Smart heart rate quartz watch

User Manual

Buttons

Functions

Heart rate display interface

Icon display for ios system (in ios caller ID available)

Pedometer for recording walked steps

Caller ID display for android system

Calorie interface, displaying calorie consumption index

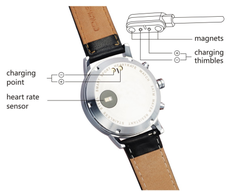
When charging, Battery icon light on; charged full, battery icon disappears.

Distance walked (in Kms)

Calender

System interface, displaying watch apps version/Bluetooth ID/ battery status

Quick charging



Put magnets into the charging point of the watch's caseba, quick charging is available.

Phone connection

First download
Hplus watch APP
Then click HPlus watch menu> > settings> >Bluetooth> > clicking the last four numbers displayed in the watch's system interface such as the picture shows 67C3
Bluetooth connected: √
Unconnected:X

Realtime heart rate monitoring

Long press button B for 2 seconds to start/stop realtime heart rate monitoring at such interface.

This shows realtime heart rate monitor is on, heart rate data will display after 15 seconds.Wait until it starts.

Realtime heart rate data display

Long press button B for 2 seconds at heart rate display interface to start realtime heart rate monitoring, waving heart(♥) icon shows real-time heart rate monitoring is on. Pressing button B for 2 seconds again to stop monitoring.

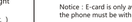
Realtime Heart Rate VS All-day Heart Rate

Realtime Heart Rate: Heart rate monitor will keep working when Realtime Heart Rate is started and green light could be seen through caseback.
(Timely closing the Realtime Heart Rate function is suggested for low power-consumption)

On : Realtime heart rate interface

Off : Realtime heart rate interface

All-day Heart Rate: When All-day Heart Rate is started on APP, heart rate monitor will work every ten minutes and green light could be seen through the caseback.
(All-day Realtime Heart Rate function consumes more power.)

On : All-day Heart Rate interface 

Off : All-day Heart Rate interface

E-card

Such functions as e-card, access control are customized. (the way to use e-card:Scan QR code attached in the end to download APP and keep the phone's NFC function on)

Method of transferring e-card information into the watch's NFC chip:
First, Open the APP,click contacts (👤) and choose (⚙) ; then put the watch's NFC chip near to the phone's, the e-card will be automomatically stored in the watch's NFC chip, finally the phone will vibrate as a successful stored hint.

Method of e-card sending:
Make sure the phone's NFC function is on, when the watch's NFC chip is made close to the phone's, the e-card information will be automatically stored in the phone.

Notice : E-card is only available for android phones and the phone must be with NFC function.

Note:(NFC function is optional)

Scan QR code to download APP

Specification

Size ： 41mm × 12.0mm
Weight ： 56g
Waterproof ： 3ATM
Battery ： Li-battery
Capacity ： 80mAh
charging ： 5V
System ： Android4.3 and above, ios8 and above.

The information above is only for reference, the company reserves the right to amend this manual without any prior notice.No replica is allowed without the company's permission.

Apps download

Scan QR code to download apps

Please search "HPLUS WATCH" on the googleplay

Please search "HPLUS WATCH" on the App Store

Warranty card

Name:
Telephone number:

Date:
Distributor:
Sealing:

Warranty items

1.please fill in the warranty card when purchasing the product and read the following items carefully so that the product could be got efficiently repaired within warranty time.
1.1 Please keep the warranty card carefully and make sure it is sealed by the related salesperson.
1.2 Warranty card need to be showed when repairment is required.
1.3 The warranty time is one year, any problems caused by product quality or production within warranty time, free repairment and accessories changement are offered by the company.

2. Problems caused by the following reasons are out of free repairment.
2.1 Problems caused by using the product not according to the user manual.
2.2 Damage caused by personal reason or by accident.
2.3 Caused by personal assembling without the company's permission.
2.4 Case aging,scratches, swimming or expose to chemical

3.Repairment service could also be available even if warranty time comes due, but related fee need to be charged.

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.

Caution: 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.