

Bracelet User Manual



Model: RC02

Please make a full charge before use it.
APP: Hband

1.Download & Pairing

- 1.1. Long press the power button to turn on.
- 1.2. Scan the following QR code to install APP or Download " Hband " App from App store or Google play, by searching for "Hband" .



Android



IOS

Compatibility System:Android4.4 and above, IOS 8.0 and above.

Enter the APP "Dashboard" to bind the device

- Step1:Enable Bluetooth on the mobile phone;
 - Step2:Open "Hband" APP,tap" Connect adevice" to bind .
- Please keep bluetooth address consistent with your smart bracelet when you connecting
- Slide right from the default interface to check bluetooth address




2.Smart Bracelet Functions(slide from the default interface)

2.1Time Interface(Default interface)

2.1.1Power on: Long press power button,slide the default interface up and down for different bracelet interfaces.



2.1.2.Power off:Long press power button on the time interface;or enter " Power Off " interface(slide right from time interface) and long press 

2.1.3.Wake up screen : press the power button; Take wrist(enter Hband APP " setting " --find " RCxx my device " --turn on" turn the wrist" ,and also enter bracelet menu "setting" - "switch" -turn on "turn the wrist" at same time,only Hband app and bracelet both turn on switch which come ture light screen function)

2.2.Steps record (Steps ,distance ,calorie)



2.3.Sleep monitor (monitor time: pm6:00-next day pm4:00;Ensure fall asleep time :pm6:00-next day am8:00 syc data to app by wearing device)



2.4.Function interface



2.5Heart Rate monitor



2.6 Blood Pressure



2.7 Stopwatch



2.8.CountDown



2.9.Message



2.10.Sport(slide up to end or pause sport)



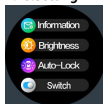
2.11.Female physiological cycle reminder(enter APP "setting" --tap "head portrait" --edit" Gender" into "female" --choose your status.



2.12.Find my phone(phone will ring when bluetooth connected with smart bracelet)



2.13.Setting

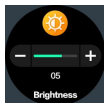


2.13.1.Information(Synchronize message, calls and social app messages: Please ensure turn on watch corresponding switch in the" information" under "setting" menu and also turn on Hband App"

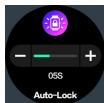
Message Notification” menu corresponding switch
meanwhile)



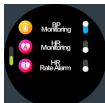
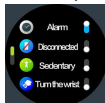
2.13.2.Brightness(manually adjust screen brightness)



2.13.3.Auto-Lock(manually adjust lock screen time span)



2.13.4.Switch(Please ensure turn on corresponding
switch on the bracele “switch” under “setting” menu
and also turn on switch on the “ hband ” app
meanwhile)



2.14.music(Click the button to play, pause, previous song, next song)



3.APP functions

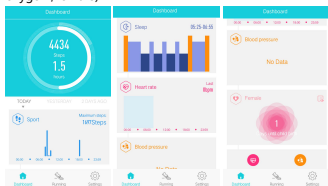
3.1.APP

data


record

interface(Steps,Sports,HeartRate,Blood oxygen ,Female)

pressure,Blood



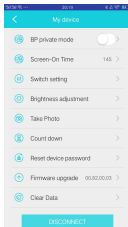
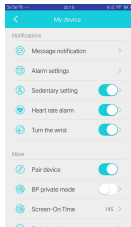
3.2.Running

3.2.1.GPS movement(manually turn on sport mode:click  on the screen and enter "map" mode to tap" Start sport" ;also check historical record)

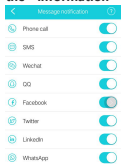
3.2.2.Bracelet movement(check history records)

3.3.Setting interface

3.3.1.My device



3.3.1.1 Message notification (Synchronize message, calls and social app messages: please turn on app switch and meanwhile turn on watch corresponding switch in the "information "under " setting" menu)



Important to follow below setup steps so watch can receive notifications:

Find out Mobile phone app like Wechat, : Wechat/about me/setting/new message inform and display all message details MUST be turned on;

Mobile phone setting/ find out wechat/ notifications/ you have to turn on all options like allow notifications, badges, show previews etc.

Pls make sure your wechat/QQ/Skype is NOT log in & only

ne on your computer,otherwise the message received on mobile can'

t sync on the watch as the computer already received the notification.

3.3.1.2.Alarm settings

3.3.1.3.Sedentary setting(manually set begin&ens and time span)

3.3.1.4.Heart rate alarm(manually set heart rate upper limit)

3.3.1.5.Turn the wrist(manully set time begin&end and wrist sensitivity)

3.3.1.6.Pair device(Turn on "pair device" , watch data will be uploaded to cloud server, in case you want connecting smartwatch to another mobile phone,the new connected mobile phone still can download previous datas from the cloud server.)

3.3.1.7.BP private mode

3.3.1.8.Screen-on time(manually set screen-on time span)

3.3.1.9.Switch setting(please ensure turn on app switch and also turn on watch switch under "setting" menu)

3.3.1.10.Brightness adjustment(turn off " automatic adjustment" can set brightness index)

3.3.1.11.Take photo(enter it to take picture by shaking bracelet)

3.3.1.11.Clear Data: Reset

3.3.1.12.Disconnect

3.3.2Setting goal(Sport goal,sleep)

3.3.3More(Unit setting:Metric&Imperial,Change theme>About us)

3.3.4Third-party Platform(you can band wechat sport,syc to third app)

4.Warm notes

4.1.Connect Bluetooth:

4.1.1Please power on your phone bluetooth and turn on smart bracelet before connecting;

4.1.2Please ensure your smart bracelet didn't connect other phone before connecting ;

4.1.3.Please close to you smart bracelet when you are conncting.

4.2.Please turn on authorization of if your Mobile Assistant or other similar Apps for Dafit APP, in order to guarantee normal operation of the APP in the background, otherwise you will not receive the messages.

4.3. Battery Recharge: Power adaptor: 5V 0.5~1A

requirement. If the bracelet won't be used for long period, please ensure a full charging every month and turn it off after get full charged

4.4.To ensure the accuracy of blood pressure data, after entering blood pressure monitor mode, please hold the smart band at the same height as your heart, relax yourself and calm down. Do not speak when the monitor is working. (This function is to monitor the blood pressure data change before & after exercise. The data are only for reference, can't use for special medical purpose)

Disclaimer

Warning: This product is not a medical device. The smart band and its applications should not be used in diagnosis, treatment or as a preventive treatment for diseases and sickness. Please consult medical professionals before changing exercise habit or sleep habit to avoid serious injuries. The manufacturer reserves the right to modify and improve any functions description in this user guide and continuous update of the new content without further notice. This user guide is for reference only, the smart band for selling is subject to the final product.

Specifications

Chipset	nRF52832
Sensor	PD70-01c-TR7
Data Transfer	Bluetooth 4.0
Battery	Polymer Lithium
Volume of Battery	200mAh
Charging Voltage	5V
Working Temperature	-5°C~45°C
Waterproof	IP67

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.

Warning: 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

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RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.