Bluetooth

Smart Watch

User Manual

Introduction

The smart watch allows you to track your heart rate, steps, distance, calories burned and quality of sleep. It features incoming caller ID, incoming messaging and notifications. It is compatible with iOS and Android phones so that you can track your data via the app on your mobile device. Please read this manual first before using this device to get best results.

Intended Use

This product is a general wellness product intended to promote physical fitness by tracking exercise and aerobic activity. It is **NOT** a medical device,

nor is it intended or designed to take the place of one. It is **NOT** designed to diagnose or help treat any specific condition or disease. Prior to beginning any fitness program please be sure to consult your doctor.

Important Note

Your Smart watch can be used as a Bluetooth device so that you can monitor your activity using iPhones which run iOS 8 and above, and Android phones running Android 5.1 or above. In addition, your smartphone needs to support Bluetooth Low Energy (Bluetooth 5.0). To use your smart watch with your smart phone, **you must make sure the Bluetooth function is enabled**.

Package Contents

1. Smart watch
2. Charging cable
3. user manual

Features

- Wirelessly syncs data to smart phones
- TFT color touch screen
- Set sleep and activity goals
- Receive and display text messages and social media notifications from your smart phone

- Tracks heart rate, steps, distance, calories burned and quality of sleep.
- Heart rate, blood pressure;
- Stopwatch, Countdown timer;
- App push messages,
- Five different watch faces
- Screen brightness adjustment
- Magnetic charging Base;
- Turn wrist detection sensitivity;
- 5 days battery life (May vary depending on usage)
- Sleep tracking, Scenes alarm (Vibration)
- Shockproof zinc alloy casing

Power On/Off:

Power On: First time use

Long press the touch screen around 3 seconds.

The main clock/home interface is displayed and watch will vibrate.

Power Off:

Once your watch is on and in use, and slide your screen

to "power off" interface (refer to image on the right), long

press the touch screen around 3 seconds. The watch

powers off and vibrates, indicating that watch has been successfully

powered off.

Charging Your Smart watch

In order to charge, please follow the steps below:

1. Connect the charging end of the included charging cable onto the charging port on the back side of watch. The magnetic connection will only allow the charger to connect properly.
2. Insert the other end of the cable into an available USB port on your computer or USB charging adapter.
3. The average time for recharging is 1.5-2 hours. Please allow up to 2 hours for an initial charge before the first use.

The charging battery icon displays while the watch is charging. Short touch the screen while charging to display the Main Menu Mode. This shows the date and time as well as the battery and Bluetooth status.

Setting Up the H Band App

Mobile Device Requirements

Your Smart watch can be used as a Bluetooth device, compatible with mobile phones only: most iOS/Android phones which support Bluetooth 5.0 Low Energy.

IOS OPERATING SYSTEM

Compatible with iOS 8.0 or higher mobile phones only

ANDROID OPERATING SYSTEM

Compatible with Android 5.1 or higher mobile phones only

NOTE: Your mobile device requires Bluetooth LE (Bluetooth low energy) software or later.

Installing the App

Automatically and wirelessly sync your watch with your mobile device so you can view your latest stats, graphs and charts on your smart phone.

The app can be found on the iOS App store (for iPhones) or Scan the QR code (for Android phones) by searching for '**H Band**'.

Alternatively, scan in the below QR codes to install the app.

Android   iOS

In order to use your watch, you must ensure the following:

1. Your smart phone must have Bluetooth turned ON.
2. You must have the **H Band** app installed.

NOTE: If you already have installed the **H Band** application, check for available updates to make sure you have the latest version.

Initial Watch Setup and Device Pairing

Your Fitness Watch must be paired directly through the H Band App.

Getting Started

1. Power on your smart watch. It is recommended to make sure it is fully charged.

2. Power on your smart phone. Make sure your smart phone is set to Bluetooth 'On'. Check your mobile device settings if needed.

3. Tap the '**H Band**' app from your mobile device to launch the app and begin the initial setup.

Initial Setup Wizard

Upon first launch of the H Band app, you will be prompted to setup your personal and device settings.

1. **PERSONAL SETTINGS**

   a. Skin Color Setting:

   Please choose the skin tone that matches yours the best. This setting will increase the accuracy of the heart rate mode of your watch.

   Tap the arrow to save your setting and continue the setup.

   b. Personal Information Settings:

   - Please select your gender by tapping on the Male or Female

image to select it.

- Please select your date of birth (Year / Month / Day).

Tap the arrow to save your setting and continue the setup.

c. Personal Data:

- Please select your weight.

- Please select your height.

Tap the arrow to save your setting and continue the setup.

d. Setting Your Goals:

According to the personal information and data entered in the

previous screens, the suggested number of daily steps and hours

of sleep are automatically displayed.

- Please set your goal for the number of daily steps you wish to

reach.

- Please set your goal for your desired number of hours of sleep.

Tap the arrow to save your setting and continue the setup.

2. SELECT DEVICE: Device Pairing

a. The Dashboard, the main screen of the app, opens once you have set and saved your personal settings.

b. On the Dashboard, tap on 'Click to Connect'.

c. The Device Connection screen appears with a list of available watch devices. Swipe down on the screen to refresh the list if needed.

Tap on your watch which named "W75" to select and connect.

NOTE: Your watch's time and date will sync to your mobile device automatically after successful connection.
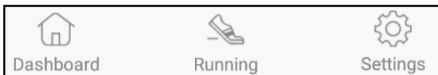
Using the H Band App

IMPORTANT NOTE:

In order to maintain sufficient transmission range, it is necessary to keep your Watch within 10 meters of your smartphone. It is recommended to keep your smartphone in front of you or in your pocket when syncing information or for caller ID. The Watch will always be monitoring activity, even if your mobile device is not with you.If your Watch is not making a proper Bluetooth connection, check your smartphone Bluetooth settings menu.

Getting Started

1. Make sure your Bluetooth watch has been charged and placed properly on your wrist. Power on your mobile device and launch the H Band app.

2. Once you have completed the initial set up and paired your device, the Dashboard screen appears.

Navigation Bar

The bottom navigation bar includes buttons that allow you to quickly access data measurements for your daily activity (Steps, Sleep, Heart Rate), running and device and app settings.

- Tap the '**Dashboard**' button to access the 'Dashboard' screen.

- Tap the '**Running**' button to access the 'Running' screen.

- Tap the '**Settings**' button to access the 'Settings' screen.

NOTE: The selected button appears highlighted.

Dashboard

⌂ Tap on the 'Dashboard' button to view the Dashboard screen.

The following is displayed:

- **Current Steps** and latest **hours of sleep**

- **Steps**: today, yesterday, 2 days ago

- **Sport**: Displays a chart of your daily steps.Tap the chart to view the Sports data screen which displays a summary of your daily steps, distance and calories. Your steps per every half hour of the day are also shown.

- **Sleep**: Displays a chart of your daily sleep.

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Tap the chart to view the Sleep data screen which displays a summary of your daily sleep duration, amount of times you wake up, the time when you fall asleep and when you wake up, as well as the amount of time you are in a deep sleep and light sleep.

- **Heart Rate**: Displays a chart of your daily Heart Rate.

  Tap the chart to view the Heart Rate data screen which displays your daily Heart Rate along with the Heart Rate Zone.

- **Manual Heart Rate**:

  Tap the Heart Rate icon to open the Manual Heart Rate data screen, which monitors your heart rate via the app. You can choose to save the data to the app. This is the only way to save this data to your app.
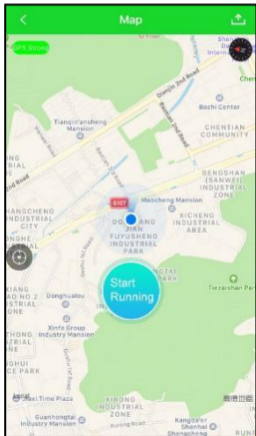
DASHBOARD DATA SCREENS:

Running

🏃 Tap on the 'Running' button to view the Running screen. Tap on 'Start

Running' to open the map screen. The

following is displayed:

- **Map View**: Tracks your running locations

  as per the GPS reading.

- **Start button**: Tap the 'Start

  Sport/Running' button to begin recording

  your running data.

  NOTE: GPS signal may be poor and the

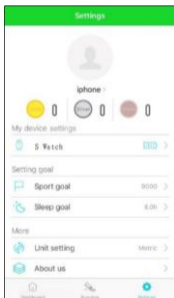 app may not accurately track in maps if

you are indoors.

- **Current distance:** The accumulate distance as you run.

- **Active running time:** The amount of time you are running is displayed.

- **Kilometers/Miles per hour:** The distance run per hour is displayed.

- **Pace:** Your running pace is displayed.

- **Calories:** Number of calories burned while running is displayed.

Settings

⚙️ Tap on the 'Settings' button to view the Settings screen.

The following is displayed:

1. Personal Settings

Tap on your profile icon or nickname to open the Profile screen displaying your personal settings. The following Profile settings are displayed and can be changed by tapping the setting.

a. **Profile Image**:

Tap the profile icon and follow the prompts to change the icon to a photo from your mobile device albums or to take a picture

using the mobile device's camera. To return to the Profile screen without changing the profile picture, tap Cancel.

b. **Nickname**:

You can change the default nickname by tapping on it and entering a new name. Then tap 'Confirm' to save the setting. To return to the Profile screen without changing the nickname, tap 'Cancel'.

c. **Gender**:

Tap to change the gender setting. Select a setting: Male, Female. Tap 'Confirm' to save the setting, or tap 'Cancel' to return to the Profile screen without changing the setting.

d. **Date of Birth**:

Tap to change the date of birth setting. Scroll each part of the

setting up or down to adjust the date as per Year: Month: Day. Tap
'Confirm' to save the setting, or tap 'Cancel' to return to the Profile
screen without changing the setting.

e. **Weight:**

Tap to change the weight setting. Scroll up or down to select your
weight. Tap 'Confirm' to save the setting, or tap 'Cancel' to return
to the Profile screen without changing the setting.

f. **Height:**

Tap to change the height setting. Scroll up or down to select your
height. Tap 'Confirm' to save the setting, or tap 'Cancel' to return
to the Profile screen without changing the setting.

g. **BMI**:

Your Body Mass Index is shown as per your personal information

you have entered.

Tap the Back button to return to the Profile screen.

h. **Skin Colour**:

Tap to change the skin colour setting. A window displaying skin colour options appear. Tap on one of the options then tap 'Confirm' to save or tap 'Cancel' to return to the Profile screen without changing the setting.

NOTE: Make sure to confirm each setting separately, and when completed tap 'SAVE' at the bottom of the screen to save your updated personal settings. Tap the Back button to return to the Settings screen.

2. My Device

My device displays the name and battery level of your Watch.

Tap the watch name to open the My Device screen which shows your watch current settings and allows you to change the settings.

The following is displayed: Notifications and More

Notifications

a. **Message Notification**:

- Tap 'Message Notification' to view the current notification status or to change the notifications status for the following device functions and apps:

Phone call, Message, WeChat, QQ, Facebook, Twitter, WhatsApp

- Tap on the On/Off slider to change the status, then tap the Back button to save and return to the My Device screen.

NOTE: To allow your mobile device to receive notifications, if

needed, please check the device's settings and make sure the notification access is set to ON.

b. **Alarm Settings**:

- Tap 'Alarm setting' to open the Alarm Settings screen.

- Tap '+' to add an alarm clock and set the date and time.

- Tap '√' to confirm.

- To delete the alarm, slide the alarm and tap "Delete".

When the alarm goes off, the watch vibrates twice and the watch displays the alarm clock and time. You can tap on the screen to stop the watch's alarm.

c. **Sedentary Setting**:

The Sedentary Settings allow you to set the status (on/off) and timing the reminder when you are inactive.

- Tap the slider to activate or to turn off the Sedentary setting.

- Tap 'Sedentary settings' to open the Sedentary settings screen.

- Tap 'Start Time' and 'End Time' to set the time schedule of when the watch starts and stops monitoring the lack of physical activity. The time must be set between 8am and 6pm.

- Tap 'Length of inactivity before reminder' to set the amount of time of inactivity that needs to pass before the watch's reminder is activated.

d. Heart rate alarm:

You can turn on/off the Heart rate alarm to set the upper limit of the resting heart rate.

- Tap the slider to activate or to turn off the Heart rate alarm.

- Tap 'Heart rate alarm' to open the Sedentary settings screen.

- Tap 'Upper limit of resting heart rate ' to set the data from 70 to 180,choose a data and tap 'Save ' .

e. Turn the wrist

This function allows to set the start time,stop time and sensitivity of lighting the screen while you raise hand.

- Tap the slider to activate or to turn off the Turn the wrist.

- Tap 'Turn the wrist' to open the Turn the wrist screen.

- Tap 'Start time ' to set the start time of lighting the screen while you raise hand,then tap 'Confirm '.

- Tap 'Stop time ' to set the start time of lighting the screen while you raise hand,then tap 'Confirm '.

- Slip the sensitivity bar to choose a sensitivity of lighting the watch screen by raising hand.Or,you can tap 'Recommend ' to get a

recommended sensitivity.

- When you finish all settings,tap 'Save '.

<u>More</u>

a. **Pair Device**:

Tap the slider to pair or unpair your watch and mobile device.

b. **Screen-On time**

Tap 'Screen-On time' to set the screen-on time from 3 seconds

to 30

seconds,the recommend screen-on time is 5 seconds.

c. **Switch setting**

Tap 'Switch setting' to turn on/off the wear detection function,the

HR

automatic mornitroing function,the find cell phone function,the

stopwatch function and the disconnect reminder function.

d. **Brightness Adjustment**:

- Tap 'Brightness Adjustment' to control the watch's screen

brightness.

- Tap the slider to turn on or off the Automatic adjustment setting.

- Tap and slide the circle to set the brightness index.

e. Take Photo

- Tap 'Take Phone' to remote-control the camera of your

smartphone.

f. **Count down**

Tap 'Count down' to open the count down function of the

watch.You

can choose the count down time.

g. **Reset Password:**

Tap to password protect your watch. This allows you the option of

entering a password for your watch, preventing others from

connecting to your device.

- Enter the default password: 0000.

- Choose a new password and enter it twice.

- Tap 'Reset Password' to save the device password.

IMPORTANT: Please make sure to write down your new password

for safe keeping.

h. Settings of main inter face style

Tap 'Settings of main inter face style' to open the setting

screen.There are totally 5 interfaces of the watch for your selecting.

i. **Firmware Upgrade**:

Tap 'Firmware upgrade' to check if you have the latest version watch firmware. If there is a newer version, you will be prompted to update.

j. Clear Data

Tap 'Clear Date' to clear all data for the bracelet and shut down.

k. **Disconnect**:

Tap the 'Disconnect' button to unpair your watch and mobile device.

NOTE: After the devices are disconnected, the My Device name appears in the Settings screen as Device/Disconnected. To reconnect, tap the device name to open the Device Connection

screen, then tap on your Watch to select and connect it.

3. **Setting Goal**

   a. **Sport Goal**:

   The Sport Goal shows the current number of steps you have set to reach. Tap 'Sport Goal' to open the Sport Goal screen. The suggested number of daily steps is shown above the option settings. To change the goal for your daily number of steps to reach, scroll up or down, select the new goal and then tap 'Save' to confirm and return to the Settings screen.

   b. **Sleep Goal**:

   The Sleep Goal shows the current hours of sleep you have set. Tap 'Sleep Goal' to open the Sleep Goal screen. The suggested hours of sleep is shown above the option settings. To change the

goal for your number of hours of sleep, scroll up or down, select

the new goal and then tap 'Save' to confirm and return to the

Settings screen.

4. **More**

   a. **Unit Setting**:

   The Unit Setting shows the current unit of measure.

   Tap 'Unit Setting' to change the unit to: Imperial or Metric.

   b. **Change theme**

   Tap 'Change theme' to change the theme of app.

   c. **About Us**:

   Tap 'About Us' to open the About Us screen. The app version is

   displayed. If there is an updated version of the H Band app, you

will be prompted to update.

d. Help

    Tap 'Help' to get the help advice about the app.

Wearing Your Watch

Please wear watch over your wrist. Keep the heart rate sensor contact

directly with your skin, but not too tight as to be uncomfortable. Make sure

the watch is placed on your forearm, above the bones of your wrist.

Main Menu Mode

The following information is displayed on the Main Menu interface:

1. Battery level status: ▬▬▶ Full battery level, ◼▭▶ Low battery power level.

2. Bluetooth status: ⊂⊃ Connected; ⊂⁄⊃ Not Connected.

3. Current Date. 4. Current Time.

5. Steps 🏃. 6. Sleep Time 🌙.

NOTE: Once your watch is paired with your mobile device via the H Band app, the watch's time and date will sync according to what is shown on your mobile device.

Basic Data Mode

1. slide your screen to enter into fitness dashboard.
2. The animated steps icon and number of current number of steps taken are displayed on the screen.
3. The animated distance icon and distance amount are displayed on the screen.
4. The animated calories icon and number of calories burned are displayed on the screen.
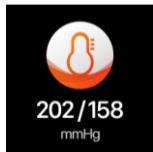5. The goal completed date is displayed on the screen.

Heart Rate Mode

1. slide your watch screen to enter the Heart Rate interface.

2. The heart icon begins flashing as the heart rate is being monitored. After approximately 5 seconds, the screen will display the real-time heart rate. The real-time data is displayed on the screen for approximately 30 seconds, then the watch goes into Power Save Mode.

3. At this mode, you can also check the latest HR data.

4. To save your heart rate data, you must use the manual heart rate monitor in the H Band app.

Blood Pressure Mode

202/158 mmHg	1. slide your watch screen to enter the Blood Pressure interface.
	2. The blood pressure icon begins flashing as the blood pressure is being monitored. After approximately 20 seconds, the screen will display

the blood pressure. The real-time data is displayed on the screen for approximately 30 seconds, then the watch goes into Power Save Mode.

3. To save your heart rate data, you must use the manual heart rate monitor in the H Band app.

Sleep Mode

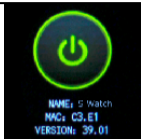| Deep sleep 02h10m |
| --- |
| Light sleep 04h35m |
| SLEEP DURATION 06h45m |
| SLEEP QUALITY ★★★☆☆ |

1. Slide your watch screen to enter the Sleep interface.
2. At this mode, your deep sleep time and light sleep time are displayed, and you can check your sleep duration time and sleep quality as well.

Sport Mode

1. slide your watch screen to enter the Sport interface.
2. Touch that interface to enter the sport mode and you will see the data menu.
3. At this mode, the running time, calorie number, heart rate number and steps number displayed while you start the Sport Mode.
4. In the Sport Mode date menu, slide screen from left to right, you will see the pause icon; touch Pause Icon to pause Sport Mode.
5. In the Sport Mode date menu, slide screen from left to right, you will see the exit icon; touch that button to exit Sport Mode.

Power on/off Mode

1. Slide screen to enter the Power on/off interface.
2. Long press screen around 3 seconds to power off the watch.
3. In this interface, you can also check the information of the watch.

Additional Functions

ALARM CLOCK

The alarm clock allows to set the alarm scenes in your app. When the alarm clock reminder appears on the app, the alarm clock interface and the preset time will be displayed when the alarm is activated the watch vibrates.

NOTE: The Alarm Clock can be set from the H Band app my device settings.

CALL NOTIFICATION

The call notification/reminder displays the call interface and the name of the caller. If the caller is included in your mobile device's address book, the caller's phone number will be displayed, and the watch vibrates.

NOTE: Notification Access can be set from the H Band app settings.

SMS NOTIFICATION

The SMS notification/reminder displays the message interface and the name of the person who sent the message. If the message is from someone who is included in your mobile device's address book, the phone number is displayed, and the remaining page shows the message content

feed.

NOTE: Notification Access can be set from the H Band app settings.

SEDENTARY REMINDER

The sedentary notification/reminder, as per the H Band app settings,

displays the sedentary interface and the watch vibrates once the sedentary

time that was set is reached.

NOTE: The Sedentary Reminder can be set from the H Band app settings.

MESSAGE NOTIFICATION

The QQ, WeChat, Facebook, WhatsApp, or Twitter notifications are

received on your mobile device, the watch will display the sender name

and information content.

NOTE: Notification Access can be set from the H Band app settings.

FAQ

Q: **How do I change my time/date?**

A: The time/date on your watch is synced from your mobile device, so you are unable to change it in the app.

Q: **How do I start/stop incoming message notifications?**

A: In the H Band app, go to Settings > W75 Settings. Select "Message Notification". Turn on/off the notifications you wish to receive.

Q: **How do I measure my heart rate?**

A: You can also measure your heart rate from your watch. Entered to the

Heart Rate mode and your watch will begin to measure automatically.

The only way to save your data is to measure your heart rate through the H Band app.

Q: How do I password protect my device?

A: In the H Band app, go to Settings > W75 Settings. Select "Reset password". Enter the old password of 0000, then enter your new password twice. Select "Reset password" to save. Please write down this new password for safe keeping.

Q: How do I record my sleep?

A: Your sleep data is recorded automatically. To view your sleep data, select the Sleep icon from the Dashboard of the H Band app.

Q : **How do I change the language in the app and watch interface?**

A: The language of app and watch interface is following with the language of your smart phone.

The App supports English, Chinese, Japanese, Spanish, Korean, Italian, Portuguese, Italian, Russian, French and German and etc.

The watch supports English and Chinese.

Important Safety Instructions

1. Never attempt to disassemble or service your watch.
2. Keep it clean when using. Please use a lightly moistened cloth to wipe the dirt on the watch. Do not expose the device to strong chemicals such as gasoline, clean solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and finish.
3. Protect the unit from extreme heat, shocks and exposure to direct sunlight long time.
4. Do not swing the watch.
5. Keep the watch out the reach of children. If swallowed by mistake, please contact the doctor immediately.

NOTE:

- Specifications and designs are based on the latest information available at the time of printing and subject to change without prior notice.
- Do not use a substandard charging power supply, otherwise it will shorten the battery life, and even may cause damage to the battery.
- Always use the original charging cable to charge the watch.

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.