



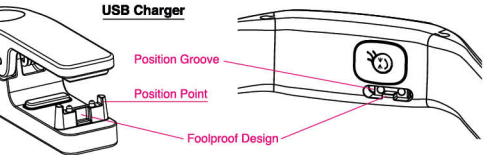
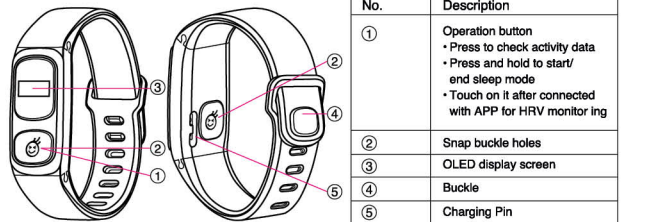
## iHeHa Qi™ Health Tracker

Model : N486

### Quick Start Guide

### OVERVIEW

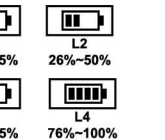
### iHeHa Qi™ Health Tracker Main Body



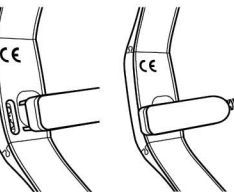
### CHARGING AND INDICATOR

After unpacking, charge the iHeHa Qi™ Health Tracker for at least 1 hour before use. Align two metal connection points of the charger with the pair on the iHeHa Qi™ Health Tracker main body.

Make sure the connection points of the main body and the charging pod align to each other. Clip the charger onto the main body of the Health Tracker.



Plug the larger end of the USB charger into USB port of your PC. When the Health Tracker is correctly connected with the charger, the indicator light will turn on as shown below:



### GET STARTED

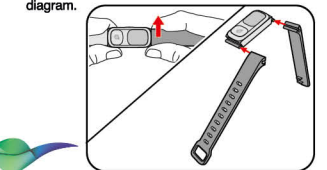
### WEAR

Align the clasp and give it a squeeze between your thumb and index finger to fasten the strap.



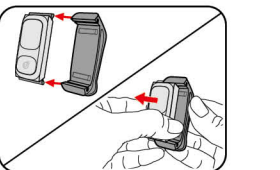
### STRAPS REPLACEMENT

iHeHa Qi™ provides three sets of straps in different colours. Please assemble and dismantle your favourite straps accordingly to the instructions in the diagram.



### WAIST-CLIP

iHeHa Qi™ provides a waist-clip for you to clip the product onto your waist. Please assemble and dismantle the waist-clip accordingly to the instructions in the diagram.



When you clip the product on your waist, please remember to set the device to WAIST mode accordingly to the instructions in the section of MODE SWITCHING BETWEEN WRISTBAND AND WAIST-CLIP. When you wear the product on your wrist, please set the device to WRIST mode accordingly.

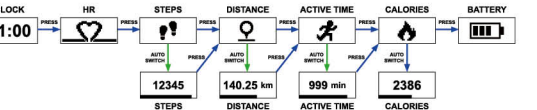


### DOWNLOAD THE APP

iHeHa Qi™ Health Tracker will track your daily activity and your sleep condition. The tracking data will be transmitted to the mobile equipment. Please pair the iHeHa Qi™ Health Tracker with your mobile before use. Please visit the official website of your Wristband at : [www.iheha.com](http://www.iheha.com) or scan the QR code on the box of the product to download the iHeHa Qi™ Health Tracker App.

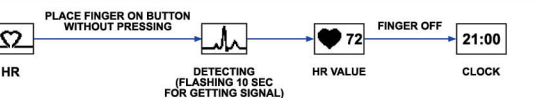
### CONNECT TO MOBILE DEVICE AND ACTIVITY MODE OPERATION

1. Make sure your Health Tracker is charged for at least 1 hour before pairing.
2. By pressing the operation button, the OLED will show the activity data as below:

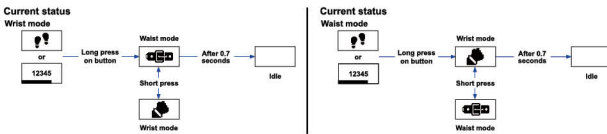


Before using the Health Tracker, please remember to set up your activity target in the APP, for tracking your activity more effectively. The BAR at the bottom of each activity mode indicates the status of your daily achievement percentage.

### HR VALUE ON DEVICE



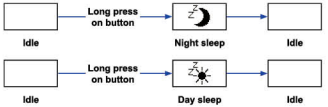
### MODE SWITCHING BETWEEN WRISTBAND AND WAIST-CLIP



### SLEEP MONITORING MODE

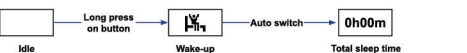
### ENTER SLEEP MONITORING MODE

When the screen is black (without any signal), by LONG PRESS on the button, the device will vibrate and enter SLEEP MONITORING mode.



### EXIT SLEEP MONITORING MODE

When the screen is black (without any signal), by LONG PRESS on the button, or by your WAKE-UP ALARM setting, the device will exit the SLEEP MONITORING mode accordingly.



### SPECIFICATION

Type	Description
Dimension ( LxWxH )	Health Tracker (Main Unit): 42 x 20 x 10.5mm Strap-1(with hole [long]): 105 x 17 x 3.21mm Strap-2(with buckle[short]): 97 x 17 x 3.21mm
Weight	21g (0.75oz)
Antenna	BT peak gain -4.7dBi
Battery Capacity	58mAH
Transmitter Range	BT: 2402MHZ-2480MHZ;
Receiver Range	BT: 2402MHZ-2480MHZ;
Category	BT4.0
Transmission Power	BLE: Power class 2

Claims of HeHa Digital Health (China) Company Ltd.:  
The RF line loss of this product is 1 dB, whereas the Max Gain is -4.7 dBi.

### IMPORTANT SAFETY INSTRUCTIONS

### Cautions

- Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any signs of skin redness, swelling, itchiness, or other skin irritation, please discontinue. Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.
- The device contains electrical equipment that could cause injury if not handled properly.
- Consult your doctor before beginning or modifying any exercise program.
- Consult your doctor before use if you have any preexisting conditions that might be affected by your use of this product.



- Do not check call notifications or other data on the product's display while driving or in other situations where distractions could be hazardous.
- This product is not a toy. Do not allow children or pets to play with your product. The product contains small components that can be a choking hazard.
- Please do not place the product in your bag or expose it to any external weight load, to avoid exceeding the limit of bearable weight of this product.
- This product is with water ingress grade IPX7. It is water proof under 1-meter depth of water but should not be worn while swimming and should not be submerged under water.
- Clean and dry your product regularly, particularly in areas in contact with the skin. Use a clean, damp cloth.
- Clean it only with a soft cloth slightly dampened with warm water or a mild soap. Do not wash the product under a faucet.
- Wear your product loosely enough to allow air circulation.
- Use skin care products sparingly on the areas of the skin covered by your product.
- Take the product off from time to time to clean it and allow for your skin to be Uncovered
- Do not open the enclosure or disassemble your product.
- Do not use your product if the display is cracked.
- Substances in this product and its battery may harm the environment or cause injury if handled and disposed of improperly.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Do not expose the unit to strong shocks or vibrations.
- Do not place your product in a dishwasher, washing machine, or dryer.
- Do not expose your product to extremely high or low temperatures.
- Do not use your product in a sauna or steam room.
- Do not leave your product in direct sunlight for an extended period of time.
- Do not dispose of your product in a fire. The battery could explode.



- Do not use abrasive cleaners to clean your product.
- Do not wear your product while charging it.
- Do not charge your product while it is wet.
- Consult your doctor before use if you have any pre-existing conditions that might be affected by your use of this product.
- Disperse any static electricity from your body before using the unit. To avoid static electricity, used a small metal device (such as keys), cotton cloth, etc. to touch the door, doorknobs, faucets, chair, bed rails, etc. to eliminate static electricity, and then hand touch.
- Remove your product if it feels warm or hot.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this user guide may not be reproduced without the permission of the manufacturer.

#### Warning on Heart Rate Measurement

- Do not use the unit in intensive care units or operating rooms.
- Do not use with a defibrillator. Users do not apply to the use of cardiac arrhythmia or regulator
- Do not use in the presence of flammable anesthetics, drugs or pressurized oxygen (such as in a hyperbaric chamber, ultraviolet steriliser or oxygen tent).
- Do not take recordings in a location where the unit will be exposed to strong electromagnetic forces, such as near an arc welder, high-power radio transmitter, etc.
- Do not attempt self-diagnosis of the measurement results and analysis. Always consult your doctor.
- Do not take a recording if the electrodes are dirty. Clean them first.
- Do not use for any purpose other than obtaining physiological information.
- This device is not designed or intended for complete diagnosis of cardiac conditions. This device should never be used as a basis for starting or modifying treatment without independent confirmation by medical examination.
- When using this unit in hospitals or other medical facilities, use the unit under the supervision of your doctor.

#### Built-In Battery Precautions and Information

- Your product features a built-in battery, which is not user replaceable.
- Tampering with your product, or attempting to open it, will void the warranty and can result in a safety hazard. The main unit contains no user-serviceable parts.
- Contact the retailer or our Customer Services if the product requires servicing.
- Use only the charger cable that shipped with your product to charge the battery.
- Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory.
- Charge the battery in accordance with the instructions supplied

#### Disposal and Recycling Information

The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household wastes at its end of life. Please kindly be aware that it is your responsibility to dispose of electronic equipment at recycling centers to help conserve natural resources.

For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

- Do not dispose of your product with household waste
- Disposal of the packaging and your product should be done in accordance with local regulations.
- Batteries are not to be disposed of in the municipal waste stream and require separate collection.

**NOTE:** The technical specifications for this product and the contents of the quick-start guide are subject to change without notice. For complete instructions on using the product, please refer to the online user manual [www.iheha.com](http://www.iheha.com).

#### REGULATORY INFORMATION

Note: For regulatory identification purposes, your device is assigned a model number of N486



Products with the CE marking comply with Radio & Telecommunication Terminal Equipment Directive (R&TTE) (1999/5/EC), the Electromagnetic Compatibility Directive (2004/108/EC) and the Low Voltage Directive (2006/95/EC) - issued by the Commission of the European Community.

Compliance with these directives implies conformity to the following European Standards: EN301489-1: Electronic compatibility and Radio spectrum Matters (ERM), ElectroMagnetic Compatibility (EMC) standard for radio equipment and services; Part 1: Common technical requirements

EN301489-17: Electronic compatibility and Radio spectrum Matters (ERM),ElectroMagnetic Compatibility (EMC) standard for radio equipment and services; Part 17: Specific conditions for 2,4 GHz wideband transmission systems and 5 GHz high performance RLAN equipment

EN 300 328: Electromagnetic compatibility and Radio spectrum Matters (ERM); Wideband Transmission systems; Data transmission equipment operating in the 2,4 GHz ISM band and using spread spectrum modulation techniques; Harmonized EN covering essential requirements under article 3.2 of the R&TTE Directive

EN55022: Radio disturbance characteristics

EN55024: Immunity characteristics

EN61000-3-2: Limits for harmonic current emissions

EN61000-3-3: Limitation of voltage fluctuation and flicker in low-voltage supply system

IEC60950-1/A1:2009: Product Safety

The manufacturer cannot be held responsible for modifications made by the User and the consequences thereof, which may alter the conformity of the product with the CE Marking.

Hereby, HeHa Digital Health (China) Company Ltd., declares that this N486 is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

#### WEEE



#### SAFETY PRECAUTIONS

##### About charging

- Use only the charger supplied with your device. Use of another type of charger may result in malfunction and/or danger.
- Use a specified battery in the equipment.

##### About the charger

- Do not use the charger in a high moisture environment. Never touch the charger when your hands or feet are wet.
- Allow adequate ventilation around the charger when using it to operate the device or charge the battery. Do not cover the charger with paper or other objects that will reduce cooling. Do not use the charger while it is inside a carrying case.
- Connect the charger to a proper power source. The voltage requirements are found on the product case and/or packaging.
- Do not use the charger if the cord becomes damaged.

- Do not attempt to service the unit. There are no serviceable parts inside.
- Replace the unit if it is damaged or exposed to excess moisture.

#### About the battery

- Use a specified battery in the equipment.
- CAUTION: This unit contains a non-replaceable internal Lithium Ion battery. The battery can burst or explode, releasing hazardous chemicals. To reduce the risk of fire or burns, do not disassemble, crush, puncture, or dispose of in fire or water.
- Important instructions (for service personnel only)
- Caution: Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.
- Replace only with the same or equivalent type recommended by the manufacturer.
- The battery must be recycled or disposed of properly.
- Use the battery only in the specified equipment.

#### ABOUT US

Visit our website [www.iheha.com](http://www.iheha.com) to learn more about our products.

For any inquiry, please contact our Customer Services 400-857-3988.

HeHa Digital Health (China) Company Ltd. reserves the right to interpret and construe any contents, terms and provisions in this user manual and to amend it, at its sole discretion, at any time without prior notice. Please follow the most updated information in our website [www.iheha.com](http://www.iheha.com).



## Federal Communication Commission Interference Statement



For regulatory identification purposes, your device is assigned a model number of N486.

FCC ID: 2AGVP-N486

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.

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 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.

#### FCC Caution

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

The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

