



Scan QR Code and Download



# SMART BAND

## Manual



Please check the manual before use.

V1.0

# Contents

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Mobile phone system hardware platform  
needs to meet the conditions



IOS system 9.0  
or above



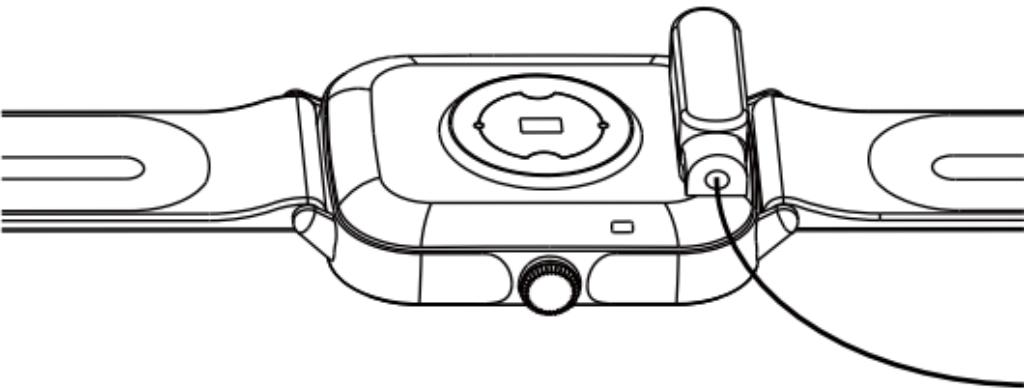
Android system 4.4  
or higher

## Product activation and charging

When using the smart bracelet for the first time, please use the 5V/1A power adapter to charge and activate it. If the battery cannot be turned on normally, please connect it and charge it for 30 minutes before turning it on.

To ensure a good charging contact, please keep the metal contacts free of dirt, oxidation and impurities. The charging cable that comes with the bracelet is a magnetic charging cable, please charge as shown below. If you don't need to use it for an extended period of time, turn off the machine and make sure it charges once a month.

Please disconnect the charging cable from the adapter after each charging. Note that it is strictly forbidden to attach the magnetic charging head to conductive objects such as metal. Charging voltage: 5V Charging time: about 2 hours



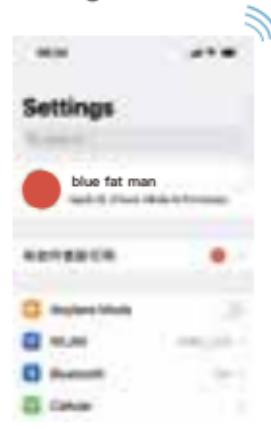
(Connection charging demo)

## Mobile phone operation guide:

Correct operation:  
Please use your mobile phone to scan the QR code below to download the “H Band” App, or Search for “H Band” App from Google Play Store and Apple Store. Then install it in your phone.



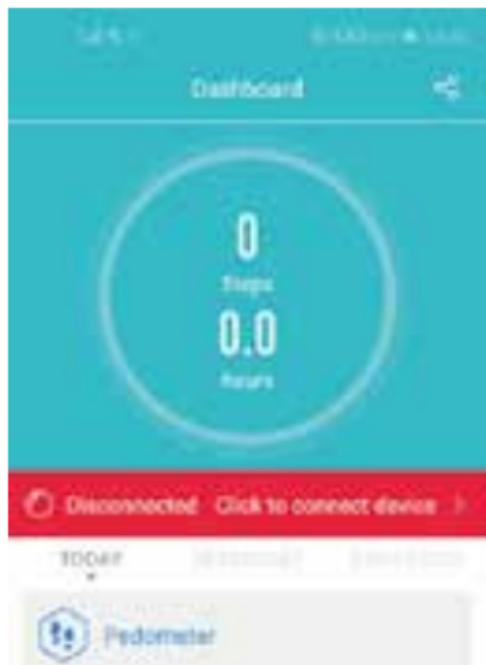
Wrong action:  
Pair the smartband directly via Bluetooth in the phone settings.



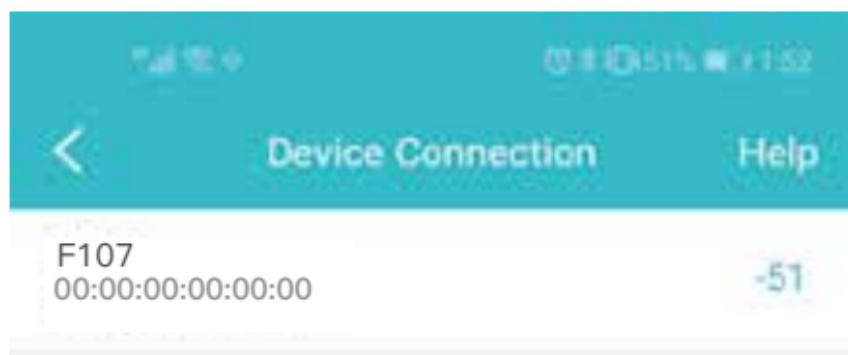
Note: During the installation process, the “H Band” App will prompt you to enable the GPS, Bluetooth, files, camera, messages, notifications, etc. of the phone. Please click “Allow” for all prompts, which will help ensure that all functions work properly.

## 1. “H Band” binding process

- A. Press and hold the round button for 3 seconds to turn on the smart bracelet.
- B. Turn on the phone’s Bluetooth and GPS.
- C. Open the “H Band” App, and click “click to connect” on the “Dashboard” interface. See below:



Then you will go to the search page and you will see “F107” in the list. See below. If “F107” is not in the list, please swipe down the screen to search again, select “F107” to complete the binding.

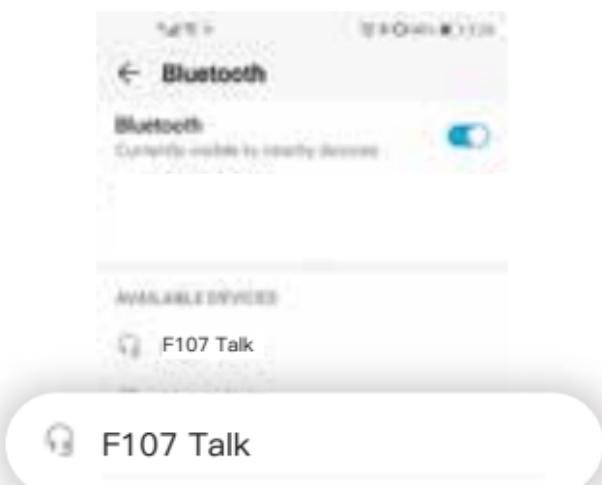


## 1. Call connection

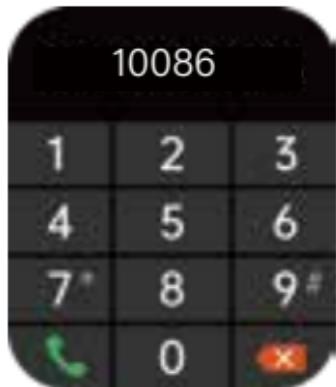
For the first time using the Android system, please follow the steps to connect



1: Pull down the watch to enter the shortcut menu interface, and turn on the Bluetooth call switch



2: Open the Bluetooth settings of the mobile phone, select “F107 Talk” in the scanning device list and click pairing, the mobile phone will be paired with the watch.  
(Note: If there is no call or play music operation within 1 minute, the watch will be disconnected and the watch will run in the background. When there is an incoming call from the phone, it will automatically reconnect. In other cases, manually turn on the call switch. If there is a disconnection, you can Manually click the Bluetooth call switch on the shortcut menu interface to reconnect.)



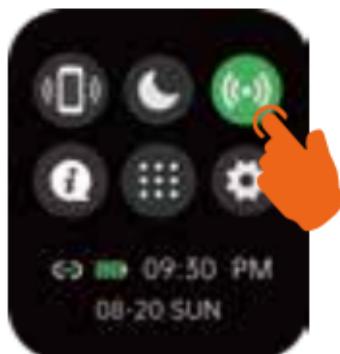
3: Now that your watch has been connected to the mobile phone normally, you can use the watch to make calls and play music.

**Note:**

1. If you want to permanently not use the watch call function, please delete the "F107 Talk" in the Bluetooth settings of the mobile phone
2. Due to differences in mobile phone systems, APP version updates, etc., there may be slight differences between the actual operation and the guidelines. Please refer to the actual operation.

## 2. call connection

Please follow the steps to connect the IOS system for the first time



1: Pull down the watch to enter the shortcut menu interface, and turn on the Bluetooth call switch.he

## OTHER DEVICES

F107 Talk

Not Connected

F107 Talk

Not Connected

2: Open the Bluetooth settings of the mobile phone and select it in the scanning device list Click “F107 Talk” to pair, the phone will be paired with the watch.

(Note: If there is no call or play music operation within 1 minute, the watch will be disconnected and the watch will run in the background. When there is an incoming call from the phone, it will automatically reconnect. In other cases, manually turn on the call switch. If there is a disconnection, you can Manually click the Bluetooth call switch on the shortcut menu interface to reconnect.)



3: Now that your watch has been connected to the mobile phone normally, you can use the watch to make calls and play music.

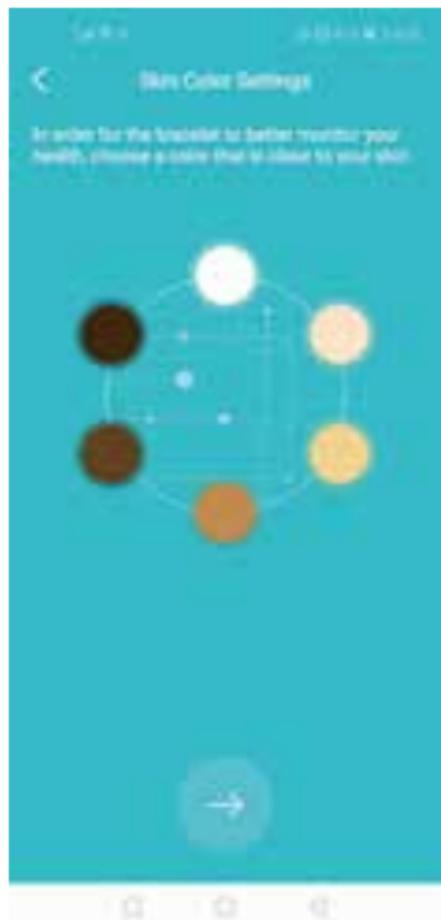
Note:

1. If you want to permanently not use the watch call function, please delete the “F107 Talk” in the Bluetooth settings of the mobile phone
2. Due to differences in mobile phone systems, APP version updates, etc., there may be slight differences between the actual operation and the guidelines. Please refer to the actual operation.

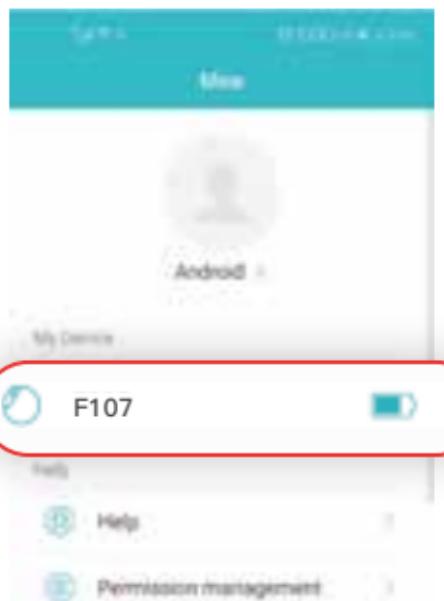
### 3.APP installation and device binding

1. When using the “H Band” APP, you need to turn on the Bluetooth and positioning functions. When you download and use the “H Band” APP for the first time, in order to ensure the relevant data is more accurate, you need to fill in according to the APP promptsRelated Information.

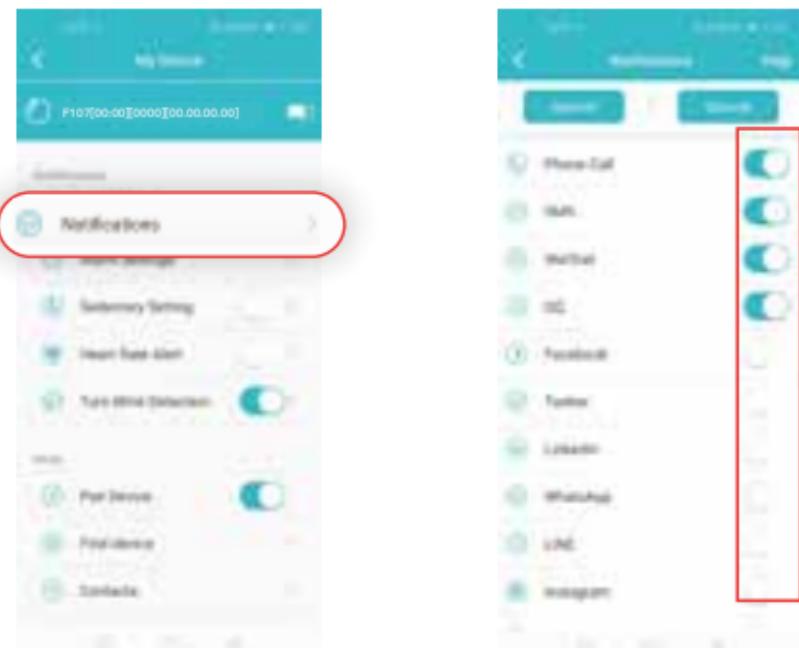
Sports and information reminder functions require relevant permissions such as mobile phone positioning, information reading, and Bluetooth use. When using the APP for the first time, a pop-up window will remind you. Please allow all of them or allow them during use. Rejection will make some functions of the watch unusable.



#### 4. Information reminder function:



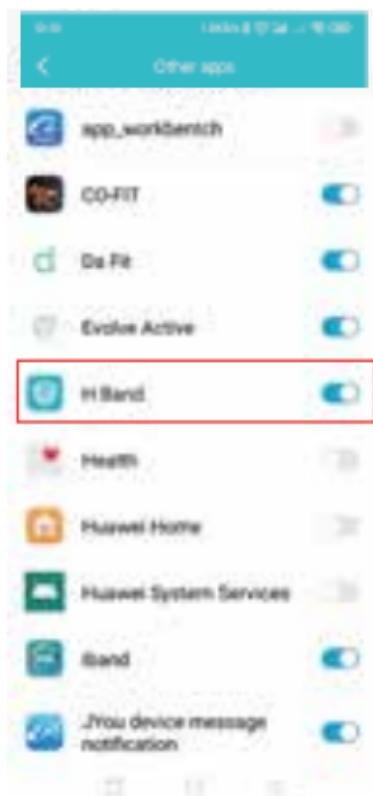
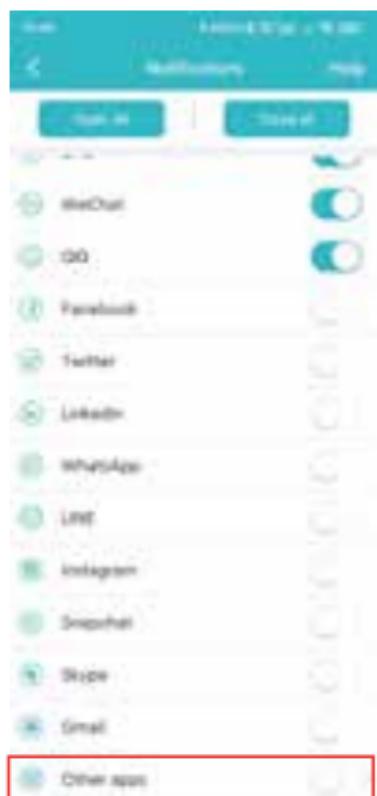
a: Click the “My” page, click the connected watch name “F107” to enter the watch function setting menu



b: Click on the “Information Reminder” interface

c: Just turn on the switch behind the APP that you want to wake up with information on the watch.

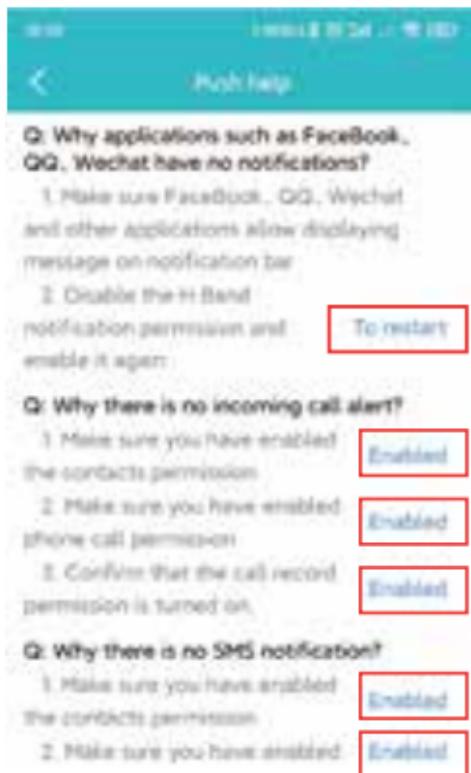
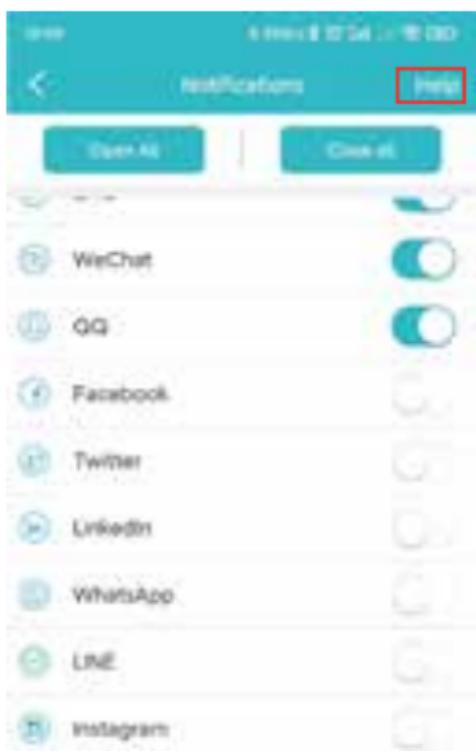
Note: Because there are many APPs on the Internet, “H Band” cannot list all the APPs. If the APP you need is not in the list, you can set it as follows.



d: Scroll to the bottom of the list and click “Other Apps”

e: Find the APP you need, and turn on the switch at the back to complete the corresponding APP information reminder.

Due to the mobile phone system version and watch signal, etc., there will be a slight delay in receiving the information on the watch. If the watch still cannot receive the message reminder after setting according to the manual, please click the help button on the setting page, “H Band” will check whether the setting is correct, and follow the prompts to complete the phone setting.



#### Note:

- 1: The mobile phone needs to be authorized to “H Band” related permissions. (Enter the mobile application permission management to find the corresponding third-party APP, and select to open)
- 2: Open the mobile notification management setting to allow the third-party APP that needs to push the message to be able to notify the reminder in the pop-up window. (Note: The source of the push notification reminder on the watch side is based on the pop-up notification reminder that appears on the mobile phone to realize the push reminder)
- 3: After opening the “H Band”, select the call reminder, SMS reminder and third-party APP reminder to be pushed (such as WeChat, Facebook, Twitter, etc.)
- 4: “H Band” needs to keep running in the background of the mobile phone, and the watch must always be connected to the “H Band”. (Note: Android phones need to be manually managed in the battery settings, allowing background activities or individual phones need to add “H Band” to the whitelist. IOS mobile phone needs to enter the settings, click the “H Band” application to open the “background APP refresh”)

## 5 : Function switch

Open “H Band” APP → click “My” page → click “F107” → click “Switch Settings” to enter the function switch settings:



(Watch corresponding switch)

- a. Wearing detection: After the watch is turned on, it will regularly detect whether you are wearing it. If it is detected that you are not wearing it, the subsequent heart rate, blood pressure, and body temperature will stop automatic detection.
- b. Heart rate automatic monitoring: heart rate detection is performed automatically every half an hour.
- c. Automatic blood pressure monitoring: automatic blood pressure detection every half an hour.
- d. Automatic temperature monitoring: automatic temperature detection every half an hour.
- e. Disconnection reminder: When the mobile phone is far away from the watch or the Bluetooth of the mobile phone is turned off, the watch will send a reminder.

**Note:** Turning on the automatic detection function will increase the power consumption, please set it according to your needs.

## 6 : Watch face settings

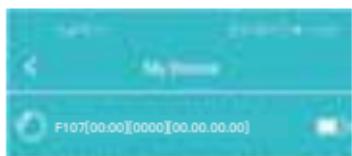
Open the “H Band” APP → click “My” page → click “F107” → click “watch face settings” to enter the watch face settings.



- a. The watch has three built-in dials, which you can switch in the APP.
- b. Photo watch face: You can DIY the watch face by uploading your picture.
- c. More dials: There are a large number of dials provided by “H Band”, you can choose the dial you like first and download it to your watch for use.

## 7: Other settings

Choose the relevant operation according to your personal needs.

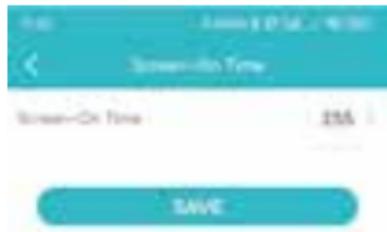
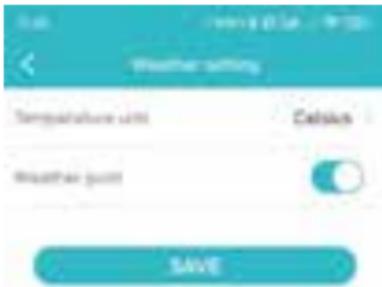
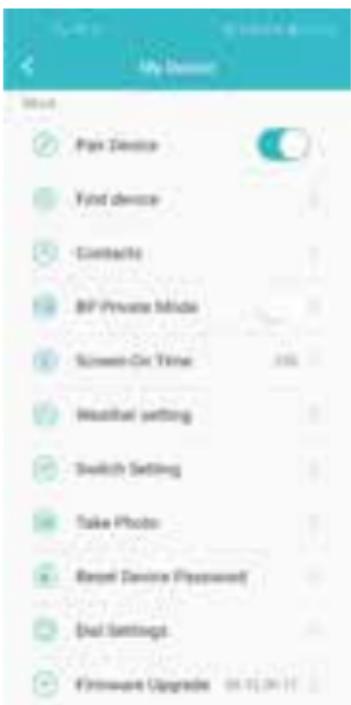


### Notification

- Notifications
- Alarm Settings
- Secondary Setting
- Heart Rate Alert
- Smart Watch Detection

### Other

- Pair Device
- Find Device
- Contacts



# Watch function operation instructions

## 1. Key operation:



button:

Power on: Press and hold for 3 seconds in the off state to power on.

Shutdown: Press and hold for 3 seconds in the power-on state, the shutdown confirmation interface will pop up, click the shutdown button to shut down.

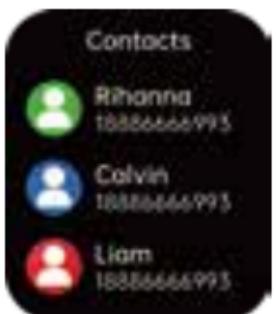
Bright screen: Click the button when the screen is off.

Enter the function list: click the button in the main interface state.

Exit the function list: Click the button in the function list state.

## 2. Dial-up, contacts, call records

(Note: To use the call-related functions, you need to connect the “H Band” APP and mobile phone Bluetooth at the same time. For the specific connection method, see the operation guide above)

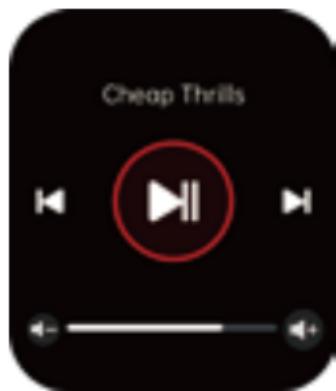


Contacts need to be added in the “H Band” APP)

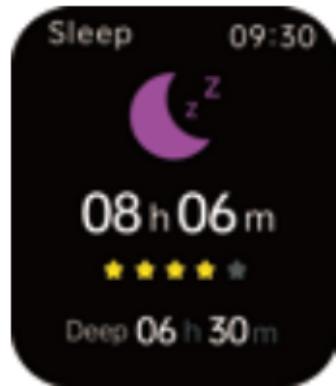
### 3. Music Control:

You can use this feature to control the music on your phone. Pause/Previous/Next.

(Note: After the watch is connected to the “H Band” APP of the hand, it can only control the mobile phone to play music. After the watch is connected to the Bluetooth of the mobile phone, the watch can play the music in the mobile phone.)



### 4. Sleep Mode: Know your sleep status at all times.



Note:

- a: The sleep mode starts from 21:00 pm to 11:00 am the next day;
- b: If there are many times of awakening and frequent hand movements during the sleep calculation period, the watch will judge that it is in the awakened state and exit the sleep mode, and there will be a data error.

## 5. Heart rate:

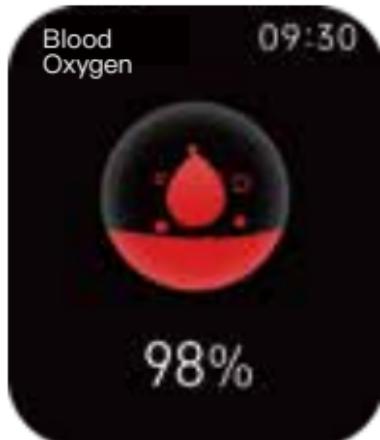
Keep an eye on your heart health, 24 hours a day for you Heart rate monitoring, for you to achieve “real-time heart rate monitoring” and “High Heart Rate Alarm”.

(24-hour detection, you need to turn on automatic detection in the APP or watch)



## 6. Blood oxygen:

Detect blood oxygen levels with you and keep track of your body changes.



## 7. Blood pressure:

Real-time measurement of blood pressure status, timely understanding of the body, and give yourself more health protection.

(24-hour detection, automatic detection needs to be turned on in the APP or watch)



## 8. body temperature:

A convenient temperature measurement tool to easily understand body temperature changes.

(Please wear it for 10 minutes before use and then measure, 24-hour detection, you need to open the automatic detection in the APP or watch)



## 9. Blood sugar:

Intelligent blood sugar detection, portable, real-time, Safe and accurate measurement of blood sugar values, timely communication. Know that you have a reasonable diet, regulate blood sugar, and have effective prevention.



Note: This product is not a medical device. The data and results obtained from the above tests are for reference only. It is not used for any medical purpose and can only be used as a reference. If you are unwell, please seek regular medical treatment as soon as possible. Body check body!

## 10. Language Assistant:

Activate the voice assistant to call up the voice assistant of the phone, such as Siri, Bixby, etc. You can speak to the watch, make calls, play music...

(Note: This function can only be used after the watch is connected to the Bluetooth of the mobile phone)



## 11. Feminine Function:

The APP user is set to female, and female users can set their personal physiology in the APP Status reminder. You can set four types: menstrual period, pregnancy preparation period, pregnancy period, and mother period. Heart reminder. (For specific information, please refer to your personal physical condition!)



## 12. 50 sport modes:

50 sports modes, always pay attention to health, professional data analysis will escort you.



More functions look forward to your exploration

### 1> Why is there a difference between blood pressure values and sphygmomanometer?

The deviation of measurement values between smartwatch and sphygmomanometer is caused by many factors. Firstly, the sphygmomanometer measures the brachial artery, while the smartwatch measures two main branches of the arteriole. Normally speaking, the difference between the blood pressure measurement values of aorta and that of arteriole is 3–40; if you use the smartwatch and sphygmomanometer to measure blood pressure at the same time, as the blood flowing through the arteries is centrifugal, the band puts pressure on the area below the middle of your elbow when using a sphygmomanometer to measure blood pressure, so that the blood cannot flow smoothly to the lower branches of the artery temporarily; in this case, vascular tension will increase, thus leading to greater deviation of pressure measurement values.

### 2> Why you can't wear the smartwatch when you take a hot bath?

The temperature of bath water is very high that it's going to make a lot of vapor, which its molecular radius is small, so it is easy to penetrate through the gap. When the temperature drops, the stream condenses back into liquid droplets, which will easily lead to internal short circuit and damage.

### 3. Why does the smartwatch can not receive any prompt?

#### Android:

1. Please make sure your phone has allowed the app to run automatically in the background;
2. Please ensure that your phone allows “H Band” to send you notifications.(Setting>Notifications & control center>app notifications>Check if “H Band” is on)

#### IOS:

1. Please make sure your phone has open the background app refresh(Setting>General>Background App Refresh>Check if “H Band” is on)
2. Please ensure that your phone allows “H Band” to send you notifications (Setting>Notifications>“H Band”>Allow Notification)

**Note:** Regarding the charging adapter, we recommend a 5V/1A specification adapter. We recommend charging for 2-3 hours. To avoid malfunctions, please do not use fast charging adapters. Use a charger within 5V to 1A for charging. Some power banks may not charge your watch. After charging, disconnect the charger and charging cable in time.

#### FCC Requirement

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

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.

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.

“ CAUTION: Any changes or modifications not expressly approved could void the user’s authority to operate the equipment.”



**R 210-128651**

