

FCC ID:2AOQ4Y39

Product Name:Fitness tracker

Model Name:Y39

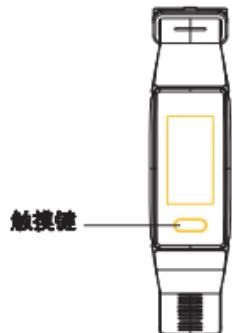
Manufacture:Shenzhen YiHu Technology Co.,Ltd.



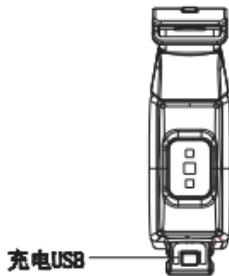
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## 一. 外观说明

### a. 整机介绍



### 充电方式



### b. 包装清单

1、手环 × 1      2、包装盒 × 1  
2、说明书 × 1

### c. 软件下载

1. iOS 到APP Store搜索下载“H Band”；  
2. 安卓到Google Play、应用宝、豌豆荚等应用市场搜索下载“H Band”。



H Band



设备要求: Android 4.4及以上, 手机蓝牙4.0

iPhone 4S及以上, iOS 8.0以上

## 二.初次使用说明

### a.设备功能界面介绍

设备开机后默认显示时间界面，按触摸键可以在不同的功能界面间切换。

主界面 ..... 运动 ..... 公里 ..... 心率 ..... 睡眠



找手机 ..... 秒表 ..... 倒计时 ..... 关机



注：找手机、倒计时、秒表界面默认关闭，若需要可在APP的设置>开关设置里开启。

### b. 连接设备

在APP的 设置 > 设备 界面下拉搜索到设备型号并连接，连接成功后在APP的“我的设备”下会显示设备型号Y39, 同时在设备上时间界面的左上角能看到蓝牙成功连接符号 若看到 符号表未连接成功,请重新操作。

### C. 连接注意事项

- 1) 确保手机蓝牙为开启状态；
- 2) 确保设备电量充足，使用前请先开机或充电；
- 3) 配对连接时确保设备离手机50cm以内；
- 4) 安卓手机若在APP里搜不到设备，请在手机权限设置里检查是否允许 "H Band" 使用蓝牙。

## 三、主要功能介绍

★注意：为确保数据有效，请在APP的个人资料里输入真实的性别、身高、体重和肤色。



### 开/关机

设备在关机状态下长按触摸键3秒开机，进入时间界面，持续5秒无操作后设备自动熄屏待机。切换到设备关机界面（）长按触摸键3秒关机。



### 运动模式

在跑步界面长按进入跑步模式，跑步模式下单击触摸键可在实时跑步数据、暂停和退出三个页面之间切换，数据页面实时显示跑步时间、运动心率、跑步距离、卡路里和步数，在暂停和退出页面长按触摸键可暂停和退出跑步。



### 运动监测

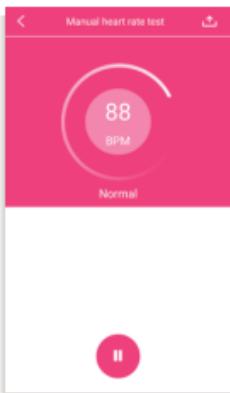
在设备主界面点击一次触摸键进入运动监测界面，显示当前步数、距离以及消耗的卡路里，持续无操作5秒后自动熄屏待机。



### 心率手动检测和自动监测

在设备主界面点击六次触摸键进入心率检测界面并开始检测，测得结果后会连续测量并显示实时心率值，无论是否测出结果，累计测试60秒后设备自动熄屏待机。在设备上测得的心率值不会被保存。

可在APP的数据面板界面最下方点 进入心率手动测试界面，可操作手动测试心率。在APP上操作的心率测试结果不会被保存。在APP端打开心率自动检测开关，设备会在24小时自动监测心率，每10分钟采集一次数据，每30分钟展示一次数据。同步数据后测试结果可以在APP上查看详情。



APP测试模式



心率数据面板



## E. 睡眠监测

在设备主界面点击两次触摸键进入睡眠监测界面，显示昨晚的总睡眠时间，持续无操作3秒后待机。



## F. 血压手动检测、自动监测及私人血压模式

切换至血压手动测试界面设备会自动开始检测，测出结果所需的时间因使用者身体情况不同，需较长时间才能测出结果属正常现象，请耐心等待。测试过程中数值显示是---/---，若无法测出血压时显示×××/×××，请检查设备传感器是否完全贴紧皮肤、测试姿态是否正确，测试时请保持身体放松、静止。无论是否测出结果，累计最多70秒后设备自动熄屏待机。在设备上测得的血压值不会被保存。

可在APP的数据面板最下方点  进入血压手动测试界面，可选择在通用模式或者在私人模式下测试血压，在APP上操作的血压测试结果可以选择保存或不保存。在APP端打开血压自动监测开关，设备会全天候每隔1个小时自动测试血压一次，设备自动测得的血压值在同步数据后可在APP的血压详情界面查看。在APP端打开血压私人模式开关，在通过设备的动态校准后，输入通过专业医疗器械测得的血压值可获得被校正后的测试数据（**注意：已知高血压的用户请输入吃降压药之前的血压值**）。为保证测试有效，请确保输入的数据是您的真实血压。设置血压私人模式后的设备在给他人测量之前请务必先关闭私人模式。



手动测试模式



血压数据面板

**G. 找手机**

保持“H Band”在手机后台运行，设备切换到找手机界面，长按触摸键，手机响应，注意保持手机为响铃模式。

**H. 秒表**

在APP端打开秒表开关后，设备端会有秒表界面，切换到秒表界面长按进入跑秒界面准备开始，按触摸键一次开始跑秒，再按暂停，再按继续，依次循环，长按退出跑秒。

**注意：**进入秒表界面后设备会临时屏蔽所有需要占用屏幕的提醒和推送功能，秒表的最大计时时间值为99分59秒。

**I. 倒计时**

在APP端的倒计时设置界面设定好时间后即开始计时，设备会在倒计时开始和结束时震动提醒同时屏幕显示沙漏标识。也可为高频事件设置快捷启动开关，可以在设备端切换到倒计时界面长按触摸键直接启动。

**J. 闹钟及事件提醒**

在APP端的闹钟设置界面可设置多组闹钟，并可设置闹钟的重复时间，设备会相应提醒。更可为未来某天的重要事情单独设置事件提醒并添加标签，设备会在设置的日期时间点发出震动同时屏幕上显示标签。

闹钟设置界面  编辑闹钟界面



### K. 信息提醒/推送

有新的信息时，设备会震动提醒并显示消息内容；对应的消息显示对应的图标（注：请先在APP打开提醒开关）



### L. 来电提醒

来电时设备会持续震动提醒，短按触摸键静音，长按触摸键拒接。



### M. 久坐提醒

本功能需先在APP端打开并设置，当设备检测到佩戴者在坐着或相对静止状态的持续时间到达设定值时，震动提醒该起来活动了。



### N. 心率报警

在APP上把心率报警开关打开并设置好心率上限值，当设备检测到的心率值等同或高于设置值时会震动提醒并在屏幕显示。



### O. 遥控拍照

通过APP进入拍照界面，快速晃动手腕遥控手机拍照。



### P. 防水

本品防水等级为生活防水，洗手、下雨、冷水淋浴可以佩戴。

**注：请勿跳水、潜水、浸泡、热水淋浴。**



### Q. 生理期提醒

此功能可根据用户的不同生理期状态信息适时推送温馨提醒。

**注：此功能仅在中/英文系统下适用。**

## 1. 如何开启功能？

需要在APP注册帐户并在个人资料里设置性别，当性别为“女”时，系统会提示前往设置女性生理周期功能（如不需要此功能请点“忽略”）前往设置界面根据自身真实情况设置“只记经期”、“备孕期”、“怀孕期”、“宝妈期”四种不同的女性生理状态信息并保存。

## ② .如何修改当前生理状态？

点击APP控制面板界面女性模块进入修改设置。

## ③ .如何更改不同生理状态？

点击APP个人资料界面用户头像右下边的当前生理状态图标如  进入修改设置。



## 四、注意事项

1. 禁止使用充电电压>5V, 充电电流>2A的适配器，充电时长90分钟；
2. 禁止在有水渍的情况下充电；
3. 禁止浸泡、游泳、潜水、跳水、热水淋浴；
4. 本品为电子监测产品，不作为医疗参考，数据仅供参考；
5. 血压测试方式方法：请保持测试时身体放松、静止，确保手表与心脏同高（如右图），测试时也请不要说话；
6. 光电传感器属高敏感元器件，要小心硬物碰伤。



佩戴一段时间可能会有汗渍、灰尘附着在表面可用软布定期清洁。

## 五、常见问题

Q：升级失败如何处理？

A：如果初次升级失败，请在app重新连接“Dfulang”的设备,系统会自动提醒升级。

Q: 心率（睡眠）测试为什么不准？

A: 首先手环设备是通过电子传感器来监测人体活动的，属于消费级产品，出现一定的误差属正常现象，请客观对待数据。

Q: 在哪里设置APP权限？

A: 安卓手机-设置-权限管理-找到“H Band”应用-设置信任此软件。

1. 如果手机安装了安全管理类或清理加速类的应用，请将“H Band”设置为白名单（信任名单）；
2. 在手机系统的权限管理程序里，请将“H Band”设为信任应用，来电显示等功能需要获取权限来实现功能。

Q: 如何设置时间显示方式？

A: 设备同步手机的时间显示方式，手机设置为12小时制则设备显示为12小时制。

Q: 如何重置密码？

A: 在睡眠界面长按触摸键6秒，手环震动一次后恢复连接初始密码“0000”。

## 六、基本参数

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主控芯片: NODIC52832

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数据传输: 蓝牙4.0

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电池类型: 聚合物锂电池

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电池容量: 125MAH

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充电电压: 5V

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功率: 0.462WH

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工作温度: -5—45℃

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防水: IP67

# Settings

**Use H Band APP on your iOS or Android smartphone** (No Ipad or Computers) as follows.

Note: The hardware and system of your phone shall meet the following requirements.



IOS 8.0 or above



Android 4.4 or above

## 1. Search and download H Band APP

- ① Search and download H Band APP from the Apple Store, 91 Assistant, 360 Mobile Assistant or other app stores.
- ② Scan the QR code. It probably has a problem to open the link by scan tools of your cell phone, please copy the link and open it through browsers.



H Band



## 2. Product activation and installation

The product must be activated by charging before initial use, and then charge the product to ensure normal power supply. The hand ring will automatically power on.

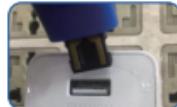
How to charge?



Rotate at 45 degrees,  
remove the strap



Take apart the watchband,  
and one end of the inside  
with the chargingSymbol is  
the usb charging port



The end of the usb chip is  
inserted into the usb  
charging tank



Switch one the power and  
start charging

Working time: continuously working for 5 days under normal conditions.

### 3. Connect the bracelet

Open Bluetooth and H Band APP, click connection, select Y39 to connect, please choose to allow access location info. When the tracker is connected successfully, the sign on the upper left corner of it is displayed like this: 

#### Notes while connecting:

- ① Bluetooth is turned on
- ② Sufficient power in the bracelet
- ③ Keep your cell phone and bracelet within 50cm when connecting
- ④ If your phone can't find the bracelet in the APP, please open all permissions of H Band software in your phone settings.

#### Common Questions:

##### The equipment could not be found when connecting?

1. Ensure that the Bluetooth of the smartphone is on, the smartphone operating system should be Android 4.4 and above, or IOS 8.0 and above.
2. Ensure that the distance between the phone and the device is less than 0.5 meters. After connection, the device should be kept in a valid range ( normally less than 10 meters).
3. Ensure that the equipment is not being recharged.

If you still have problems after charging, please be free contact us.

##### Occasional Bluetooth connection failed?

1. The Bluetooth service has an exception after the phone restarted.
2. Restart the phone or the Bluetooth service, then it can connect properly.

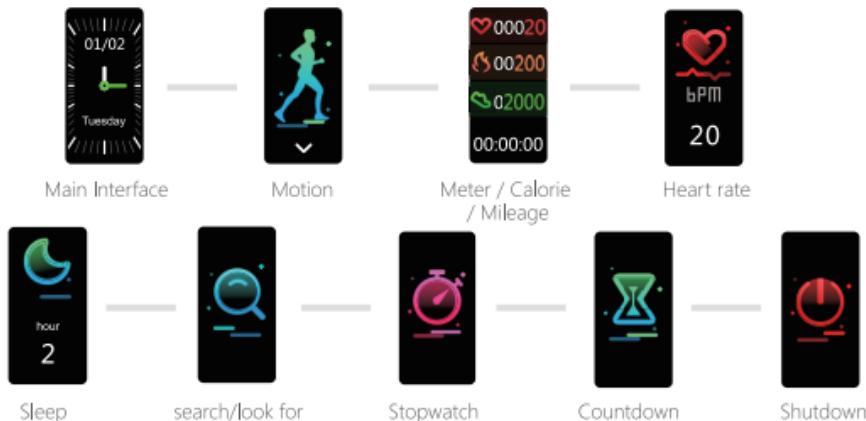
### 4. Appearance Introduction

- ① Names of different parts



## 5. Functions introduction

### (1) Interface



**Note:** Interfaces of finding the phone, stopwatch, and countdown are closed by default, which will be displayed on the bracelet after turning them on in the APP settings- My device-Switch setting.

#### Setting the interface

Make sure the bracelet and APP are connected. Enter APP, click Settings -Y39 - Main interface style settings - select the corresponding style. It can be checked on the screen of the tracker.

### (2) Turn on/turn off

**Turn on:** On power, touch the screen and hold for about 4 seconds, enter the main interface; Touch the button and hold for 4 seconds, enter Bluetooth address and software version interface.

**Off power:** Switch to the shutdown interface and touch the screen for 4 seconds.

### (3) Sport mode

Press the sporting mode screen for 4 seconds, enter the sport mode.

The screen would return automatically to the main interface without operation within 4 seconds but the sporting mode still works in the background.

If you want to exit the sport mode, please hold for 4 seconds in the 'exit' interface.



Motion data



Pause



Exit

#### (4) Steps, calorie, mileage

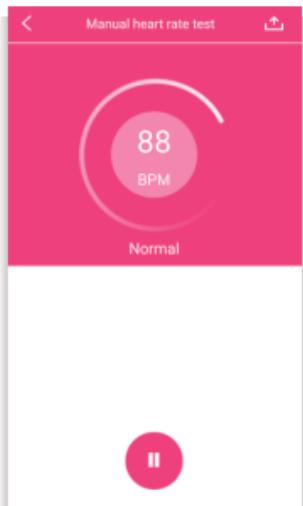
Enter the step counting interface, which shows the current number of steps, target progress, calories, distance of that day. The screen would off after 5 seconds.

The steps are detected by the acceleration sensor, a small amount of error (within 10%) is in a reasonable range.

#### (5) About heart rate

- Heart rate testing

Enter heart rate interface, the bracelet would test automatically. In the beginning, the data would fluctuate, but it will gradually stabilize. After the test, it would show the result. If your heart rate can't be detected, the screen would show in this way, ---/---. If there is no operation, the screen would be closed after 60s. (No matter whether the heart rate is detected or not).



APP Testing Mode



Heart Rate Data Panel

- **Heart rate monitoring**

- ① As long as you wear the bracelet, it will automatically detect your heart rate, steps and calories, and sync to APP.
- ② Automatic heart rate monitoring is on as default and it automatically detects every 30 minutes / If you want to turn it off, please set it in the app: Settings -Y39- Switch setting - HR automatic monitoring-turn off
- ③ To monitor your heart rate more accurately, please keep it a bit tighter than usual when you are taking exercise.

- (6) Sleep monitoring**

Enter the sleep monitoring interface, which shows the total sleep time of the previous day. This function works automatically. Generally, you can know the data 10-30 minutes later after getting up.

- (7) Looking for a cell phone**

Keep the H Band working in the background on your phone, if you switch the interface to the searching mode and hold for 4 seconds, and the phone connected to the watch would ring and vibrate.

- (8) Stopwatch**

Turn on the stopwatch in the APP, then turn to the stopwatch interface by pressing the screen and holding for 4 seconds.

- (9) Countdown**

Turn on the countdown in the APP and choose a time period, after pressing OK, the bracelet would automatically display the countdown. Press and hold for 3 seconds, it would be turned off.

- (10) Information reminder**

Turn on APP- Settings-My device-Message alert, turn on or turn off the alert. If you want to display the messages, please set in the corresponding APP.

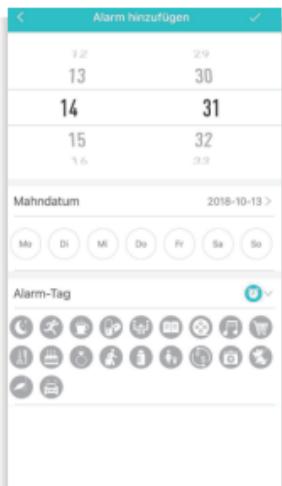
- (11) Call reminder**

After setting up a call reminder, the bracelet would continually vibrate when someone calls in. You can make it mute by short touch and reject to pick by long touch.



## (12) Alarm clock

In the APP, you can set alarms and choose the right icon. The maximum of alarms is 20.



Alarm clock time setting

## Motion alert- remember to move

Set a reminding time in the APP if it's the time, the tracker would alert.

## (13) Heart rate alert

The bracelet automatically detects heart rates, if the data reaches the warning number or higher than that, the bracelet would automatically remind you, the default reminder value of heart rates is 115, and you can set a new one according to your situation.



## (14) Remote control to camera of smart phone

Connect the bracelet and open the APP, click Y39, take a photo, enter the camera interface, and the wrist screen automatically turns on. Then you can click the bracelet to take photos.

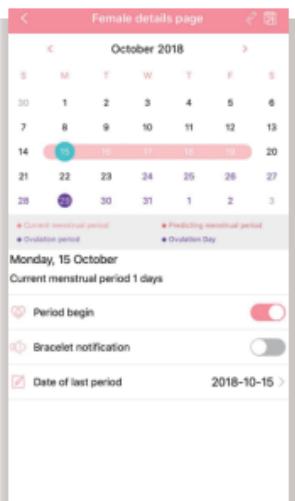


## (15) Wearing test

When the switch in the APP is turned on, your wrist would be tested in the wearing process to avoid wearing miscarriage.

## (16) Female physiological period

The female function is only used for female users. It would be turned on when setting the profile as a female in the APP. Set the data after turning on, that is, only record menstrual period, pregnant period, treasure mother period, then enter the secondary period and select your own basic information.



Data modification

## (17) Battery icon status description



Low power



Charging



Full power

## 6. About the Waterproof

- ① The waterproof grade of the bracelet is IP68, which means that protection against dust inhalation; protection for short immersion.
- ② The activity scenes it allows are as follows: wear it in a rainy day and wash faces and hands, wear it for swimming and up to 3 meters diving.

③ Please do not wear a bracelet to swim in the sea or take a hot shower

## Product parameters

Product model	Y39
Battery capacity	125mAh
Working voltage	3.7V
Data transmission	BT 4.0
Mainframe weight	26g
Charging voltage	5V
Charging current	100mA
Working temperature	-10°C-45°C
Waterproof grade	IP68
Working time	6Days
Working frequency wave	2402-2480MHz
Maximum transmit power	0.44dbm

**This device complies with A Part 15 of the FCC Rules. The 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 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. 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**

Improper use, such as replacing batteries would cause the risk of explosion! Please dispose of used batteries properly.

Used batteries must not be treated with residual waste and must be disposed of separately. Dealing with the used batteries at common sites personally is free. The owner of the old battery is responsible for carrying these batteries to the sites or similar places.

You will help to recycle valuable raw materials and toxic substances through this little personal effort.

**Q:** Received this fitness tracker watch but it's only giving me time in digital, how do you get round old style clock face?

**A:** Please connect the tracker with your phone, open the APP(H Band) and then choose: Settings - My deviceY39- More - Settings of main interface style - Style 2.

**Q:** How to get the automatic blood pressure monitor?

**A:** Settings - My deviceY39 - More - Switch setting - BP automatic monitoring  
Also you can switch on the Bp private mode, set your personal-tailored BP mode to obtain more accurate data.

### **Warm Tip:**

You can get more information on APP(H Band), just open the APP, connect the tracker with your phone, scroll down on the Dashboard, look more data history about your Sport, Sleep, Heart rate and Blood pressure. Also can set your tracker by choose: Settings - My deviceY39 - .

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- 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.