

User Manual for Smart Bracelet

Power On / Off

Power on: Under the state of shutdown, long press the touch area for 3 seconds to turn on the bracelet.

Power off: Switch to the Power-off interface, long press the touch area for 3 seconds to turn off the bracelet.

App Installation

Install the App on the Phone:

Scan the QR code on the manual to download the App, or download **H Band** in **App Store**.



Register an Account:

After installing the App, you need to register a new account.

Sports Pattern

Switch to the **Sports interface** on the bracelet, long press the touch area for 3 seconds to enter the main interface of Sports Pattern. Under the Sports Pattern, the bracelet can monitor heart rate, calorie, mileage(steps) and exercise time simultaneously.

Stop Sports Pattern Monitoring: Click the touch area and switch to the **Stop interface**, long press the touch area for 3 seconds, the bracelet will vibrate to remind you that the monitoring stops.

Continue Sports Pattern Monitoring: Click the touch area and switch to the **Go on interface**, long press the touch area for 3 seconds, the bracelet will vibrate to remind you that the monitoring continues.

Exit to the Main Interface: Click the touch area and switch to the **Return interface**, long press the touch area for 3 seconds, the bracelet will exit to the main interface.

Steps / Distance / Calorie

Click the touch area to enter the **Pedometer interface**, the current steps, distance and calorie will be displayed on the screen. The screen will turn off automatically if there are no operations for 5 seconds.

After your bracelet is paired with the App, you can check the data on the **Sport interface** on the bracelet.

Blood Oxygen Monitoring

Monitoring by the Bracelet:

Switch to the **interface of blood oxygen monitoring**, the bracelet will display the real-time data for 5 minutes. If it displays 0% SPO2 during the test, please check if you wear the bracelet correctly and if the sensor is close to your skin.

Monitoring by the App:



On the App, click  at the bottom of **Dashboard**, and enter the **interface of blood oxygen monitoring**. Once you click the start button, it will continuously monitor your blood oxygen and display the real-time data until you stop the test manually. The monitoring data will not be stored.

Blood Oxygen Nighttime Monitoring:

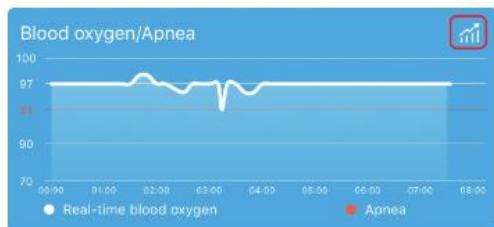
Turn on **Blood oxygen nighttime monitoring** on the APP, the bracelet will monitor the blood oxygen automatically in real time during 00:00am-08:00am. The detailed data can be checked in the **Analytical data interface**. Click the **Blood oxygen interface** on **Dashboard**, enter the **Analytical data interface** which will display **Data chart**, **Analytic result**, **Key indicators** and **Intervention measures** for the time period you wear the bracelet.



(1) Click , you can check the data for every 10 minutes. If you continue to click the **average value** of any 10-minute data, you can check the details for per minute.



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Analytic result(For reference only)

OSAHS: Normal

Key indicators

More

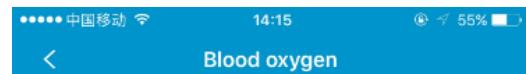
| Name | Frequently appearing time | Frequency | Reference value |
|-------|---------------------------|-----------|-----------------|
| Apnea | -- | -- | ≤7 |

Intervention measures

Hypoxia and arousal

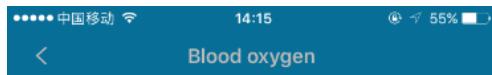


Common sense of sleep apnea syndrome



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| Time | Apnea(times) | average value |
|-------------|--------------|---------------|
| 06:20-06:30 | 0 | 97%> |
| 06:10-06:20 | 0 | 97%> |
| 06:00-06:10 | 0 | 97%> |
| 05:50-06:00 | 0 | 97%> |
| 05:40-05:50 | 0 | 97%> |
| 05:30-05:40 | 0 | 97%> |
| 05:20-05:30 | 0 | 97%> |
| 05:10-05:20 | 0 | 97%> |
| 05:00-05:10 | 0 | 97%> |
| 04:50-05:00 | 0 | 97%> |
| 04:40-04:50 | 0 | 97%> |
| 04:30-04:40 | 0 | 97%> |
| 04:20-04:30 | 0 | 97%> |

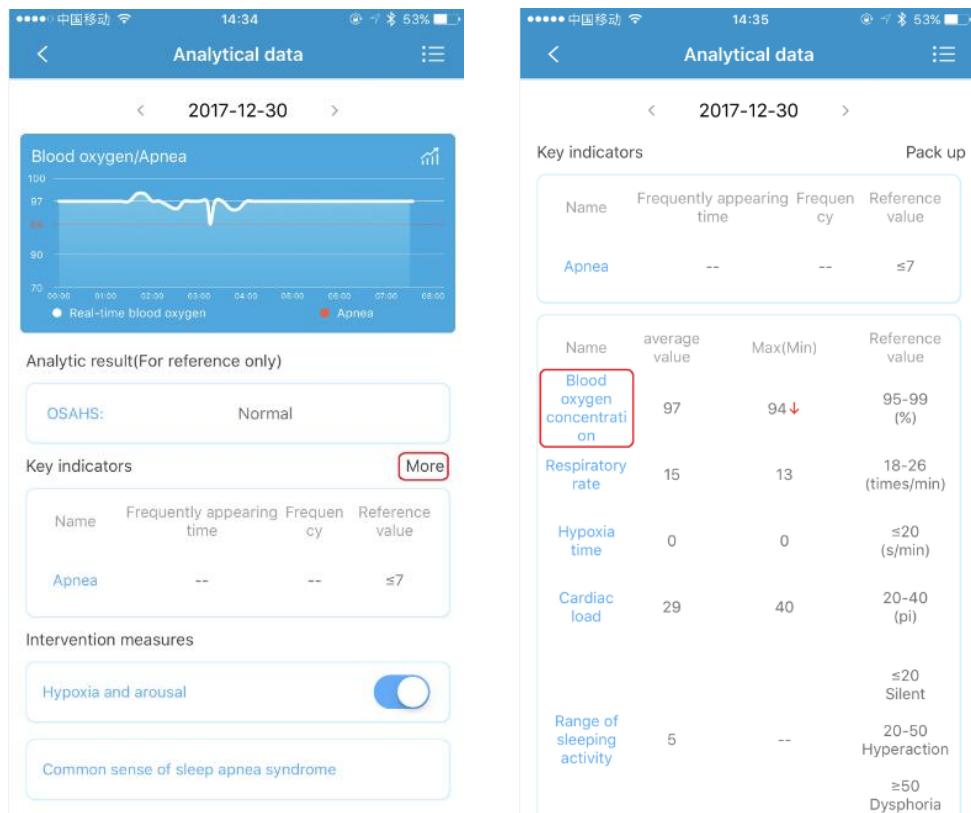


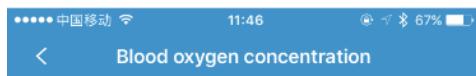
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| Time | Apnea(times) | average value |
|---|--------------|---------------|
| Maximum:97%/Minimum:96%/average value:97% | | |
| 06:20 | 0 | 96%> |
| 06:21 | 0 | 97%> |
| 06:22 | 0 | 97%> |
| 06:23 | 0 | 97%> |
| 06:24 | 0 | 97%> |
| 06:25 | 0 | 96%> |
| 06:26 | 0 | 97%> |
| 06:27 | 0 | 97%> |
| 06:28 | 0 | 97%> |
| 04:40-04:50 | 0 | 97%> |
| 04:30-04:40 | 0 | 97%> |
| 04:20-04:30 | 0 | 97%> |

(2) Click **Switch setting** on the App, turn on **Blood Oxygen Nighttime Monitoring**, the test result will be displayed on the **Analytical data interface** in line with the data collected in that night, which will be marked as **Normal, Mild, Moderate or Severe**.

(3) On the **Analytical data interface**, click **More** at the item of **Key indicators**, there will be a detailed report for each indicator. You can click the indicators to know more about their definitions, common symptoms and the treatment methods.





Terminology

Blood oxygen refers to the percentage of the amount of oxygenated hemoglobin in the blood of all hemoglobin that can be combined, that is, the concentration of oxygen in the blood.

Typical symptoms

1. Cardiovascular and cerebrovascular diseases (coronary heart disease, hypertension, hyperlipidemia, etc.).
2. Respiratory diseases (asthma, bronchitis, pulmonary heart disease, etc.).

Treatment

1. As the disease occurs in patients with lower blood oxygen, in addition to actively receiving the treatment of the original disease, the equipment for measuring blood oxygen and oxygen inhalation should be prepared to be timely supplied with oxygen once hypoxemia is detected.
2. In addition to the direct oxygen inhalation, a variety of aerobic exercises can also be performed to ease the condition such as walking, jogging, deep breathing and



(4) Click  on the **Analytical data interface**, you can check the chart reports of **Blood oxygen/Apnea, Cardiac load, Sleep activity, Variability of pulse rate, Respiratory rate**,



Hypoxia time. Besides, you can check related details by clicking  on each report.



| Time | average value(pi) |
|-------------|-------------------|
| 06:50-07:00 | 3> |
| 06:40-06:50 | 32> |
| 06:30-06:40 | 32> |
| 06:20-06:30 | 33> |
| 06:10-06:20 | 24> |
| 06:00-06:10 | 28> |
| 05:50-06:00 | 32> |
| 05:40-05:50 | 32> |
| 05:30-05:40 | 33> |
| 05:20-05:30 | 32> |
| 05:10-05:20 | 32> |
| 05:00-05:10 | 32> |
| 04:50-05:00 | 33> |

(5) Turn on **Hypoxia and arousal** on **Intervention measures**, if the bracelet constantly monitors you in low blood oxygen and this may make an impact on your health, it will vibrate to remind you.

(6) Click **Common sense of sleep apnea syndrome**, then you can check the Q&A of sleep apnea syndrome.

HRV:

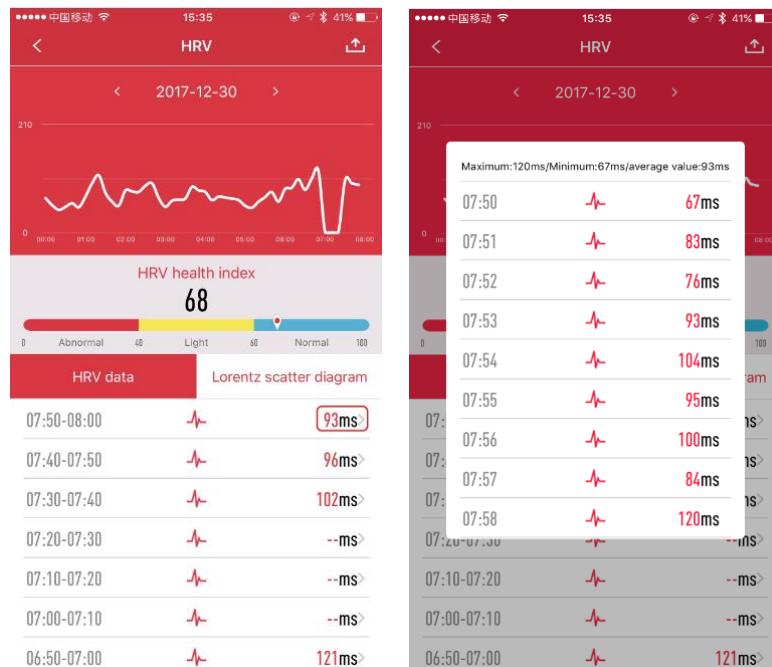
If you want to know **Heart rate variability** while wearing the bracelet (HRV means the changes for the differences of each cardiac cycle which reflects the degree and the regularity for heart rate variability, by which you can judge its impact on cardiovascular activities), you can turn on **HR automatic monitoring** on **Switch setting**, then the bracelet will monitor the HRV during 00:00am-08:00am, and you can check the details on **Dashboard**.

(1) Click **HRV** on **Dashboard**, then you can check HRV health index and judge if you are in an

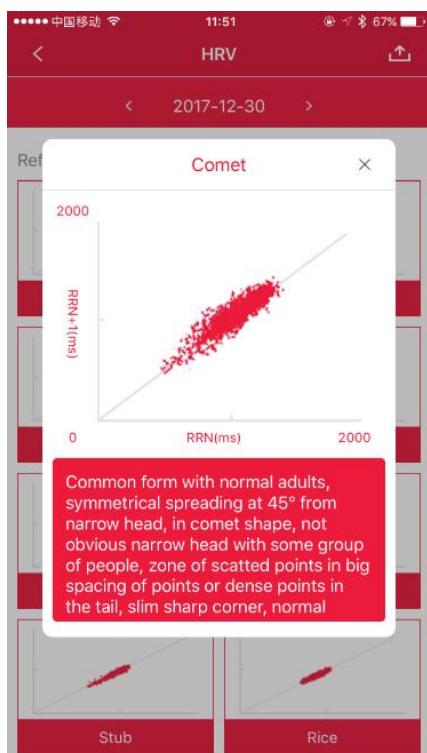
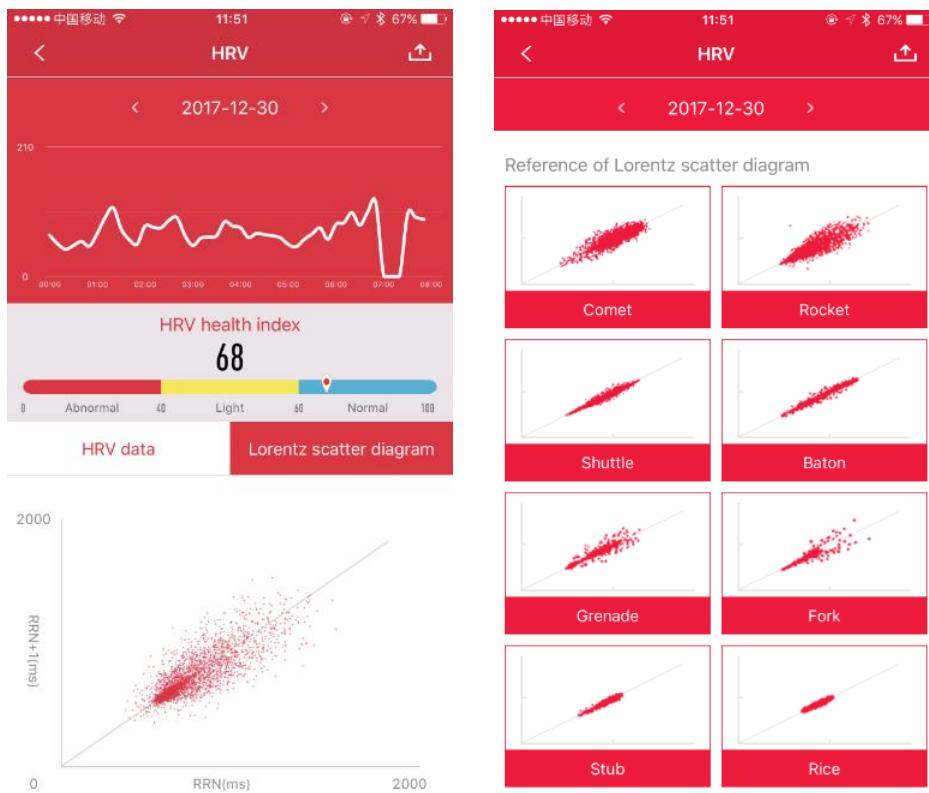
abnormal physiological status like you are fatigue, nervous or excited. If the index is within the normal level, it indicates that you are in a relatively relaxed status.



(2) Select a date you wear the bracelet at the top of the **HRV interface** and check the trend for HRV. Besides, slip the chart and check the average value of the differences of cardiac cycle for every 10 minutes.



(3) At the lower part of this interface, you can check **HRV data** and **Lorenz scatter diagram** for each minute. (You can make a comparison with similar Lorenz scatter diagrams, and click each image to get related explanation.)



Sleep:

Wear the bracelet while sleeping, it will automatically monitor your sleep status, and the sleep data will be displayed on the screen in the next day. The screen will automatically turn off if there are no operations for 5 seconds.

Manual Monitoring / Automatic Monitoring for Heart Rate:

Switch to the **interface of Heart rate monitoring**, the bracelet will start to monitor the current



heart rate. Besides, you can monitor the heart rate through the App by clicking  at the bottom of **Dashboard** to start the test. The test data will not be stored in the backstage.

Turn on **HR automatic monitoring** on **Switch setting**, the bracelet will automatically monitor the heart rate for 24 hours a day. The data will be collected every 10 minutes and will be displayed on the App every 30 minutes. Therefore, you can check your heart rate data for the whole day.

Fatigue Monitoring:



Click  at the bottom of **Dashboard**, and enter the **Fatigue monitoring interface**. After the test, you can decide whether to store the result on the Pop-up Window.

Respiratory Rate Monitoring:



At the bottom of **Dashboard**, click  and enter the **interface of respiratory rate monitoring**. The test will last for 1 minute, during which you should ensure that you wear the bracelet correctly. Besides, the test result will not be stored.

Count Down:

On the App, set the time in the **Count down interface** and start countdown. The bracelet will vibrate to remind you at the beginning and at the end, and meanwhile the screen will display an hourglass icon. Besides, turn on **Interface display** on the App, then you can set a permanent interface of countdown for high-frequency events on the bracelet, and long press it to start countdown when you switch to that interface.

Stopwatch:

Turn on the **Stopwatch function** on the App, then it will be displayed on the bracelet as a permanent interface. Long press the touch area to enter the **Stopwatch interface**, click the touch area to start it, click it again to stop, and click it once more to continue the stopwatch. If you want to quit it, then long press the touch area. The maximum time for stopwatch is 99 minutes 59 seconds.

Calling:

After the bracelet is paired with the App, it will vibrate to remind you if someone is calling you, and the contacts or the phone numbers will be displayed on the screen. In this case, you can click the touch area to make the in-call enter **silent mode**, or long press the touch area to hang up the phone call.

Message Notification:

Turn on **Message notification** on the App to open the notification permissions for other applications. When there is a new message, the bracket will vibrate to remind you and the contents will be displayed on the screen.

Find Cell Phone:

Keep the App running on the backstage and the phone ringing once it receives phone calls. Turn on **Find cell phone** on the App, the **interface of Find cell phone** will be displayed on the screen. Switch to this interface on the bracelet, long press the touch area, the phone will ring to remind you of its location. Finally, long press the touch area on the **interface of Find cell phone** to exit.

Heart Rate Alarm:

Set the **Maximum heart rate** on the App. When the bracelet monitors that the heart rate value is equal to or above the maximum, it will vibrate to alert you and the alarm icon will be displayed on the screen.

Remote Camera:

Enter **Take Photo** on the App. Click the touch area on the bracelet or shake it quickly to remotely control the phone to take photos. If you want to exit **Take Photo**, directly leave the interface on the App by hand. If you want to exit the **Take photo interface** on the bracelet, then long press the touch area.

Sedentary Setting:

Set the maximum time for sedentariness on **Sedentary settings** of the App. When the bracelet monitors the duration you are sitting or in a stationary state reaches the maximum, it will vibrate to remind you that it's time to stand up for some activities.

Sleep Monitoring:

Wear the bracelet while sleeping, it will monitor your sleep state automatically. After you get up for half an hour, the sleep time will be displayed on the **Sleep interface** of the bracelet. After the bracelet is paired with the App, the App will synchronize the data from the bracelet and show them to you, and the bracelet can store the data for three days at the most. The synchronous data on the App will be stored forever unless you uninstall the App.

Alarm Setting:

You can set several alarm clocks on **Alarm setting** of the App. If it is a repeated event for several days, you can choose the days to set an alarm clock. If it is a single event like taking a plane, you can choose a fixed day to set an alarm clock.

Sport Monitoring:

When you wear the bracelet, it will automatically count your steps and monitor the movement distance as well as the consumed calories, and the data will be displayed on the bracelet and the App.

Sport Goal Notification:

Set **Sport goal** on the App, the bracelet will vibrate to remind that you've reached your goal when the walking steps is the same with your target value.

Low Power State:

If the bracelet is in **low battery mode**, it will remind you of it. To avoid that the power is consumed so fast that it will affect the usage of the bracelet, the monitoring functions of heart rate, blood oxygen and sleep activity will be blocked automatically.

Tips:

Please read the manual carefully before using the tracker, and keep it as an instruction.

The pictures herein are merely for your reference, please subject to the real product.

We will continue to improve the product with its functions. If the contents in this manual are different from practical functions, the dimension and the appearance design, please kindly note that we could not provide further notice. Therefore, we would not accept any compensation claim based on the data, pictures and words in this manual.

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.

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.