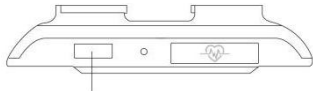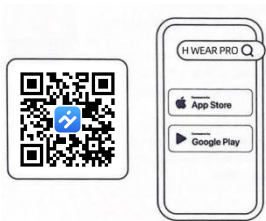# CSS W9

Product Manual

This wristband has been certified by multiple international professional organizations such as FCC, CE, RoHS, SRRC, etc. It meets dozens of international testing standards, and the data has authenticity and validity, with an accuracy of over 95%. Please use it with confidence. Feel assured when using the product.

1

Press and hold for 3
seconds to turn it on

2

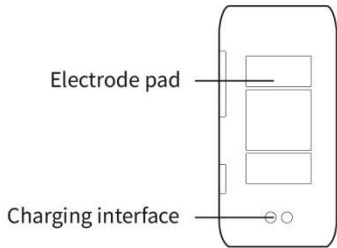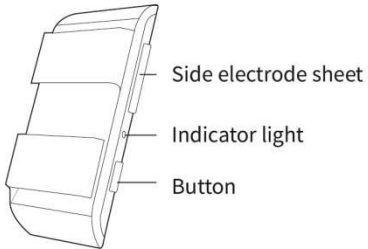Search and download [H WEAR PRO] App.

3

Open the App and pair your wristband.
(Please do not pair directly in the Bluetooth list in Phone Settings.)

4

When unpairing, please select 'Forget This Device' in the Bluetooth list in Phone Settings.

Side electrode sheet

Indicator light

Button

Electrode pad

Charging interface

1.First startup

When using it for the first time, connect to the magnetic charger to activate it, and press and hold the Wristband for 3 seconds to turn it on.

Full charge duration: about one hour
Battery life after full charge: 7-10 days

2.Download App:

Scan the QR code above to open the interface, select iOS/Android, and then download using a mobile browser. Android users can also search for [H wear pro] in the App Store, Google Play, and major mobile app stores for download, while iPhone users can search for [H wear pro] in the App Store.

Explanation: Please allow the app to access Bluetooth and location permissions. Some Android phones may require GPS to be enabled to search for the Bluetooth name of the wristband.

APP internal connection

Open the [H wear pro] app to fill in personal information and bind it to the app device.

Forget the Device in Mobile Bluetooth List

1. In the Bluetooth options of the phone settings, find the wristband, press the "i" button at the back, and select "forget this device";

2. Search for the wristband in the app again, and once found, bind it.

Status Indicator

1、 Bluetooth connection: successful connection, blue light flashing;

2、 Bluetooth disconnection: green light flashing;

3、 Health monitoring: When connected normally, the APP tests the heart rate and the green light flashes; APP testing blood oxygen, red light flashing; APP tests blood pressure,

green light flashes; The APP tests human body temperature and environmental temperature, and the green light flashes; The APP tests heart rate variability and the green light remains on; App testing pressure, green light flashing.

4、 Low battery: Red light flashing;

5、 Charging: The red light remains on during charging, and the green light remains on when fully charged; If it is connected and fully charged, the green light will remain on and the blue light will flash. If it is disconnected and fully charged, only the green light will remain on.

Wearing the Wristband:

Please wear the wristband on your wrist and adjust it to a proper fit, neither too loose nor too tight.
Attention: Wearing it too loosely may affect the collection of heart rate and blood oxygen data.

Charge

Use magnetic charging wires to charge the wristband.

Main Function Introduction

Heart Rate Monitoring: Supported
Blood Oxygen Monitoring: Supported
Blood Pressure Monitoring: Supported
Sleep Monitoring: Supported
Step Counting Information: Supported
Calorie Tracking: Supported
Heart Rate Variability Monitoring: Supported
Stress Monitoring: Supported

FAQ

1.Can't find the wristband in the App or Bluetooth list?

(1) Check if another phone is connecting to the wristband.

(2) If no other device is connected to the wristband, go to the phone's "Settings" - "Bluetooth", turn off Bluetooth, and then turn it on again. Then check the Bluetooth list to see if the wristband can be seen.

(3) If the wristband still can't be seen, charge the wristband for 10 minutes. Then check the Bluetooth list to see if the wristband appears.

(4) You must search and connect to the wristband through the App. Do not directly connect to it in the "Bluetooth" list in the phone settings.

Product parameters

Product name: CSS W9

Battery type: Rechargeable polymer lithium batteryBattery capacity: 95mAh

Charging specification: 5V⎓ 20mA-56mA（min）

Bluetooth：BLE5.1

Waterproof grade: IP67

Device requirement: Only supports pairing Android 5.0 or iOS 10.0 and above devices

Charging interface: Magnetic charger

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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 to this device not explicitly approved by manufacturer could void your authority to operate this 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.