

Smart Watch

User Guide



Thanksgiving, I met you in the years like songs.
Thank you for choosing this smart watch. This watch will provide higher help and enjoyment for your exercise and health. For your convenience, please read the instructions carefully and follow the steps in the instructions.

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.

Any 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:

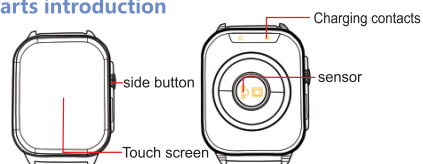
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

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Watch quick instructions

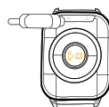
Parts introduction



Press and hold the side button to turn on the watch

Charging method and activation

Before using the watch for the first time, it needs to be charged and activated. Use the equipped magnetic charging cable to attach to the metal point on the back of the watch, and connect the other end of the charging cable to a USB charging head or a computer USB interface.



Install the watch APP

Scan the QR code below or enter the major application markets to download and install "H Band" .



Equipment requirements: iOS 10.0 and above; Android 5.0 and above, supporting Bluetooth

English

Connecting the watch

The watch has dual Bluetooth function, the connection method is as follows.

1. Open the APP and click "My Devices" to find the watch you need to connect, click connect, the APP side will pop up the pairing box, select pairing can be;
2. If the audio Bluetooth is disconnected, APP side in "My Devices" inside, find "Bluetooth call" and then open the device communication Bluetooth, and at the same time, enter the call settings in the watch quick interface, click the bottom "not connected" "Match with the phone, the phone will pop up a prompt box, select "pairing" to use the watch call function.

When the watch is connected to the phone, you can use the watch to dial and control the phone to make calls; you can also answer the calls from the phone on the watch.

You can also view the call history information of the watch.

When using the call function, you need to make sure the connection status of the watch and the phone is stable.

Main function page

Talking

Call function menu contains: dialing, contact, communication log (call function must be in connected state to use).



Step count/distance/calories

Check the number of steps walked, the distance walked and the consumption at any time during the day. Calories can be synchronized to the APP to view exercise data.



Sleep

You have a deep sleep/light sleep/sleep time all night, calculate your sleep quality, sleep data can be synchronized to the APP.

Note: Sleep data will only be available when you wear the watch and fall asleep.



Heart rate

Switch to the heart rate interface, you can enter the real-time heart rate monitoring, the data can be synchronized to the APP, connected to the APP, there is an automatic detection function.



Blood sugar

Switch the watch to the blood sugar test interface to enter blood sugar monitoring, and the data can be updated to the APP synchronously.

Note: The test results are for reference only and cannot be used as medical data.



Blood oxygen

Switch the watch to the blood oxygen interface to enter blood oxygen monitoring, and the data can be updated to the APP synchronously.



Blood pressure

First connect to the mobile phone APP to perform blood pressure calibration. After the calibration is successful, switch to the blood pressure test interface of the bracelet to enter the blood pressure test. The monitoring data can be updated to the APP simultaneously, and there is a test report.



Note: The test results are for reference only and cannot be used as medical data.

Sport

Click the watch sports interface to enter sports mode, there are many sports to choose from. Click the motion icon to enter the corresponding motion detection.

Swipe up and down to switch motions, enter the motion start calculation, press the side button to exit the current motion monitoring



HRV

When the watch is switched to the HRV test interface, it can enter the HRV monitoring. When the watch is used, the Home screen will not display any information. You can wear the watch to sleep at night. After wearing the watch for one night, the HRV data of last night will be displayed on the watch



pressure

Switch to the pressure interface to enter real-time pressure monitoring. The pressure index range is from 0 to 100, with 0 to 25 indicating mild pressure, 26 to 50 indicating moderate pressure, 51 to 75 indicating high pressure, and 76 to 100 indicating extremely high pressure



The weather

The weather page will display the current weather and air quality information. The weather information can only be obtained after connecting to the client. If the connection is disconnected for a long time, the weather information will not be updated.



Note: There is no weather interface before the watch is connected to the APP, it needs to be connected, There is a weather interface after the APP, and the mobile phone needs to open the positioning.

Music

When connected, tap Music to control the music player on the phone.



Shortcut function

Swipe down on the main interface to enter the shortcut function interface, select options such as "Find Phone, Vibration, Brightness, About, Settings", and click the icon to enter the corresponding function.



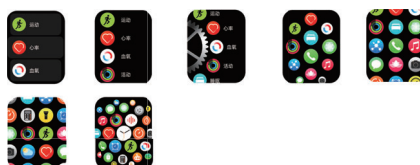
Information

Click on the message to view the content of the message, slide up to turn the page, slide down to exit.



interface

Open the Home screen and press the button on the stand-alone side to enter the multi-function interface. Double click to switch the interface style. There are 7 styles and modes to choose from



MET

Switch to the MET testing interface of the watch to enter the MET monitoring. MET is a commonly used indicator that expresses the relative energy metabolism level during various activities based on energy consumption during quiet and sitting positions. The internationally recognized standard for measuring physical activity. MET is defined as one minute of activity per kilogram of body weight, consuming 3.5ml of oxygen. Its activity intensity is called 1MET, which means $1\text{MET}=3.5\text{mlO}_2/\text{kg} \cdot \text{min}$.



About

Click the about icon to display the machine model and the last four digits of the Bluetooth address.

Raise your wrist

Tap the wrist lift icon to enter, you can choose to turn on or off the wrist lift.

Shut down

Click the shutdown icon to enter, you can shut down.

Other function reminders

After the APP is successfully connected, open the setting permissions and keep the Bluetooth of the phone and the watch in the connection and pairing state. When a message comes, there will be a vibration reminder

Basic parameters

Connection mode: Bluetooth connection

Input: 5V,500mA MAX

Device requirements: Android 5.0or iOS 10.0 and above

Points to note

- 1.Do not use adapters with charging voltage greater than 5V and charging current greater than 2A for 4.5-5 hours.
- 2.Do not charge in case of water damage
- 3.Do not remove the shell of this product without authorization.

The product will be damaged and lost warranty status.

Special note

1. This product is not a medical device, the measurement results are for reference only, not for any medical purposes and basis. Please follow your doctor's instructions and do not rely on the test results for self-diagnosis and treatment.
2. This manual is based on existing information, in the spirit of continuous improvement, the principle of continuous development, the company reserves the right to change product specifications and functions, and any product described in this manual to modify and improve.