User Guide

Thank you for purchasing our smart health bracelet. For the first time, you can read this manual to get a complete understanding of the use and operation of the equipment, so as to bring you a better experience!
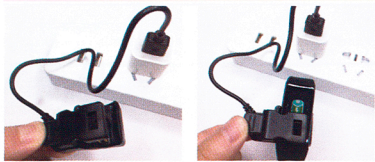
1. The schematic diagram of bracelet

1 TFT display screen
2 Touch key area
3 Watch strap
4 Heart rate light
5 Charging contact
6 Strap fixing screw

2. power on

Long press for 3 seconds or plug in the charging cable to turn it on.

3. Introduction for the first use

Note：
1> During charging, pay attention to positive and negative of the charging head to ensure normal charging.
2>The bracelet should not be used during the charging process.
3> Charging voltage：5V，charging time：1.5H-2H
4> For the first time, please use the bracelet to shutdown , then recharge it to 100%.

4. Install APP

4.1 Install APP: Enter App Store /Android application market to input "H Band" or scan the follow QR code to install APP.

System requirements: Android4.4 and IOS9.0 or above

4.2 Login：Open APP ->click "register" or "login without account". Then fill in the user details according to the APP prompt: gender, date of birth, weight, height, skin color.
Note：In order to guarantee accuracy of the data, please fill in the real information.

5. Connect the bracelet

5.1 Open Bluetooth of the cell phone
5.2 Open H Band->click"login" -> enter mine->my device->pull down to refresh->click B88 to connect. The icon will appear when the connection is successful. (As shown in the following figure)
1> For IOS system, the "request Bluetooth pairing" will be popped out after binding, click "pairing". The Android system can connect directly.
2>After successful connection, the time and date of the bracelet will be displayed with the cell phone synchronously. The healthy bracelet collects heart rate, blood pressure and sports information data and synchronizes them to APP. You need to connect the bracelet manually at the first time, and then the bracelet will automatically connect to the phone.

3> If you are prompted to open the relevant permissions during the APP connection process, click yes.
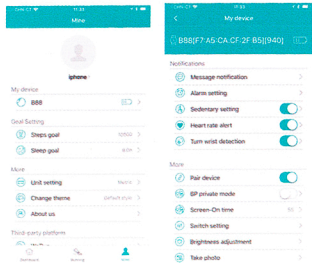

5.3 When the bracelet is not connect your phone, the bracelet will riminder and the screen will display the following image.

5.4 Setting APP before using it:
1> setting user information
2>setting sports goal and sleep goal
3>setting message notification and turn wrist detection
4>open BP private mode, fill in your blood pressure value which is tested by medical device. This helps the accuracy of the test in automatic blood pressure private mode

6. Function

6.1 Bracelet function

- Step
- Distance
- Calories
- Blood Pressure
- Heart rate
- Sleep Monitoring
- Timer
- Multi-sport mode
- Find phone
- Shutdown (long press)

6.2 APP function

- GPS traffic track
- Sedentary reminder
- Stopwatch setting
- Bracelet brightness adjustment
- Female physiological period
- Turn wrist detection
- Screen-on time setting
- Call reminder
- main interface switching
- Information notification (Facebook, Twitter, Lindedin, Line\skype, Gmail, Instagram, WhatsAPP, WeChat, QQ, Line, etc.)
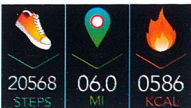- Alarm settings
- Heart rate alarm

7. The instruction of bracelet interface

7.1 Main interface

In the bracelet main interface as shown in the figure, users can customize it in my "device-setting of main interface style"

7.2 Steps, Distance, Calories

20568 STEPS   06.0 MI   0586 KCAL

The bracelet records the number of steps, distance, and calories automatically。

7.3 Blood pressure

120/082 mmHg

place the hands flatly and relax your body. The measurement data will be obtained after 25-40 seconds. The data is just for reference, it can not be used foe medical.Turn on automatic blood pressure monitoring (in the APP mine - My Device - B88 - Switch Settings - Turn on BP automatic monitoring), the bracelet will monitor blood pressure every 10 minutes automatically and save it(watch the APP data panel - click blood pressure for data records). Setting up automatic monitoring will speed up the power consumption of the bracelet.

Note: 1>Enter this interface to measure BP. The detection time is different due to different physical conditions and race of users. If no data is displayed during the measurement process, please check whether the equipment sensor clings to the skin completely.
2>You can select the general mode or private mode in APP to measure the blood pressure. The bracelet will not save the data which is tested by the device.

7.4 Heart rate

082 BPM

Touch the interface to enter heart rate measurement mode. The value will skin in a real-time manner for change. The measurement time is about 60 seconds. Turn on automatic detection (in the APP mine - My device - B88 - switch settings - turn on HR automatic monitoring), heart rate data is tested every 30 minutes and uploaded to the APP automatically, the user can view the detailed heart rate curve in the APP.

Note: If no data is displayed during the measurement process, please check whether the equipment sensor clings to the skin completely. The manual test value of heart rate will not be stored on the equipment.

7.5 Sleep monitor

08.0 HOURS

Turn to sleep interface, record sleep time last night. The sleep quality data will be synchronized and saved in APP automatically. You can check the details in APP.

7.6 Multi-sports mode

Long press to enter multi-sport mode, the heart rate will automatically switch to dynamic heart rate. In this mode, short press the touch button to select pause, exit option. Long press to select pause icon continue and exit menu, long press to continue or exit.In this mode, heart rate values, steps, calories consumption and exercise time can be viewed in real time, and this heart rate value will not be saved to the APP.

7.7 Call reminder and reject
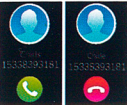
As shown in the picture, when your phone has a call, the bracelet will display the phone number and vibration. Long press 3 seconds to reject the call.

7.8 Message notification
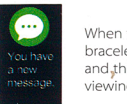
When the APP information reminder is opened, the bracelet will synchronize the information reminder, and the information will not be displayed after viewing.

7.9 Power off

In the power-off interface as shown in the figure, long press 3s to power off.

7.10 Find phone

In the cell phone interface for search cell phone, Press and hold for 3 seconds in the range of Bluetooth connection to enter find phone mode , then the phone will notice an alarm.

7.11 Timer

In the timer interface as shown in the figure, hold down to enter the timing mode. Touch to begin and stop. Hold down to return to the main interface.

8. APP function

8.1 1H Band support language
Chinese, Chinese Traditional, English, Japanese, Korean, German, Russian, Spanish, Italian, French, Vietnamese, Portuguese 12 languages, this is the language supported by the App has nothing to do with the device.

8.2 Data panel:
Exercise step, sleep, heart rate, blood pressure, female physiological period. Users may click the corresponding items to check detailed data.
Remark: When personal information is filled after APP is installed, the function of physiological period will appear. For male, this function is not displayed. See cell phone APP for the details.

8.3 Motion track:
Click APP sports at the time of sports-begin sports, GPS can record your sport track.

8.4 Setting:
1> Personal information setting: accurate setting is favorable for accuracy of data statistics.
2>My equipment-B888
▶ Message notification (the users may select the information to be pushed).
▶ Alarm prompt (user self-definition for different alarm clocks)
▶ Sedentary setting (user self-definition for time section and time)
▶ Heart alarm (users may set the best heart value according to his own body. When the bracelet is detected to exceed the scope Of the set heart rate, alarm will be given out.)
▶ turn wrist detection:(user can set up the sensitivity, start and stop time, then save it)

▶ Blood pressure private mode (users may fill in the blood pressure private mode according to blood pressure measured according to medical method. The correction filling of blood pressure is helpful for accuracy of bracelet test).
▶ Screen-on time (users may set the screen-on time according to their own need. The longer the screen-on time is, the quicker the power consumption is).
▶ Switch setting (users may carry out design, wear and test according to their habit and check whether automatic detection for heart rate and blood pressure, cell phone search, second chronograph function and disconnection prompt is opened).
▶ Brightness adjustment (users may set brightness adjustment through APP. The higher brightness will consume more electric power. Users are suggested to use default setting).
▶ photograph (users open APP to photograph and the bracelet will show the photos. Click the touch key of the bracelet to take photos).
▶ Count down (users may set the timing time on APP. Click to begin).
▶ Reset equipment password (forget equipment password. Enter sleep interface of the bracelet. Hold down for 6 seconds to remove).
▶ Main interface style setting (users may select their main interface according to their favor).

Parameter

CPU: Nordic NRF52832
Display: 135*240TFT display screen
Product weight: 26g
Full length of the bracelet: 27cm
Waterproof level: IP67
Strap material: Silicone
Battery capacity: 120mAh
Battery type: lithium polymer
Synchronization method: Bluetooth 4.0
Work temperature: -10℃~50℃
Packing list: host, instructions, USB Line

Considerations

1.Forbid serious collision and friction with the host with hard objects.
2. Don't contact with benzene, thinner and other chemical products.
3.Don't approach strong magnetic field and transformer substation.
4.Please avoid the direct sunlight or appliance producing heat.
5.Don't dismantle, repair and remodel without authorization.
6.The waste package, battery, old electronic products should be handled properly by classification.
7.It is not suitable to wear at the time of showering.(The temperature should not exceed 35℃).

8.The product is provided with IP67 waterproof grade. It is not suitable to use the product during deep water swimming, scuba diving, diving, shower with hot water. Please take care and use to prevent damage.

FAQ

一、IOS system FAQ
1.The function of pairing:
After the user connects to the device for the first time, the system will prompt the user whether they need to be paired. The main purpose of pairing is message reminder. Only the user clicks on the pairing and setting information reminder in the APP. To push the platform, and ensure that the notification of this platform is enabled, then even if the user quits the app, as long as the Bluetooth connection and the bracelet are connected, the user can receive the message push.

2.How to pair:
After each connection, the system prompts whether to pair, as long as the user clicks on the pairing. If the click is cancelled by mistake, the system will also ask the user while connect again.
3.How to cancel pairing:
in the phone setting->blue tooth->connect device(The paired device will show that it is connected, and there is an exclamation point behind it. If there is no exclamation point, it is not a paired device.)
->click exclamation point ->click Ignore this device, then unpair successfully.

4.Apple mobile phone push does not remind
a、Clear unread information on the phone;
b、After ignoring the bracelet on the mobile phone, re-pair the bracelet;

二、Android system FAQ
1.Installation failed :there are two reasons for installation failed, one is cell phone problem, the other one is APK issue. Please confirm the APK file is correct. About cell phone problems:
a)Please check the phone setting, if the unknown source app can not be installed on the phone.
b)There is no more memory to install any other apps.

2.How to make the app stay in the background of the mobile phone for a long time without being forcibly quit by the background: due to there are many models with Android system, it's hard to guide. Please set your phone mainly in power-saving management, protected applications and trusted list .

3.Can't find bluetooth
1)Make sure the device is not connected by other phones
2)Open all permissions of H Band in application management, especially bluetooth and positioning.
3)Open WIFI in the [Top Drop Bar], as well as location information, GPS or location services
4)Close bluetooth then restart your phone
5)After restart succesful, open the bluetooth
6)Make sure that Hband Bluetooth and location permissions are open.
7)Make sure your phone's WIFI and Location Information/Gps/ Positioning services are turned on.
8)Open Hband
If it still fails, provide detailed information and feedback to our company.

4.Phone, SMS reminder failed
1)Make sure the device is not connected by other phones
2)Open all permissions of H Band in application management, especially SMS, call and contacts.
3)Make sure the message notification is turned on in Hband.
4)If the above is correct, please restart your phone, connect the device, then try again.

5.QQ, Wechat ect. Reminder failed
1）Make sure the device is not connected by other phones
2）Make sure that the status bar of QQ, Wechat, etc. in the Notification Management of the mobile phone is allowed to be notified.
3）Make sure that QQ, Wechat, etc. In message notification in Hband is opened.
4）Click question mark in the upper right corner of the information reminder page to re-switch the Hband notification usage right.
5）connect the watch, then try to push.
6）If the above is correct, please restart your phone, connect the device, then try again.

6.Easy to disconnect
1) Please set Hband to background without cleaning in Battery Management.
2) The system memory management of the Android phone will forcibly turn off the background APP. You need to turn off the power saving mode or pull the APP into the green background of the system housekeeper. The APP must be in the background and the Bluetooth will not be disconnected automatically.

三、Other FAQs

1.How to synchronize time?
When the device and the APP are successfully connected, the time of the device is automatically synchronized with the time of the mobile phone.
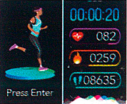
2.How long is the duration time of the bracelet?
After connection is made with the cell phone, the duration is about 3-5 days. According to personal service condition of users, the different duration time is provided. For example, calls, message prompt frequency/setting of screen lighting time setting/palming screen-lighting will affect duration time.

3.What is the difference when the step count function of the bracelet is compared with the step count function of the cell phone?
As the bracelet is worn on the wrist, the amplitude of swing of the wrist is larger than that of the cell phone. When we are sitting, our hands will make some swinging action, which may result in mistaken judgment of the bracelet. The data will be slightly different from number of steps on the cell phone.

4. Whether the blood pressure measurement is precise?
Photo Plethysmo Graph (PPG) is used for data analysis of the blood pressure measurement of the bracelet. Compared with medical device, the precision is about 90%. The bracelet cannot be used as standard medical devices. It is only used for personal reference pressure. The following is the problem analysis。
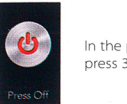a)Stature, weight, gender, birth date of users are used for reference. Users must setting correctly in APP.
b)The wearing mode should be correct during measurement. The sensor should maintain fitness with the skin.
c)The test results are more accurate in the private mode. When you turn on the private mode, fill in the real blood pressure value which is tested by medical device to regulate it.

5.Unable to charge?
a)The charger does not work. Check whether the thimble of the charge clip contacts with charging port of the bracelet. Suggest trying several times.
b)The battery of the bracelet runs out. Please check again after a period of time.

6.Why is there the number of count when wearing during sleep?
When the bracelet is worn during sleep at night, the arm will produce curved swinging due to certain reasons. The bracelet will make mistaken judgment and counts the steps.

Heath tips

1.The heart rate of common people is about 60-120 times/minute. It is 60-90 minutes at quiet time. The best heart rate is about 70 times/minute.
2.The heart rate of common sportsmen and trained persons is 40-60 times/minute.
3.Blood oxygen saturation (SpO2) is the percentage of oxygen-bound oxyhemoglobin (HbO2) in the blood, which accounts for the total volume of combined hemoglobin (Hb), the blood oxygen concentration in the blood.
4.When the heart contracts to pump blood to artery, the highest blood pressure value is called "high pressure". When the heart dilates to reserve blood for next time, the lowest blood pressure value is called "low pressure". They are called systolic pressure and diastolic pressure separately. The blood pressure of common people is about 80 (low pressure) -120 (high pressure). Within normal scope, the blood pressure is different due to age and gender. Generally speaking, the blood pressure of middle aged and elderly people is higher than that of young people. The blood pressure of men is higher than that of women. The blood pressure keeps changing. For example, it changes constantly after sports, eating and as well as due to mood, etc.

⚠ Warning

Please abide by the doctor's guide and carry out self diagnosis and treatment according to the measurement result. Users suffering from disturbance of blood circulation and cardiovascular and cerebrovascular diseases should receive treatment with doctor's guide. The measurement result of the product is only for reference and will not serve as any medical treatment purpose and basis.