hold the touch button for 3 seconds until the green indicator bar on the left decreases and disappears. The screen will go blank and the tracker will vibrate indicating it is now powered off.



### Pedometer

Swipe the touch button to access the step, distance, and calories screen. The screen turns off after 3 seconds if no operation is detected. Further details can be found via the WoFit App.



### Sleep Quality


Swipe the touch button to access the Sleep Quality screen, the Health Tracker displays overall hours of sleep for the previous night as well as a quality rating out of 5 stars. The screen turns off after 3 seconds if no operation is detected. Further details can be found via the WoFit App.

**Note:** *The Health Tracker does not support the detection of an afternoon nap or abnormal sleep patterns such as night work-shift or rest during daylight hours.*

The sleep detection technology is based on acceleration rather than physical body changes. The data is for reference only. Lying still during sleep times may be regarded as sleep time.




### Heart Rate

Automatic detection of Heart Rate needs to be activated via the WoFit App. To do this, go to > **Settings**  > **Device** > **Other** section > **Switch Setting** > **Automatic HR Detect** – make sure that the selector bar is green. The Health Tracker will then begin to monitor the wearer's Heart Rate continuously. After syncing, data will be available on the WoFit App and represented in 10-minute increments.

**Note:** *When monitoring heart rate, the photoelectric sensor on the back of the device must be in contact with the wrist. Wearing the Health Tracker too loose or too tight can affect the data. Heart Rate monitoring is best recorded during rest.*



### Temperature Detection

Automatic detection of temperature needs to be activated via the WoFit App. To do this, go to > **Settings**  > **Device** > **Other** section > **Switch Setting** > **Temperature detection** – make sure that the selector bar is green. The Health Tracker will then begin to monitor the wearer's temperature continuously. After syncing, data will be available on the WoFit App.


**Note:** *When monitoring body temperature, the photoelectric sensor on the back of the device must be in contact with the wrist. Wearing the Health Tracker too loose or too tight can affect the data.*

The detected data is the skin's surface temperature at the measurement location. Due to measurement readings taking place at the wrist via the skin, environmental factors including clothing can influence the temperature measurement readings.



### Messages

Message Push Notifications will appear briefly on the screen when a message is received. Once this disappears, it can be located in the Message page on the Health Tracker. Hold the touch button for 3 seconds until the green indicator bar on the left disappears and you will then be able to scroll through your unread messages.

Please note that the Message Reminder settings must be switched on via the WoFit App. To do this, go to > **Settings**  > **Device** > **Message Reminder** and select the types of messages/calls you would like to receive on your Health Tracker.

**Note:** *Notifications will only display while a solid connection between the Tracker and the phone is present.*



### More

The More category consists of the below functions. Hold the touch button for 3 seconds until the green indicator bar on the left decreases and disappears to enter this menu. Swipe through to view each function.




#### Stopwatch

Activate by holding the touch button for 3 seconds until the green indicator bar on the left decreases and disappears. Short press to pause or restart. Long press for three seconds again to stop and move on.



#### Countdown timer

Activate by holding the touch button for 3 seconds until the green indicator bar on the left decreases and disappears. End measurement by holding the touch button again for 3 seconds until the green indicator bar on the left disappears

Default countdown times can be changed using the WoFit App. To do this, go to > **Settings**  > **Device** > **Tools** > **Countdown** > Select from one of the Shortcut Settings or create your own.

**Note:** *This function must be switched on via the App prior to being visible on the Health Tracker.*



### Find cellphone

Activate by holding the touch button for 3 seconds until the green indicator bar on the left decreases and disappears. Your paired device will then ring on loud.

**Note:** This function must be switched on via the App prior to being visible on the Health Tracker.



### About

Shows the firmware version number of your Health Tracker.



### Powering off

Activate by holding the touch button for 3 seconds until the green indicator bar on the left decreases and disappears.



### Factory reset

Activate by holding the touch button for 3 seconds until the green indicator bar on the left decreases and disappears.

**Note:** Ensure to sync your data before reset so that no information is lost.



### Back homepage

Activate by holding the touch button for 3 seconds until the green indicator bar on the left decreases and disappears. This will take you back to the watch face.

Each feature can be activated by holding the touch button for 3 seconds until the green indicator bar on the left decreases and disappears.



### Workout Mode

The Workout Mode category consists of:

- Run outdoor
- Ride outdoor
- Walk outdoor
- Run indoor
- HIIT (High Intensity Interval Training)
- Plank
- Back homepage

Each feature can be activated by holding the touch button for 3 seconds until the green indicator bar on the left decreases and disappears.

Additional Features can be controlled via the WoFit App.



### Call Notification

The Health Tracker will notify you with a vibration and notification on the screen when you have an incoming call. Short press the touch button to mute, long press to reject the call.

**Note:** This function can be switched on or off via the WoFit App. To do this, go to > **Settings**  > **Device** > **Message Reminder** and select the types of calls / messages you would like to receive on your Health Tracker.

**Note:** Notifications will only occur while a solid connection between the Tracker and the phone is present.



### Alarm

Multiple alarms can be set and controlled via the WoFit App. To do this, go to **Settings**  > **Device** > **Tools** > **Alarm**.




### Time

The time is automatically adjusted when connected to a smartphone.



### Sedentary Movement Reminder

This function can be switched on or off via the WoFit App. To do this, go to > **Settings**  > **Device** > **Sedentary Movement Reminder**. Here, you can set a time value for the reminder and the times of the day the reminder is active. When the Health Tracker detects that the user has remained still for the set time period, the Health Tracker will vibrate to remind the user to move around.

## Maintenance

The Health Tracker has been tested to a waterproof rating of IP68. This means that it can be used for swimming, surfing, washing hands, taking a cold shower, rainy days and other normal everyday occurrences.

Waterproof value can be affected by exposure to hot water such as baths, spas and hot showers, bumps and knocks, dropping the Tracker, exposure to soapy water, shower gel, detergent, perfume, lotion, oil etc. The Waterproof efficacy may reduce over time. Water damage is not covered by the manufacturer warranty.


## Cleaning

- Clean the product with a damp soft cloth and mild detergent if required. Dry with a soft cloth.
- **DO NOT** use any harsh chemical cleaning agents.

## Storage

- Wipe away any dirt and dust from the product.
- Store in a safe cool dry place, away from children as per Safety Warnings.
- **DO NOT** place any heavy objects on the product.

## Troubleshooting

Problem	Possible Cause	Solution
The low battery symbol  appears on the screen.	This is the low battery indicator.	Charge the product.
The product won't sync with the App	The device's Bluetooth® is not on.	Turn on Bluetooth® on the device.
	The device cannot locate the Health Tracker.	Go to the device Bluetooth® settings. Find V100S and "Forget this device" then reconnect.
	Memory of another connection.	Reset to factory settings by swiping to the <b>More</b> category > Hold for 3 seconds > swipe to Factory reset > Hold for 3 seconds until the product resets.
The product won't turn on/ nothing is displayed on the screen.	The battery has run out of power.	Charge the product.
	This is normal. The product is in standby mode.	Touch the touch button to reactivate.

Problem	Possible Cause	Solution
<b>The displayed values seem incorrect.</b>	The values during product set-up were incorrect.	Check all the settings are correct in the WoFit App
	If the product moves irregularly; moving at an inconsistent pace; up and down movement or vibrations from a moving vehicle.	Ensure movement is smooth and even.
<b>The product is resetting to zero automatically overnight.</b>	This is normal.	The product resets to zero at midnight.
<b>The product is not counting my first few steps.</b>	This is an error prevention feature.	Once you take your 11th step, your steps will be counted.



Scan the QR code to access how to and Troubleshooting videos online.

If the problem is not solved by the troubleshooting guide, via the FAQs in the WoFit App, or you have any queries, please contact our service centre:

**In Australia - 1800 807 464**

**In New Zealand - 0800 523 583**

**DO NOT** attempt to open or repair the product yourself.



### PRODUCT WARRANTY

**Please register your warranty information at:**

**AUS – [www.jadavey.com.au](http://www.jadavey.com.au)**

**NZ – [www.jadavey.co.nz](http://www.jadavey.co.nz)**

This Quantum Fit product is warranted to be free of manufacturing defects for 1 year from the date of purchase\*. This warranty is void if the product is modified or altered is subject to misuse or abuse, damaged in transit or lack of responsible care, is dropped, if damage occurs by reason of failure to follow the written instruction booklet, or if product repairs are carried out without authority from J.A. Davey Pty Ltd.

We will repair, or at our option replace free of charge, any parts necessary to correct material or workmanship, or replace the entire product and return to you during the period of the warranty. Otherwise, we will quote for any repair which will be carried out on acceptance of our quotation. The benefits conferred by this warranty are in addition to all other rights and remedies in respect of the product, which the consumer has under the trade practices act and other state or territory laws in Australia and New Zealand.

Our goods come with guarantees that cannot be excluded under Australian and New Zealand Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

### **BEFORE YOU SEND IN YOUR UNIT FOR SERVICE**

Before sending in your unit for service, please take a few minutes to do the following:

- In your instruction manual, read the troubleshooting section that describes common errors, their cause and remedies. Product instruction manuals can be downloaded online.
- Contact Quantum Fit customer service. Our staff are trained to assist you with most issues you may have experienced, without the need to send your product in for service.

### **PLEASE CALL OUR TOLL FREE NUMBER:**

#### **IN AUSTRALIA:**

Free call: 1800 807 464

#### **IN NEW ZEALAND:**

Free call: 0800 523 583

### **SENDING IN YOUR UNIT FOR SERVICE**

1. Should repair be needed within the warranty period, enclose the cut-out section of the warranty form and your proof of purchase receipt. Please ensure all relevant details are completed before sending your product in for service. Please ensure your contact details are still current and include a brief description of the problem you are experiencing together with your purchase receipt.
2. Include the product with all components in your package. This is extremely important, so our repair technicians can make the correct diagnosis with any problems.
3. Please return the product and warranty form at your cost to:

#### **IN AUSTRALIA**

J.A.Davey Pty Ltd  
Quantum Fit Repairs  
PO Box 84  
Port Melbourne  
Victoria, Australia 3207

#### **IN NEW ZEALAND**

BV Medical  
Quantum Fit Repairs  
Unit 7, 110 Mays Road  
Onehunga  
Auckland, New Zealand 1061

**Note:** *We recommend that you sync your current data prior to sending in for repair, as data may be lost during the repair process.*

# Warranty Form

**PLEASE RETAIN THIS WARRANTY FORM.  
RETURN THIS PORTION ONLY WHEN YOU RETURN YOUR PRODUCT  
FOR REPAIR UNDER WARRANTY.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_ DAYTIME PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

MODEL: \_\_\_\_\_ DATE OF PURCHASE:    /    /

## **PLEASE ATTACH PROOF OF PURCHASE**

RETAILER'S NAME: \_\_\_\_\_

RETAILER'S ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_

BRIEF DESCRIPTION OF PROBLEM YOU ARE EXPERIENCING: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_







\_\_\_\_\_

**WARRANTY IS VOID UNLESS THE ABOVE INFORMATION IS COMPLETED AND CORRECT.**



## Technical Data

<b>Product Name</b>	<b>Quantum Fit Health Tracker</b>
<b>Model Number</b>	QFV100S
<b>IP Rating</b>	IP68 - Suitable for daily use, water resistant up to 1.5 meters
<b>CPU</b>	REALTEK8762CK
<b>G-Sensor</b>	STK8321
<b>HR Sensor</b>	VCAREVC31
<b>Data Transmission</b>	Bluetooth® 5.0
<b>Bluetooth® Profiles Supported</b>	HSP, HFP, A2DP, AVRCP
<b>Operating Range</b>	Up to 10 meters
<b>Frequency Range</b>	2.4GHz-2.48GHz
<b>Memory</b>	160Kb RAM + 64Mb ROM
<b>Battery</b>	150mAh Li-polymer
<b>Charging Time</b>	Approx. 1.5 hours
<b>Standby Time</b>	Up to 60 days (continuous use)
<b>Charging Port</b>	USB
<b>Input</b>	5V / 100mA
<b>Display</b>	1.14" IPS screen

<b>Resolution</b>	135*240
<b>Minimum System Requirements</b>	Android 4.4 or above, iOS 9.0 or above
<b>Operating Conditions</b>	 Temperature: 0°C - 40°C  Humidity: ≤70% RH (non-condensing)  Atmospheric Pressure: 860hPa-1060hPa
<b>Storage/Transport Conditions</b>	 Temperature: -10°C - 55°C  Humidity: ≤90% RH (non-condensing)  Atmospheric Pressure: 860hPa - 1060hPa
<b>Dimensions</b>	43mm x 21mm x 11mm (main body only, out of packaging)
<b>Weight (out of packaging)</b>	Approx. 26.8g (main body)
	Approx. 61g (all components)
<b>Materials</b>	TPU, Environmental Plastic, TFT Screen
<b>Contents</b>	Health Tracker, Detachable Wrist Band, Instruction Manual and Warranty Information.





QFV100S

# HEALTHTRACKER

WITH INFRARED TEMPERATURE DETECTION

**Should you require any further information  
please do not hesitate to contact us.**

## IN AUSTRALIA:

J.A.DAVEY PTY LTD

Telephone: 1800 807 464

Website: [www.jadavey.com.au](http://www.jadavey.com.au)

## IN NEW ZEALAND:

J.A.DAVEY LTD

C/- Healthcare Logistics

Telephone: 0800 523 583

Website: [www.jadavey.co.nz](http://www.jadavey.co.nz)

Made in China

## Disposal

At the end of its life, please treat this product as electronic waste and dispose of responsibly according to current local regulations.



The Bluetooth® word mark is a registered trademark owned by Bluetooth SIG, Inc. Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc. iOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license. Android, Google Play and the Google Play logo are trademarks of Google LLC.

V11/20