

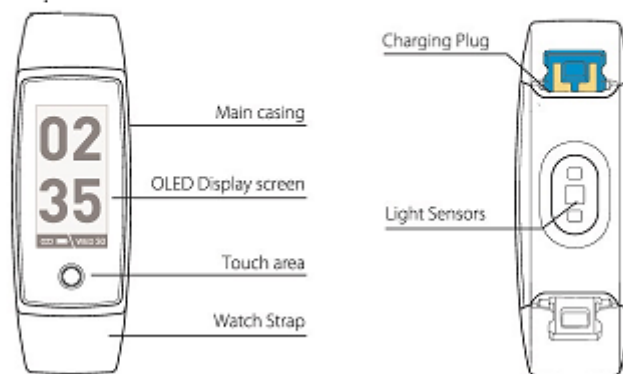


User Instructions

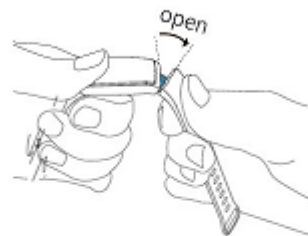
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## 1. Description of appearance

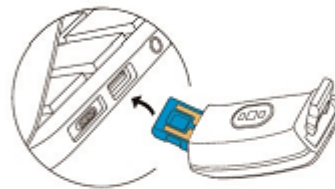
### 1) Product Instructions



### 2) Remove Strap and Charge Mode



Instruction for remove the strap



Charging method

### 3) Packaging List

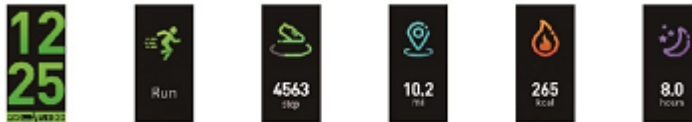
1. Wristband X1
  2. Gift box X1
  3. User manual X1
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## 2.Initial Use Instructions

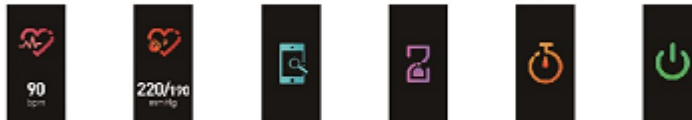
### 1) Introduction of equipment functional interfaces

The default display after turning on the device is time interface. Press the touch area and user can change between multiple functional interfaces.

Time-----Run-----Steps-----Mileage -----Calories ----- Sleep



HR -----BP-----Find phone---Countdown---Stopwatch---Turn off



Tips: Find phone , the countdown, and the stopwatch interface are closed by default. User need to restart those functions through APP settings > My device > Switch settings

### 2) Software Download

- Search "H Band" in APP Store for iOS users;
- Search "H Band"through Google Play, Ying Yong Bao, Peasecod for Android users.



iOS



H Band



Android

### 3) Connecting Device

Under the interface of "APP settings > Device", pull under the interface and find Equipment Model. After successfully connecting the device model, "V10" will be shown under the list of "My Device" in the APP. Also in the left top of the device the sign "🔗" will be present. Please reconnect if the sign "🔌" is showing.

### 4) Connection and Matching Notifications


- Make sure the phone Bluetooth is turned on;
- Make sure the device has a full battery and is turned on or charged before using.
- Make sure the device is within 50cm range while connecting with the phone;
- If Android phone cannot find any device through APP, please check if it allows "H Band" to use Bluetooth in the Phone Permission Settings;

## 3. Introduction of Main Functions

★Attention: To ensure the data is valid, please input the right sex, height, weight and color of the skin through APP personal information.



#### Starting Up/Shutdown

To start up the device, press the touch area for 3 seconds. The device will enter into the Time Interface. After no manual operation for 5 seconds, the device will go into standby mode. Switch to Device Shutdown Interface  and shutdown the device by pressing the touch area for 3 seconds.



#### Running Mode

On the running interface, long press to enter into running mode. While in running mode, to change between realtime running data, and pause and exit screens, click the area. Data screens display running time, heart rate, running distance, calories, and steps in real time. While in the pause and exit screen, long press to pause or exit running mode.



C. **Motion Monitoring**

Enter the Motion Monitoring Interface by pressing the touch area through the main interface. Then the device displays the current number of steps, distance and consumed calories. The device will enter into standby mode after no manual operation for longer than 5 seconds.




D. **Sleep Monitoring**

Press the touch area twice in the device main interface to enter into the Sleep Monitoring Interface. Then the device displays overall Hours of Sleep for last night, and it will enter into standby mode after no manual operation for 3 seconds.



E. **Manual Heart Rate Test and Automatic Monitoring**

Press the touch area 6 times in the device main interface to enter into the Heart Rate Monitoring Interface. The device will continuously capture data and will present those results constantly on the screen. After accumulating data for 60 seconds, the device will enter into standby mode and this is not dependent upon receiving results to the test. The data tested through the device will not be saved.

User can find the Heart Rate icon at the bottom of the APP interface. Tap the icon  and the device enters the manual Heart Rate Test Interface. While in this mode, the user can use the device to test their heart rate manually. The data tested through the device will not be saved.


Turn on the button for the 24 hours Automatic Heart Rate Test through APP, then the device will automatically capture the heart rate of the user every ten minutes and will present captured data every 30 minutes. After syncing, test results and details will be presented through the APP.



#### F. Manual, Automatic and Private Mode of Blood Pressure Testing

Switching to manual blood pressure testing interface will allow device to start test automatically. The test time depends on the user's body condition. It is normal for the test to take longer.

The numerical display during the test is ---/---. If there is no blood pressure result, the device will display xxx/xxx. If this appears, please ensure that the sensor is close to the skin. Please keep your body relaxed and still during the test. After 70 seconds of testing, the device will enter into standby mode, regardless of whether results have been displayed. The results captured on the device will not be stored.

The user can find the blood pressure icon  at the bottom of the APP interface and can enter into the manual blood pressure test interface from there. The user can choose General Mode or Private Mode to test and he can choose to save or discard the test results obtained through the APP.

Turn on the automatic blood pressure monitoring through the APP; The device will automatically test blood pressure every hour. After syncing, the results captured will be presented at the blood pressure interface.

If the user has acquired blood pressure results through professional medical instruments, they can enter this data in the Private Mode of Blood Pressure of the APP. **(Attention: to those users who are aware of their high blood pressure, please take the real blood pressure reading before using any blood pressure medicine).** To make sure the test result is valid, please input the actual blood pressure. If the device has been set to test in private mode, then the Private Mode has to be canceled before any more tests for other people can be taken.



#### **Phone Tracking**

"H Band" must be running in the background on the phone to use this feature. To track their phone, the user must turn the device Mode to "seek phone." A long press on the touch area will cause the phone to respond.



#### **Stopwatch**

The stopwatch can be switched on using the Stopwatch function in the APP. Once it is turned on, the device will go into Stopwatch mode. While the stopwatch is running, tap on the touch area to pause or continue the count. Another long press stops the count.

Attention: While in stopwatch mode, all rest reminders and pushes notifications will be temporarily blocked. The maximum time-count reaches up to 99 min 59 sec.










#### **Count-Down**

After setting the Count Down Mode the count-down begins. A sand clock will display on the device screen, and the device will vibrate both when count-down begins and finishes. A quick start switch can also be set for high frequency events. A long hold on the touch area will initiate the Count Down quick start.



#### **Alarm Clock and Events Reminder**

Multiple alarms can be set through "Settings" in the APP. Snooze reminders for the alarms can be set within the APP. This function can also add tags for important things which happening in the future. When set time arrives, the device will vibrate and show those tags.

- K.  **Notifications/Pushes**  
When a new message arrives, the device vibrates and the screen shows relevant notifications and corresponding icons.  
**Attention: please switch on APP notifications first; Relevant communication tools should be set to allow contents to be shown on the device screen.**
- L.  **Call reminder**  
The device will remind you with vibration when you have a coming call. Short press to mute, long press to reject the call.
- M.  **Sedentary reminder**  
This function can be turned on using the APP. The user can set a time value for the warning. When the device detects that the user has sat or kept still for the set time limit, the device will vibrate to remind the user to move around.
- N.  **Heart Rate Warning**  
Using the APP, the user can choose to turn on the heart rate warning and preset the upper limit of their heart rate. If the device detects that the user's heart rate has reached or exceeded the preset value, it will vibrate and display the following icon on the device screen .
- O.  **Remote Photograph**  
To use the device to take a remote photograph, the user can turn on the Camera Mode in the APP, then quickly shaking the waist.
- P.  **Waterproof**  
This device is life waterproof and suitable for hands washing, rain or cold shower, not suitable for plunge, dive or soak.





## Physiological Period Reminder

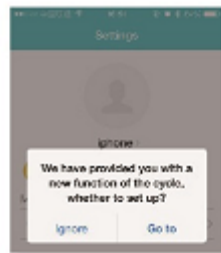
New Function

This feature can be used as a timely reminder of the user's different physiological states.

Note: This function is only available in Chinese / English system.

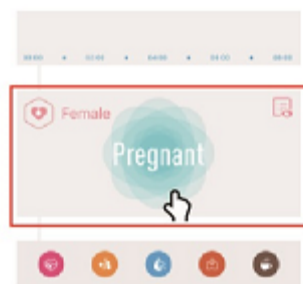
### 1 How to turn on the function?

User can set their gender in their profile within the APP. If the gender is "female", the system reminds the user promptly to set up her physiological period (If unnecessary then tap to skip). There are four statuses for female physiological period. They are "Period", "Preparing for Pregnancy", "Pregnancy", "Postpartum". User information and status will be saved in the APP.




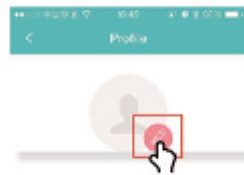
### 2 How to modify current physiological status on user's device?

Change the settings through the female section on the APP dashboard.



### 3 How to change different physiological states?

Tap and enter into the "Personal Settings", then pull down the list to the right bottom. Enter via the physiological status icon  to adjust settings.



### ! 4. Notes

- 1) Do not use a charger with a current greater than 5V2A.  
Charging time is 90 minutes;
- 2) Do not charge if the device is water damaged;
- 3) Do not wear this device while you are washing hands,  
doing strenuous exercise or when it is raining.
- 4) This is an electronic monitoring product; data received from it cannot  
be used as medical reference and is for reference only;
- 5) Blood pressure testing tip:

Keep your body relaxed and still while testing.  
Keep device at the same height as where your  
heart is (like the picture on the right), and don't  
talk while you are testing.



- 6) The photoelectric sensor is a highly-sensitive component, and should be careful not to be damaged by hard objects. The device may be sweat stained or have dust attached after wearing it for a period of time. User can use soft cloth to clean regularly.

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## **?** 5. Q&A

### **Q: What if the update fails?**

A: If the initial upgrade fails, please reconnect the device "Dfulang."  
The system will automatically begin the update.

### **Q: Why is the sleeping heart rate test result inaccurate?**

A: Wearable devices monitors human activities through electronic sensors,  
and they are at the consumer electronics level.

It's normal for certain deviation. The user should treat data objectively.

### **Q: Where to set APP permissions?**

A: Android Phone – Settings – Find "H Band" Application –  
Set to "Trust this software."

1. If the phone has a Security Management or Clean Up APP, please add  
the "H-Band" application to the White List (Trusted List).

2. In System Settings, under Permission Manager, set "H Band" as a  
trusted application in order to allow phone calls and incoming  
messages to be shown on the device display.

### **Q: How to set the time display?**

A: The device will match the time display format of the phone when synced.

### **Q: How to reset the password?**

A: Long press the touch area for 6 seconds while in the Sleep mode. The  
device will vibrate and the password will be restored to "0000."

## 6. Specifications

Chipset	NORDIC 52832
Sensor	PD70-01c-TR7
Weight	25.3g
Data Transfer	Bluetooth 4.0
Battery	Polymer Lithium
Volume of Battery	150mAh
Charging Voltage	5V
Charging Current	100mA
Working Temperature	-5 °C -45 °C
Waterproof	Yes (Life waterproof)

**Device Requirement:** Android 4.4/above; Bluetooth 4.0;  
iPhone 4S/above, iOS 8.0/above;

**FCC Warning:**

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device 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.

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