

## **User Instructions**

### **1.Introduction and how to wear**

#### **1)Packaging List**

**1.Wristband \*1    2.Gift box \*1    3. User manual \*1    4.Charger \*1**

#### **2.How to wear**

**It is best to wear the wristband right under unlar styloid and tighten the band by adjustment hole.The heart-rate senor should be close to skin and avoid moving.**

#### **3.How to charge**

**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 Votage:5V    Charge Current:100MA    Charge Time: 80Minutes.**

#### **4.Main Functions Interface**

##### **a.Time&Date**

**After the device has been connectedvia Bluetooth successful with your phone,the time will auto synchronize correctly with your phone**

**–Bluetooth icon appear means connected.**

#### **b.Pedometer**

**Record steps,real-time pedometer.**

#### **c.Distance**

**Calculate working distance according to pedometer and personal BMI set from APP.**

#### **d.Clories**

**Calculate calorie which burned everyday.**

#### **e.Running Mode**

**On the running interface, long press to enter into running mode. while in running mode, to change between real time running data ,and pause and exit screens, click the button. 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.**

#### **f.Blood Pressure Monitor**

**Press the touch button and scroll to the blood pressure monitor screen.stay still and the device will start measuring your blood pressure .Please note you cannot save the reading by manually starting the function,to save the reading you must go through the app on your smart phone device.**

#### **g.Heart Rate Monitor**

**Press the touch button and scroll to the heart rate monitor screen,to get accurate resuit,the heart rate icon will flicker,and the back LED will light when test.You can manually view your heart rate by scrolling to this screen.**

**The app will automatically record your HR every 30Mins and this data is stored in the app on your smart phone if you turn on HR automatic monitoring on app settings.**

#### **h.Sleeping Monitor**

**Device will monitor sleeping data automatically, please check the sleeping detail data on App Dashboard.**

#### **6.Find smart phone**

**Press and hold to find smart phone when bulebooth connected**

#### **7.Turn Off**

**Press and hold to turn off the device**

### **8.Bluetooth paring**

**a.turn on the smart bracelet.**

**b.Turn on the Bluetooth of your smart phone.**

**c.Download H Band APP on your smart phone by scan the below QR code.**

**d.Taping the Device on the setting of the APP, then the devices Bluetooth name will appear, select to get pair.**

**After Bluetooth paired there will be a Bluetooth icon---appear on the Date and time screen.**

## **9. Bluetooth Remove**

- a. delete the Bluetooth on the APP**
- b. Turn off the APP on the smart phone**
- c. Remove the Bluetooth on the setting of the smart phone.**

## **10. How to use APP**

**After install H Band APP, you may required to fill your personal information such as gender、 weight etc . Then please connect smart bracelet via Bluetooth(please reference to the Bluetooth Paring steps)**

**Dashboard:**

**Your can check all data here, today, yesterday and data summary.**

- a. Step: tap to check steps、 Distance Calorie data.**
- b. Sleep: tap to check sleeping data here(such as sleep duration, deep sleep, light sleep etc).(picture1)**
- c. Heart Rate:**

**(1) Check your all day heart rate data. which record your heart rate data every 30minutes by device automatically, after you turn on HR automatic monitoring on APP settings(picture2)**

**(2) Tap heart rate icon to get start heart rate function on device.(picture3)**

## **11. Blood pressure:**

- (1) check blood pressure data**
- (2) Tap blood pressure icon get start blood pressure function.(please**

stay still when test the blood pressure) after finished, you can select save to store data for reference.

There is two BP test mode : Normal and Personal.

Generally please select Normal mode, if special person(hypertension or hypertension) please select Personal mode, and select on my Device of BP private mode and set your data as well on settings at the same time.

## **12. Running:**

Tap to get start the movement, and allow get your position, pull down the page, you can tap stop to finish record. Each start and stop is a complete record of the movement, record including the activity time, speed , calorie, moving routes etc.

## **13. Settings:**

(1)My device: tap to find device name to get paire.

- a. Message notification: select the notification of phone calls and messages to get reminder.(paring request appears on APP when Bluetooth connect with IOS system smart phone, please select “ pair” to get messages push from the smart bracelet, select “ no” for no need messages push.)
- b. Alarm setting: set alarm clock.
- c. Sedentary setting: set sedentary remind
- d. Heart rate alarm: set heart rate test resuit reminder when out of your

**setting range. (under condition of auto heart rate test)**

**e. Turn the wrist: set the auto screen light time when turn the wrist.**

**f. Pair devices: after turn on this function the data on the app can be upload to the cloud.**

**g. BP private mode: for the hypertension or hyotension one, ste your personal-tailored BP mode range to obtain more accurate test data.**

**h. Switch setting: 1.wear test: turn on this function device will detect whether device wear on the wrist or not, when green light sensor start test, if device not wear on the wrist device will stop test.**

**2.HR automatic monitoring: turn on app will automatically read your HR every 30 mins and this data is stored in the app on your smart phone.**

**l. Take photo: shake smart bracelet to take photos.**

**j.Reset password: you can reset password to set the device be your personal use.( meaus other mobile phone can not connect with your device.) if your forget the password, please turn to the device sleep screen press and hold till device Vibration then the password will be reset to original 0000.**

**New function**

**Main interface style settings : click this function to select different main interface styles according to your preferences.**

**Physiological Period Reminder: this feature can be used as a timely reminder of the use's different physiological states. ( note: only when gender is female can this function be turned on )**

## **FCC Statement**

**Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.**

**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**

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.