Guidance Manual
SMART WATCH

FC CE RoHS ⊠ ♻ ®

FCC Warning

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 radiateradio frequency energy and, if not installed and used in accordance with the instructions, may cause harmfulinterference to radio comunications. However, there is noguarantee 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 followingmeasures:
-Reorient or relocate the receiving antenna
-Increase the separation between the equipment and receiver.
Important:Change or modifications not expressly approved by the manufacturer responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. 0peration 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.

One. Search and download the H Band app

1. Welcome LOS users to search and download "HBend" on the APP Store;
2. Encourage Android users to access the Google Play and 360 app marketplaces,And search for 'HBnd' on Google Play and 360 App Store.Android and Apple provided applications, and download andInstall them. Scan QR code. Using scanning tools to open links mayThere are issues.Intelligent mobile phone. Please copy the link and open its browser using the following method.

  APP only

Two. Binding and connection between the watch and the phone

1. APP connection.
Turn on the wireless of your phone, enter "Me" on the APP page, find "Devices", and click on the name of the device you want to connect. Select the corresponding watch to connect, and select Allow access to location information. If there are more than one device nearby, filter based on the MAC address of the watch. The MAC address can be viewed in the "About Device" section of the watch's settings function.
2. Precautions when connecting:
(1). Wireless Bluetooth on
(2). The watch battery is sufficient
(3). If your smartphone can't find the app running, turn on all HBand software permissions in your smartphone's settings.

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FAQ: Can't find your device when connecting?
1. Make sure your smartphone's wireless is turned on and your smartphone's operating system is Android 4.4 or later; or IOS10 version
2. Please make sure the distance between your smartphone and device is less than 0.5 meters. Once connected, the device must remain within effective range (usually less than 10 meters)

Three. Screen operation
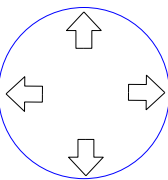
Key:
Short press the main interface to enter the menu mode, etc
In the function interface, short press to return to the previous level, and press and hold for 3 seconds to power on or off

On/off
Power on: When the device is powered off, press and hold the button for 4 seconds to power on and enter the time interface. If nothing happens after 5 seconds, the device will automatically turn off the screen and enter standby mode. Power off: Press and hold the side button for 4 seconds, then swipe the screen to turn off your smartwatch.

Four. Charge the watch

This product is a magnetic charging device, one end of the charging cable is connected to the charging adapter via USB, and the other end is connected to the contact point on the surface of the watch, Charging instructions will be displayed on the screen of the watch to indicate the start of charging. ...

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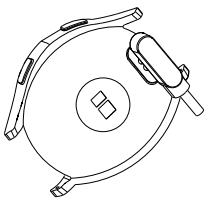
Please note:
Connect the USB interface to the charger orCharging via computer USB interface

Five. Problems that need attention

1. Do not disassemble, repair or modify the product without authorization.
2. Do not collide violently with the product to avoid damage.
3. Please avoid strong magnetic fields and use in direct sunlight or high temperature environments.
4. This product is not intended to diagnose, treat, or prevent disease.
5. Avoid wearing the strap too tightly and keep the contact area between the watch and the skin clean.
6. Children should use this product under parental guidance to avoid damage

Six. FAQ management

(1). The watch cannot be turned on
1. Press and hold the power button for more than 3 seconds
2. It may be that the battery is too low, please charge it in time
(2). The wireless is not connected or cannot be connected.

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1. Try restarting your watch and reconnecting it.
2. Try restarting your phone's wireless and reconnecting.
3. Do not connect your phone to other wireless devices at the same time.
4. After the watch is connected, it will enter the sleep state when not in use; When the watch is not automatically connected after hibernation, the "HBand" mobile app must be opened and updated to connect automatically.
When the wireless watch audio is not automatically connected, go to Phone - Settings Phone - Wireless - Tap to save the "Watch" device to connect and pair.

(3). Inaccurate measurement of health data

1. It is generally caused by poor contact between the watch sensor and the human body during measurement.
2. Please note that during the measurement, the sensor is completely aligned with your wrist Contact.
3. Please keep your body still and hold the watch close to your wrist while measuring.

(4). Sleep data is not accurate enough

1. The sleep monitor simulates the natural state of a person falling asleep and waking up, and needs to be worn normally.
2. Wearing it too late or falling asleep can cause errors.
3. Sleep monitoring is from 18:00 to 10:00 the next day.

This app is not a medical device. Data obtained during the use of this app is for reference only, and should not be used for clinical diagnosis,medical research, diagnostic, or treatment purposes.

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