Smart bracelet with ECG Blood pressure and Heart Rate monitoring

096 BPM

User manual

Assemble and disassemble of strap

Disassemble of strap: Hold the host and long strap,pull them at opposite directions, and you will plug the strap out.

Disassemble of strap   Assemble of strap

Assemble of strap: Please make sure the USB port contact with the strap properly, then push the host and strap.

Wear guidance

The best wear position is 1-2CM behind your wrist ulnar styloid, please wear the sensor close to wrist skin,in order to get accurate results.

1.5cm

01

TFT color display

TPU

Stainless touch button

Stainless buckle

Charge instructions

Please fully-charge the device before initial use.
Charge voltage: 5V
Charge time: about 2H
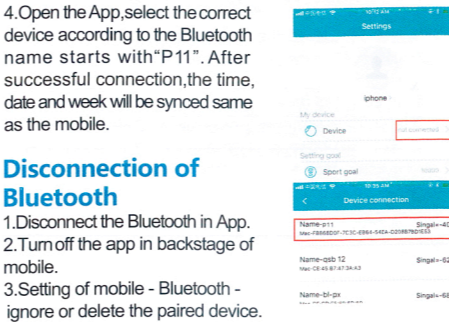
Charge port   Heart rate/Blood pressure/ECG sensor

This bracelet is with USB direct charge, no extra USB cable is needed.Please plug out the strap with "▬▬" symbol and insert to any USB port, like power bank, laptop and USB adapter etc.

02

Bluetooth pairing

1.Power the device on
2.Open the Bluetooth of mobile
3.Scan the QR code as below or search"H BAND"app in APP store or Google play store.

Google Play   IOS   Android

4.Open the App,select the correct device according to the Bluetooth name starts with"P11". After successful connection,the time, date and week will be synced same as the mobile.
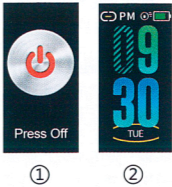
Disconnection of Bluetooth

1.Disconnect the Bluetooth in App.
2.Turn off the app in backstage of mobile.
3.Setting of mobile - Bluetooth - ignore or delete the paired device.

03

Bracelet interface and functions

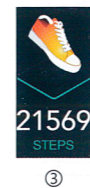### 1.Power on/off ①

Long press the touch area to power on/off.

2.Time, date and week ②

For the initial use,please connect the device with app on mobile firstly, so that the time,date and week will be synced correctly.

Press Off   ①   ②

3.Pedometer ③ 4. distance ④ 5. calorie burnt ⑤

21569 STEPS   09.5 KM   2376 KCAL   08.6 HOURS
③   ④   ⑤   ⑥

6.Sleeping monitoring ⑥

The device is set automatic sleeping monitoring as default.You can check the history data on App.

04

7.ECG monitoring ⑦

Switch to the interface of ECG.Long press the touch area to start the monitoring.(Please make sure the device is worn on your wrist properly and the skin is moist till the result is out). The result by this manual testing on bracelet will not be saved on App.If you wan to save the data, please start the ECG testing on App. The data will be shown on a graph.
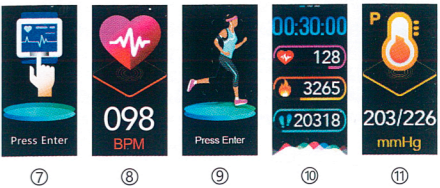
Press Enter   098 BPM   Press Enter   00:30:00 128 3265 20318   P 203/226 mmHg
⑦   ⑧   ⑨   ⑩   ⑪

8.Heart rate monitoring ⑧

Click the touch area to switch to the interface of heart rate. The icon of heart rate will flicker(please be patient and make sure of the device is worn properly till the result is out), the result by this manual testing on bracelet will not be saved on App.If the real-time heart rate monitoring is turned on, the bracelet will detect the heart rate every 30 minutes and save the average value on App.

05

9.Sports mode ⑨ ⑬

Long press to enter the sports mode, the heart rate will be switched to dynamic heart rate monitoring. In this mode, short press the touch area to pause or exit. Long press the pause icon "⏸" to choose continue "▶" or exit "✕".
You can check the current heart rate,steps,calorie and sports time in this mode, but the data will be not saved on App.

10.Blood pressure monitoring ⑪

Click the touch area to switch to the interface of blood pressure. The icon of blood pressure will flicker(please be patient and wait till the result is out), the result by this manual testing on bracelet will not be saved on App.Please test the blood pressure from App or turn on the real-time blood pressure monitoring if you want the data to be saved. The real-time blood pressure monitoring is set one time per 5 minutes as default, the data will be saved and show on a chart on APP.
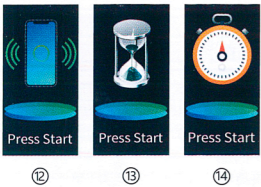
Press Start   Press Start   Press Start
⑫   ⑬   ⑭

11.Find the phone ⑫   12. count-down ⑬

13. stopwatch ⑭

06

APP functions and instructions

1.Installation

After installation,you may be required to fill in personal information before pairing with your device.

2.Dashboard

Sports: check the steps, calorie, distance etc.

Sleep: check the history data of sleeping, like deep sleep, light sleep and awake time etc.

Heart Rate:
(1) Check daily heart rate data,which is recorded by the device automatically every 30 minutes.

(2)You can also test HR manually on APP by taping "❤" icon. When the results come out, then click to stop. This data will not be saved on APP.

07

Blood pressure:

(1)Check daily blood pressure data which is recorded by device automatically every 5 minutes if you turn on real-time BP on APP.

(2)Tap"🩸"icon to start manually blood pressure testing function (please stay still while the blood pressure testing is going on). After finishing the testing,you can choose to save the data or not.There are two modes of blood pressure testing,normal mode and private mode.If private mode is needed, please firstly set your personal blood pressure values on APP.

171/111
High

120   80
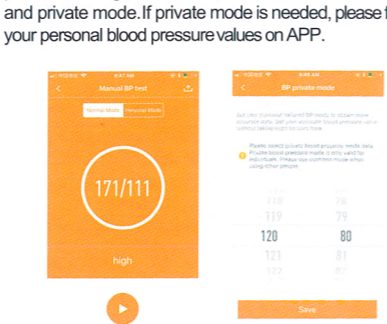
08

HRV: When the device is worn normally and properly, it will detect HRV every 10 minutes from 0:00-8:00, the data will be saved and shown on an app chart.

Lorentz Scatter Diagram :

Comet: common form for normal adults.
Rocket: common among snoring people or people with apnea syndrome.
Shuttle: common among patients of minor myocardial ischenia.
Baton: common among patients of coronary heart disease.
Grenade: common among patients with atrial fibrillation.
Fork: common among CHF patients.
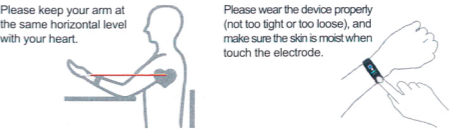**Stub:** common among people with large cardiac load,or normal people after drinking.
Rice: common among patients with arrhythmia,PVT in most cases.
Torpedo: common among patients with sinus tachycardia.

ECG : Tap"🩺" to start the ECG detection, please keep your finger on the touch area during testing. The result will be saved and shown on the chart of App.

09

Please keep your arm at the same horizontal level with your heart.

Please wear the device properly (not too tight or too loose), and make sure the skin is moist when touch the electrode.

Diagnosis of disease :

Sinus tachycardia: Its an abnormal heart rate caused by emotion, smoking, drinking etc.
sinus bradycardia: Common among snoring people or people with apnea.
Myocardial is chemia: Its common among CAD patients.
Atrial escape: The atrial pacemaker is activated to control the ventricle.
Premature atrial contraction: Also known as atrial premature beats (APB),is a common cardiac dysrhythmia characterized by premature heartbeats originating in the atria.
Ventricular escape: The ventricular pacemaker is activated to control the ventricle.
Sinus arrest: It happens among the people who have a pharyngeal stimulation.
Premature ventricular contractions: Its common among middle and aged people.
Atrial fibrillation: Often happens to the people over 60 years old.
Ventricular flutter: Amongpatients with CAD,myocardiosis.
Junctional escape beat: A protective mechanism for the ventricular pauses.Usually no need medical treat.
Junctional premature beat: A type of arrhythmia.A premature heart beat in some special cases.
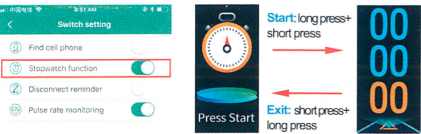
10

Left bundle branch block: Caused by underlying disease, common among the people above 40 years old.
Right bundle branch block: Caused by underlying disease, such as Coronary Artery disease, high blood pressure etc.

Running

1.GPS movement:

Tap to start the movement,and allow the device to get your position. You can check the real-time sports trail,time,speed,pace,calorie. The sports data of this movement will be saved on APP.

2.Bracelet movement:

Click to start sport mode of the bracelet.You can check the real-time heart rate,sports time,calorie, steps.The sports data of this movement will be saved on APP.

Setting

My device:

click the connected device, you can set the functions as below:

11

(a)**Message notification:** set notification for different programs.
(b)**Clock alarm:** set the time and tag for an alarm
(c)**Sedentary:** set the reminder time and interval.
(d)**Heart rate alarm:** set the heart rate limit level.
(e)**Turn the wrist:** set the on/off for turn the wrist function.
(f)**Pair the device:** the data will be synced to APP when this function is on.
(g)**Private blood pressure mode:**set the personal blood pressure value for reference.
(h)**Switch:** 1.find the phone 2. stopwatch: an interface of stop watch will be shown on the bracelet when this function is on.Long press the touch button to start or stop the function, long press it again to exit. 3.disconnection reminder.4. heart rate automatic monitoring(real-time heart rate).

Find cell phone
Stopwatch function
Disconnect reminder
Pulse rate monitoring

Start: long press+ short press

Press Start

Exit: short press+ long press

00 00
00 00
00 00

(i)**Take photo:** Remote control the camera by shaking the device.
(j)**Count-down:** set the count-down time,and choose to show it on bracelet or not.
(k)**Reset password:** reset the password for pairing,so that it could not be paired by other mobiles.
(l)**Main UI:** there are five different UI for selection.
(m)**Firmware upgrade:** upgrade the firmware of the device.
(n)**Clear data:** the device will be reset as default.

12

APP functions and instructions

Style 1   Style 2   Style 3   Style 4   Style 5

Sports goal: set the daily goal for sports.
Sleeping goal: set your personal sleeping goal.
Unit setting: set metric or imperial unit.
Change the UI: choose one style or the default one.
About US: check the current version number.
Wechat sport:please follow the instructions for wechat sport connection
Login out: login out the current account.

Specification

Chip: Nordic N52832
Display: 0.96" TFT color display
Battery capacity: 130mAh
Waterproof: IP67
Standby time: 15 days
Mobile systems supported: Android 4.4 and above or iOS 8.0 and above
HR monitoring: support
BP monitoring: support
Turn the wrist: support
Bluetooth: 4.0

13