

DB12 Instruction

I Appearance instruction

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II Initial operating instruction

1. Power on: in the state of power off, long press the bracelet side button for 3 seconds, and the watch vibrates for 1S to start up, showing the main interface

2. Introduction of equipment function interface

The default display is the main time interface after the device is started, and slide left and right to switch interface.



Main interface

Step counting

Heart rate

Blood pressure



Sleep

Exercise mode

Exercise mode date

Exit exercise mode

Note: 1. Turn off the interface of mobile phone, countdown and stopwatch by default. If necessary, it can be turned on in the APP setting --- switch setting.

2. Lock the exercise mode, and long press the power button to unlock it

1. Softear download

A: For IOS, users will search and download "H Band" in Apple store

B: For android, users will go to Google Play, app treasure, pea pod and other apps to search and download "H Band".



APP Store



googleplay

2. Connection device

In the setting of the APP -- drop down device interface to search the device model and connect. After successful connection, the device model DB12 will be displayed under "my device" of APP. Click "connect" to connect.

3. Connection notes

- A. Ensure the Bluetooth of mobile phone is on;
- B. Make sure the power of the equipment is sufficient. Please charge or start up before use
- C. Ensure that the device is within 50cm from the mobile phone when paired and connected;
- D. if the android phone cannot find the device in the APP, please check whether "H Band" is allowed to use Bluetooth in the phone's permission setting.

III Main function introduction

Note: to ensure the data is valid, please enter the real gender, height, weight and skin color in the APP profile.

A. on/off

In the state of power off, long press the side button of the bracelet for 3 seconds, and the watch vibrates for 1S to start up, showing the main interface.

B. exercise monitoring

Slide interface left and right, can switch to step counting, heart rate, blood pressure, sleep interface. After 3 seconds of no operation, it will shut down automatically.

C. running mode

Click the screen on the running interface to enter running mode, and the data page displays the running time, exercise heart rate, running distance, calories and steps in real time. Swipe the interface right in running mode to lock, pause, and finish.

D. sleep monitoring

Switch to the sleep monitor interface to display the total sleep time last night. After no operation for 3 seconds, it will standby.

E. heart rate manual monitoring and automatic monitoring

Upon entering the heart rate detection interface, the device will start the detection, and then continuously measure and display the real-time heart rate. Whether or not the result is detected, the device will automatically shut down after 60 seconds of cumulative testing. The heart rate measured on the device will not be saved.

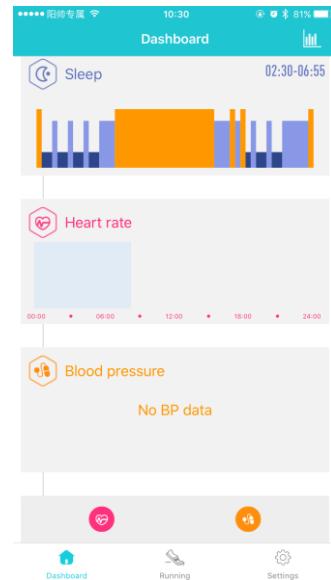


You can press  and enter the heart rate manual test interface at the bottom of the data panel interface of the APP, and you can manually test the heart rate by operation. Heart rate test results that operate on the APP will not be saved.

Open the automatic heart rate detection switch on the APP terminal, the device will automatically monitor the heart rate in 24 hours, collect data every 10 minutes, and display data every 30 minutes. The test results can be viewed on the APP after data synchronization.



APP test mode



Heart rate data panel

F. blood pressure manual monitoring, automatic monitoring and private blood pressure mode

Switch to the manual blood pressure test interface and the device will automatically start the test. The time required to determine the result depends on the user's physical condition. It takes a long time for the results to be measured as normal. Please be patient.

During the test, the numerical value is -- --/--. If the blood pressure cannot be measured, it is XXX /xx, please check whether the device sensor is fully attached to the skin and whether the test posture is correct. Please keep your body relaxed and still during the test. Whether or not the result is detected, the device shuts down automatically after a maximum of 70 seconds. The blood pressure measured on the device will not be saved.

You can press  and enter the manual blood pressure test interface at the bottom of the data panel of the APP. You can choose to test blood pressure in general mode or private mode. Blood pressure test results operated on the APP can be saved or not saved.

Open the automatic blood pressure monitoring switch on the APP terminal, and the device will automatically test blood pressure every 10 minutes every day. The blood pressure value automatically measured by the device can be viewed in the blood pressure detail interface of the APP.

Open the blood pressure private mode switch on the APP terminal. After dynamic calibration of the device, the blood pressure value measured by professional medical instruments can be input to obtain the tested data after calibration (note: users with known hypertension should input the blood pressure value before taking blood pressure medication). To ensure that the test is effective, make sure that the data entered is your true blood pressure. Please turn off the private mode after setting the blood pressure private mode before measuring for others.



Manual test mode



Blood pressure data panel

G Search mobile phone

Keep the "H Band" running in the background of the phone. The device switches to the interface of searching the phone. Click the touch screen and the phone responds. Be careful to keep your phone in ring mode.

H stopwatch

When the stopwatch switch is turned on at the APP terminal, there will be a stopwatch interface at the device terminal, which will switch to the stopwatch interface. Click the green button on the right and start running for second, then press pause, then press continue, and repeat. Click the white button on the left to reset.

Note: after entering the stopwatch interface, the device will temporarily block all notifications and push functions that need to occupy the screen. The maximum time value of the stopwatch is 99 minutes 59 seconds.

I countdown

The timing will start after the countdown setting interface of the APP terminal has set the time, and the device will display the hourglass logo at the beginning of the countdown. At the end, it vibrates and displays an hourglass sign. You can also set a quick start switch for high frequency events. You can switch to the countdown interface at the device terminal and click the start button to start directly.

J alarm clock and event reminder

Multiple sets of alarms can be set in the alarm setting interface of APP terminal, and the alarm repetition time can be set to remind the device accordingly. You can also set a separate event reminder and add a tag for the important events of the future. The device will vibrate at the set date and time and display the label on the screen.



Repeat reminders

10:32

Mon



>

10:32

Thur



>

10:32

Sun



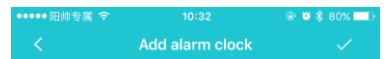
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10:33

Wed



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Alarm setting interface

Alarm editing interface

K. information alert/push

When there is new information, the device will vibrate the reminder and display the message content: the corresponding message displays the corresponding icon (note: please open the reminder switch in the APP first).

L. call reminder

When calling, the device will continuously vibrate to remind, and you can click the hang up button on the interface to hang up the phone. Click the mute button on the interface and the phone is silent.

M. sedentary reminder

This function needs to be opened and set on the APP terminal first. When the device detects that the wearer has reached the set point for the duration of sitting or relative rest, the vibration will alert the wearer to exercise.

N. heart rate alarm

Turn on the heart rate alarm switch on the APP and set the upper limit of the heart rate. When the device detects heart rate equal or higher than the set value, it will vibrate and display on the screen.

O. remote photographing

Enter the camera interface through the APP, and quickly shake the wrist to take photos of the

phone, or click the camera button to take photos.

P. waterproof

This product is waterproof grade IP68. It can be worn when washing hands, raining, showering, swimming, bathing.

Q. Physiological reminder

This function can timely push warm reminders according to users' information of different physiological periods.

IV Matters needing attention

1. The adapter with charging voltage >5V and charging current >2A is prohibited. The charging time is 90 minutes;
2. Do not charge in case of water stain;
3. This product is an electronic monitoring product, which is not used as a medical reference, and the data is for reference only;
4. Blood pressure test method: please keep your body relaxed and still during the test, make sure the watch is at the same height as the heart, and keep silent during the test;
5. Photoelectric sensor is a highly sensitive component, so it should be careful of hard objects. Wearing for a period of time , there may be sweat, dust adhere to the surface which can be cleaned regularly by soft cloth.

V frequently asked questions

Q: how will the upgrade failure be handled?

A: if the initial upgrade fails, please reconnect the device of "Dfulang" in the APP, and the system will automatically remind you of the upgrade

Q: why is the heart rate (sleep) test not accurate?

A: first of all, the bracelet device monitors human activities through electronic sensors. It is a consumer product. It is normal for errors to occur and please treat the data objectively

Q: where can I set APP permissions?

A: android phone - setting - permission management - find the "H Band" app - set trust this software.

1. If the phone is installed with security management or cleaning acceleration app, set the "H Band" to white list (trust list)

2. In the permission management program of mobile phone system, please set "H Band" as the trust application, and the functions such as caller ID need to get permission to realize the function.

Q: how do I set the time display?

A: the device synchronizes the display mode of mobile phone, and the mobile phone is set to 12 hours, then the device is set to 12 hours.。

VI Basic parameters

Main control chip: NORDIC52832

Photoelectric sensing: PD70-01C-TR7

Body weight:	38g
Data transmission:	Bluetooth 4.0
Battery type:	polymer lithium battery
Battery capacity:	220mAh
Charging voltage:	5V
Charging current:	100mA
Working temperature:	-5~45° C
Waterproof:	IP68

Device requirement: Android4.4 or above, Bluetooth 4.0; iphone4s or above, ios8.0 above.

FCC WARNING 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.