M7

Joroto Smart Bracelet

JOROTO

I.Product detail

1. Touch area
2. Display area
3. USB plug(After remove band)
4. Heart rate and blood pressure measure area
5. Band

Correct wearing position as photo show below
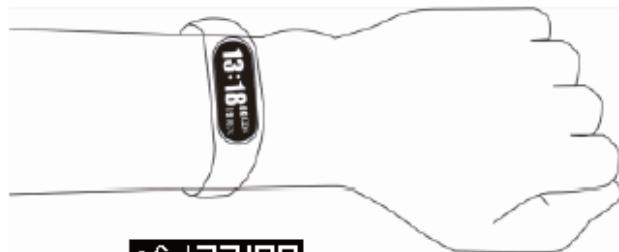
II.Function

1.Blood pressure measure: switch to this interface, it will start blood pressure measure after enter this mode, after 48seconds it will feedback you result, after 48 seconds if unable to measure blood pressure, it will display XXX/XXX,not matter measure is success or not,after 70 seconds, the device will automatic enter standby mode. **During the measuring process, user should sit in correct posture**, arm flat on the table,and keep silent,(not move, not talk), the measure is for blood pressure measure after doing sport,which means the data will be more accurate after sport.

2.Heart rate measure: switch to this interface, it will start heart rate measure after enter this mode,after 10 seconds it will feedback you result,after 10 seconds if unable to measure blood pressure, it will display"--/—", not matter measure is success or not, after 60 seconds, the device will automatic enter standby mode.

3.Pedometer: switch to this interface, it will show the steps you have moved, if not any further operation after 3 seconds,the device

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will enter standby mode.To improve your health, the Bureau of U.S. disease control recommended 150 minutes a week in the intensity of activities (such as brisk walking), or 75 minutes a week of intensive activities (such as running), activitiesneed to last for at least 10 minutes each time, which will be help to health.

4.Distance： switch to this interface, it will show the distance you have moved,if not any further operation after 3 seconds,the device will enter standby mode.

5.Calorie： switch to this interface, it will show the Calorie you have consumed,if not any further operation after 3 seconds,the device will enter standby mode.

6.Sleep monitor： switch to this interface, it will show your sleep quality of last night,if not any further operation after 3 seconds,the device will enter standby mode.while you are in sleeping, the device can detect your sleep status,including the sleep time, wake up times information. If Wake up after 20 minutes, the device will show that sleep data. The US association of anti-cancer research shows that those adults with average 7-8 hours of sleep every night get longer life expectancy; sleep time is too long or too short can harm to the body, please adjust your sleeping time. Under the sleep mode,long press 6 seconds can reset the blue tooth password.

7.Display rotation: switch to the interface to switch the display direction by long press 3seconds

8.Find cell phone: Switch into this mode. Long press 3 seconds to find the phone, the phone will be issued a beep and vibration.

9.Power on/off: switch to the interface to power off by long press 3seconds .Long press the touch area for 3 seconds to power on under power off condition.

10.Bluetooth: The blue tooth of device is active by preset, make sure device and phone are within valid distance(not obstacle within 10 meters), cell phone Enter into my device from the APP of mobile phone,drop-down to refresh, click the equipment to matching after connection, blue tooth icon will display at upper left corner of the device ,then device and mobile phones can exchange data.

11.Turn wrist at night: When APP open turn wrist at night, during 22:00–7:00 period, when turn wrist,the screen will light up, you can check the time date and other information .

12.Alarm clock: Set the alarm clock from mobile phone,when alarm clock active ,it will display alarm clock interface and vibration, total vibration will be two times, each time of vibration is 3 seconds, interval is 2 seconds , after vibration ,device will enter standby mode automatically.

13.Sedentary remind: Sedentary reminded, according to APP Settings ,if user meet the sedentary remind requirements,device enter sedentary remind interface and vibration, total vibration will be two times,

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each time of vibration is 3 seconds, interval is 2 seconds , after vibration , device will enter standby mode automatically.

14.Incoming call notification: when get in coming call, device enter incoming call interface, if call from people in the mobile phone address book, device show the corresponding contact names, if incoming call NO. not in the phone book, centered screen display a line, 11 digital NO. Will display in centered screen, if all digital No. Can not fully show in the screen, the"...."will come behind and continuous vibration, vibration will last for 20 seconds till the answer, hang up, or click the touch key, vibration will stop and enter into standby mode automatically.

15.Message notification: when new message coming, enter into message interface, icon will show up on the left, sender and content will dispay in the right side,the contents in screen will last for 5 seconds and vibration for 2 seconds, then vibration will stop and enter into standby mode automatically.

16.Time and date: when power on and wake up from standby,it will show above interface， the Main interface qill display time, date, week， information such as battery, bluetooth icon etc .Time, date, week will automatically synchronize with mobile phone after the mobile phone and device connected by blue tooth .

III.About App

1. App download

　　a. Search"H Band" from Google play store、360phone assistant、APP store etc to download and install。

　　b.Scan the QR code below to download and installation.

2.Bluetooth connection

Open H Band APP, go to setting—my device,pull down to refresh new device,click the device found to connect and after connection is done,it will show connection successfully.

3.Personal info

In the setting interface,click the portrait icon,enter personal info interface,you can update your portrait,nickname,gender,birth date, weight, tall and check BMI data.

4. pedometer

Under Setting interface to set the sport goal, the goal can be set from 1000-65000 step, open the data panel, pull-down interface can check the movement steps and movement time of one day.Click the sport panel,you can check more detail data, the number of steps,   goal steps left, distance, calories, and number of steps per period time. By switching to previous date, you can review previous data.

5. Sleep monitor

In the setting to set up target sleep time, Sleep targets can be set 0.5-23.5 hours, synchronized data to the APP, the data panel can check the sleep curve, click on the sleep panel, into the sleep monitoring interface,

you can check the sleep duration, wake up times Information, switch tothe date before, you can view the history of sleep record.

6.Heart rate measurement

In the data panel you can see the daily heart rate curve, click the heart rate small panel, into the heart rate interface, you can check the average heart rate for each hour of the day, switch the date before, you can view the historical heart rate condition. Click on the bottom of the red "+ "icon, you can enter APP heart rate test control interface, click Start, start testing heart rate, after the value come out, you can click Stop.

7.Blood pressure measurement

In the blood pressure measurement panel can view the blood pressure to retain the data (only operation by APP can be detected), click the blood pressure measurement panel, enter the blood pressure interface, you can check blood pressure data, you can find the minimum blood pressure values and the highest blood pressure value of one day, switch to the date before, can check the history of blood pressure conditions. Click the bottom of the orange "+ "icon, you can enter the blood pressure measurement interface, click Start, start testing blood pressure, after test completion of the test result will be displayed.

8.History data

In the data panel, click the bar icon on the top right to enter the historical data view interface, you can view the average data of steps, sleep, heart rate, blood pressure, daily data, week data, month data, year data .

9.Sport

Click the sport options under APP interface , enter the sports interface, click the start movement, enter the sports interface, click on the start movement,APP can view the real-time location, speed, , calories, exercise time and other information, , You can keep the movement record.

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10.Sharing with friends

   In the sport, sleep, heart rate, blood pressure interface, click on the upper right of the upload icon, the current data can be sent to WeChat, QQ, Facebook, Twitter, link-in, Instagram, WhatsApp .

11.Setting my device

   In the settings, click My Devices to enter the My Device Settings : Message notification: enter the message notification function, you can push the message and synchronized to the device (Message content is too long which can not complete display in the device), as long as the phone has been opened the application ,it can update info by application There are calls, SMS, WeChat, QQ, Facebook, Twitter, WhatsApp. Click the icon on the top right of the phone, you can get permission to use the notification to open the H Band. Alarm clock setting: Enter the alarm clock interface, you can set the alarm clock, after set up done,the device will remind you once on time, you can set up maximum three groups of alarm clock.

Sedentary set: enter the sedentary reminder, open the sedentary reminder , you can set a reminder in a sedentary time to remind, set the start time and end time, and you can set how long to remind, the time interval is from 30-240 minutes , With a minimum of 5 minute intervals for each adjustment. Save the data, the sedentary reminder time period, when time is on the set time, the device will remind you stand up for activities.

Binding device: he difference of binding account and none binding account is device with binding account which data will update only today,for previous data once recorded it will not changed(once recorded means one day past and recorded),none binding account just show the current data and will not have any previous data.

Blood pressure measurement mode: Enter the blood pressure

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measurement mode,you can set private mode and general mode,Private mode is to adjust people which get data error.

**Remote control camera:** from the phone APP into the camera

mode ,shake the bracelet. You can operate the phone to take pictures.

Reset device password: Enter into password reset interface, you can change password,after updated,you need to input password when device being connected each time。If you forget the password,Under the sleep monitor mode, long press 6 seconds can reset the password .

Firmware update: Enter into the firmware upgrade interface,You can find the version number of the device and check if it is the latest version, if not, click start,you can update the version of the device.

IV.Specification

4.Product charging method
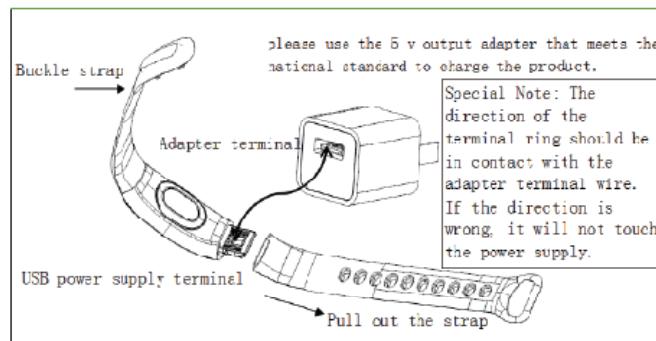
V.Trouble shooting

1.. Binding account and none binding account:

The difference of binding account and none binding account is device with binding account which data will update only today,for previous

data once recorded it will not changed(once recorded means one day past and recorded),none binding account just show the current data and will not have any previous data.

3.APP uninstall， if history data will be saved?

If with binding account,the data will upload to sever,once app being uninstalled,the data still could be there,other data will disappear.

4.Upload and download data time：

Every time when user log in successfully ,the data of latest 30 days will be downloaded from the server, the user visit the data of device every 5minutes.

VI.Cautions

1. To prevent charging terminal corrosion, please clear device with clean water (especially
After water activities), and wipe to keep dry and clean,
Before charging, please make sure the charging terminals and its surrounding are completely dry and clean.
2. Please charge the device more than 1 hour before using.
3. Please do not put the device in environment of dusty, high temperature, high pressure radiation, etc
4. Please use standard 5 v output adapter to charge the device.
5. Please disassemble and change device without authorization,in case any problem or danger.

VII. Waring

Blood pressure sensor, heart rate sensor, and device itself are all consumer electronics products and not professional medical devices, might interference by the external environment, data of heart rate, and blood pressure are for reference only, our company are not responsible for the consequences of any numerical errors.

Federal Communications Commission (FCC) Statement

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.

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.

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