



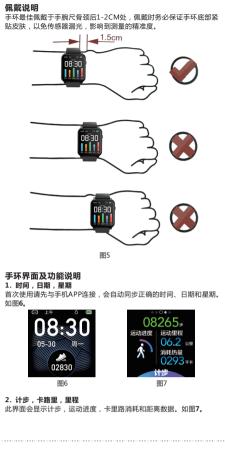
使用说明书

此手环为磁吸式充电,充电头只需对准充电接口,自动吸附即可。 手表结构 开关机按键 1 54 TFT帥摸屈 ECG电极片 ECG底部电极片

开机:关机状态下,长按开机按键开机。(图1)

关机:将手环切换至关机界面,再长按触控按键关机。(图2)















在多功能菜单中,还可进入秒表⑩,倒计时❷,信息璺,找手机❶,

切换至此界面可以查看设备名,版本号,蓝牙ID。长按触控按键可

关机。如图14。



主芯片: NODIC 52832 传感器: 芯科 Si 1182 屏幕尺寸: 1.54 TFT 分辨率: 240x240 电池 : 230 mAh 防水等级: IP67 待机时间:15天 支持手机系统: IOS8.0 或以上 , Android 4.4 或以上 心率检测:支持 血压检测:支持 血氫检测:支持 心 电图 检测: 支持

注意:本手环测试数据仅用于参考,不做医疗数据使用。

手机APP 下载安装以及蓝牙连接

2.打开手机蓝牙

2 数据面板

"H band" APP 下载安装。



4.打开APP,点击连接设备,从连接设备列表中选择对应的蓝牙名称,

蓝牙断开 1.在APP里断开蓝牙 3.从手机设置--蓝牙---忽略或删除已配对的蓝牙。 APP 功能界面说明 您本次测得的血压为 115/76, 否保存此次测量数据? -- へへ 安装完成之后 , 请按要求输入正确的个人信息再与手表配对。 睡眠: 查看历史睡眠数据(深度,浅度,清醒时间等) (1)在APP开关设置中打开自动检测,手表不间断检测心率,每分 钟统计—次平均值并记录在APP中 心率界面可以查看全天心率曲

> 手环下党连接和偏戴的状态下 默认从O占到8占时段 实时记录心跳 间隔差异值,每分钟记录一次平均值。并绘制洛伦兹散点图,计算心 脏健康指数

设置包的私人自压模式,以及电更用油的根理。此处包围 物的基本配图图以及的表现象的根据

请选择私人血压模式数据。私人血压模式只针对个人有效。他人使用读选择通用模式

120 80

(2) 占击 0 图标讲行单次手动而压检 则(请保持静止直至得出结果),测试 完成可选择保持或者不保存数据, 在这

个测试界面有两个模式:普通模式和私

人模式 如雲使田私人模式 请在APP

设置中设置私人加压参考数据。

洛伦兹散点图类型分析 彗星型:正常成年人常见图形 火箭型:常见干打鼾人群或呼吸暂停终合症患者。 梭型 : 常见于轻度心肌缺血患者。 长棒型: 常见于冠心病患者. ▽型・営口干充血性心力衰竭患者 短棒型:常见于心律失常,阵发性室性心动讨速患者 鱼雷型:常见干窭性心动讨速患者。

(2)也可以在APP端进行手动测试心率,点击 @ 图标,当测试出 结果,请手动点击停止,这个结果不会保存在APP上 (1)当你开启实时而压后,可在此界面。 查看全天血压数据,由手表每隔5分钟自

点击

图标开启手动心电图检测,请保持食指按在手环侧面电极片上

直至检测结束。测试 结果 会保存并显示到APP图标上 手表佩戴不宜讨松或讨紧



我的设备:点击连接设备,点击已连接的设备可以设置以下功能 (1)信息提醒·洗择打开各项提醒功能 2)闹钟设置:设置闹钟时间,可设置20组闹钟。 (3) 久坐提醒:设置提醒时段,间隔。

1.GPS 运动

路里,步数。

运动时间,速度,配速,卡路里。

(5)转腕亮屏:设置抬手亮屏功能。

(13)固件更新:更新手环固件。

(6)绑定设备:开启后将数据上传至云端。 (7)血压私人模式:打开并设置私人血压参考水平。

(8) 亮屏时长:设置亮屏时间长短和时段。

点击开始运动,并允许获取位置,运动过程中可试试查看运动轨迹,

点击开始,手表讲入自动运动模式,可查看实时心率,运动时间,卡

窦性心动过速:常见于情绪激动,吸烟,饮酒等活动引起的心率失常

変性心动过缓:常见于运动员,老年人等健康成人。 心肌缺血:常见于冠心病患者。 (9) 开关设置: 心率自动检测、血氧自动检测、血压自动检测等功能 房性逸祖: 小房丛搏点发出激动来控制心室。 房性早搏: 房性期前收缩。经常是快速性房性心律失常出现的前兆。 的开闭。 (10)拍照:点击手环按键来遥控手机拍照。 (11)倒计时:设置倒计时的时间,和是否在手环上显示。 (12)重置密码:可以重置手环的配对密码,防止其它手机与手环配

室性逸搏: 心室起搏点发出激动来控制心室。 窦性停搏: 常见于咽部受刺激,器官插管,炎症,缺血等症状的人群, 室性早搏:室性期前收缩,常见于中老年人。 心房颤动:一种常见的快速心律失常,常见于60岁以上的人。

心室扑动:是严重的异位心律,常见于冠心病,心肌病患者。 交界性逸搏:是防止心室停搏的生理性保护机制之一,通常无需治疗。 (14)清除数据:手环恢复出厂设置。 (15)表盘设置:可以选择更换手环的主界面。 交界性早搏:心律失常的一种类型。是一种特殊情况下出现的一次心脏 提前跳动,并且引起这种跳动的冲动是在房室结形成的。 **运动目标**:设置每天的运动目标。

左東支传导阻滞:原发疾病所致,常见于40以上的人群。 右東支传导阻滞:原发疾病所致,常常由冠状动脉疾患、高血压、脉 睡眠目标:根据个人情况设定睡眠目标. 单位设置: 选择英制或公制单位。 心病、心肌炎引起。 微信运动:请按说明连接微信运动。

ECG+PPG+SPO2 Smart Watch



User Guide

Power On/Off

Power on: long press the button to turn on the device.

Power off: switch to the interface of power off, then long press





The structure



The best wear position is 1-2cm behind your wrist ulnar styloic please make sure to wear the sensor close to wrist skin, in orde





Bracelet interface and functions 1. Time,date,&week late and week will be auto-



3. Sleeping monitoring Switch to this interface to view the duration of deep sleep and shallow sleep. Sleep duration and sleep quality needs to be set in



4. Heart rate monitoring Switch to this interface, the bracelet will automatically start the single heart rate measure ment mode, and the heart rate icon w flash until the test results are displayed

5. Blood pressure monitoring Switch to this interface, the device starts single BP measurement automatically with the icon of BP flashing. It will remind with a vibration after measurement finished.



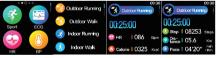
6. Blood oxygen detection ace, the bracelet will automatically start the plood oxygen test mode , and the icon will flash until the test results are displayed.

Switch the bracelet to the ECG test interface and press the touch key for 3 seconds to enter the ECG test mode (please ensure that the electrode piece of the bracelet is close to the wrist skin



In the multi-function menu, long press to enter the exercise

mode to view the exercise time, calorie consumption, real-time heart rate and steps. In this mode, you can switch the screen and select the pause, continue, and exit options. As shown in the



9. Other functions

In the multi-function menu, you can also enter stopwatch @ countdown , information , and set function

10. Power Off

Switch to this interface to view the device name and version number, Bluetooth ID. Long press the touch button to turn off the



Parameter Main chip: NODIC 52832 Sensor: Si1182

Screen Size: 1.54"TFT Resolution: 240*240 Battery: 230 mAh Waterproof grade: IP6 Standby time: 15 days Stantony fille: 13 days
Support mobile system: IOS 8.0 or above, Android 4.4 or above
Heart rate detection: support
Blood pressure monitoring: support lood oxygen testing: support ECG support test luetooth version: 5.0

Note: this bracelet test data is only for reference, not for nedical data

About APP installation and Bluetooth connection Turn on the device.

2. Turn on Bluetooth on your smart pho Scan the below QR or search "H band" APP in Google Play



4. Open the app, click the connected device, and select the correct Bluetooth name from the list of connected devices, when successfully connected, the bracelet will synchronize the time. date and cycle of the mobile phone

Bluetooth off

I. Disconnect Bluetooth in app. 2. Turn off the background operation of the mobile phone. 3. From mobile phone settings-Bluetooth-ignore or delete the

Steps: check the total steps, calories, distance, etc

paired bluetooth App function interface description After the installation, please input the correct personal information

as required, and then pair it with the bracelet. Data panel

Sleep: view historical sleep data (depth, depth, awake time, etc.)

(1) Turn on the automatic detection in the app switch setting, and continuously detect the heart rate with the bracelet. Count the average value every minute and record it in the app. The heart rate interface can view the whole day heart rate curve.



(2)You can also click the icon to test the heart rate on the app, when get the result, please click stop, and the result will not be saved on the app. **Blood Pressure**

(1)When you turn on the real-time blood pressure, you can view all data of a whole day. Blood pressure data is automatically detected by the bracelet every 5 minutes

(2)Click the icon of for a single manual blood pressure test (please remain still before testing is finished) you can choose to keep the result or not There are two modes in this test interface: normal mode and private mode. when use

private mode, please set private blood pressure reference data in app settings



HRV

HRV: When the device is properly worn,it will detect HRV every minute from 0:00-8:00, the data will be saved and shown on an app chart.

Lorentz Scatter Diagram:
Comet: common form for normal adults.
Rocket: common among snoring people or people with apnea

Shuttle: common among patients of minor myocardial ischenia Baton: common among patients of coronary heart disease Grenade: common among patients with atrial fibrillation. Fork: common among CHF patients. Stub: common among people with large cardiac load, or normal

people after drinking.
Rice:common among people with large cardiac load, of normal people after drinking.
Rice:common among patients with arrhythmia,PVT in most cases.
Torpedo: common among patients with sinus tachycardia.

Please wear the device properly

and make sure the skin is moist

arm at the same



The test results will be saved and displayed on the appicon.

Diagnosis of disease:

Sinus tachycardia: Its an abnormal heart rate caused by emotion, smoking, drinking etc. sinus bradycardia: Common among snoring people or people with

apnea.

Myocardial is chemia: it's common among CAD patients.

Atrial escape: The atrial pacemaker is activated to control the Premature atrial contraction: Also known as atrial premature beats

(APB), is a common cardiac dysrhythmia characterized by premature heartbeats originating in the atria.

Ventricular escape: The ventricular pacemaker is activated to control the ventricle.

Sinus arrest: It happens among the people who have a pharyngeal

aged people. Atrial fibrillation: Often happens to the people over 60 years old. Attain Infinition (Infinition of the Properties of the People Over Oyears of the Ventricular flutter: Among patients with CAD, myocardiosis. Junctional escape beat: A protective mechanism for the ventricular pauses. Usually no need medical treat. Junctional premature beat: A type of arrhythmia. A premature heart

beat in some special cases. Left bundle branch block: Caused by underlying disease common among the people above 40 years old.

1 GPS movement

During the movement and allow to get the position. During the movement, you can try to check the movement track, novement time, speed, pace and calories. 2. Bracelet exercise Click start and the bracelet will enter the automatic exercise mode

o view the real-time heart rate, exercise time, calories and steps



My device: click "Connect device", click "connected device" to set up the following functions 1) Message reminder; select to open the reminder function (2) Alarm clock setting: set the alarm time, and Up to 20 alarm

4) Heart rate alarm; set the upper limit of heart rate reminde (5) Turning wrist to light screen: set the function of raising hand to

light screen.

(6) Bind device: upload data to the cloud after opening.

(7) Private blood pressure mode: turn on and set the private blood pressure reference level.

(8) Duration of bright screen: set the duration and time period of

the screen.

Switch setting: the opening and closing of automatic heart rate detection, automatic detection of blood oxygen, automatic blood pressure detection and so on.

pressure detection and so on.

(10) Photo: Click the ring button to take photos by remote control.

(11) Countdown: sets the countdown time and whether it is

displayed on the bracelet.

(12) Reset password: you can reset the matching password of the

bracelet to prevent other mobile phones from pairing with the

bracelet, Initial password; 0000.

(13) Firmware update: update the bracelet firmware. (14) Clear data: restore factory settings. (15) Dial setting: you can choose the main interface.

Exercise goals: set daily exercise goals. Sleep goal: set sleep goal according to personal situation.
Unit setting: select English or metric units.
Wechat Sports: please follow the instructions to connect wechat

FCC Warning

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.

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

Note: 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.

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