



**FCC ID: RID-HR50**

**Globalsat HR-50 / HR-50B / HR-50N**

**Optical Heart Rate Fitness Band**

## **User Manual**



## The Federal Communication Commission Statement

This equipment has been tested and found to comply with the limits for a Class B Digital Device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instruction, may cause harmful interference to radio communication. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of more of the following measures: -

- **Reorient or relocate the receiving antenna.**
- **Increase the separation between the equipment and receiver.**
- **Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.**
- **Consult the dealer or an experienced Radio/TV technician for help.**

Use only shielded cables to connect I/O devices to this equipment. You are cautioned that change or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

THIS DEVICE COMPLIES WITH PART 15 OF FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:

- 1 This device may not cause harmful interference and
- 2 This device must accept any interference received, including interference that may cause undesired operation.

**The antenna used for this transmitter must not be collocated or operation in conjunction with any other antenna or transmitter.**

Notice : The changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

IMPORTANT NOTE: To comply with the FCC RF exposure compliance requirements, no change to the antenna or the device is permitted. Any change to the antenna or the device could result in the device exceeding the RF exposure requirements and void user's authority to operate the device.

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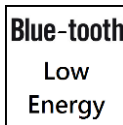

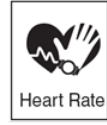
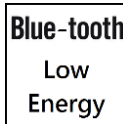






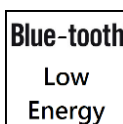



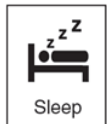

# 1. Introduction

## 1.1 Product description

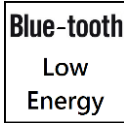

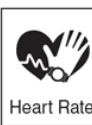
HR-50 / HR-50 B/ HR-50N is a heart rate monitor device with activity tracking function (B/N model). You can know your heart rate when heart rate function is working(all model). Besides, HR-50 B/ HR-50N also records your daily steps, calories and sleep pattern. By connecting to the APP, you can check your heart rate status(all model) and daily activity information (B/N model). We believe HR-50/B/N would be your best sport and activity tracking (B/N model) fitness band.






## 1.2 Features

Features with different model:

HR-50	  
HR-50B	      
HR-50N	     

Feature description:

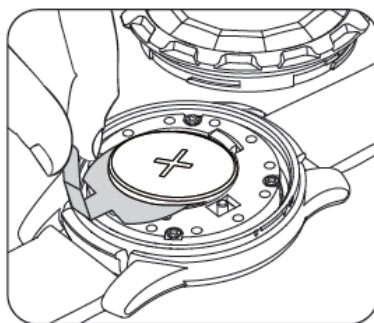
	Utilizing wireless Blue-tooth low energy technology for smart phone connection and data transfer.
	APP could be downloaded to your smart phone.
	Optical heart rate monitor could be used to measure your heart rate.

 <p>Step</p>	<p>Built-in pedometer counts your daily steps.</p>
 <p>Calorie</p>	<p>Built-in calorie calculator to count your daily calorie.</p>
 <p>Sleep</p>	<p>Sleep quality monitor can track and record your sleep pattern.</p>
 <p>Time</p>	<p>Show time of day.</p>
 <p>NFC NFC</p>	<p>NFC tag for identification recognition.</p>

## 2. Getting Started with Your HR-50 / HR-50 B/ HR-50N

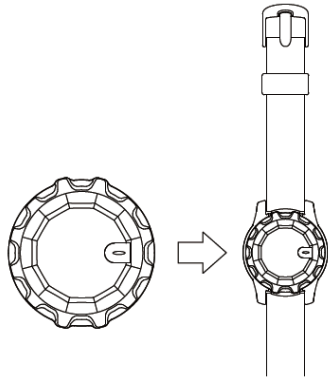
### 2.1 First Time Use

Please take out the battery insulation film to enable HR-50 / HR-50 B/ HR-50N before first time use.

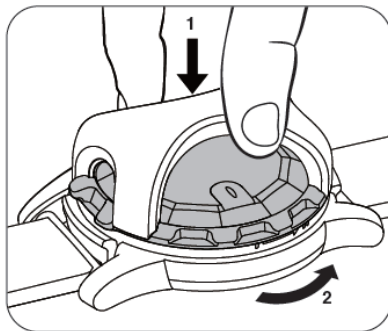


## 2.2 Battery Change Method

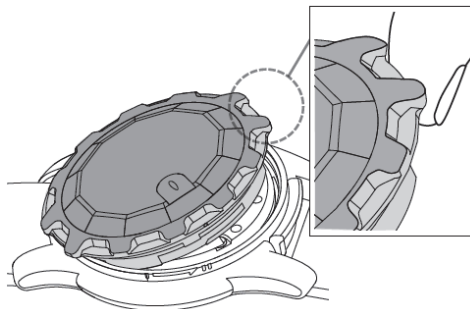
2.2.1 Put HR-50/B/N main device into device holder.



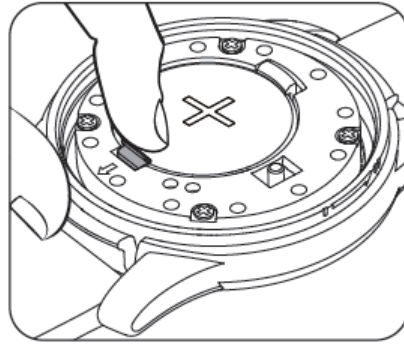
2.2.2 Open top case by using the attached top case opener and rotate top case in counterclockwise direction for about 15 degree.



2.2.3 Lift top case by your hand. Please note that you could lift the top case easier by lifting the 12 or 6 o'clock direction tooth.

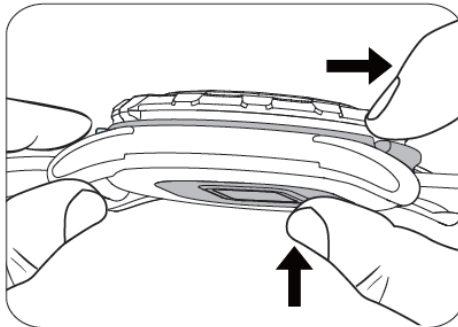


2.2.4 Open the battery latch and you could change a new battery.



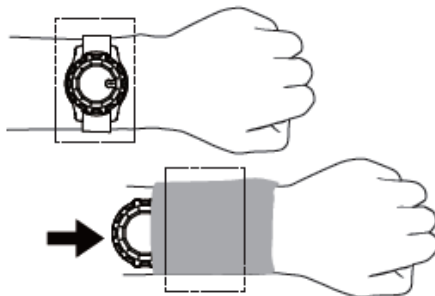
### 2.3 Take HR-50/B/N Out from Device Holder

You could take HR-50/B/N out from device holder by bending the latch of device holder (in 6 or 12 o'clock direction) and push HR-50/B/N from its back at the same time.



### 2.4 Wear HR-50/B/N on Your Wrist

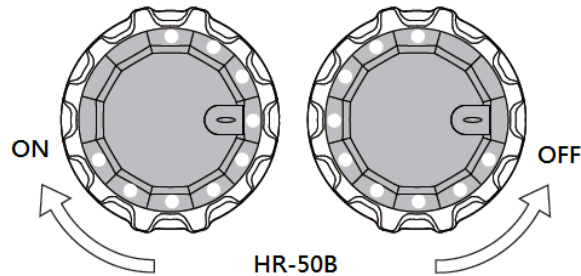
Please note that it is suggested to wear HR-50/B/N in below recommended part on your wrist. By the way, you could also take out HR-50/B/N from its holder and wear HR-50/B/N by using your own wrist sleeve.



## 2.5 Trigger Your Device

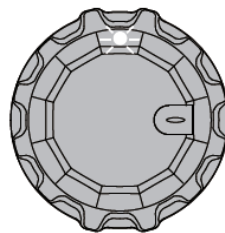
### 2.5.1 For HR-50B

Press button for 3 seconds to turn on (off) HR-50B heart rate function and LED will light in clockwise (counterclockwise) direction.



### 2.5.2 For HR-50 & HR-50N

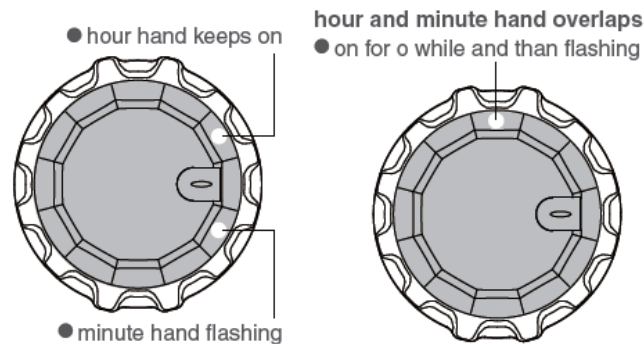
Press button for 3 seconds to turn on (off) heart rate function and 12 o'clock LED will flash.



## 2.6 Show Time of Day

### 2.6.1 For HR-50B

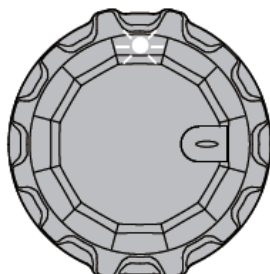
When you click the button of HR-50B, LED will show current time of day with hour hand keeps on and minute hand flashing. If hour and minute hand overlaps, LED will be on for a while and then flashing.





## 2.7 Low Power Indication

When HR-50/B/N is going to run out of battery, LED in 12 o'clock direction will be flashing. This is a reminder for user to replace a new battery. Please note that when battery is low, heart rate / time / APP data transfer function will be off. However, step / calorie / sleep function will still be working until HR-50/B/N runs out of battery.



## 2.8 System Reset

### 2.8.1 For HR-50B & HR-50N

Please make sure that the heart rate function your HR-50B & HR-50N is off before doing factory reset. Then, long press button for 12 seconds to do system reset.

## 3. Getting Started with Your APP

PS: Please note that this APP only supports HR-50 & HR-50B

### 3.1 APP installation

Please go to APP store and search “globalsat HR-50”.  
APP



Then, install the

on your mobile device. (for iPad user, please search iPhone app)

Or scan QR code :



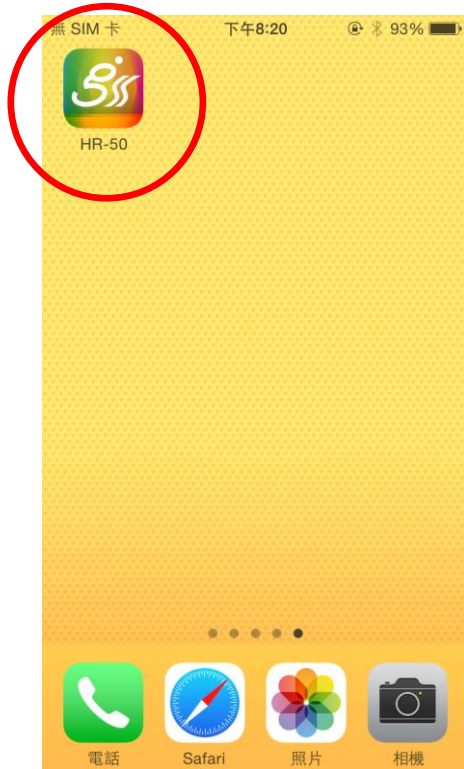
### 3.2 Start your App

Step 1: Place your HR-50/B near your mobile device.

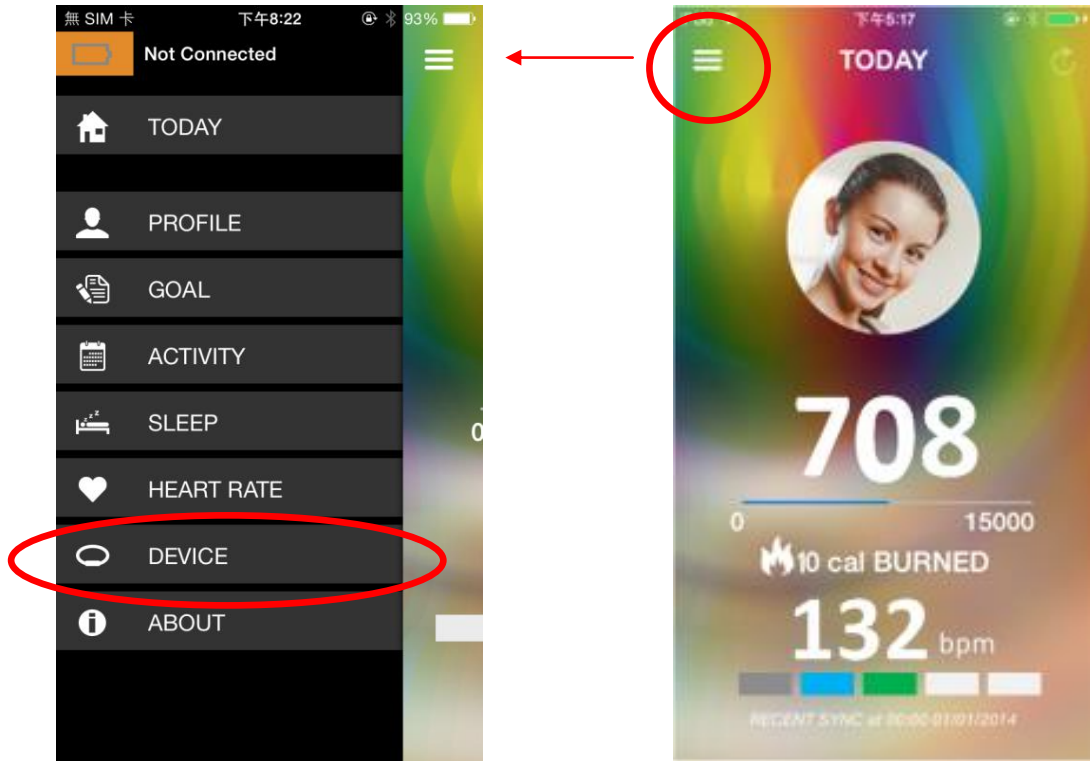
Step 2: Look for HR-50 icon



in your mobile device, and then click to open the HR-50 APP.

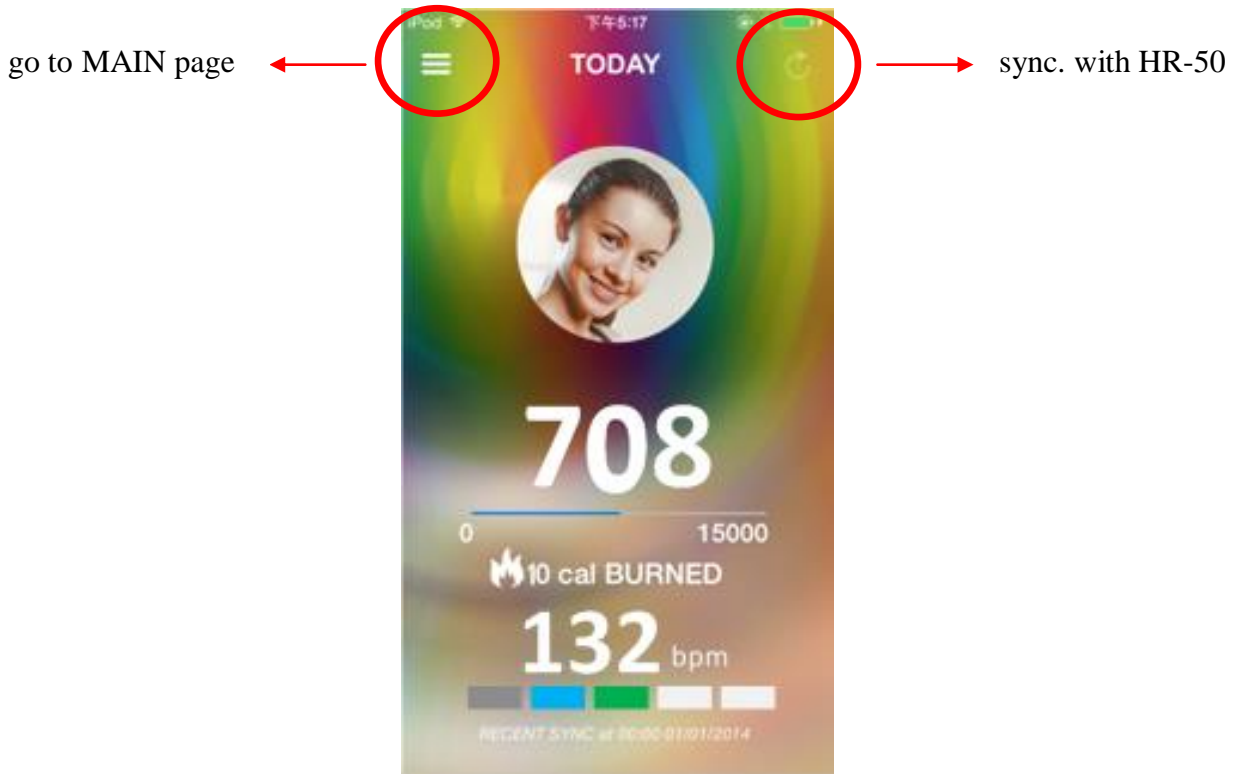


PS: If this is your first time use, please go to DEVICE page. Then, follow steps described in DEVICE page to do the pairing process. When you successfully pair your HR-50/B with HR-50 APP, you can start to use them.



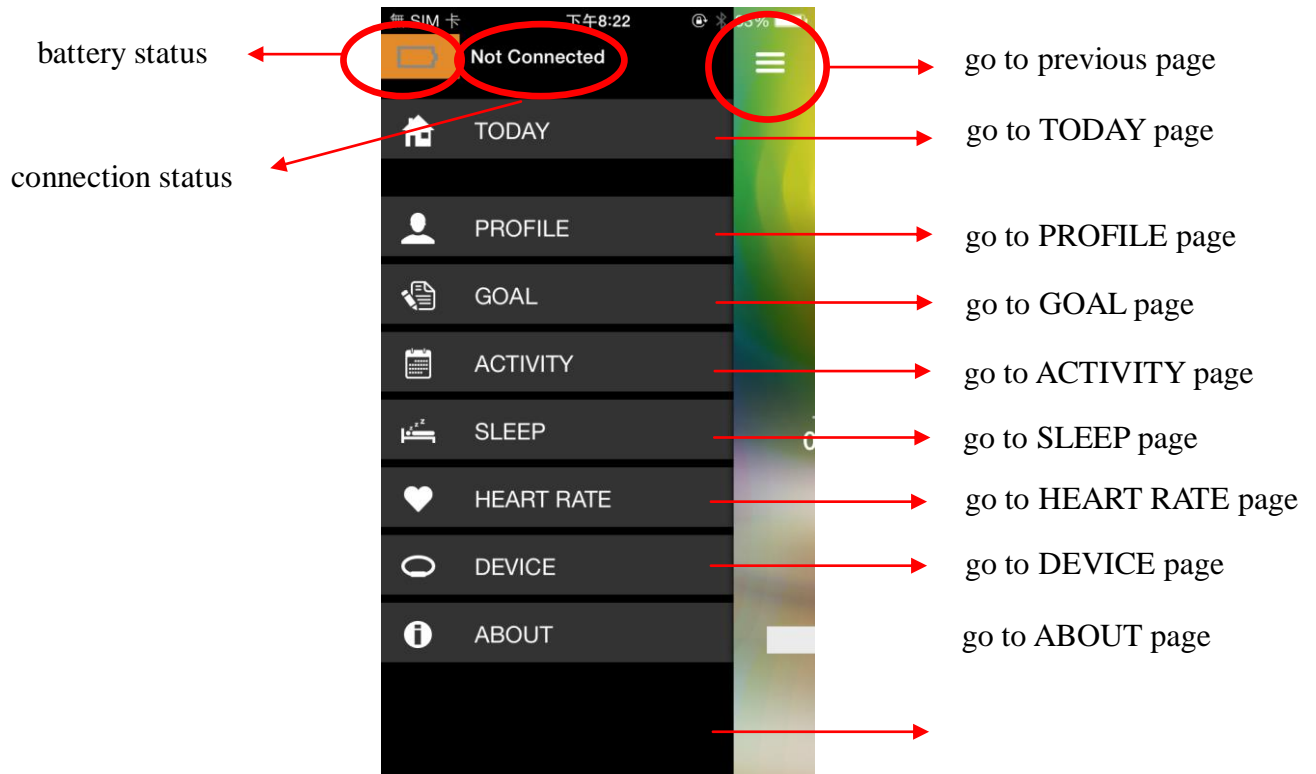
### 3.3 TODAY page:

When you run HR-50 APP, you will enter TODAY page and HR-50 APP will synchronize with your HR-50/B automatically. Then, you can check today's steps, calories burned and current heart rate. You can synchronize your HR-50/B with HR-50 APP by pressing the sync. icon on upper-right of TODAY page.



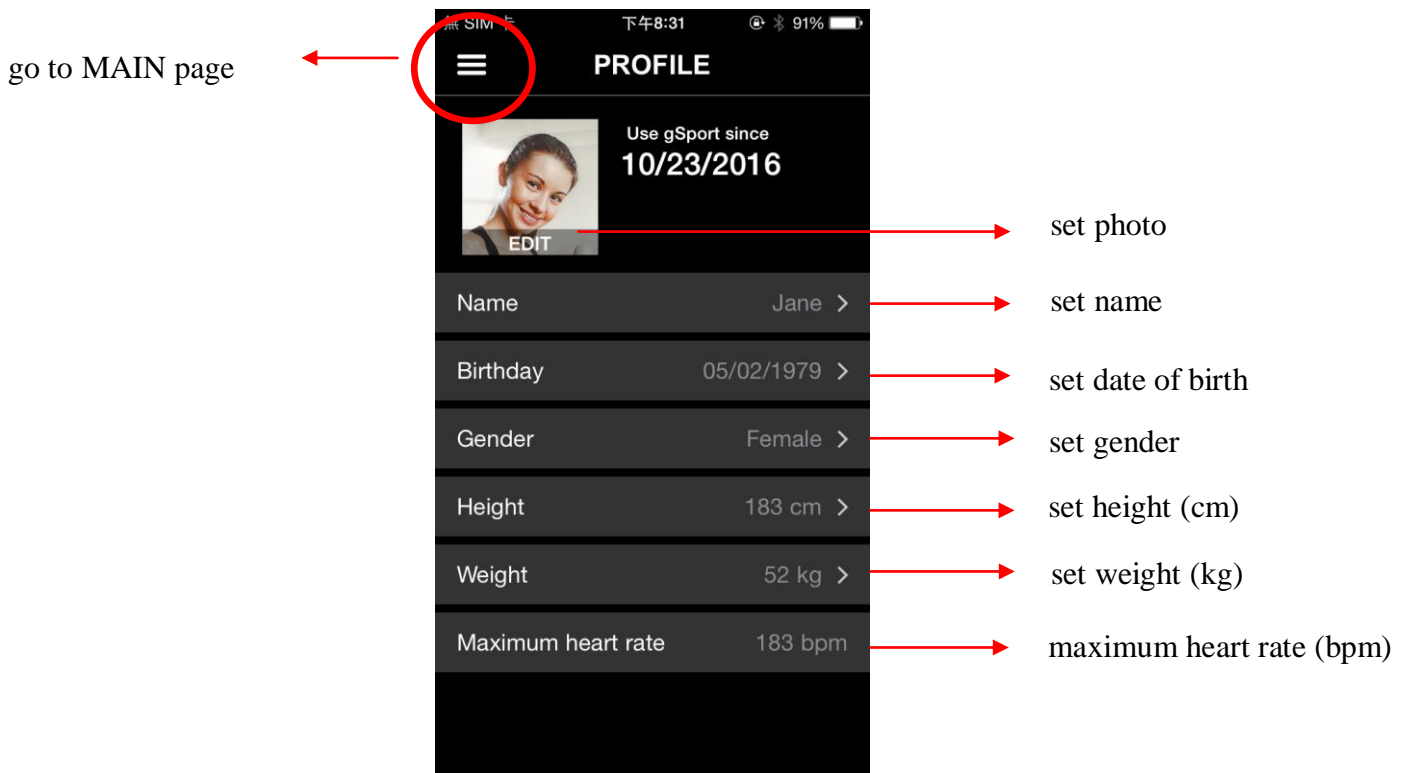
### 3.4 MAIN page:

You can go to different functions of HR-50 APP in this MAIN page. Besides, you can also check you battery and connection status in MAIN page.



### 3.5 PROFILE page:

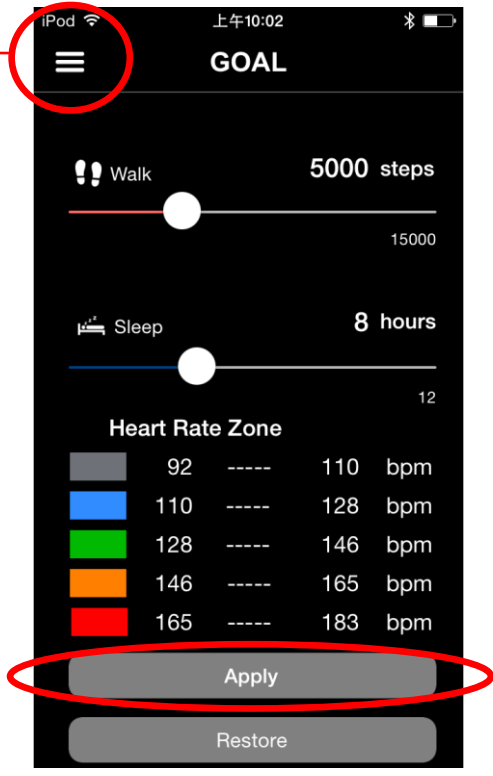
You can set your personal profile in PROFILE page.



### 3.6 GOAL page:

You can set your daily goal of steps and sleep hours in GOAL page. Please press “Apply” button when you finish setting your daily goal. Besides, HR-50 APP will show your heart rate intensity zone.

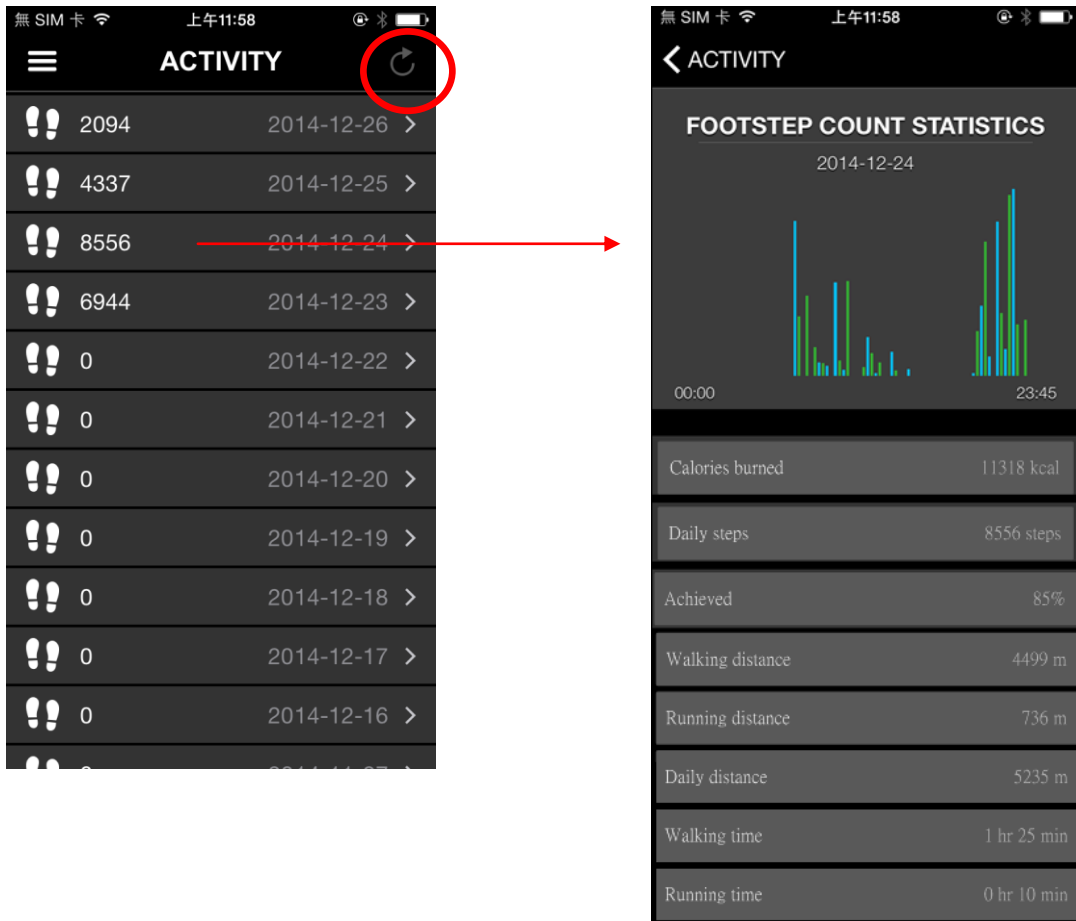
go to MAIN page



### 3.7 ACTIVITY page:

(1) Load record: By pressing the synchronization button on the upper-right of ACTIVITY page, you can load activity record from HR-50 to HR-50 APP.

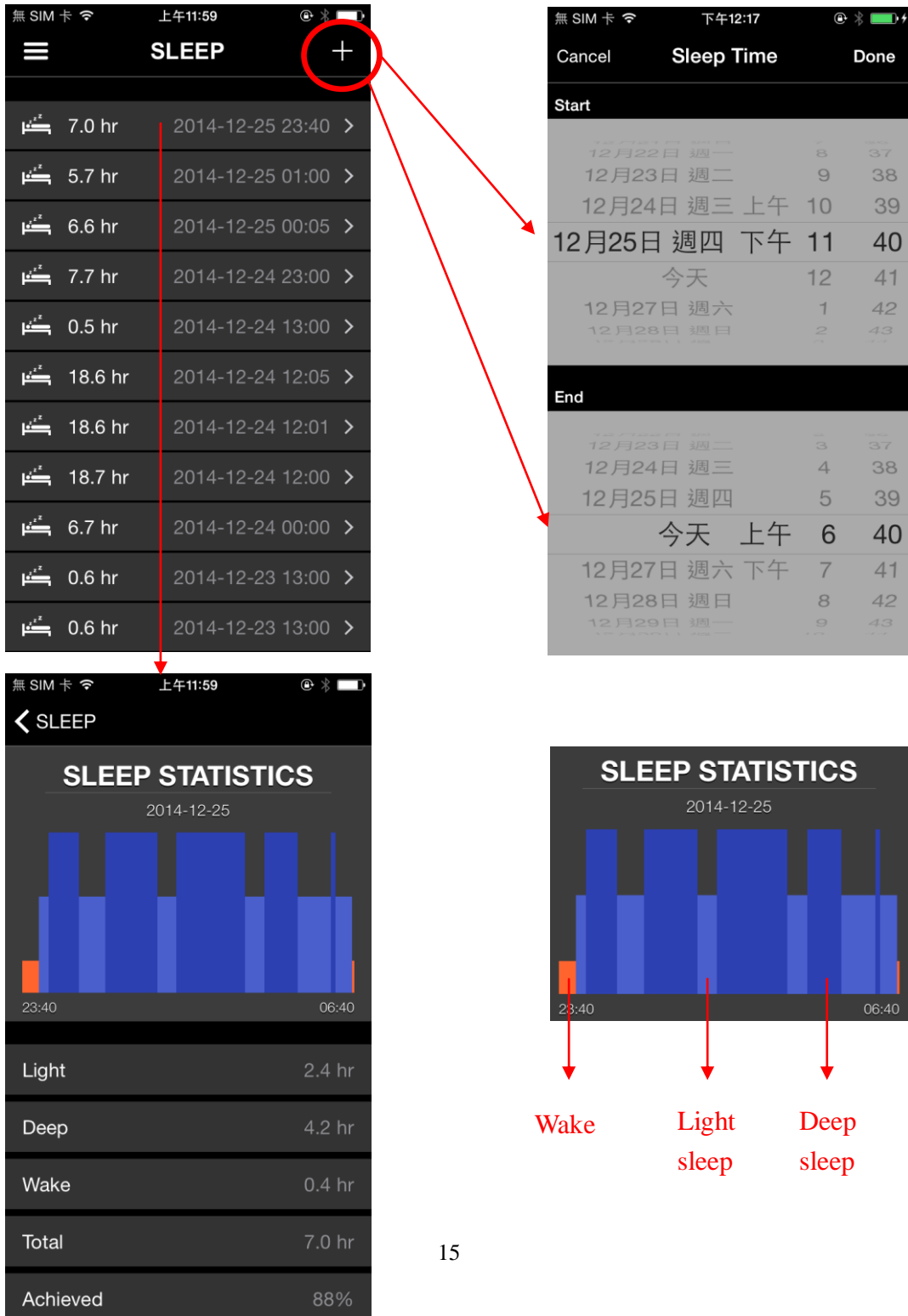
(2) Review record: You can check your daily steps record in ACTIVITY page. When you select a specific daily step date, you can view your steps bar chart, total steps, calorie burned, goal achieved, walking/running/total distance and walking/running time on that date.



### 3.8 SLEEP page:

(1) Load record: Your sleep record will show up automatically once you load your activity data. However, if you want to assign you start/end time of sleep, please press the add button on the upper-right of SLEEP page and choose the start/end time of your sleep duration. Then, you can load your assigned sleep record.

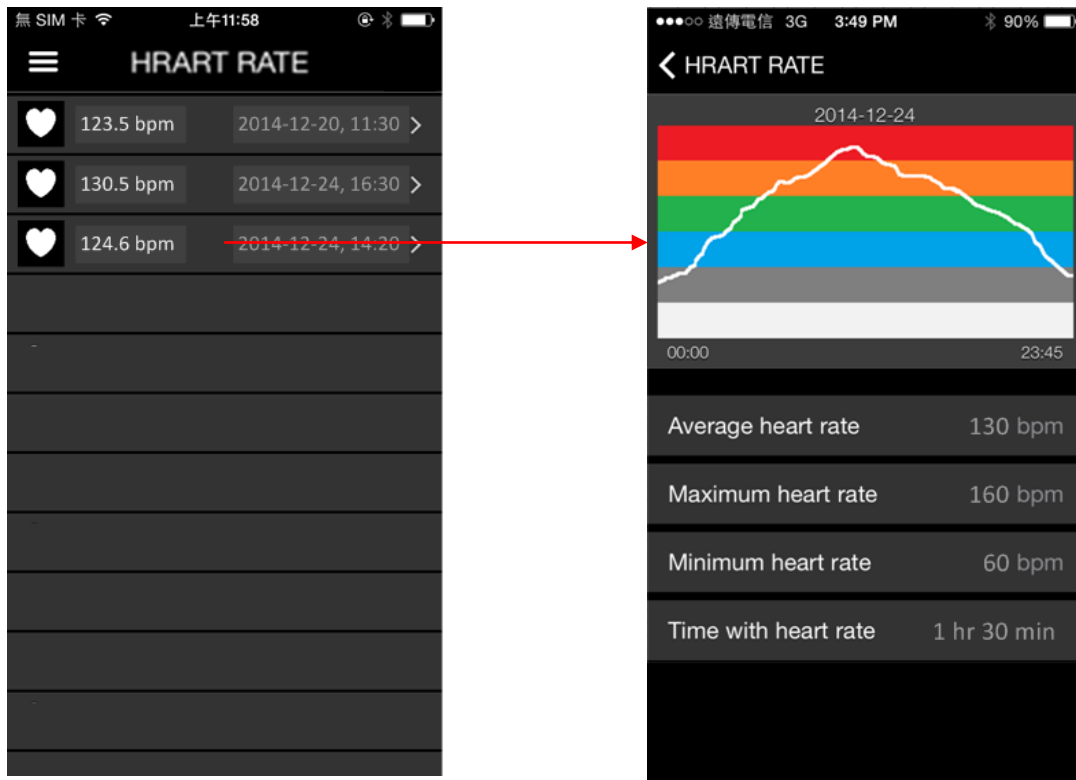
(2) Review record: You can check your daily sleep record in SLEEP page. When you select a specific sleep date, you can view your sleep record about light sleep, deep sleep, wake, total sleep hours and goal achieved on that date.





### 3.9 HEART RATE page:

You can check your heart rate status during your exercise by entering this HEART RATE page. This page will show you your heart rate zone, average heart rate, Max./Min. heart rate and total time span between you turn on/off your heart rate.



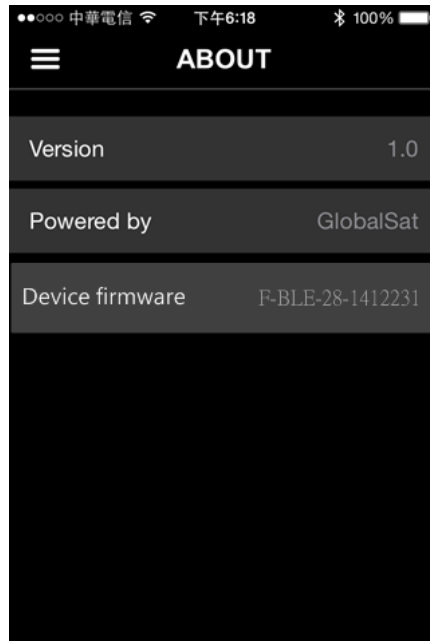
### 3.10 DEVICE page:

You can pair your HR-50/B with HR-50 APP in DEVICE page. Press the icon in upper-right of DEVICE page and HR-50 APP will start to search HR-50/B device. When your HR-50/B is found, please tap the device shown. Then, there will be a pop-up message asking to connect with your HR-50/B. Please press OK and you can connect your HR-50/B with HR-50 APP.



### 3.11 ABOUT page:

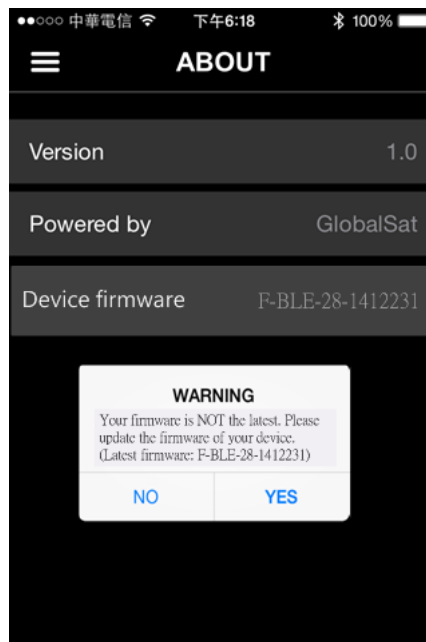
You can view your HR-50 APP version and HR-50/B device firmware version in ABOUT page.



## 4. Firmware Upgrade

### 4.1 Firmware upgrade notification

Please note that if HR-50/B device firmware is not the latest. There will be a pop-up message showing up in ABOUT page reminding you to upgrade your HR-50/B device firmware.



## 4.2 Firmware upgrade steps

Press YES when there is pop-up message showing up to remind you to upgrade your HR-50/B device firmware. Then, the latest HR-50/B firmware will be downloaded from HR-50 APP to HR-50/B device. After the downloading process finishes, please make sure to press OK at the message showing firmware transfer completed. Then, your HR-50/B device will have the latest firmware.

