User Manual

I. Structure Description
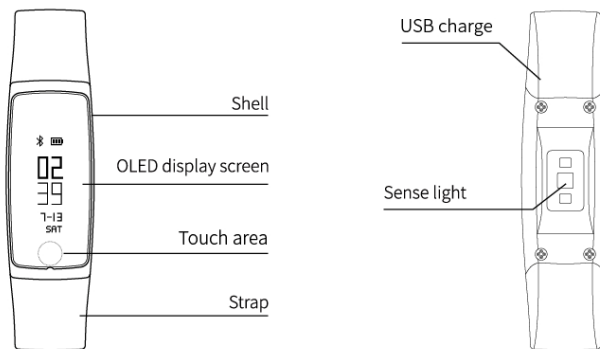
Shell

OLED display screen

Touch area

Strap

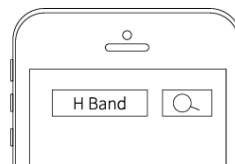USB charge

Sense light

II. Packing List

1. Wristband ×1   2. Gift box ×1   3.User Manual ×1

III. Getting Started

★ App Installation

Scan QR code download

H Band

For iPhone users, search "H Band" in App Store and download the app.

For Android phone users, search "H Band" in Google Play Store or other app download center, then start downloading.

★ Bluetooth Connection

Step 1. Turn on the Bluetooth on your phone.

Step 2. Open "H Band" app, enter "Setting" interface. Then tap "Device" menu to enter "Device Connection" interface.

Step 3. Tap corresponding device name to connect the device. If the device still cannot be found, please swipe down to refresh the list.
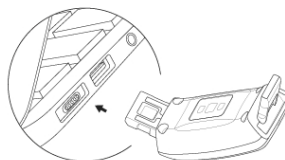
Notice: For Android phone users, you may need to input default password "0000" to finish Bluetooth connection during the process.

★ Please make sure wristband is not out of battery when use it for the first time. It will not be able to start if battery is too low, please charge it by insert the wristband USB connector to USB port from computer or USB charger. Then it will start automatically. (Tips: Please remove the strap with the bending direction itself, otherwise you may break off the charging plug.)

Charge Voltage: 5V   Charge Current: 300mA-2000mAh   Charge Time: 80 Minutes
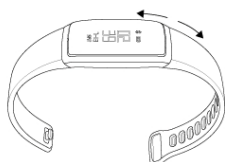
Instruction for remove the strap   Charging Method

IV. Function Introduction
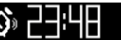
1. Time & Date Display

2. Sport blood pressure Monitor

3. Heart Rate Monitor

4. Movement Monitor (steps, distance, calories)

5. Sleep Monitor

6. Arrhythmia alert

7. Alarm Function

8. Notification of incoming calls and message

9. Message push (option)

10. Outsit alert

V. Touch Button & Display Screen Introduction

1. Power-on: Long press touch area for 5 seconds, then wristband will enter time display interface . After powering on, you can also short press the touch button to switch for different modes.

2. Blood pressure mode : blood pressure test will begin within 1 second after entering blood pressure mode. The test result wil be shown on display screen.

3. Heart rate mode : heart rate test will begin within 1 second after entering heart rate mode. The test result will be shown on display screen.

4. Pedometer mode 22398 Step : display current steps

5. Distance mode 13.8 KM : display current distance

6. Calories mode 138 Kcal : display calories burned

7. Sleep mode 13.8h : display sleep data

8. Arrhythmia alert ♥↑ : when heart rate abnormal detected, wristband will remind you with vibration.

9. Outsit alert : According to APP settings, display interface and vibration for outsit alert.

10. Power-off ⏻ : Switch to power-off interface, long press touch area for 5S.

11. Smart Notifications

   1)Alarm: 23:48   2) Incoming Calls:

   3) Message Push:

12. Display method switch： long press touch area 5S, switch display method.

13. Two UI display methods: Horizontal SAT 22:48 7-13 Vertical 239 7-13 SAT

14. Long press touch area 6S with sleep interface, the wristband password will restore to defalut with vibration.

VI. Important Notice

1. We suggest that you use 500mA current to charge wristband.

2. Please make sure heart rate sensor protector is removed before use.

3. The wristband USB connector may have water stains, please make sure to wipe it clean before charging.

4. When using wristband to measure your data (e.g. heart rate), please note that the time needed for measuring data may differ depending on different cases.

5. The app may quit occasionally or Bluetooth connection may intermittently cuts out. If it occurs, please try to restart your wristband or re-install the app.

6. When Bluetooth disconnected, wristband will automatically search for Bluetooth within 20 minutes.

7. When use wristband for the first time, wristband will start data modeling, so the data measured might be inaccurate at this time. Please keep wearing wristband for about 24-48 hours, so wristband can work more accurate. Please keep wearing it day by day to get a more accurate data.

8. In order to ensure data accuracy, after entering the blood pressure test mode, you need relax, make the device same level with your heart and keep silence.

Tips: This function is reference only for provides blood pressure before and after sport, not for medical purposes and not suitable for hypertension patients!
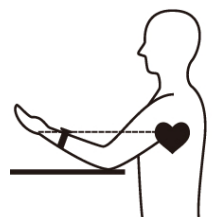
VII. FAQ

Q1: I can't find wristband when I try to pair it with my phone. How to fix this?
A: (1) Please make sure the Bluetooth on your phone has been switched on, and keep wristband and your phone within 0.5 meter. After pairing Bluetooth successfully, the Bluetooth communication range is less than 10 meters.
(2) Please check if the battery of wristband is running low.

Q2: The Bluetooth connection between wristband and my phone has been cut off occasionally. Why and how to fix this?
A: The Bluetooth on some phones might not be working normally when you try to switch it on. If this occurs, please try to re-open the Bluetooth or restart your phone to solve this problem.

VIII. Basic parameters

CPU:	Nordic nRF51822
sensor:	KXTJ2-1009 PD70-01C-TR7
Weight:	19.5g
Data transmission:	Bluetooth 4.0
Battery type:	Polymer lithium battery
Battery capacity:	80mAh
Charge Voltage:	5V
Charge Current:	100mA-2A
Working temperature:	-10～45℃
Waterproof :	Yes(Life waterproof)

Device Requirement

Android 4.4 and above，Bluetooth 4.0
iPhone 4S and above，iOS 8.0 and above

FCC 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 instructions, may cause harmful interference to radio communications. 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 or 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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment complies with Part 15 of the 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.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.