

Z17智能健康手环 ——心率/计步



使用说明书

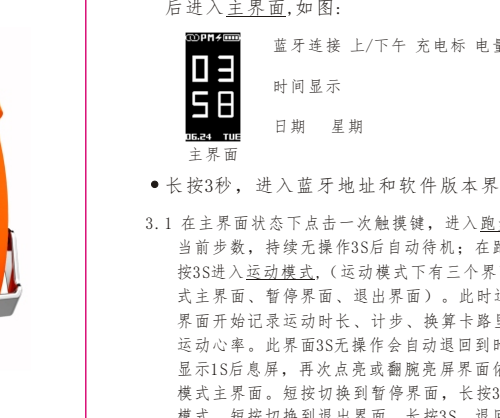
1. 手环外形尺寸



感谢您购买智能心率手环,本产品应用最新科技来监测人体的运动和心率数据,通用手机APP进行数据的采集、管理和分析,长期使用,将成为您最理想的运动健康助手!

本说明书仅作为使用参考,如有变更恕不另行通知;
本说明书中涉及到的图片仅供参考,请以实物为准;

2. 手环基本布局



- 1. 显示区域
- 2. 双色表带
- 3. 心率感应
- 4. 充电器触点
- 5. 心率感应
- 6. 不锈钢表扣

3. 手环功能操作

- 开机: 在关机状态下, 长按触摸键3S开机, 然后进入主界面, 如图:
 - 蓝牙连接 上/下午 充电标 电量标
 - 时间显示
 - 日期 星期
- 长按3秒, 进入蓝牙地址和软件版本界面。

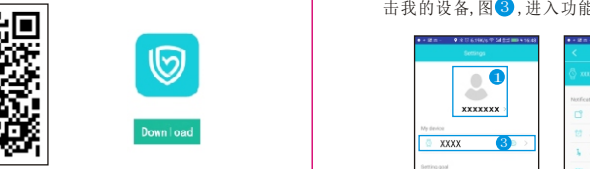
- 3.1 在主界面状态下点击一次触摸键, 进入跑步界面, 显示当前步数, 持续无操作3S后自动待机; 在跑步界面长按3S进入运动模式。(运动模式下有三个界面: 运动模式主界面、暂停界面、退出界面)。此时运动模式主界面开始记录运动时长、计步、换算卡路里、步数、运动心率。此界面3S无操作会自动退回到时间主界面, 显示1S后息屏, 再次点亮或翻腕亮屏界面依然在运动模式主界面。短按切换到暂停界面, 长按3S暂停运动模式。短按切换到退出界面, 长按3S, 退回到主界面。



跑步界面 运动模式

4. 蓝牙配对

- 1. 打开手环
- 2. 打开手机蓝牙
- 3. 扫描二维码下载 H Band APP或在Google、安卓市场、91助手、PP助手、百度助手、豌豆荚、应用宝、360助手搜索“H Band”下载并安装。



- 4. 打开APP, 在APP里点击设置, 进入我的设备, 在连接设备列表中选择蓝牙名称, 点击即可自动连接对应手环。(成功连接后手环里的时间和日期将会自动更新)。

- 5. 蓝牙断开
 - A. 在APP设置里断开连接
 - B. 在手机后台关掉APP
 - C. 在手机设置里面取消蓝牙配对。

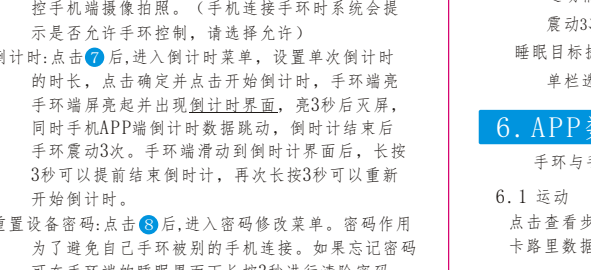
5. APP使用

- 安装完成H Band APP之后, 请先在用户信息里面设置好自己的相关信息, 如体重、性别等然后手机和手环进行蓝牙配对(单用户用户名, 图①用户信息修改界面)
- 5.1 提醒功能设置
 - 打开APP界面蓝牙连接成功后, 点击设置, 图②, 再点击我的设备, 图③, 进入功能设置界面。



- 佩戴检测: 开启此功能可对人体进行佩戴检测, 避免出现佩戴误判。
- 心率自动检测: 开启此功能后, 当手环如检测到人体已经佩戴就会实时检测心率并上传数据; 关闭时手环灯不亮, 不检测, APP和后台都没有数据。
- 秒表功能: 开启后, 操作手环切换到秒表界面下, 长按3秒进入秒表准备状态, 单击开始秒表计时, 再次单击暂停, 长按3秒返回; 当此功能关闭时, 手环操作界面里的秒表界面消失。
- 查找手机: 开启后, 操作手环增加查找手机界面。

- 5.2 其它功能设置
 - 进入我的设备后, 向上滚动菜单栏图标④, 进入开关设置菜单界面。



亮度调节: 点击⑤, 可调节手环显示屏幕的亮度;

拍照控制: 点击⑥后手机自动开启摄像头, 手环端自动进入拍照界面, 摇一摇手环或点击手环触摸区控制手机端摄像头拍照。(手机连接手环时系统会提示是否允许手环控制, 请选择允许)



闹钟界面 查找手机 久坐提醒 秒表界面 倒计时 拍照控制

- 运动目标提醒: APP连接蓝牙后, 进入“运动目标”菜单, 设置运动目标值, 保存即可。手环界面进度条会根据运动情况更新, 当运动步数达到目标值后, 手环端会震动3次, 如设置的目标值低于当前运动值则不会提醒。
- 睡眠目标提醒: APP连接蓝牙后, 进入“睡眠目标”滚动菜单栏选择睡眠目标时长, 保存即可。

6. APP数据面板

手环与手机连接成功并同步之后查看数据

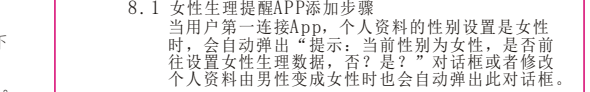
- 6.1 运动
 - 点击查看步数、距离卡路里数据。
- 6.2 睡眠
 - 点击查看睡眠(睡眠时长、深睡和浅睡时长等)。



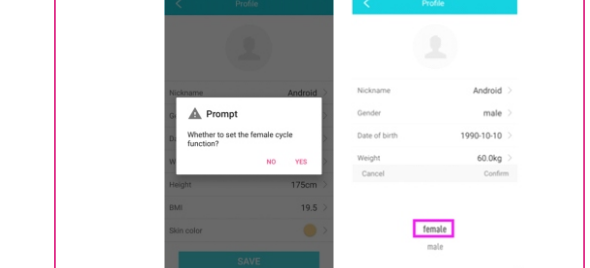
心率数据 运动轨迹

7. 手环唤醒(亮屏)方式

- 1. 在待机状态下, 抬手可唤醒手环, 亮屏显示主菜单;
- 2. 在待机状态下, 点击触摸键唤醒手环, 亮屏显示主菜单。



心率数据

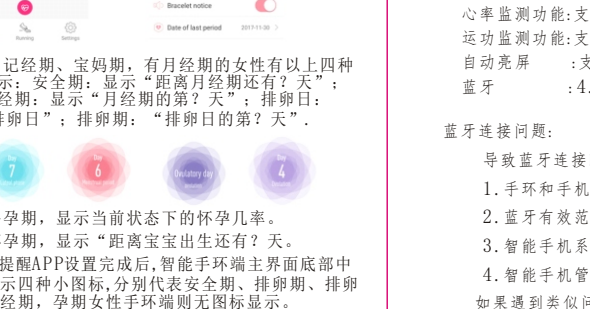


运动轨迹

8. 女性生理提醒功能

此功能只针对女用户, 男性用户无此功能也没有操作窗口

- 8.1 女性生理提醒APP添加步骤
 - 当用户第一次连接APP, 个人资料中的性别设置是女性时, 会自动弹出“提示: 当前性别为女性, 是否前在设置女性生理数据, 否? 是?”对话框或者修改个人资料由男性变成女性时也会自动弹出此对话框。



心率数据



安全期 排卵期 排卵日 月经期

9. 参数

- 芯片 : Nordic 52832
- 显示屏 : OLED 0.96寸 白光
- 电池 : 90mAh
- 防水级别 : Ip67
- 待机时长 : 5到7天
- 支持手机系统: IOS 8.0以上, Android 4.3及以上
- 心率监测功能: 支持
- 运动监测功能: 支持
- 自动亮屏 : 支持
- 蓝牙 : 4.0

蓝牙连接问题:

- 导致蓝牙连接断开, APP断开, 不能提醒等原因

- 1. 手环和手机蓝牙关闭了, 手机APP后台没运行;
- 2. 蓝牙有效范围10米, 超出范围会断开蓝牙连接;
- 3. 智能手机系统, 会为了省电, 自动清除后台应用;
- 4. 智能手机管家或安全中心等关闭手环APP运行;

如果遇到类似问题, 不会设置, 可以在线咨询客服。

注意: 此手环不做医疗设备使用, 测试数据仅供参考

Z17 Fitness Tracker

Heartrate/step counting



Bracelet dimensions

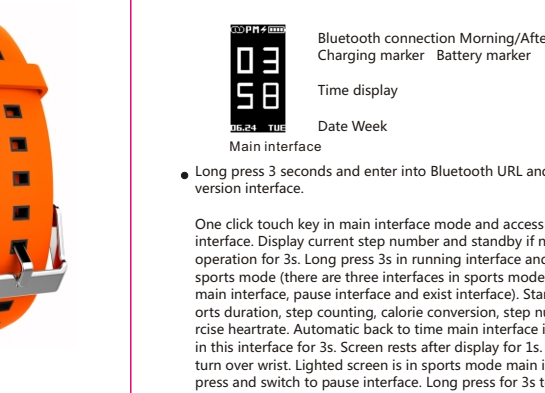


Thanks for purchasing Smart Heartrate Bracelet. This product is designed for monitoring motionless activities and heart rate data. For example, use mobile APP for data collection, management and analysis. It will be your ideal fitness healthy assistant for long-time proper usage.

This manual is for reference only. It is subject to change without prior notice.

Pictures involved in this manual are for reference only. Please in kind prevail.

Wristband basic layout



1. Display area
2. 61-color bracelet
3. Heartrate sensor
4. Charger touch spot
5. Heartrate sensor
6. Stainless steel watch buckle

Wristband function operation

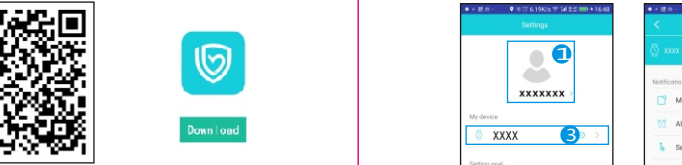
- Startup: in shutdown mode, long press touch 3S to start up, and enter into main interface as shown in the figure:
 - Bluetooth connection Morning/Afternoon
 - Charging marker
 - Battery marker
 - Time display
 - Date Week
 - Main interface
- Long press 3 seconds and enter into Bluetooth URL and software version interface.

One click touch key in main interface mode and access to running interface. Display current step number and standby if no continuous operation for 3s. Long press 3s in running interface and access to sports mode (there are three interfaces in sports mode: sports mode main interface, pause interface and exist interface). Start recording sports duration, step counting, calorie conversion, step number, and exercise heart rate. Automatic back to time main interface if no operation in this interface for 3s. Screen rests after display for 1s. Illume again to turn over wrist. Lighted screen is in sports mode main interface. Short press and switch to pause interface. Long press for 3s to stop sports mode. Short press and switch to exit interface. Long press for 3s back to main interface.



Bluetooth paring

- Start wristband
- Turn on Bluetooth
- Scan QR code to download H BandAPP or search "Hband" in Google, Android marketplace, 91 zhushou, pp zhushou, Baidu zhushou, Wandou jia, myapp, 360 zhushou for download and installation.



Start APP, and click Settings, enter into My Device. Select Bluetooth name in Connecting Device List, click to automatically connect with wristband. (Time and date in wristband will update automatically after successful connection)

Bluetooth disconnection

Disconnect in APP settings

Turn off APP in mobile phone backstage

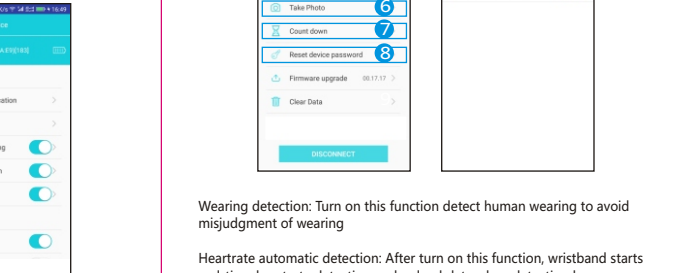
Cancel Bluetooth paring in Mobile phone Settings

Instructions for APP use

After installing H Band APP, complete relevant user information setting in User info, such as weight and gender. Then mobile phone starts Bluetooth pairing with wristband (click User Name, diagram ① shows User Name Modification interface.)

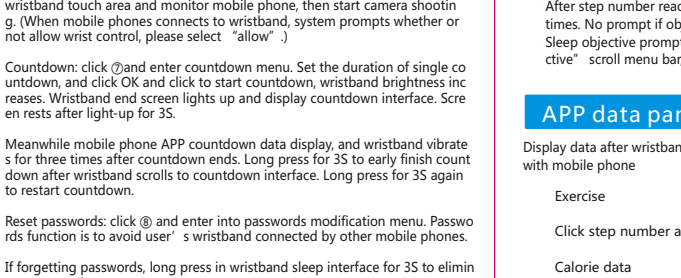
Prompt function setting

After starting APP interface and successful Bluetooth connection, click Settings as shown in diagram ②. Click My Device, and enter into function setting interface as shown in diagram ③.



Extra function settings

Enter My Device, click scroll menu as shown in diagram and enter into switch setting menu interface.



Brightness adjustment

Click to adjust the brightness of wristband display screen.

Camera control: Click, mobile phone camera automatically turns on, wristband automatically enters into camera interface. Shake wristband, and click wristband touch area and monitor mobile phone, then start camera shooting. (When mobile phones connects to wristband, system prompts whether or not allow wrist control, please select "allow".)

Countdown: click and enter countdown menu. Set the duration of single countdown, and click OK and click to start countdown, wristband brightness increases. Wristband end screen lights up and display countdown interface. Screen rests after light-up for 3S.

Meanwhile mobile phone APP countdown data display, and wristband vibrates 3 for three times after countdown ends. Long press for 3S to early finish countdown after wristband scrolls to countdown interface. Long press for 3S again to restart countdown.

Reset passwords: click and enter into passwords modification menu. Passwords function is to avoid user's wristband connected by other mobile phones.

If forgetting passwords, long press in wristband sleep interface for 3S to eliminate passwords.

Passwords restore to 0000. Reset passwords in APP.

Software update: APP will prompt to update software if new version updating of wristband program is available.



After turning on this function in APP, wristband terminal will add this interface automatically and display.

Mobile lookup

After turning on this function, operate wristband to add mobile lookup interface.

Wearing detection

Turn on this function detect human wearing to avoid misjudgment of wearing

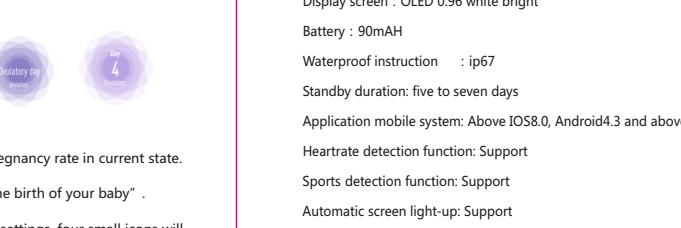
Heartrate automatic detection: After turn on this function, wristband starts real-time heartrate detection and upload data when detecting human wearing. Wristband light off, no detection, and no data in APP and backstage after turning off the function.

Stop watch function: After turning on this function, operate wristband and switch to stop watch interface. Long press for 3S to enter into stop watch preparation state. Click to start timing and click again to pause, long press for 3S then back to original interface. After turning off this function, stop watch interface in wristband operation interface will disappear.

Mobile lookup: after turning on this function, operate wristband to add mobile lookup interface.

Female cycle prompt function

Choose "yes" to enter in female cycle prompt setting menu to set parameters of menstruation (menstrual duration and interval days), preparing for pregnancy, pregnancy, mother, and other state. Save settings, and a modified icon will be added to user's image in personal profile interface. Here female cycle parameters can be remodified.



Parameter

Chip : Nordic 52832
Display screen : OLED 0.96 white bright
Battery : 90mAh
Waterproof instruction : ip67
Standby duration: five to seven days
Application mobile system: Above IOS8.0, Android4.3 and above
Heartrate detection function: Support
Sports detection function: Support
Automatic screen light-up: Support
Bluetooth: 4.0

Bluetooth connection problems:

Reasons causing Bluetooth disconnection, app disconnection and no prompt:

Wristband and mobile Bluetooth is off, mobile APP backstage no operation;

Bluetooth disconnects if beyond the effective scope of 10m;

Smart phone system will automatically eliminate backstage app for power saving

Smart phone manager or safety center is off, and wristband APP is on;

Attention: this wristband cannot be used as medical device. Test data is for reference only.

FCC Statement

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

(2) this device must accept any interference received, including interference that may cause undesired operation.

User Manual